

WINTER 2019 PROGRAM BROCHURE

LIGONIER VALLEY YMCA • 110 WEST CHURCH ST.

P: 724-238-7580 • F: 724-238-3619



GENERAL HOURS OF OPERATION

Monday - Friday 5:30 a.m. – 9:00 p.m.
Saturday 7:00 a.m. – 5:00 p.m.
Sundays 1:00 p.m. – 5:00 p.m.

Pool has same building opening times,
but closes 15 minutes before closing time.

BUILDING CLOSINGS

Dec 24 (closes at 12).... Christmas Eve
Dec 25..... Christmas
Dec 31 (closes at 12).... New year's Eve
January 1 New Year's Day
April 19..... Good Friday
April 21..... Easter
May 12..... Mother's Day
May 27..... Memorial Day
June 16..... Father's Day

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MEMBERSHIP/PARTICIPANT INFORMATION

Membership Rates:

Family*	\$60.00 mo	(\$70 joining fee)
Adult (ages 19-61)	\$39.00 mo	(\$40 joining fee)
Youth (18 & under)	\$18.00 mo	(\$30 joining fee)
Single Parent Household	\$49.50 mo	(\$35 joining fee)
Senior Individual (62+)	\$31.50 mo	(\$30 joining fee)
Senior Couple	\$51.50 mo	(\$50 joining fee)



*A family membership is defined as two adults in a household with dependent children. Once a child turns 19, he is no longer eligible for the family membership and must get an adult membership (unless in college).

FINANCIAL ASSISTANCE

The Ligonier Valley YMCA commits to serving all within our community. To honor this commitment, the Y offers need-based financial assistance toward membership and program participation. We base these scholarship fees on availability of support funding and the participant's ability to contribute. Please contact the Y for further details.

CHILDWATCH BABYSITTING SERVICE

The Y offers our members FREE access to high quality childcare during facility use.

Monday through Friday:

8:30 a.m.-12:00 p.m.

Monday, Tuesday, Thursday:

5:00 p.m.-8:00 p.m.

Wednesday:

5:30 p.m.-8:00 p.m.

Saturday: 8:00 a.m.-11:00 a.m.

- Members MUST remain in the building when using this service.

- The Y permanently denies services to any member/ participant leaving the building with a child/children in Childwatch care.

PROGRAM FEES

Participants MUST pay program fees before the start of a program or program cycle.

The YMCA assesses a \$5 late fee to those accounts not paid in full prior two days prior to start date; those enrolled may not participate until the YMCA receives payment.

LOST MEMBERSHIP CARDS

Please visit the Welcome Center to replace a lost membership card. The YMCA charges a \$4.00 fee to replace membership identification.

LOCKERS

The YMCA denies responsibility for member/participant belongings. Members may rent a locker monthly to secure personal articles while using the facility. Otherwise, we advise all participants to carry a lock to temporarily secure such items in a locker while visiting the facility.

REFUND POLICY

- Ligonier Valley YMCA considers membership and program fees non-refundable. If the Y cancels a program, we issue credits/refunds in full.
- If a participant cancels program enrollment prior to start date, the YMCA issues a CREDIT, minus a 25% processing fee. We issue no credits/refunds once a program begins.
- In case of medical emergencies, the YMCA issues a refund for remaining classes when presented with verification from a licensed physician.

"UNDER 10" POLICY

The YMCA requires direct and constant supervision of children under the age of ten (10) during unstructured visits. A parent/guardian (age 15+) must accompany child while he/she remains in the facility. Children under 5 must be accompanied in the water by an adult caregiver/parent. We grant exceptions only to those enrolled in a paid program run by a YMCA instructor.

MEMBERSHIP BILLING

Any changes to your billing or membership must be done by the 25th of the previous month.

LETTER FROM LARRY

Dear Valued Member,

I hope this letter finds you doing well. We continue to be so blessed by the support that we receive from the wonderful communities that we serve. By the end of this year, we will have over 90,000 duplicated visits to our YMCA in one year alone! We currently have nearly 4,000 members, 100 children daily in our child care and school age programs, hundreds of children in youth sports, over 50 children on our YMCA swim team, and countless other programs and services. We are so fortunate to be such a great asset to our community.

And we are still moving forward each day to provide more services and do them better. We are planning even more for 2019. We started our first ever school age program at Laurel Valley Elementary and moved our school age program to RK Mellon through a collaboration with the Private Industry Council. Through this program, we are providing a STEAM Program as part of our school age curriculum. Due to generous donors, we have resurfaced our toddler playground, we have renovated our teen center with new equipment, we have completed our new squash court, and we are adding new equipment to our fitness center. We have also submitted a grant request for a potential new golf center in the downstairs portion of the building. We keep moving forward each day to continue to serve our community better.

I have been doing this for over 22 years and one of the biggest reasons that I do this is our mission and the opportunity to help others each day. We have a great staff team and 15 Board members who understand the impact and are instrumental in the work that we do. We look forward to serving you for many years to come as we continue to work for Youth Development, Healthy Living, and Social Responsibility.

Sincerely,

Larry M. Stormer
Chief Executive Officer
Ligonier Valley YMCA

WE WORK FOR YOU!

PHONE 724-238-7580 • FAX 724-238-3619

Welcome Center Ext. 14

Fitness Center Ext. 18

Larry Stormer, Chief Executive Officer Ext. 10..... lstormer@ligonierymca.org

Jessica Stehley, Child Development Director Ext. 20..... jstehley@ligonierymca.org

Kathi Betton, Assistant Director, Child Development Ext. 13..... kbetton@ligonierymca.org

Heidi Dent, Business Manager Ext. 11..... hdent@ligonierymca.org

Mike Marinchak, Program Director Ext. 19..... mmarinchak@ligonierymca.org

Chelsea Brant, Aquatic Director Ext. 21..... cbrant@ligonierymca.org

Ashley Wilson, Membership Director Ext. 30..... awilson@ligonierymca.org

Ray Nesmith, Maintenance Director Ext. 26..... rnesmith@ligonierymca.org

CHILD DEVELOPMENT PROGRAMS

PROGRESSIVE EDUCATION

SUPPORTING THE DEVELOPMENT OF THE WHOLE CHILD...

Our Child Development Programs mission is to nurture the "whole child" in areas of physical, intellectual, emotional and social development. This will be achieved through providing a variety of activities that are developmentally appropriate and recognizes the individual needs and differences of children.

A CARING ENVIRONMENT THAT FOSTERS CREATIVITY AND A LIFETIME LOVE OF LEARNING!

- Family Style Breakfast & Snacks
- Everyday Math and Guided Reading curriculums
- Creative Curriculum
- Curriculum aligned with Pennsylvania Early Learning Standards
- Hands on approach to Science
- Thematic Approach to Learning
- Active Play (outdoor/gym)
- Music and Movement
- Swim instruction

A RESPONSIVE ENVIRONMENT

Our programs combine curriculum aligned with the Pennsylvania Early Learning Standards with a safe, stimulating environment to create meaningful experiences for your child each day.

CREATING LIFE-LONG LEARNERS

As a Keystone STARS facility, we design programs that help your child develop critical-thinking skills and intellectual curiosity – characteristics that promote successful learning in the kindergarten classroom and beyond.

ACTIVE LEARNING WITH PROFESSIONAL EDUCATORS

Our dedicated educators focus on more than literacy, writing, and the sciences. Our program also provides active learning experiences in character development, sports and exercise, and social/emotional growth. Our program employs degreed professionals as administrators and lead teachers; all educators attain several hours of professional development annually, in addition to CPR and First Aid certifications.

- **INFANT AND YOUNG TODDLER CARE**
- **TWOS AND THREES PROGRAM**
- **PRESCHOOL**
- **PRE-KINDERGARTEN**
- **SCHOOL-AGE BEFORE & AFTER SCHOOL**
- **FULL-DAY CHILD CARE,**
6:15 AM-6:00 P.M., M-F
- **SUMMER CAMP - Registration starts in April**

CHILD DEVELOPMENT ADMINISTRATORS

For more information contact:

Jessica Stehley
Director of Child Development
724-238-7580 ext. 20
jstehley@ligonierymca.org

Kathi Betton
Asst Director of Child Development
724-238-7580 ext. 13
kbetton@ligonierymca.org

Brandi Kuntz
Asst Director of Child Development
bshirey@ligonierymca.org

YOUTH & TEEN SPRING SOCCER

Ages 4 – 14 • All levels of experience and ability

Four co-ed divisions based on a philosophy of inclusion and sportsmanship!

- All sessions held at the Ligonier Camp and Conference Center.
- Program bases categories upon the player's age as of September 1, 2017; coaches draft players following the first two practices.
- Please visit or contact the YMCA for a registration form, or visit us online at www.ligonierymca.org to register
- Registration fees include a team T-shirt (please indicate size on program enrollment form).
- The youth soccer program recommends all players wear shin guards and sneakers/rubber cleats.
- Players with braces should wear a mouth guard; those with eyeglasses should wear sports goggles.

The soccer league enables children to participate at their level of ability. The programs are age appropriate for rules, field size and ball size. All children play equal amounts of time to develop soccer skills, teamwork and character development.

U8, U10, 12 and under, 14 and under

March 23 – May 11

Practices: 6:00 – 7:00 p.m.

U8: Wednesday

U10, 12 & under, 14 & under:

Tuesday

All games on Saturday morning beginning Saturday, April 6.

9:00 a.m. – U10, 12 & under, 14 & under

10:15 a.m. – U8

M\$45/NM\$90

Coaches Meeting on Wednesday, March 20, 6:00 p.m. New Coaches Welcome!

U6 (ages 4-5)

An introductory program with small sided games to introduce our younger players to the skills and game format of soccer. Rules will be incorporated to maximize the experience of teamwork, skill development and character development

March 25 – May 13

Practices: Mondays, 6:00 – 7:00 p.m.

M\$45/NM\$90

Kickers

Ages 3-4. Starts April 8. Introductory program to teach youth soccer enthusiasts the skills of soccer. Skills include kicking, passing, goal tending and more. Parent participation is encouraged.

Monday night, 6:00-6:45 p.m.

\$45M / \$90NM



YOUTH GET ACTIVE

PRE-SCHOOL SPORTS INTRO I & II

Co-ed ages 3-5. A six week introduction to the basics of basketball, soccer, t-ball and kickball, using modified equipment.

Session I: January 16 - February 20

Session II: March 6 - April 10

Wednesdays, 3:00-3:30 p.m.

M\$30/NM\$50

YOUTH FLOOR HOCKEY

Ages 10 - 14. The floor hockey league enables children to participate at their level of ability. The programs are age appropriate for rules and field/court size. All children play equal amounts of time to develop hockey skills, teamwork and character development.

Session I: January 9 - February 27

Session II: March 6 - April 24

Wednesday 4:15 - 5:15 p.m.

M\$45/NM\$90

YOUTH BASEBALL/T-BALL LEAGUE

Ages 4 - 7. Baseball league enabling children to implement their skills into a game setting encouraging skill development, team work and character development.

Players divided based on age and ability with division appropriate rules for both competitive and non-competitive levels.

May 20 - July 10

Practice on Monday, Games on Wednesday
4 & 5's: 6:00 - 7:00 p.m.

6 & 7's: 6:00 - 7:00 p.m.

M\$45/NM\$90

Coaches Meeting: Wednesday, May 15 at 6:00 p.m. New coaches welcome.

AFTER SCHOOL DODGEBALL

Co-ed grades 2-5.

An organized pick-up game of dodgeball after school to stay fit and active. A great stress relief after a long hard day at school.

Tuesdays, 4:15 - 5:00 p.m.

Session I: February 12 - March 19

Session II: April 9 - May 14

M\$30/NM\$50

AFTER SCHOOL GAMES

Co-ed grades 1-5.

An organized pick-up after school to stay fit and active. A great stress relief after a long hard day at school. We will play six-base kickball, crazy ball, treasure hunt, flag football, ultimate Frisbee, soccer and more. This program will not be held when there is no school.

Mondays, 4:15 - 5:00 p.m.

Session I: February 18 - March 25

M\$30/NM\$50



YOUTH AQUATICS

PRESCHOOL SWIM LESSONS

Ages 3-5

Water safety and stroke development.

Choose one: Tuesday 5:30 - 6:30 p.m.

Thursday 6:30 - 7:00 p.m.

Saturday 9:30 - 10:00 a.m.

Session I: January 14 - March 9

Session II: March 18 - May 11

\$40M/\$80NM



SKIP

Family fun for children age six months to three years. Join your child for water adjustment activities, games, and pre-swim instruction. Tots must wear a swim diaper under bathing suit.

Choose one:

Tuesday, 5:30 - 6:00 p.m.

Thursday, 6:30 - 7:00 p.m.

Saturday, 9:00 - 9:30 a.m.

Session I: January 14 - March 9

Session II: March 18 - May 11

\$40M/\$80NM

SPRING STROKE CLINIC

Pre-Swim Team/Competitive Stroke Clinic is an opportunity for swimmers to improve their technique before Summer Swim-team season starts. The Stroke Clinic focuses on the four competitive strokes, racing starts, and turns. Participants must be able to swim breast-stroke, backstroke, and freestyle to enroll. Prior competitive swim experience is preferred, but not required. The clinic is coached by Ligonier Valley YMCA swim team coaches.

Monday -Thursday 5:00 - 6:00 p.m.

May 6 - 16

Cost: \$40M/\$80NM

AFTER SCHOOL SWIM CLASS

Tuesday/Thursday 4:15 - 5:00 p.m.

April and May

One day - \$20M/\$30NM per month

Two days - \$40M/\$60NM per month

PRIVATE LESSONS

All ages and abilities. Half-hour lessons

arranged by appointment only; call for

details at 724-238-7580.

\$15M/\$30NM

SUMMER SWIM TEAM - May 20

Open to children 5 and up. Participants must demonstrate the ability to swim the pool length using a front crawl, and a pool length using a back stroke. All participants must maintain an active YMCA membership and attend practice a minimum of 2 days, 3 days are recommended. Practices: Monday - Thursday 5:00-6:30 p.m., Friday 5:00-6:00 p.m. Season Fee: \$130

Parent/Guardian: The Ligonier Valley YMCA Swim Team relies heavily on active volunteer participation. Summer representatives will have the opportunity to be involved in Officiating, Fund Raising, Recruiting, End-of-Season Banquet, Team Suits, Team Pictures and more!

Please check our website for new and up-to-date information: ligonierymca.org

ADULT PROGRAMS

NOON TIME BASKETBALL

The program offers a chance to play basketball and be physically active in a less competitive atmosphere. Pick-up games each Wednesday and Friday in the Gymnasium; all abilities welcome from 12:00-1:30 p.m. FREE for members. Guests must pay \$5.00 a day.



OPEN ADULT BASKETBALL LEAGUE

This program is a competitive basketball league for those 18 & up. A structured league setting to continue playing the sport you enjoy. Must have a minimum of 4 teams. Thursdays/Sundays 6:15, 7:15, 8:15 p.m., (9:15 p.m. if necessary) January 24 - May 9 M\$45/NM\$75

PICKLE BALL

The YMCA will be starting Pickle ball leagues and tournaments in the winter months. If you are interested in trying out this new and exciting game, please call or email Program Director: Mike Marinchak at (724) 238-7580 ext. 19 or mmarinchak@ligonierymca.org
OPEN: Monday, Tuesday and Thursday 11:30 a.m. - 2:30 p.m.
Wednesday and Friday 9:15 a.m. - 11:45 a.m.

ADULT 35 & OVER BASKETBALL LEAGUE - WINTER

The league is a great way to stay physically active and enjoy some friendly competition. January 22 - May 9, Tuesdays & Sundays 6:15, 7:15, 8:15 p.m., (9:15 p.m. if necessary) M\$45/NM\$75

ADULT RECREATIONAL VOLLEYBALL LEAGUE

This program is an opportunity for adults to be active and social in a league setting. Mondays, January 21 - April 29 6:00, 6:45, 7:30, 8:15 p.m. M\$120 team (if 50% or more of team are Y members) NM\$150 team (if 50% or less are Y members)

ADULT WATER FITNESS

WHIRLPOOL: M/W/F 8:00 - 9:00 A.M.

An invigorating mix of shallow-water exercises (for strength and flexibility) and cardio endurance activity. Great for swimmers and non-swimmers of all ages. Ignite a calorie burn that lasts...come start your day with us!

WET N/ WILD: M/W 6:30 - 7:30 P.M.

Discover the power of aquatic exercise. An unpredictable mix of shallow and deep water activity provides an enjoyable and effective total body workout. Get wild with us!

"JUST ADD WATER": T/TH 9:00 - 10:00 A.M.

Power Workout
A pick-up that lasts the whole day. Water supports and aids movement while providing unique resistance...a natural weight machine.

FENCING

Instruction for all levels, from beginners to National Champions. Children 8-12 may take class along with parent (guardian). Class encompasses the use of foil, epee, and saber.

Teaches the basic skills of fencing. Advance at your own pace with the opportunity to compete at a high level. Ages 8 to adult - beginners welcome. Monthly Fee: \$20M/\$40NM Drop in Fee M\$3/NM\$5 Wednesday & Friday - Activity Center 6:00 - 9:00 p.m.

ADULT GROUP FITNESS

SPINNING®

The cardio class for almost anyone! Pedal your way through a rockin' time on a specially-designed stationary bicycle. Join the crowd and enjoy the sights and sounds of our new state-of-the-art Spinning® room. Instructors set the pace, provide encouragement, and inspire you to turn up the tension and pedal fast. Come in and break a sweat with us! Officially licensed facility.

PILATES

Pilates offers a method of body conditioning based on use of positioning and gravity to work the muscles. Pilates workouts focus first on developing strength through the core of the body—the back, abdomen, and hips—providing a solid foundation to challenge the rest of the body. The concentration focuses not only on strength, but also flexibility and coordination.

ZUMBA®

Licensed Zumba facility. A Latin-inspired dance-fitness program, fuses hypnotic Latin rhythms and easy-to-follow moves to create fun, effective fitness that blows you away! Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe inspiring movements meant to engage and captivate for life!

P90X®

You've heard of P90X® - because it gets serious results. Now you can get those same results when you join our community of friendly competition, encouragement, and personal fitness breakthroughs. You'll power through a variety of full-body strength training, cardio drills and core work as a team to bust through your plateaus. P90X® LIVE is suitable for all fitness levels, fully modifiable for beginners, deconditioned populations and those with specific needs.

BEGINNER BOOT CAMP

Your cardiovascular and muscular fitness will be challenged in this class incorporating calisthenics, free weights, plyometrics, and an assortment of equipment for a variety of exercises in each session. Each week the instructor will vary the circuit format of the class.

BETTER BODY BOOT CAMP

A one hour, no frills, high intensity workout. Challenge your body with an intense 60 minutes of calorie burning, core strengthening, muscle toning exercises using free weights, barbells, resistance bands, and stability balls. Instructor designed for all fitness levels and aimed at improving strength and endurance. Burn the fat, build the muscle, and reshape your body!

ADULT GROUP FITNESS

MORNING WORKOUT

Offers exercise that causes the muscles to contract against external resistance. These movements increase muscle strength, tone, mass, and endurance. External resistance tools include dumbbells, rubber exercise tubing, or any other object that causes the muscles to contract.

BODYPUMP

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

YOGA

Our yoga instructors will guide you towards complete wellness, flexibility, strength, and balance. Our offerings range from classes that focus on a slower pace with longer-held poses exploring healthy alignment to more vigorous, flowing styles. Classes suitable for all levels of experience.

STEP AEROBICS

Using our elevated platforms, classes integrate prepared moves that will be executed together and strung in a sequence to form the choreography of the class. Suitable for all levels of ability, class will help burn calories and fat while reducing stress, strengthening muscles and giving the body a more streamline appearance.

WHAT IS TRX?

(TOTAL RESISTANCE EXERCISE)

It was developed by Navy Seal, Randy Hetrick as a way to stay in peak condition while on mission with no access to fitness equipment.

The TRX tool is the Suspension Trainer. The Suspension Trainer single point attachment provides the ideal mix of support and freedom of movement to train strength, endurance, balance, coordination, flexibility, power and core stability all at once and across a wide range of intensity.

Exercising on the Suspension Trainer integrates strength, mobility and balance into a single dynamic format that exploits neuromuscular responses and maximize the benefits of bodyweight exercises for faster results.

A Personal Training Group TRX class will be offered by the Ligonier YMCA. Class instructor will be Tommie Korneke. Tommie is qualified through the TRX Company to conduct the classes. She also is a certified Personal Trainer through the National Academy of Sports Medicine.

Classes are limited to six participants. If interested contact the Ligonier YMCA for day, time and fees.

Tommie Korneke will also provide individual instruction on the TRX Suspension Trainer through the Ligonier YMCA's Personal Training Program.



PERSONAL TRAINING

Personal trainers provide individual workout plans based on your specific needs to take your fitness training to the next level. Choose your favorite personal trainer and take the first step to improving your overall wellness. You will meet for an initial assessment to discuss your goals and determine your current level of fitness. Then the fun begins. Your trainer will design a workout routine that suits YOU the best. No matter if your goals are to improve your cardio vascular ability, build muscle, improve flexibility, rehabilitate an old injury or prevent a future injury, our trainers can help you get there. Sign up today! \$50M/\$70NM per hour

OUR PERSONAL TRAINERS

Adam Brown: Adam is an AFAA certified personal trainer, Corrective Exercise Specialist, and Russian Kettlebell Certified instructor. He is an outdoor enthusiast who has run ultra-marathons, obstacle course races, and played multiple sports. His clients include law enforcement officers, student athletes, Iron Man triathletes, and senior citizens. Adam specializes in injury prevention, functional movement, weights, kettlebells, and body weight exercises. He has helped many clients recover from knee, hip, and shoulder replacement surgeries as well as helped them prepare for such procedures.



Tommie Korneke: Tommie has been an active member of the Ligonier YMCA for 24 years. She has been a member of the Ligonier Valley community for 37 years, lending her skills to various organizations in the area. She received a B.A. degree in Accounting and was a business owner in Ligonier for 26 years. Tommie is a NASM Certified Personal Trainer and has held certifications in the Silver Sneaker's training program. She intends on specializing in the 50 and older group. Her mantra is "Fit Over Fifty". She will concentrate on building her client's balance and strength endurance through a mixture of resistance exercises, cardio and yoga for better daily living. She recently has completed a course in group training in Total Body Resistance exercise (TRX) in Pittsburgh and is qualified to teach the movement based on suspension exercises.

Jeremy Arbore: Jeremy is a graduate of Saint Francis University, obtaining a bachelor's degree in biology. He is a certified personal trainer through AFAA and a PADI Open Water Scuba Instructor. Jeremy has participated in 5K's, Mud on the Mountain, and Tough Mudder. His clients range in age from early teens to seniors and he works with them to improve everything from performance in sports to an overall improvement in health and daily living. He specializes in weight loss, body weight exercise, weight lifting, body sculpting/bodybuilding, and obstacle course preparation. Jeremy strives to find the niche in fitness that each specific client needs and enjoys, ensuring a healthy lifestyle for the future.

Please check our website for new and up-to-date information: ligonierymca.org

FITNESS CENTER SERVICES

FITNESS 101

JUST FOR OUR NEW MEMBERS. A FREE introductory session for our fresh health-seekers. We work with you to build a basic workout that fits your needs. Learn how to adjust the equipment, plan your workout, and set realistic goals!

FITNESS HEALTH ASSESSMENT

Are you interested in finding out more about your current fitness level? Our certified staff will conduct a series of cardiovascular, flexibility and strength and endurance tests to identify your current fitness level and to help you define your health and fitness goals.

M\$20/NM\$40

FITNESS CENTER STAFF:

Rachel Allison
Jeremy Arbore
Anna Babilya
Rebecca Babilya
Myrna Breegle
Sam Howard
Katrina Kenyon
Debbie Priest



Look for us to help you take advantage of our updated equipment:

- Stairmasters
- Cybex Treadmills
- Précor Ellipticals
- Concept II Rowers
- Free-Weight Room
- Schwinn Aerodynes
- Complete Cybex Circuit

BOOM CLASSES

BOOM MUSCLE

Action-based, functional and strength conditioning class that provides a dynamic workout. MUSCLE focuses on a variety of strength-based training techniques and movement patterns borrowed from popular sports and leisure activities. Lunges for hiking and cross-chop rotations to improve golf and tennis swings are just a few examples.

BOOM MOVE IT

Combines a great cardio workout with fun, dance-style choreography. This high-energy class will have you dancing to music from many eras and genres. Every class is designed to be challenging but doable.

BOOM MIND

Fuses the best of Pilates, Yoga and athletic stretching in a way that makes these disciplines accessible to participants of multiple skill levels. This class specifically focuses on improving overall range of motion and strength, balance, core stability and flexibility.



Silver Sneakers®
Fitness Program



Silver & Fit
His & Hers
Fitness Program

The Ligonier Valley YMCA offers SilverSneakers and Silver & Fit to members of participating Medicare Health Plans. Call your health insurance provider to find out if you qualify. If not, please call the Y and we'll help find the best way to get you on the fast track to wellness!

- FREE Basic Adult Membership to the Y
- FREE Use of the fitness center and pool
- FREE Group Exercise enrollment
- Access to trained advisors



SENIOR FITNESS

CARDIO CIRCUIT

Combines fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball alternates with non-impact aerobic choreography.

SILVERCYCLING

SilverSpin provides a fun and easy lower body workout. It increases cardio respiratory function and positively influences range of motion in the hip joints...like WD40 for the hips and knees! Wear comfortable clothing and sneakers. Don't forget your water bottle!

SILVER SPLASH

Activate your urge for variety. SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility, and cardiovascular endurance — no swimming ability required. The program provides a special SilverSneakers kickboard, used to develop strength, balance, and coordination.

SENIOR YOGA

Senior Yoga presents a special yoga experience in which participants learn gentle, effective stretching to help maintain joint flexibility and prevent injury. Increasing your muscular endurance, improve muscle tone, and use the restorative breathing exercise to help you relax physically and mentally.

CLASSIC

Have fun and move to the music with a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. The class offers handheld weights, elastic tubing with handles, and a ball for resistance and a chair is used for seat and/or standing support.

WATER WORKOUT

Low impact, concentrating on stretching, water resistance, strengthening and conditioning.
Mon & Thur 11:00-12:00
Fri 11:00 - 12:00

Please check our website for new and up-to-date information: ligonierymca.org

SAFETY TRAINING

AMERICAN RED CROSS LIFEGUARD TRAINING

(CPR, AED/FA INCLUDED)

Requirements:

- Age 15 or older prior to course start date
- Current CPR for the Professional and First Aid by course end
- Successful completion of a pre-test: 300 yard swim using front crawl or breaststroke. Candidate must also swim 20 yards front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 lb. brick from the bottom of the pool, swim back to starting point and climb out
- Tread water 2 minutes without using hands
- Participants **MUST** attend all sessions

Friday, April 5 3:30 - 8:00 p.m.
Saturday, April 6 8:00 a.m. - 4:00 p.m.
Sunday, April 7 1:00 - 5:00 p.m.
Saturday, April 13 8:00 a.m. - 4:00 p.m.

\$225M/\$250NM

CPR/FA/AED AND Review

Adult & Pediatric, for the lay responder. For those who have had CPR/FA several times.

CPR/FA/AED review January 14
3:30 - 8:00 p.m.

Full course TBD based on interest
\$40M/\$50NM



PARTICIPANTS MUST PRE-REGISTER FOR ALL SAFETY TRAINING CLASSES

Questions? Contact Ashley Wilson at awilson@ligonierymca.org



TRY A SPIN CLASS TODAY!
Class description on page 8.

SPECIAL EVENTS

Y WEIGHT LOSS COMPETITION

January 14, 6:00 PM - Kick off event

Gather your friends and join the YMCA weight loss challenge. Includes a group consultation with a nutritionist, free health fitness assessment, weekly weigh-ins and awards for winning team and individuals. More team competitions, weekly prize drawings and an award banquet and dinner. Weigh-ins every Monday.
8-week program M\$60/NM\$120



KIDS NIGHT IN

Parents enjoy an evening out while the kids enjoy swimming, games, snack (pizza or a theme related choice) and so much fun. Ages 4-12, must be potty trained.
5:45 p.m. - 8:45 p.m.

January 18 • February 15 • March 15 • April 12 • May 3

\$10M/\$20NM

For more information contact Kathi Betton at
724-238-7580, ext 13 or kbetton@ligonierymca.org

THERAPY POOLS

Sessions are made by appointment at the Welcome Center and can be purchased in groups of 5 or 10. Therapy pools are for the use of those aged 18 or older. Special circumstances will need approval.

5 Sessions: M\$25/NM\$50

10 Sessions: M\$50/NM\$100

ABOUT THE YMCA



WHO WE ARE:

As one of the nation's leading nonprofit organizations, the Y remains committed to building community through youth development, healthy living, and social responsibility

OUR CAUSE:

At the Y, we work to strengthen community as our cause. Every day, we come together with our neighbors to make sure everyone, regardless of age, income or background, receives an opportunity to learn, grow and thrive.

OUR MISSION:

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

OPEN DOORS:

We proudly ensure that the YMCA stays accessible to everyone, and we never wish to turn anyone away for an inability to pay. Please ask about financial assistance for programs or membership – the Y feels happy to help!

LIGONIER VALLEY YMCA
110 WEST CHURCH ST.
LIGONIER, PA 15658

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