BECOME PART OF OUR FAMILY TODAY!

Winter/Spring Program Guide
January 1 thru June 30, 2019

Uniontown Area YMCA
One YMCA Drive
Uniontown, PA  15401
724-438-2584
www.uniontownymca.org
www.facebook.com/
uniontownarea.ymca
Twitter.@uniontownymca

Hours of Operation
Monday—Thursday 5AM-9:30PM
Friday 5AM-8PM
Saturday 5AM-6PM
Sunday 11AM-4PM through Memorial Day

Closed New Year’s Day, Good Friday,
Easter Sunday & Memorial Day
WELCOME TO YOUR Y

Officers 2018

Mike Quinn  Chief Volunteer Officer/Chair
Reid Smith  1st Vice - Chair
Greg Parsons  Secretary
Bryan Ponzurick  Treasurer

Other Members of the Board of Directors

Clint Dittmar  Gary Monaghan  Ed Balling
Josh Gerson  Tim Flecker  Paul Payerchin
Jason Cox  Mike Maendel  Jeff McCabe
Dr. Ashley Parker

Advisory Board Members

Jonathan Garlow  Dave Fullmer  Chuck Michael

Honorary Board Members

Ralph K. Barclay, Jr.  Sankey MacDonald
Dr. Joe T. Ruby  Terry McMillen
Curtis McDowell  John McCune
Dr. Michael George

STAFF

Jacquelyn Jordon Core, JD, PhD
CEO ext:100
Pam George
Wellness Director ext:112
Tyler Kurosky
Program Director ext:103
Brian Miller
Facilities Director ext:104
Gina Shell
Operations Director ext: 102
Robin Shimko
Finance Director ext:101
Jennifer Suchevits
Childcare Director ext: 108
Christine Wallace
Aquatics Director Ext: 106

Board & Staff Information  Page 2
Policies & Procedures  Page 3
Membership Information  Page 4-5-6
Events/Fundraising  Page 7-8-9
Chronic disease prevention and management programs  Page 10
Fitness Class Information  Page 11
Personal Training  Page 12
Swim Lessons  Page 13
Aquatic Programs/Swim Team  Page 14
Youth Sports  Page 15-16
Gymnastics  Page 17
Childcare  Page 18
Gym Schedule  Page 19-20
Pool Schedule  Page 21
Special Interest  Page 22
Thank you  Page 23
Inclement Weather Policy:
The YMCA will base its decisions on closings and cancellations on the recommendation of the CEO and Board CVO. Closings will be broadcasted on WMBS Radio and on Channel 2, 4, and 11 News, www.uniontownymca.org, and Facebook. Severe Thunderstorm decisions are at Manager on Duty’s discretion.

Unsupervised Youth Policy:
Children Eleven (11) and under must be supervised by an adult or enrolled in a structured program at all times while within the YMCA. Parents or guardians supervising youth swimmers may remain in the pool seating area during swimming supervision. If children are in child watch parent/guardian must remain in the building.
Youth ages 12 and 13 may use only the pool and basketball court areas unsupervised by an adult unless enrolled in a structured program.
Youth ages 14 to 17 may use all appropriate areas of the facility unsupervised by an adult provided all YMCA rules and regulations are followed at all times. Failure to follow YMCA rules and regulations will result in immediate revocation of membership and/or a requirement for continuous adult supervision during facility use. Youth ages 14 to 17 must be supervised while spectators at YMCA sporting events.

Racquetball Court: A racquetball court is available for use by individuals age 14 and older at no additional fee. Children under 14 must be accompanied by an adult.
See page 19 for reservation information.

Fitness Center/Weight Room Policy: Fitness facilities are available to individuals ages 14 years and older. (Fitness facilities include cardiovascular center, free weight room, and selectorized resistance training circuit). Appropriate workout clothing and shoes must be worn at all times. (Appropriate clothing includes shirt and shorts or appropriate for exercise pants and shoes). Absolutely no horseplay will be tolerated. Courtesy to other members and guests is expected. You must wipe down the pieces of equipment you used as you move from one machine to another.

Family Cardio Hours: Family Cardio hours are ONLY for the times listed and are for youth ONLY ages 12 and 13. Parent or guardian must be on machine next to youth. Youth ages 12 and 13 CANNOT use selectorized weight equipment or free weights.

Please note that children under the age of 12 are NOT permitted in the Wellness Area at any time.

Membership will be at risk for continued infractions of policies.

Family Cardio Hours:
Monday – Thursday: .......... 3:30-4:30 and 7:30-8:30 PM
Friday..........................3:30-7:30 PM
Saturday.......................1:30-5:30 PM
Sunday.........................1:30-4:00 PM (Labor Day to Memorial Day)

Locker Room Policies:
To ensure the safety of both youth and adults, no adults other than supervisory staff will be permitted in the youth locker rooms under any circumstances unless there is a health or safety emergency.
Youth locker rooms may only be used by youth under age eighteen (18) who do not require the assistance of a parent or guardian. Youth requiring assistance should be taken by parents or guardians to the ADA shower and changing facilities near the fitness room and child watch areas.
Adult female parents or guardians may take female youth into the women’s locker room so long as the youth remain with the accompanying adult and are supervised at all times.
Adult male parents or guardians may take male youth into the men’s locker room so long as the youth remain with the accompanying adult and are supervised at all times. NO exceptions to these policies will be made for any guest or member unless there is a health or safety emergency.

Full lockers may be used for day use ONLY. The YMCA reserves the right to remove unauthorized locks from lockers left overnight.

Members need to bring their own locks to secure personal items. The Uniontown Area YMCA is not responsible for lost or stolen items.

Lockers: May be rented on a yearly basis. Locker rentals purchased mid-year will not be pro-rated.
Cost: $60 per year for small lockers
Membership Information

Come join our family...

The Uniontown Area YMCA is a community service organization. We base our facility on four Christian principles:

CARING
HONESTY
RESPECT
RESPONSIBILITY

MEMBERSHIP PRICING

<table>
<thead>
<tr>
<th>Membership</th>
<th>Monthly Rate</th>
<th>Annual Rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth to Age 13</td>
<td>$12.50</td>
<td>$150.00</td>
</tr>
<tr>
<td>Young Adult Age 14 - 23</td>
<td>$23.00</td>
<td>$276.00</td>
</tr>
<tr>
<td>Adult (24 &amp; Older)</td>
<td>$41.50</td>
<td>$498.00</td>
</tr>
<tr>
<td>Household</td>
<td>$60.00</td>
<td>$720.00</td>
</tr>
</tbody>
</table>

One Time New Member Processing Fee $10.00

*Rates Subject to Change*

A couple and their dependents under the age of 18 living together in one household qualify for a household membership. Dependents 18 and older require an independent membership unless they are under the age of 24, residing at home, and currently enrolled in a minimum of six college, university, or vocational credits.

Payment Options:
Monthly: Electronic Bank Draft from your checking or savings or charge to your credit card either on the 5th or the 20th. To end membership a cancellation form MUST be completed and allow 30 days before the bank draft is terminated.
Yearly: Pay in full one year at a time with credit, cash, or check.

All shapes, sizes, ages, and levels of ability and income are welcome. Become part of our family today!

Scholarship Policy

Scholarships for memberships and programs are made possible by the generous gifts to our Annual Campaign. Scholarship applications are available at the Welcome Desk and must be resubmitted annually.
YMCA Mission:
To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

UNIONTOWN AREA Y GUEST POLICIES

Guest Policy:
The Y is a member organization and seeks to encourage membership through guest privileges. Three day guest memberships are available for $25. Complimentary guest passes must be approved through the CEO. In order to avoid overcrowding during peak hours or for our most popular classes, the Y reserves the right to limit access to the facility and/or a class by guests.

Guest Memberships:
Guests with a 3 day membership must be at least 12 years of age to be onsite without their parent or legal guardian. Guests under the age of 12 must be accompanied by a parent or guardian who is a member or who also has a paid 3 day pass. All guests are subject to age guidelines as outlined in the member handbook and program guide.

If a membership is purchased within 30 days of purchasing a 3-day guest membership a credit of $25 will be given toward the first month of membership.

Away Member: Members of other Y’s involved in the AWAY program and temporarily visiting from out of town may use the Y for unlimited visits. Members must show photo ID, proof of Y membership, and sign a Y release form.

Short Term Membership: As an opportunity to provide service to out of town guests and college students who are in town for Christmas and Summer Break and who would like to enjoy the Y for their limited stay in our community, we have short term memberships available. Participants must show a photo ID and sign a release form.

Corporate Discount Programs are available. Let us help your employees stay healthy and strong with one of our Corporate memberships.

We also offer Wellness programming at your workplace and disease prevention programming for employees.

Summer Membership Pricing

<table>
<thead>
<tr>
<th>Categories</th>
<th>Processing Fee</th>
<th>July – August</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth to Age 13</td>
<td>$10.00</td>
<td>$30.00</td>
</tr>
<tr>
<td>Young Adult 14-23</td>
<td>$10.00</td>
<td>$75.00</td>
</tr>
<tr>
<td>Adult 24-59</td>
<td>$10.00</td>
<td>$100.00</td>
</tr>
<tr>
<td>Household</td>
<td>$10.00</td>
<td>$150.00</td>
</tr>
</tbody>
</table>
Member Benefits Include

- Full Facility Usage
- Discounts on Programs
- All Fitness Classes included in membership at no extra cost
- Eligibility for the AWAY Program at other YMCA’s
- Free Racquetball, Pickleball, and Tennis
- Meeting new people and building friendships that last a lifetime
- Free Orientation

Facility

- State of the Art Fitness Center
- 25 Yard Pool
- Whirlpool/Sauna/Steam Room
- Gymnasium
- Free Weight Room
- Racquetball Court
- Aerobic Room & Cycle Room
- Childcare Center (infants, toddlers, preschool, & afterschool)
- Child Watch Room (Ages 6 mths - 7 yrs)
- Special Needs/Family Changing Room
- Tween Room (Ages 7-13)
- Meeting Rooms
- 4 Locker Rooms
- Playground
- 2 Outdoor Pavilions
- Outdoor Basketball Court
- Outdoor Tennis Court
- Indoor & Outdoor Tracks
- Outdoor Fitness Equipment

Child Watch

- Monday through Friday
  - 8:00 AM – 12 noon
  - Monday through Thursday
    - 4:00 PM - 8:00 PM
  - Saturday 8:00 AM - 11:30 AM
- The parent / guardian must remain in the YMCA.
- Free for members.
- Potential members $5.00 per hour.
  - (2hr. Maximum)

Tween Room

- The Y space for youth ages 7 to 13
- Monday—Thursday: 4:00 - 8:00 PM

NOTE: The Tween room is now available for party rental! $100 for members- $125 for potential members for two hours.
- Call Robin 724-438-2584 ext.101
- Parents may not stay with youth in the Tween Room except during private rentals.
Fundraising

Have you considered a legacy gift to help sustain your local YMCA? Ask us about exclusive membership in our Heritage Club. Contact our CEO, Jacquelyn Core, at 724-438-2584 today to meet and discuss how you could be remembered through a gift to the Y.

Support the Uniontown YMCA

If you use Amazon.com, please consider making us your designated charity! All you have to do is follow the link below and designate us as your charity of choice then shop at smile.amazon.com. The Amazon Foundation will donate a portion of every single purchase you make to us with no additional cost to you. Please help us in our quest to keep membership fees low for our members and to better serve our community!

https://smile.amazon.com/

How can you help?

When you give to our Annual Support Campaign, your gift will help young people and families of all ages to lead healthier lives and strengthen the bonds of community in Fayette County. Now when you think of your YMCA you’ll know it’s more than just a gym... it’s a cause. A cause that, with your generous support, will continue to strengthen our community. Ask about scholarships, special rates for law enforcement, military, and our corporate programs.

NovaCare Rehabilitation is pleased to offer aquatic therapy services at the Uniontown YMCA. Request an appointment today at 724-437-0556 or at novacare.com 97 Delaware Avenue Uniontown, Pa

www.uniontownymca.org

www.uniontownymca.org
Social Responsibility

CPR & First Aid Classes

<table>
<thead>
<tr>
<th>Adult/Child/Infant CPR/AED</th>
<th>Member</th>
<th>Potential-member</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 24, February 19, June 26, July 3, October 22, November 19, 2019</td>
<td>$85</td>
<td>$95</td>
</tr>
</tbody>
</table>

American Red Cross Blended Learning Lifeguard Class

**Must** have strong swimming skills and endurance and be 15 years of age, responsible, reliable, and safety conscious. Learn what it takes to become a Lifeguard here at the Uniontown YMCA. The online portion will be on your own personal computer, and we meet here at the Y for the water skills portion. Looking for a part time Job?

**Fees:** Member $225. Potential Member $275. Recertification Fees: Members $112. Potential Member $138.

Must attend all skill classes and complete online session. April date and time to be announced!

Wilderness First Aid Training

**Monday March 11, 2019** 9:00 AM - 5:00 PM

**Wednesday March 13, 2019** 9:00 AM - 5:00 PM

This class is a great base of knowledge if you work outside or want to become a first responder.

Cost $350 per session

BSA Merit Badge Day for Scouts

Join us March 2, 2019, for a day of merit badges at the Uniontown YMCA.

Cost is just $10.00 and includes lunch, a t-shirt, and a patch.

Time 8:30 AM - 4:00 PM

Available badges include swimming, family life, personal fitness, lifesaving, automotive maintenance, art, golf, first aid, dentistry, crime prevention, personal management, and American cultures/American heritage.

Registration is limited to the first 144 scouts

Call the YMCA today to register 724-438-2584

Venturing is a youth development program of the Boy Scouts of America for young men and women who are 14 to 21 years of age.

**Venturing** teaches leadership through high adventure activities. Come join Crew 1888! Learn to backpack, climb, cave, and ski. We are ready for adventure.
Social Responsibility

“Christmas in July at the Y”
Sunday, July 14, 2019 at 2pm

Door prizes, Lunch, 50/50, Raffle Auctions for over 150 baskets and specialty items, & 20 Decorated Trees Raffle

Tickets $15.00
Adults Only Please.

Only 400 Seats! Register Now!

Golf Outing

The Uniontown Area YMCA is having their annual Youth Scholarship Golf Outing on Friday, May 17, 2019, at Duck Hollow. This YMCA Fundraising Event is held to provide an opportunity for youth who cannot afford membership and programs to have access to the YMCA.

Show your support for this worthwhile event.
We are looking for Golfers and Sponsors, and encourage your participation.
Call the Uniontown YMCA for more information.

Session 1 Mondays, January 24, 2019, to March 7, 2019
Session 2 Wednesdays, April 3, 2019, to May 15, 2019

NO CHARGE for this EVENT

Strengthening Families

Schedule of Fun:
Sessions for Family Activities
5:30pm to 6:00pm Family Dinner
6:00pm to 7:00pm Breakout Sessions for Parents and Youth Activities
7:00pm to 8:00pm Combined Session
8:00pm to 9:00pm Family Fun Time in Gym or Swimming Pool (optional)

Who can attend: Families with youth ages 10 to 14 years old
No Cost
Free Child Care for Younger Siblings
Door Prizes given every Week

To register, call or email Jennifer Deichert at (724) 438-0111 or jld61@psu.edu
Or complete registration form and give it to your school principal or YMCA front desk

Cooking Matters

Participants in this no cost program sponsored by the Fayette County Community Foundation and Chevron learn how to shop for and prepare healthy, low cost meals.

In this six week program, each week receive take-home groceries which you can use to practice a recipe you learned in class. Food preparation and cooking food, safety instruction, nutrition activities and discussions, food budgeting, and an interactive grocery store visit are included.

Next session begins in April.
Call Gina today to be added to the waitlist.
Chronic Disease Prevention & Management Programs
Dates and times available by calling 724-438-2584

1 IN 3 PEOPLE ARE AT RISK FOR DIABETES — ARE YOU?

YMCA’s Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity, and losing a modest amount of weight in order to reduce their chances of developing the disease. In a classroom setting, a trained lifestyle coach will facilitate a small group of participants in learning about healthier eating, physical activity and other behavior changes over 25 sessions. The year-long program consists of 16 weekly sessions and three sessions every other week during the first six months followed by 6 monthly sessions in the second six months.

LIVESTRONG® AT THE YMCA

HOW DOES THE PROGRAM WORK? LIVESTRONG at the YMCA focuses on you—the whole person—not the disease. This 12-week program meets twice a week for 90 minutes, using traditional exercise methods to ease anyone who has been diagnosed with cancer back into fitness and help you maintain a healthy weight.

ENHANCE®FITNESS

WE’LL MEET YOU WHERE YOU ARE. Enhance Fitness is geared toward older adults of all fitness levels. If you have a chronic condition, such as arthritis, you may be able to gain more strength and independence. You will feel energized physically, mentally, and socially, and be surrounded by people who care about you.

Registration is open. The next session begins January 21, 2019.

Pedaling for Parkinson’s

LIVE BETTER. Pedaling a bicycle may change the life of someone with Parkinson’s disease. Research conducted at the Cleveland Clinic showed a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace.

Registration is open. Join anytime. Class days and times M, W, and F 12:30 PM.

Cardiac Maintenance

This phase 3 Cardiac Rehabilitation Maintenance Program is designed to provide assistance to stable cardiac patients starting an exercise program. Registration required. $60 for members, $99 for potential members. Includes 3 months Y membership for potential members.

Blood Pressure Self-Monitoring

Work one on one with a Healthy Heart Ambassador for 4 months to help reduce your blood pressure. Gain new tools for blood pressure management, increase your awareness of triggers that elevate your blood pressure, receive a free monitor, and develop knowledge around healthier eating habits.

WHAT TO EXPECT:
Monitor your blood pressure 2 times per month.
Attend monthly nutrition classes. Stop by Healthy Heart Ambassador Office Hours at least 2 times per month. No appointment necessary.

Call today to enroll: 724-438-2584

Moving for Better Balance

Moving for Better Balance is a 12-week evidence based, instructor-led group program designed to help you improve your strength, balance, flexibility, and mobility through the slow and therapeutic movements of a Tai Chi falls prevention program. The program consists of 2 one hour class sessions per week.

Registration is open: Next class begins January 3, 2019.

Tuesday and Thursday 11:30 AM

HEALTHY WEIGHT & YOUR CHILD

Obesity affects 17% of all children and adolescents in the United States – this is triple the rate from one generation ago. Today – one in six children are living with obesity and one in three are overweight.

Healthy Weight and Your Child (HWYC) is an evidenced based program that aims to empower children and families through education, healthy eating, and physical activity to help families learn skills and behaviors to live a healthier lifestyle. The 5 month program is designed for children ages 7-13 years of age, with a body mass index at the 95th percentile or higher. Children must have a referral from a health care provider or school nurse in order to participate. Each 2 hour class includes an hour of fun learning and an hour of physical activity led by CATCH certified Y staff. A parent or primary guardian must attend all sessions.

The next session start March 25th. Monday and Wednesday at 5:00 PM.
Yoga: Yoga is a mat-based class designed to increase flexibility, balance, range-of-motion, and muscle strength. Participants will be led through a series of flowing moments that transition from standing to the mat. Relaxation and restorative breathing are included.

BBR: Decompress with self massage and work your abdominals with the big ball.

Cardio with High rep weight training: A group fitness class that combines a fast-paced cardio section with total weight training using high repetition format. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout.

The body shop & Pilates: A blend of yoga, Pilates, and functional movement training. An effective, all-inclusive workout for beginners through advanced participants. Using a variety of techniques, balls, bands, dumbbells, mats, and stability trainers. The formats will improve strength, flexibility, and balance.

Piyo/Pilates/Roll - Intermediate-Advanced Fitness Levels: Jump training to spike the heart rate. Pilates taught in a flowing format, myofascial release (self massage) using the fitness roller.

Zumba® - All Fitness Levels: Zumba® is a fun and effective aerobic workout that combines Latin rhythms to this calorie-burning, body energizing fitness dance party!

Sets & Reps: (15 reps x 4 sets per muscle group) This is a total body workout with weights.

Bodyweight Basics: A workout using just your bodyweight. Essential movements that build strength using only you. Focus is on proper form and technique

Hustle for Muscle: All weight training each muscle group in set.

Strength & Tone Training: An energetic strength training workout that uses body weight, resistance bands, and free weights to build and retain lean muscle while boosting metabolism.

Piyo Strength® - All Fitness Levels: A unique core-strengthening workout inspired by Yoga and Pilates. Tone and reshape your body through mat-based exercises performed by participants. Through flowing and controlled movements, participants develop muscle strength, muscle flexibility, and muscle balance.

Piyo LIVE® - Combines the muscle-sculpting, core firming benefits of Pilates with the strength and flexibility of flowing yoga movements.

Barre: The fastest, most effective way to change your body. A total body workout lifts your seat, tones your thighs, abs, and arms, and burns fat.

Tabata: A high intensity workout with maximum results in minimal time. 4 minute rounds with 2 exercises each round performed at maximum intensity with 10 second rest intervals. Rounds will change monthly.

Timed Bootcamp: Timed sessions of cardio work and weight stations using various weights creating continuous core work.

Slow Flow Yoga: This all-levels flow (vinyasa) yoga class links breath with movement in a light and creative way. Moving at a slow, steady pace allows time for students to fully experience each posture, building strength and coordination in standing and balancing poses and deepening flexibility and relaxation in seated and supine stretches. Slow Flow increases mind-body awareness and total-body strength and provides a healthy challenge through graceful sequencing. This is a soul-soothing class perfect for new to advanced practitioners.

Yin Yoga: Yin Yoga, an all-levels practice, was developed as a means to improve hip and spinal health. Students hold seated and supine poses for two to 10 minutes in an effort to decompress the joints and remove blockages from the connective tissue (ligaments, tendons and fascia) with attention to breathing. Yin Yoga can provide a sense of therapeutic healing to the physical body and nervous system. This is an excellent, complementary practice to balance an active lifestyle, high impact sports, a busy work life, and stress affecting the mind and soul.

Vinyasa Yoga all-levels: A yoga practice that syncs breath with movement. Coordination, focus, strength and flexibility are addressed in this total-body conditioning class which incorporates postures that require just enough effort and challenge with poses that put the muscles and mind at ease. Elements from Slow Flow as well as Power Yoga and Yin Yoga will intertwine to create a well-balanced practice. Warm the soul, soothe the spirit, and feel refreshed as you usher in your weekend! Suitable for novice to advanced practitioners, with modification for every one.

Short Powerful Yoga Flow: A 25 minute, vinyasa-based, all levels power yoga class incorporating core, leg, and arm strengthening postures that sync breath with movement. Standing poses and dynamic, heat producing sequences rev up the metabolism and heart-rate to leave you glowing and refreshed. Modification for every body type and level. An excellent practice to do before slow Flow, or after your workout, or by itself.

SilverSneakers® Classic, - All Fitness Levels: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and SilverSneakers® balls are offered for resistance, and a chair is used for seated and or standing support.

SilverSneakers® Circuit – All Fitness Levels: Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.

Aqua Aerobics: All Fitness Levels/Swimming Skills Not Required: A fun, low-impact exercise class. The water buoyancy reduces the amount of stress placed on the joints, allowing movement with little or no pressure on the body. Participants will get their hearts pumping, strengthen muscles, and increase joint range of motion by using tools such as water noodles, water bells, and kickboards. The shallow and deep ends of the pool are used.

Water Walking: All Fitness Levels/Swimming Skills Not Required: Water Walking is an intermediate water exercise class. It includes exercises to develop cardiovascular strength, joint flexibility, muscle strength, and endurance, balance, and posture. This class is a great class for complete body fitness! Classes are held in the shallow end of the swimming pool.

Aqua Zumba® Fun program that integrates the Zumba philosophy with traditional aquatic fitness disciplines and blends it all together into an exhilarating pool class.

Deep Water: All Fitness Levels/Swimming Skills Recommended: Deep Water is a great non-impact way to condition your entire body. Utilizing water belts participants move through the deep end of the swimming pool increasing cardiovascular endurance and muscle strength, endurance, and flexibility. Running belts are provided.

Splash: All Fitness Levels: Splash offers LOTs of water movements to improve agility, flexibility, and cardiovascular endurance. No swimming ability is required. A kickboard is used to develop strength, balance, and coordination.

Group Cycling: Combination of aerobic and interval work performed on stationary bicycles located in the Eberly Family Fitness Center. Easily modified for all fitness levels.

**Coming this Spring**

NEW CLASS

**Strength Train Together** is a results driven strength training workout utilizing an adjustable barbell, weight plates, and body weight.
HEALTHY LIVING  Personal Training

The Uniontown Area YMCA is committed to helping its members reach beyond the goals they set for themselves. Whether you are a beginner or a seasoned fitness enthusiast our well trained and highly knowledgeable personal trainers can help you get to the next level. All YMCA personal training program participants will be assessed based on the American College of Sports Medicine’s Health-Related Physical Fitness Assessment Guidelines.

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>Potential Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Session 1/2 Hour</td>
<td>$14</td>
<td>$19</td>
</tr>
<tr>
<td>Single Session 1 Hour</td>
<td>$28</td>
<td>$38</td>
</tr>
<tr>
<td>5 Session Package</td>
<td>$125</td>
<td>$175</td>
</tr>
<tr>
<td>10 Session Package</td>
<td>$225</td>
<td>$325</td>
</tr>
<tr>
<td>15 Session Package</td>
<td>$330</td>
<td>$420</td>
</tr>
<tr>
<td>25 Session Package</td>
<td>$550</td>
<td>$800</td>
</tr>
<tr>
<td>Fitness Testing 1 Hour</td>
<td>$25</td>
<td>$35</td>
</tr>
</tbody>
</table>

Cancellation policy:
Personal training and Orientation
Clients must give 48 hours notice of cancellation to avoid loss of scheduled appointment.
Personal training must be paid at time of scheduling.

How Fit Are YOU?

Take our Fitness Test and find out.

1.5 mile Walk/Run, Push up, Partial Curl-up, YMCA Bench Press, Pull ups, Balance Test, Body Fat Analysis, Weight & Measure, Skinfolds.

Y MOVE to Y RUN

Learn to Run a 5 K or increase your speed
Join our group training sessions. Running designed by our trainers.
Mondays 6:00 PM
Free Training to take you from walking to running.

Uniontown Area YMCA “Y” RUN
10K Run, 5K Walk/Run and Fun Run (youth 10 and under)
Saturday, September 14, 2019
Youth Development

Program Classes are 8 Weeks

**Winter Session 1**
November 8 - January 12, 2019

**Winter Session 2**
January 17 - March 15, 2019

**Spring Session**
March 14 - May 18, 2019

**Summer Session**
May 29 - July 20, 2019

Member $32 Potential Member $64

---

**Water Discovery**
*Must have one Parent per Child for this class.*

**Wednesday 11:00 AM Saturday 10:30 AM**
Builds basic water safety skills for both parents and children, helping infants and young children become comfortable in the water, so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water, and demonstrating breath control (including bubbles or voluntarily submerging under water).

---

**Pre-School Swim Lessons (ages 3-5yrs)**
*The Ratio is 6 children to 1 instructor.*

Gives young children a positive, developmentally appropriate, aquatic learning experience that emphasizes water safety, survival, and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

**Swim Basics 1, Water Acclimation**
**Thursday and Friday 5:30 PM Saturday 9:00 AM**
Comfortable in the water, bubbles, front and back float, doggy paddle, flutter kick, and rhythmic breathing.

**Swim Basics 2/3 Water Movement/Stamina**
**Thursday and Friday 5:00 PM Saturday 9:30 AM**
Advanced beginner, doggy paddle, over arm stroke with rhythmic breathing, front and back float, back stroke, front glides, kneeling dive, and introduction to rotary breathing.

**Swim Strokes 4 Stroke Introduction**
**Thursday and Friday 5:00 PM Saturday 9:00 AM**
Front Crawl, Backstroke, Rotary Breathing, Diving, and Treading Water.

---

**Swim Strokes 4 Stroke Introduction**
**Thursday and Friday 4:30 PM Saturday 9:00 AM**
Front crawl, back stroke, rotary breathing, diving, and treading water.

**Swim Strokes 5/6 Stroke Development/ Mechanics**
**Thursday and Friday 5:30 PM Saturday 10:00 AM**
Endurance with front and back strokes, diving, treading water, elementary back stroke, breaststroke, butterfly, and flip turns.

**Teen-Adult (ages 13 and older)**
**Thursday 4:00 PM**
Classes are designed to progress the student through the skills of swimming. Each person will develop at their own rate.

*Fees: Member $35 and Potential Member $70*

**Private Swim Lessons**
*Need or desire one on one instruction?*

Private lessons available based on instructor availability. Call our Aquatic Director Christine Wallace and discuss the details.

*Fees: one 1/2 hour session Member $15*

*Potential Member $20*

*Package: 5-1/2 hour sessions Member $65*

*Potential Member $90*

*Punch card given at time of registration. Must be shown to instructor before each lesson.*

---

**PLACEMENT TESTING**
Placement tests rarely take more than 10 minutes and are done by our certified water safety instructors.
Dolphin Swim Team: Ages 5-18

This program is designed to introduce the sport of competitive swimming as well as to challenge those who have already participated. The focus of this program is to build fundamentals, endurance, and fitness and to challenge the swimmer against their current abilities with an emphasis on setting goals and achieving those goals.

Swim Team Participants receive 50% off Member Rate for group Swim Lessons

No Refunds after 1st day of Practice

Practice - Monday through Friday 6-8 PM,
Winter  October 29, 2018, - March 31, 2019
Winter fees: Members only program
$250 (payable in 5 monthly payments of $50)

Summer Program: April 22 thru July 31, 2019
Registration Starts April 3, 2019
Summer fees: Members only program
$150 (payable in 3 monthly payments of $50)

TEST THE WATER: For new, prospective swim team swimmers.
Fees: Member $25 Potential Member $35

Do you enjoy competitive swimming?
The Uniontown YMCA is developing a Masters Swim Team.
We are now compiling an interest list.
Contact our Aquatic Director for more information. 724-438-2584 ext. 106

Are you interested in a SCUBA certification?
Classes coming this spring!
Call our Aquatic Director for more information 724-438-2584
YOUTH SPORTS

Instructional Basketball
This developmental basketball program is for children ages 4-7. The program helps kids develop basketball skills including dribbling, shooting, passing, and defense. By learning the basics of basketball, the kids can enjoy the sport by having fun and becoming better players.

January 15 - March 7, 2019
Practices are held on Tuesday and Thursday 5:30 to 6:30 PM
Session Dates: January 15 through March 7, 2019
Fees: Member $40 Potential Member $60

We need Volunteer Coaches...
With a desire to help players improve their skills, play with good sportsmanship, and have fun.
All coaches need child abuse, criminal record clearances, and Mandated Reporting training to be eligible to coach.

Instructional Soccer
A program for youth ages 4 to 7 to focus on helping each of the players learn and practice soccer skills. Program will provide instruction, drills, and scrimmage games to help the players develop. We will strive to keep the program fun, low stress, and encouraging. We want to improve soccer skills, teach and promote good sportsmanship, and help each player have fun playing sports.

Program Information
Tuesday and Thursday 5:30 to 6:30 PM
Session Dates: April 30 - June 6, 2019
Registration Begins: March 19, 2019
Fees: Member $40 Potential Member $60
Practices will be outside! Proper attire is recommended including soccer cleats.
If bad weather occurs, practices will be held in the Gym.

Instructional T-Ball
This instructional class will show children ages 4-7 the basics of Baseball. The kids will learn how to throw and hit balls from the tee, as well as how to field the ball once it is hit. Everyone in the session will become familiar with the baseball field and how it is laid out.

Tuesday and Thursday 5:30 - 6:30 PM
Session Dates: June 11 through July 19, 2019
Fees: Member $40 Potential Member $60

Youth Basketball League
Designed for children kindergarten to eighth grade. There are four separate divisions:

Bring your own team fee $500 maximum of ten children per team

Draft player fees:
$30 Members
$50 Potential Members

Registration Now Open
First week of games: January 4-5, 2019
Mandatory coaches meeting:
Wednesday December 19, 2018
Time: 7:00 PM

Volunteer coaches needed
Contact Tyler Kurosky 724-438-2584

Summer Basketball Camp
Youth ages 7 - 14 years old
This four day basketball camp will help youth of all skill levels to improve different aspects of their basketball game. The camp focuses on dribbling, shooting, passing, defense and teamwork.

Watch for registration dates and times coming in the Spring!

Fees: Member $50
Potential Member $75
Youth Development YOUTH SPORTS

YOUTH SPORTS CONDITIONING
Want to improve for your upcoming season? Join the Y’s Youth Sports Conditioning Program

Prepare in the offseason. Become more conditioned and faster to improve your abilities in your sport.

Focus on: Speed, Vertical Jump, Agility, and Core Strength

Wednesday
7:00 - 7:30 PM age 8 to 11 years old
7:30 PM - 8:00 PM age 12 to 18 years old

Monthly rate: $25.00
Drop in Rate: $10.00 per session

Volleyball Camp
Develop and improve volleyball skills to prepare players for your upcoming season.
Players will practice a variety of drills and participate in scrimmages to enhance skills.

4 day camp
July date to be announced

Cost: $50 Members
$75 Potential Members

Instructional Volleyball
Spring 2019
8 week instructional volleyball session

Date: watch for registration early spring.

This new program is for youth 9-14 who want to improve their volleyball skills, with an emphasis on the fundamentals.

Golf Camp
In partnership with Duck Hollow Golf Club
Youth attending this four day camp will receive instruction on how to improve their skills and learn about the game of golf.

Watch for forthcoming information.
Youth Development  GYMNASTICS

Uniontown Area YMCA Gymnastics Team

Member only program: Whether you're a beginner or a competitive gymnast, the Y program is for you! Come participate in a competitive atmosphere which keeps in mind that children need to develop in spirit, mind, and body. Please note that team participation requires a minimum skill level. See the Gymnastics Coach for details (724-438-2584). Team is for girls ages 6 to 18 years of age.

Times: Tuesday and Thursday  4:30 to 7:30 PM
Monthly Fees due prior to participation each month
Fees: $115 per month per child/ Sorry, fee is not pro-rated for missed times.
(The fee is $100 for multiple children on the Team starting with the Second Child)

Instructional Gymnastics

Instructional Program offers instructional gymnastics classes for all children of all ages and skill level. The classes focus on becoming familiar with the gymnastics equipment and learning skills in a progressive manner.

Classes are held on Mondays.

Class size is limited.

- **Session 1**  Start Date: January 7 - February 11, 2019  (6 week session)
  Registration Begins: December 10, 2018
- **Session 2**  Start Date: February 25 - April 1, 2019  (6 week session)
  Registration Begins: February 11, 2019
- **Session 3**  Start Date: April 15 - May 20, 2019  (6 week session)
  Registration Begins: April 1, 2019

**Fun Stars:** (ages 3 - 5 yrs)  4:30 PM - 5:00 PM
Fees:  Member $25  Potential Member $50

**Rising Stars:** (ages 6-8)  5:45 PM - 6:45 PM
Fees:  Member $40  Potential Member $60

**Advanced Classes (Instructor Approval Needed)**

**Super Stars:** (ages 4-5)  5:00 PM - 5:45 PM
Fees:  Member $30  Potential Member $50 per child per month

**Shining Stars:** (ages 6-18)  5:45 PM - 6:45 PM

**Shooting Stars:** (ages 6-18)  6:45 PM - 7:45 PM
Fees:  Member $40  Potential Member $60 per child per month

Summer Instructional Gymnastics

Session 1  June 25 - July 16, 2019  (4 week session)
Session 2  July 30 - August 20, 2019 (4 week session)

Classes held on Tuesdays  Registration June 1, 2019

Beginner Classes

**Fun Stars**  Fees:  Member $15  Potential Member $30

**Rising Stars**  Fees:  Member $25  Potential Member $50

Advanced Classes Instructor approval needed

**Super Stars**  Fees:  Member $20  Potential Member $40

**Shining Star**  Fees:  Member $25  Potential Member $50

**Shooting Stars**  Fees:  Member $25  Potential Member $50
# Youth Development

**Y Kids Learning Center**

State licensed STARS facility

Hours of Operation: Monday—Friday: 6:30a.m. to 6:00p.m.

## Infant/Young Toddler Care

Our Program offers safe and friendly care for infants starting as early as 6 weeks to 2 years of age.

### Playschool (ages 2-3)

Our playschool program emphasizes social interaction, fine and gross motor skills, science and nature activities, cultural and art activities, and outdoor play. We encourage the development of a positive attitude toward peers, adults, and teachers.

### Preschool (ages 3-5)

Our pre-school program offers your child a chance to grow and learn in time for kindergarten. The teachers provide a nurturing and caring environment to help your child develop. We offer science, math, art, fine and gross motor activities, beginning phonics, and much more. (Must be potty trained)

### After-School Care (K-6th grade)

After-school care is a school based, licensed child care program for children ages 5-12. Daily activities include: Homework help, snacks, crafts, indoor/outdoor games, board games, puzzles, swimming, and much more. Students in the after-school program are also eligible for care during snow days/early release days for a wrap-around fee of $25.00 a day.

**Registration Fee for all age groups (Non-refundable): $25.00**  
**Yearly Supply Fee: $50.00 (non-refundable)**

<table>
<thead>
<tr>
<th>Age</th>
<th>Full Time 4 to 5 days per week</th>
<th>Part Time 3 days per week</th>
<th>Part Time 2 days per week</th>
<th>New to School 2 (half days per week)</th>
<th>Pre-School 3 (half days per week)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Weekly Rate</td>
<td>Weekly Rate</td>
<td>Weekly Rate</td>
<td>Weekly Rate 8:30 AM - 12:30PM</td>
<td>Weekly Rate 8:30 AM - 12:30PM</td>
</tr>
</tbody>
</table>
| Infant (6 wks.-11 months) | Member: $150  
Potential Member: $165 | Member: $95  
Potential Member: $110 | Member: $70  
Potential Member: $85 | N/A | N/A |
| 1 year old | Member: $150  
Potential Member: $165 | Member: $90  
Potential Member: $105 | Member: $65  
Potential Member: $80 | N/A | N/A |
| 2-3 years old | Member: $150  
Potential Member: $165 | Member: $90  
Potential Member: $105 | Member: $65  
Potential Member: $80 | 2-3 years old  
Member: $45  
Potential Member: $55 | N/A |
| 3-5 years old must be potty trained | Member: $140  
Potential Member: $155 | Member: $85  
Potential Member: $100 | Member: $60  
Potential Member: $75 | N/A | 3-5 years old  
Member: $65  
Potential Member: $75 |
| After School 5-12 years old must be potty trained | Member: $50  
Potential Member: $60 | N/A | N/A | N/A | N/A |
### Gym Schedule Side A and Side B / January 1 through May 31, 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 AM</td>
<td>5 AM</td>
<td>5 AM</td>
<td>5 AM</td>
<td>5 AM</td>
<td>5 AM</td>
<td>5 AM</td>
</tr>
<tr>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
</tr>
<tr>
<td>7:30 AM – 8:00 AM A Open Gym</td>
<td>7:30 AM – 11:30 AM A &amp; B Open Gym</td>
<td>7:30 AM – 8:00 AM A Open Gym</td>
<td>7:30 AM – 11:30 AM A &amp; B Open Gym</td>
<td>7:30 AM – 8:00 AM A &amp; B Open Gym</td>
<td>7:30 AM – 5:30 PM A &amp; B Open Gym</td>
<td>7:30 AM – 5:30 PM A &amp; B Open Gym</td>
</tr>
<tr>
<td>Pickleball 8 - 10 AM Gym A &amp; B</td>
<td>10:00 AM - 3:30 PM A &amp; B Open Gym</td>
<td>11:30 AM – 3:30 PM A &amp; B Open Gym</td>
<td>10:00 AM - 9:00 PM A &amp; B Open Gym</td>
<td>11:30 AM – 3:30 PM A &amp; B Open Gym</td>
<td>10:00 AM - 7:30 PM A &amp; B Open Gym</td>
<td>10:00 AM - 7:30 PM A &amp; B Open Gym</td>
</tr>
<tr>
<td>Gym A 4:00 PM – 8:00 PM Gymnastic Classes 8:00 PM - 8:45 PM YBL practice 8:45 – 9:30 PM Open Gym</td>
<td>Gym A 4:00 PM – 8:00 PM Gymnastic Classes 8:00 PM - 8:45 PM YBL practice 8:45 – 9:30 PM Open Gym</td>
<td>Gym A 4:00 PM – 8:00 PM Gymnastic Classes 8:00 PM - 8:45 PM YBL practice 8:45 – 9:30 PM Open Gym</td>
<td>Gym A 4:00 PM – 8:00 PM Gymnastic Classes 8:00 PM - 8:45 PM YBL practice 8:45 – 9:30 PM Open Gym</td>
<td>Gym A 4:00 PM – 8:00 PM Gymnastic Classes 8:00 PM - 8:45 PM YBL practice 8:45 – 9:30 PM Open Gym</td>
<td>Gym A 4:00 PM – 8:00 PM Gymnastic Classes 8:00 PM - 8:45 PM YBL practice 8:45 – 9:30 PM Open Gym</td>
<td>Gym A &amp; B 11:00 AM - 4:00 PM Open Gym</td>
</tr>
<tr>
<td>Gym B 4:00 PM – 8:30 PM YBL Practice 8:30 PM - 9:30 PM Open Gym</td>
<td>Gym B 4:00 PM – 5:30 PM YBL 5:30 PM - 6:30 PM Basketball class 6:30 PM - 8:45 PM YBL Practice 8:45-9:30 PM Open Gym</td>
<td>Gym B 4:00 PM – 8:30 PM YBL Practice 8:30 PM - 9:30 PM Through March 31, 2019</td>
<td>Gym B 4:00 PM – 5:30 PM YBL Practice 8:30 PM - 9:30 PM Through March 31, 2019</td>
<td>Gym B 4:00 PM – 8:00 PM YBL Practice 8:30 PM - 9:30 PM Through March 31, 2019</td>
<td>Gym B 4:00 PM – 8:00 PM YBL Practice 8:30 PM - 9:30 PM Through March 31, 2019</td>
<td>Gym B 4:00 PM – 8:00 PM YBL Practice 8:30 PM - 9:30 PM Through March 31, 2019</td>
</tr>
</tbody>
</table>

*Instructional Sport Classes may be in Gym B from 5 - 7:00 PM for indoor sports and during inclement weather for outdoor sports.*

**SPECIAL INTEREST**

### Pickleball

- **Monday, Wednesday, and Friday mornings 8 AM - 10 AM** (subject to change)
- Similar to tennis on a small court played with a wooden paddle and a plastic ball. Good exercise, competition, and fun with other players. **New 3rd court!**

### Racquetball

- All participants are STRONGLY advised to wear eye protection when playing racquetball. Sign up for court usage at the Welcome Center for each visit. Members may reserve court 48 hours in advance for a $7 per reservation fee.

### Summer Day Camp

Join the YMCA for a fun and active summer. Both the Grade School (K-5 grade) and the Teen Camp (6-8 grade) will provide recreation, swimming, sports, games, contests, guest speakers, craft projects, and field trips.

- **Tentative:** June 10 - August 16, 2019
- **Registration:** April 1, 2019
- **Fees:** One time Registration Fee is $30 per child. Weekly Camper Fee: Member $90, Potential Member $105

The YMCA Summer Day Camp is a fun and active program that helps campers develop a healthy spirit, mind, and body while promoting the character traits of caring, honesty, respect, and responsibility.

- Last year’s field trips included PNC Park, Heinz Field, Carnegie Science Center, Living Treasures Animal Park, and more.
## Gym Schedule Side A and Side B / June 1 through June 30, 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 AM - 7 AM</td>
<td>5 AM - 7 AM</td>
<td>5 AM - 7 AM</td>
<td>5 AM - 7 AM</td>
<td>5 AM - 2 PM</td>
<td></td>
</tr>
<tr>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td></td>
</tr>
<tr>
<td>5 AM - 7 AM</td>
<td>5 AM - 7 AM</td>
<td>5 AM - 7 AM</td>
<td>5 AM - 7 AM</td>
<td>5 AM - 7 AM</td>
<td></td>
</tr>
<tr>
<td>Adult Basketball</td>
<td>Adult Basketball</td>
<td>Adult Basketball</td>
<td>Adult Basketball</td>
<td>Adult Basketball</td>
<td></td>
</tr>
<tr>
<td>Gym A</td>
<td>Gym A</td>
<td>Gym A</td>
<td>Gym A</td>
<td>Gym A</td>
<td></td>
</tr>
<tr>
<td>8:00—12 noon</td>
<td>8:00—12 noon</td>
<td>8:00—12 noon</td>
<td>8:00—12 noon</td>
<td>8:00—12 noon</td>
<td></td>
</tr>
<tr>
<td>Gym Team</td>
<td>Gym Team</td>
<td>Gym Team</td>
<td>Gym Team</td>
<td>Gym Team</td>
<td></td>
</tr>
<tr>
<td>Pickleball</td>
<td>Pickleball</td>
<td>Pickleball</td>
<td>Pickleball</td>
<td>Pickleball</td>
<td></td>
</tr>
<tr>
<td>7 - 10 AM</td>
<td>7 - 10 AM</td>
<td>7 - 10 AM</td>
<td>7 - 10 AM</td>
<td>7 - 10 AM</td>
<td></td>
</tr>
<tr>
<td>Gym A</td>
<td>Gym A</td>
<td>Gym A</td>
<td>Gym A</td>
<td>Gym A</td>
<td></td>
</tr>
<tr>
<td>7:00 AM - 10:00 AM</td>
<td>7:00 AM - 10:00 AM</td>
<td>7:00 AM - 10:00 AM</td>
<td>7:00 AM - 10:00 AM</td>
<td>2 PM - 6 PM</td>
<td></td>
</tr>
<tr>
<td>Day Camp</td>
<td>Day Camp</td>
<td>Day Camp</td>
<td>Day Camp</td>
<td>Adult Basketball</td>
<td></td>
</tr>
<tr>
<td>Gym B</td>
<td>Gym B</td>
<td>Gym B</td>
<td>Gym B</td>
<td>Gym A &amp; B</td>
<td></td>
</tr>
<tr>
<td>10:00 AM - 4:30 PM</td>
<td>10:00 AM - 4:30 PM</td>
<td>10:00 AM - 4:30 PM</td>
<td>10:00 AM - 4:30 PM</td>
<td>10:00 AM - 8:00 PM</td>
<td></td>
</tr>
<tr>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td></td>
</tr>
<tr>
<td>Gym A</td>
<td>Gym A</td>
<td>Gym A</td>
<td>Gym A</td>
<td>Gym A</td>
<td></td>
</tr>
<tr>
<td>3:30 PM - 8:00 PM</td>
<td>3:30 PM - 8:00 PM</td>
<td>3:30 PM - 8:00 PM</td>
<td>12:30 PM—9:30 PM</td>
<td>12:30 PM—9:30 PM</td>
<td></td>
</tr>
<tr>
<td>Gymnastics</td>
<td>Gymnastics</td>
<td>Gymnastics</td>
<td>Gymnastics</td>
<td>Gymnastics</td>
<td></td>
</tr>
<tr>
<td>4:30 PM - 9:30 PM</td>
<td>8:00 PM - 9:30 PM</td>
<td>4:30 PM - 9:30 PM</td>
<td>Volleyball League</td>
<td>Volleyball League</td>
<td></td>
</tr>
<tr>
<td>Volleyball League</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td>Open Gym</td>
<td></td>
</tr>
</tbody>
</table>

### Easter Celebration

A Family event that will include our Easter egg hunt, crafts, games, and snacks.

FREE to those registered.

Saturday, April 13, 2019

Time: 9:00 AM - 10:30 AM
Registration required; Sign up at our Welcome Center.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 AM–9:00 AM</td>
<td>5:30 AM–9:00 AM</td>
<td>5:30 AM–9:00 AM</td>
<td>5:30 AM–9:00 AM</td>
<td>5:30 AM–9:00 AM</td>
<td>5:30 AM–9:00 AM</td>
<td>5:30 AM–9:00 AM</td>
</tr>
<tr>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
</tr>
<tr>
<td>3 Lap Lanes</td>
<td>3 Lap Lanes</td>
<td>3 Lap Lanes</td>
<td>3 Lap Lanes</td>
<td>3 Lap Lanes</td>
<td>3 Lap Lanes</td>
<td>3 Lap Lanes</td>
</tr>
<tr>
<td>9:00 AM–10:00 AM</td>
<td>8:20 AM–9:20 AM</td>
<td>9:00 AM–10:00 AM</td>
<td>8:20 AM–9:20 AM</td>
<td>9:00 AM–10:00 AM</td>
<td>9:00 AM–11:30 AM</td>
<td>9:00 AM–11:30 AM</td>
</tr>
<tr>
<td>Aquarobics 1 Open Lap Lane</td>
<td>Aqua / WW 1 Open Lap Lane</td>
<td>Aquarobics 1 Open Lap Lane</td>
<td>Aquarobics 1 Open Lap Lane</td>
<td>Aquarobics 1 Open Lap Lane</td>
<td>Aquarobics 1 Open Lap Lane</td>
<td>Aquarobics 1 Open Lap Lane</td>
</tr>
<tr>
<td>10:00 AM–11:00 AM</td>
<td>9:20 AM–10:30 AM</td>
<td>10:00 AM–11:00 AM</td>
<td>9:30 AM–11:30 AM</td>
<td>10:00 AM–11:00 AM</td>
<td>11:30 AM–12:30 PM</td>
<td>11:30 AM–12:30 PM</td>
</tr>
<tr>
<td>Water Walk</td>
<td>Open Swim</td>
<td>Water Walk</td>
<td>2 Open Lap Swim Intermediate Unit 1</td>
<td>Water Walk</td>
<td>Open Swim</td>
<td>Open Swim</td>
</tr>
<tr>
<td>1 Open Lap Lane</td>
<td>3 Open Lap Lane</td>
<td>1 Open Lap Lane</td>
<td>1 Open Lap Lane</td>
<td>1 Open Lap Lane</td>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
</tr>
<tr>
<td>11:00 AM–12 noon</td>
<td>Senior Splash</td>
<td>11:00 AM–12:30 PM</td>
<td>11:30 AM–12:00 PM</td>
<td>11:00 AM–12:00 PM</td>
<td>11:30 AM–12:00 noon</td>
<td>11:30 AM–12:00 noon</td>
</tr>
<tr>
<td>Day Care</td>
<td>11:30 AM–12:30 PM</td>
<td>Parent/Tot</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
</tr>
<tr>
<td>3 Open Lap Lanes</td>
<td>Open Swim</td>
<td>12 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
</tr>
<tr>
<td>12:00 PM–3:00 PM</td>
<td>12:30 PM–3:00 PM</td>
<td>12:00 PM–3:00 PM</td>
<td>12:00 PM–4:30 PM</td>
<td>12:00 PM–4:30 PM</td>
<td>3:00 PM–5:30 PM</td>
<td>3:00 PM–5:30 PM</td>
</tr>
<tr>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
</tr>
<tr>
<td>3 Open Lap Lane</td>
<td>3 Open Lap Lane</td>
<td>1 Open Lap Lane</td>
<td>1 Open Lap Lane</td>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lane</td>
<td>3 Open Lap Lane</td>
</tr>
<tr>
<td>3:00 PM–5:15 PM</td>
<td>3:00 PM–6:00 PM</td>
<td>3:00 PM–5:15 PM</td>
<td>4:30 PM–6:00 PM</td>
<td>4:30 PM–6:00 PM</td>
<td>4:30 PM–6:00 PM</td>
<td>4:30 PM–6:00 PM</td>
</tr>
<tr>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Swim Lessons</td>
<td>Swim Lessons</td>
<td>Swim Lessons</td>
<td>Swim Lessons</td>
</tr>
<tr>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lane</td>
<td>3 Open Lap Lanes</td>
<td>1 Open Lap Lane</td>
<td>1 Open Lap Lane</td>
<td>1 Open Lap Lane</td>
<td>1 Open Lap Lane</td>
</tr>
<tr>
<td>5:15 PM–6:00 PM</td>
<td>5:15 PM–6:00 PM</td>
<td>Aqua Zumba</td>
<td>8:00 PM–9:00 PM</td>
<td>8:00 PM–9:00 PM</td>
<td>8:00 PM–9:00 PM</td>
<td>8:00 PM–9:00 PM</td>
</tr>
<tr>
<td>Aquarobics 3 Open Lap Lanes</td>
<td>Aqua Zumba</td>
<td>3 Open Lap Lanes</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
</tr>
<tr>
<td>6:00 PM–8:00 PM</td>
<td>6:00 PM–8:00 PM</td>
<td>6:00 PM–8:00 PM</td>
<td>6:00 PM–8:00 PM</td>
<td>6:00 PM–8:00 PM</td>
<td>6:00 PM–8:00 PM</td>
<td>6:00 PM–8:00 PM</td>
</tr>
<tr>
<td>Swim Team</td>
<td>Swim Team</td>
<td>Swim Team</td>
<td>Swim Team</td>
<td>Swim Team</td>
<td>Swim Team</td>
<td>Swim Team</td>
</tr>
<tr>
<td>8:00 PM–9:00 PM</td>
<td>7:00 PM–9:00 PM</td>
<td>8:00 PM–9:00 PM</td>
<td>8:00 PM–9:00 PM</td>
<td>8:00 PM–9:00 PM</td>
<td>8:00 PM–9:00 PM</td>
<td>8:00 PM–9:00 PM</td>
</tr>
<tr>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
<td>Open Swim</td>
</tr>
<tr>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
<td>3 Open Lap Lanes</td>
</tr>
</tbody>
</table>
Social Responsibility

**Summer High School Volleyball League**

An opportunity for high school age girls to improve their skills with their teammates in a competitive environment. Teams can prepare for the fall volleyball season.

There are 2 divisions.
1. Jr. Varsity
2. Varsity

**Jr. Varsity** for girls up to 11th grade during the 2019/2020 school year.

**Varsity** for all high school girls up to 12th grade during the 2019/2020 school year.

June 12, 2019   Tentative start date
Monday and Wednesday   5:30 PM—9:30 PM

Team Fee: $160.00
Player Fee: Member $12.00
            Potential Member $15.00

Registration begins May 1, 2018

Contact: Tyler Kurosky  724-438-2584 ext. 103

**PARTIES AT THE Y**

Birthday Parties, Pool Parties,
Wedding and Baby Showers, Meetings,
Overnighters.
Pool, Party Room, and Gym available.

**A non-Refundable Deposit and signed Contract is Required to reserve your party**

- Member $150
- Potential Member $175

**Call Robin, 724-438-2584 ext. 101**
for details and available dates.

**Ask about our Outside Pavilion Parties**

---

**Y12SR**

The Yoga of 12-Step Recovery

The issues live in our tissues.

Y12SR combines the practical tools of the 12-step program with the ancient wisdom of yoga. Combining the two creates a model that truly addresses addiction as the physical, mental, and spiritual disease that it is.

Y12SR is a 12-step based discussion and yoga practice open to anyone and everyone dealing with their own addictive behavior or affected by the addictive behavior of others. An open and inclusive group.

Wear comfortable clothing.
Meetings are by donation. Open to Members and Potential Members

**Tuesday 7:30 PM**

---

Have you been thinking about quitting tobacco?

Free community tobacco cessation will continue at the Uniontown YMCA this spring, offered in conjunction with the Fayette County Drug and Alcohol Commission.

Inquire at the welcome center, and let us help you be healthier in 2018.

**Classes start January 8, 2019**

Time 5:30 PM - 7:00 PM
Call 724-438-3577 ext. 162 to register.

No cost to anyone in the community.

---

**Free Community Day at the YMCA**

All community members are permitted to use the YMCA for free

**Sunday June 2, 2019**

Join us for a free community picnic
Social Responsibility

Philippians 2:45 “Each of you should look to your own interest but also to the interest of others.”

Give - Join - Volunteer

YOUR SUPPORT COUNTS! 2018 Annual Support Campaign!

The YMCA is a 501c3 Not-For-Profit organization. Through the donations from community minded business and individuals like you we help people in our community have access to membership, programs, and activities here at our YMCA. In 2018 your support helped provide almost $100,000 to families in your community! The banners you see hanging in the wellness center, gym, and pool are the symbols of the gifts from those who support us.

Show your support to your community through the YMCA. Contribution levels available are:

2018 Green/Blue/Gold Level Contributors

Green Banner: $1,500 Annual Contribution-Blue Banner: $2,500 Annual Contribution-Gold Banner:$5,000 Annual Contribution

Ford Business Machines, Inc  Fairchance Construction  First Federal Savings & Loan of Greene County
Sprowls Agency  CEO Distributing  Somerset Trust Company  Thomas & Barbara Broglio
Montgomery Medical

2018 Red Level Contributors

$1,000 Annual Contribution

Church Communities Foundation/Bruderhof  The Cox Family (Jason, Megan, Addison, & Brenna)
The Price Family (Joe, Katie, Chloe, Gavin, & Ava)  Sushi & Ralph Warman  CRH Catering, Inc.
Jeff & Kathy McCabe  Robert & Melba Gillingham  George Dental Associates
McMillen Engineering  Myers Catering & Decorating  Kiwanis Club of Uniontown  George R. Smalley Company
The Barclay Family (Ralph, Frances, & Anna Rose)  The Core Family (Jacquelyn, Jackson, & Preston)
Dr. Janet Petlevich - “Dr. P”  Somerset Trust Company  NAPA Auto Parts - Fayette Parts  James & Candy Jordon
Theodore R. Smith Trucking  William Radcliffe Family (Memory of Harry F. Radcliffe and Harry W. Whyel)
NovaCare Outpatient  Office Source

2018 Presidents Circle

$500 - $999 Annual Contribution

Rev. Paul Payerchin (Memory of Harry W Whyel)  Reid Smith  Dr. Ashley Parker  Neubauer’s  Gina Shell
Community Bank  Fayette County Behavioral Health  Penn State Fayette-Eberly Campus

2018 Benefactors

$250 - $499 Annual Contribution

Paul Pineo  Bryan Ponzurick  Parsons Insurance Services/ Greg Parsons  Mike Quinn
The Dittmar Family (Clint, Shanda, Madigan, Ella, & Delaney)  Mike & Tammy Stenson  Joetta Britvich
Mike Wood Toyota  Chestnut Ridge Counseling Services, Inc.  Efficient Energy Solutions
BPU Investment Management  Lizza’s Apothecare  Costabile Construction  UPMC Health Plan

2018 Partners

$100 - $249 Annual Contribution

Pam George  Carrie Hlatky  Sandy Kolp  Robin Shimko

2018 Contributors

$10 - $99 Annual Contribution

Bobbi Citro  Brittany Cooley  Sherry Cooley  Adam Gresh  Christine Wallace

Support the “Y”. Put your name here.

Please help the future of your YMCA and/or consider the YMCA in your Planned Gift Giving.

For more information please contact Jacquelyn Core, CEO