



Even Cupid loves these YMCA events!

Give a YMCA Membership to your Valentine.

BE OUR VALENTINE



Purchase a limited time YMCA Valentine, a **one-month trial membership*** for yourself or your sweetie this **Valentine's Day**.

Only \$39

Trial membership must begin before Feb. 28. If you or your loved one choose to continue the membership beyond the one-month trial, no joiner fee applies. Sign up at the member service desk today!

* A basic adult membership



Every Tue, Fri; Sat: Family Swim (members only)

Time: 8 p.m. on Tues.; 7:30 p.m. on Fri.; 1 & 4 p.m. on Sat.

Where: YMCA Downtown Pool

Age: All members welcome

Feb. 2 & 16:

SilverSneakers® Game Day

Come for lunch and play board games and the Wii.

Time: 11:30 a.m.

Where: YMCA Downtown Youth Center

Fee: Money for lunch is necessary.

Age: SilverSneakers® and Active Older Adults (age 65+)

Feb. 8: Lunch , Popcorn & A Movie

Join us for lunch, popcorn and a movie. We'll be watching "From Here to Eternity," the original Pearl Harbor story starring Donna Reed, Frank Sinatra, Burt Lancaster and others. Reservations are requested by Feb. 3.

Time: 11:30 a.m.

Where: YMCA Downtown

Fee: \$3 for lunch and refreshments

Age: SilverSneakers® and Active Older Adults (65+)

Feb. 13: Adult USA Volleyball Tournament

Time: TBA

Where: Y-Zone

Fee: n/a

Age: Adult

Feb. 15: Personal Training Special Begins

Now through April 15, purchase four personal training sessions with trainers Courtney Jacobs or Michael Demko and get the 5th session free. You must pre-pay for the package before you begin. Questions or to schedule your sessions, contact Chrissy Neff, 724-658-4766.

Time: Available by appointment

Where: YMCA Downtown

Fee: \$152/package

Age: 12+

Feb. 18: Family Night

Join the YMCA staff for what promises to be a fun-filled evening . Includes activities in the gym, arts and crafts in the youth factory, and a snack.

Time: 6 to 8 p.m.

Where: YMCA Downtown

Fee: Family members/free, Adult & Youth members/\$5 per family, Non-members/\$20 per family

Age: Everyone welcome

Feb. 20: Ohio Valley Region (OVR) Youth Volleyball Tournament

Y-Zone hosts youth volleyball tournaments for OVR.

Time: 9 a.m.

Where: Y-Zone

Fee: n/a

Age: Teens

Spring programs begin March 1... Have you registered?



Healthy Kids Day is April 17, 2010

Save the date for a fun, **free** and active play day for youth and families. Includes games, activities, healthy food samples and lots of prizes. Free t-shirts for kids while they last. Visit www.ncymca.org or call 724-658-4766 for information.

Age: All youth and their families

Day: Sat., April 17 from 10 a.m. to 1 p.m.

Where: To be announced



Call 724-658-4766 for more information on any listed event.

We build strong kids, strong families, strong communities

February at the Y