

# ABOUT THE YMCA

## WHO WE ARE:

As one of the nation's leading nonprofit organizations, the Y remains committed to building community through youth development, healthy living, and social responsibility.

## OUR CAUSE:

At the Y, we work to strengthen community as our cause. Every day, we come together with our neighbors to make sure everyone, regardless of age, income or background, receives an opportunity to learn, grow and thrive.

## OUR MISSION:

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

## OPEN DOORS:

We proudly ensure that the YMCA stays accessible to everyone, and we never wish to turn anyone away for an inability to pay. Please ask about financial assistance for programs or membership - the Y feels happy to help!



**THERE'S A Y  
IN EVERY  
FAMILY**



# WINTER 2022/23 PROGRAM BROCHURE

LIGONIER VALLEY YMCA - 110 WEST CHURCH STREET, LIGONIER, PA 15658

P: 724-238-7580 F: 724-238-3619



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

## GENERAL HOURS OF OPERATION

Monday - Friday 5:30 a.m. - 8:00 p.m.  
Saturday 7:00 a.m. - 3:00 p.m.  
Sundays 10:00 a.m. - 2:00 p.m.

Pool has same building opening times, but closes 15 minutes before closing time.

## BUILDING CLOSINGS

January 1 - New Year's Day (2023)  
April 7 - Good Friday  
April 9 - Easter  
May 14 - Mother's Day  
May 29 - Memorial Day  
June 18 - Father's Day

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# SAFETY TRAINING

## AMERICAN RED CROSS LIFEGUARD TRAINING

(CPR, AED/FA INCLUDED)

Requirements:

- Age 15 or older prior to course start date
- Current CPR for the Professional and First Aid by course end
- Successful completion of a pre-test: 300 yard swim using front crawl or breaststroke. Candidate must also swim 20 yards front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10lb. brick from the bottom of the pool, swim back to starting point and climb out
- Tread water 2 minutes without using hands
- Participants MUST attend all sessions

**TBD based on interest list**

## CPR/FA/AED TRAINING

Adult & Pediatric, for the lay responder. For those who have had CPR/FA several times.

**TBD based on interest list**

## PARTICIPANTS MUST PRE-REGISTER FOR ALL SAFETY TRAINING CLASSES

Questions? Please contact Aquatic Director, Chelsea Brant to get on our contact list. [cbrant@ligonierymca.org](mailto:cbrant@ligonierymca.org) or 724-238-7580 ext. 21



Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://ligonierymca.org)

# LETTER FROM LARRY...

Dear Valued Member,

I hope all is well for you and your family. As we end another year, the support of our members, staff, Board members, and donors enable the Ligonier Valley YMCA to be positioned for long term sustainability in continuing to serve the needs of our local community. We continue to move forward due to this dedication and support. We are on pace this year to have nearly 100,000 duplicated visits to our YMCA, by year end, which is both incredible and humbling. We are so grateful for each and every person that is involved in our Y!

As you can see in our brochure, we are phasing in additional offerings at your YMCA in 2022 and will continue into 2023. Some of our challenges are limited access to certain spaces within the facility and lack of staff at this point. We have learned a lot and some things will continue including hand sanitizing stations in the fitness center, increased sanitizing of all YMCA areas, and continuing to make every effort to provide you with a safe and clean facility.

Please look for emails, visit our website, and review our Facebook page for updates and new offerings in the new year. We want to thank you all for your continued support of the Ligonier Valley YMCA. We look forward to serving you for many years to come as we continue to work for Youth Development, Healthy Living, and Social Responsibility.

Sincerely,

Larry M. Stormer  
Chief Executive Officer  
Ligonier Valley YMCA

## WE WORK FOR YOU!

Welcome Center.....	Ext. 14
Larry Stormer, Chief Executive Officer.....	Ext. 10..... <a href="mailto:lstormer@ligonierymca.org">lstormer@ligonierymca.org</a>
Jessica Stehley, Child Development Director.....	Ext. 20..... <a href="mailto:jstehley@ligonierymca.org">jstehley@ligonierymca.org</a>
Kathi Betton, Assistant Director, Child Development.....	Ext. 13..... <a href="mailto:kbetton@ligonierymca.org">kbetton@ligonierymca.org</a>
Business Manager.....	Ext. 11..... <a href="mailto:accounting@ligonierymca.org">accounting@ligonierymca.org</a>
Mike Marinchak, Program Director.....	Ext. 19..... <a href="mailto:mmarinchak@ligonierymca.org">mmarinchak@ligonierymca.org</a>
Chelsea Brant, Aquatic Director.....	Ext. 21..... <a href="mailto:cbrant@ligonierymca.org">cbrant@ligonierymca.org</a>
Brooke Tutino, Membership Director.....	Ext. 30..... <a href="mailto:btutino@ligonierymca.org">btutino@ligonierymca.org</a>
Ray Nesmith, Maintenance Director.....	Ext. 26..... <a href="mailto:rnesmith@ligonierymca.org">rnesmith@ligonierymca.org</a>

**PHONE 724-238-7580 ● FAX 724-238-3619**

Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://ligonierymca.org)

# MEMBERSHIP/PARTICIPANT INFORMATION

## Membership Rates:

Youth (18 & under)	\$18.50/mo	(\$10 joining fee)
Young Adult (19-25)	\$25.50/mo	(\$10 joining fee)
Adult (ages 26-61)	\$39.50/mo	(\$30 joining fee)
Senior Individual (62+)	\$32.00/mo	(\$30 joining fee)
Senior Couple*	\$52.00/mo	(\$40 joining fee)
Single Parent Family	\$50.00/mo	(\$30 joining fee)
Family**	\$60.50/mo	(\$45 joining fee)

\*A senior couple is defined as 2 adults, 1 is 62+

\*\*A family membership is defined as two adults in a household with dependent children.

**We also offer Temporary Memberships - please see the front desk for more information.**



# DONATE

## When You Donate to Your Y...

You join a powerful movement of people dedicated to strengthening our community by nurturing the potential of children and teens, improving our nation's health and well being, and giving back to support our neighbors.

In one way or another we're all connected to the Y - whether it's where you discovered a talent that became a lifelong passion, were encouraged by a mentor, or where you turn for support with a healthy lifestyle. There is no place quite like the Y. We are a vital part of the Ligonier Valley Region; a welcoming place to learn new skills, connect with others, and access support in times of need. Our unique combination of services enriches the well-being of people of all ages and walks of life.

Funds raised through our Annual Campaign help keep the Y available for the kids and families in our communities who need us most. We count on the generosity of our members and the community to help people of all ages and from all walks of life be more healthy, confident, connected and secure. With your help the Y will continue to be here to help strengthen our community. When you give to the Y, your gift will have a meaningful, enduring impact right in your own neighborhood!

# GIVE GROW INSPIRE



**Make your gift today and help make a difference!  
Donate Online, Via Mail, or at our Welcome Center**

## FINANCIAL ASSISTANCE

The Ligonier Valley YMCA commits to serving all within our community. To honor this commitment, the Y offers need-based financial assistance toward membership and program participation. We base these scholarship fees on availability of support funding and the participant's ability to contribute. Please contact the Y for further details.

## LOST MEMBERSHIP CARDS

Please visit the Welcome Center to replace a lost membership card. The YMCA charges a \$4.00 fee to replace membership identification.

## MEMBERSHIP BILLING

Any changes to your billing or membership must be done by the 25th of the previous month.

## LOCKERS

The YMCA denies responsibility for member/participant belongings. Members may rent a locker monthly to secure personal articles while using the facility. Otherwise, we advise all participants to carry a lock to temporarily secure such items in a locker while visiting the facility. \$10/month.

## "UNDER 10" POLICY

The YMCA requires direct and constant supervision of children under the age of ten (10) during unstructured visits. A parent/guardian must accompany child while he/she remains in the facility. We grant exceptions only to those enrolled in a paid program run by a YMCA instructor.

We allow kids into the YMCA in grades 9-12 (15+). Anyone 14 and under must be accompanied by a parent or guardian to be in the YMCA.

## PROGRAM FEES

Participants **MUST** pay program fees at time of registration, no exceptions.

## REFUND POLICY

- Ligonier Valley YMCA considers membership and program fees non-refundable. If the Y cancels a program, we issue credits/refunds in full.
- If a participant cancels program enrollment prior to start date, the YMCA issues a CREDIT, minus a 25% processing fee. We issue no credits/refunds once a program begins.
- In case of medical emergencies, the YMCA issues a refund for remaining classes when presented with verification from a licensed physician.



# YOUTH AQUATICS

## PRESCHOOL SWIM LESSONS

Ages 3-5 Water safety and stroke development. Choose one:

- Tuesday 6:00 - 6:30 p.m.
- Thursday 6:00 - 6:30 p.m.
- Saturday 9:30 - 10:00 a.m.

Session I: January 10 - March 4  
Session II: March 7 - April 29  
\$45M/\$90NM

## SCHOOL AGE BASICS & STROKES

Ages 6+ Reinforce water safety plus floating, backstroke, freestyle and breaststroke and diving. Choose one:

- Tuesday 6:30 - 7:15 p.m.
- Thursday 6:30 - 7:15 p.m.
- Saturday 10:00 - 10:45 a.m.

Session I: January 10 - March 4  
Session II: March 7 - April 29  
\$45M/\$90NM

## SUMMER SWIM TEAM Start TBD

Open to children 5 and up. Participants must demonstrate the ability to swim the pool length using a front crawl, and a pool length using a back stroke. Per YUSA all participants must maintain an active YMCA membership. Must attend practice 2 days, but recommended 3+ days a week.

### Practices:

- Monday - Thursday 4:30 - 6:00 p.m.
- Friday 4:30 - 5:30 p.m.
- 8 & Under, M-F 4:30 - 5:30 p.m.
- Swim Team Fee: \$295

## PRIVATE LESSONS:

All ages and abilities. Half-hour lessons arranged by appointment only. Call 724-238-7580 ext. 21 or email cbrant@ligonierymca.org for details. \$15M/\$30NM

## SWIM STARTERS

Family fun for children age six months to three years. Join your child for water adjustment activities, games, and pre-swim instruction. Tots must wear a swim diaper under bathing suit.

Pick one:  
Tuesday 6:00 - 6:30 p.m.  
Thursday 6:00 - 6:30 p.m.  
Saturday 9:00 - 9:30 a.m.  
Session I: January 10 - March 4  
Session II: March 7 - April 29  
\$45M/\$90NM

## AFTER SCHOOL SWIM CLASS

Tuesday/Thursday 4:15 - 5:00 p.m.  
April & May  
One day - \$20M/\$30NM per month  
Two days - \$40M/\$60NM per month

## PARENT/GUARDIAN

The Ligonier Valley YMCA Swim Team depends on volunteer participation. In order for swim team to be successful and efficient, it is required that all swimmers need a representative to be involved in some capacity of officiating, timing, concessions, and all other aspects of swim team. There will be seasonal fundraising that all families must participate in. Thank you in advance for your continued support.



# ADULT WATER FITNESS

## "JUST ADD WATER"

Tues/Thurs 9:00 - 10:00 a.m.  
Power Workout. A pick-up that lasts the whole day. Water supports and aids movement while providing unique resistance...a natural weight machine.

## WET N/ WILD

Mon/Wed 6:00 - 7:00 p.m.  
Discover the power of aquatic exercise. An unpredictable mix of shallow and deep water activity provides an enjoyable and effective total body workout. Get wild with us!

## AQUA AMPD

Monday 10:00 - 11:00 a.m.  
Choreographed routines to music across the years, from Frank Sinatra, to Chuck Berry to Bruce Springsteen, to the Contours. Come on in for a splashing good time that's great for your body and soul. You may find yourself singing along!

## MORNING WATER WORKOUT

Mon, Wed, Fri 8:00 - 9:00 a.m.  
The best of shallow and deep aquatic exercise come together for this energetic class. Cardiovascular and muscular resistance training and endurance are all featured in this combo class - half are in shallow end and half are in deep end with buoyancy belts or noodles.

## AQUA BATA

Friday 10:00 - 11:00 a.m.  
Tabata interval training is one of the most effective types of high intensity interval training. This format mixes a variety of simple, yet intense exercises, that blast calories away. Whether your goal is muscle tone, weight loss, or both, this class will provide what you're looking for.

## H2O TONE

Thursday 10:00 - 11:00 a.m.  
This low-impact water workout focuses on cardiovascular training, muscle toning, flexibility and coordination.



# ADULT GROUP FITNESS

## YOGA

Our yoga instructors will guide you towards complete wellness, flexibility, strength, and balance. Our offerings range from classes that focus on a slower pace with longer-held poses exploring healthy alignment to more vigorous, flowing styles. Classes suitable for all levels of experience.

## MORNING WORKOUT

This class has a wide variety of low-impact exercises for those who like a bit of a challenge. Cardio is done while using light & heavy weights, with an occasional step & kickboxing class. Exercise balls & barbells are also used. The class is designed for those who desire an aerobic workout, plus, one to tone & strengthen their muscles. All genres of music are played in the background to help motivate!

## BARRE

A hybrid workout class combining ballet inspired moves with elements of Pilates, dance, yoga and strength training.

## TABATA STRENGTH

A fun, heart-pumping group HIIT fitness format that aims to yield the most benefits in a short amount of time.

## LES MILLS CORE

A scientific core workout for incredible core tone. Build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention.

## SPINNING

The cardio class for almost anyone! Pedal your way through a rockin' time on a specially-designed stationary bicycle. Join the crowd and enjoy the sights and sounds of our new state-of-the-art Spinning room. Instructors set the pace, provide encouragement, and inspire you to turn up the tension and pedal fast. Come in and break a sweat with us! Officially licensed facility.

## BODY PUMP

BODYPUMP™, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

## BALANCE & CORE

A class that exercises the body to improve balance - strengthen the core by using gentle movement, light weights, and yoga posture to achieve your goals.

## HIIT

High Intensity Interval Training! HIIT is an exercise format that alternates periods of short, intense exercises with less-intense recovery periods. Join our instructor for a quick, challenging workout!

# YOUTH & TEEN SPRING SOCCER

Ages 3-14 \* All levels of experience and ability

Four co-ed divisions based on a philosophy of inclusion and sportsmanship!

- All sessions held at the Ligonier Camp and Conference Center.
- Program bases categories upon the player's age as of September 1, 2022, coaches draft players following the first two practices.
- Registration fees include a team T-shirt.
- The youth soccer program recommends all players wear shin guard and sneakers/rubber cleats.
- Players with braces should wear a mouth guard; those with eyeglasses should wear sports goggles.

The soccer league enables children to participate at their level of ability. The programs are age appropriate for rules, field size and ball size. All children play equal amounts of time to develop soccer skills, teamwork and character development.

## U8, U10, 12 and under, 14 and under

March 18 - May 6

Practices: 6:00 - 7:00 p.m.

U8: Wednesday

U10, 12 & under, 14 & under: Tuesday

All games on Saturday mornings beginning April 1

9:00 a.m. - U10, 12 & under, 14 & under

10:15 a.m. - U8

M\$48/NM\$96

## U6 (ages 4-5)

An introductory program with small sided games to introduce our younger players to the skills and game format of soccer. Rules will be incorporated to maximize the experience of teamwork, skill development and character development.

March 20 - May 8

Practices: Mondays, 6:00 - 7:00 p.m.

M\$48/NM\$96

## Kickers

Ages 3-4. Starts April 3 Introductory program to teach youth soccer enthusiasts the skills of soccer. Skills include passing, dribbling, shooting and more. Parent participation is encouraged.

Practices: Mondays, 6:00 - 6:45 p.m.

\$48M/\$96NM



# YOUTH GET ACTIVE

## YOUTH BASEBALL/T-BALL LEAGUE

Ages 4-7. Baseball league enabling children to implement their skills into a game setting encouraging skill development, team work and character development. Players divided based on age and ability with division appropriate rules for both competitive and non-competitive levels.

May 22-July 5  
Practice on Monday,  
Games on Wednesday  
Ages 4-7:  
Practice: 6:00-7:00 p.m.  
M\$48/NM\$96

**Coaches Meeting:**  
Wednesday, May 17 at 6:00 p.m.  
New coaches welcome.



## FENCING

Fencing (Ages 8 & up) Instruction for all levels, from beginner to National Champions, Children 8-12 may take class along with parent/guardian. Class encompasses the use of foil, epee, and saber. Teaches the basic skills of fencing. Advance at your own pace with the opportunity to compete at at high level.

Wednesday & Friday: 6:00 p.m. - 8:00 p.m. in Activity Center  
Drop In Fee: Members pay \$3.00 a day & Non Members pay \$5.00 a day.



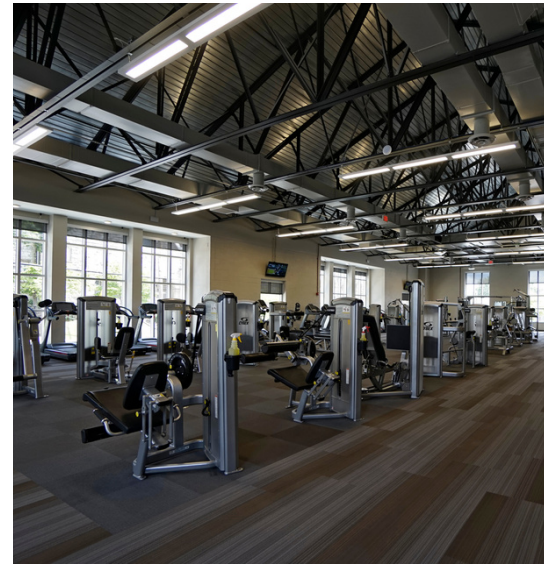
Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://ligonierymca.org)

# PERSONAL TRAINING

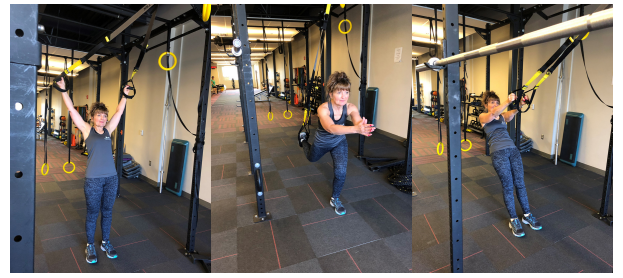
Personal trainers provide individual workout plans based on your specific needs to take your fitness training to the next level. Choose your favorite personal trainer and take the first step to improving your overall wellness. You will meet for an initial assessment to discuss your goals and determine your current level of fitness. Then the fun begins! Your trainer will design a workout routine that suits YOU the best. No matter if your goals are to improve your cardiovascular ability, build muscle, improve flexibility, rehabilitate an old injury or prevent a future injury, our trainers can help you get there. Sign up today!

## OUR PERSONAL TRAINERS

**ADAM BROWN** Adam is an AFAA certified personal trainer and Russian Kettlebell Certified instructor. He is an outdoor enthusiast who has run ultramarathons, obstacle course races, and played multiple sports. His clients include law enforcement officers, student athletes, Iron Man triathletes, and senior citizens. Adam specializes in injury prevention, functional movement, weights, kettlebells, and body weight exercises. He has helped many clients recover from knee, hip, and shoulder replacement surgeries as well as helped them prepare for such procedures.



**TOMMIE KORNEKE** Tommie has been an active member of the Ligonier YMCA for 24 years. She has been a member of the Ligonier Valley community for 37 years, lending her skills to various organizations in the area. She received a B.A. degree in Accounting and was a business owner in Ligonier for 26 years. Tommie is a NASM Certified Personal Trainer and has held certifications in the Silver Sneaker's training program. She intends on specializing in the 50 and older group. Her mantra is "Fit Over Fifty". She will concentrate on building her client's balance and strength endurance through a mixture of resistance exercises, cardio and yoga for better daily living. She recently has completed a course in group training in Total Body Resistance exercise (TRX) in Pittsburgh and is qualified to teach the movement based on suspension exercises.



Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://ligonierymca.org)



# FITNESS CENTER SERVICES

## FITNESS 101

JUST FOR OUR NEW MEMBERS. A FREE introductory session for our fresh health-seekers. We work with you to build a basic workout that fits your needs. Learn how to adjust the equipment, plan your workout, and set realistic goals! \*MUST SCHEDULE

## FITNESS HEALTH ASSESSMENT

Are you interested in finding out more about your current fitness level? Our certified staff will conduct a series of cardiovascular, flexibility and strength and endurance tests to identify your current fitness level and to help you define your health and fitness goals. M\$20/NM\$40

## FITNESS CENTER STAFF

Patricia Andrison	Kendall Schandel
Michael Marinchak	Krista Tomalson
Leandrew Mickens	Natalia Tomlinson
Deb Priest	Maureen Vincent
Thomas Ravida	Debra Ward

Look for us to help you take advantage of our updated equipment: Stairmasters, Treadmills, Ellipticals, Rowers, Free-Weight Room, Schwinn Aerodynes, Complete Cybex Circuit

## YOUTH FITNESS CENTER POLICY

- Anyone under the age of 15 may not use the Fitness Center unless in a supervised program of the Ligonier Valley YMCA.
- Everyone 12-14 years MUST complete training and equipment orientation, by appointment only, in order to use the Fitness Center with the supervision of an Adult/Guardian (guardian must be 18 or older). (If you take the course, pass the test, and sign the Code of Conduct.)
- Anyone that completes the required will receive a card held in the Fitness Center signifying their access.
- Access to the Fitness Center may be revoked for foul play/misconduct at any time.
- Anyone 15 years or over possess full privileges of facility usage, and do not need Adult Supervision.
- We expect our Youth Members to exhibit proper etiquette and respect for others and equipment at all times.

# BOOM CLASSES

## BOOM MUSCLE

Action-based, functional and strength conditioning class that provides a dynamic workout. MUSCLE focuses on a variety of strength-based training techniques and movement patterns borrowed from popular sports and leisure activities. Lunges for hiking and cross-chop rotations to improve golf and tennis swings are just a few examples.

## BOOM MOVE IT

Combines a great cardio workout with fun, dance-style choreography. This high-energy class will have you dancing to music from many eras and genres. Every class is designed to be challenging but doable.

## BOOM MIND

Fuses the best of Pilates, Yoga and athletic stretching in a way that makes these disciplines accessible to participants of multiple skill levels. This class specifically focuses on improving overall range of motion and strength, balance, core stability and flexibility.

Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://ligonierymca.org)

# CHILD DEVELOPMENT PROGRAMS PROGRESSIVE EDUCATION

## SUPPORTING THE DEVELOPMENT OF THE WHOLE CHILD...

We believe in a core list of traits for each teacher and classroom to follow. These traits are why we are here - to impact your child's life and help him/her on the path of learning. These beliefs hold true for each classroom and are the basis of our curriculum:

- Build a trusting relationship with each child
- Provide responsive, individualized care
- Create environments that support and encourage exploration
- Ensure children's safety and health
- Provide opportunity for physical development
- Develop partnerships with families
- Observe and document children's development to plan for each child and the group
- Recognize the importance of social/emotional development
- Appreciate cultural, family, and individual differences
- Take advantage of every opportunity to build a foundation for lifelong learning
- Support dual language learners

## A CARING ENVIRONMENT THAT FOSTERS CREATIVITY AND A LIFETIME LOVE OF LEARNING!

Everyday Math and Guided Reading, Creative Curriculum Aligns with Early Learning Standards, Hands on Approach to Science, Thematic Approach to Learning, Active Play (Outdoor/Gym), Writing without Tears Curriculum, and Pre-Transition Events with LVSD

## CREATING LIFE-LONG LEARNERS

As a Keystone Stars 4 facility, we design programs that help your child develop critical-thinking skills and intellectual curiosity-characteristics that promote successful learning in the kindergarten classroom and beyond.

## OUR EDUCATORS

Our program employs degreed professionals as administrators and lead teachers. All educators obtain several hours of professional development annually, in addition to CPR, AED, and First Aid Certifications.

## OUR PROGRAMS

- INFANT & YOUNG TODDLER CARE
- TWOS & THREES PROGRAM
- PRESCHOOL
- PRE-KINDERGARTEN
- SCHOOL-AGE BEFORE & AFTER SCHOOL
- EXTENDED CARE HOURS
  - (M-F, 6:15AM-6:00PM)
- SUMMER DAY CAMP (Registration starts in April)

\*Family style breakfast and snacks served daily.\*

Please check our website and Facebook page for new and up-to-date information: [ligonierymca.org](http://ligonierymca.org)

## CHILD DEVELOPMENT ADMINISTRATORS

Director of Child Development  
Jessica Stehley,  
724-238-7580 ext. 20  
[jstehley@ligonierymca.org](mailto:jstehley@ligonierymca.org)

Assistant Director of Child Development  
Kathi Betton  
724-238-7580 ext. 13  
[kbetton@ligonierymca.org](mailto:kbetton@ligonierymca.org)



# ADULT PROGRAMS

## ADULT BASKETBALL LEAGUE WINTER

This program is a competitive basketball league for those 15 & up. A structured league setting to continue playing the sport you enjoy. Must have a minimum of 4 teams. Games on Tuesday & Thursday 6:30, 7:30 p.m. February 21 - April 27  
M \$50/NM \$75

## NOON TIME BASKETBALL

The program offers a chance to play basketball and be physically active in a less competitive atmosphere. Pick-up games each Wednesday and Friday in the Gymnasium; all abilities welcome from 1:00 - 2:30 p.m.  
FREE for members.  
Guests must pay \$5.00 a day

## ADULT RECREATIONAL VOLLEYBALL LEAGUE

This program is an opportunity for adults to be active and social in a league setting.  
Starts Monday, January 23 - April 24  
6:00, 6:45, 7:30, 8:15 p.m.  
\$150/team

## PICKLEBALL

Monday/Wednesday/Friday  
10:45 a.m. - 1:00 p.m. in the Gym  
Tuesday/Thursday  
9:45 a.m. - 12:00 p.m. in the Gym  
  
Beginners Pickleball  
Tuesday/Thursday  
12:00 p.m. - 1:30 p.m.  
FREE for members.  
Guests must pay \$5.00 a day.  
Silver Sneakers please swipe card



The Ligonier Valley YMCA offers SilverSneakers and Silver & Fit to members of participating Medicare Health Plans. Call your health insurance provider to find out if you qualify. If not, please call the Y and we'll help find the best way to get you on the fast track to wellness!

FREE BASIC ADULT MEMBERSHIP TO THE Y  
FREE USE OF THE FITNESS CENTER & POOL  
FREE GROUP EXERCISE ENROLLMENT  
ACCESS TO TRAINED ADVISORS

# SENIOR FITNESS

## CARDIO CIRCUIT

Combines fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball alternates with non-impact aerobic choreography.  
Mon/Wed/Fri 9:30-10:45 a.m.

## THERAPY POOLS

Sessions are made by appointment at the Welcome Center and can be purchased in groups of 5 or 10. Therapy pools are for the use of those aged 18 or older. Special circumstances will need approval.

5 Sessions: M\$25/NM\$50  
10 Sessions: M\$50/NM\$100

