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POWERING SUMMER FUN

**Berwick Area YMCA
2018 Summer Program Guide**

WALK WITH US



Taking a walk a day is kind of like that proverbial apple: There's a good chance it'll keep the doctor away. From helping you lose weight and de-stress to lowering your blood pressure and reducing your risk of many chronic diseases, going for regular walks is one of the best and easiest things you can do for your health. Walking is very easy to do, requires nothing but a pair of tennis shoes, and has tremendous mental and physical benefits. But as you walk into our YMCA, if you look closely you will soon discover you can also take a different kind of walk.

WE WOULD LIKE TO INVITE YOU TO WALK WITH US TOO. Walk with us and watch a child swim for the first time and see the look of accomplishment on her face. Walk with us to observe a volunteer coach teaching sportsmanship to his youth sports team. Take a quick lap through our building and see the sparkle in the eye of an older adult making a new friend. Stroll into our LIVESTRONG AT THE Y program to be inspired by a group of cancer survivors who are getting stronger in spirit, mind and body.

Walk into our after school program and see a hungry child enjoy a healthy meal after school and then follow him home as he goes to sleep well-fed rather than hungry. Or follow an at-risk teen as a YMCA mentor guides her down a new path to successful adulthood. Walk through our early childhood programs and watch preschoolers discovering who they are and what they can achieve. Walk through our hallways and you'll hear children laughing, playing and learning how to be confident, connected and secure.

WALK WITH US because your story is our story. It's true. Many people first join our Y because they want to begin a healthy lifestyle or use our facilities. But as they begin their journey with us, they begin to discover a Y that is so much more they are a part of. Of course we are into strengthening bodies. But we're even more into strengthening our community. Walk with us and very quickly you will see impact at every turn. Because at the Y that's what we're about and what we do best. Making an impact. I have been fortunate to witness that impact in the lives of our neighbors each day. And here's a little secret: when you walk with us you become a part of that impact too. So **WALK WITH US**.

Nick Pajovich
CEO



TOGETHER WE CAN DO SO MUCH MORE....

ABOUT YOUR BERWICK AREA YMCA

Over 130 years ago a small group of people changed the lives of thousands of families in Columbia County. The Berwick Area YMCA was born in 1883 out of a commitment by local neighbors to better our community. Today, that commitment to community remains at the forefront of all we stand for and do. One hundred and thirty years after our founding, we continue to embrace and nurture the promise that lies in all of us. The Y is more than a gym or a pool; more than aerobics classes, summer camp or even child care. We are a non-profit organization helping to anchor the very foundation of our community and change lives in profound ways each day we open our doors. We give children, families and the most vulnerable members of our community the support and resources they need to be more healthy, confident, connected and secure.

OUR MISSION

To strengthen our community and build healthy spirit, mind and body for all by putting Christian principles into practice.

OUR CAUSE

As a leading non-profit partner here, strengthening community is our cause. Every day we work side by side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Big change can happen in a community by transforming one life at a time.

OUR AREAS OF FOCUS

The Y is a cause-driven organization that is for [youth development](#), for [healthy living](#) and for [social responsibility](#). That's because a strong community can only be achieved when we invest in our kids, our health and our neighbors.

Youth Development — Nurturing the potential of every child and teen.

Healthy Living — Improving our community's health and well-being.

Social Responsibility — Giving back and providing support to our neighbors.



HOW CAN WE HELP YOU?

Our pledge is to provide you with the best possible YMCA experience. We pledge to uphold Berwick Area YMCA standards in providing a warm and welcome, supportive environment, taking responsibility for problems and demonstrating we are grateful you have chosen to spend part of your day with us. Our leadership team is eager to receive feedback so we can continually improve our YMCA. Please contact our Membership Desk or any member of our team to share your feedback.

STAY CONNECTED



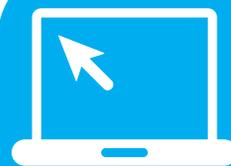
Phone

570-752-5981



Online

- Find information, share your Y Story or register for classes at www.berwickymca.org.
- Follow us on Facebook, [Facebook.com](https://www.facebook.com/berwickymca)
- [Twitter.com](https://twitter.com/berwickymca)



Email

- Please make sure we have your current email address so we can keep you posted of class cancellations or schedule changes.
- Email questions or comments to ceo@berwickymca.org. You will receive a response within 24 hours.

2018 SCHEDULES

registration and events

SUMMER HOURS

(June 1 through Sept 6)

Monday through Thursday: 5:00 a.m.—9:30 p.m.

Friday: 5:00 a.m.—7:00 p.m.

Saturday: 7:30 a.m.—7:00 p.m.

Sunday: 12:00 p.m.—6:00 p.m.

HOLIDAY CLOSINGS

Memorial Day—May 27,28

Independence Day—July 4

Staff Picnic—July 22 (Closing at 4pm)

Labor Day— September 2,3

FACILITY CLOSINGS

The following will be closed for annual maintenance:

Pool: August 26 to September 4

Gym: August 26 to September 4

Thank you for your patience as we work to keep our facilities in the best possible condition.

BABYSITTING HOURS

Babysitting is a membership benefit offered to members at no additional cost. Visitors are welcome to take advantage of this service at a rate of \$2.00 per hour per child.

Monday—Friday: 8:00 a.m.—11:00 a.m.

Monday—Thursday: 5:00 p.m.—8:00 p.m.

Saturday: 9:00 a.m.—11:15 a.m.

*For ages 6 weeks through 8 years of age

REGISTRATION

Summer Session I 2018

June 18—July 22

Member Registration: June 4

Non-member Registration: June 11

Summer Session II 2018

July 23—August 25

Member Registration: July 9

Non-member Registration: July 16

Fall Session I 2018

September 4—October 27

Member Registration: August 13

Non-member Registration: August 20



Summer Splash

June 11 - 15

Member Appreciation Car Wash

July 13

Summer Sweat Member Challenge

July 22—August 25

Free Week of Classes

August 26—September 1

MEMBERSHIP

YOU CAN JOIN ANYWHERE

But at the Y you BELONG!

There's no place quite like the Y. It's the place to nurture your own well being and let your kids flourish. With the latest workout activities for all ages, and opportunities to motivate and support youth in our neighborhood, there's a little something for everyone, and a lot for your community. Each day at the Y, families come together to get healthier. Children engage in physical activities, learning social skills and building confidence along the way. Seniors are developing more active, productive lives while meeting others who share common interests and passions. It all happens here each day.

WHAT MAKES THE Y SUCH A GOOD CHOICE?

GROUP EXERCISE CLASSES

With your membership, you can choose from dozens of free exercise classes for all levels and interests. Our Y offers aerobics, yoga, group cycling and many other group exercise classes, including ZUMBA® and Silver Sneakers® all taught in a fun, welcoming environment.

STATE OF THE ART WELLNESS FACILITIES

We feature the area's most complete wellness facilities including Expresso bikes and personal viewing screens on each piece of cardio equipment.

NATIONALLY CERTIFIED STAFF

Get customized workout plans from nationally certified wellness staff.

FREE, TOP QUALITY NURSERY CARE WHILE YOU WORK OUT

We provide quality care for your child while you're working out or participating in other Y activities for up to two hours per day. Care provided Monday through Friday 8:00 a.m.—11:00 a.m., Monday through Thursday 5:00 p.m.—8:00 p.m. and Saturday from 9:00 a.m. to 11:15 a.m.

SWIMMING AND WATER ACTIVITIES

Swim year-round in our heated, indoor pool. There's time for recreational swim and water aerobic activities. Certified lifeguards staff our pool, and our swim lessons are taught by trained instructors.

SUPPORT AND ENCOURAGEMENT

Our super friendly staff will make you feel welcome and support you on your journey to a healthy lifestyle every step of the way.

FAMILY FRIENDLY PROGRAMS

There's lots to do together as a family and members receive youth sports leagues and swim lessons at no additional charge and special rates on other programs your whole family will enjoy.

NATIONWIDE MEMBERSHIP

When you're making your travel plans, don't forget the Y. With a YMCA membership, you'll have access to most YMCAs in North America and Puerto Rico, meaning you are Always Welcome at YMCAs! Present your member ID card at YMCAs outside our association while traveling to reap the rewards. If you are planning a trip, we'll gladly call ahead to confirm guest policies in that area.

Reduce Your Membership Fees Even More By Referring a Friend!

FRIENDS DON'T LET FRIENDS PAY FULL PRICE!

Refer a friend who joins the YMCA and you BOTH Reduce Your Membership Rate By 20%!



Some things are just better together. PB&J, popcorn and movies, bacon and eggs, lemonade and summer. Exercise too, is just better when done with a friend. And now having a workout partner is even more rewarding. We're introducing a new way for YMCA members to save. Invite a family member or friend to join and you'll both receive 20% savings off the standard membership rate each month as long as you both remain members. It's that simple!

STANDARD RATE	20% OFF	NEW RATE
ADULT (27—61) - \$42.25/MONTH	- \$8.00	\$33.75
FAMILY W/1 ADULT - \$48.00/MONTH	- \$9.50	\$38.50
FAMILY W/2 ADULTS - \$65.50/MONTH	-\$13.00	\$52.50
FAMILY W/3 ADULTS - \$91.50/MONTH	- \$18.50	\$73.25
FAMILY W/4 ADULTS - \$117.50/MONTH	- \$23.50	\$94.00
YOUNG ADULT (20—26) - \$25.00/MONTH	- \$5.00	\$20.00
SENIOR (62+) - \$32.25/MONTH	- \$6.25	\$25.50

YOUTH SPORTS & FITNESS

GYMNASTICS

Gymnastics is one of the most comprehensive lifestyle exercise programs available to children, incorporating strength, flexibility, speed, balance, coordination, power, and discipline. Whether children are involved in recreational or competitive gymnastics, the skills learned in gymnastics can benefit a child's overall development.

MINI MOVERS—18MO –2YRS PARENT / CHILD GYMNASTICS

This Parent participation class is a wonderful first step for early development and provides a strong foundation for your child's critical first three years.

Tu 5:00 to 5:45 p.m.

TINY TUMBLERS—AGES 3 - 5

A 45 minute class tailored to the attention span of young gymnasts. We focus on developing motor skills, listening skills, socialization and fun.

M 5:00 to 5:45 p.m.

EARLY BEGINNER —AGES 5-6

Structure is introduced in our beginner program and gymnasts begin learning floor, beam, bar and vault skills.

M 6:00 to 6:50 p.m.

BEGINNER I—AGES 7 - 13

This class is for the more mature beginner. Gymnasts learn floor, beam, bar and vault skills in a structured setting.

W 5:00 to 5:50 p.m.

BEGINNER II—AGES 7 - 13

This class is for the gymnast who has mastered crucial Beginner I skills and is ready for a more difficult program.

Prerequisite: Beginner I

Tu 6:00 to 6:50 p.m.

INTERMEDIATE

A more advanced program for those who have mastered Beginner I & II skills.

Prerequisite: Beginner II

W 6:00 to 6:50 p.m.



Fees - for all progressive gymnastic classes

Family Members:	\$20
Youth Members:	\$29
Others:	\$47

Private Gymnastics Lessons

It is recommended that children also be enrolled in our group classes to master important skills before advancing with an individualized approach.

Member: 1/2 hour \$15, 1hr \$25

Other: 1/2 hour \$25, 1hr \$35

WELLNESS CENTER

Our Community Wellness center is open to youth 14 and up, or 10 and older who have completed an orientation and are accompanied by a responsible adult over the age of 18. Youth using the Community Wellness Center are expected to observe all Wellness center policies at all times.

2018 DAY CAMP

PARENTS TRUST US

YMCA Day Camp provides a happy, healthy environment for children to learn and grow. Children have the opportunity to build self-confidence, independence and creativity and parents have peace of mind knowing their child is in a safe and enriching place.

PROFESSIONAL ROLE MODELS

Our counselors are selected based on their experience, attitude, skills and their ability to demonstrate YMCA values. Our "Professional Role Models" are CPR and First aid certified and attend extensive training covering topics like safety, behavior management, child abuse prevention, games, skits and songs, nature craft, and team building. Camp staff are trained to highlight teachable moments and emphasize accomplishments and successes in all campers.

LEARN, GROW, THRIVE

Our camp program is specifically designed to give kids the opportunity to participate in worthwhile experiences that mold and shape them for future success. Weekly themes create an atmosphere of fun and learning, and kids who take part in a quality summer experience retain more learning from school year to school year.

SUMMER SCHEDULE

Session	Dates	Theme	Special Activity
Week 1	June 11-15	Gear Up	YMCA
Week 2	June 18-22	Living the Sixties	Skateaway
Week 3	June 25-29	Sports Week	PSU / Creamery
Week 4	July 2-6	Summer Splash	DelGrosso's
Week 5	July 9-13	Nature Week	Camp Kresge
Week 6	July 16-20	Back to the Future	Skatetown
Week 7	July 23-27	Cave Kids	Camp Kresge
Week 8	Jul 30—Aug 3	Totally 80's	Skateaway
Week 9	Aug 6-10	Animal Week	Lake Tobias
Week 10	Aug 13-17	Carnival Crazy's	YMCA Carnival
Week 11	Aug 20-21	Summer Celebration	

HOURS

Camp hours are from 9:00 a.m. until 4:00 p.m. daily. Working or busy parents can drop children off as early as 6:30 a.m. and pick them up as late as 5:30 p.m. through our Extended Care Program.

CAMP FEES

Members: \$144/week (Meals provided)

Others: \$164/week (Meals provided)

Extended Care: AM: \$15/week, PM: \$10/week

If your child is attending 6 weeks or more of camp, it is to your advantage to purchase them a membership. You'll save money and your child can enjoy the benefits of Y membership for the whole year. Many families don't understand they are eligible for assistance with day camp fees. We help families through the process. Please contact us about our People Helping People scholarships and financial assistance.

NEW this SUMMER — KinderCamp

For all children entering Kindergarten in the Fall

Children in KinderCamp will participate in daily activities such as: Swimming, Sports, Arts & Crafts and so much more!

Space is limited!

For more information or to enroll your child, contact our Early Childcare Director Katie Knight 570-752-5981 or daycare@berwick.org

HOURS: 6:30 a.m. to 5:30 p.m.

CAMP FEES

3 days per week : \$100 per week

5 days per week : \$125 per week

All Meals Included

Fun For The Summer... Lessons For A Lifetime!

PRESCHOOL SWIM LESSONS

Our swim lesson program is caring and personalized and conducted by a staff who bring the power of 75 years experience teaching kids to swim. With a passion for teaching kids, our program strives for personal growth, personal safety and stroke development among all participants.

PARENT/CHILD—AGES 6 MONTHS TO 36 MONTHS

Through songs and games both the parent and the child become more comfortable in the water. Parents will learn how to teach their child to be safe in and around water while children learn basic swimming skills. **FOCUS:** Water exploration, pre-swimming skills.

W 6:30 p.m. to 7:00 p.m.

PRESCHOOL LESSONS —AGES 3-6

Children learn the fundamentals of swimming in our heated pool. Very low student to instructor ratios combined with our highly trained staff make our program the best in the area.

FOCUS: Swimming fundamentals, personal safety, strength and endurance, coordination.

M 6:00 p.m. to 6:30 p.m.

TH 5:00 p.m. to 5:30 p.m.

T 5:00 p.m. to 5:30 p.m.

TH 5:30 p.m. to 6:00 p.m.

T 5:30 p.m. to 6:00 p.m.

TH 6:00 p.m. to 6:30 p.m.

W 6:00 p.m. to 6:30 p.m.

SA 9:00 a.m. to 9:30 a.m.

W 6:30 p.m. to 7:00 p.m.

SA 9:30 a.m. to 10:00 a.m.

SA 10:00 a.m. to 10:30 a.m.

Preschool Swim lessons per 5 week session:

Family Members: **Free**

Youth Members: \$33

Others: \$50



FAMILY SWIM

Your whole family can join us every Monday from 7:00 p.m. to 8:30 p.m. and Saturday from 11:00 a.m. to 1:00 p.m. in our heated pool. Enjoy some great family fun in the family friendly atmosphere of our Y. This experience is open to members and non-members. Don't miss out!!!

M	7:00 p.m. to 8:30 p.m.
SA	11:00 a.m. to 1:00 p.m.
Members:	Free
Others:	\$5/Youth \$15/Family

Y WIPEOUT with a new **Inflatable Obstacle Course** will be returning this **SUMMER!** Keep watching our Facebook for more details!

PRIVATE SWIM LESSONS

The YMCA offers private swim lessons for ages 3 through adult for those who wish to benefit from individual instruction. Whether you want to learn proper swimming techniques, refine your skills or stroke or overcome a fear of the water our expert instructors will develop a personalized lesson plan tailored to meet your needs and assist you in reaching your goals.

Private swim lessons are done by appointment only. Contact our Aquatic Director at aquatic@berwickymca.org to set up your appointment.

PRIVATE SWIM LESSON FEES:

Members:	\$20, half-hour \$30, hour
Others:	\$25, half-hour \$40, hour

YOUTH SWIM LESSONS

Ages 6-12

Children learn swimming fundamentals and can progress upward to pre-competitive stroke technique, while also receiving instruction in personal safety, water games and rescue skills. Two levels of instruction taught by our experienced staff, coupled with our personalized approach to youth swimming, make our program highly successful. Level 1 focuses on swimming fundamentals, coordination and personal safety. Level 2 builds upon these skills while expanding to include stroke technique, endurance, strength and personal rescue skills.

Level 1:

M	6:30 p.m. to 7:00 p.m.
T	5:00 p.m. to 5:30 p.m.
T	5:30 p.m. to 6:00 p.m.
TH	5:00 p.m. to 5:30 p.m.
TH	5:30 p.m. to 6:00 p.m.
SA	9:00 a.m. to 9:30 a.m.
SA	9:30 a.m. to 10:00 a.m.

Level 2:

T	6:00 p.m. to 6:30 p.m.
TH	6:00 p.m. to 6:30 p.m.
SA	10:00 a.m. to 10:30 a.m.

Youth Swim lessons per 5 week session

Family Members:	Free
Youth Members:	\$33
Others:	\$50

SUMMER SPLASH

**An Entire Session of Swim Lessons
in Just One Week!**

Monday June 11—Friday June 15

Summer pool season is just around the corner. Be safe this summer by making sure kids know some basic swim skills. Summer Splash will help them get the basics down before summer starts.

M through F	6:00 p.m. to 6:30 p.m.
Family Members:	Free
Youth Members:	\$40
Others:	\$60

POOL PARTIES

Add a "SPLASH" to your child's birthday. Our pool party packages offer use of our heated pool and exclusive use of spacious party rooms to make your child feel extra special. You can upgrade your party to use our 39 foot in-water obstacle course. YMCA staff will be here to assist you throughout the party. Party rates depend upon the number of guests and options selected. Party times are available on Saturdays and Sundays all year long. Book your party early. Our party packages are extremely popular and dates fill up quickly.

YOUTH DEVELOPMENT

EARLY CHILDHOOD EDUCATION

Year Round Full Day Care ages 6 weeks through 5 years

YMCA Early Childcare programs strengthen families and boost youth development by offering infants, toddlers, preschoolers and their families early learning readiness experiences and comprehensive child development programs. Our childcare program addresses the development of young children by supporting early literacy, brain development and healthy habit development. These early learning experiences at the Y lay the foundation for future ongoing achievement and success. We strive to provide a safe, nurturing center and a developmentally appropriate curriculum in a child-centered environment of warmth, friendliness and freedom.

Your child will have opportunities for exploring, experimenting and questioning that encourages curiosity, creativity and expression. We provide opportunities to develop self-confidence, social skills and gross and fine motor skills.

Children will learn about the world around them in our state licensed program. Our YMCA center is equipped with webcams, so you can check in on your child any time you choose. And with a swimming pool and gymnasium at our disposal, ours is the only center in the area that offers weekly swimming activities for preschoolers. With all these benefits, it's easy to see why the YMCA program is the first choice of area families.

All children enrolled in our childcare program will be provided breakfast, lunch and snack daily.

Many families don't realize they are eligible for assistance with their childcare fees. We help families through the process. Please feel free to contact us about our People Helping People Scholarships and financial assistance.



locations

- **BERWICK AREA YMCA**
231 W. Third St.
Berwick
- **Y CARE II**
at Good Shepherd
Lutheran Church
1600 Fowler Ave.
Berwick

To arrange a tour of either center or to discuss early childcare programs, contact Katie Knight, our Early Childcare Director at daycare@berwick.org

BEFORE & AFTER THE BELL

School Age Child Care for Grades K through 8. Registration opens July 30 for the 2018-19 school year

In **BEFORE & AFTER THE BELL**, kids engage in physical learning and imaginative activities that encourage them to explore who they are and what they can achieve. In addition to supplementing what they have learned in school, they play games and get assistance with their homework from trained YMCA staff, and have a chance to socialize with each other. Parents can work knowing children are in the safe, nurturing environment only the Y can provide.

- Before care, after care or both, we are here 6:30 a.m. to 5:30 p.m. (Breakfast and after school snacks are provided)
- We take care of days off, school weather cancellations and early dismissals. (Breakfast, lunch and snacks provided)
- Simply drop off and pick up at the YMCA; transportation to and from school provided.
- We help families through the process of obtaining financial assistance with program fees.

Contact Brandon Berkes at groupmentor@berwicky.org to get started today!

YOUR TIME MAKES A DIFFERENCE

Reach & Rise® Mentoring Program

Reach & Rise® is a national YMCA program designed to build a better future for youth by helping them reach their full potential through the support of adults. Reach & Rise® supports youth ages 6-17. As a mentor, you can provide a positive & consistent relationship with a young person(s), helping to improve their self-esteem, decision-making skills, school performance & interpersonal relationships. As a mentor, you'll learn how to be a positive role model and gain a better perspective of the pressures and challenges that our youth face today.

We are continuously seeking both positive adult role models & youth for our programs. Reach & Rise offers an individual & a group mentoring program.

For more information or to become a mentor or refer a youth, contact Brandon Berkes, Reach & Rise® Group Program Director, at groupmentor@berwicky.org or 570-752-5981.



AQUATIC FITNESS

SENIOR WATER AEROBICS — ANY AGE!

Water acts as a liquid machine that offers resistance with little impact on joints during this fitness class. The low to moderate intensity workout uses music and movement to add variety and excitement to your exercise experience. No swimming skills are required for this class. **FOCUS:** Functional fitness for everyday living, strength, flexibility and range of motion.

M/T/TH	9:00 to 10:00 a.m.		
M/W/F	2:00 to 3:00 p.m.		
T/TH	1:00 to 2:00 p.m.		
3 day/week classes		2 day/week classes	
Members:	\$25	Members:	\$18
Seniors:	\$14	Seniors:	\$12
Others:	\$45	Others:	\$32

Flexible class option, seniors only: \$20

CARDIOFIT AQUA AEROBICS

Water provides resistance and adds to the fun in this moderate to intense workout. This program provides exercises in strength, toning, cardiovascular fitness, and reducing stress. Deep end pool activities require moderate swim skills. **FOCUS:** Stretching, toning, strength and cardio.

M/W/F	5:30 to 6:30 p.m.
Members:	\$25
Seniors:	\$14
Others:	\$45

AQUA ZUMBA®

Perfect for those looking to make a splash by adding a low impact, high energy aquatic exercise to their fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss! In the water there is less impact on your joints so you can really let loose. Water creates natural resistance, which means every step is more challenging to help tone your muscles.

T/TH	6:45 to 7:30 p.m.
Members:	\$18
Others:	\$32

ADULT SWIM LESSONS

It's never too late to learn! We offer private lessons to swimmers of any age. Our instructors are trained in adult aquatic instruction. Give it a try! These lessons are done by appointment. Contact aquatic@berwickmca.org to set up your appointment today.



Senior Water Aerobics are made possible through the generosity of the Berwick Health & Wellness Fund.



ACTIVE OLDER ADULTS



Active older adults (AOA) at the Berwick Y experience a strong sense of belonging and a network of friends who provide supportive relationships for sustained health and well-being. Through on-going, fun, safe and engaging programs and activities, AOA members increase their self-confidence while building relationships and celebrating the success and milestones of each older adult in our YMCA community. All AOA benefit from engaging in YMCA activities that enhance connections, decrease the sense of isolation and improve overall health and well-being. Join us!

SILVER SNEAKERS® YOGA

This 50 minute class moves your body through a complete series of chair supported seated and standing yoga poses designed to improve flexibility, range of motion and balance. **FOCUS:** Range of motion, posture and balance.

T/TH 12:00 p.m. to 12:50 p.m.
Members: Free
Others: \$20

MEDITATION CLASS

Melt away stress and anxiety during our Meditation class. This 30 minute guided class utilizes meditative techniques such as breath work, concentration, contemplations, and deep relaxation to relieve stress and increase happiness and self-awareness.

M 12:00 p.m. to 12:30 p.m.
Members: Free
Others: \$10

DRUMS ALIVE SENIORS

Feel and experience the rhythms and dynamic movement of this super fun, unique fitness class. It's a total body workout as well as a powerful tool for stress reduction and mental balance. Check out this class where fitness, movement and rhythm meet.

T/TH 9:00 a.m. to 9:50 a.m.
Members: Free
Others: \$20

SENIOR PICKLEBALL (55+)

A fun, low-intensity sport that combines elements of tennis, ping pong and badminton. We play in our gym on a marked, badminton sized court with a slightly modified tennis net. We provide the paddles and plastic balls. No experience is necessary to try this fun activity that is played by seniors all over the country. Pickleball is a great way to socialize and work out at the same time. Come join the fun

Tu/W/TH 9:30 a.m. to 12:00 p.m.
Members: Free
Others: \$3.00/visit

SILVER SNEAKERS® CLASSIC

This 50 minute class uses hand held weights, resistance tubing and a SilverSneakers ball to provide resistance as you work through a variety of exercises designed to improve muscular strength, range of motion and activities of daily living. A chair is available for seated and standing support. **FOCUS:** Strength, toning and range of motion

M/W/F 11:00 a.m. to 11:50 a.m.
Members: Free
Others: \$30

SILVER SNEAKERS® CIRCUIT

Combines low impact aerobics with the use of hand held weights, resistance tubing and a SilverSneakers ball to improve cardiovascular and muscular endurance. A chair is used for standing support, stretching and relaxation exercises. **FOCUS:** Strength, toning and endurance.

T/TH 11:00 a.m. to 11:50 a.m.
F 12:00 p.m. to 12:50 p.m.
Members: Free
Others: \$20, 2 days/week class
\$10, 1 day/week class

ZUMBA GOLD®

An invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified moves for active older adults or those who prefer low impact exercise. **FOCUS:** Cardio and toning.

T/TH 10:00 a.m. to 10:50 a.m.
Members: Free
Others: \$20

GROUP EXERCISE



LOW IMPACT

Designed especially for active older adults, beginning exercise participants and pre/post-natal women who would like to include a low-intensity, low-impact workout in their fitness plans. Each class includes low-impact aerobic conditioning along with low weight, high rep resistance training. **FOCUS:** Cardio and toning.

M/W/F 10:00 to 10:50 a.m.
Members: Free
Others: \$30

S-T-R-E-T-C-H

A low intensity class focuses on an essential and often overlooked component of health and wellness: Flexibility. This class will improve your range of motion and flexibility while leaving you feeling refreshed, restored and re-energized. **FOCUS:** Flexibility, posture, restoration and relaxation.

F 8:00 to 8:45 a.m.
Members: Free
Others: \$10

YOGA

Integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen and condition the entire body. **FOCUS:** Posture and relaxation.

T/TH 5:00 to 5:50 p.m.
Members: Free
Others: \$20

CARDIOSCULPT

This 50 minute class combines low weight, high repetition resistance training along with high impact aerobics for an intense total body workout. **FOCUS:** Toning, cardio and endurance.

M/W 5:00 to 5:50 p.m.
T/TH 9:00 to 9:50 a.m.
Members: Free
Others: \$20

PEDAL & PUMP

This 45 minute whirlwind class intermixes the use of our Trixter ® cycling bikes, with their revolutionary X-bar handlebar which replicate off road biking that work the lower body, upper body and core along with light weight high repetition resistance training for added muscular strengthening and toning. **FOCUS:** Cardio, endurance and toning.

M/W 8:00 to 8:45 a.m.
Members: Free
Others: \$20

CIRCUIT SCRAMBLE

Variety is the main focus of this fast paced 45 minute fitness class. Build endurance, increase muscle strength, and improve your cardiovascular health through the use of resistance bands, weights, and other fitness equipment. Music and choreography, along with our certified staff, will get you into shape and feeling great!

T/TH 8:00 to 8:45 a.m.
Members: Free
Others: \$20

COUNTRY HEAT

Get ready to fire up the fun and dance off the pounds! Country Heat combines easy-to-follow dance moves with the hottest country music to create high-energy, low-impact workouts that scorch fat and reshape your entire body.

F 5:30 p.m. to 6:15 p.m.
Members: Free
Others: \$10

ADULT FLOOR HOCKEY

Pick up games every Wednesday from 7-9pm

Ages 15 and up are welcome

Members: FREE
Others: \$5/visit



GROUP EXERCISE

ZUMBA®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective and totally exhilarating. **FOCUS:** Cardio and toning

M/W/F 9:00 to 9:50 a.m.
M/W 6:00 to 6:50 p.m.
T/TH 4:00 to 4:50 p.m.
SA 10:15 to 11:05 a.m.
Members: Free
Others: \$10, 1 day/week classes
\$20, 2 days/week classes
\$30, 3 days/week classes

ZUMBA GOLD®

An invigorating, community-oriented dance-fitness class that feels fresh, and most of all, exhilarating! Zumba Gold® classes provide modified moves for active older adults or those who prefer low impact exercise. **FOCUS:** Cardio and toning

T/TH 10:00 to 10:50 a.m.
Members: Free
Others: \$20

MEDITATION CLASS

Melt away stress and anxiety during our new Meditation class. This 30 minute guided class utilizes meditative techniques such as breath work, concentration, contemplations, and deep relaxation to relieve stress and increase happiness and self-awareness.

M 12:00 to 12:30 p.m.
Members: Free
Others: \$10

HARD-CORE

A total ab workout. This 25 minute class develops and tones abdominals, lower back and hip musculature.

FOCUS: Core and posture.

T/TH 6:00 to 6:25 p.m.
Members: Free
Others: \$20

BODY WURQ

Join us for an amazing body "wurkout" to jumpstart your day. Each class brings its own unique challenges and no two classes are the same! You will experience high-intensity, full body workouts that target the major muscle groups of both your upper and lower body. We'll do circuit style routines that jumpstart cardio fitness as well as creative muscle toning exercises that blast calories using dumbbells, resistance bands and your own body weight. This early morning workout will ensure your body continues to burn calories throughout the day.

M/F 5:45 to 6:30 a.m.
Members: Free
Others: \$20

BODY CHISEL

This is a multi-level weightlifting class designed to strengthen and define your muscles. By increasing muscle mass you will increase your metabolism. We will work on toning and firming upper body muscles as well as defining your legs, gluts, thighs and abs. Each 30 minute class will isolate certain muscle groups to improve muscular strength and endurance. The more muscles you build, the more calories your body will naturally burn on its own.

M/W 7:00 p.m. to 7:30 p.m.
Members: Free
Others: \$20

P90X®

P90X® is a compilation of highly diverse and intense workouts, a total body program that incorporates strength training, cardio, core, yoga and flexibility.

P90X® uses the science of Muscle Confusion™ to constantly challenge your body with new moves and routines. This workout is for any fitness level and is unlike anything else in group exercise. It features powerful moves that will push you to your limits, while also including modifications for those just getting started.

T/TH 6:30 to 7:30 p.m.
Members: Free
Others: \$20

SA 9:00 to 10:00 a.m.
Members: Free
Others: \$10

RETURNING FOR SUMMER 2018! The Berwick Y Adventure Fitness Series

Join us on a fitness adventure! We'll get in shape together and enjoy the summer outdoors at the same time. Enjoy nature, socialize and visit a few local adventurous destinations.

Kayaking on the Susquehanna

Bicycling on the Rail Trail

Hiking

It's a great chance to try something new with friends you know. Each trip will be led by YMCA staff so you will never be on your own. The Adventure Fitness Series is for Y members only and is free, but there may be small fees for kayak or bike rentals. Dates and times will be posted at the Y and on our website and Facebook pages.

TAILORED TO YOU FOR BETTER RESULTS YMCA PERSONAL TRAINING SERVICES

WHAT TO EXPECT

We understand it can be intimidating to begin a new exercise program and make healthy lifestyle changes. We are there with the support, guidance and encouragement you need to make the leap. Our Health Coaches are certified personal trainers who will help you get connected and stay engaged to help you achieve your wellness goals.

During your first personal training session, your trainer will conduct a fitness assessment and then design an exercise program with your specific abilities and goals in mind.

Your trainer will help you perform the exercises correctly, safely and efficiently. During each subsequent session, your progress will be monitored and changes will be made to maximize the effectiveness of your program.

EXPERT HELP

QUALIFIED TRAINERS

Because we want you to be successful in safely meeting your fitness goals the Berwick Area YMCA takes staff training and certifications very seriously. All YMCA fitness staff have undergone extensive training for the fitness areas in which they work. These qualified staff are available to assist you with the information and programs you need to accomplish your fitness goals.

YMCA Personal and Group Exercise Trainers are certified through national YMCA programs. All have current CPR, First Aid and AED certification for the highest degree of safety.



TRAINING OPTIONS

PERSONAL TRAINING—Work one-on-one with a YMCA Certified Personal Trainer and design a customized exercise curriculum to meet your goals. Single or multiple sessions available with discounts for multiple sessions.

PARTNER TRAINING—Work with a partner and reach your goals together. Single or multiple sessions available.

GROUP TRAINING—Grab a group of 3-6 of your friends and enlist the help of one of our trainers to reach your goals together. You choose the day, time and number of times per week.

NEW! NEW! NEW! FITNESS FUNDAMENTALS

FOR YOUTH AND TEENS AGES 11 AND UP

Our new Fitness Fundamentals Program is tailored for youth and teens ages 11 years old and older. They will learn how to exercise safely with instructions on proper technique, form and progression. Adult supervision and customized workouts will guide them through the basics of weightlifting as well as other exercise components.

OFFERED ONLY FOR SUMMER SESSION 1
(June 18 to July 21)

Mondays 4:45 p.m. to 5:15 p.m.

Members: FREE

Others: \$10



STRENGTH doesn't
come from what you
CAN do. It comes from
OVERCOMING the
things you **ONCE**
though you **COULDN'T**.

HEALTH COACH SERVICES

EQUIPMENT ORIENTATIONS

Designed to help those who are new to the YMCA or looking to advance their physical activity, our equipment orientation will help you become acquainted with the equipment available for use in our Wellness Centers and will help insure you exercise properly and safely. One of our Health Coaches will meet with you individually to discuss your personal goals and provide a thorough explanation of proper workout technique along with a custom designed workout routine. Orientations are by appointment only and are free to members. Appointments may be made at the Membership Desk.

HEALTH AND FITNESS EVALUATIONS

You will receive a total body assessment with our Omron Total Body Sensor. This total body assessment will include body weight, BMI, body fat percentage, skeletal muscle percentage, visceral fat level, resting metabolic rate and body age. Your Health Coach will also discuss with you how your results compare to the normal ranges for your age and gender groups.

FITSTART FITNESS CHALLENGE

We understand it can be difficult and intimidating to begin a new exercise program, so we created FitStart.

Featuring three sessions with a health coach and options to encourage fitness, motivation and nutrition:

- FitStart doesn't judge, it encourages and connects you with solutions to help you meet your needs.
- FitStart doesn't lecture, it empowers you to change your life by teaching you how.
- FitStart doesn't offer cookie-cutter solutions, it listens to your needs and creates a partnership to support you as you work toward your goals.
- Must commit to exercising a minimum of 30 minutes, 3 times per week for 12 weeks.

Upon the successful completion of each four week period you may meet with a Health Coach to access your progress and make adjustments, if necessary. Participants who complete the entire program are rewarded with a custom fitted YMCA T-shirt. Schedule an orientation at the Membership desk to begin your FitStart journey.



SOCIAL RESPONSIBILITY

REACH & RISE® CHANGE A LIFE FOREVER

The Reach & Rise® Mentoring Program is a Berwick Area YMCA program designed to help youth ages 6-17 develop tools to cope with issues such as low self-esteem, family and peer conflicts, academic underachievement and decision-making skills through a positive adult-child relationship. Volunteer mentors meet with mentees once each week to support them with challenges occurring in their lives while engaging in enriching community activities. Mentors don't need any special skills, just a desire to make a difference. Volunteer mentors will receive training and extensive support to insure they are equipped to make a difference in the lives of young people. In addition, volunteer mentors must meet the following criteria:

- Attend mentor training (YMCA provided)
- Pass fingerprint security screening and background check
- Have a clean driving record and valid auto liability insurance
- Meet with youth 1-3 hours each week (flexible – scheduled by mentor and mentee's family)
- Make a 1 year commitment to the program
- Must be at least 21 years old

You can make a world of difference to a young person in need with just a little of your time.



REACH & RISE® GROUP MENTORING

NURTURE, GUIDE, SUPPORT

Reach & Rise® group mentoring supports youth ages 8-15 who may often experience social issues, poverty, community violence, and educational disparities. Volunteer mentors have the opportunity to change the life of not only one child but six. Mentors can help the mentees express feelings, have a positive outlook on the future, and become more confident in themselves leading to an endless possibility of positive outcomes. Mentors don't need to have any special background, but just willing to listen, empathize, respect, support, and guide a youth through their life struggles. Mentors will go through training and be given full support by the program coordinator, so they are able to confidently help support the lives of the group. In addition, volunteer mentors must meet the following criteria:

- Be at least 21 years old
Pass fingerprint security screening and background check
- Complete the 15 hour training (YMCA provided)
- Commit to a 16 week mentoring group during the fall or spring, or 8 weeks over the summer for 2 hours a week
- Co-facilitate a mentoring group
- Check-in weekly with Program Director

If you are interested in volunteering please contact Brandon Berkes, Reach & Rise® Group Coordinator at groupmentor@berwicky.org

COMMUNITY BIKE RIDE

In collaboration with the Berwick Police Department, the Berwick YMCA will be organizing Community Bike Rides this Summer! We will be promoting bicycling as a way to remain active and healthy. The Berwick Police will offer tips on bike safety. These rides are free and open to all.

Ride dates and times will be announced on the Berwick YMCA Facebook page.



Community CPR and Community First Aid

Our certified American Red Cross instructors can train you to recognize, react and use life saving skills in response to sudden illness or injuries. Each class includes adult and pediatric CPR/AED and first aid certification.

The YMCA will offer the course twice this summer.

Wednesday, June 27 6:00 p.m. to 8:30 p.m.

Wednesday, July 25 6:00 p.m. to 8:30 p.m.

Fee: \$40.00

“**LIFE** is like
riding a bicycle.
To keep your
BALANCE, you
must keep
MOVING”

-Albert Einstein

Y on the FLY

We all have our favorite classes at the YMCA.....we enjoy all the special programs and fun events sponsored by the Y as well....why not take these classes and programs out into our community!! Get ready to broaden your horizons, challenge your mind, body and spirit and socialize in a fun and exciting way with your friends and neighbors! Y on the Fly is all about coming together as a community to have fun, get fit and help others. We will have fun events for kids throughout the summer, showcase our group exercise classes at many different outdoor venues and carry out several programs to benefit those in need in our area. The best part is that it's all free and open to the public!! Watch for more information to be posted at the YMCA, on our Facebook page and on our website!!

FREE to our community.

We believe lasting personal and social change can only come about when we work together to invest in our kids, our health and our neighbors. We know that when we work as one, we can move people and communities forward. That's why we are committed to providing support to our neighbors and opportunities for kids, adults and families to give, join in or advocate in the name of stronger communities.

L I V E S T R O N G[®] A T T H E Y M C A

LIVESTRONG[®] at the YMCA is a FREE 12 week program open to any cancer survivor over the age of 18. Our mission is to empower adult cancer survivors to improve their functional capacity and to increase their quality of life through an organized program of fitness and strength combined with supportive relationships with YMCA staff and other cancer survivors. Chosen participants will meet for 90 minutes twice a week. Sessions will be a combination of

individual instruction and group activities that include cardiovascular exercise, strength training, balance work, education, socialization and fun! Our LIVESTRONG[®] at the YMCA Instructors are certified fitness instructors that have undergone specialized training in the elements of cancer, post cancer exercise, nutrition and supportive cancer care. For more information, please contact Wellness Director, Chris Reigel at wellness@berwicky.org



NEW! COMING THIS FALL!



GlideFIT Floating Fitness Boards

We will be offering adult fitness classes on our newly purchased GlideFIT floating fitness boards. These boards provide aquatic based stability training by challenging stability on and off the water. We will be teaching classes in Yoga, HIIT and stability / balance training.

Please continue to check out our website and Facebook page for more details on upcoming classes!



Funding is provided by the Berwick Health and Wellness Fund.

MEMBER challenges

Summer Sweat Member Challenge July 22 through August 25

Come to the YMCA and earn points toward great prizes. Every time you visit the Y and workout in our Wellness Center, swim in our pool or take an exercise class, you'll earn points. Each 1/2 hour of exercise is worth 1 point. Reach 30 points and you'll get an entry into our prize drawing. Extra entries can be earned by posting selfies on social media and tagging the Y. Summer Sweat Member Challenge begins July 22 and ends August 25. Pick up a copy of the rules and a tally sheet at the front desk beginning July 9.

1000 Mile Club

Pedal 1,000 miles in a year on our Espresso bikes and receive a custom T-shirt!

MEMBER appreciation events

A YMCA membership is about more than the weight rooms, gyms and pools. It's about making our community a better place to live.

Your membership supports the important work we do in our community and we are truly grateful that you choose to be a member and spend part of your day with us. To show appreciation, the YMCA staff conducts periodic member appreciation events throughout the year. It is our way of saying thank you for being a member and supporting the YMCA. Please join us for the following member appreciation events this summer.

July 13—Member Appreciation Car Wash!

If you visit today, the staff directors and volunteers will wash your car for FREE. While you are inside getting stronger, we'll be shining up your ride.

CHILD HUNGER IS NO FAIRY TALE

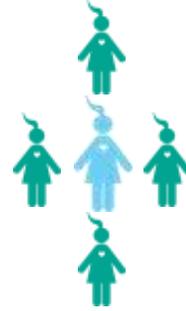
RIGHT HERE
IN OUR OWN
COMMUNITY

COLUMBIA COUNTY HAS
THE HIGHEST FOOD
INSECURITY RATE IN
NORTHEAST PA

18.7%

OF KIDS IN THE BERWICK AREA
YMCA SERVICE AREA
ARE FOOD INSECURE

(Source: Feeding America - <http://map.feedingamerica.org>)



1 in 5 Berwick children
don't know where
their next meal
will come from

(Source: Feeding America -
<http://map.feedingamerica.org>)



= A+

Kids who are hungry don't do
as well in school, can't focus
and have behavior problems.



THE BERWICK Y IS DOING SOMETHING ABOUT IT!

We are perfectly positioned to
deliver this program to kids in the
community. Our collaborations help
us serve **healthy meals and
snacks** along with enriching
activities year-round.



4,425

MEALS SERVED
EACH MONTH

170

KIDS SERVED
EACH DAY



"At the first meal we served, one child asked, "When can we do this again?" When I responded, "Every day, his face lit up and he shouted, "Yesss!" There is definitely a need, and I am humbled to be a part of meeting that need." - Berwick YMCA Food Program Volunteer

ALL CHILDREN
DESERVE THE
OPPORTUNITY

TO LEARN, GROW & THRIVE

JOIN US!

BERWICK AREA YMCA
www.berwicky.org

Contact Nick Pajovich to learn
more about how you can help!

