



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BRANCH IMPROVEMENTS

FALL 2017 BUTLER YMCA PROGRAM BROCHURE



**construction
zone**



**Added Security With One Access Point
Centralized Welcome Desk for Convenience
Enhanced Lobby Space for Member Engagement
New Program Center and New Youth Center**

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YMCA CLOSINGS

September 4	Labor Day
November 23	Thanksgiving Day
December 24	Christmas Eve
December 25	Christmas Day
December 31	Close at 3:00pm
January 1, 2018	New Year's Day

YMCA GIFT CERTIFICATE

A perfect gift for someone special.
May be used for:

- Development Fee
- Monthly Membership Dues
- YMCA Merchandise
- Fee Programs

Butler YMCA - a Branch of the Butler County Family YMCA
339 North Washington Street | Butler, PA 16001
P 724.287.4733 | F 724.287.1007 | www.bcfymca.org

NEW! HOURS OF OPERATION (begins 9-5-17)

Monday-Thursday 5:00am to 10:00pm (both pools open at 5:30am)
Friday and Saturday 5:00am to 9:00pm (both pools open at 5:30am)
Sunday 11:00am to 6:00pm

Physical facilities close: 9:30pm (M-TH) 8:30pm(F/S) 5:30pm (Sun)
Locker Rooms close: 10:00pm (M-TH) 9:00pm(F/S) 6:00pm (Sun)

BUTLER COUNTY FAMILY YMCA

Dave Hilliard | President/CEO *x104 Butler x221 Rose*
Connie Downs | Marketing & Communications Director *x121*
Ginny Hammer | Human Resources Director *x103*
Sandra Ihlenfeld | Vice President of Organizational Advancement *x115*
Francine Mills | Executive Director, Butler YMCA & YMCA Camp/ARMCO Park *x105*
Carrie Ohorodnyk | Executive Director, Rose YMCA *x213*
Chelsy Olsen | Youth Outreach & Special Events Coordinator *x131*

BUTLER YMCA STAFF

Francine Mills | Executive Director
Fmills@bcfymca.org *x105*
Jaime Cypher | Youth Development Director
Jcypher@bcfymca.org *x126*
Ryan Good | Aquatics Director
Rgood@bcfymca.org *x138*
Aaron Hochmann | Healthy Living Director
Ahochmann@bcfymca.org *x147*
Robert Law | Membership Director
Rlaw@bcfymca.org *x113*
Mark Molnar | Property Manager
Mmolnar@bcfymca.org *x118*
Natalie Sferra | Senior Child Care Director
Nsferra@bcfymca.org *x130*

YMCA CAMP/ARMCO PARK STAFF

Francine Mills | Executive Director
Ron Beilstein | Property Manager
Ryan Good | Aquatics Director



NEW PROGRAM CENTER AND LOBBY



NEW WELCOME DESK

MEMBERSHIP

Membership Director – Robert Law Rlaw@bcfymca.org

PARTIAL FINANCIAL ASSISTANCE IS AVAILABLE FOR THOSE WHO QUALIFY

PROGRAM REGISTRATION

Fall Session I Sept 3-Oct 28, 2017

Registration for Members: Aug 28 - Sept 2, 2017
Registration for Non-Members: Aug 31 - Sept 2, 2017



Register ONLINE at www.bcfymca.org

Fall Session II Oct 29-Dec 23, 2017

Registration for Members: Oct 23 - 28, 2017
Registration for Non-Members: Oct 26 - 28, 2017

Winter Session I Jan 2-February 24, 2018

Registration for Members: Dec 18 - 30, 2017
Registration for Non-Members: Dec 21 - 30, 2017

TOURS! Visit the Y and see why we have been serving the community for over 131 years! A tour is the best way to see all the YMCA offers in programs and facilities to determine which membership option is best for you.

MEMBERSHIP

Membership includes classes with no fee, preferred member pricing for programs and classes with fees, priority registration for classes and use of the park and outdoor pool at YMCA Camp/ARMCO Park. A Development Fee will be applied upon joining and will not be reassessed unless membership is terminated for more than 30 days. A monthly membership may be terminated at any time with 7 days advance written notice. Annual membership dues are non-refundable. See payment options on Page 5.

MEMBER ORIENTATION

If you are interested in joining the Y or are new to the Y, please join us for Member Orientation. To register, please contact the Membership Department. Member Orientation is held the second Tuesday of every month at 10:00am or the third Wednesday of every month at 6:00pm in the Trustees' Room of the Butler Y.

ONE-DAY MEMBERSHIP POLICY

ADULT (ages 18+): One-Day memberships can be obtained daily for **\$9.00** by completing a short one-day membership form, providing photo identification and having a photo taken upon the first visit. Adult will be responsible for any youth one-day member(s) admitted with them. One-Day memberships are for facility usage. Information is available at the YMCA Welcome Desk for guest program participation.

YOUTH (ages 8-18 & still in high school): A One-Day youth membership can be obtained daily for **\$4.00 ONLY** when accompanied by a YMCA member. Must complete a short one-day membership form and have picture taken upon their first visit. A YMCA member may bring up to 3 Youth One-Day members at one time. Youth One-Day Memberships can be obtained daily at the current Day Membership rate. Youth members cannot enter the facility until 2:30pm on school days unless there is a scheduled or unscheduled school closing date. Youth members may use the Wellness Center if they are 16 years of age or older. The admitted member/adult is responsible for the youth one-day member(s). There is no fee for children under 8, but they must be accompanied by an adult.

HEALTH INSURANCE BASED MEMBERSHIPS: HEALTHWAYS SILVERSNEAKERS® FITNESS AND SILVER&FIT®

Seniors covered by certain insurance plans may be eligible to apply for a YMCA membership. Please check with your insurance carrier to see if you are eligible. More information can be found on page 22 of this brochure. As a YMCA member through Healthways SilverSneakers® Fitness or Silver&Fit®, you can take advantage of all the classes the YMCA offers, including both land and water classes. Please be sure to bring your insurance card with you. If you have questions about Healthways SilverSneakers® Fitness or Silver&Fit®, please call the YMCA at 724.287.4733. Active Older Adult group exercise classes are appropriate for older adults who are fit and active, as well as those who are sedentary, intimidated, unfamiliar with exercise, entering post-rehabilitation programs and ALL those who enjoy a positive, upbeat social environment. Class descriptions for these classes can be found on pages 16 and 17 of this brochure.

CONNECT WITH US ON SOCIAL MEDIA!

Like us on Facebook! Download our mobile app from the App Store or Google Play Store. Search "Butler County Family YMCA" and have access to facility schedules, event information and more!



MEMBERSHIP

Membership Director – Robert Law Rlaw@bcfymca.org

Butler Y Membership Rates effective 2-1-17

Membership Category	Development Fee	Monthly Withdrawal	Annual Payment
Youth (ages 8-18) still in high school	---	\$16	\$192
Young Adult (ages 18-29)	---	\$30	\$360
Adult (ages 30 and older)	\$100	\$45	\$540
Senior (ages 62 and older)	\$75	\$34	\$408
Couple	\$125	\$57	\$684
Family	\$150	\$70	\$840
Single Parent Family	\$125	\$52	\$624
Young Adult Health Center	---	\$43	\$516
Adult Health Center	\$100	\$57	\$684
Senior Health Center	\$75	\$46	\$552
Couple Health Center	\$125	\$79	\$948
Family Health Center	\$150	\$92	\$1,104
Single Parent Family Health Center	\$125	\$64	\$768

MEMBERSHIP TYPES

Youth	Ages 8-18 and/or still in high school
Young Adult	Individual Men and Women ages 18-29
Adult	Individual Men and Women ages 30 and older
Senior	Individual Men and Women ages 62 and older
Couple	Two adults who live in the same household
Family	Two adults and children under the age of 18 who live in the same household and children under 26 residing at home who are attending college full time
Single Parent Family	Individual Man or Woman and children under the age of 18 who live in the same household and children under 26 residing at home who are attending college full time
Young Adult Health Center	Individual Men and Women ages 18-29 and out of high school
Adult Health Center	Individual Men and Women ages 30 and older
Senior Health Center	Individual Men and Women ages 62 and older
Couple Health Center	Two adults who live in the same household
Family Health Center	Two adults and children under the age of 18 who live in the same household and children under 26 residing at home who are attending college full time ** Health Center Locker Rooms are for Adults Only
Single Parent Family Health Center	Individual Man or Woman and children under the age of 18 who live in the same household and children under 26 residing at home who are attending college full time

MEMBER BENEFITS

Free access to nearly every Y in PA, preferred member fees for programs, youth & family social activities, online program registration, all-inclusive group exercise and water fitness classes, free short-term babysitting while in the facility, free use of outdoor pool at YMCA Camp/ARMCO Park, wellness orientation, room rentals and birthday party packages, member appreciation events, community involvement and MUCH MORE!

MEMBERSHIP CATEGORIES

Something for everyone! Youth, Young Adult (18-29), Adult, Senior (62+), Couple, Family, Single Parent Family, Silver&Fit®, SilverSneakers®. Upgrade to the Health Center for only \$13 per month per adult.

MY Y IS EVERY Y IN PENNSYLVANIA

As a benefit of a YMCA membership, bring your membership card & photo ID and enjoy free access to almost every YMCA in Pennsylvania! My Y is Every Y participants must use their home branch at least 51% of the time. SilverSneakers® & Silver&Fit® members do not qualify. Please call the Y you plan to visit for schedules and to confirm participation as some restrictions may apply.

FINANCIAL ASSISTANCE

The Butler YMCA offers Financial Assistance to those with an inability to pay. Financial Assistance is available for both membership and programs (maximum of 50% for programs; no discount for programs \$10 or less) and is made possible through contributions to the YMCA's annual Strong Kids Campaign. For Financial Assistance information and an application, please contact the Membership Department.

PAYMENT OPTIONS

Monthly bank account draft - a monthly fee will be deducted from your checking or savings account. The member is responsible for verifying all drafts & draft cancelations. Errors must be brought to the attention of the Membership Director. The YMCA will not be responsible for draft errors beyond 30 days!

Monthly credit card draft - monthly fee will be charged to your credit card (MasterCard, Visa, JCB, Discover, Diners Club or AmEx).

Pay your annual membership with cash, check or credit card. Annual membership dues are non-refundable.

REFUND POLICY

Membership dues are non-refundable. The YMCA reserves the right to cancel any program that does not meet the minimum enrollment. Programs canceled by the YMCA will be fully refunded by original way of payment or by check. Refunds will not be given after the first program date unless the program is canceled by the YMCA. A refund minus a \$5.00 processing charge will be issued if written notification is received PRIOR to the first program meeting. Please note: the processing of refunds can take approximately ten business days. Also, if a class is scheduled on a holiday or if the class is canceled due to bad weather or a situation beyond the YMCA's control, the class will not be made up.

GUEST PASS (All persons using a Guest Pass must complete a short form and have their photo taken upon their first visit)

YMCA members are encouraged to use our guest passes to introduce friends to all the benefits of a YMCA membership! Three guest passes are given to new members when they obtain their Adult or Family Memberships. Thereafter, three guest passes per year are allowed at the request of the member. Photo identification will be required for guests using a guest pass. If a member refers a guest and the guest obtains a membership, please contact the Membership Department, as the member will then be entitled to three more guest passes.

YMCA PLAY PLACE

Play Place is a FREE service for members only and is designed as short-term care for children (ages 6 weeks to 7 years) of members who are utilizing the facility (2 hours maximum). Play Place is located directly across from the Youth Center. You may NOT leave the building when your child is in YMCA Play Place. Play Place hours are M-F from 8:30am to 1:00pm, M-TH from 4:00pm to 8:30pm and Saturdays from 8:00am to 11:00am.



MILITARY OUTREACH PROGRAM

The Y currently participates in the Military Outreach Program through YUSA and the Department of Defense. Qualified soldiers include those who have an Active Duty Title 10 status. Please contact Robert Law, Membership Director, at rlaw@bcfymca.org or 724.287.4733 x113.

VETERANS: With proof, the Y will waive the Development Fee for any veteran who qualifies.

VOLUNTEERS

If you are interested in volunteering at the Y by sharing your time and talents, we have a variety of volunteer opportunities available. Please see a Member Service Representative for an application.

AWAY PROGRAM (ALWAYS WELCOME AT YMCA)

More than 2,000 YMCAs across the country and around the world will welcome you into their facilities as a Y member with your membership card. Some fees apply at some locations.



DID YOU KNOW YOU CAN SUPPORT THE BUTLER COUNTY FAMILY YMCA WITH YOUR CONTRIBUTION TO THE UNITED WAY OF BUTLER COUNTY? JUST ENTER OUR DONOR DESIGNATION NUMBER (60915) ON YOUR UNITED WAY PLEDGE FORM.

CHILD CARE

Senior Child Care Director – Natalie Sferra Nsferra@bcfymca.org

WELCOME TO OUR YMCA CHILD CARE PROGRAM!! Congratulations on choosing a program that is licensed by the Pennsylvania Department of Public Welfare, a **STAR 4 Center**. Keystone Stars is a voluntary quality initiative program in Pennsylvania. We follow the "Creative Curriculum" as a framework for following Pennsylvania's Early Learning Standards. For more information about these programs visit www.pakeys.org/stars and www.creativecurriculum.net.

PROGRAM GOALS:

- * To instill the core values of Caring, Honesty, Respect & Responsibility through Character Development.
- * Grow in recognizing & solving problems, observation, active exploration, and interactions with peers and adults.
- * Listen responsively to directions, stories, and conversations.
- * Develop increased ability to make independent choices.
- * Demonstrate increasing ability to differentiate between appropriate and inappropriate risk-taking.
- * Develop increasing ability to find more than one solution to a question, task or problem.



FIVE TOP REASONS WHY YOU AND YOUR CHILD WILL LOVE YMCA CHILD CARE PROGRAMS....

A Healthy Mind. Your child will enjoy a wide variety of mind enriching activities that encourage creativity and individuality.

A Strong Body. Your child will be involved in playful activities that develop motor skills and increase physical confidence.

A Happy Spirit. Your child will be in a warm and supportive environment which fosters the development of a healthy self-esteem and encourages personal growth.

A Safe and Secure Environment. Your child will be guided and cared for by teachers selected because of their training, certification and remarkable sensitivity to the needs of your child.

Peace of Mind. Next to your love and care, enrolling your child at a YMCA Child Care Center is the best thing you can do for your child this year.

Stop by for a tour and to meet our staff!

INFANT/TODDLER/PRESCHOOL

rhinch@bcfymca.org

YMCA Main Site M-F 6:30am to 5:30pm
YMCA Infant Center M-F 6:30am to 5:30pm

BUTLER AREA SCHOOL AGE CHILD CARE sdanik@bcfymca.org

Emily Brittain Elementary and Butler Middle School at the Butler YMCA
6:30am until school begins | dismissal until 5:30pm

Center Township Elementary
7:00am until school begins | dismissal until 5:30pm

McQuiston Elementary
7:00am until school begins | dismissal until 5:30pm

SOUTH BUTLER AREA SCHOOL AGE CHILD CARE

ymcachildcare@southbutler.net

St. Luke's Lutheran School 7:00am until school begins | dismissal until 6:00pm
South Butler Primary, Intermediate
and Middle Schools 7:00am to 6:00pm

EARLY CARE & SCHOOL AGE CENTER at HIS Kids School

ahleist@bcfymca.org

650 Saxonburg Road, Butler PA 16002
Care for children ages 6 weeks to 12 years old
Monday through Friday 6:30am to 5:30pm

We also care for private school children within the Butler and South Butler School Districts. The School Districts bus the children to and from the Butler YMCA or to one of our South Butler locations.



FALL School Age Registration

Fall School Age registration for the 2017/2018 school year is going on NOW!

Stop by the Butler YMCA or call 724.287.0045 for more information.

The first day of school for the Butler Area School District is August 30, 2017.

The first day of school for the South Butler School District is August 23, 2017.

AQUATICS

Aquatics Director – Ryan Good Rgood@bcfymca.org

PRIVATE & ADAPTED SWIM LESSONS

Private swim lessons for youth to adult members who are interested in learning to swim or interested in water safety. We also have instructors who can accommodate children with learning disabilities or physical impairments. Lessons are available by appointment only. Contact the Aquatics Director for availability.

Fee: \$17.50|Member \$20|Non-Member 30 minutes
OR \$115|Member \$125|Non-Member
for (7) seven 30-minute lessons

BUTLER Barracudas

BUTLER BARRACUDA SWIM TEAM

Test the Water

This program allows swimmers to experience swimming competitively. After the 3-week trial program, swimmers may decide to join the Swim Team in October.

This includes joining the YMCA and paying the Swim Team program fee. Registration forms are available at the Y.

Who: **Children ages 9 & up** who can swim one length freestyle or backstroke unassisted

When: September 11-September 28, 2017
M-TH 5:30pm-6:30pm

Who: **Children ages 5-8** who can swim one length freestyle or backstroke unassisted

When: October 2-October 19, 2017
M-TH 5:30pm-6:30pm

Cost: \$30 per swimmer

Butler Barracuda YMCA Swim Team!

Did you know that the Butler Barracudas were District Champions the past four seasons? Many personal & team records were set as well! The Swim Team season includes practices and meets through March of each year.

It culminates with District and State meets. For more information about the Butler Barracuda Swim Team and for practice schedules, please visit the YMCA website at www.bcfymca.org and click on Butler YMCA Home/Programs/Youth/Butler YMCA Barracuda Swim Team link or see the Aquatics Director. For youth ages 5 and up!

Please see the Swim Team Registration form, which is available online or at the Butler YMCA, for pricing depending upon your child's age and the number of days per week your child will practice.

CERTIFICATION COURSES

Look for information about CPR and Lifeguard Certification Courses on Page 21 of this brochure.



JR. BARRACUDAS

Jr. Barracudas is a program for youth ages 5-10 years old who want to learn the skills necessary to successfully enter a swim team. **Must be Stage 4: Stroke Introduction or above.**

Jr. Barracudas is designed as a beginner level swim team preparation course. All youth will have special instruction on stroke refinement, racing starts, flip turns and structured workouts from our experienced instructors!

Prerequisites: Must be able to complete 25 yards (without stopping) of freestyle with rotary breathing and backstroke. In addition, 10 yards each of breaststroke and butterfly, with an understanding of the strokes.

Time: Monday & Wednesday 6:45 - 7:15pm
Fee: \$25|Member \$50|Non-Member

PRICING FOR SWIM LESSONS

Fee: \$10|Family Member
\$25|Youth Member
\$50|Non-Member

Swim lessons run for 7 weeks. Progress reports will be distributed during week 4 and upon successful completion of a stage, a Certificate of Achievement will be distributed during week 6. If you sign up after the first day of class, you must obtain written permission from the Aquatics Director prior to registering for class. **NO exceptions.**

Class sizes are limited. NEW smaller class sizes for Preschool and School-Age classes for a higher quality of instruction for each child!

The Butler YMCA follows ratios that are set by the YMCA of the USA.

Maximum enrollment for Stage A Classes: 12

Maximum enrollment for Preschool Classes
Stages B,1,2,3,4: 4

Maximum enrollment for School-Age Classes
Stages 1-6: 6

Swim Lesson Schedule

The Y: For Youth Development

YMCA swim lessons provide important life skills that could save a life and will benefit students for a lifetime. Our goal is to teach infants, preschoolers, youth and teens to swim, so they can stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy.

Infant/Toddler/Preschool Swim Lesson Class Descriptions	Day	Time
STAGE A: WATER DISCOVERY (6 months to 3 years) Introduces infants and toddlers to the aquatic environment (accompanied by a parent)	Mon Tues Wed	5:00-5:30pm 9:00-9:30am 5:00-5:30pm
STAGE B: WATER EXPLORATION (6 months to 3 years) Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills (accompanied by a parent)	Tues Thurs Sat	9:35-10:05am 9:00-9:30am 9:00-9:30am
STAGE 1: WATER ACCLIMATION (3-5 years) Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.	Mon Tues Wed Thurs Sat	5:35-6:05pm / 6:10-6:40pm 10:10-10:40am / 5:35-6:05pm 5:35-6:05pm 9:35-10:05am / 5:00-5:30pm 9:35-10:05am / 11:20-11:50am
STAGE 2: WATER MOVEMENT (3-5 years) Encourages forward movement in water and basic self-rescue skills performed independently.	Mon Tues Wed Thurs Sat	6:10-6:40pm / 6:45-7:15pm 10:45-11:15am / 6:10-6:40pm 6:10-6:40pm 10:10-10:40am / 5:35-6:05pm 10:10-10:40am / 10:45-11:15am
STAGE 3: WATER STAMINA (3-5 years) Develops intermediate self-rescue skills performed at longer distances than in previous stages.	Mon Tues Wed Thurs Sat	5:35-6:05pm / 6:45-7:15pm 11:20-11:50am / 6:45-7:15pm 6:45-7:15pm 10:45-11:15am / 6:10-6:40pm 10:10-10:40am / 10:45-11:15am
STAGE 4: STROKE INTRODUCTION (3-5 years) Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.	Tues Thurs Sat	5:00-5:30pm 11:20-11:50am / 6:45-7:15pm 9:35-10:05am / 11:20-11:50am
School-Age Swim Lesson Class Descriptions	Day	Time
STAGE 1: WATER ACCLIMATION (5-12 years) Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.	Mon Tues Wed Thurs Sat	5:35-6:05pm 5:35-6:05pm / 6:10-6:40pm 5:00-5:30pm 6:10-6:40pm 9:00-9:30am
STAGE 2: WATER MOVEMENT (5-12 years) Encourages forward movement in water and basic self-rescue skills performed independently.	Mon Tues Thurs Sat	6:10-6:40pm 6:10-6:40pm 5:00-5:30pm 9:35-10:05am
STAGE 3: WATER STAMINA (5-12 years) Develops intermediate self-rescue skills performed at longer distances than in previous stages.	Tues Wed Thurs Sat	6:45-7:15pm 5:00-5:30pm / 6:10-6:40pm 5:35-6:05pm 10:10-10:40am
STAGE 4: STROKE INTRODUCTION (5-12 years) Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.	Mon Tues Wed Thurs Sat	5:00-5:30pm 5:00-5:30pm 5:35-6:05pm 6:10-6:40pm 10:45-11:15am
STAGE 5: STROKE DEVELOPMENT (5-12 years) Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.	Tues Wed Thurs Sat	5:35-6:05pm 5:35-6:05pm / 6:45-7:15pm 5:00-5:30pm / 6:45-7:15pm 11:20-11:50am
STAGE 6: STROKE MECHANICS (5-12 years) Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.	Tues Wed Thurs	5:00-5:30pm 6:10-6:40pm 5:35-6:05pm / 6:45-7:15pm
SHARK (5-12 years) For those who can swim 50 yards each: fly, back, breast and crawl	Tues	6:45-7:15pm

POOL POLICIES

Aquatics Director – Ryan Good Rgood@bcfymca.org

YOUTH AQUATIC SAFETY INITIATIVE!

TEST. MARK. PROTECT.

Aquatic safety at our pools is our first priority. All children ages 12 years and younger must participate in a swimming skills assessment and will be provided a colored wristband based on their swimming ability. Once tested, each time a child comes into the Y for open swim, they will need to acquire their color-appropriate wristband from the Welcome Desk when checking in.

Complete details are available in-house and on our website at www.bcfymca.org. Please contact the Aquatics Director, Ryan Good, with any questions.



LIGHTNING POLICY

Reasoning for pool closures during lightning and/or thunder...The YMCA is dedicated to the safety and well-being of our members and program participants. One way the YMCA practices a safe environment is to close swimming pools during severe weather such as thunder and lightning. Conductors of electricity include water, metals, and humans. The YMCA of the USA, FEMA, the American Red Cross, NOAA, and the National Lightning Safety Institute all advise to not use plumbing of any kind during thunder and lightning and to stay clear of windows. Thunder is the sound of lightning, which is a warning that lightning is either present or will soon be visibly present.

For these reasons, our YMCA aquatic facilities will close during thunder and lightning and we ask that you respect this policy. Pools will close until 30 minutes after the last thunder or lightning. Swim lesson participants will be notified as quickly as possible if their class is cancelled due to severe weather.

Make up procedure for swim lessons

If there is a week in between program sessions, the class will be made up during that week. There will only be one make-up class if needed due to a pool closure from lightning or thunder each session.

Water Group Exercise classes that are cancelled due to lightning, will not be made up.

POOL RULES

1. Swim suits ONLY! No cut-offs, t-shirts, gym shorts or cover-ups permitted in the pools.
2. Longer hair must be tied back.
3. You must shower before entering the pools or whirlpool.
4. Children 7 years of age or younger must be accompanied **IN the water** by an adult at least 18 years old.
5. If a child needs a life jacket to swim (regardless of age), a parent must be **IN the water** with the child **within arm's reach of the child**. Children in flotation devices may only use the shallow end of the pool and are not permitted in the deep end, even with a parent.
6. Children needing individualized flotation devices will be permitted to use life jackets provided by the YMCA or their own Coast Guard approved life jackets. No other flotation devices will be permitted in the pool such as noodles, water wings or other inflatables.
7. All children 12 and under are required to take a swim test in order to use the deep end of the pool. All swimmers 12 and under must wear the appropriate swim band before entering the pool.
8. Children wearing red bands must be accompanied by an adult **IN the water** and are limited to the shallow end of Pool 1 or all of Pool 2. Parents are not permitted to take red band swimmers into the deep end.
9. Goggles only covering eyes may be worn; snorkel masks that cover one's nose will not be permitted in the pool.
10. No food or drink in the pool areas, only water and absolutely **NO** glass containers.
11. Diving blocks are for YMCA program and competition use only while supervised by YMCA staff or coaches.

PRESCHOOL PROGRAMS & SPORTS

WEE LI'L PLAYSTERS 7 weeks in Gym 1

Preschoolers ages 3-5 will enjoy 45 minutes of a variety of activities to keep them busy. Class includes obstacle course, balance beam, group games, nutrition, dancing and MORE!

Day/Time: Thursday from 10:00am to 10:45am
Dates: September 7-October 19, 2017
November 2-December 21, 2017
Fee: Included in Family Membership
\$10|Member \$20|Non-Member

GYM PLAY 7 weeks in Gym 1

Gym Play is 30-minutes of interactive play rather than an instructional class. Children ages 2-3 and Parent will enjoy open gym space and will be encouraged to try new things and to experience the concept of sharing. Kids will use balls of different sizes, scooters and MORE!

Day/Time: Friday from 10:00am to 10:30am
Dates: September 8-October 20, 2017
November 3-December 15, 2017
Fee: Included in Family Membership
\$8|Member \$16|Non-Member

TINY TIGERS KARATE

Karate for Preschoolers ages 4 and 5

Youth will learn respect, confidence, concentration, cooperation, patience and self-discipline.

Registration is monthly and the Karate program is available year-round. Registration is open from the 15th to the last day of every month. Participants must register prior to each new session.

Preschool Day |Time: Saturday 9:00am-9:45am

Fee: \$40|Member \$75|Non-Member



LIFESTEPS CHILD CHECKS

The Butler YMCA has partnered with Lifesteps to offer Child Development Screenings. This is a **FREE** screening service for all children from birth to 5 years of age. The screening looks at the child's development in the areas of playing, talking, seeing, hearing, moving & thinking. Appointment is required. **For more information or to schedule an appointment call Lifesteps at 724.283.1010 x318 or 1.800.225.2010.**

LI'L CHAMPS SPORTS PROGRAMS

The YMCA Li'l Champs Sport programs are designed to teach preschool children the fundamentals of each sport while having FUN! Each sport runs for 5 weeks.

Fee Per Sport: \$25|Member \$50|Non-Member

Li'l Champs Basketball

Who: Children ages 3 & 4 only
Registration: Now through September 18, 2017
Date: September 23-October 21, 2017
Saturdays 1:45pm-2:30pm

Li'l Champs Football

Who: Children ages 3-5
Registration: August 28 - November 6, 2017
Date: November 11-December 16, 2017
(*no class Nov 25)
Saturdays 1:45pm-2:30pm

Li'l Champs Cheer

Who: Children ages 3-5
Registration: Oct. 23, 2017 - January 2, 2018
Date: January 6-February 3, 2018
Saturdays 1:45pm-2:30pm

MORNING PRESCHOOL

AM 1: (for ages 3-5 years)

Must be 3 years old as of Sept. 1, 2017 and potty trained.
Class Meets: Tuesday and Thursday
Class Time: 9:00am-11:30am



The 2017-2018 school year will run September 5, 2017 through May 24, 2018 and will follow the Butler School District calendar for vacation days, school delays or cancellations. Enrollments are still being accepted and requires a \$30 non-refundable deposit. Tuition will be automatically drafted the first of each month.
Tuition: \$75|Member \$85|Non-Member

OPEN HOUSE: Monday, August 28, 2017 from 9:30am-11:30am.

For more information, please contact Rachel Winberg-Hinch at 724.287.0045 or rhinch@bcfymca.org.

GYMNASTICS AND DANCE

Youth Development Director – Jaime Cypher Jcypher@bcfymca.org

Gymnastics Class Description	Day	Time	Fee
PRESCHOOL TUMBLING For kids ages 3 & 4. This 30-minute class is designed to introduce basic gymnastics positions, jumps and rolling. Child must be potty trained and able to understand directions.	Thurs Thurs	4:30-5:00pm 5:00-5:30pm	Included in family membership \$25 Member \$50 Non-Member
LEVEL 1 For children ages 5 and older. This class will introduce kids to basic gymnastics positions, jumps and skills such as forward rolls, arches and cartwheels.	Thurs	5:00-5:45pm	Included in family membership \$25 Member \$50 Non-Member
LEVEL 2 Pre-requisite skills for gymnast to register for Level 2: cartwheel, arch up from floor and hold 10 seconds, tripod.	Thurs Thurs	5:30-6:15pm 6:15-7:00pm	Included in family membership \$25 Member \$50 Non-Member
LEVEL 3 Pre-requisite skills for gymnast to register for Level 3: round-offs, handstand, arch back on the cheese mat and kick-over on the cheese mat unassisted.	Thurs	5:45-6:30pm	Included in family membership \$25 Member \$50 Non-Member
LEVEL 4 Pre-requisite skills for gymnast to register for Level 4: arch back and stand up, arch back and kick-over, handstand forward roll and front limber.	Thurs	6:30-7:30pm	Included in family membership \$25 Member \$50 Non-Member
One Gymnastics class per person, per cycle. Gymnastics lessons run for 7 weeks. Report cards will be distributed during week 7.			



DANCE YOUR HEART OUT!

JUST JAZZ!

Day: Monday evenings
 Who: Youth ages 6 and older
 Time: 6:45pm-7:45pm
 Fee: \$35|Member \$65|Non-Member

Class held in the Group Cycle Studio
 Registration is every session
 Dance lessons run for 7 weeks

BALLET

Day: Friday evenings
 Time: 5:15pm-6:00pm for ages 3-5
 Fee: \$30|Member \$60|Non-Member
 Day: Friday evenings
 Who: Youth ages 6 and older
 Time: 6:00pm-7:00pm
 Fee: \$35|Member \$65|Non-Member

Classes held in the Group Exercise Studio
 Registration is every session. Dance lessons run for 7 weeks.

YOUTH WELLNESS AND KARATE

NEW! SMART START FOR YOUTH

This program is for those members ages 11-15. Youth will receive (2) two FREE 60-minute sessions with a certified Personal Trainer. These sessions will teach proper use of the equipment and what specific areas of the Wellness Center are permitted for youth ages 11-13 and for youth ages 14-15. At the end of these two sessions, there will be a 10 question quiz to ensure the youth understands safety precautions and etiquette in the Wellness Center, as well as what equipment they are allowed to use. The SMART Start for Youth program will not expire, but is strongly recommended within the first 30 days of joining, especially if access to the Wellness Center is desired.

YOUTH PERSONAL TRAINING

Does your youth need strength or flexibility training for a specific sport? Would you like a personalized Wellness Center program for your youth? This program is for youth ages 11-15. Contact Aaron Hochmann at ahochmann@bcfymca.org for more information. Personal Training rates apply.

YOUTH WELLNESS CENTER POLICY

Youth members 11-15 years of age are permitted to use the Wellness Center with a SMART Start Youth Certification or with a parent or Personal Trainer. Youth members 11-15 years of age, who have completed a SMART Start Youth Certification, must wear their Youth ID badge to designate the age-appropriate area of usage as follows:

- *Youth 11-13 years of age may use the track, bikes and weight machines.
- *Youth 14-15 years of age may use all cardiovascular equipment & weight machines.

Youth members 11-15 years of age who are supervised by a parent or a YMCA Personal Trainer (must be within arm's length) can use all Wellness Center equipment.

NEW! YOUTH SPEED AND CONDITIONING PROGRAM

Enhance speed, agility and explosiveness for your respective sport. This program will provide the athlete with essential stretches, warm-ups, speed and agility drills as well as power development. Throughout the 8-week cycle, youth will work to become a better all-around athlete.

Who: Teens ages 14-17 3:30pm-4:30pm
Youth ages 10-13 4:30pm-5:30pm

Days: Monday and Wednesday

Where: Gym 2

Session: December 4, 2017 - January 31, 2018

Fee: \$120|Member \$160|Non-Member

Instructor: Aaron Hochmann

Bachelor's Exercise Science

NASM Performance Enhancement Specialist

KARATE FOR ALL AGES!

TINY TIGERS

Karate for Preschoolers ages 4 and 5

Youth will learn respect, confidence, concentration, cooperation, patience and self-discipline. Registration is monthly and the Karate program is available year-round. Registration is open from the 15th to the last day of every month. Participants must register prior to each new session.

Preschool day and time: Saturday 9:00am-9:45am

Fee: \$40|Member \$75|Non-Member

YOUTH & ADULTS

Youth Ages 6-12 | Ages 13+ AND ADULTS

Classes are held three days a week and are offered on a monthly basis. Participation all three days is not mandatory but strongly recommended to gain the most from your class. Classes will be taught by Mr. Robert Greco, 3rd degree black belt, and Mrs. Dianne Greco, 2nd degree black belt. Both are certified through the World Tang Soo Do Association. Check out their website at www.hiddentigetsd.com.

Tang Soo Do is a traditional Korean martial art that focuses on the whole person along with self-defense skills. Instruction is on an individual level and each student trains within his/her ability to meet the curriculum requirements to achieve rank.

Classes are offered on a monthly basis and run year-round. Registration is open from the 15th to the last day of every month. Participants must register prior to each new session or a \$10 late fee will apply.

Youth Class days and times:

Tuesday/Thursday 6:30pm-7:30pm
Saturday 10:00am-11:00am

Adult Class days and times:

Tuesday/Thursday 7:30pm-8:30pm
Saturday 11:00am-12:00pm

Fee: \$55|Member \$100|Non-Member

Family discount is available only when registering at the Y. Uniforms available for purchase at a cost of \$35.

YOUTH CENTER

SUPERVISED CENTER HOURS

Monday-Friday 3:30pm-8:30pm
Saturday 9:00am-7:00pm
Sunday 11:00am-5:00pm

*****Youth Center has temporarily moved to Phillips Hall-Rm B until construction is complete.*****

KIDS HAVE FUN AT THE Y!

Youth Development Director - Jaime Cypher jcypher@bcfymca.org



DIAMOND CHEER SQUAD

Participants will learn cheers and stunts to perform at YMCA basketball games. Poms are provided. Uniforms will be an additional cost. Fundraising opportunities will be available for any additional program costs. Financial assistance is available for program fees only.

WHO: Youth ages 5 & up

Registration: NOW to November 27, 2017

SEASON: December 4, 2017 through April 7, 2018

Day/Time: **Red Diamonds (ages 5 to 8)**

Mondays from 5:30pm to 6:30pm

Black Diamonds (ages 9 & up)

Mondays from 5:30pm to 6:30pm

FEE: \$80|Member \$100|Non-Member

DIAMOND CLINIC

Saturday, November 4, 2017 1:00pm-2:15pm

Motions, cheer, dance and tumbling

WHO: Youth ages 6 and up

FEE: \$25 per clinic

YOUNG MEN'S CLUB

Who: Young Men ages 7 to 14

When: Monday afternoons from 3:45pm-4:45pm

Registration: NOW to October 28, 2017

Date: October 30 - December 18, 2017 (8 weeks)

Fee: \$25 per participant

Instructor: Ryan Good

Young men ages 7 to 14 will learn skills on how to be a proper gentleman. Group training will include developing social skills, life skills, proper etiquette & job preparation. 30 minutes of class will include mentoring & 30 minutes of class will be an activity. Learning about community service and doing a community service project will be part of this class.

BIRTHDAY PARTIES!

SPLASH BIRTHDAY PARTIES!

Consider having your child's birthday party at the Y! The YMCA offers a SPLASH birthday party for members and non-member that are available on the weekends for your special event!



Fee: \$90|Member \$180|Non-Member

Saturdays: 2:30pm-5:00pm or 6:00pm-8:30pm

Sundays: 11:30am-2:00pm or 3:00pm-5:30pm

FACILITY RENTALS

YMCA LATE NIGHTS

Did you know the YMCA offers Late Nights for church groups, boy scouts, girl scouts, sports teams and others? We offer Late Nights on Friday and Saturday nights September through May. Times offered are 9pm to 12am or 9pm to 2am. Swimming and gym time is included.

Break up the boredom of those long winter nights and get the kids moving with swimming, games and activities!

YMCA FACILITY RENTALS

Please call the YMCA 724.287.4733 x112 for details about possible room, gym or pool rentals and rate information.

TODAY'S YOUTH, TOMORROW'S LEADERS

YOUTH & GOVERNMENT

Membership is open to all students in grades 7 through 12, with the club being led by an adult advisor. Students interested in law, public policy, journalism, economics, history, current events, civic engagement, etc. would all find this club valuable.

Fee:	Early Bird Payment	\$325	due Nov 30, 2017
	Regular Payment	\$355	due Dec 30, 2017
	Late Payment	\$375	due March 2, 2018

Meetings are held every Monday at the Butler YMCA from 6pm-8pm. See current Youth & Government brochure for more details.

KIDS HAVE FUN AT THE Y!

ALL NEW COOKING CLASSES

SPROUTS CUPCAKES

(Cycles 5 & 6) 6 weeks

Who: Youth ages 4-7 and Parent(s)

When: Tuesdays from 5:30pm-6:30pm

Fee: \$25|Youth

Cycle 5: September 5 - October 10, 2017

Cycle 6: November 7 - December 12, 2017

Participants will learn to measure, mix and bake.

Kids will get creative with fun-themed decorations and icing for their cupcakes.

CUPCAKE BOOT CAMP

(Cycles 5 & 6) 6 weeks

Who: Youth ages 8-12

When: Tuesdays from 6:45pm-7:45pm

Fee: \$25|Youth

Cycle 5: September 5 - October 10, 2017

Cycle 6: November 7 - December 12, 2017

Recruits will learn the basics of cupcake making and will go through drills to learn different decorating techniques. By the end of this class, participants will be cupcake warriors and ready to compete in the Cupcake War!

CHEFS IN TRAINING

(Cycle 5 only) 6 weeks

Who: Youth ages 8-12

When: Thursdays from 4:30pm-5:30pm

FREE for Members

Date: September 14 - October 19, 2017

Participants will learn basic kitchen skills such as using a peeler, a handheld can opener, hand mixer, whisk and paring knives. By the end of the class, kids will be able to make a variety of eggs, grilled cheese sandwiches and mac and cheese!



FUN FALL FOODS

(Cycle 5 only) 6 weeks

Who: Youth ages 13 and older

When: Thursdays from 6:00pm-7:00pm

Fee: \$30|Youth

Date: September 14 - October 19, 2017

Participants will learn to make a variety of food full of favorite fall flavors. Come hungry and ready to chop up some fun!

BIRTHDAY BOOSTER (CAKE DECORATING CLASS)

Date: Saturday, October 21, 2017

Time: 9:30am-12:00pm

Who: Anyone ages 13+ (Adults welcome)

Fee: \$10|Person

Participants will learn how to give a basic 9x13 cake a boost to put a smile on the Birthday Hero's face! Different icing and piping techniques will be taught.

SPROUTS COOKING CLASS

(Cycle 6 only) 6 weeks

Who: Youth ages 4-7 and Parent(s)

When: Thursdays from 4:45pm-5:45pm

Fee: \$25|Youth

Date: November 2 - December 14, 2017

Participants will learn to wash fruits and veggies, use a whisk and how to measure ingredients. Kids will also enjoy a snack they prepare themselves!

CHRISTMAS COOKIE FACTORY

(Cycle 6 only) 6 weeks

Who: Anyone ages 13+ (Adults welcome)

When: Thursdays from 6:00pm-7:00pm

Fee: \$30|Person

Date: November 2 - December 14, 2017

Participants will learn to make a variety of Christmas cookies. Each participant will be able to take a tray of 3 dozen cookies home at the end of the class!

CUPCAKE WARS

Date: Saturday, January 6, 2018

Time: 9:30am-12:00pm

Who: Youth ages 8-12

Teens ages 13-17

Anyone ages 18 and older

Fee: \$12|Person

Participants will be divided into groups of 3 and battle against each other and the clock to be named YMCA Cupcake Champions! Creations will be judged by the YMCA High Commanders!

YOUTH AND TEEN SPORTS

Youth Development Director - Jaime Cypher Jcypher@bcfymca.org

SIBLING DISCOUNT FOR LEAGUES ONLY

Now offering a sibling discount of \$5 per child after the first child.

YOUTH BASKETBALL LEAGUE

Youth ages 5-15 will learn the game of basketball in a non-competitive, value-oriented atmosphere while having lots of fun!

Registration: NOW - September 12, 2017
Season: Saturday mornings for 10 weeks
September 23 - December 9, 2017
Coaches Meeting: Wednesday, September 13th @ 7:00pm
Fee: \$53|Member \$95|Non-Member

BASKETBALL CLINIC

Saturday, September 16, 2017 from 10:00am to 11:30am
Fee: \$10 for Youth Basketball League participants only



FALL BASKETBALL DRILLS & SKILLS!

Want to get some more practice on your basketball skills? Consider Drills & Skills! Youth Basketball League participants save \$10 on Drills & Skills.

Who: Youth ages 5 & 6
When: Mondays 5:45pm-6:45pm

Who: Youth ages 7 & 8
When: Mondays 6:45pm-7:45pm

Who: Youth ages 9 & 10
When: Mondays 7:45pm-8:45pm

Registration EXTENDED: NOW - September 17, 2017
Dates: September 25-November 6, 2017 (7 weeks)
Fee: \$25|Member \$50|Non-Member

WINTER FLAG FOOTBALL LEAGUE

For youth ages 10-12 and 13-15
NEW! JR. League for youth ages 6-9
Registration: NOW to November 13, 2017
Games & Practices: Saturday mornings
Dec. 2, 2017-Feb. 10, 2018 (no games Dec 30)
Coaches meeting: Monday, November 20, 2017
Fee: \$53|Member \$95|Non-Member



WINTER FLAG FOOTBALL CLINIC

Saturday, November 18, 2017 from 1:30pm to 3:00pm
Fee: \$10 for Winter Flag Football League participants only

WINTER BASKETBALL LEAGUE

Youth ages 5-12 will learn the game of basketball in a non-competitive, value-oriented atmosphere while having lots of fun!

Registration: November 6, 2017-January 22, 2018
Season: Sunday afternoons for 8 weeks
February 4 - March 25, 2018
Time: Ages 5-8
Ages 9-12
Coaches Meeting: Tuesday, January 23, 2018
Fee: \$43|Member \$77|Non-Member

WINTER BASKETBALL CLINIC

Sunday, January 28, 2018 from 1:00pm to 2:30pm
Fee: \$10 for Winter Basketball League participants only

WINTER BASKETBALL DRILLS & SKILLS!

Want to get some more practice on your basketball skills? Youth Basketball League participants save \$10 on Drills & Skills.

Who: Youth ages 6 & up
When: Mondays 6:30pm-7:30pm

Registration: November 6, 2017-January 22, 2018
Dates: February 5 - March 19, 2018 (7 weeks)
Fee: \$25|Member \$50|Non-Member



YOUTH SOCCER LEAGUE

For youth ages (6-9) and (10-14)
Registration: October 23-December 22, 2017
Games and Practices:
Saturday mornings - January 13- March 17, 2018
Coaches Meeting: Thursday, December 28, 2017
Fee: \$53|Member \$95|Non-Member

SOCCER CLINIC

Saturday, January 6, 2018 from 10:00am to 11:30am
Fee: \$10 for Y Soccer League participants only

SOCCER DRILLS & SKILLS!

Want to get some more practice on your soccer skills? Soccer League participants save \$10.
Who: Youth ages 6 & up | Tuesdays 6:00pm-7:00pm

Registration: October 23 - December 22, 2017
Dates: January 9-February 20, 2018 (7 weeks)
Fee: \$25|Member \$50|Non-Member

HEALTHY LIVING

Healthy Living Director – Aaron Hochmann Ahochmann@bcfymca.org

New to Exercise and/or Trying to Improve Health

CARDIO MASH-UP

Group Exercise Studio

A mix of low impact cardio mixed with short bursts of strength! Fun & effective!

Monday 11:45am - 12:30pm
Thursday 11:30am - 12:15pm

ZUMBA®

Group Exercise Studio

This class fuses Latin rhythms and easy to follow dance moves to create a dynamic workout!

Monday 7:30pm - 8:30pm
Thursday 7:30pm - 8:30pm

ESSENTIAL WEIGHT TRAINING

Group Exercise Studio

A strength and muscular endurance class for all fitness levels. Class will build strength and conditioning through varied weight training workouts. Focus will be on proper training form and the fundamentals of weight training including balance and flexibility.

Tuesday 9:00am - 10:00am
Thursday 6:00pm - 7:00pm

LINE DANCING

Group Exercise Studio

Try it! Research shows thinking and moving are superb for active older adults. Join the FUN!

Tuesday 11:00am - 12:00pm

FUNCTIONAL WALK CARDIO **Gym 2**

Join this cardiovascular class which will set distance and time goals for variable-paced walking.

Wednesday 9:30am - 10:00am
Friday 9:30am - 10:00am

CARDIO SURPRISE

Group Exercise Studio

This is a fun, high energy class that will mix cardio with balance, agility, coordination and body weight strength. Perfect for the new exerciser or active older adult.

Saturday 9:15am - 10:00am

AQUA TOTAL FIT

Warm water - McLaughlin Pool

Exercise your whole body from the feet up and the inside out. This class is a moderately-paced cardio workout with exercises focusing on mobility, strength, flexibility & endurance. It is perfect for increasing your confidence with everyday activities.

Monday 10:45am - 11:30am
Monday 1:00pm - 1:45pm

SILVERSNEAKERS® SPLASH

Warm water-McLaughlin Pool

Activate your urge for variety! Splash offers fun, shallow-water movement to improve ability & flexibility while addressing cardiovascular, strength & endurance conditioning. No swimming ability required.

A Silversneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination.

16 Tuesday 12:00pm - 12:45pm

WARM WATER INTERVALS

Warm water-McLaughlin Pool

Improve your overall fitness with different types of interval and recovery exercises that are gentle on your joints.

Tuesday 1:00pm - 1:45pm



Arthritis Foundation
Aquatic Program™

ARTHRITIS FOUNDATION AQUATIC PROGRAM

Warm water - McLaughlin Pool

This class will consist of exercises for the total body to increase range of motion, flexibility and coordination.

Tuesday/Thursday 2:00pm - 2:45pm

WORK IT IN THE WATER

Warm water - McLaughlin Pool

Let water be your resistance! Work your body in a comfortable and safe manner while increasing heart rate and challenging your endurance. If you have joint or bone issues or just enjoy water exercise, this class will give you the workout you need!

Wednesday 11:00am - 11:45am

NEW! AQUA ZUMBA

Warm water - McLaughlin Pool

Aqua Zumba blends the Zumba philosophy with water resistance. Low impact on your joints. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Wednesday 12:00pm - 12:45pm
Friday (begins Nov. 17) 1:00pm - 2:00pm

GENTLE WATER EXERCISE

Warm water - McLaughlin Pool

A light, non-impact cardio workout. Increase flexibility & strength using a variety of water exercise equipment.

Thursday 12:00pm - 12:45pm

AQUA MOVIN' & GROOVIN'

Warm water - McLaughlin Pool

A fun class in the warm water pool where we'll be movin' & groovin' to a variety of music! No swimming required. This is a fun way to exercise, burn calories and get or stay fit!

Thursday 1:00pm - 1:45pm

GOLDEN SPLASH

Warm water - McLaughlin Pool

This aqua class is for active older adults of all abilities. This low impact class lets you relax in the warmth of Pool 2 and includes a variety of exercises to increase strength, flexibility and range of motion. A variety of aqua equipment is used.

Friday 12:00pm - 12:45pm

HEALTHY LIVING

Healthy Living Director - Aaron Hochmann Ahochmann@bcfymca.org

New to Exercise and/or Trying to Improve Health

SILVERSNEAKERS® CIRCUIT *Gym 2*

Combine fun with fitness to increase your cardiovascular & muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers® ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

Monday 10:00am - 10:45am

SILVERSNEAKERS® CLASSIC *Gym 2*

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available for seated or standing support.

Wednesday 10:05am - 10:50am

Friday 10:05am - 10:50am

SILVERSNEAKERS® YOGA *Group Exercise Studio*

This class will move your whole body through a complete series of seated & standing yoga poses. Chair support is offered to safely perform a variety of seated & standing postures designed to increase flexibility, balance & range of movement. Restorative breathing exercises & final relaxation to promote stress reduction & mental clarity.

Wednesday 11:00am - 11:45am

Fitness Classes 2-3

ADVANCED WEIGHT TRAINING

Group Exercise Studio

This 60-minute class focuses on core stability and progression in strength training. All muscle groups are worked in each class. A variety of equipment is used each week to continually challenge your body. Format is based on the latest science to effectively build strength and conditioning. Taught by a certified Personal Trainer.

Monday 6:00am - 7:00am

Tuesday 6:00pm - 7:00pm

Thursday 6:00am - 7:00am

Thursday 9:00am - 10:00am

Saturday 7:00am - 8:00am

NEW! MAT PILATES

Group Exercise Studio

Stretch & strengthen your body. Borrows from disciplines such as dance, yoga and classic calisthenics.

Monday (begins Nov 13) 8:45am - 9:30am

WAR™

Group Exercise Studio

WAR™ by Group RX is an exhilarating total body workout with a fusion of martial arts meets chart-topping music! Learn how to punch effectively, kick safely and perform hooks and uppercuts like a pro. Incorporates upper body, lower body and core strengthening.

Monday 9:30am - 10:30am

Fitness Classes 2-3

NEW! CORE & STABILITY

Group Exercise Studio

Strengthen your core through a variety of movements that focus not only on core strength, but also balance and stability. Using the BOSU, as well as balance on the floor, you will be able to increase overall core stabilization and improve back support and posture.

Monday (begins Nov 13) 5:30pm - 6:00pm

NEW! CARDO FIT

Group Exercise Studio

Learn how to train your body to become efficient at burning fat while putting low impact on your joints.

Monday (begins Nov 13) 6:00pm - 6:30pm

BOOTCAMP MAXX

Group Exercise Studio

Take your fitness to the MaXX with this high intensity workout! Body weight exercises, plyometrics and high intensity intervals to build power, speed, agility, endurance and core strength.

Tuesday (H.I.I.T) 10:00am - 11:00am

Thursday (Cardio) 10:00am - 11:00am

NEW! KICKBOXING W/STEP

Group Exercise Studio

A hybrid class for all levels! Experience the cardio workout of step and the intensity of kickboxing put together for one great high intensity calorie burner!

Tuesday (begins Nov 7) 5:15pm - 6:00pm

NEW! CARDIO BURN

Group Exercise Studio

Description coming soon!

Tuesday (begins Nov 14) 7:00pm - 7:30pm

NEW! BARBELL STRENGTH

Group Exercise Studio

Description coming soon!

Tuesday (begins Nov 14) 7:30pm - 8:15pm

NEW! ZUMBA WAKE UP

Group Exercise Studio

This class will wake up your mind & give you energy to get the day moving in a positive way!

Wednesday (begins Nov 15) 9:00am - 10:00am

MID-WEEK MASH UP

Group Exercise Studio

A blend of exercise styles... H.I.I.T., Tabata, a touch of PiYo® while incorporating a plethora of "toys". Class changes each week. Fun, Effective and Challenging!

Wednesday 9:30am - 10:30am

NEW! CORE & MORE

Group Exercise Studio

A mix of core strength & stability to target every aspect of the torso.

Wednesday (begins Nov 15) 7:00pm - 7:30pm

HEALTHY LIVING

Healthy Living Director - Aaron Hochmann Ahochmann@bcfymca.org

Fitness Classes 2-3

Mind/Body Classes

NEW! SWEAT & SHRED BOOT CAMP

Group Exercise Studio

Challenge yourself to a high-intensity Boot Camp experience using every part of your body. Using dumbbells, medicine balls & your own bodyweight, Sweat & Shred to a stronger YOU!

Wednesday (**NEW TIME**) 6:00pm - 7:00pm

H.I.I.T. STEP

Group Exercise Studio

Fun choreography and intervals!

Tuesday 5:15pm - 6:00pm

Friday 9:30am - 10:30am

STRENGTH TRAINING

Group Exercise Studio

Involves strengthening of all major muscle groups.

Friday 10:30am - 11:00am

AQUA BLAST OFF!

Pool 1

Start your week off in the water to high energy moves, music & fun! Aqua drills and skills will blast you through the water keeping the energy level HIGH! The class will use a variety of moves from grounded on the pool floor to power jumps through the water for a great workout!

Monday 9:30am - 10:30am

AQUA INTERVALS

Pool 1

This class is designed to help improve your overall fitness and get your heart pumping while reducing stress on your joints. We will mix in different types of intervals and recovery exercises and give the option to use both the shallow and deep ends of the pool. Flotation belts available, but not required. TRY IT!

Tuesday 9:30am - 10:30am

DEEP H2O SUSPENSION

Pool 1

Come experience water fitness in the deep end of the pool. Water belts are available. A great full body workout including cardio and toning segments done in the deep end of Pool 1.

Thursday 9:30am - 10:30am

AQUA P.E.

Pool 1

Physical Education class in the pool! Using all components of the water to strengthen muscular development and cardiovascular system. Pool equipment will be used and water belts will be available to everyone. No class will be the same.

Friday 9:30am - 10:30am

CHAIR YOGA Phillips' Hall-Room A (lower level)

****LAST CLASS WILL BE FRIDAY, NOVEMBER 10**

If you are a beginner or just interested in a slower-paced class, this is for you. Classes will contain yoga poses both seated and standing (using the chair if needed as support), along with pose modifications.

Friday 11:00am - 11:45am

BARRE

Group Exercise Studio

Barre is a safe, low impact program that will tone & strengthen your body! Safe and effective for all fitness levels. Using a combination of postures inspired by ballet and other disciplines like yoga and pilates, the class will focus on strength training combined with range-of-motion movements.

Monday 10:30am - 11:00am

Wednesday (**New!**) 6:00am - 6:30am

Thursday 11:00am - 11:30am

Saturday 10:00am - 10:45am

GENTLE YOGA

Group Exercise Studio

This class is a blend of Yoga styles. All participants must possess self-sustained balance and must be comfortable in transitioning from a standing position to the floor without support. A basic functional assessment test may be required to attend this class.

Monday | Friday 11:00am - 11:45am

FUNCTIONAL YOGA

Group Exercise Studio

A dynamic class with energetic music that utilizes sun salutations, warrior poses & multiple balance and core poses to build strength, flexibility and agility.

Monday 6:30pm - 7:30pm

Thursday 7:00pm - 7:30pm

A.M. YOGA

Group Exercise Studio

Yoga reduces stress, enhances breathing, relaxes and tones muscles through a mindful method of mental and physical well-being training.

Tuesday | Friday 8:00am - 9:00am

MINDFUL YOGA

Group Exercise Studio

Each class will begin with a short guided meditation, linked with breathing & awareness of the body. All poses will be very low impact & presented in a way that is suitable for everyone. Silent reflection in closing the class will bring a renewed sense of well-being.

Tuesday 8:15pm - 9:15pm

MINI YOGA

Group Exercise Studio

Same as Yoga, just 30 minutes.

Wednesday 10:30am - 11:00am

Thursday 12:15pm - 12:45pm

NEW! VINYASA YOGA

Program Center

The movement is aligned & linked with the breath so that you move with each inhale & exhale. Dynamic flow from posture to posture. This class is often referred to as FlowYoga or Power Yoga.

Saturday (**begins Nov 18**) 8:00am - 9:00am

HEALTHY LIVING

Healthy Living Director – Aaron Hochmann Ahochmann@bcfymca.org

NEW! SMART START FOR NEW MEMBERS

We are pleased to introduce the SMART Start new member wellness orientation. As a new member of the Y, you will receive (4) four FREE 30-minute coaching sessions with a certified Personal Trainer. During these sessions, you will learn how to use the state-of-the-art equipment in the Wellness Center, review your fitness goals, as well as go through workouts. Our goal is to make you feel as comfortable as possible in the Wellness Center and to provide the information you need to use the equipment in a safe manner. The SMART Start offer will expire 45 days after initial join date, so sign up today!

PERSONAL TRAINING

Do you need help reaching your health goals? This program is designed to allow a trainer and member to work together in developing an individualized exercise program. We offer a variety of times and trainers. Personal Training is by appointment for YMCA Members only. Full payment is due at time of registration. Sign up in the Wellness Center to be contacted for appointment. * A comprehensive assessment is FREE once per year to paid participants.

PERSONAL TRAINING FEES:

Fee: \$40.00 for 1-hour session
\$30.00 for 45-minute session
\$20.00 for 30-minute session

PERSONAL TRAINING

PACKAGE OPTIONS AVAILABLE:

(4) 1-hour training sessions \$150 (save \$10)
(8) 1-hour training sessions \$300 (save \$20)
(12) 1-hour training sessions \$440 (save \$40)
(4) 45-minute training sessions \$112.50 (save \$7.50)
(8) 45-minute training sessions \$225 (save \$15)
(12) 45-minute training sessions \$330 (save \$30)
(4) 30-minute training sessions \$75 (save \$5)
(8) 30-minute training sessions \$150 (save \$10)
(12) 30-minute training sessions \$220 (save \$20)

Small Group Personal Training

Includes 2 people for a 1-hour session
Fee: \$25 per Member

YOUTH PERSONAL TRAINING

Does your youth need strength or flexibility training for a specific sport? Would you like a personalized Wellness Center program for your youth? This program is for youth ages 11-15. Interested in Personal Training? Pick up a Personal Training packet (found in the Wellness Center), complete and turn in to the Welcome Desk. You will then be contacted. Personal Training rates apply. Need more information? Contact Aaron Hochmann at ahochmann@bcfymca.org.

GROUP CYCLE

KEISER® GROUP CYCLE *Group Cycle Studio*

Come and experience Group Cycling at a whole new level! The Keiser® bikes provide the closest to an outdoor ride available indoors. We incorporate bike computers that provide a training experience and challenge second to none. See the schedule here for specific times or view the most recent cycle schedule at <http://butler.bcfymca.org/schedules>.

You can reserve a cycle bike up to 7 days in advance at the YMCA Welcome Desk.

Mon	7:00am (60 Min)	
	9:30am (60 Min)	<i>Cycle/Core</i>
	5:30pm (60 Min)	<i>Cycle/Core followed by Yoga</i>
Tues	5:45am (60 Min)	
	7:10pm (60 Min)	
Wed	5:45am (60 Min)	
	6:00pm (60 Min)	<i>Cycle/Strength</i>
Thurs	6:15pm (45 Min)	<i>followed by Yoga</i>
Fri	5:45am (60 Min)	
	10:00am (60 Min)	<i>Cycle/Strength</i>
Sat	8:10am (45 Min)	<i>Instructor Rotation</i>
Sun	11:30am (90 Min)	

CYCLE/CORE

45 minutes of cycling and 15 minutes of strengthening abdominals and lower back.

Monday 9:30am-10:30am
Monday 5:30pm-6:30pm

CYCLE/STRENGTH

Featuring 30 minutes of high intensity cycling and 30 minutes of strength training in a fat-burning, circuit format. A hard-hitting effective combination. Taught by a Personal Trainer.

Wednesday 6:00pm-7:00pm
Friday (begins Nov. 10) 10:00am-11:00am

SUPER SATURDAYS

Saturday's class will feature an instructor rotation to keep this 45-minute format new and fresh and always challenging.

Saturday 8:10am-8:55am

SUNDAYS WITH SHELLY!

This popular class features 90-minute endurance rides. Then, at the beginning of the year, we will also hold our Half-Century rides. (TBD).

Sunday 11:30am-1:00pm

CHRONIC DISEASE PREVENTION PROGRAMS

Vice President, Organizational Advancement – Sandra Ihlenfeld Sihlenfeld@bcfymca.org

OHIOHEALTH

DELAY THE DISEASE™

THE #1 PARKINSON'S EXERCISE PROGRAM

DELAY THE DISEASE

This program is a life-changing exercise and mobility program expressly designed for people with a diagnosis of Parkinson's Disease. Led by a certified Delay the Disease instructor, the program improves the physical, mental, and emotional realities of PD patients. Beginning exercises will take place from a seated position. Exercise will be modified, as needed, for all levels of PD participants. Care Partners are requested to stay for the first class and encouraged to attend all classes at no additional charge. This class is ongoing.

Session Dates: July 17 to September 29, 2017

See registration form for pricing.

Mondays: 2:30pm-3:30pm AND/OR

Fridays: 2:30pm-3:30pm

*2x per week is suggested and will give better results



CHOOSE TO LOSE FOR HEALTHY LIVING!

This 10-week class is for anyone 18 years of age or older and currently overweight (10 pounds or more) or is working to maintain weight. This class includes all the latest weight loss research! Participants will receive one 30-minute Personal Training session (\$20 value), and one bonus weekly workout class (priceless)!

Tuesday class runs September 19-November 21, 2017

Tuesday Time: 6:00pm-6:45pm - Weigh-in and Meeting
6:45pm-7:30pm - Bonus Workout

FEE: \$125|Person

CHOOSE TO LOSE MINI

Same days and times as Choose to Lose classes. Includes the last 5 minutes of class, weigh-in, weekly handouts and bonus workout. Must have taken full Choose to Lose for Healthy Living class to be eligible to participate.

Fee: \$50|Person

NEW! BLOOD PRESSURE SELF-MONITORING PROGRAM



HOW THE PROGRAM WORKS:

Participants will work with trained Healthy Heart Ambassadors for the duration of the four-month program. During this time, participants will be encouraged to:

- Self-measure their blood pressure at least two times per month
- Attend two personalized consultations per month
- Attend these monthly nutrition education seminars:
 - Wednesday, September 20, 2017 @ 6:00pm
Dietary Approaches to Stop Hypertension
 - Thursday, October 12, 2017 @ 6:00pm
Lowering Sodium Intake
 - Wednesday, November 8, 2017 @ 6:00pm
Shopping, Preparing, and Cooking Food for Better Blood Pressure Management
 - Thursday, December 7, 2017 @ 6:00pm
Heart Healthy Eating for Life

Participants will record their blood pressure readings using an easy-to-use, self-selected tracking tool. The Y will provide options for participants who need a home blood pressure monitor.

PROGRAM GOALS:

Evidence-based Program

- Reduction in blood pressure
- Better blood pressure management
- Increased awareness of triggers that elevate blood pressure
- Enhanced knowledge to develop healthier eating habits

TO QUALIFY, PARTICIPANTS WILL:

- Be at least 18 years old
- Be diagnosed with high blood pressure
- Not have experienced a recent cardiac event
- Not have atrial fibrillation or other arrhythmias

Cost: \$40 includes a home blood pressure unit
\$30 if you already have a unit

Financial Assistance available. You do not have to be a YMCA member to participate in this program. Open to the community.

ADULT LEAGUES

You must be 18 years or older and out of high school to participate in our adult leagues. These leagues are designed for the purpose of fellowship, competition, and the benefits of exercise. All levels and abilities are welcome.

MEN'S FALL BASKETBALL LEAGUE

Wednesday evenings
Registration: NOW to August 28, 2017
Season: September 6 to November 15, 2017
TEAM FEE: \$260

ADULT VOLLEYBALL LEAGUE

Thursday evenings
Team Registration: NOW to September 25, 2017
Season: October 5 - December 21, 2017
Fee: \$90|Team
Teams will be co-ed and consist of at least six players. Must have at least 2 women or 2 men on each team.

MEN'S WINTER BASKETBALL LEAGUE

Wednesday evenings beginning at 5:30pm
Registration: NOW to November 20, 2017
Season: November 29, 2017 to February 7, 2018
TEAM FEE: \$260

RACQUETBALL LEAGUE

Consider joining our Racquetball League!
Who: Anyone 18 and older
A,B,C,D levels available (A=experienced D=Beginner)
Fee per session: \$5|Member \$10|Non-Member
Session 5: September (registration August 1-31)
Session 6: November (registration October 1-31)

Opponents will play 8 matches over the course of each session. Matches includes three games per match. Games will be played the best of 3 games to 15 points with a tie-breaker to 11 points on the third game. Scorecards must be submitted and standings will be posted weekly.

PICKLEBALL

Pickleball combines elements of tennis, table tennis, badminton and racquetball. The game is easy to learn and is played indoors or outdoors with a paddle and wiffle-like ball. Equipment is provided (wooden paddle) or bring your own.

When: Monday 11:00am-noon
Tuesday 10:30am-1:30pm
Thursday 10:30am-1:30pm
Friday 11:00am-noon
Sunday 11:00am-1:00pm

Where: YMCA Gym 2
Fee: Free for Members

COMMUNITY CLASSES

COMMUNITY CPR & FIRST AID

This class is designed for people who have a duty to respond in an emergency. The class includes lecture, interactive video demonstration with emergency scenarios and hands-on training to teach participants lifesaving skills. Must be 11 years or older.
CPR|Adult: Learn how to perform CPR and care for breathing and cardiac emergencies in adults.
AED: Learn how to use automated external defibrillator.
First Aid: Learn to recognize and care for a variety of first aid emergencies, such as burns, cuts and scrapes, sudden illness, head, neck and back injuries.
CPR|AED & First Aid certifications are valid for 2 years.

Saturday, October 7, 2017 9am - 2pm
Saturday, December 16, 2017 9am - 2pm
Fee: \$95|Member \$125|Non-Member

FIRST AID/CPR/AED TRAINING FOR HEALTHCARE PROVIDERS & PROFESSIONAL RESCUERS

To train professional-level rescuers to respond to breathing & cardiac emergencies in adults, children and infants until more advanced medical personnel arrive.

Saturday, October 7, 2017 3pm - 8pm
Saturday, December 16, 2017 3pm - 8pm
Fee: \$95|Member \$125|Non-Member



LIFEGUARD CERTIFICATION COURSE

Must be at least 15 years old prior to course end date. This course is for those who wish to become a certified lifeguard. See registration form for detailed specifications and skills needed to participate.

Monday-Friday August 21-25, 2017 4pm - 9pm
Monday-Friday December 18-22, 2017 4pm - 9pm

Attendance at all classes is mandatory. NO EXCEPTIONS. Pre-swim tests will be conducted by appointment. You must contact Ryan Good, Aquatics Director, at the YMCA 724-287-4733 x138 to request an appointment for a pre-swim test prior to signing up for class. You must pass the pre-swim test in order to register for the class. The cost for the pre-swim test is \$25 and is non-refundable regardless of test results.

Fee: \$200|Member \$225|Non-Member

LIFEGUARD & CPR/AED RECERTIFICATION

Lifeguard/First Aid/CPR/AED Recertification Course Dates

Friday, December 22, 2017 4pm - 9pm
Fee: \$75|Member \$100|Non-Member

ACTIVE OLDER ADULTS

THE BUTLER COUNTY FAMILY YMCA OFFERS HEALTH INSURANCE BASED MEMBERSHIPS THROUGH HEALTHWAYS SILVERSNEAKERS FITNESS® AND SILVER&FIT®.

SilverSneakers® is a health and fitness program for active older adults. Age qualification and participation is dependent on the member's insurance coverage. Currently, members must have: AARP® Medicare Supplement Insurance Plan, Highmark's Freedom Blue PPO or Security Blue HMO, Gateway, Humana, Independence Blue Cross and United Healthcare® insurance types (certain restrictions may apply based upon your specific insurance plan). Any member or guest may participate in classes (fees may be required).

Silver&Fit® is a health and fitness program for active older adults. Age qualification and participation is dependent on the member's insurance coverage. Currently, members must have: Aetna, UPMC, Altius Advantra, Health America Pennsylvania, Optima Health, Capital Blue Cross, Cigna-HealthSpring and more insurance types (certain restrictions may apply based upon your specific insurance plan). Any member or guest may participate in classes (fees may be required).

BIBLE STUDY

Bible Study, led by Janice Hetrick, meets on Tuesdays from 10:30am-11:30am.

BOOK EXCHANGE

Check out the Book Exchange the 2nd & 4th Tuesday of each month in the main lobby of the YMCA. Bring books, take books or exchange books.



DID YOU KNOW?

THE BUTLER YMCA IS A STOP ON ROUTE 1 FOR THE BUS. ANY PERSON AGED 65 AND OVER IS ABLE TO GET A FREE BUS PASS.



SPECIAL EVENTS FOR ACTIVE OLDER ADULTS

SIMPLE GIFTS

Thursday, October 26 2017

11:00am Ukulele & Spoons Workshop

12:00pm Concert (all ages welcome)

1:15pm Post Concert Workshop

Location: Gym 1, Butler YMCA

Cost: Free Community Event; please register in advance at the YMCA Welcome Desk.

TOUCAN ART

Monday, October 30, 2017 11:45am-2:45pm

Location: Phillips' Hall, Butler YMCA

\$16 per person and payment is due at time of sign-up. Bette Joe will lead you through instruction to help you make your own masterpiece! All materials included.

SENIOR SAFE DRIVING CLASS

Tuesday, November 14, 2017 10am-2pm

Location: Phillips' Hall, Butler YMCA

\$16 per person. Sign up at the YMCA Welcome Desk or online at www.seniorsforsafedriving.com or by phone at 1-800-559-4880. Earn a certificate and receive 5% off your auto insurance.

HOLIDAY TRADITIONS (BUTLER SYMPHONY)

Saturday, December 2, 2017 7:30pm

Location: Butler Intermediate High School

Cost: \$15.50/Adult and \$5/Student

The Butler Symphony will combine traditional carols sprinkled with music from the *How the Grinch Stole Christmas* and *The Snowman*. Purchase discounted tickets at the YMCA Welcome Desk.

AOA HOLIDAY PARTY

Tuesday, December 5, 2017 12pm-1:30pm

Location: Gym 1, Butler YMCA

Enjoy a potluck with social activities while singing Christmas carols. Sign up at the YMCA Welcome Desk.

SPECIAL EVENTS

NEW! TAI CHI

Group Exercise Studio

TAI CHI is back at the YMCA full time! Instructor Bill Weber has over 20 years of experience teaching Tai Chi. Class involves a series of movements performed in a slow, focused manner, accompanied by deep breathing. Each posture flows into the next without pause so that your body is in constant motion.

Member Registration: Going on NOW Class starts Oct 10
FEE \$10|Member \$75|Non-Member
Class size is limited to 10 participants.

Tuesday and Thursday 1:00pm-2:00pm (10 weeks)

Member Registration: Oct 23-28, 2017 Class starts Nov 29
FEE \$10|Member \$75|Non-Member
Class size is limited to 10 participants.

Wednesday and Friday 12:00pm-1:00pm (10 weeks)
Attendance twice per week is strongly recommended.
Tai Chi is a learned practice as you will progressively build your skills with each class.

NEW! HAUNTED TRAIL

YMCA Camp/ARMCO Park
Friday, October 13, 2017 and
Saturday, October 14, 2017

The attraction features a 1 mile walking trail through the woods crawling with ghosts, zombies, and more! Walk the Haunted Trail, **IF YOU DARE!**
Fee: \$5.00 per person
Time: 7:30pm-Midnight both nights

FLOATING PUMPKIN PATCH

Friday, October 20, 2017

Meet in the Youth & Family Center at 7:00pm. We will then head down to Pool 2 where kids will jump into the pool to choose their pumpkin to carve! Child must be able to swim. If your child is 7 or under, parent must be in the water with their child. Please register at the YMCA Welcome Desk.
Fee: \$8.00 per person

TURKEY TROT

5K RUN / WALK RACE

Saturday, November 4, 2017

This event consists of a 5K (3.1 mile) run/walk race. Also featuring a Kids 1 mile Race!
Check-in at the Butler YMCA from 8:30am-9:30am.
Race starts at the Butler YMCA promptly at 10:00am.
Registration: NOW to October 16, 2017
Fee: \$10|Pre-registration (does not include T-shirt)
\$18|Pre-registration (includes T-shirt)
\$25|Late or Day-of Registration



IRONMAN GOLD CHALLENGE

December 1-7, 2017 JUST ONE WEEK!

2.4 mile Swim, 112 mile bike and 26.2 mile run

PANCAKES AND PAJAMAS WITH SANTA

Saturday, December 16, 2017

11:00am - 12:30pm in Gym 1

This FAMILY event will include breakfast, holiday games and a visit from Jolly Ole Saint Nick. Kids are encouraged to wear their favorite PJs, just like Christmas morning!

(child will receive a present brought by parents).

Registration: October 16 - December 4, 2017

Fee: Family of 2-3 \$10.00
Family of 4-6 \$20.00
Family of 7 or more \$25.00

Pictures available for \$2.00 per picture at the event

MEMBER APPRECIATION EVENTS

THANKSGIVING LUNCHEON Gym 1

Thursday, November 16, 2017 11am-2pm

We are thankful for our members and this will be a special time for friends and fellowship.

CHRISTMAS LUNCHEON Gym 1

Thursday, December 14, 2017 11am-2pm

Celebrate the season and enjoy a festive lunch at the YMCA!



Big Brothers Big Sisters
of Butler County
A program of the Butler County Family YMCA

Volunteer Mentors

Needed. To enroll, Volunteers will:

- Complete the Intake Process
- Be at least 18 years of age
- Be willing to commit to 5-10 hours per month
- Have a supportive and caring attitude and want to make a difference!

Enroll a Child. Parents/Child must:

- Complete the Intake Process
- Child should be 6-17 years of age
- Must reside in Butler County
- Child must have a desire to be a Little

SAVE THE DATE!

BOWL Sunday,
FOR KIDS' SAKE March 4, 2018

For more information, please contact
Jaime Cypher, Youth Development Director
jcypher@bcfymca.org or 724.287.4733



BUTLER YMCA • 339 NORTH WASHINGTON STREET • BUTLER, PA 16001-5261

VISIT OUR OTHER LOCATIONS:

ROSE E. SCHNEIDER FAMILY YMCA

2001 EHRMAN ROAD • CRANBERRY TOWNSHIP, PA 16066

YMCA CAMP/ARMCO PARK

341 CENTERVILLE PIKE, ROUTE 173 • SLIPPERY ROCK, PA 16057

STRONG KIDS CAMPAIGN

THE Y.™ FOR A BETTER US.™

GIVE THE GIFT OF BELONGING.

When you donate to the Y, you're supporting programs and services that help strengthen your community. To ensure that no one is denied a chance to participate in Y programs and membership because of an inability to pay, the Y offers **financial assistance**.

HOW CAN YOU BUILD A BETTER US?

When you give to our **Annual Strong Kids Campaign**, your gift will help our community receive the support it needs to learn, grow and thrive. **Everything we do helps strengthen Butler County and the people who live here.** But keeping our neighborhood great is a full-time job. Every day, our community faces new challenges that create a greater need for the work we do. Your gift can help our neighborhood and everyone in it shine. To learn more or to give, visit www.bcfymca.org/skc.

FOR A BETTER YOU.

FOR A BETTER COMMUNITY.

FOR A BETTER COUNTRY.

*Dear Sir or Madam,
Thank you very much for contributing to the Strong Kids Campaign!
Because of your generosity, my son and I will be able to continue
our participation in all of our favorite activities and programs
offered at the YMCA. We cannot express in words how thankful and
excited we are! Our membership to the YMCA has been key in my
sons development both physically and socially.*

-Love, a very happy Mom & Son

