



# THE Y: MORE THAN A GYM

## HEALTHY KIDS DAY



## STRONG KIDS

## WATER DISCOVERY SWIM LESSONS



## STRONG FAMILIES



## VOLUNTEERS @ YMCA CAMP/ARMCO PARK

## STRONG COMMUNITIES

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## YMCA CLOSINGS

January 1, 2018	New Year's Day
March 30	Good Friday
April 1	Easter Sunday
May 28	Memorial Day
YMCA Camp/ARMCO Park is open for Memorial Day weekend!	

## YMCA GIFT CERTIFICATE

A perfect gift for someone special.

- 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](http://www.bcfymca.org)

## HOURS OF OPERATION

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



**FAMILY TRANSFORMATION**  
**LIFE-CHANGING** MOTIVATE ACTIVITY  
DIVERSITY BALANCE & FLEXIBILITY  
GROWTH EXERCISE LIFESTYLE FUN  
DISCIPLINE & STRENGTH JOY FRIENDSHIP LAUGHTER  
ENERGY HEALTHY LIVING JOIN

# MEMBERSHIP

Membership Director – Robert Law [Rlaw@bcfymca.org](mailto:Rlaw@bcfymca.org)

**PARTIAL FINANCIAL ASSISTANCE IS AVAILABLE FOR THOSE WHO QUALIFY**

## PROGRAM REGISTRATION

Register ONLINE at [www.bcfymca.org](http://www.bcfymca.org)

### Winter Session I Jan 2-Feb 24, 2018

Registration for Members: Dec 16 - 30, 2017  
Registration for Non-Members: Dec 20 - 30, 2017

### Winter Session II Feb 25-April 21, 2018

Registration for Members: Feb 17 - 24, 2018  
Registration for Non-Members: Feb 21 - 24, 2018



### Spring Session April 22-June 16, 2018

Registration for Members: April 14 - 21, 2018  
Registration for Non-Members: April 18 - 21, 2018

**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 6:00pm or the third Wednesday of every month at 10:00am 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: SILVERSNEAKERS® TIVITY HEALTH 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 25 of this brochure. As a YMCA member through SilverSneakers® Tivity Health 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 SilverSneakers® Tivity Health 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](mailto: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

<b>Youth</b>	Ages 8-18 and/or still in high school
<b>Young Adult</b>	Individual Men and Women ages 18-29
<b>Adult</b>	Individual Men and Women ages 30 and older
<b>Senior</b>	Individual Men and Women ages 62 and older
<b>Couple</b>	Two adults who live in the same household
<b>Family</b>	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
<b>Single Parent Family</b>	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
<b>Young Adult Health Center</b>	Individual Men and Women ages 18-29 and out of high school
<b>Adult Health Center</b>	Individual Men and Women ages 30 and older
<b>Senior Health Center</b>	Individual Men and Women ages 62 and older
<b>Couple Health Center</b>	Two adults who live in the same household
<b>Family Health Center</b>	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
<b>Single Parent Family Health Center</b>	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.

## NEW! YMCA NATIONAL RECIPROCITY

As a benefit of a YMCA membership, bring your membership card and photo ID and enjoy free access to almost every YMCA in the United States!! YMCA members must utilize their home branches at least 51% of the time. SilverSneakers® and Silver&Fit® members do not qualify. Please call the YMCA 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 9:00am to 12:15pm, 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](mailto: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.

## AMAZON SMILE

Shop online! Help the Y so that we can help others! Your online shopping purchases can help the Butler County Family YMCA. The AmazonSmile Foundation will donate 0.5% of the purchase price from eligible purchases to the charitable organization of your choice. Simply log on to <https://smile.amazon.com> to sign up and choose the Butler County Family YMCA as your charity of choice. If you have an existing Amazon account, you can use it to sign in to smile.amazon.com. All monies received support our Strong Kids Campaign, which keeps the Y available for kids and families in our community.

# CHILD CARE

Senior Child Care Director - Natalie Sferra [Nsferra@bcfymca.org](mailto: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](http://www.pakeys.org/stars) and [www.creativecurriculum.net](http://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](mailto: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](mailto: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](mailto: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](mailto: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.***



## SUMMER DAY CAMP

### **A Lifetime of Memories!**

Butler YMCA Camp Keystone is proud to offer a variety of Day Camp programs that give children the chance to make new friends, develop self-confidence, and to have fun. Field trips, swimming, large group games & arts and crafts are provided for children in grades K-6. We also offer a Counselor-in-Training program for youth in grades 7-11. Registration begins Monday, April 2, 2018. Summer Day Camp begins June 7, 2018! Care available starting June 4 for Slippery Rock Area students. Stop by the Butler YMCA, call 724.287.0045 or email [sdanik@bcfymca.org](mailto:sdanik@bcfymca.org) for more information!

# 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: \$20|Member \$25|Non-Member 30 minutes  
\$40|Member \$50|Non-Member 60 minutes

OR \$125|Member \$150|Non-Member  
for (7) seven 30-minute lessons



## SCUBA INSTRUCTION

The Butler YMCA, in conjunction with Scott's Scuba Service, is teaming up to conduct a Scuba Diving Certification course at the YMCA. The course is divided into three learning aspects: learning the theory of diving in the classroom and skill development in the pool. The final aspect takes place at Scott's Scuba private diving lake in the Slippery Rock area. This is where you will make the transition from the classroom to a local diving environment.

The program is 100% all inclusive in the pricing. The course is open for ages 10 years & older. All registration and any questions should be directed to Scott's Scuba Service at 724.295.3500. or [www.scottsscuba.com](http://www.scottsscuba.com).

Class dates: Saturdays from 6:00pm to 9:00pm  
January 13 - February 10, 2018 or  
March 10 - April 7, 2018



## BUTLER BARRACUDA SWIM TEAM

Did you know that the Butler Barracudas were District Champions the past five seasons? Many personal and 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](http://www.bcfymca.org) or see the Aquatics Director. Summer swim dates will be available in April.

## CERTIFICATION COURSES

Look for information about CPR and Lifeguard Certification Courses on Page 22 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  
\$30|Youth Member  
\$70|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
<b>STAGE A: WATER DISCOVERY (6 months to 3 years)</b> Introduces infants and toddlers to the aquatic environment (accompanied by a parent)	Mon Tues Wed Thurs	5:00-5:30pm 9:00-9:30am 5:00-5:30pm 9:00-9:30am
<b>STAGE B: WATER EXPLORATION (6 months to 3 years)</b> Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills (accompanied by a parent)	Tues Thurs Sat	9:35-10:05am / 5:00-5:30pm 9:35-10:05am 9:00-9:30am
<b>STAGE 1: WATER ACCLIMATION (3-5 years)</b> Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.	Mon Tues Wed Thurs Sat	5:35-6:05pm 10:10-10:40am / 6:45-7:15pm 6:45-7:15pm 10:10-10:40am 9:35-10:05am / 11:20-11:50am
<b>STAGE 2: WATER MOVEMENT (3-5 years)</b> Encourages forward movement in water and basic self-rescue skills performed independently.	Mon Tues Wed Thurs Sat	6:10-6:40pm 10:45-11:15am / 6:10-6:40pm 6:10-6:40pm 10:45-11:15am 10:10-10:40am
<b>STAGE 3: WATER STAMINA (3-5 years)</b> Develops intermediate self-rescue skills performed at longer distances than in previous stages.	Mon Tues Wed Thurs Sat	6:45-7:15pm 11:20-11:50am / 5:35-6:05pm 5:35-6:05pm 11:20-11:50am 10:45-11:15am
School-Age Swim Lesson Class Descriptions	Day	Time
<b>STAGE 1: WATER ACCLIMATION (5-12 years)</b> Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.	Mon Tues Wed Sat	5:00-5:30pm 6:10-6:40pm 6:10-6:40pm 9:00-9:30am
<b>STAGE 2: WATER MOVEMENT (5-12 years)</b> Encourages forward movement in water and basic self-rescue skills performed independently.	Mon Tues Wed Sat	5:35-6:05pm 5:35-6:05pm 5:35-6:05pm 9:35-10:05am
<b>STAGE 3: WATER STAMINA (5-12 years)</b> Develops intermediate self-rescue skills performed at longer distances than in previous stages.	Mon Tues Wed Sat	6:10-6:40pm 5:00-5:30pm 5:00-5:30pm 10:10-10:40am
<b>STAGE 4: STROKE INTRODUCTION (5-12 years)</b> Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.	Mon Tues Wed Sat	5:00-5:30pm 6:45-7:15pm 6:10-6:40pm 10:45-11:15am
<b>STAGE 5: STROKE DEVELOPMENT (5-12 years)</b> Introduces breast-stroke and butterfly and reinforces water safety through treading water and sidestroke.	Mon Tues Wed Sat	5:35-6:05pm 6:10-6:40pm 5:35-6:05pm 11:20-11:50am
<b>STAGE 6: STROKE MECHANICS (5-12 years)</b> Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.	Mon Tues Wed	6:10-6:40pm 5:35-6:05pm 5:00-5:30pm
<b>SHARK (5-12 years)</b> For those who can swim 50 yards each: fly, back, breast and crawl	Tues	5:00-5:30pm / 6:45-7:15pm



# POOL POLICIES

Aquatics Director – Ryan Good [Rgood@bcfymca.org](mailto: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](http://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

## **GYM PLAY** 7 weeks in Gym 1

Gym Play is 30-minutes of interactive play rather than an instructional class. Children ages 2-4 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! There is no instructor, it is free play with your child(ren).

Day/Time: Friday from 10:00am to 10:30am  
Dates: January 5-February 16, 2018  
March 2-April 20, 2018  
April 27-June 8, 2018  
Fee: Included in Family Membership  
\$8|Member \$16|Non-Member

## **NEW! MOMMY/DADDY & ME PAINTING**

**Tuesday, February 13, 2018 5:00pm-6:00pm**

Join the YMCA's very own Bette Jo Traggiai while you and your little one create your own one-of-a-kind Valentine's Day painting!

Who: Preschoolers ages 1-5 and Parent(s)

Fee: \$15|Per Painting

Where: Phillips' Hall-Room A

## **TINY TIGERS KARATE**

**Karate for Preschoolers ages 4 and 5**

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

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 Cheer**

Who: Children ages 3-5

Registration: NOW to January 2, 2018

Date: January 6-February 3, 2018

Saturdays 1:45pm-2:30pm

### **Li'l Champs Soccer**

Who: Children ages 3-5

Registration: NOW to January 16, 2018

Date: January 27 - February 24, 2018

Saturdays 2:00pm-2:45pm

### **Li'l Champs Track & Field**

Who: Children ages 3-5

Registration: January 2 to March 16, 2018

Date: March 24 - April 28, 2018

Saturdays 12:30pm-1:15pm

### **Li'l Champs Hockey**

Who: Children ages 3-5

Registration: February 19 to April 13, 2018

Date: April 21 - May 19, 2018

Saturdays 1:45pm-2:30pm

### **Daddy & Me Soccer**

Who: Preschoolers ages 2-4 AND DADDY!

Learn basic soccer skills with Daddy

Registration: February 19 to April 13, 2018

Date: April 21 - May 19, 2018

Saturdays 1:00pm-1:30pm

Fee: \$20|Member \$40|Non-Member

## **MORNING PRESCHOOL**

### **AM 1: (for ages 3-5 years)**

Must be 3 years old as of

Sept. 1, 2018 and potty trained.

Class Meets: Tuesday and Thursday

Class Time: 9:00am-11:30am



The 2018-2019 school year will run September 4, 2018 to May 24, 2019 and will follow the Butler School District calendar for vacation days, school delays or cancellations. Enrollments are now 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  
For more info, please contact Rachel Winberg-Hinch at 724.287.0045 or [rhinch@bcfymca.org](mailto:rhinch@bcfymca.org).

# GYMNASTICS, DANCE & CHEER

Youth Development Director - Jaime Cypher Jcypher@bcfymca.org

Gymnastics Class Description	Day	Time	Fee
<b>PRESCHOOL TUMBLING</b> 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
<b>LEVEL 1</b> For children ages 5+. 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
<b>LEVEL 2</b> 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
<b>LEVEL 3</b> 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
<b>LEVEL 4</b> 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 child, per cycle. Gymnastics classes run for 7 weeks. Report cards distributed during week 7.			

## DANCE

### JUST JAZZ!

Day: Monday evenings  
 Who: Youth ages 6 and older  
 Time: 6:45pm-7:45pm  
 Fee: \$35|Member \$65|Non-Member  
 Where: NEW Program Center  
 Registration is every session & 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  
 Time: 6:00pm-7:00pm for ages 6 & older  
 Fee: \$35|Member \$65|Non-Member  
 Where: Group Exercise Studio  
 Registration is every session & lessons run for 7 weeks.



## CHEER

### DIAMONDS COMPETITIVE CHEER

Participants will learn a cheer routine with tumbling and stunts from **seasoned coach Jenna** and will perform at one local competition on Sunday April 8, 2018!

Who: Ages 8 and up  
 Registration: NOW to January 5, 2018  
 Season: January 8-April 9, 2018 (13 weeks)  
 Day: Monday evenings 6:30pm-8:30pm  
 FEE: \$250 per participant

\*Fee includes practice times, uniforms, competition entrance fees and end-of-season banquet. Some fundraising opportunities will be available to help with uniform costs.



# 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 son or daughter need strength or flexibility training for a specific sport? Would you like a personalized Wellness Center program for them? This program is for youth ages 11-15. Contact Aaron Hochmann at [ahochmann@bcfymca.org](mailto: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

Dates: February 12-April 4, 2018  
April 16-June 6, 2018

Fee 2x|week: \$120|Member \$160|Non-Member

Fee 1x|week: \$70|Member \$90|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.hiddentigertsd.com](http://www.hiddentigertsd.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.



# KIDS HAVE FUN AT THE Y!

Youth Development Director - Jaime Cypher [Jcypher@bcfymca.org](mailto:Jcypher@bcfymca.org)

## WELCOME TO THE NEW YOUTH CENTER!



Located on the Butler YMCA First Floor across from Play Place. Join our Youth Center Mentors here for our After School Adventures activities!

### SUPERVISED CENTER HOURS

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

NOTE: The Youth Center is recommended for kids ages 8-15, but youth aged 6-7 may be signed in and out by parent/guardian.



### AFTER SCHOOL ADVENTURES

**Monday through Friday 3:45pm-6:00pm**

Crafts, tutoring, games and much MORE! Class meets in the Youth Center. FREE for Y members ages 6 and up.

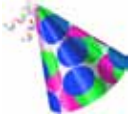
3:45-4:15pm School Work

4:15-6:00pm Games and Activities

## 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 LOCK-INS

Did you know the YMCA offers Lock-Ins for church groups, boy scouts, girl scouts, sports teams and others? We offer Lock-Ins 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.

### UNICYCLE CLUB

**Who:** Anyone 12 years or older  
**When:** Saturdays 4:30pm-6:30pm in Gym 1  
**Equipment:** Helmets are mandatory. Some unicycles are available to use. If bringing your own unicycle, it must have plastic pedals.

Registration is required for all participants. Adults 18+ must show photo ID.



# COOKING CLASSES AND TEENS

## COOKING CLASSES

### SPROUTS CUPCAKES (Cycle 1) 6 weeks

Who: Youth ages 4-7 and Parent(s)  
When: Thursdays from 5:30pm-6:30pm  
Fee: \$25|Youth  
Date: January 4 - February 8, 2018  
Participants will learn to measure, mix and bake. Kids will get creative with fun-themed decorations and icing for their cupcakes.

### CUPCAKE BOOT CAMP (Cycle 1) 6 weeks

Who: Youth ages 8-12  
When: Thursdays from 6:45pm-7:45pm  
Fee: \$25|Youth  
Date: January 4 - February 8, 2018  
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!

### CHEFS IN TRAINING FREE for Members (Cycle 2) 6 weeks

Who: Youth ages 8-12  
When: Tuesdays from 4:30pm-5:30pm  
Date: February 27 - April 3, 2018  
Participants will learn basic kitchen skills: using a peeler, a handheld can opener, mixer, whisk & 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!

### JUNIOR CHEFS (Cycle 2) 6 weeks

Who: Youth ages 8-15  
When: Tuesdays from 5:30pm-6:30pm  
Fee: \$25|Youth  
Date: February 27 - April 3, 2018  
Join Chef Pollie, where students will follow more advanced recipes and kitchen techniques.  
\*This class is recommended for students who have basic kitchen skills, like use of whisk, paring knife, etc.

### SPROUTS CUPCAKES (Cycle 3) 6 weeks

Who: Youth ages 4-7 and Parent(s)  
When: Thursdays from 5:30pm-6:30pm  
Fee: \$25|Youth  
Date: April 26 - May 31, 2018  
Participants will learn to measure, mix and bake. Kids will get creative with fun-themed decorations and icing for their cupcakes.

### CUPCAKE BOOT CAMP (Cycle 3) 6 weeks

Who: Youth ages 8-12  
When: Thursdays from 6:45pm-7:45pm  
Fee: \$25|Youth  
Date: April 26 - May 31, 2018  
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!

## TEEN VOLLEYBALL LEAGUE

Who: Teens ages 12-15  
Registration: January 2 - February 16, 2018  
Season: Friday evenings  
March 2 - May 18, 2018  
Coaches Meeting: Wednesday, February 21, 2018  
Fee: \$53|Member \$95|Non-Member

## VOLLEYBALL CLINIC

Who: Youth ages 12-15  
Registration: January 2 - February 16, 2018  
Date: **Friday, February 23, 2018**  
**6:30pm to 8:00pm**  
Fee: \$10 for Volleyball League participants only

## TEEN BOYS BASKETBALL

Who: Boys ages 13-17  
When: Saturday evenings  
Registration: January 2 - March 3, 2018  
Dates: March 17 - June 2, 2018 (10 weeks)  
Coaches Meeting: Monday, March 12, 2018  
Fee: \$53|Member \$95|Non-Member

If you register for Teen Boys Basketball, you must attend the team placement session on **Saturday, March 17, 2018** at 6:30pm.

## 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: Regular Payment \$360 due Dec 30, 2017  
Late Payment \$385 due March 2, 2018

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

## 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](mailto:ahochmann@bcfymca.org).

# YOUTH 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 SOCCER LEAGUE

For youth ages (6-9) and (10-14)

Registration: NOW to 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: NOW to December 22, 2017

Dates: January 9-February 20, 2018 (7 weeks)

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

### 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: NOW to 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: NOW to January 22, 2018

Dates: February 5 - March 19, 2018 (7 weeks)

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

## JUNIOR CHAMPS SPORTS

The YMCA Junior Champs Sports programs are designed to teach children the fundamentals of each sport while having FUN! Each sport runs for 6 weeks.

### Junior Champs Track & Field

Who: Children ages 6-8

Registration: January 2 to March 16, 2018

Date: March 24 - April 28, 2018

Saturdays 1:15pm-2:15pm

Fee: \$35|Member \$60|Non-Member

### Junior Champs Hockey

Who: Children ages 6-8

Registration: February 19 to April 13, 2018

Date: April 21 - May 26, 2018

Saturdays 2:45pm-3:45pm

Fee: \$35|Member \$60|Non-Member

### YOUTH VOLLEYBALL LEAGUE

Who: Youth ages 8-11

Registration: January 2 - February 16, 2018

Season: Friday evenings

March 2 - May 18, 2018

Coaches Meeting: Wednesday, February 21, 2018

Fee: \$53|Member \$95|Non-Member

### VOLLEYBALL CLINIC

Who: Youth ages 8-11

Registration: January 2 - February 16, 2018

Date: **Friday, February 23, 2018**  
**6:30pm to 8:00pm**

Fee: \$10 for Volleyball League participants only

### VOLLEYBALL DRILLS & SKILLS

Want to get some more practice on your volleyball skills? Y Volleyball League participants save \$10.

Who: Youth ages 8-12

When: Fridays 5:00pm-6:00pm

Registration: January 2 - February 23, 2018

Dates: March 9 - May 4, 2018 (7 weeks)

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

### YOUTH BASEBALL LEAGUE

Who: Youth ages 3 and 4 for T-Ball (5:30pm)  
Youth ages 5-7 for Coach Pitch (6:30pm)

Registration: February 19 - April 13, 2018

Season: Wednesday evenings for 10 weeks  
April 25 - June 27, 2018

Location: Alameda Park

Coaches Meeting: Wednesday, April 18, 2018

Fee: \$55|Member \$70|Non-Member

### BASEBALL CLINIC

**Sunday, April 22, 2018** from 2:00pm to 3:30pm

Fee: \$10 for Y Baseball League participants only



# HEALTHY LIVING

Healthy Living Director – Aaron Hochmann [Ahochmann@bcfymca.org](mailto: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

### 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 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](mailto:Ahochmann@bcfymca.org)

## New to Exercise and/or Trying to Improve Health

### SILVERSNEAKERS® CIRCUIT *Program Center*

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® 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.

Tuesday 12:00pm - 12:45pm

### SILVERSNEAKERS® YOGA *Program Center*

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 and final relaxation to promote stress reduction & mental clarity.

Wednesday 11:00am - 11:45am

### SILVERSNEAKERS® CLASSIC *Program Center*

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



## **NEW! STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL)**

*Program Center*

This class helps provide specific exercises that will help seniors stay active and reduce their chance of falling. You will be able to improve overall cardiovascular endurance, strength, balance and friendships with other participants. Improves the health of older adults by reducing fall risk factors.

Wednesday 5:30pm - 6:15pm

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

Monday 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

### **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 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 6:00pm - 6:30pm

### **BACK BY POPULAR DEMAND!**

### TREAD & SHRED *Wellness Center*

Small group training class to improve speed and endurance. Learn to monitor your exertion level to maximize your calorie burn! Expect to be pushed to go faster & climb harder than you ever would on your own! Registration required and program fee applies.

Monday 5:00pm - 6:00pm

Thursday 11:15am - 12:15pm

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

# HEALTHY LIVING

Healthy Living Director - Aaron Hochmann [Ahochmann@bcfymca.org](mailto:Ahochmann@bcfymca.org)

## Fitness Classes 2-3

### 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 5:15pm - 6:00pm

### NEW! CARDIO BURN

*Group Exercise Studio*

Watch the calories burn away in this interval cardio class. Using interval training between high and low intensity, you will work to build your fat burning efficiency while strengthening your aerobic capacity!

Tuesday 7:00pm - 7:30pm

### NEW! BARBELL STRENGTH

*Group Exercise Studio*

Pure strength training using the bars and weight plates. Learn how to perform various strength and power exercises while building your strength and lean muscle. Combined with Cardio Burn, these classes work together to strengthen your body in every aspect!

Tuesday 7:30pm - 8:15pm

### NEW! ZUMBA WAKE UP

*Group Exercise Studio*

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

Wednesday 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! 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 6:00pm - 7:00pm



### H.I.I.T. STEP

*Group Exercise Studio*

Fun choreography and intervals!

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

# HEALTHY LIVING

Healthy Living Director – Aaron Hochmann [Ahochmann@bcfymca.org](mailto:Ahochmann@bcfymca.org)

## Mind/Body Classes

### BARRE

#### Group Exercise Studio

Barre is a low impact program that tones & strengthens your body! Safe & effective for all fitness levels. Using postures inspired by ballet and other disciplines like yoga and pilates, the class focuses 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

#### Program Center

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
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### FUNCTIONAL YOGA

#### Group Exercise Studio

A dynamic class with energetic music that utilizes sun salutations, warrior poses and 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
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### MINDFUL YOGA

#### Group Exercise Studio

Each class will begin with a short guided meditation, linked with breathing & awareness of the body. Poses will be very low impact and are suitable for everyone. Silent reflection to close the class will bring a renewed sense of well-being.

Tuesday	8:15pm - 9:15pm
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### 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 and exhale. Dynamic flow from posture to posture.

Saturday	8:00am - 9:00am
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### TAI CHI

#### Group Exercise Studio

Tai Chi involves a series of movement performed in a slow, focused manner, accompanied by deep breathing.

Tuesday Thursday	1:00pm - 2:00pm
Wednesday Friday	12:00pm - 1:00pm
Fee: \$10 Member	\$75 Non-Member

## 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.**

<b>Mon</b>	7:00am (60 Min)	
	9:30am (60 Min)	<i>Cycle/Core</i>
	5:30pm (60 Min)	<i>Cycle/Core followed by Yoga</i>
<b>Tues</b>	5:45am (60 Min)	
	7:10pm (60 Min)	
<b>Wed</b>	6:00pm (60 Min)	<i>Cycle/Strength</i>
	<b>Thurs</b> 6:15pm (45 Min)	<i>followed by Yoga</i>
<b>Fri</b>	5:45am (60 Min)	
	10:00am (60 Min)	<i>Cycle/Strength</i>
<b>Sat</b>	8:10am (45 Min)	<i>Instructor Rotation</i>
<b>Sun</b>	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	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
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**Save the Date! Specialty Half-Century Ride Saturday, March 17, 2018 beginning at 9:00am**

### SUNDAYS WITH SHELLY!

This popular class features 90-minute endurance rides.

Sunday	11:30am-1:00pm
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**RALLY FOR THE Y! Look for information on the Espresso Bike Challenge that will be held during the month of February 2018!**

# SMART START AND PERSONAL TRAINING

Healthy Living Director - Aaron Hochmann [Ahochmann@bcfymca.org](mailto: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 or now available online to be contacted for appointment.

\* A comprehensive assessment is FREE once per year to paid participants.

## **PERSONAL TRAINING FEES FOR MEMBERS:**

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

## **PERSONAL TRAINING**

### **MEMBER 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

## **NEW! Personal Training for NON-Members**

Please see Personal Training brochure for fees and package options for Non-Members.

## MEET OUR PERSONAL TRAINERS



**AARON HOCHMANN**



**JACKIE DICKEY**



**NICHOLE PORCH**



**EVONNE PATTERSON**



**LOUIS YOSSA**



**OLIVIA REDDICK**



# CHRONIC DISEASE PREVENTION PROGRAMS

Vice President, Organizational Advancement – Sandra Ihlenfeld [Sihlenfeld@bcfymca.org](mailto: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: January 5 to March 16, 2018

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)!

**Tuesdays:** January 2 to March 6, 2018

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:
  - Monday, January 8, 2018 12:00pm-1:00pm  
**Dietary Approaches to Stop Hypertension**
  - Monday, February 5, 2018 12:00pm-1:00pm  
**Lowering Sodium Intake**
  - Monday, March 5, 2018 5:00pm-6:00pm  
**Shopping, Preparing, and Cooking Food for Better Blood Pressure Management**
  - Monday, April 2, 2018 5:00pm-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.

## 35 & OVER BASKETBALL LEAGUE

Tuesday evenings

Registration: NOW to January 2, 2018

Season: January 9 to March 13, 2018

TEAM FEE: \$290

## ADULT WINTER VOLLEYBALL LEAGUE

Thursday evenings

Team Registration: NOW to January 13, 2018

Season: January 18 - March 29, 2018

Fee: \$90|Team

## MEN'S SPRING BASKETBALL LEAGUE

Wednesday evenings

Registration: January 2 to February 10, 2018

Season: February 21 - May 9, 2018

TEAM FEE: \$290

## ADULT SPRING VOLLEYBALL LEAGUE

Thursday evenings

Registration: February 26 to April 7, 2018

Season: April 12 - June 21, 2018

TEAM FEE: \$90

## MEN'S SUMMER BASKETBALL LEAGUE

Wednesday evenings

Registration: April 2 to May 19, 2018

Season: May 30 - August 22, 2018

TEAM FEE: \$290

## 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 1: January (registration Dec 1-31)

Session 2: March (registration Feb 1-28)

Session 3: May (registration April 1-30)

Matches include 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. Gym 2. FREE for members.

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

# 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, March 10, 2018 9am - 2pm

Saturday, May 12, 2018 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, March 10, 2018 3pm - 8pm

Saturday, May 12, 2018 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 March 12-16, 2018 4pm - 9pm

Monday-Friday May 14-18, 2018 4pm - 9pm

Tuesday-Friday May 29-June 2, 2018 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, March 16, 2018 4pm - 9pm

Friday, May 12, 2018 4pm - 9pm

Friday, June 1, 2018 4pm - 9pm

Fee: \$75|Member \$100|Non-Member

# SPECIAL EVENTS

## VALENTINE BOXES & MOVIE NIGHT

Decorate your Valentine box for school and enjoy making a yummy Valentine snack to eat during the movie!

**Friday, February 9, 2018 from 6pm-7:30pm**

**Movie: 7:45-9:30pm**

Fee: \$10 per person

## FATHER - DAUGHTER DANCE

Have fun dressing up with dad and enjoy great music, games and snacks. This is a perfect way to spend quality time with a very special person in your life.

**Saturday, February 17, 2018**

Time: 6:00pm to 8:00pm in Butler YMCA Gym 1

Registration: January 2 to February 12, 2018

Fee: \$22|Father + 1 daughter

\$27|Father + multiple daughters

## MEMBERSHIP APPRECIATION WEEK

**March 12-16, 2018.** Events will include daily surprises, raffles, prizes, snacks, and much MORE!

## EASTER EGG HUNT/EGG COLORING

Parents and Kids of all ages are welcome to enjoy our Easter egg hunt and/or egg coloring!

**Saturday, March 24, 2018 starts at 12:30pm**

Fee: \$5 for Easter Egg Hunt only

\$10 for Easter Egg Hunt & Egg coloring

## NEW! MEET THE EASTER BUNNY

**Saturday, March 24, 2018 10:00am-1:00pm**

FREE Event for all. If you would like a photo printed, cost is \$5.00 per picture.

## GOOD FRIDAY BREAKFAST

**Friday, March 30, 2018**

Butler YMCA at 7:00am in Gym 1. Tickets can be purchased in advance or at the door.

Adults: \$5 Youth (15 & Under): \$2.00 per person

## BUTLER Y INDOOR TRIATHLON!

Looking for a fun, challenging event? Try the Butler YMCA INDOOR TRIATHLON! Events begin in Pool 1, where adults will swim 8 laps. From there, travel to the Group Cycle Room and cycle 7 miles on a cycle bike. Finish in the Wellness Center with a 3.1 miles run on a treadmill. Distances vary for youth. Timers will be at each area. No transition time will be included.

WHO: Youth 8-15 years & at least 4'4" tall  
Youth/Adults 16 years and older

DATE: **Saturday, April 7, 2018**

TIME: Events begin at 1:00pm in Pool 1  
Start times will be staggered

REGISTRATION: February 19-March 24, 2018

Individual registration only

Member: \$20|8-15 years of age  
\$35|16 years of age and older

Non-Member: \$25|8-15 years of age  
\$40|16 years of age and older



## HEALTHY KIDS DAY

Join us after school for Healthy Kids Day. This National YMCA family event focuses on keeping kids healthy and safe! Vendors, food, activities and more; all are welcome to this FREE, fun event!

Date: **Friday, April 27, 2018**

Butler YMCA - Both Gyms 3:30pm-6:00pm

## NEW! LIFT FOR THE KIDS

### POWERLIFTING COMPETITION!

DATE: **Saturday, June 9, 2018**

Entry Deadline: Thursday, May 31, 2018

All late entries must pay a \$20 late fee

Weigh-In: Friday, June 8, 2018 from 5pm-8pm

There will be NO weigh-ins at the competition

DIVISIONS: Sub-Junior (15-18), Junior (19-23), Open (any age), Masters (40+), Team (4 person team 1 female minimum)

WEIGHT CLASSES:

Male: 114, 123, 132, 148, 165, 181, 298, 220, 242, 242+

Female: 97, 105, 114, 123, 132, 146, 165, 181, 181+

See registration form for entry fees and sponsor info. Registration fees benefit the Y's Strong Kids Campaign.

## RACE SERIES-SAVE THE DATES

### Save the Dates for the Butler YMCA 2018 Race Series!

Indoor Triathlon Saturday, April 7, 2018

Butler Road Race Saturday, June 23, 2018  
\*Presented by the Butler YMCA and Butler Health System

YMCA Annual Triathlon Saturday, July 7, 2018

Youth Triathlon Saturday, August 18, 2018

Turkey Trot 5K & Kids Race Saturday, November 3, 2018





**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](mailto:jcypher@bcfymca.org) or 724.287.4733**

## YMCA CAMP/ARMCO PARK

**NEW!**

### ADULT CO-ED FLAG FOOTBALL LEAGUE AT YMCA CAMP/ARMCO PARK

Sunday mornings starting at 9:00am  
Team Registration: NOW to February 2, 2018  
Season: **February 11 - April 22, 2018**  
Regular Season 8 weeks then 2 weeks of playoffs  
Fee: \$250|Team (includes 2 refs per game)  
Players must be 18 years old and out of high school to participate. Teams must be co-ed and have at least 2 women and 2 men on each team. Maximum number of players is 15. Games will last one hour.



## YMCA CAMP/ARMCO PARK



### RESERVATIONS

Reservations for YMCA Camp/ARMCO Park facility rentals will be accepted beginning Monday, March 5 through March 9, 2018 for YMCA and BAEA (Butler ARMCO Employees Association) Members. Beginning March 12, 2018, facility rentals will be open to the general public. Reservations may be made in person on a first-come first-serve basis at the Butler YMCA or by calling 724-287-4733 x112.

For the most up-to-date info, visit our website at <http://armcopark.bcfymca.org/>.

### PARK AND POOL DATES FOR 2018

The Park and Pool will be open for **Memorial Day weekend**, May 26-May 28, 2018. FREE admission, games and surprises on Monday, May 28th. Park only will be open May 29-June 1 from 9am-5pm. Park & Pool will open for the season Saturday, June 2, 2018. The Pool will be open through August 26, 2018 and the Park will be open through Labor Day with limited hours.

Our outdoor pool has a **Splash Pad** with water features and lots of spray nozzles.

#### PlayMill Playground

Check out the **Basketball and Sand Volleyball Courts**

#### Private Swim Lessons and Group Swim Lessons

**Birthday party package** will be offered evenings from 7:30pm-9:30pm. Maximum of 50 swimmers. Fee includes three lifeguards and exclusive use of the pool facilities for your special event!

Fee: \$140|Member \$175|Non-Member

**Youth Triathlon** - Event will be held August 18, 2018

**Book your wedding or class reunion NOW** to secure your date for 2018. Reservation fee for these type of events applies prior to March 5, 2018.



# ACTIVE OLDER ADULTS

THE BUTLER COUNTY FAMILY YMCA OFFERS HEALTH INSURANCE BASED MEMBERSHIPS THROUGH SILVERSNEAKERS® TIVITY HEALTH 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 meets on Tuesdays from 10:30-11:30am.

## 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.

## ACTIVE OLDER ADULT COMMITTEE

The Active Older Adult Committee meets the first Tuesday of each month at noon at the Butler YMCA. We are always looking for new members! If you are interested in serving on this energetic committee that helps to plan a variety of activities, please let us know!

## SHARE YOUR TIME & TALENTS

### SUGAR: THE NOT-SO-SWEET TRUTH

**Monday, January 15, 2018 1:00pm-2:00pm**

Location: Trustees' Room, Butler YMCA  
Free educational event through Humana.

### TOUCAN ART

**Monday, January 29, 2018 11:45am-2:45pm**

Location: Phillips' Hall, Butler YMCA  
\$16 per person and payment is due at time of sign-up. Bette Jo will lead you through instruction to help you make your own masterpiece! All materials included.

### SENIOR SAFE DRIVING CLASS

**Monday, February 5, 2018 10am-2pm**

Location: Phillips' Hall, Butler YMCA  
\$16 per person. Sign up at the YMCA Welcome Desk or online at [www.seniorsforsafedriving.com](http://www.seniorsforsafedriving.com) or by phone at 1-800-559-4880. Earn a certificate and receive 5% off your auto insurance.

### FOLK MUSIC WITH A TWIST

**Tuesday, February 13, 2018 2:00pm-4:30pm**

Location: Butler YMCA Lobby  
Tony Frochio and his son will be performing a variety of folk tunes in the lobby!

## SPECIAL EVENTS FOR ACTIVE OLDER ADULTS

### EMERGENCY PREPAREDNESS CLASS

**Tuesday, March 20, 2018 10am-2pm**

Location: Phillips' Hall, Butler YMCA  
Area Agency on Aging is sponsoring this class at the YMCA. Free to the community. Sign up at the YMCA Welcome Desk.

### TOUCAN ART

**Wednesday, April 4, 2018 5:45pm-8:45pm**

Location: Phillips' Hall, Butler YMCA  
\$16 per person and payment is due at time of sign-up. Bette Jo will lead you through instruction to help you make your own masterpiece! All materials included.

### TOUCAN ART

**Monday, April 30, 2018 11:45am-2:45pm**

Location: Phillips' Hall, Butler YMCA  
\$16 per person and payment is due at time of sign-up. Bette Jo will lead you through instruction to help you make your own masterpiece! All materials included.

### SENIOR SAFE DRIVING CLASS

**Thursday, May 3, 2018 10am-2pm**

Location: Phillips' Hall, Butler YMCA  
\$16 per person. Sign up at the YMCA Welcome Desk or online at [www.seniorsforsafedriving.com](http://www.seniorsforsafedriving.com) or by phone at 1-800-559-4880. Earn a certificate and receive 5% off your auto insurance.

### NATIONAL SENIOR HEALTH & FITNESS DAY

**Wednesday, May 30, 2018 10am-2pm**

Location: Butler YMCA



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. The Strong Kids Campaign subsidizes YMCA memberships and programs to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive.

#### 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](http://www.bcfymca.org/skc).

#### FOR A BETTER YOU. FOR A BETTER COMMUNITY. FOR A BETTER COUNTRY.

*To Whom It May Concern:*

*I would like to thank you for your generous donation to the financial assistance fund for the YMCA! Because of your donation, my family and I can enjoy a membership at the YMCA that we otherwise could not, due to our low household income. I am a single mother of four and there have been many things my family has missed out on due to lack of funds. We were able to take advantage of the assistance provided in the past and it was much appreciated.*

*My oldest son is on the spectrum and has become overweight. This will be a great opportunity for him to get in shape and be social as well. I have problems with my back and truly need to take better care of myself. I would also like to learn to swim, and hopefully having this membership can help me do that! Thank you again for your kind donation! Know that my family will put it to good use.*

*-Sincerely, a grateful Mom & Family*

