

NEW CASTLE COMMUNITY YMCA  
Fall 2018 Program Guide

FALL 1: Sept 10-Oct 28 | FALL 2: Oct 29-Dec 16



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# CHILD DEVELOPMENT CENTER



## CHILD CARE

Our child care is designed so that children ages 1-5 can explore, play, create and develop social skills while enjoying the stimulation of new people and experiences. Our program's environment allows children free and creative interaction. Teachers provide a warm, caring atmosphere for play and socialization while encouraging new skills and a positive self-image which provide the framework for the development of cognitive, motor, social, language, and self-help skills.



We believe the values and skills learned early on are vital building blocks for a child's quality of life.

Our programs teach children academic, social and emotional skills, and, most importantly, how to be themselves. That makes for confident kids today and contributing and engaged adults tomorrow.

If you're looking for a safe, nurturing environment for your children to learn, grow and develop, we have four programs that serve children ages 12-months through 12-years, to meet your family's needs.



## PRESCHOOL

Our preschool builds on children's natural desire to learn new things and develop self-reliance. Getting along with other children, sharing, taking turns, and working in a group are a natural part of playing games or learning a new craft. Children will also develop a readiness for kindergarten through a challenging curriculum and a variety of activities, including swim & tumbling classes. Preschool is open to children ages 3 - 5 with the option to attend 3, 4, or 5 days per week.

## HOURS & ACCREDITATION

Our hours of operation are from 6:30 a.m. - 6 p.m., Monday through Friday. Our Child Development Center is accredited by Pennsylvania's Office of Child Development and Early Learning Keystone Stars as a Star-4 Facility.



## SCHOOL AGE CHILD CARE

We offer working parents quality care for their school age children before and after school, as well as throughout the summer. During the school year students enjoy mornings and/or afternoons with friends in a structured environment that provides snacks, homework assistance, and activities. We also offer care for scheduled school delays, days off, plus a variety of programs to keep kids growing and learning throughout the summer.

## FAMILY BENEFITS

All families who enroll their child(ren) 4+ days/week receive a FREE family membership to the YMCA. Also, we are happy to offer a 10% discount to families with multiple children enrolled.

## LEARN MORE

For additional information please visit our website at [www.NCYMCA.org](http://www.NCYMCA.org)

## VISIT US

Families are encouraged to tour our Child Development Center. To schedule a tour, please call (724)658-4766 ext. 23.

## FINANCIAL ASSISTANCE

Financial Assistance is available through the Early Learning Resource Center. Families should apply directly with their office.

# EVENTS & FAMILY TIME

## 2018 SPIN-A-THON

**Saturday, September 8**  
**9 a.m. – 1 p.m.**

Join us to #spinforkidz at our 3rd Annual Spin-a-thon. Enjoy a beautiful morning spinning around the fountain outside the downtown New Castle YMCA. Event runs from 9 a.m. to 1 p.m. and includes prizes, enthusiastic instructors, a live DJ, and local radio stations. 100% of proceeds go directly to the New Castle Community YMCA's Annual Youth Campaign, which serves thousands of local kids every year through mentoring, education, athletic programs and more.



**REGISTRATION OPTIONS:**

30-minute spin session: \$40

60-minute spin session: \$70

90-minute spin session: \$95

Register online at [www.NCYMCA.org](http://www.NCYMCA.org) or in person at the Y!

## 2018 COUNTY CUP

**Saturday, October 20**  
**10 a.m. – 2 p.m.**

Teams will face off against each other in a fun, friendly competition at the Y-Zone. Game events will include frisbee golf, cornhole, bocce, pickleball and an adventure race. The winning team will receive a commemorative plaque and earn the honor of displaying the "Y Cup" at their business or the Y-Zone for the following year.

Public admission is free; concession stands will be available.

The cost per team of 6 is \$300. All proceeds benefit the YMCA Annual Youth Campaign. Included in the fee is a commemorative t-shirt for every team member, as well as

ON-SITE CHILD WATCH the day of the tournament. Team

refreshments will be provided. Visit [www.NCYMCA.org](http://www.NCYMCA.org) for details and registration information.



## FAMILY FUN FITNESS

Our newest family program -- FREE for members! Connect and engage as a family through movement, fun games, and fitness challenges. This program gives families an opportunity to work out together through a series of easy circuit style exercises which will include flip tires, jump rope, sand bag lifts, and more! Please note, adult must stay with child and participate in the program.

**Ages:** 8-16 years

**When:** Wednesdays 6-7:00 pm

**Where:** Downtown

**Cost:** FREE for members, registration is required.

Visit [www.NCYMCA.org](http://www.NCYMCA.org) or call 724-658-4766 to sign up!



# YOUTH & FAMILY SPORTS

## ARCHERY

Beginner to novice archers will learn basic skills, safety, and proper techniques.

**Ages:** 10-15 years

**When:** Wednesdays 6-6:50 pm

**Where:** The Y-Zone

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



## SESSION DATES:

Fall 1: Sept 10 - Oct 28 | Fall 2: Oct 29 - Dec 16

## JUDO

Beginner Judo class for students with little or no experience.

**Ages:** 6-16 years

**When:** Tuesdays 6-7 pm

**Where:** Downtown

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

## PRESCHOOL SPORTS & WELLNESS

An introduction to basic sports promoting movement and cognitive learning.

**Ages:** 3-6 years

**When:** Wednesdays 5-5:50 pm

**Where:** The Y-Zone

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



## SPORTS & WELLNESS TRAINING

Designed for youth looking to improve their speed, agility, and overall fitness.

**Ages:** 6-12 years

**When:** Saturdays 12-12:50 pm

**Where:** The Y-Zone

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

## 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

## BASEBALL/SOFTBALL FUNDAMENTALS

Learn the basics of baseball and softball - positions, throwing, catching, and hitting.

**Ages:** 7-10 years

**When:** Tuesdays 5-5:50 pm

**Where:** The Y-Zone

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

## BEGINNER BASKETBALL 101

Learn basic basketball skills & concepts including dribbling, shooting & passing.

**Ages:** 6-9 years

**When:** Mondays 5-5:50 pm

**Where:** The Y-Zone

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

## INSTRUCTIONAL BASKETBALL

Learn the strategy of the game along with higher level dribbling & passing skills.

**Ages:** 9-12 years

**When:** Mondays 6-6:50 pm

**Where:** The Y-Zone

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

## VOLLEYBALL FUNDAMENTALS

Learn skills such as bumping, setting, and serving, as well as basic rules.

**Ages:** 10 - 14 years

**When:** Tuesdays 6-6:50 pm

**Where:** The Y-Zone

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

## SOCCER PROGRAMS & LEAGUES

### INTRO TO SOCCER

Beginning soccer players will learn basic skills and concepts of the sport.

**Ages:** 3-4 years

**When:** Saturdays 11-11:50 am

**Where:** The Y-Zone

**Cost:** Family Member: \$50, Youth Member: \$65, Non-Member: \$85 (all players receive a free t-shirt)

### U6 SOCCER

Players will expand their knowledge of the game and sharpen their skills.

**Ages:** 5-6 years

**When:** Saturdays 11-11:50 am

**Where:** The Y-Zone

**Cost:** Family Member: \$50, Youth Member: \$65, Non-Member: \$85 (all players receive a free t-shirt)

### LC UNITED SOCCER

U8 - U19 teams practice together to learn basic skills and play weekly games at the Y-Zone. Learn more at [www.lcunitedsoccer.com](http://www.lcunitedsoccer.com).

### FALL (OUTDOOR)

**Ages:** 5-18 years

**When:** Game days vary by age range

**Cost:** In-House \$40 - \$75, see page 5

**Travel:** Members: \$75; non-members: \$95

### WINTER (INDOOR) starting Nov.

**Ages:** 5-18 years

**When:** Game days vary by age range

**Cost:** Members: \$60; non-members: \$75

### INDOOR SOCCER LEAGUES

Starting in November, an indoor turf league for players of various skill levels.

**Ages:** 6-18 years

**When:** Game Days TBA

**Where:** The Y-Zone

**Cost:** \$780/team (ref fees included)

# SWIM PROGRAMS

## SWIM STARTERS (PARENT/CHILD)

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

**Ages:** 6 months - 3 years

**When:** Tuesdays 11-11:40 am  
Saturdays 9:45-10:25 am

**Where:** Downtown

**Cost:** \$40 - \$75, see below

## SWIM BASICS (SKIPPERS)

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

**Ages:** 3-5 years

**When:** Mondays 11-11:40 am  
Tuesdays 1-1:40 pm  
Thursdays 5-5:40 pm  
Saturdays 9-9:40 am

**Where:** Downtown

**Cost:** \$40 - \$75, see below

## SWIM BASICS (WATER STAMINA)

Beginning lessons for first time swimmers age 6 and up.

**Ages:** 6-14 years

**When:** Mondays 5:15-5:55 pm  
Wednesdays 5:15-5:55 pm  
Saturdays 9:45-10:25 am

**Where:** Downtown

**Cost:** \$40 - \$75, see below

## SWIM STROKES

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

**Ages:** 6-14 years

**When:** Mondays 4:30-5:10 pm  
Wednesdays 4:30-5:10 pm  
Saturdays 10:30-11:10 am

**Where:** Downtown

**Cost:** \$40 - \$75, see below

## PRIVATE SWIM LESSONS

One-on-one instruction for all ages.

**Ages:** 5+ years

**When:** by appointment

**Where:** Downtown

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

## HOMESCHOOL SWIM & GYM

Make friends, learn to swim & enjoy gym time. Call 724-658-4766 for details.



## 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

## BACK PROGRAM

Water exercise program designed to help reduce or eliminate lower back pain through tension exercises.

**Ages:** 14+ years

**When:** Mondays & Wednesdays 9-10 am

**Where:** Downtown

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

## SILVER SHARKS SWIM TEAM

A competitive team for youth ages 6-18. Practice times and cost vary by age. For details please contact Brittany at [brittanyz@ncymca.org](mailto:brittanyz@ncymca.org)

## MASTERS SWIM TEAM

A competitive team for swimmers ages 18 and up.

**Ages:** 18+ years

**When:** Tuesdays 5-6 pm

**Where:** Downtown

**Cost:** Members: \$100; non-members: \$150

## PROGRAM REGISTRATION & PRICING

### REGISTRATION OPTIONS:

[www.NCYMCA.org/register](http://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

### GENERAL PROGRAM PRICING

(PER 7-WEEK SESSION)

Family or Adult Members: \$40

Youth Members: \$55

Program Participant

(non-member): \$75

### REGISTER EARLY & SAVE!

Save \$10 when you register by the early bird deadline. Available to both Members & Non-Members!

### EARLY BIRD DEADLINES

FALL 1: Sept 5

Online promo code: **FALL1**

FALL 2: Oct 24

Online promo code: **FALL2**

### FINANCIAL ASSISTANCE

We are open to all, regardless of age, income or background and promise to give everyone an opportunity to learn, grow and thrive. Program scholarships are available for those who qualify. Ask for an application at the membership services desk.

# ADULT SPORTS & WELLNESS



## SESSION DATES:

Fall 1: Sept 10 – Oct 28 | Fall 2: Oct 29 – Dec 16

### PICKLEBALL LESSONS

Take private lessons from our resident “pro” Justin Umbs. With experience playing against some of the top players in the country, Justin will help get your game to the next level! Contact him for details at [jumbs@ncymca.org](mailto:jumbs@ncymca.org)

#### Small Group – Novice

**Ages:** 14+ years

**When:** Wednesdays 10:30–11:30 am

**Where:** The Y-Zone

**Cost:** Members: \$105; non-members: \$140

#### Small Group – Advanced

**Ages:** 14+ years

**When:** Wednesdays 11:30–12:30 pm

**Where:** The Y-Zone

**Cost:** Members: \$105; non-members: \$140

#### Private Pickleball Lessons

(scheduled individually)

**3 lesson package:**

Members: \$100; non-members: \$115

**5 lesson package:**

Members: \$150; non-members: \$175

**10 lesson package:**

Members: \$300; non-members: \$350

### PICKLEBALL LADDER LEAGUE

Move up the pickleball ladder by winning matches every week at league play!

**Ages:** 18+ years

**When:** Tuesdays 9 am – 12 pm

Thursdays 6 – 9 pm

**Where:** The Y-Zone

**Cost:** Members: FREE; non-members: \$40

### ADULT INDOOR SOCCER

Adult soccer league that plays on Sundays at The Y-Zone.

**Ages:** 18+ years

**When:** Sunday Games Scheduled 5–10 pm

**Where:** The Y-Zone

**Cost:** \$780 per team (ref fees included)

### ROLLER & FOOT HOCKEY

Competitive co-ed hockey leagues for roller and foot hockey.

**Ages:** 18+ years

**When:** Games vary by league

**Where:** Dek Rink

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

### ADULT SWIM LESSONS

Lessons for any level of swimmer age 18+.

**Ages:** 18+ years

**When:** Saturdays 8 – 8:50 am

**Where:** Downtown

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

### BACK PROGRAM

Water exercise program designed to help reduce or eliminate lower back pain through tension exercises.

**Ages:** 14+ years

**When:** Mondays & Wednesdays 9–10 am

**Where:** Downtown

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

### AARP DRIVER SAFETY PROGRAM

Save up to 5% on auto insurance! For drivers age 50+ to learn new laws, driving skills, plus more. No driving or tests.

**Ages:** 50+ years

**When:** Thursdays Oct 11 & 18  
12 – 4:00 pm

**Where:** Downtown

**Cost:** AARP Members: \$15; non-members: \$20 – **you must call to register: 724-658-4766.**

### GROUP FITNESS

To help you achieve your goals, group fitness classes are FREE to members and available at both locations. Our classes are rooted in a team spirit approach with strong technique and smooth transitions. Classes are taught showing modifications for all fitness levels—ensuring everyone has a positive experience. Visit [www.ncymca.org](http://www.ncymca.org) for the current schedules.

Cardio Step

Cycle & Sculpt

Gentle Yoga

Hatha Yoga

Insanity

Les Mills Bodycombat

Les Mills Bodyflow

Les Mills BodyPump

Line Dancing

Pound

Silver Sneakers Classic

Silver Sneakers Cardio Circuit

Silver Sneakers Yoga

TRX Suspension Training

TRX Combo

Walk 15

Yoga

Zumba

## PICKLEBALL FALL CLASSIC

### SEPTEMBER 22 & 23

Join us for a Pickleball Tournament at the Y-Zone on September 22 & 23. Men’s and women’s will be played on Saturday, September 22, with mixed playing on Sunday September 23. Skill groups for each day will be 2.5, 3.0, 3.5, 4.0, and 4.5+. Each day will start at 8 a.m. but exact start times for each skill group will be announced at a later date.

Cost is \$30 for your first event and \$20 for your 2nd event. Registration includes free t-shirt and 1 meal.

Register online at: <https://www.secure.pickleballtournaments.com/welcome.pl?tid=2305>

Questions? Please contact Justin at [jumbs@ncymca.org](mailto:jumbs@ncymca.org)

# ADULT SPORTS & WELLNESS

## CHOOSE TO LOSE

A 12 week weight loss program with weekly meetings, a web based support group, incentive rewards, physical exercise and more!

**Ages:** 18+ years

**When:** Mondays 5:30 - 6:30 pm

**Where:** Downtown

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

## QUIT & GET FIT!

FREE tobacco cessation program provided by the NW PA Tobacco Control Program!

Includes 6 classes, 2-week supply of Nicotine Replacement, and Y membership,

**Ages:** 18+ years

**When:** Thursdays 12-1:15 pm beginning September 20.

**Where:** Downtown

**Cost:** FREE - you must call to register: 724-662-1550, ext. 147.

## DINING WITH DIABETES

A nationally accredited program offered by Penn State Cooperative Ext. to help you understand how to manage your diabetes.

**Ages:** All

**When:** Tuesdays, Sept. 4-25, 11:30 am - 2 pm

**Where:** Downtown

**Cost:** \$5/person - you must call to register: 1-877-345-0691.

## SMALL GROUP TRAINING: TRAIN4LIFE

Join the fastest growing fitness craze at the Y - small group training! This training program is 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. Program includes a fit test at the beginning and end of the session. Each 8-week session includes 16 classes and 2 fit tests. Register online, over the phone or in person.

### Y-ZONE FALL 2 SESSIONS

**Ages:** 18+ years

**Dates:** October 29 - December 20

**Days:** Mon & Thurs

**Times:** : 3:45-4:45 p.m. -OR- 5:00-6:00 p.m. -OR- 6:15-7:15 p.m.

**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. To help meet your schedule and needs, personal training is now available in 30-minute and 1-hour packages. Training sessions are by appointment.

### 30-MINUTE PACKAGES

5 SESSIONS: \$110

10 SESSIONS: \$200

15 SESSIONS: \$290

### 1-HOUR PACKAGES

4 SESSIONS: \$170

8 SESSIONS: \$275

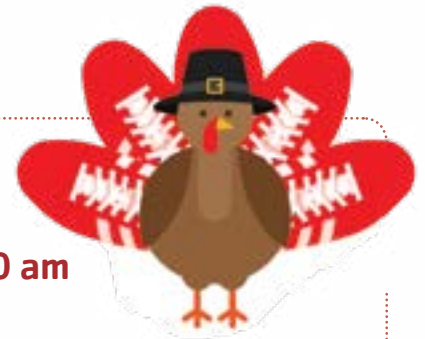
12 SESSIONS: \$430



# T-DAY 5K

## Annual Run/Walk

Thursday, November 22 • 9:00 am



### YMCA DOWNTOWN

#### FALL HOURS (begins Tuesday, Sept 4)

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

#### SUMMER HOURS (thru Sunday, Sept 2)

M-F 5:30AM - 9:00PM  
 Sat 8:00AM - 3:00PM  
 Sun 1:00PM - 5:00PM

### Y-ZONE HOURS

#### FALL HOURS (begins Tuesday, Sept 4)

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

#### SUMMER HOURS (thru Sunday, Sept 2)

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

### RACE INFORMATION

Our **Thanksgiving 5K Run & Walk** is a family-friendly event. Runners and walkers along with their families are welcome to participate. Wheelchairs, strollers and pets on leashes are also welcome! All proceeds benefit the New Castle YMCA's Annual Youth Campaign, which supports children in need by giving them equal opportunity to be healthy, confident, connected and secure.

### LOCATION

YMCA Downtown  
 20 West Washington Street  
 New Castle, PA 16101

### REGISTRATION

\$20 per participant over the age of 6. Children 6 & under free. Registration includes free event shirt if pre-registered by Nov 5.

### DETAILS

The race begins at 9 a.m. in front of the YMCA Downtown. Race packets and t-shirts may be picked up at the Downtown Y from 7:30-8:40 am. Complimentary refreshments at the finish line.

### OUR MISSION

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

## 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

Financial assistance is available for all membership types. Pick up an application Downtown or at the Y-Zone.



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

### NEW CASTLE COMMUNITY YMCA

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

### Y-ZONE

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

### DEK RINK

780 Phelps Way  
 New Castle PA 16101

[www.ncymca.org](http://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](http://www.NCYMCA.org)