



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



2018-19 Winter / Spring Program Guide
BERWICK AREA YMCA

STRONGER TOGETHER

FROM A to Z



Greetings Berwick Y Family,

Welcome to our YMCA! At the heart of the YMCA lies the power to transform—both yourself and the world around you. At the Y, we believe that a community focused on youth development, healthy living, and social responsibility is better equipped to exercise its true potential and have a greater, positive impact on society. Everyone knows the Y as 4 letters: Y-M-C-A. But from A to Z, our Y brings our community so much more.

There's **Cardio**. But there's also **Community** volunteerism to help improve our neighborhoods.

There's **Exercise**. But there's also **Early Childhood Education** that's makes sure children get the start they need to be successful in school, and life.

We have **Pickleball**. But we also teach **Prevention** through our wellness initiatives.

We offer **Swimming**. But we also give **Scholarships** and financial assistance to those who need it most.

We have **Fitness** for all ages – and our **Feeding** programs make sure children in our community don't go to bed hungry.

The Y is so much more than a gym. It's a cause. Our cause is strengthening the community and so much more.

For 135 years, the Berwick Area YMCA has served as a catalyst for helping people reach their fullest potential in spirit, mind and body. We are indeed, Stronger Together because of you. Again, welcome to OUR YMCA. We are humbled and honored that you have chosen to make us part of your life.

A handwritten signature in black ink that reads "Nick Pajovich".

Nick Pajovich
CEO



ABOUT THE 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 —

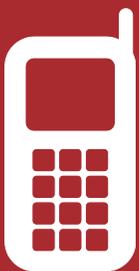
Giving back and providing support to our neighbors.



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.berwicky.org.
- Follow us on Facebook, Facebook.com
- [Twitter.com](https://twitter.com)



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.

SCHEDULES

registration and events

HOURS

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

Saturday: 7:30 a.m.—9:00 p.m.

Sunday: 12:00 p.m.—7:00 p.m.

REGISTRATION

Winter 2019 (8 weeks)

January 2—February 23

Member Registration: December 10

Non-member Registration: December 17

Spring I 2019 (8 weeks)

February 25—April 20

Member Registration: February 11

Non-member Registration: February 18

Spring II 2019 (7 weeks)

April 22—June 8

Member Registration: April 8

Non-member Registration: April 15

Summer I 2019 (5 weeks)

June 10—July 13

Member Registration: May 28

Non-member Registration: June 3

CLOSINGS

Christmas Eve.....December 24 (Closing at 1pm)

Christmas.....December 25

New Year's Eve.....December 31 (Closing at 1pm)

New Year's Day.....January 1

Easter.....April 21

Memorial Day.....May 26, 27



SPECIAL events

Selfies with Santa—December 19

Blood Drive—January 11 (Noon—5pm)

Sock Hop—January 12

Y Tri Indoor Triathlon—January 19

Quarter Carnival—January 26

Daddy / Daughter Dance—February 10

Diva Day—March 15

Meet the Easter Bunny—April 17

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 Espresso 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. and Monday through Thursday 5:00 p.m.—8:00 p.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 family memberships 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+) - \$32.00/MONTH

- \$6.25

\$25.50

YOUTH DEVELOPMENT

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.

ADVANCED

A more advanced program for those who have mastered Intermediate skills. Prerequisite: Intermediate

W 7:00 to 7:50 p.m.

Fees - for all progressive gymnastic classes

Family Members:	\$30
Youth Members:	\$45
Others:	\$75

Zumba® Kids Jr. (Winter only)

This 30 minute class is a dance 'n' play party for lil' feet where pint-sized party animals get silly, dream big and begin their journey to a healthy future. This program is where 4 to 9 year olds can socialize, move to age appropriate music and play games with other kids. We do Zumba® Kids Jr. birthday parties too. Contact the Front Desk to schedule your party!

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

Family Members:	Free
Youth Members:	\$3
Others:	\$10

KIDS FIT CLUB (Spring I only)

Ages 4-9

A fun, energetic way to exercise to your favorite music and socialize with your friends. Participants will do fun activities that will keep them moving while encouraging them to interact with others. It's all about FUN and FITNESS in this class! Each class will be something different, we will challenge them, encourage them, teach them teamwork and motivate them to be the best they can be every day!

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

Family Members:	Free
Youth Members:	\$3
Others:	\$10

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

For more information, contact Allison Besecker at berwickgymnastics@gmail.com

YOUTH SPORTS LEAGUES

FLOOR HOCKEY LEAGUE—GRADES K - 8 REGISTRATION OPENS DECEMBER 10

Instructional league for grades K through 8 that focuses on learning floor hockey skills while emphasizing the YMCA core values of caring, honesty, respect and responsibility. Practices are held once a week on a Tuesday or Thursday night. Season will run January 29 through March 30. Register by January 21 to receive your shirt by the first game.

Family Members:	Free
Youth Members:	\$30
Others:	\$60



GET INVOLVED!

Volunteers make our youth sports leagues possible. Volunteer coaches serve as teachers and role-models who make a difference in the lives of young people. No experience is necessary, just a desire to impact young lives. If you would like to help strengthen our community by developing youth through sports leagues please pick up a volunteer application at our front desk.

Volunteer Score Keepers also needed!

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. Please refer to the complete list of rules posted at the entrance to the Wellness Center.

Our Youth & Family Wellness Center is available for those families who wish to exercise together.

Zumba® Kids Jr. Birthday Parties

Contact our Front Desk for more information on pricing and availability!

MESSY PLAY

Ages 2—5

Age-appropriate, carefully supervised and messier than a mob of monkeys in an art supply store! These classes offer a structured environment for kids to get their hands dirty while making new friends and wild creations. We'll make projects from bubbles, paint, shaving cream, mud and more.

Th	5:30 to 6:00 p.m.	
	Family Members:	Free
	Youth Members:	\$5
	Others:	\$15



YOUTH DEVELOPMENT

PRESCHOOL SWIM LESSONS

For over 75 years, the Berwick YMCA has been the largest and most experienced swim lesson provider in the area. Our certified, knowledgeable and caring instructors provide a safe, comfortable environment so that all students may achieve confidence and success in the water.

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

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

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

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

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

Preschool Swim lessons per 8 week session:

Family Members: **Free**

Youth Members: **\$52**

Others: **\$80**



FAMILY SWIM NIGHTS

Your whole family can join us every Monday from 7:00pm to 8:30pm and Saturday from 11:00am to 1:00pm 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	7:15 to 8:30 p.m.
SA	11:00 a.m. to 1:00 p.m.
Members:	Free
Others:	\$5/Youth \$15/Family



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 8 week session

Family Members:	Free
Youth Members:	\$52
Others:	\$80

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

ADAPTIVE SWIM (Spring II Only)

Swimming is a fun and beneficial activity that everyone can enjoy, regardless of ability. This class is for youth to age 14 that need additional supports. Instructors will meet the current needs of each child and help them gain and improve skills at their own individual pace. Experienced YMCA staff will give direct instruction while other staff will be in the water working side by side with your child. Children will experience fun, physical freedom, water safety skills and improvement in range of motion, flexibility and coordination. The lessons will conclude with an inclusive swim meet with other young swimmers at the last lesson. This program is offered for Spring II Session only.

SA 10:30 a.m. to 11:00 a.m.

This program is offered FREE to our community. Limited to 12 participants.

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

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 Jordyn Middaugh, Childcare Enrollment Specialist at daycare@berwicky.org

BEFORE & AFTER the BELL

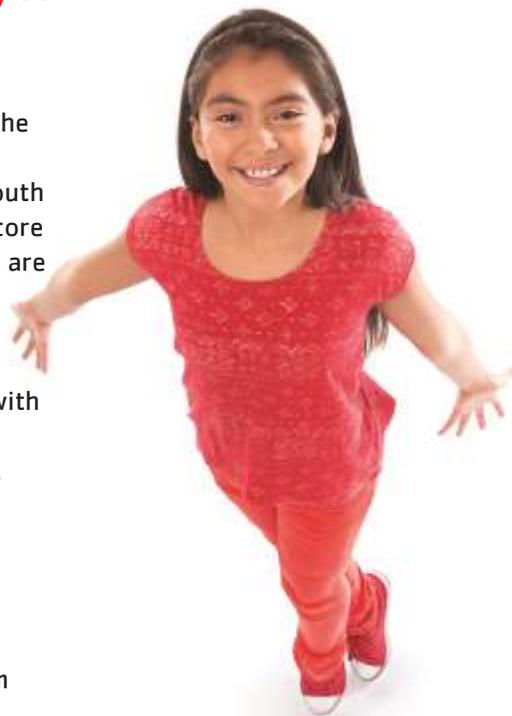
School Age Child Care grades K through 8.

Registration now open for the 2018-19 school year

In **BEFORE AND 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 what they have learned in school, the kids will engage in scheduled activities throughout the week. These activities will reflect on the pillars of the YMCA, Social Responsibility, Youth Development, and Healthy Living. They will also concentrate on the four core values of the YMCA, Caring, Respect, Responsibility, and Honesty. These are all the concepts your children will learn through community outreach projects, team building exercises, Life lessons related to biblical verses, physical activities and much more. Not only can parents know that their children are being taken care of, they can know they are also being fed with our new food program. We serve breakfast to all those enrolled in our before care program and also a super snack in our after school program.

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

Contact Jordyn Middaugh, Childcare Enrollment Specialist at daycare@berwick.org to get started today!



DAY CAMP 2019



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 the 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" attend extensive training covering topics like safety, behavior management, child abuse prevention, games, skits and songs, nature, crafts 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.

Registration for Day Camp opens April 1st, 2019

HEALTHY LIVING

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 a.m. to 10:00 a.m.		
M/W/F	2:00 p.m. to 3:00 p.m.		
T/TH	10:30 a.m. to 11:30 a.m.		
3 day/week classes		2 day/week classes	
Members:	\$34	Members:	\$25
Seniors:	\$17	Seniors:	\$14
Others:	\$57	Others:	\$40

Flexible class option, seniors only: \$25

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	5:00 to 6:00 p.m.
Members:	\$34
Seniors:	\$17
Others:	\$57

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



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:	\$25
Others:	\$40

AQUATIC FITNESS

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 Janelle Surkin at aquatic@berwickymca.org to set up your appointment today.

POPULAR WEST COAST FITNESS CRAZE COMES TO THE Y

GlideFIT HIGH INTENSITY INTERVAL TRAINING

Our new High Intensity Aquatic Based Stability Training class utilizes floating GlideFIT boards to maximize your workout. This low impact fitness craze is gentle on the body but produces awesome results in all aspects of your physical health. The program contributes to improved strength, coordination, joint stability, reaction time and weight loss. This HIIT class not only strengthens your core and large muscles groups, it also engages the muscles used to stabilize your body, promoting new muscle mass and increased metabolism. Class size is limited, register early to reserve your GlideFIT board!

M/W	6:30 p.m. to 7:15 p.m.
Members:	\$25
Others:	\$40



Funding is provided by the Berwick Health and 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 to 12:50 p.m.
Members: Free
Others: \$30

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 to 12:30 p.m.
Members: Free
Others: \$15

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!

M/W/TH 9:00 to NOON
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 to 11:50 a.m.
Members: Free
Others: \$45

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 to 11:50 a.m.
F 12:00 p.m. to 12:50 p.m.
Members: Free
Others: \$30, 2 days/week class
\$15, 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 to 10:50 a.m.
Members: Free
Others: \$30

HEALTHY LIVING

GROUP EXERCISE

“The only bad workout is the one that didn’t happen.”

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: \$45

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: \$15

YOGA

Integrates postures, breathing exercises, relaxation and meditation to stretch, strengthen, improve balance and condition the entire body.

FOCUS: Posture and relaxation.

T/TH 5:00 to 5:50 p.m.

Members: Free

Others: \$30

MOMMY & ME FITNESS

If you are a new mom who wants to focus on her health for the first time or you’re looking to return to your fitness routine post pregnancy, this is the class for you! Mother-child bonding is important at any age, and so is exercise, so this class is a win-win! This class is for moms with children who are 3 years old and younger. It’s specially designed to help new moms regain muscle tone, abdominal strength and flexibility. We will be doing circuits and interval training as well as strength and cardio work! At the end of each class there will be time for the moms to socialize and the more mobile kids to run around!

M/W 12:45 to 1:30 p.m.

Members: Free

Others: \$30

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: \$30

CYCLING—INDOOR GROUP RIDE

This 45 minute low to medium intensity cycling class is just like riding outside with a bunch of friends. You’ll get a workout AND have some time to socialize. You have complete control over the resistance of your bike and the intensity of your workout. Come ride with us!

FOCUS: Cardio, endurance and toning.

M/W 8:00 to 8:45 a.m.

Members: Free

Others: \$30

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: \$30



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.

Members: Free

Others: \$30, 2 days/week classes

\$45, 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: \$30

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: \$15

HARD-CORE

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

T/TH 6:00 to 6:25 p.m.

Members: Free

Others: \$30

BODY WURQ

Join us for an amazing body "wurqout" 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: \$30



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: \$30

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

Members: Free

Others: \$15

ADULT FLOOR HOCKEY

Pick up games every Wednesday from 7-9pm

Ages 16 and up are welcome

Members: FREE

Others: \$5/visit



HEALTHY LIVING

YMCA PERSONAL TRAINING SERVICES

TAILORED TO YOU FOR BETTER RESULTS

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!

NUTRITION COUNSELING

With Registered Dietician
Julia Grocki

Julia Grocki has overcome years of emotional eating, losing over 140 pounds and alleviating many health issues. Her passion to help others achieve better health inspired her to become a dietitian and motivational speaker. She holds a Bachelor of Science in Chemistry from the University of Scranton, and a Master of Arts in Chemistry from the University of Virginia. She completed her dietetic coursework, supervised practice and a Master of Science in Nutrition & Dietetics at Marywood University, Scranton, PA. She has taught at Marywood University in the Science and Nutrition Departments.

Julia Grocki's passion is for weight management using mindfulness practices, which can help with emotional and mindless eating. She also enjoys counseling for diabetes management, polycystic ovary syndrome, heart disease, gastrointestinal disorders, or any other dietary needs. She also enjoys working with athletes to improve their performance through sports nutrition.

Counseling sessions are available in 30, 45 and 60 minute lengths. Quantity discounts are available and sessions may be covered by insurance.

Please contact the Membership Desk for more information. Or email wellness@berwick.org



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.**

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.



CHANGE A LIFE

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

ABILITY

programs

SOCIAL RESPONSIBILITY means giving back and providing support to our neighbors. The **ABILITY** program at the Berwick Area YMCA was crafted out of a strong need in our community and created for individuals of all ages with dis**ABILITIES**. Our program offers classes and in lifelong health and fitness, recreation, socialization, sports, and private lessons in swimming and water safety.

Our programs provide certified instructors experienced with adapted physical programs and community volunteers with similar experience as helping hands.

Like all our **Berwick Area YMCA** programs, our **ABILITY** programs could not exist without the generous support of donors and volunteers who share our vision of building a strong community and we are thankful for their support.



SUPERSTARS

(New & Improved)

Calling all Superstars to a fun and energetic get together. The program is designed especially for special needs participants of any age. Participants will take part in a variety of fun activities from Drums Alive and obstacle courses to fun dance parties. The program is FREE to anyone with special needs in our community and all equipment is provided.

Participants must be accompanied by a parent or caregiver. Register early—space for this popular class is limited.

M 6:15 p.m. to 6:45 p.m.

FREE to those with special needs in our community.

ADAPTIVE SWIM (Spring II)

Swimming is a fun and beneficial activity that everyone can enjoy, regardless of ability. This class is for youth up to age 14 that need additional supports. Instructors will meet the current needs of each child and help them gain and improve skills at their own individual pace. Experienced YMCA staff will give direct instruction while other staff will be in the water working side by side with your child. Children will experience fun, physical freedom, water safety skills and improvement in range of motion, flexibility and coordination. The lessons will conclude with inclusive swim meet with other young swimmers at the last session. This program is offered for Spring Session II only.

SA 10:30 a.m. to 11:00 a.m.

This program is offered FREE to our community. Limited to 12 participants



SOCIAL RESPONSIBILITY

LIVESTRONG® AT THE YMCA

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 the Wellness Director, Chris Reigel at wellness@berwick.org



COMING SOON!

DIABETES PREVENTION PROGRAM

**8th Annual Indoor Triathlon benefitting
LIVESTRONG® at the YMCA**

Saturday January 19, 2019.

Compete as an individual or on a team of 3 while completing a 10 minute swim, 20 minute bike ride and 15 minute walk/run, all indoors!
Registration begins December 1st.

DIVA DAY

Friday March 15, 2019. 6pm to 9pm

Ladies, it's all about YOU! Do as much or as little as you wish. We'll have sample fitness classes, exciting vendors for shopping and refreshments. Relax in the pool, steam room or sauna. This event is FREE and open to the public for all ladies 18 and older. Child Watch will be provided.

FREE FOOD AND PRODUCE DISTRIBUTION

2nd & 4th Mondays of each Month

4pm to 6pm

Bring a Picture ID and your own bags
Enter through side gymnasium doors



MEMBER challenges

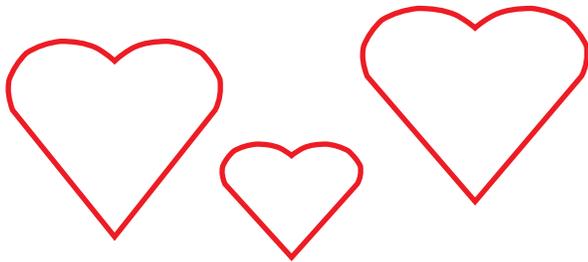
Sock Hop

January 12, 6:00pm—9:00pm

Enjoy an authentic 50's style sock hop in the "Vintage" YMCA Gymnasium...decorated like your Senior Prom!

- Music by Vito Covino
- Food and Soft drinks included
- Chinese Raffle
- BYOB

\$10 per person, tickets available at the Y Membership Desk



Daddy / Daughter Dance

Sunday, February 10, 3pm to 6pm

Calling all Dads, Grandpas or Uncles! Bring your sweetheart ages 3 to 12 to dance and have fun! Come dressed to impress for dancing, arts & crafts, games and snacks. Create memories that your Princess will remember forever! TICKETS ARE LIMITED! Tickets are available at the YMCA Membership Desk. Tickets will not be available at the dance.

Members: \$12 per family

Others: \$15 per family

Indoor Quarter Carnival

Saturday January 26, 2019 1PM—5PM

Let's beat those winter blues and have some good quality family fun by attending our indoor quarter carnival. Everything is just 25 cents. Hot dogs, cotton candy, popcorn, sno cones, inflatable rides and games. Purchase tickets from one of our ticket booths for only a quarter each then turn them in for food, rides and games. This event is open to the public and all ages are welcome!

Summer Fitness Challenge

Watch for more details!

1000 Mile Club

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



RALLY FOR THE Y

FEB 1-28, 2019

Raise money for the Y simply by riding one of our Espresso bikes during the month of February. For each mile ridden, Interactive Fitness (the company that makes the bikes) will DONATE 10 cents to our Y. Last year we collectively rode over 22,000 miles which put us in first place out of more than 250 YMCAs.

You must have an Espresso account and sign up to participate in the Rally. It's FREE and we can help you!

LET'S REACH 25,000 MILES TOGETHER



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



OUR PROMISE

To strengthen our community through Youth Development, Healthy Living and Social Responsibility.

The Y – For A Better Us

The Berwick Area YMCA
231 West Third Street
Berwick, PA 18603
P 570.752.5981

www.berwickymca.org

