

WINTER 2020 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 10..... Good Friday
 April 12..... Easter
 May 10..... Mother's Day
 May 25..... Memorial Day
 June 21..... Father's Day

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WE WORK FOR YOU!

PHONE 724-238-7580 • FAX 724-238-3619

Welcome Center..... Ext. 14
 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
 Brandi Kuntz, Assistant Director, Child Care..... Ext. 29..... bkuntz@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

MEMBERSHIP/PARTICIPANT INFORMATION

Membership Rates:

Family**	\$60.50 mo	(\$45 joining fee)
Single Parent Family	\$50.00 mo	(\$30 joining fee)
Youth (18 & under)	\$18.50 mo	(\$10 joining fee)
Young Adult (19-25)	\$30.00 mo	(\$10 joining fee)
Adult (ages 26-61)	\$39.50 mo	(\$30 joining fee)
Senior Individual (62+)	\$32.00 mo	(\$30 joining fee)
Senior Couple*	\$52.00 mo	(\$40 joining fee)

* A senior Couple is defined as 2 adults, 1 is 62+

**A family membership is defined as two adults in a household with dependent children.



We also offer Temporary Memberships - please see the front desk for more information.

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. As we reflect at the end of each year, I would like to share some impact numbers with you for 2019. We will have over 96,000 duplicated visits to our YMCA and including Excelsa Health, we will have over 138,000 visits to our facility in this year alone! We currently have over 4,000 members, 180 children daily in our childcare and school age programs, hundreds of children in youth sports, over 50 children on our YMCA swim team, and 210 children registered for group swim instruction. That is just to name a few.

We work hard every day to continue to evolve to serve the changing needs of our community. Our challenge every day is sustaining our operations with the increasing operational costs and facility repairs that we continue to incur. Also included are the increased costs of utilities, insurance, supplies, etc which provides a unique challenge to balancing our budget. To that end, we will be implementing a very minimal membership increase, \$.50 cents per month, for the first time since 2017. We make every effort to avoid an increase but this year it is not possible. We hope that you understand and will continue to support our hometown YMCA.

I have been doing this for over 23 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

Membership	Current	New	Membership	Current	New
Family	\$60.00	\$60.50	Adult	\$39.00	\$39.50
Single Parent Family	\$49.50	\$50.00	Sr. Individual 62+	\$31.50	\$32.00
Youth 18 and under	\$18.00	\$18.50	Sr. Couple	\$51.50	\$52.00
Young Adult 19-25	\$25.00	\$25.50			

The new rates will go into effect on February 1, 2020. We greatly appreciate your understanding and continued support of the Ligonier Valley YMCA. If you have any questions, please contact us.

Larry M. Stormer,
Chief Executive Officer

Ashley Wilson
Membership/Marketing Director

MEMBERSHIP/PARTICIPANT INFORMATION

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.

PROGRAM FEES

Participants MUST pay program fees at time of registration, **no exceptions.**

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 through Thursday:
5:00 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.
- If school district has a snow day - no AM child watch (be sure to sign up for the Remind App!)



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.

"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. We grant exceptions only to those enrolled in a paid program run by a YMCA instructor.

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. \$10 a month

MEMBERSHIP BILLING

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

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.

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: Assistant Director
of Child Development
724-238-7580 ext. 13
kbetton@ligonierymca.org

Brandi Kuntz: Assistant Director
of Child Development
724-238-7580 ext 29
bkuntz@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, 2019; 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 21 – May 9

Practices: 6:00 – 7:00 p.m.

U8: Wednesday

U10, 12 & under, 14 & under: Tuesday

All games on Saturday morning beginning Saturday, April 4.

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

10:15 a.m. – U8

M\$48/NM\$96

**Coaches Meeting on Wednesday, March 18,
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 23 – May 11

Practices: Mondays, 6:00 – 7:00 p.m.

M\$48/NM\$96

Kickers

Ages 3-4. Starts April 6. 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.

M\$48/NM\$96

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 15 - February 19

Session II: March 4 - April 8

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 8 - February 26

Session II: March 4 - April 22

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 18 - July 8

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\$48/NM\$96

Coaches Meeting: Wednesday, May 13 at 6:00 p.m. New coaches welcome.

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.

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

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 7 - February 29

Session II: March 10 - May 2

Session III: May 12 - July 4

\$45M/\$90NM

PRESCHOOL/SCHOOL AGE BASIC STROKES

Ages 6+

Reinforce water safety plus floating, basic crawl, backstroke and breaststroke.

Choose one: Tuesday 6:00 - 6:45 p.m.

Thursday 7:00 - 7:45 p.m.

Saturday 10:00 - 10:45 a.m.

Session I: January 7 - February 29

Session II: March 10 - May 2

Session III: May 12 - July 4

\$45M/\$90NM

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

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 7 - February 29

Session II: March 10 - May 2

Session III: May 12 - July 4

\$45M/\$90NM

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 breaststroke, 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 11 - 21

Cost: \$40M/\$80NM

SUMMER SWIM TEAM - May 26

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: \$140

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!

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)
February 6 - May 10
\$600 Team

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 WATER FITNESS

WHIRLPOOL

Mon/Wed/Friday 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

Mon/Wed 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!

ADULT 35 & OVER BASKETBALL LEAGUE - WINTER

The league is a great way to stay physically active and enjoy some friendly competition.
January 21 - May 10, Tuesdays & Sundays
6:15, 7:15, 8:15 p.m., (9:15 p.m. if necessary)
M\$50/NM\$80

ADULT RECREATIONAL VOLLEYBALL LEAGUE

This program is an opportunity for adults to be active and social in a league setting.
Mondays, January 20 - April 20
6:00, 6:45, 7:30, 8:15 p.m.
\$144 Team

“JUST ADD WATER”

Tues/Thurs 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.

WATER WORKOUT

Friday 11:00 - 12:00 p.m.
Low impact cardio and muscle toning without the stress on your joints.

SENIOR SPLASH

Mon/Thurs 11:00 - 12:00 p.m.
Offers lots of fun and shallow water moves to improve agility, flexibility and cardio vascular endurance - no swimming ability required.

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.

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!

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.

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.

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!

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.

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.

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.



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.

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.

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

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

FITNESS CENTER STAFF:

Jeremy Arbore
Anna Babilya
Rebecca Babilya
Myrna Bregle
Sam Howard
Emma Jackman
Michael Marinchak
Melissa Ortego
Deb Priest
Krista Tomalson



YOUTH FITNESS CENTER POLICY

- Anyone under the age of 15 may not use the Fitness Center unless in a supervised program of the Ligonier Valley YMCA.
- Everyone 12-14 years MUST complete training and equipment orientation, by appointment only, in order to use the Fitness Center with the supervision of an Adult/Guardian (guardian must be 18 or older). (If you take the course, pass the test, and sign the Code of Conduct.)
- Anyone that completes the required will receive a card held in the Fitness Center signifying their access.
- Access to the Fitness Center may be revoked for foul play/misconduct at any time.
- Anyone 15 years or over possess full privileges of facility usage, and do not need Adult Supervision.
- We expect our Youth Members to exhibit proper etiquette and respect for other and equipment at all times.



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 17 3:30 - 8:00 p.m.
 Saturday, April 18 8:00 a.m. - 4:00 p.m.
 Sunday, April 19 1:00 - 5:00 p.m.
 Saturday, April 25 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

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

SPECIAL EVENTS

Y WEIGHT LOSS COMPETITION

January 13, 5:30 PM - Kick off event

Gather your friends and join the YMCA weight loss challenge. Free health fitness assessment, weekly weigh-ins and awards for winning team and individuals.

More team competitions and a dinner. Weigh-ins every Monday.

8-week program M\$75/NM\$150

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 17 • February 7 • March 13 • April 17 • May 1

\$10M/\$20NM

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

INTRODUCTION TO PARTNER DANCING*

Thursday, 7:00 p.m.

February 20 - March 19

Learning to dance as a couple and enjoying the music together is a skill that is difficult to learn on your own. Our instructors are a husband and wife team that teach together. Participants will begin to learn the concepts of moving together, lead and follow, and initial patterns for the most



popular dance styles, such as Swing, Night Club Slow Dancing, Foxtrot, Waltz, Rumba, Cha-Cha. etc. For adult couples only. It is highly recommended that participants wear a smooth sole shoe with a back to them. Clothing is casual.
 \$110

NIGHT CLUB SLOW DANCING*

Thursday, 8:00 p.m.

February 20 - March 19

To make the most of dancing with your partner, join us to learn how to make the experience much more enjoyable with a little bit of style and steps that will flow for the both of you. This 5-week course will allow us to concentrate on one dance style to help provide students with a more in-depth understanding of the dance. Students should wear shoes which have a back for the heel and the sole should allow the student to slide, such as a leather sole.

\$110

*** MUST HAVE 4 COUPLES TO RUN CLASS**

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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