

THE GUIDE

LAWRENCE COUNTY YMCA



Summer 2022 Program Guide
SUMMER: June 7 - July 24



CHILD DEVELOPMENT CENTER

INFANT & TODDLER CARE

Our infant and toddler care is designed so that children ages 6 weeks- 2 years of age can explore, play, create and develop social/emotional skills while enjoying the stimulation of new people and experiences. Our program's environment allows children free and creative interaction. Teachers provide a warm, caring atmosphere for play and socialization while encouraging new skills and positive self-image which provide the framework for the development of cognitive, motor, social, language and self-help skills.

PRESCHOOL & PRE-KINDERGARTEN

Our preschool/pre-Kindergarten builds on children's natural desire to learn new things and develop independence and self-regulation. Getting along with other children, sharing, taking turns and working in a group are a natural part of playing games or learning a new craft. Your child(ren) will also develop a readiness for kindergarten through a challenging curriculum and a variety of activities, including swim and tumbling classes. Preschool is open to children ages 3-4 attending Kindergarten in the upcoming school year.

SCHOOL AGE CARE

We offer working parents quality care for their school aged children before and after school, as well as throughout the summer. During the school year students enjoy mornings and/or afternoons with friends in a structured environment that provides snacks, homework assistance and activities. We also offer care for scheduled school delays, days off and a variety of programs to keep kids growing and learning throughout the summer.

SUMMER DAY CAMP

Summer is a time for kids to be kids. And the Preston-Chambers Y-Zone day camp is the place to make every precious summer day a great one! Day camp is packed with fun and enriching activities. Children will build confidence and develop an appreciation for the community they live in while they make new friends and explore the world around them.



We believe the values and skills learned early on are vital building blocks for a child's quality of life.

Our programs teach children academic, social and emotional skills, and most importantly, how to be themselves. That makes for confident kids today and contributing and engaged adults tomorrow.

If you're looking for a safe, nurturing environment for your children to learn, grow and develop, we have six programs that serve children ages 6 weeks through 12 years, to meet your family's needs.

HOURS & ACCREDITATION

Our hours of operation are from 6:30 a.m. - 6 p.m., Monday through Friday. Our Child Development Center is accredited by Pennsylvania's Office of Child Development and Early Learning Keystone Stars Facility.

FINANCIAL ASSISTANCE

Financial Assistance is available through the Early Learning Resource Center (ELRC). Families should apply directly with their office.

LEARN MORE

For additional information please visit our website at: www.LAWCOYMCA.org

WHERE THE WILD THINGS PLAY

SUMMER DAY CAMP

swimming & ice skating Weekly!

Week 1: Getting to know the wild things

Week 2: Jungle book

Week 3: Around the world

Week 4: Super hero week

Week 5: Across the Decades

Week 6: Christmas in July

Week 7: Secret life of pets

Week 8: Under the Sea

Week 9: Fairy Tail

Week 10: Holly Wood



For Children entering 1st Grade - entering 7th Grade

CAMP PRICING:
\$160 PER CAMPER/PER WEEK
CAMP LOCATION INFO:
PRESTON-CHAMBERS Y-ZONE
428 ELEANOR DR
NEW CASTLE, PA 16105

**CAMP RUNS
NOW THROUGH
AUGUST 19**

**TRANSPORTATION FROM
NEW CASTLE YMCA PROVIDED
& FINANCIAL ASSISTANCE IS
AVAILABLE THROUGH THE ELRC**

YOUTH PROGRAMS



SESSION DATES:
Summer June 7 - July 31

YOUNG ADULT PICK UP VOLLEYBALL

Pick up volleyball offers recreation, fitness and positive competition for adults seeking a fun way to stay active and connected.
Ages: 13-18 years
When: Thursdays 5-7pm
Where: The Y-Zone
Cost: \$35 per team (ref fees included)

OUTREACH PROGRAMS/ EVENTS

Are you in grades 9-12?!
Join Y Leaders Club and gain:

- Confidence
 - Skills for job/career success
 - Volunteer service hours for school
 - Strong sense of self and purpose
 - Resilience and emotional maturity
 - College recommendations
 - Exposure to diverse groups, backgrounds, cultures and ideas
 - A network of friends for life
- Y Leaders Club is for ages 14-18. Please note you must have a YMCA student membership to join. Financial Assistance is available

BIRTHDAY PARTIES

We Have 3 Great Options For You!

Looking for a fun place to celebrate your next birthday? Host a party at the Y or let us bring the party to you! Sports Themed Parties are available at the Y-Zone and Swim Parties are available Downtown. Prices vary by package and location.

THREE BIRTHDAY OPTIONS

1. Y-Zone Sports Party

The Y-Zone hosts birthday parties throughout the year. The parties are customized to meet your needs on either the indoor turf field or basketball courts, based on availability. Parties also include an activity, such as basketball, soccer, kickball, or dodgeball.

2. Downtown Swim Parties

Our downtown facility provides use of both the swimming pool and youth lounge for your birthday party.

3. Y-On-The-Fly Party To Go!

We'll bring our "Y On the Fly" van to you! Yard and interactive games, music, and more!

Call for details:
Downtown & To-Go : 724-658-4766
Y-Zone: 724-658-9211
or email
mswogger@lawcoymca.org



7th Grade Initiative

Join the Lawrence County YMCA for FREE this summer.

Students who have just completed the 7th grade are invited to join the Lawrence County YMCA this summer as a part of the Y's 7th Grade Initiative Program. For more details and to register contact Michelle Swogger at 724-658-4766 ext. 212 or mswogger@lawcoymca.org

SWIM PROGRAMS



SESSION DATES:
Summer June 7 - July 24

SUMMER SWIM TEAM

A competitive team for youth ages 5-18. For details please contact Anita Murphy at amurphy@ncymca.org
Ages: 5-18 years
When: May 23- July 29
Mon. & Wed. 6-7 p.m. Fri. 5-6 p.m.
Where: Downtown
Cost: Members \$100
Non-Members \$130

AQUATICS DIRECTOR

Anita Murphy
amurphy@ncymca.org



SWIM STARTERS (PARENT/TOT)

Children become comfortable with water play through skills, games & songs.
Ages: 6 months - 3 years
When: Tuesdays 1-1:45 pm
Saturdays 9:45-10:30 am
Saturdays 10:30-11:15 am
Where: Downtown
Cost: \$40 - \$75, see below

SWIM BASICS (SKIPPERS)

Beginning swimmers learn to stay afloat & have fun in the water.
Ages: 3-5 years
When: Tuesdays 2-2:45 pm
Saturdays 9-9:45 am
Thursdays 4-4:45 pm
Where: Downtown
Cost: \$40 - \$75, see below

SWIM BASICS (WATER STAMINA)

Beginning lessons for first time swimmers age 6 and up.
Ages: 6+
When: Mondays 5:15-5:55 pm
Wednesdays 5:15-5:55 pm
Saturdays 9:45-10: am
Where: Downtown
Cost: \$40 - \$75, see below

SWIM STROKES

Progressive lessons for swimmers age 6+ who have completed Swim Basics.
Ages: 6-14 years
When: Mondays 4:30-5:15 pm
Wednesdays 4:30-5:15 pm
Saturdays 10:30-11:15 am
Where: Downtown
Cost: \$40 - \$75, see below

PRIVATE SWIM LESSONS

One-on-one instruction for all ages.
Ages: 5+ years
When: by appointment
Where: Downtown
Cost: \$25/class (minimum of 4 classes)

SUMMER WATER SAFETY TIPS

- Appoint a "water watcher" to watch children during social gatherings at or near pools. This person should maintain constant visual contact with the children.
- Establish and enforce rules. Do not allow children near drains, pipes or other openings. Do not allow children to play breath-holding games.
- Maintain caution around bodies of water, even if you don't plan on swimming. Cold temperatures, currents and underwater hazards pose a danger if someone falls into the water.
- If you have an above-ground or inflatable pool, make sure to remove access ladders and secure the safety cover whenever the pool is not in use. Remove any other structures that could provide access to the pool such as outdoor furniture.
- The Y offers swim lessons for all ages. If you or your family are interested in improving your swimming and water safety skills, call (724) 658-4766 for information about classes that fit your needs.

PROGRAM REGISTRATION & PRICING

REGISTRATION OPTIONS:
www.LAWCOYMCA.org/register

New Castle YMCA:
20 W. Washington St.
New Castle, PA 16101
724-658-4766

Preston-Chambers Y-Zone:
428 Eleanor Dr.
New Castle, PA 16105
724-658-9211

GENERAL PROGRAM PRICING (PER 7-WEEK SESSION)
Family or Adult Members: \$40
Youth Members: \$55
Program Participant (non-member): \$75

FINANCIAL ASSISTANCE

We are open to all, regardless of age, income or background, and promise to give everyone an opportunity to learn, grow and thrive. Program scholarships are available for those who qualify. Ask for an application at the membership services desk.

Scan me to register for programs



ADULT SPORTS & WELLNESS



SESSION DATES:
Summer June 7 - July 24

YOUNG ADULT PICK UP VOLLEYBALL

Pick up volleyball offers recreation, fitness and positive competition for adults seeking a fun way to stay active and connected.

Ages: 13-18 years
When: Thursdays 5-7pm
Where: The Y-Zone
Cost: \$35 per team (ref fees included)

SILVER SPLASH

Water exercises designed to improve flexibility, reduce joint pain, increase range of motion and improve strength.

Ages: 18+ years
When: Mon. & Thurs. 1-2pm
Where: Downtown
Cost: Members: FREE

ADULT SWIM LESSONS

For any level of swimmer age 18+.

Ages: 18+ years
When: Saturdays 8 - 8:50 am
Where: Downtown
Cost: Included with Membership; non-members: \$75

BACK PROGRAM

Water exercise program designed to help reduce or eliminate lower back pain through tension exercises.

Ages: 14+ years
When: Mondays & Wednesdays 9-10 am
Where: Downtown
Cost: Included with Membership

ARTHRITIS CLASS

Water exercises designed to improve flexibility reduce joint pain, increase range of motion and improve strength.

Ages: 14+ years
When: Mon. 2-3pm | Wed. 1-2 pm
Where: Downtown
Cost: Included with Membership

WATER AEROBICS

Exercise class which incorporates low to medium impact routines using the force of the water.

Ages: 14+ years
When: Tuesdays 9-10 am.
Where: Downtown
Cost: Included with Membership



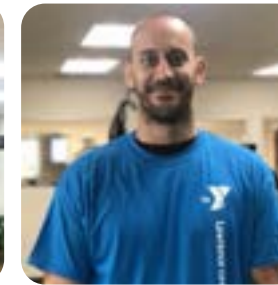
GROUP FITNESS & PERSONAL TRAINING



Ally Fulena



Paige Martin



Anthony Vanasco

PERSONAL TRAINING

Need help achieving your health goals? No matter where you are on your fitness journey, our personal trainers are here to help you succeed.

From weight loss and mobility to strength training and conditioning, our certified trainers can help you reach your goals. Personal training is available for 1-2 people, by appointment.

VIRTUAL PERSONAL TRAINING

Ready to meet your fitness goals from the comforts of your own home? Perhaps a nice park setting for those of you who love being outside? Our Virtual Personal Training will give you the guidance and accountability you are looking for with the flexibility to meet your busy schedule. Virtual Personal Training is an affordable and effective way to meet with your trainer, do workouts together, and stay on the path to better health!

VIRTUAL PACKAGES

1 30 MIN. SESSION: \$22
3 30 MIN. SESSIONS: \$60
5 30 MIN. SESSIONS: \$95

Scan me to register for programs



30 MIN PACKAGES

5 30 MIN. SESSIONS: \$110
10 30 MIN. SESSIONS: \$200
15 30 MIN. SESSIONS: \$290

1-HOUR PACKAGES

4 1-HOUR SESSIONS: \$155
8 1-HOUR SESSIONS: \$275
10 1-HOUR SESSIONS: \$320

GROUP FITNESS CLASSES

BOXING/KICKBOXING
CARDIO STEP
SPIN & SCULPT
GENTLE YOGA
HIIT
HATHA YOGA
HULA HOOP CIRCUIT

LES MILLS BODYCOMBAT
LES MILLS BODYFLOW
LES MILLS BODYPUMP
LINE DANCING
SILVER SNEAKERS CLASSIC
SILVER SNEAKERS CARDIO CIRCUIT

SILVER SNEAKERS YOGA
SPINNING
TRX SUSPENSION TRAINING
TRX COMBO
WALK 15
YOGA
ZUMBA

For the most up to date group fitness schedule please check our website at www.lawcoymca.org



MEMBERSHIP = MORE

The Y is more than just a gym, a pool, and a child care center; YMCA members are part of a community. We are open to all, regardless of age, income or background, and promise to give everyone an opportunity to learn, grow and thrive. Members enjoy the following benefits:

- Access to two convenient locations
- Nationwide access to YMCA locations across the U.S.
- Access to two wellness centers and free weights rooms
- Access to the Community Room at the downtown branch, with complimentary WiFi, for personal or group use
- Discounted programs for all ages
- Drop-in Child Watch for kids from 6 months to 8 years old - available at our Downtown New Castle facility (free with family membership)
- Free fitness classes (Downtown and Y-Zone locations)
- Free recreational swim for kids and adults
- Free lap swim for members age 14+
- Open courts for gym, recreation and racquetball

LAWRENCE COUNTY YMCA FACILITY HOURS

NEW CASTLE YMCA

M-F 5:30AM - 9:00PM
 Sat 8:00AM - 3:00PM
 Sun 8:00AM - 3:00PM

PRESTON-CHAMBERS Y-ZONE

M-F 6:00AM - 9:00PM
 Sat 8:00AM - NOON
 Sun CLOSED

1 Free youth program of a \$40 value available with Family Memberships at the Lawrence County YMCA!
 *1 Free youth program is available per family unit, per year

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

We are open to all, regardless of age, income or background, and promise to give everyone an opportunity to learn, grow and thrive. Scholarships are available for those who qualify.

MEMBERSHIP RATES

Membership Type	Join Fee	Monthly	Yearly
Youth (ages 0-12)	None	\$15	\$180
Teen (ages 13-19)	None	\$24	\$288
Young Adult (20-29)	\$50	\$33	\$396
Adult (30-64)	\$65	\$35	\$420
Senior (65+)	\$50	\$33	\$396
Senior Couple	\$99	\$55	\$660
Family	\$99	\$60	\$720

Financial assistance is available for all membership types. Pick up an application Downtown or at the Y-Zone.

LAWRENCE COUNTY YMCA FACILITY LOCATIONS

NEW CASTLE YMCA
 20 West Washington Street
 New Castle, PA 16101
 (724) 658-4766

PRESTON-CHAMBERS Y-ZONE
 428 Eleanor Drive
 New Castle, PA 16105
 (724) 658-9211

www.LAWCOYMCA.org



ARE YOU 65+? Your insurance plan may qualify you for a free YMCA membership. Call (724) 658-4766 to learn more!



All program schedules are subject to change due to weather, participation level or other unforeseen circumstances. For the most up to date program listings, visit www.LAWCOYMCA.org