

# SUMMER 2017 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 closed beginning  
May 14 through October 15.

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

---

## BUILDING CLOSINGS

May 29 Memorial Day  
July 4 Independence Day  
September 4 Labor Day

## INSIDE

Membership information .....	1
About the Y .....	2
Child Development.....	3
and Summer Camps .....	4
Youth Camps/Leagues.....	5
Fall Soccer.....	6
Youth Aquatics.....	7
Adult Programs/ Water Fitness....	8
Fencing .....	8
Adult Group Fitness .....	9
Fitness Ctr/Personal Training.....	10
Senior Fitness.....	11
Boom Class/Diabetes Program ...	12
Safety Training .....	13
Special Events .....	14

## 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 Noon

Monday through Thursday:

4:00 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.

### 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. 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 note finds you doing well. As many of you already know, the Y is a community cornerstone in the United States, serving the public for more than 160 years and the local community for the past 34 years. The Ligonier Valley YMCA continues to evolve in both size and scope of services. We are so blessed to be continuing to grow as an organization and serve more people each and every day. We have been setting all-time visit numbers over the last 3 months exceeding 8,000 total visits for the YMCA and over 10,000 total visits including those utilizing the services of Excelsa Health each month! These numbers are so impressive in our "small town" as the amount of support that we receive from our community is humbling to all of us. We are so grateful for your continued involvement with the Y.

We have also recently received a tremendous honor in being named the Ligonier Valley Chamber of Commerce Non-Profit of the Year for 2016. There are so many wonderful Non-Profit organizations in the Valley that provide so many great services. We are extremely grateful for this recognition as we continue to work hard each and every day to serve more people and serve you better.

I have been with the Ligonier Valley YMCA for 3 years now, nearly 21 years of YMCA leadership in my career, and I continue to be impressed with the level of support and involvement that we receive from the communities that we serve. Our job is to continue to evolve and serve the ever changing needs of our community. I cannot tell you how much we appreciate your involvement and continued support of the Ligonier Valley YMCA.

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
Karen Harouse-Bell, Diabetes Prevention Coordinator ....	Ext. 14.....kbell@ligonierymca.org
Jessica Stehley, Child Development Director .....	Ext. 20..... jstehley@ligonierymca.org
Kathi Betton, Assistant Director, Child Development, Billing/Scholarships .....	Ext. 13..... kbetton@ligonierymca.org
Heidi Dent, Business Manager.....	Ext. 11..... hdent@ligonierymca.org
Mike Marinchak, Program Director .....	Ext. 19..... mmarinchak@ligonierymca.org
Joyce Shaffer, Aquatic Coordinator .....	Ext. 21..... jshaffer@ligonierymca.org
Scott Haines, Membership Director.....	Ext. 30..... shaines@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!

- 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
- SCHOOL BREAK PROGRAM
- FULL-DAY CHILD CARE,  
6:15 AM-6:00 P.M., M-F
- SUMMER CAMP

#### 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

# CHILD DEVELOPMENT SUMMER CAMPS

## SUMMER DAY CAMP

YMCA Day Camp gives children ages 3-12 the chance to explore nature, discover new talents, try new activities, gain independence and make lasting friendships and memories. Throughout the summer, we feature different themes filled with new activities, new experiences and new memories.

### Y DAY CAMP FEATURES:

- Exciting Activities
- Experienced Staff
- Character Development
- Opportunity to choose your weeks
- Theme based schedule
- Member and Non-member rates
- Field trips. swimming, science, literacy, outdoor exploration, games and more!

### PRICES FOR MEMBER (M) AND NON MEMBER (NM)

Part Time: 3 days a week or  
Full Time: 4-5 days a week

#### Discovery Camp (ages 3, 4, 5)

Monthly Part Time 9:00-12:30  
\$215/M, \$230/NM

Monthly Full Time 9:00-12:30  
\$230/M, \$241/NM

Part Time Extended Day  
\$90/M, \$115/NM

Full Time Extended Day  
\$150/M, \$165/NM

#### Explorers Camp (completed K-1 grade)

Part Time Extended: \$87/M, \$108/NM

Full Time Extended: \$145/M, \$164/NM

#### Adventure Camp (completed 2-5 grade)

Part Time Extended: \$87/M, \$108/NM

Full Time Extended: \$145/M, \$164/NM

**\$35 Registration Fee due at the time of enrollment. Spaces limited, advanced registration is suggested.**

### 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

### WEEKLY THEMES FOR CAMP:

Come all summer or pick and choose your weeks!

- **June 5-9 Adventure Awaits:** "UP" theme, explore different destinations around the world.
- **June 12-16 Captain Y and the Superheroes:** Create your own superhero identify, or dress up as your favorite comic book hero. Write letters to real life heroes. Don't forget to wear your capes and masks.
- **June 19-23 Life Sized:** Campers will have a chance to be part of making some of their favorite board games and video games come to life.
- **June 26-30 Carnival Craze:** Create and participate in classical carnival games including parachute games, face painting, balloon pop and more.
- **July 3-7 (closed July 4) Celebrate America:** Celebrate America during this red, white and blue packed week. Olympic inspired games and historical discoveries.
- **July 10-14 Under the Sea:** Explore life under the sea through nature, craft projects, storytelling, skits, wacky water games and friendly competitions.
- **July 17-21 Food, Fusion and Fitness:** Discover and explore healthy lifestyles through a variety of activities such as building an obstacle course, having swim relays and making our own recipe book.
- **July 24-28 Holiday Mash-Up:** Come all ye faithful to a week surrounded in holiday fun. Celebrate Easter, Valentine's Day, Christmas and who knows what else we may cook up.
- **July 31 - Aug 4 Wild, Wild West:** Learn how the west was won and enjoy Rattlesnake Tag, create wanted posters and read a treasure map for the Gold Rush.
- **August 7-11 Icky, Sticky Creations:** Put your lab coat on and get ready to experiment with all sorts of slimy, gooey stuff during this week.
- **August 14-18 Free Style Art:** Campers will be exposed to many different media and get to create a world of all things art.
- **August 21-25 Care Only Week:** Care will be provided for those campers that have not started school.
- **August 28 - Sept 1 Care Only Week:** Care will be provided for those campers that have not started school.

# YOUTH SPORTS CAMPS/LEAGUES

## BASKETBALL

Includes daily swim - bring a swimsuit and towel and a packed lunch.

This camp combines technique with a focus on speed, agility and athletic conditioning. Skill sessions focus on dribbling, passing, shooting, rebounding, and defensive positioning.

July 17-21, grades 1-3:

10:00 a.m. - 2:00 p.m.

July 24-28, grades 4-6:

10:00 a.m. - 2:00 p.m.

M\$80/NM\$120

## PEE-WEE SPORTS SAMPLER

Co-ed ages 3-5: Our tiny teams participate in all their favorite sports during this week-long camp. Kids try a taste of sports like flag football, indoor soccer, basketball, kickball and more!  
July 31 - Aug 4 10:30 a.m. - 12:00 p.m.  
M\$40/NM\$80

## VOLLEYBALL

Includes daily swim - bring a swimsuit and towel and a packed lunch.

Sessions focus on forearm passing, setting, spiking, tipping, blocking, digging, serving and serve receiving.

July 10-14, co-ed ages 10-14

10:00 a.m. - 2:00 p.m.

M\$80/NM\$120

## CRAZY SPORTS

Join us for a jam packed week of non-traditional sports games and activities each day! Crazy Camp includes: treasure hunt (a capture-the-flag style game), Dodgeball, Crazy Ball, pillow polo, six base kickball, gladiator golf, American Gladiator (obstacle course with dodgeball)

August 7 - 11, co-ed, ages 8-12

10:00 a.m. - 12:00 noon

M\$60/NM\$100

# YOUTH & TEEN FALL 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](http://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

August 19 - October 7

Practices: 6:00 - 7:00 p.m.

U8: Wednesday

U10, 12 & under, 14 & under: Tuesday

All games on Saturday morning

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

10:15 a.m. - U8

M\$45/NM\$90

**Coaches Meeting on Wednesday, August 16,  
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

August 21 - October 16

Practices: Mondays, 6:00 - 7:00 p.m.

M\$45/NM\$90

## Kickers

Ages 3-4. Starts September 11 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

Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://ligonierymca.org)



Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://ligonierymca.org)

# YOUTH AQUATICS

## PRESCHOOL SWIM LESSONS

Ages 3-5 Water safety and stroke development.

Choose one: Tuesday 6:30 - 7:00 p.m.  
Saturday 9:30 - 10:00 a.m.

Session I: June 6 - July 15

Session II: July 18 - August 26

\$30M/\$60NM

## PROGRESSIVE SWIM LESSONS

Ages 6+ Reinforce water safety plus floating, breaststroke, backstroke, basic crawl and paddling.

Choose one: Tuesday 7:00 - 7:45 p.m.  
Thursday 7:00 - 7:45 p.m.  
Saturday 10:00 - 10:45 a.m.

Session I: June 6 - July 15

Session II: July 18 - August 26

\$30M/\$60NM

## 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.

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

OR

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

Session I: June 8 - July 15

Session II: July 20 - August 26

\$30M/\$60NM

## LEARN TO SWIM

May 15, 17, 22, 24

Pre-school 6:30 - 7:00 p.m.

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

\$20M/\$40NM

## PRIVATE LESSONS

All ages and abilities. Half-hour lessons arranged by appointment only.

Call for details at 724-238-7580.

\$25M/\$45NM

## SUMMER SWIM TEAM

May 15 - July 8

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 - Friday 5:00-6:30 p.m.

Swim Team Fee: \$130

## FALL SWIM TEAM

Beginning September 11

Practices Monday-Friday 5:00-6:30 p.m.

Season fee: \$275

## PARENT/GUARDIAN

The Ligonier Valley YMCA Swim Team relies heavily on active volunteer participation. Swimmer representatives will have the opportunity to be involved in Officiating, Fund Raising, Recruiting, End-of-Season Banquet, Team Suits, Team Pictures.....And More!!

## SUMMER STROKE CLINIC

Team/Competitive stroke clinic is an opportunity for swimmers to improve their technique before Summer Swim Team season starts. 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 experience is preferred, but not required.

The clinic is coached by Ligonier Valley YMCA Swim Team coaches.

May 1 - 11

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

\$40M/\$80NM

## FALL STROKE CLINIC

Same as Summer Stroke Clinic.

Monday - Thursday, August 28-31

and

Tuesday - Friday, September 5-8

5:00-6:00 p.m.

\$40M/\$80NM

# ADULT WATER FITNESS

## WHIRLPOOL

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

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”

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

Low impact cardio and muscle toning without the stress on your joints.

## SENIOR SPLASH

Offers lots of fun and shallow water moves to improve agility, flexibility and cardio vascular endurance - no swimming ability required.

# 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.



# MARTIAL ARTS

## 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. Monthly Fee: \$20M/\$40NM Drop in Fee M\$3/NM\$5 Wednesday & Friday - Activity Center 6:00 - 9:00 p.m. Ages 8 to adult - beginners welcome.

Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://ligonierymca.org)

# 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.

## 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.

## 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.

# 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  
Jake Ankney  
Jeremy Arbore  
Erica Croyle  
Mike Marinchak  
Yvonne McCurdy  
Bethanie Meharey  
Hannah Patrick  
Debbie Priest

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

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



# 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 TRAINER

Adam Brown: Adam is an AFAA certified personal trainer 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.

Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://ligonierymca.org)



**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 and/or standing support.



## 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.

## DIABETES PREVENTION PROGRAM

### 1 in 3 Adults have PreDiabetes Are you the 1 in 3?

- 1 out of 3 people around you has prediabetes
- 15-30% of people with prediabetes will develop type 2 diabetes within 5 years

To combat the spike in diabetes, join the **Ligonier YMCA's Diabetes Prevention Program**, an innovative lifestyle modification program that helps adults with prediabetes reduce risk for developing type 2 diabetes.

### YOU CAN PREVENT TYPE 2 DIABETES!!!

Contact Karen Harouse-Bell MS, RD, CDE, LDN at 724-610-0885  
or email [kbell@ligonierymca.org](mailto:kbell@ligonierymca.org)

### What's your number?

	70 mg/dl	100 mg/dl	126 mg/dl	
<b>Low</b>	<b>Normal</b>	<b>Pre-diabetes</b>	<b>Diabetes</b>	

Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://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

May 8 - May 19

Monday - Friday (2 wks) 6:30 - 9:00 p.m.

\$225M/\$250NM

## CPR/FA/AED Review

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

Choose one:

June 5 or August 21

6:00 - 9:00 p.m.

\$40.00



**PARTICIPANTS MUST  
PRE-REGISTER FOR  
ALL SAFETY TRAINING CLASSES**

Questions? Contact Joyce Shaffer at [jshaffer@ligonierymca.org](mailto:jshaffer@ligonierymca.org)

## CPR/AED Adult, Child, Infant

Course includes new certification.  
Choose one: June 12 or August 28

## FIRST AID - Adult, Child, Infant

Course includes new certification.  
Choose one: June 13 or August 29

6:00 - 9:00 p.m.

\$40 each/\$60 for both



## 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



## 28<sup>TH</sup> ANNUAL GOLF OUTING

Friday, July 7

Ligonier Country Club

10:30 registration

12:00 noon Shotgun Start

Sponsorships available • Includes lunch, dinner, and beverages

- Skill Prizes
- Hole-in-One Contest
- 50/50 Shootout
- Complimentary round of golf at LCC

## SUMMER PLAYGROUND PROGRAM FREE PROGRAM STARTING JUNE 12

Grades 1 - 6 • Games, swimming, sports, and a chance to hang with your friends outside of school.

## SUMMER FAMILY FUN

6:00 - 9:00 p.m.

July 14

Bring your family and have fun with a movie, swimming and games.

Free for member families  
\$10 for non-member families



## 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

Non-Profit Org.  
U.S. Postage  
PAID  
Greensburg, PA 15601  
Permit No. 88