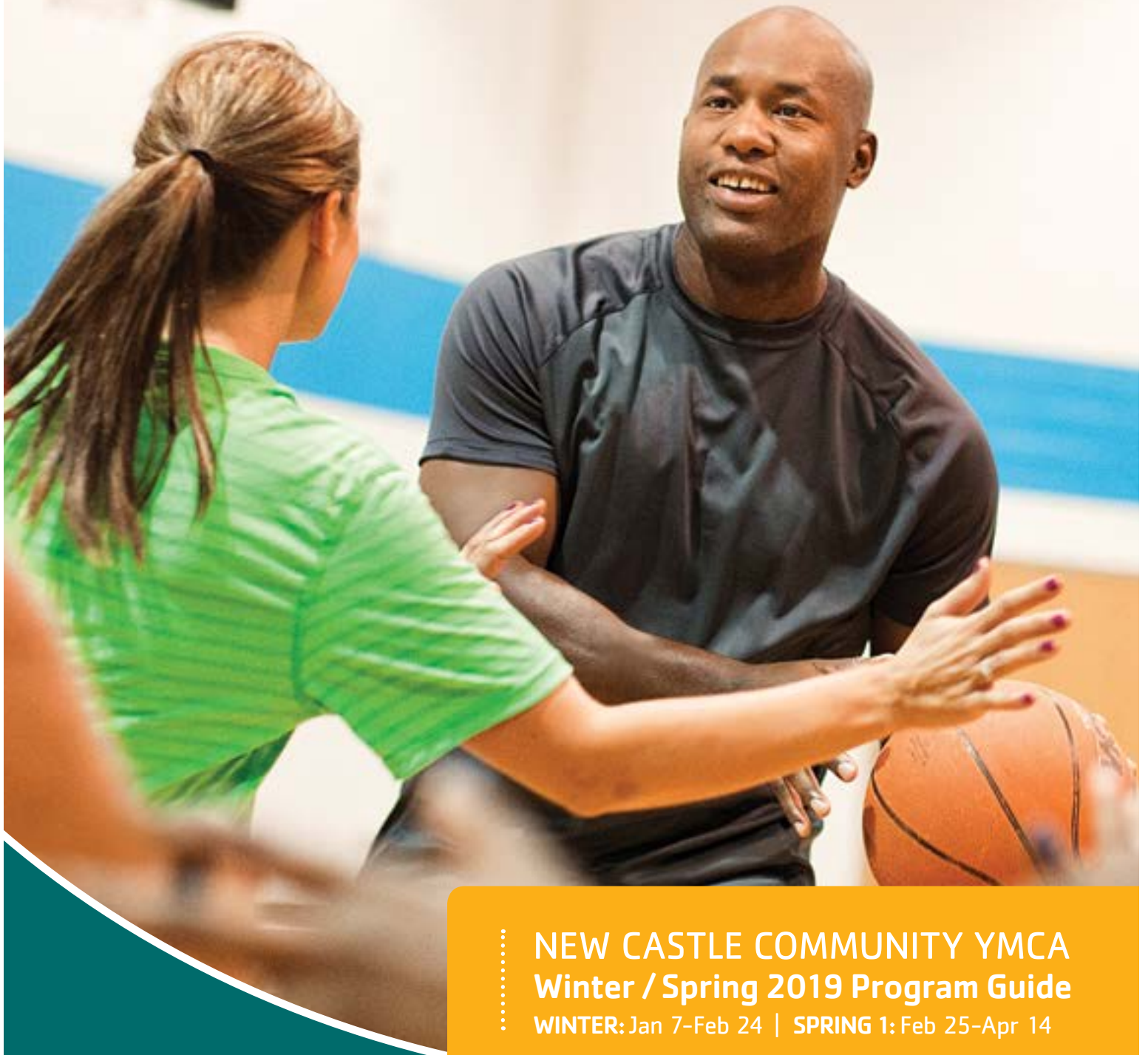




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NEW CASTLE COMMUNITY YMCA
Winter / Spring 2019 Program Guide

WINTER: Jan 7-Feb 24 | SPRING 1: Feb 25-Apr 14

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.



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.

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.

SCHOOL AGE 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.

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.

LEARN MORE

LEARN MORE

For additional information, visit our website at 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.

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.

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.

FINANCIAL ASSISTANCE

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



SWIM PROGRAMS

SWIM STARTERS (PARENT/CHILD)

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

Ages: 6 months - 3 years

When: Tuesdays 11-11:45 am

Saturdays 9:45-10:30 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 11-11:45am

Tuesdays 1-1:45 pm

Thursdays 5-5:45 pm

Saturdays 9-9:45 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 5:15-6:00 pm

Wednesdays 5:15-6:00 pm

Saturdays 9:45-10:30 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 4:30-5:15 pm

Wednesdays 4:30-5:15 pm

Saturdays 10:30-11:15 am

Where: Downtown

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

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 and older.

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

MASTERS SWIM TEAM

A competitive team for swimmers ages 18 and up. All levels of swimming abilities are welcome!!!

Ages: 18+ years

When: Tuesdays 5-6 pm

Where: Downtown

Cost: Members: \$100;

non-members: \$150



SESSION DATES:

Winter: Jan 7 - Feb 24 | Spring 1: Feb 25 - Apr 14



PROGRAM REGISTRATION & PRICING

REGISTRATION OPTIONS:

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 Members: \$40

Youth Members: \$55

Program Participant (non-member): \$75

REGISTER EARLY & SAVE!

Save \$10 off any regular 7-week program when you register by the early bird deadline!

EARLY BIRD DEADLINES

WINTER: January 2

Online promo code: **WINTER**

SPRING 1: February 20

Online promo code: **SPRING2**

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.

YOUTH SPORTS



SESSION DATES:

Winter: Jan 7 - Feb 24 | Spring 1: Feb 25 - Apr 14

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 3

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 3

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 3



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 3

BASEBALL/SOFTBALL FUNDAMENTALS

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

Ages: 7-10 years

When: Tuesdays 5-5:50 pm

Where: The Y-Zone

Cost: \$40 - \$75, see page 3

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 3

BOX LACROSSE

Come join us for a fun, competitive 8 game season. Goalies provided.

Ages: 4th grade & up

When: Sundays 1 or 2 pm

Where: The Y-Zone

Cost: \$65/player

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

Soccer program to help kids expand their knowledge of the game and 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. Learn more: www.lcunitedsoccer.com.

Ages: 5-18 years

When: Game days vary by age range

Where: The Y-Zone

Indoor(begins mid-Jan.): Members: \$60; Non-members: \$75

Outdoor(begins mid-March):

\$40 - \$75, see page 3

INDOOR SOCCER LEAGUES

Starting mid-January, 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)

BASKETBALL PROGRAMS

BIDDY BASKETBALL LEAGUE

Youth basketball league for ages 5-8 which includes practice and games.

Ages: 5-8 years

When: Fridays 5:30-7:30 pm (game times will vary)

Where: The Y-Zone

Cost: \$40 - \$75, see page 3

BEGINNER BASKETBALL (Y-ZONE)

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 3

YOUTH BASKETBALL (DOWNTOWN)

Kids will fine-tune their skills in dribbling, shooting, guarding and passing.

Ages: 10-13 years

When: Saturdays 10-11:00 am

Where: Downtown

Cost: \$40 - \$75, see page 3

ADULT SPORTS & WELLNESS



SESSION DATES:

Winter: Jan 7 - Feb 24 | Spring 1: Feb 25 - Apr 14

NEW! SENSIBLE SELF DEFENSE

Learn awareness and recognition, as well as how to defend oneself from an attack.

Ages: 16+ years

When: Tuesdays 7-8:00 pm

Where: The Y-Zone

Cost: Family Members: \$50;

Adult Members: \$70; non-members: \$95

LIFEGUARD TRAINING COURSE

Become a certified lifeguard! Through this 4-day course participants will be certified in CPR, AED, First Aid, and American Red Cross Lifeguarding rescue skills.

Ages: 15+ years

When:

Friday, Jan 25: 3-9 pm

Saturday, Jan 26: 8 am-5 pm

Sunday, Jan 27: 8 am-3 pm

Monday, Jan 28: 5-8pm

Where: Downtown

Cost: Members: \$200 non-members: \$230



PICKLEBALL LESSONS

Take pickleball lessons from our resident "pro" Justin Umbs. With experience playing against some of the top players in the country, Justin can help you get your game to the next level! Small group and individual lessons available. Contact him for details at jumbs@ncymca.org

PICKLEBALL LADDER LEAGUE

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

Ages: 18+ years

When: Tuesdays 9:30 am

Thursdays 6:30 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 beginning in January.

Ages: 18+ years

When: Sunday Games Scheduled 3-10 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. Begins in March.

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

ARTHRITIS CLASS

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

Ages: 14+ years

When: Mondays & Wednesdays 2-3 pm

Where: Downtown

Cost: Members: FREE; non-members: n/a

WATER AEROBICS

Exercise class which incorporates low to medium impact routines using the force of the water.

Ages: 14+ years

When: Mondays & Wednesdays 8-9 pm;

Tuesdays & Thursdays 9-10 am.

Where: Downtown

Cost: Members: FREE; non-members: n/a

Join us for a 12-week evidence-based, health coaching program that will guide you to achieving your weight loss goals through nutrition counseling, group activities, and homework assignments.

Participants will receive points for attending weekly meetings, journaling, and overall body percentage loss. Program will include food journaling, label reading, grocery shopping, finding time for fitness, and goal setting. Includes free membership for non-members.

Ages: 18+ years

When: Tuesdays 5:30-6:30 pm (beg. Jan 8)

Where: Downtown

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

CHOOSE
TO LOSE



GROUP FITNESS & PERSONAL TRAINING

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 for the current schedules.

GROUP FITNESS CLASSES

CARDIO STEP	LES MILLS BODYFLOW	TRX SUSPENSION TRAINING
CYCLE & SCULPT	LES MILLS BODYPUMP	TRX COMBO
GENTLE YOGA	LINE DANCING	WALK 15
HATHA YOGA	SILVER SNEAKERS CLASSIC	YOGA
HULA HOOP CIRCUIT	SILVER SNEAKERS CARDIO CIRCUIT	ZUMBA
LES MILLS BODYCOMBAT	SILVER SNEAKERS YOGA	

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 MORNING SESSION
 Ages: 18+ years
 Dates: January 8 - February 28
 Days: Tues & Thurs
 Times: 9:30-10:30 am
 Cost: Members: \$160; Non-Members: \$240

Y-ZONE EVENING SESSIONS
 Ages: 18+ years
 Dates: January 7 - February 28
 Days: Mon & Thurs
 Times: 3:45-4:45 pm -OR- 5-6 pm -OR- 6:15-7:15 pm
 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 30-MINUTE SESSIONS: \$110
- 10 30-MINUTE SESSIONS : \$200
- 15 30-MINUTE SESSIONS: \$290

1-HOUR PACKAGES

- 4 1-HOUR SESSIONS: \$155
- 8 1-HOUR SESSIONS: \$275
- 10 1-HOUR SESSIONS: \$320

EVENTS & FAMILY TIME

THANKSGIVING AT THE Y

Despite the record cold temperatures, we enjoyed another fantastic Thanksgiving morning with our wonderful Y family. Many thanks to everyone who participated in the Turkey Spin, as well as the annual T-Day 5K Walk & Run. We'd also like to extend our gratitude to the many volunteers who helped make it all happen, and the supporters who came to cheer on their friends and family in the race.



SAVE THE DATE! Healthy Kids Day 2019 will be held at the downtown branch on Saturday, April 27!

This FREE, community event is always fun for the entire family. We'll once again have activities inside and outside the Y, such as:

- Inflatable Bounce Houses
- Fun Fitness Activities
- Youth Sports & Fitness Demos
- Food & Refreshments
- Local Vendors
- Face Painting, Games and more!

HEALTHY
KIDS DAY

HEALTHY KIDS DAY
SATURDAY, APRIL 27TH





NEW! FAMILY FUN NIGHTS!

As part of our commitment to the community, we are happy to introduce **Family Fun Nights** - free monthly activity nights for local families.

Each month we will offer a different theme with activities & entertainment to engage the entire family. These events are open to the community - so spread the word and plan to join us!

All Family Fun Nights take place at the downtown branch. Details and registration are available online at www.ncymca.org.

Please register in advance to help us prepare supplies and snacks.

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

OUR MISSION

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

JANUARY: FAMILY GLOW-GA

Friday, January 18
6:00 - 8:00 p.m.

FEBRUARY: VALENTINE'S DAY

Friday, February 15
6:00 - 8:00 p.m.

MARCH: ST PATRICK'S DAY

Friday, March 15
6:00 - 8:00 p.m.

MEMBERSHIP = MORE

The Y is more than just a gym, a pool, and a child care center; YMCA members are part of a community. We are open to all, regardless of age, income or background and promise to give everyone an opportunity to learn, grow and thrive. Members enjoy the following benefits:

- Access to 2 convenient locations
- Nationwide access to YMCA locations across the U.S.
- Access to two wellness centers and free weights room.
- Access to the Community Room at the downtown branch, with complimentary WiFi, for personal or group use.
- Discounted programs for all ages.
- Drop-in Child Watch for kids from 6 months to 8 years old - available Downtown and at the Y-Zone (free with family membership)
- Free fitness classes (Downtown and Y-Zone locations)
- Free recreational swim for kids and adults
- Free lap swim for members, 14+
- Open courts for gym recreation and racquetball

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



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