

Moshannon Valley YMCA October News

New Paint & Play Early Learning Program Center



We are so excited to share our newly renovated facility with all of our former and new families as well as our community; we cannot wait to kick off the school year! Our anticipated start date is October 16, 2017, but check our YMCA of Centre County Facebook page for updates and any other pertinent information. We still have openings so if you are interested in

enrolling your son/daughter, please contact Kayla Bailey at 814-342-0889 or kbailey@ymcaocc.org. Registration packets are available at the front desk of the Moshannon Valley YMCA.



Fall 2017 Cycling Schedule

Monday

5:00 am - 5:50am Erin

7:00 pm - 7:50 pm Kim

Tuesday

5:00 am - 5:50 am Erin

Wednesday

5:00 am - 5:50 am Erin

7:00 pm - 7:50 pm Kim

Thursday

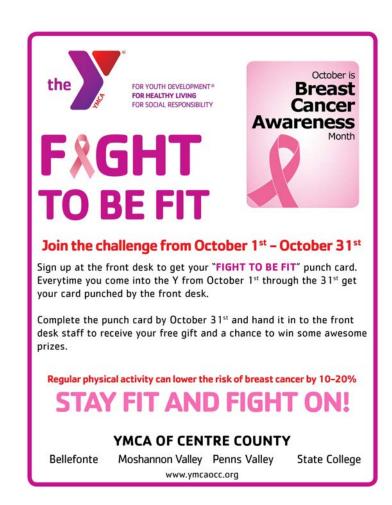
6:30 pm - 7:30 pm Kim

Friday

5:00 am - 5:50 am Erin

Saturday

8:30 am - 9:00 am Cathy



STOP BY TO CHECKOUT OUR TWO NEW CLASSES

Walk15
Mondays from 10:30-11:00 am

Walk 15 is a group exercise class for everyone of all ages and all fitness levels. It is a fitness program for all walks of life!

Core De Force Saturdays from 8:30-9:30am

Get The Ultimate MMA Body Sculpting Program with mixed martial arts-inspired workouts designed to slash inches off your waist, blast belly fat, and sculpt total-body definition—no equipment needed!

Stewards of Children

Moshannon Valley Branch Monday, October 16th Stewards of Children is a prevention training program that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence-based



program proven to increase knowledge, improve attitudes, and change child protective behaviors. For more information contact Jamie at jsanfilippop@ymcaocc.org.



I Love Fall Art Grades K-6

Instructor Autumn Anderson
Gorgeous creatures (painted gourds), landscape painting, creepy collages, and more!
Tuesdays October 3,10,17 and 24
5:30 - 7:30 pm
YMCA Art Room
Members \$20/Nonmembers \$30

Register Here

Elementary Girls Volleyball

Girls in grades 1st-3rd will learn the basics of volleyball. Mondays 5:30-6:30 pm November 6th – December 4th Members \$20/ Nonmembers \$30



Register Here

For more information contact

Whitney Ferguson at

wferguson@ymcaocc.org.





Calling On the Brave and Adventurous
Take the Plunge for the
YMCA of Centre County!

15th Annual Polar Bear PlungeSaturday, Dec. 2, 2017 at the Black
Moshannon State Park

Benefits the YMCA of Centre County Backpack & Open Doors Programs



YMCA OF CENTRE COUNTY

Moshannon Valley Branch 113 North 14th Street Philipsburg, PA 16866 814-342-0889

www.ymcaocc.org

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MOSHANNON VALLEY BRANCH STAFF

Mel Curtis - Branch Director
Whitney Ferguson - Program Director
Kayla Bailey - Child Care Director
Drew Baker - Student Youth Theatre Coordinator



