



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# NEW Y NEW YOU

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# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## REACHING FOR THE STARS

Our Child Care Center is reaching for the stars! The program is working toward a Keystone STARS Star 4 rating – **the highest rating possible** from Pennsylvania’s Office of Child Development and Early Learning.

Keystone STARS rates early learning programs based on:

- Standards
- Training/Professional Development Assistance
- Resources
- Support

The requirements for a Star 4 rating include: a curriculum in line with state standards, a communication plan for each student & family, teachers & staff with extensive Early Childhood Education training, and ongoing staff development.

Child Care Director Kelly Bucci says she admires how hard the staff is working to attain the Star 4 rating.

“The amount of time, dedication and preparation it takes to achieve Star 4 is huge – and that’s on top of the normal duties they have with children & families.

“It shows how dedicated they are to their profession and how committed they are to the children that come here, especially when you consider that enrollment in the Keystone STARS program is optional.”

To find out more about our Child Care Center or to schedule a personal tour, call (724) 658-4766 ext. 22.

## CHILD CARE

Are you looking for a **safe, nurturing environment for your children to learn, grow and develop social skills**? At the Y, kids learn their ABCs, learn to share, learn about sportsmanship and, most importantly, learn how to be themselves. The confidence they build today helps them become the contributing and engaged adults of tomorrow.



**DID YOU KNOW:** families who enroll their children 4+ days in our Child Care get a **FREE** family membership?

CHILD CARE CCIS ACCEPTED.	LOCATION	HOURS	RATE 3-DAY	RATE 4-DAY	RATE 5-DAY
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Toddler Care (12 mos.-age 3)	Downtown	6:30 A-6 P	\$98	\$131.50	\$164
Full-Day Preschool (age 3-5) 5+ hours a day	Downtown	6:30 A-6 P	\$85	\$113	\$141
Preschool Only (age 3-5)	Downtown	9 A-12:30 P	\$42	\$56	\$70

SCHOOL AGE CARE (ages 5-12)	LOCATION	HOURS	RATE 3-DAY	RATE 4-DAY	RATE 5-DAY
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AM OR PM	Downtown Y	6:30-8:15 A OR 3:15-6 P	\$25.50	\$34	\$42.50
AM & PM	Downtown Y	6:30-8:15 A AND 3:15-6 P	\$51	\$68	\$85
Full Day	Downtown Y	6:30 A-6 P	Full Day Rate: \$30		
Half Day	Downtown Y	AM or PM	Half Day Rate: \$15		
2-Hour Delay	Downtown Y	AM	2 Hour Delay Rate: \$7.50		

DROP-IN CHILD WATCH (ages 6 mos. & sitting up to 7 years)	LOCATION	HOURS	RATE
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A drop-in service provided for members. This is not part of our state licensed Child Care program.	Downtown	Mon.-Fri. 9A-1P Mon.-Thurs. 4:15-7:30 P Sat 8-11 A	Members with a Family Membership: FREE  Other members: \$1/hour per child
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## SWIM, SPORTS & PLAY

We have **positive, fun activities that build athletic, social and interpersonal skills!** As a parent, you desire a safe environment where your kids can learn practical and social skills and develop positive values. Your kids want to exert energy, discover who they are and what they can achieve and be accepted among each other. That's why we're here with you every day, making sure that you and your family have the resources needed to be healthy, confident, connected and secure.



## GAINING CONFIDENCE

One second-grade boy has a newfound sense of confidence, thanks to the YMCA's School Learn to Swim program.

Last fall, he & his classmates attended weekly swim lessons at the Y. According to Aquatics Director Drew Sapp, the boy was so scared of the water that when swim day came, he cried all day in school.

Our instructors worked carefully with him over the course of the program. By the end of the seven weeks, he had a new love for swimming.

"On the last day of the program, he came up to me and told me that swimming days were his favorite days in school," Sapp says. "I love that, through this program, we get to teach kids to swim that might not otherwise have the opportunity to learn."

## SWIM LESSONS SCHEDULE

**SESSION DATES:** Jan. 11-Feb. 28/ Feb. 29-April 17/ April 18-June 5, 2016

SWIM LESSONS	AGE	FEE (member/participant)	LOCATION	DAY & TIME
Parent/Child Swim	6 mos. - 3 yrs.	FM: \$30/ YM: \$40/ P: \$65	Downtown	Tues. at 11 a.m.; Sat at 9:45 a.m.
Skippers	3-5	FM: \$30/ YM: \$40/ P: \$65	Downtown	Mon. at 11 a.m., Tues. at 1 p.m., Thurs.. at 5 p.m.; Sat at 9 a.m.
Progressive Swim Lessons <ul style="list-style-type: none"><li>All Levels</li><li>Guppy, Polliwog</li><li>Fish, Flying Fish, Shark</li></ul>	6-14	FM: \$30/ YM: \$40/ P: \$65	Downtown	Mon., Wed. at 5 p.m. Sat at 9:45 a.m. Sat at 10:30 a.m.
Adult Swim Lessons	18+	FM: \$30/ AM: \$40/ P: \$65	Downtown	Sat at 8 a.m.
Homeschool Swim Lessons/Rec Swim	5-18	Call for info: (724) 658-4766	Downtown	Tues. at 1:45 p.m.
Adaptive Lessons for Friends with Special Needs	3+	FM: \$30/ YM: \$40/ P: \$65	Downtown	Schedule with Drew Sapp: dsapp@ncymca.org
Swim Team	5-18	Call for info: (724) 658-4766	Downtown	Practices will be scheduled based on the swim ability of participants. Mon.. - Thurs.. from 6-8 p.m.; Fri.. from 5-7 p.m.

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## SPORTS & PLAY PROGRAMS

SESSION DATES: Jan. 11-Feb. 28/ Feb. 29-April 17/ April 18-June 5, 2016



PRESCHOOL PROGRAMS	AGE	FEE (member/participant)	LOCATION	DAY & TIME
Tumbleweeds	1-4	FM: Free/ YM: \$25/ P: \$40	Downtown	Thurs. at 10 a.m.
Preschool Sports	3-5	FM: \$30/ YM: \$40/ P: \$65	Y-Zone	Wed at 5:30 p.m.
Kinder Sports	3-5	FM: \$30/ YM: \$40/ P: \$65	Y-Zone	Tues. at 5:30 p.m.
Soccer FUNdamentals	4+	FM: \$30/ YM: \$40/ P: \$65	Y-Zone	Sat at 11 a.m.; Starts Jan. 16 & March 5.
T-Ball	4-6	FM: \$30/ YM: \$40/ P: \$65	Y-Zone	Thurs. at 6 p.m.; April 14 only.

YOUTH SPORTS	AGE	FEE (member/participant)	LOCATION	DAY & TIME
Homeschool Gym & Swim	5-18	M: Free/ P: \$5/per class	Downtown/Y-Zone	Tues. at 1:30 p.m.
Junior Judo	6-10	FM: \$30/ YM: \$40/ P: \$65	Downtown	Tues. at 6 p.m.
Judo	11-18	FM: \$30/ YM: \$40/ P: \$65	Downtown	Tues. at 7 p.m.
Junior Penguins Hockey	7-15	FM: \$30/ YM: \$40/ P: \$65	Dek Rink/Downtown	Sat at 10:30 a.m.
Junior Dribblers	5-8	FM: \$30/ YM: \$40/ P: \$65	Y-Zone	Mon. at 5 p.m.
Basketball Skills & Drills	8+	FM: \$30/ YM: \$40/ P: \$65	Y-Zone	Mon. at 6 p.m.
Youth Basketball Leagues	3 <sup>rd</sup> -6 <sup>th</sup> grade	\$300/team (includes ref fees)	Y-Zone	Sundays (game times vary); Register by Jan. 2, begins Jan. 10.
Archery	4 <sup>th</sup> grade+	FM: \$30/ YM: \$40/ P: \$65	Y-Zone	Mon. at 7 p.m.; Starts Feb. 29 & Apr. 11.
Youth Lacrosse Instruction	6-12	FM: \$30/ YM: \$40/ P: \$65	Y-Zone	Sat at 11 a.m.; Starts April 16
Lacrosse Travel Team	8+	M: \$200/ P: \$250	Y-Zone	Game times & practices vary; Runs mid-March thru May.
LC United Soccer Club	U6-U10	Visit LCUnitedSoccer.com or call (724) 658-9211 for rates.	Y-Zone	Practice twice a week with games on Sat. Call (724) 658-9211.

FAMILY TIME		FEE (member/participant)	LOCATION	DAY & TIME
Family Swim	All	M: Free/ P: N/A	Downtown	Mon.: 4 p.m. Tues.: 4 p.m. & 8 p.m. Wed: 4 p.m. Thurs.: 4 p.m. & 8 p.m. Fri.: 4 p.m. & 7 p.m. Sat: 3:30 p.m. Sun: 3 p.m.
Birthday Parties	All	M: \$170/ P: \$230  Call (724) 658-9211 for rates	Downtown Pool  Y-Zone	Party includes: 1 hour in pool and 1 hour in Youth Factory. Sat at noon or 2:30 p.m.  Y-Zone parties by appointment. Call to schedule.
Indoor Batting Cage	All	Call (724) 658-9211 for rates	Y-Zone	Call the Y-Zone to reserve the batting cage: (724) 658-9211.



### HOMESCHOOL GYM & SWIM: Tues., 1:30 p.m.

Designed especially for students who are homeschooled, our Gym and Swim program meets weekly during the school year to give students an opportunity to socialize and play together. Our certified P.E. instructor Justin Umbs leads age-appropriate games, sports and activities in the gym to improve students' fine & gross motor skills and personal fitness levels. Our Aquatics Director and accomplished triathlete Drew Sapp teaches swim lessons, plays water games and gives time for free swim in the water.



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## SPORTS AND SPIRIT

### Why should my kids play sports?

- Decreases the risk of developing diseases like diabetes
- Practice & play meets a child's recommended 60 minutes of daily physical activity
- Physical activity triggers the release of endorphins that regulate mood, pleasure and pain
- Improves concentration
- Increases self-esteem and fosters a healthier body image
- Develops self-confidence
- Builds social skills
- Allows them to be encouraged by positive coaches and role models
- Allows them to pursue something they find fun



### JUNIOR PENGUINS HOCKEY (Sat, 10:30 a.m.)

The YMCA's Junior Penguins Hockey team is growing in size & enthusiasm! Boys & girls ages 7-15 learn basic hockey skills, such as handling, passing, shooting and defense. Games, drills & scrimmages ensure that kids have fun while learning.

Participants have the opportunity to play at the Y's Dek Hockey Rink, compete in regional tournaments, and take part in group outings.

To learn more about the group, Coach Joe Chester, or to see the Player of the Week, check out the team Facebook page: [Facebook.com/JrPenguinsHockey](https://www.facebook.com/JrPenguinsHockey)

### JUDO (Tues., 7 p.m.)

Learn the exciting martial art and Olympic sport of Judo. This program is taught by nationally-recognized instructor Brian Burick. Sensei Burick teaches kids a variety of throwing and grappling techniques. His class is fun, lively and always a favorite among participants!

### ARCHERY (Mon., 7 p.m.)

Led by John Micco, archery is a fun, social sport and a big hit. Participants improve their upper body strength, mental focus and patience, all while building an appreciation and responsibility for the outdoors. Archers (ages 10+) learn basic skills, techniques and rules for competitive target shooting. No equipment or experience is necessary.

### LACROSSE (Sat, 11 a.m.)

Be part of the most popular growing sport in the nation with Lacrosse at the Y-Zone. Learn how to throw, catch, cradle and move the ball on the field with former college lacrosse player and coach John Chornenky. John has a level 2 coaching certification through US Lacrosse. No experience is necessary and we'll provide equipment to help get you started.



# HEALTHY LIVING

Improving our community's health and well-being

## HEALTH, WELL-BEING, & FITNESS

Are you looking **to improve your health and well-being**? Adults want to learn more, do more and live healthier. We will foster your health and well-being by bringing you together with others to pursue common interests and new passions.



## ADULT SPORTS & RECREATION

As of January 11, 2016

ACTIVITIES	FEE (member/participant)	LOCATION	DAY & TIME
Over 30 Basketball	M: Free/ P: N/A	Downtown	Tues. at 8 p.m.
Masters Swim Team (age 18+)	M: \$100/P: \$150	Downtown	Tues. at 5 p.m. Email Drew Sapp for info: dsapp@ncymca.org
Open Pickleball (age 16+)	M: Free/ P: N/A	Downtown	Mon. from 7-9:30 p.m.
Adult Pickleball League (age 16+)	M: Free/ P: \$40	Y-Zone	Thurs.. from 7-9:30 p.m.
Adult Pick-Up Basketball	M: Free/ P: N/A	Downtown	Mon.-Fri. from 11:30 a.m.-1 p.m.
Racquetball	M: Free/ P: N/A	Downtown	As schedule allows. To reserve courts, call (724) 658-4766.
Roller Hockey	M: \$20/ P: \$50	Dek Rink	Tues./Thurs../Sun from 7-10 p.m.
Foot Hockey	M: \$20/ P: \$50	Dek Rink	Mon./Wed/Sun from 7-10 p.m.
Indoor Soccer	See ncymca.org for info	Y-Zone	Call (724) 658-9211 for days, times and registration info.
Men's Basketball	See ncymca.org for info	Y-Zone	Call (724) 658-9211 for days, times and registration info.

## POOL SCHEDULE

As of January 11, 2016

WATER ACTIVITIES	FEE (member/participant)	LOCATION	DAY & TIME
Water Aerobics (age 14+)	M: Free/ P: N/A	Downtown	Mon.; Wed at 8 p.m. & Tues.; Thurs.. at 9 a.m.
Adult Rec Swim (age 14+)	M: Free/ P: N/A	Downtown	Tues.; Thurs.. at 9:45 a.m.
Arthritis Class (age 14+)	M: Free/ P: \$65	Downtown	Mon. at 2 p.m. or Wed at 2:15 p.m.
Back Program (age 14+)	M: \$40/mo. / P: \$125/mo.	Downtown	Mon.; Wed at 9 a.m.
Lap Swim (age 14+)	M: Free/ P: N/A	Downtown	Mon.: 6 a.m., 12 p.m., 3 p.m.; Only 2 lanes open at 4 p.m. Tues.: 6 a.m., 12 p.m., 3 p.m., Only 2 lanes open at 4 p.m. and 8 p.m. Wed: 6 a.m., 12 p.m., 3 p.m., Only 2 lanes open at 4 p.m. Thurs.: 6 a.m., 12 p.m., 3 p.m., Only 2 lanes open at 4 p.m. and 8 p.m. Fri.: 6 a.m., 12 p.m., 3 p.m., Only 2 lanes open at 4 p.m. Sat: 8 a.m.; 1 p.m. Sun: 1:30 p.m.
Masters Swim Team (age 18+)	M: \$100/P: \$150	Downtown	Tues. at 5 p.m. Email Drew Sapp for info, dsapp@ncymca.org
SilverSneakers® Splash	M: Free/ P: N/A	Downtown	Mon. at 1 p.m.; Fri. at 9 a.m.
Family Swim	M: Free/ P: N/A	Downtown	Mon.: 4 p.m. Tues.: 4 p.m., 8 p.m. Wed: 4 p.m. Thurs.: 4 p.m., 8 p.m. Fri.: 4 p.m., 7 p.m. Sat: 3:30 p.m. Sun: 3 p.m.

# HEALTHY LIVING



>>Our NEW COMMUNITY ROOM is perfect for small gatherings like prayer groups, bible studies, scrapbooking & more. To schedule your small group, request a reservation form at the member service desk.



## FIRESIDE BOOK CLUB NEW

Readers unite for a monthly discussion of books from the "New York Times" best sellers list. Snacks and book recommendations are always welcome. Book club starts Wednesday, Jan. 6 at 12 p.m. and meets monthly through April 6.






## THE JAM NEW

Looking for fellow musicians to jam with? The JAM (Just Any Music) is getting underway in the new Community Room. Jam sessions start Thursday, Jan. 7 at 11 a.m. and run weekly through April 7.

# FITNESS SCHEDULE

As of January 11, 2016

GROUP CLASSES	FEE (member/participant)	LOCATION	DAY & TIME
Spinning (age 16+)	M: Free/ P: N/A	Downtown	Mon., Tues.: 6:30 a.m., 12:10 p.m., 4:30 p.m., 6 p.m. Wed: 4:30 p.m., 6 p.m. Thurs.: 12:10 p.m.; 6 p.m. Fri.: 6:30 a.m., 4:30 p.m. Sat: 8:15 a.m.; 10 a.m. Sun: 2 p.m.
Les Mills® BODYPUMP® (age 16+) 	M: Free/P: N/A	Downtown	Mon. at 4:30 p.m., Tues. at 5:30 p.m., Wed at 7:30 p.m., Thurs. at 5:30 p.m., Sat at 10:15 a.m.
Les Mills® BODYCOMBAT® (age 16+) 	M: Free/P: N/A	Downtown	Mon. at 5:30 p.m. Tues. at 4:30 p.m. Wed at 6 a.m. and 6:30 p.m. Fri. at 6 a.m. Sat at 8:15 a.m.
Les Mills® SH'BAM® (age 12+) 	M: Free/P: N/A	Downtown	Tues. at 6:30 p.m.
Boot Camp (age 12+)	M: Free/ P: N/A	Downtown	Wed at 5:30 p.m.
Yoga Flow (age 12+)	M: Free/ P: N/A	Downtown	Thurs. at 6:30 p.m.
Line Dancing (age 12+)	M: Free/ P: N/A	Downtown	Mon. at 11:30 a.m. Fri. at 10:30 a.m.
Cardio Step (age 12+)	M: Free/P: N/A	Downtown	Fri. at 9:30 a.m.
Cross Train Challenge (age 12+)	M: Free/ P: N/A	Downtown	Sat at 9:15 a.m.
Cycle/Sculpt (age 16+)	M: Free/ P: N/A	Downtown	Mon., Wed at 9:30 a.m.
INSANITY® (age 16+)	M: Free/ P: N/A	Y-Zone	Tues., Thurs. at 6 p.m.
PERFORMANCE TRAINING	FEE (member/participant)	LOCATION	DAY & TIME
Personal Training OR Nutritional Counseling	M: 3 sessions/\$100/ P: N/A M: 6 sessions/\$190/ P: N/A M: 8 sessions/\$240/ P: N/A	Downtown/ Y-Zone	By appointment. Email mswogger@ncymca.org to schedule a free consultation.
TRX® Suspension Training® Limited to 14 participants.	M: Free/P: N/A	Downtown	Mon.: 6:30 p.m., Tues.: at 6 a.m., Wed: at 12:10 p.m., 4:30 p.m., Thurs. at 6 a.m.
ACTIVE OLDER ADULTS	FEE (member/participant)	LOCATION	DAY & TIME
SilverSneakers® Classic	M: Free/ P: N/A	Downtown	Mon., Tues., Thurs. at 10:30 a.m.
SilverSneakers® Classic	M: Free/ P: N/A	Y-Zone	Wed; Fri. at 9:30 a.m.
SilverSneakers® Circuit	M: Free/ P: N/A	Downtown	Tues.; Thurs. at 9:30 a.m.
SilverSneakers® Yoga	M: Free/ P: N/A	Downtown	Wed at 10:45 a.m.
SilverSneakers® Splash	M: Free/ P: N/A	Downtown Pool	Mon. at 1 p.m.; Fri. at 9 a.m.



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Programs and schedules are subject to change due to weather or level of participation. For the most up to date program listings, visit [www.ncymca.org](http://www.ncymca.org)

## NEW CASTLE COMMUNITY YMCA

### DOWNTOWN

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



### Y-ZONE

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

[WWW.NCYMCA.ORG](http://WWW.NCYMCA.ORG)



## AFFORDABLE MEMBERSHIP RATES

Membership Type	Monthly Payments	Annual Payment
Youth	\$15	\$180
 Student	\$23	\$276
Adult	\$29	\$348
Adult Plus	\$38	\$456
 Family	\$49	\$588
Family Plus	\$70	\$840

## YOU'RE INVITED!

### "OPEN TO ALL" Open House

**When:** Sat, Jan. 16/ 1-4 p.m.

**Where:** Downtown YMCA

Get a closer look at our recent renovations to the Downtown Y. Visit us during our annual Open House. Enjoy guided tours, free fitness classes, and locally made refreshments. Don't forget your swimsuits for Lap and Family Swim!

## HOW BRIGHT IS your spirit?

Does winter dampen your family's spirit? The Y offers the cure for keeping your spirits bright. Stay warmer, happier and active with programs for yourself and your kids. YMCA memberships are now more affordable than ever. Bring a friend and watch winter melt into Spring!

### YMCA Downtown Hours

Mon.-Fri. 5:30 a.m.-10 p.m.

Sat 8 a.m.-6 p.m.

Sun 1-5 p.m.

### Y-Zone Hours

Mon.-Sat. 8 a.m.-10 p.m.

Sun 1-10 p.m.

### OUR MISSION:

To put Christian principles into practice by providing youth, adult and family programs that build healthy spirit, mind and body for all.

Now accepting:

