



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

the **Y** YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

October is **Breast Cancer Awareness** Month

FIGHT TO BE FIT

Join the challenge from October 1st – October 31st

Sign up at the front desk to get your "FIGHT TO BE FIT" punch card. Everytime you come into the Y from October 1st through the 31st get your card punched by the front desk.

Complete the punch card by October 31st and hand it in to the front desk staff to receive your free gift and a chance to win some awesome prizes.

Regular physical activity can lower the risk of breast cancer by 10-20%

STAY FIT AND FIGHT ON!

YMCA OF CENTRE COUNTY
Bellefonte Moshannon Valley Penns Valley State College
www.ymcaocc.org

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

6:00-8:00pm

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.**



Moshannon Valley YMCA - 113 North 14th Street-Phillipsburg, PA 16866 - 814-342-0889 www.ymcaocc.org



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

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

Benefits the YMCA of Centre County
Backpack & Open Doors Programs

Details Coming Next Month!



JOIN US FOR A ONE DAY TRIP TO NYC
Saturday, December 2, 2017

TRIP ITINERARY

6:00 AM Depart from the Moshannon Valley YMCA
7:00 AM Depart from the State College YMCA
12:00 PM Approximate arrival in NYC
(We will be dropped off and picked up at the Visitors Center on 48th and 8th Street.)
8:00 PM Depart for home

Meals are not included in the cost of the trip
There will not be any stops on the way there or back.

Member Cost: \$60/person
Non-member Cost: \$70/person

Cost includes transportation only
Open Doors cannot be applied to this trip.

Make checks payable to: YMCA of Centre County

YMCA OF CENTRE COUNTY

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

MOSHANNON VALLEY BRANCH STAFF

[Mel Curtis - Branch Director](#)
[Whitney Ferguson - Program Director](#)
[Kayla Bailey - Child Care Director](#)
[Drew Baker - Student Youth Theatre Coordinator](#)

 LIKE US ON FACEBOOK

