

NEVER
a better
TIME



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW CASTLE COMMUNITY YMCA
Summer 2018 Program Guide

SUMMER day camps



Join us for a summer packed with fun and enriching activities! Our summer day camp is available at 2 locations – the Y-Zone in Neshannock Township, and Downtown New Castle.

Both locations offer fun and unique experiences with an opportunity to meet new friends, discover new interests, participate in weekly trips, and create memories that last a lifetime.

As always, the YMCA allows families the flexibility to enroll for as few or as many weeks as needed, with the choice to attend 3 or 5 days a week.

- Free t-shirt for every child.
- Weekly field trips included.
- Swim 2-3 times per week.
- All supplies included.
- All child care staff are CPR/First Aid certified with state clearances and have previous experience working with children.
- Multiple child discount and financial assistance are available.



RESIDENT CAMPS

This summer, three nearby YMCA Camps offer discounts to New Castle YMCA members:

Camp Fitch

12600 Abels Road
North Springfield, PA 16430
www.campfitchymca.org
814-922-3219

Camp Soles

134 Camp Soles Lane
Rockwood, PA 15557
www.campsoles.com
814-352-7217

Camp Kon-O-Kwee Spencer

126 Nagel Road
Fombell, PA 16123
www.ycampkok.org
724-758-6238

COUNSELOR IN TRAINING PROGRAM

Teens (age 13 - 16) can be a part of our Counselor in Training (CIT) program at either location. CITs have the opportunity to shadow our Day Camp leaders to develop and practice leadership skills through hands-on interaction with younger children.

With an emphasis on building self-esteem, setting goals, and developing leadership skills, this is the perfect program for future camp counselors.

Weekly Rate: \$85

For more information call the Y-Zone at 724-658-9211 or downtown at 724-658-4766.



LOCATIONS & camp details

DATES & AGES

DATES:
JUNE 11 - AUGUST 24

AGES:
ENTERING 1ST GRADE
THRU AGE 12

(Counselor in Training program available for ages 13 - 16, see reverse page)

FLEXIBLE SCHEDULING!
Enroll for as few or as many weeks as you need!

Downtown YMCA

HOURS: Monday - Friday
6:30 am - 6:00 pm

LOCATION: Downtown Branch
20 West Washington St.
New Castle, PA 16101

CONTACT: Angela Abbiati
aabbiati@ncymca.org
(724) 658-4766 ext. 23

- Breakfast, lunch & snack included.
- Toddler and preschool care also available!
 - CCIS accepted.

WEEKLY RATES

3-DAY (m/w/f)	5-DAY (m-f)
\$96	\$136

Y-Zone

HOURS: Monday - Friday
7:30 am - 5:30 pm

LOCATION: The Y-Zone
428 Eleanor Drive
New Castle, PA 16105

CONTACT: Justin Schmiedel
jschmiedel@ncymca.org
(724) 658-9211

- Daily snack provided, lunch brought by camper.
- Optional weekly Sports Camps for only \$15!

WEEKLY RATES

Schedule	3-DAY	5-DAY
Family Member	\$85	\$125
Non-Member	\$100	\$135

BEST SUMMER EVER™

REGISTRATION

Register early to reserve your spot! You're welcome to register for as few or as many weeks as you need. A deposit of \$10 per week is due at registration to hold your spot. This deposit will be applied to your camp fee and the remaining balance will be due the Friday before that weekly camp.

Register online: www.NCYMCA.org

Register over the phone:

Y-Zone: 724-658-9211

Downtown: 724-658-4766

Or, register in person at either branch.



YOUTH & family programs

SUMMER SPORTS CAMPS

The Y offers a variety of weekly summer sports camps for boys and girls age 6 - 18. Kids can choose one or more camps based on their interests. They'll participate in fundamental skills development and character-building activities with our trained coaches. All camps are based on the YMCA values of caring, honesty, respect and responsibility.

All camp sessions run Monday - Friday, 9:30 - 11:30 a.m. at the Y-Zone

SPORTS CAMP	AGE	FEE (member/participant)	LOCATION	WEEK
Soccer Camp	6 - 14	FM: \$50 / YM: \$65 / P: \$85	Y-Zone	June 11 - 15
Basketball Camp	6 - 14	FM: \$50 / YM: \$65 / P: \$85	Y-Zone	June 25 - 29
Baseball/Softball Camp	6 - 14	FM: \$50 / YM: \$65 / P: \$85	Y-Zone	July 2 - 6 (no camp July 4)
Archery Camp	10 - 16	FM: \$50 / YM: \$65 / P: \$85	Y-Zone	July 9 - 13
Lacrosse Camp	13 - 19	FM: \$50 / YM: \$65 / P: \$85	Y-Zone	July 9 - 13
Volleyball Camp	11 - 16	FM: \$50 / YM: \$65 / P: \$85	Y-Zone	July 16 - 20
Basketball Camp	6 - 14	FM: \$50 / YM: \$65 / P: \$85	Y-Zone	July 23 - 27
Soccer Camp	6 - 14	FM: \$50 / YM: \$65 / P: \$85	Y-Zone	July 30 - Aug 3
Lacrosse Camp	13 - 18	FM: \$50 / YM: \$65 / P: \$85	Y-Zone	Aug 6 - 10
Archery Camp	10 - 16	FM: \$50 / YM: \$65 / P: \$85	Y-Zone	Aug 13 - 17



SAVE ON SPORTS CAMPS!

Save \$10 off the sports camp fee when you sign up by the Monday before your start date (i.e. by Aug. 7 for camp that begins Aug. 14).

Applies to members and non-Members.

Call for details:
(724) 658-9211

-or-

(724) 658-4766

YOUTH & FAMILY PROGRAMS

T-BALL

Learn the fundamentals of t-ball, including hitting, fielding, and throwing.

Ages: 3-6 years

When: Fridays 5-5:50 pm

Where: The Y-Zone

Cost: \$40 - \$75, see page 5

FAMILY FUN FITNESS

Connect and engage as a family through movement, fun games, and fitness challenges. Please note, adult must stay with child and participate in the program.

Ages: 4-18 years

When: Wednesdays 6-7:00 pm

Where: Downtown

Cost: \$40 - \$75, see page 5



LOOKING FOR QUALITY CHILD CARE & PRESCHOOL?

Your little one will **LEARN, GROW & THRIVE** at our Keystone 4-Star rated Child Development Center.

Our unique program includes swim lessons, meals & snacks, and is open to children age 1 and older.

Before and after school care also available. CCIS accepted. YMCA membership not required.

Learn more at NCYMCA.org

SWIM programs

YOUTH SWIM PROGRAMS

SWIM STARTERS (PARENT/TOT)

Children become comfortable with water play through skills, games & songs.

Ages: 6 months - 3 years

When: Wednesdays 10:15-11:00 am

Saturdays 9:45-10:30 am

Where: Downtown

Cost: \$40 - \$75, see right sidebar

SWIM BASICS (PREVIOUSLY SKIPPERS)

Beginning swimmers learn to stay afloat & have fun in the water.

Ages: 3-5 years

When: Tuesdays 1-1:45 pm

Thursdays 4:30-5:15 pm

Saturdays 9-9:45 am

Where: Downtown

Cost: \$40 - \$75, see right sidebar

SWIM BASICS (WATER STAMINA)

Beginning lessons for first time swimmers age 6 and up.

Ages: 6+ years

When: Mondays 5:15-6:00 pm

Wednesdays 5:15-6:00 pm

Saturdays 9:45-10:30 am

Where: Downtown

Cost: \$40 - \$75, see right sidebar

SWIM STROKES

Progressive lessons for swimmers age 6+ who have completed Swim Basics.

Ages: 6-14 years

When: Mondays 4:30-5:15 pm

Wednesdays 4:30-5:15 pm

Saturdays 10:30-11:15 am

Where: Downtown

Cost: \$40 - \$75, see right sidebar

ADULT SWIM PROGRAMS

PRIVATE SWIM LESSONS

One-on-one instruction for anyone looking to take their swimming to the next level.

Ages: 5+ years

When: by appointment

Where: Downtown

Cost: \$25/class (minimum of 4 classes)

ADULT SWIM LESSONS

Lessons for any level of swimmer age 18+.

Ages: 18+ years

When: Saturdays 8 am

Where: Downtown

Cost: Members: FREE; non-members: \$75

ARTHRITIS CLASS

Water exercises that improve flexibility reduce joint pain, increase range of motion and improve strength.

Ages: 18+ years

When: Mondays & Wednesdays 1 pm

Where: Downtown

Cost: Members: FREE; non-members: N/A

BACK PROGRAM

National YMCA program designed to reduce or eliminate lower back pain through tension exercise.

Ages: 18+ years

When: Mondays & Wednesdays 9 am

Where: Downtown

Cost: Members: \$40; non-members: \$125



SUMMER SESSION:

June 11 - July 29

GENERAL PROGRAM PRICING

(PER 7-WEEK SESSION)

Family or Adult Members: \$40

Youth Members: \$55

Program Participant

(non-member): \$75

EARLY BIRD DISCOUNT!

Save \$10 off the registration fee when you sign up by June 6. Use promo code SUMMER when registering online, or mention at registration.

REGISTER ONLINE, IN PERSON OR OVER THE PHONE

www.NCYMCA.org/register

Downtown:

20 W. Washington St.

New Castle, PA 16101

724-658-4766

Y-Zone:

428 Eleanor Dr.

New Castle, PA 16105

724-658-9211

SUMMER WATER SAFETY



- Appoint a "water watcher" to watch children during social gatherings at or near pools. This person should maintain constant visual contact with the children.
- Establish and enforce rules. Do not allow children near drains, pipes or other openings. Do not allow children to play breath-holding games.
- Maintain caution around bodies of water, even if you don't plan on swimming. Cold temperatures, currents and underwater hazards pose a danger if someone falls into the water.
- If you have an above-ground or inflatable pool, make sure to remove access ladders and secure the safety cover whenever the pool is not in use. Remove any other structures that could provide access to the pool such as outdoor furniture.
- The Y offers swim lessons for all ages. If you or your family are interested in improving your swimming and water safety skills, for information about classes that fit your needs call (724) 658-4766 .

ADULT SPORTS & wellness

SMALL GROUP TRAINING: TRAIN FOR LIFE



Join the fastest growing fitness craze at the Y – small group training. This training program for anyone who wants the accountability of being part of a group with the benefits of personal training. The station-based workouts are designed for all fitness levels and includes a fit test at the beginning and end of the program, as well as, lifestyle and wellness tips to help you develop healthy habits. Cost includes 2 classes per week with a fit test at the beginning and end of the session to help you measure your progress. Register online, over the phone or in person.

Ages: 18+ years

Dates: June 12 - August 2 (8 weeks)

Days: Tues & Thurs

Times: 8:00-9:00 am -OR- 9:00-10:00 am

Where: The Y-Zone

Cost: Members: \$160; non-members: \$240

PERSONAL TRAINING

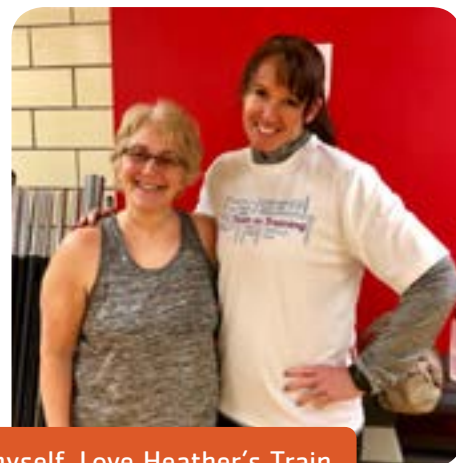
Need help achieving your health goals? No matter where you are on your fitness journey, our personal trainers are here to help you succeed.

From weight loss and mobility to strength training and conditioning, our ACE certified trainers can help you reach your goals. Personal training is available for 1-2 people, by appointment.

GROUP FITNESS

We offer a variety of group fitness classes for all levels – and classes are always FREE for members! Classes include Body Combat, Body Pump, Yoga, TRX Suspension Training, Spinning, Cycle & Sculpt, Silver Sneakers, Line Dancing, Body Flow, Pound, and Walk 15.

Learn more at NCYMCA.org



"The best thing I've done for myself. Love Heather's Train for Life class. It's made me stronger and more confident in my daily life, plus the friendship is great. It's fun getting healthy! Try it, you won't regret it!"

-Suzanne

HOCKEY LEAGUES

ROLLER HOCKEY LEAGUE

Competitive co-ed hockey league with evening games. Begins in May 28.

Ages: 18+ years

When: Games vary by league

Where: Dek Rink

Cost: Members: \$20; non-members: \$50

FOOT HOCKEY LEAGUE

Competitive co-ed hockey league with evening games. Begins in May 28.

Ages: 18+ years

When: Games vary by league

Where: Dek Rink

Cost: Members: \$20; non-members: \$50

UPCOMING EVENTS

HELP JON WALK 5K

Saturday, June 23 9:00 a.m.

Join us for a 5K run/walk to benefit Jonathan Wherry. Jon, a former cross country and track runner at Neshannock High School and Ohio Northern University, was recently paralyzed in a car accident. He is making remarkable improvements but has exhausted insurance benefits. Funds raised through this event will help him continue rehabilitation to get back into the community!

Cost: \$20

Location: The Y-Zone, 428 Eleanor Drive, New Castle, PA 16105

Registration: Register online at www.NCYMCA.org
Register by June 9 and receive a FREE event shirt!

COMMUNITY & family

SUMMER MEALS

The downtown branch of the New Castle Community YMCA now serves as a Summer Meal Program Site. Free lunch and snack are available to local children and teens to ensure our area youth have nutritious meals all year round. This program is free and open to anyone age 18 or younger. You do not need to be a Y member, nor do you have to pre-register. Simply stop by and enjoy a meal in our community room. Please spread the word to local children and families.

FREE LUNCH SCHEDULE

Monday - Friday
11:45 a.m. - 1:15 p.m.



HEALTHY KIDS DAY 2018

Many thanks to everyone who attended Healthy Kids Day on April 21, 2018! Special thanks to our partners - the Crisis Shelter of Lawrence County, First Assembly of God and Children's Advocacy Center of Lawrence County. We couldn't have done it without our sponsors - New Castle Police Department, Spokane Orthodontics, Human Services Center, Dr. Rich Ribarevski Orthodontist, First Commonwealth Bank and Vocational & Psychological Services, plus all the vendors and community organizations! Thank you!!!





FACILITY HOURS

YMCA DOWNTOWN HOURS

M-F 5:30AM - 10:00PM
 Sat 8:00AM - 6:00PM
 Sun 8:00AM - 5:00PM

Y-ZONE HOURS

M-F 6:00AM - 9:00PM
 Sat 8:00AM - 6:00PM
 Sun 1:00PM - 5:00PM

NEW CASTLE COMMUNITY YMCA

20 West Washington Street
 New Castle, PA 16101
 (724) 658-4766

SUMMER HOURS

(begins Saturday, May 26)

M-F 5:30AM - 9:00PM
 Sat 8:00AM - 3:00PM
 Sun 8:00AM - 5:00PM

SUMMER HOURS

(begins Saturday, May 26)

M-F 6:00AM - 8:00PM
 Sat 8:00AM - 12:00PM
 Sun 1:00PM - 5:00PM

Y-ZONE

428 Eleanor Drive
 New Castle, PA 16105
 (724) 658-9211

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

DEK RINK

780 Phelps Way
 New Castle PA 16101

www.ncymca.org

MEMBERSHIP RATES

Membership Type	Join Fee	Monthly	Yearly
Youth (ages 0-14)	None	\$15	\$180
Student (ages 15-25)	None	\$24	\$288
Adult (ages 18+)	\$50	\$31	\$372
Family	\$99	\$52	\$624

ARE YOU 65+? Your insurance plan may qualify you for a free YMCA membership. Call (724) 658-4766 to learn more!

Financial assistance is available for all membership types as well as programs. Pick up an application Downtown or at the Y-Zone, or download one from our website at www.NCYMCA.org



All program schedules are subject to change due to weather, participation level or other unforeseen circumstances. For the most up to date program listings, visit www.NCYMCA.org