



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WE'RE MORE THAN A GYM... WE'RE A CAUSE!



STATE COLLEGE BRANCH Program Guide

January 2–June 30, 2016

YMCA OF CENTRE COUNTY – STATE COLLEGE BRANCH
677 West Whitehall Road, State College, PA 16801
814-237-7717 • www.ymcaocc.org

The YMCA...

A place where you belong.

MISSION

The YMCA of Centre County is a charitable, nonprofit organization that provides opportunities to all individuals and families in the community by putting high moral values and principles into practice through facilities, programs, services, and activities that build healthy spirit, mind, and body. The YMCA of Centre County fully accepts diversity and promotes community development and cooperation.

The Y– We’re for youth development, healthy living, and social responsibility.

When you join the YMCA of Centre County, you join one of over 2,700 YMCA’s in the country. We’re more than just a pool, a gym, or a fitness center. We’re an association of people who believe in YMCA values:

Caring, Honesty, Respect, and Responsibility.

STAFF

Corporate Staff

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 Scott Mitchell Vice President/COO
 Elizabeth Chapman Finance/HR Director
 Mary DeArmitt..... Marketing/Communications Director
 Theresa Mast Development Director
 Blake Thomas Properties Director
 Elise Noyes Payroll Coordinator
 Jamie SanFilippo Community Outreach Director

State College YMCA Management Staff

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 Ray Carroll Aquatics Director
 Dan McKenna Sports & Wellness Director
 Cindy Lupton Youth & Family Services Director
 Steve Power Head Swim Team Coach
 Lori Lange Aquatics Coordinator
 Josh Cone Healthy Living & Facilities Director
 Kayla Scheibe .. Youth & Family Services Coordinator
 Naomi Engelken Sports & Wellness Coordinator

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STATE COLLEGE BRANCH BOARD OF MANAGERS

Michele Steinbugl Conklin Chair

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James Erickson	



Look for this symbol throughout the Guide to see which classes run when Child Watch is available!

JOIN THE Y

Membership Benefits for YMCA of Centre County

- Use of Bellefonte, Moshannon Valley, Penns Valley, and State College YMCA's recreational facilities.
- Use of all YMCA state of the art fitness centers totaling over 18,000 sq. ft.
- Free orientation on all fitness equipment.
- Use of three swimming pools (a therapeutic pool and two recreation pools).
- Personal training available (dryland and aquatic).
- Adult recreation basketball and volleyball.
- FREE use of climbing walls during designated hours.
- FREE childcare service at designated times.
- Use of youth and teen center at each branch during designated hours.
- Discounted and many free programs for adults, kids, and families.
- Certified and friendly staff to help you.
- FREE members-only and community events.
- Financial assistance available based on need/income.
- Membership to the largest human service organization in the world.

Membership Guidelines:

Youth: 0-17 years

Adult: 18+ years

Senior: Age 62+

Family: Two adults within the same household w/dependents up to age 18; includes full-time students through age 25

One Parent Family: one parent w/dependents up to 18 yrs old; includes full-time students through age 25

Senior Family: senior couple, with one person 62 yrs of age or older

Membership Type	Joiners Fee	Annual Fee	Monthly Bankdraft	Daily Guest Pass Fee
Youth	0	147	17	5
Adult	50	417	41	10
Family	50	671	58	15
One Parent Family	50	518	47	
Senior	50	327	32	
Senior Family	50	518	47	

Joiner's Fee

There is a one-time joining fee. The joining fee for all membership categories (except youth) is \$50.

Annual Payment Plan

One payment annually on your membership anniversary date. A friendly reminder will be sent to you. Annual memberships are non-refundable and non-transferable.

Easy Monthly Payment Plan

Payments will be automatically deducted each month. You designate whether it is from your checking or savings or credit card account. When you join, you will pay the joining fee and a prorated first month. **To terminate your membership, you need to notify the YMCA in writing 30 days in advance of your next scheduled monthly withdrawal.**

Membership Policy

1. Memberships may be purchased at any time.
2. Members are sent renewal notices one month prior to expiration date. (Bank drafts and credit cards excluded).
3. Lost membership cards will be replaced for \$5.00.
4. Existing individual memberships may be upgraded at any time.
5. Bankdraft withdrawals are deducted from your bank account on the 1st, 5th, 15th, or 20th of each month. Membership agreements explaining the bankdraft program are available at the Member Service Desk.
6. Bankdraft/credit card changes or cancellations must be submitted 30 days in advance in writing.
7. As a member, you give consent to be photographed by the YMCA, to allow the YMCA's use of photographs of yourself and/or your child(ren), at its discretion.
8. There is a \$25.00 service charge for all returned checks and bank drafts, credit, and debit card returns.

Credit/Refund Policy

- If the YMCA cancels a program due to insufficient enrollment, participants will be issued a YMCA system credit or refund in full.
- No credit will be issued after the first week of classes.
- In case of medical emergencies, a credit statement will be issued for the remaining balance of the program fee only. A doctor's note needs to be presented to receive the credit.
- Credit statements may only be used towards program or membership fees and not redeemed for cash or check.

Open Doors Program

The YMCA of Centre County recognizes the need to serve all members of the community particularly those who are not able to pay the full cost of the membership or program fee. To apply for the Open Doors Program, pick up an application at the YMCA or online.

BE SURE TO CHECK OUT OUR NEW WEBSITE!



www.ymcaocc.org



We are excited to launch our new website, featuring a fresh new look and user-friendly navigation and search functionality.

It includes several easy to use drop down menus with information about our focus on youth development, healthy living, and social responsibility.

We hope that you will enjoy browsing and find more options and information each time you visit.

We value your feedback! Please let us know what you think of the design; we look forward to hearing from you.

UNLIMITED ADULT LAND FITNESS PRICING

- ◆ Try new programs!
- ◆ No more session dates to remember!
- ◆ Pay one price for unlimited land classes!
- ◆ Easy payment options!

Now you can sign up for unlimited adult classes for one low monthly price! Our new pricing model makes it easy AND affordable to join your favorite classes. Make exercise fun with classes like Zumba, INSANITY, Cycling, and more!

Registration: Online registration is not available for the unlimited package. Check in at the front desk before each class.

MEMBER PROGRAM PRICING

Monthly EFT draft \$20

Yearly draft \$225

NON-MEMBER PROGRAM PRICING

Monthly payment of \$75

Yearly payment \$900

Child Watch Ages 2 mo. & Up

Caring staff watch your children while you workout at the YMCA. This free service is available to those holding family memberships. The Child Watch program is an unstructured, basic babysitting service. Contact Kayla Scheibe at kscheibe@ymcaocc.org.

Ages 2 Months to 1 Year - 1 Hour Limit

Ages 1 Year & Up - 2 Hour Limit

M-F 8:30 AM – 1:00 PM

M–Th 6:00 PM – 8:00 PM

Sa 9:00 AM – NOON*

Hours are subject to change.

Watch childwatch board for updates.

*There will be no Child Watch on home Penn State football days, blue/white game, SCASD In-Service days, SCASD snow days, or Saturdays in the summer.



Look for this symbol throughout the Guide to see which classes run when Child Watch is available!

HEALTHY LIVING

Improving the nation's health and well-being.

GROUP CLASSES

Adult Swim

Josh Cone/Jen Roth

Intended for moderate to competitive level swimmers. Workouts are designed to help improve efficiency and endurance in the water. Basic swimming skills are required.

T/Th 6:00-7:00 AM Rec. Pool Monthly Unlimited Pricing Package

Boot Camp

Josh Cone/Jen Smith/Kristen Donovan

Boot Camp classes help adults reach weight loss goals through a variety of strength-building and cardio-endurance exercises. Participants develop confidence while achieving an overall feeling of well-being.

M/W/F 6:00-6:45 AM Gym A Monthly Unlimited Pricing Package
T/Th 12:05-12:50 PM Gym A Monthly Unlimited Pricing Package

Cardio Dancing

Ellen Deno

Cardio Dancing helps to strengthen the heart, achieve weight loss goals, and build lasting relationships in a fun environment. [Ends May 31, 2016.](#)

M 8:30-9:30 AM Small Gym Monthly Unlimited Pricing Package
W 8:30-9:30 AM Small Gym Monthly Unlimited Pricing Package
F 8:30-9:30 AM Small Gym Monthly Unlimited Pricing Package

Pickleball

Pickleball is a game for all ages and skill levels. It is touted as the fastest growing sport in America and most popular among senior adults, as well as tennis, racquetball, and ping pong players who love the competitive nature of the sport. The rules are simple and the game is easy for beginners to learn. The game is played on a badminton-sized court using a plastic ball and a smooth surfaced paddle.

T/Th 11:00 AM-12:00 PM Gym B Free

PM Strength and Stretch Varies

PM Strength and Stretch provides a personalized, small-group setting that is designed to introduce someone to strength training or challenge the experienced exerciser. Instructors will guide you through a self-paced workout of the day complete with a warm up/cool down and stretching.

T/Th 6:00 PM Fitness Center \$40/\$80

Nittany Valley Offset
is proud to support the YMCA



Core Conditioning

Conditioning that targets the core by toning your abs, shaping your hips, firming your butt, and strengthening your back to build overall strength and decrease your risk of injury. **Ends May 31, 2016.**

✂ M	9:45–10:30 AM	Small Gym	Monthly Unlimited Pricing Package
✂ W	9:45–10:30 AM	Small Gym	Monthly Unlimited Pricing Package
✂ F	9:45–10:30 AM	Small Gym	Monthly Unlimited Pricing Package

Ellen Deno

INSANITY

INSANITY™ is a cardio class, based on max interval training. This class will push you past your limits with athletic/plyometric drills mixed with intervals of strength, power, resistance, and core training. No equipment or weights needed. You don't have to be in extreme shape—levels of each exercise are provided. Time to dig deep!

✂ T	6:00–7:00 PM	Gym A	Monthly Unlimited Pricing Package
✂ Th	6:00–7:00 PM	Gym A	Monthly Unlimited Pricing Package

Marissa Gentle

Zumba

Zumba features exotic rhythms set to high-energy Latin beats. The movements are simple, it burns calories, and most importantly, it is fun! Additionally, Zumba participants often develop a deep-rooted community amongst themselves, which helps everyone dance their way to a healthier lifestyle.

✂ M	10:00–11:00 AM	Gym A	Monthly Unlimited Pricing Package
✂ M	6:00–7:00 PM	Gym A	Monthly Unlimited Pricing Package
✂ W	10:00–11:00 AM	Gym A	Monthly Unlimited Pricing Package
✂ W	6:00–7:00 PM	Gym A	Monthly Unlimited Pricing Package
✂ F	10:00–11:00 AM	Gym A	Monthly Unlimited Pricing Package
✂ Sa	9:30–10:30 AM	Small Gym	Monthly Unlimited Pricing Package

Instructor Varies

CIZE LIVE

Dance your way to fit! CIZE LIVE is professional dance for everyday people. We break down professionally choreographed dance routines so you'll be busting out the hottest moves from your first class. You're moving for most of the class so you're burning calories the whole time. It's so fun, you'll forget you're working out. You're learning a new skill and you'll leave feeling a sense of accomplishment.

✂ M/W	11:15 AM–12:15 PM	Gym A	Monthly Unlimited Pricing Package
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Kristi Rosario

Express Classes

Coming in 2016! New 30-minute express classes! Give us 30 minutes and we'll give you a great workout! Starting in See our website for details: www.ymcaocc.org. **Begins in March 2016.**

✂ M/W	7:15–7:45 PM	Gym A	Monthly Unlimited Pricing Package
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HEALTHY LIVING

Improving the nation's health and well-being.

GROUP CLASSES

PiYo

Kelsey Williams

PiYo is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance, and get a great stretch! The class is a little different each time but always a great workout!

♻️ M 6:00-7:00 PM Small Gym Monthly Unlimited Pricing Package

Lila Yoga

Stacy Hall

Mindful movement through traditional and creative yoga for mind and body wellness and balance. All levels welcome.

♻️ T 6:15-7:15 PM Small Gym Monthly Unlimited Pricing Package

Iyengar Yoga

Brucie Serene/Kate Marshall-Chase

Iyengar Yoga offers a systematic approach emphasizing anatomical alignment and precision strength and stamina, balance and flexibility, concentration and awareness. Our mixed level class utilizes a variety of yoga props, such as belts, blocks, and blankets to assist with learning the various poses in a safe and enjoyable manner. Taught by Kate Marshall-Chase, a certified yoga teacher and licensed massage therapist who has practiced yoga since 1980. Brucie Serene MD, a certified Iyengar yoga teacher, combines her medical knowledge with more than twenty years of yoga experience.

♻️ Th 9:30-10:30 AM Small Gym Monthly Unlimited Pricing Package [Ends May 31, 2016](#)

Iyengar Yoga—Beyond Basics Peg Spear

This yoga class for continuing Iyengar yoga students will focus on developing a practice of foundational postures: standing, seated, forward and backward extending, twisting, and inversions. Using props such as blocks, straps, and blankets will make it possible for all students to access the poses in a safe and balanced manner. The practice of the poses will enhance strength, stamina, balance, and flexibility, leading to a healthier body, mind, and spirit. The class will be suitable for students who have some experience with yoga and want to deepen their practice. The instructor, Peg Spear, has studied Iyengar yoga for 20 years, been teaching for 5 years, and whose yoga practice, study, and teaching is informed in part by her lifelong work as a primary care physician. Peg is certified by the Iyengar Association of the U.S. (IYNAUS).

♻️ T 11:00 AM-12:00 PM Small Gym Monthly Unlimited Pricing Package

♻️ W 12:30 PM-11:30 PM Small Gym Monthly Unlimited Pricing Package [Begins June 1, 2016](#)

Club 180

Club 180 is a comprehensive year-long wellness program designed with a distinct goal in mind—to provide you with accountability and adherence to a healthy lifestyle. This program rewards you for something you're already doing, while also offering additional incentives throughout the year to help keep you motivated! All you have to do is check in 180 times to any YMCA of Centre County Branch in 2016. It's as easy as that! The program allows for you to check in and follow up with staff members to design a wellness program that is cohesive with your lifestyle. Check out our website for more details and to learn more about Club 180's rewards and incentives! For more information, contact Naomi at nengelken@ymcaocc.org \$10 Member Only

MARTIAL ARTS

Tang Soo Do Karate

Terry Summers

A traditional Korean martial art that encourages courtesy, patience, loyalty, honesty, and self-control while improving physical strength, endurance, and flexibility.

W 8:05–9:15 PM Small Gym Monthly Unlimited Pricing Package

CYCLING

Instructor Varies

Cycling is a fun and challenging class, appropriate for all levels of fitness. Pedal your way to an increase in cardiovascular endurance and an overall healthy lifestyle in an energized group setting. Pricing: Participants must sign-in on the white board outside cycling room upon arrival.

Try one or all of our Cycle Fusion classes!

***Cycle–Strength Fusion on Mondays and Thursdays.** Try our latest edition to the Cycle Fusion classes taught by Melissa Davies. Class will start and end with 15–20 minutes of cycling and will include 20 minutes of strength and core sandwiched in the middle.

***Cycle–Pilates Fusion on Tuesdays.** Instructor will focus on conditioning the body from the inside out; to improve muscle balance, alignment, strength, flexibility, and core stabilization. 30 minutes of cycling and 20 minutes of pilates.

Monthly Unlimited Pricing Package

Cycling Room					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Indoor Cycling 6:00–6:45 AM Ann Etter		Indoor Cycling 6:00–6:45 AM Josh Cone		
Cycle–Strength Fusion 9:30–10:30 AM Melissa Davies	Cycle–Pilates 9:30–10:30 AM Leila Bradaschia		Cycle–Strength 9:30–10:20 AM Melissa Davies		Indoor Cycling 9:00–9:45 AM Various
Indoor Cycling 12:10–12:50 PM Josh Cone		Indoor Cycling 12:10–12:50 PM Erik Scott		Indoor Cycling 12:10–12:50 PM Josh Cone	
Indoor Cycling 6:30–7:15 PM Sammi Turano	Indoor Cycling 6:30–7:15 PM Jen Smith		Indoor Cycling 6:30–7:15 PM Cheryl/Tanya		

Please visit www.ymcaocc.org for current classes.

HEALTHY LIVING

Improving the nation's health and well-being.

ACTIVE OLDER ADULTS

Ages 50 & up

Active Adult Total Fitness

Sue Rogacs

Active Adult Total Fitness is a low-impact class that helps develop cardiovascular health, muscular strength and endurance, balance, flexibility, and a strong core. Participants can expect an improved quality of life and daily function. This class is suitable for seniors and adaptable to every ability level.

♣ M 8:45–9:45 AM	Gym A	Free/\$50	Free/\$50	Free/\$50
♣ W 8:45–9:45 AM	Gym A	Free/\$50	Free/\$50	Free/\$50
♣ F 8:45–9:45 AM	Gym A	Free/\$50	Free/\$50	Free/\$50

Gentle/Therapeutic Yoga

Naomi Engelken/Lori Wieder

This class incorporates gentle, modified, and therapeutic yoga postures and deep relaxation in a practice designed to create more spaciousness and ease in the body, restore healthy range of motion and joint function, and support health and healing for people with injuries and pre-existing conditions. This class is perfect for seniors, those with special conditions, or anyone looking for a restorative and relaxing yoga practice.

♣ M 11:00 AM–12:00 PM	Small Gym	Free/\$50	Free/\$50	Free/\$50
♣ W 11:00 AM–12:00 PM	Small Gym	Free/\$50	Free/\$50	Free/\$50
♣ F 11:00 AM–12:00 PM	Small Gym	Free/\$50	Free/\$50	Free/\$50

Senior Strength & Stretch

Sarah Hamlen/Naomi Engelken

Senior Strength and Stretch provides a personalized, small-group setting that is designed to train functional movements and increase mobility and strength while improving quality of life.

♣ M/W 8:15–9:15 AM	Fit. Ctr.	\$45/\$90	\$40/\$80	\$40/\$80
♣ T/Th 9:00–10:00 AM	Fit. Ctr.	\$45/\$90	\$40/\$80	\$40/\$80

Tai Chi

John Hewett

This class will cover the basic concepts of Tai Chi: posture, relaxed deep breathing, flowing movement, and a basic understanding of mind-body connection.

♣ M 10:35–11:15 AM	Teen Center	Monthly Unlimited Pricing Package
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Zumba® Gold

Joann Domingue

Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements. **Ends May 31, 2016**

♣ T/Th 10:00–11:00 AM	Gym A	Monthly Unlimited Pricing Package
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Session Dates:

- Winter: January 4–March 6
- Spring: March 14–May 8
- Summer: May 9–June 5

PERSONALIZED FITNESS

Personal Training

Effective and time efficient workouts designed just for you. A personal trainer can maximize your fitness or athletic potential by leading you every step of the way.

Sessions can be combined for personal training (land and/or aquatic), and nutritional counseling is available with a registered dietician.

1 Session	\$40/\$80
5 Sessions	\$155/\$300
10 Sessions	\$255/\$500

Contact Dan at dmckenna@ymcaocc.org.

6 Week Start Up Members Only

This program is for YMCA members who are serious about modifying their nutrition and exercise habits to lose body fat and lead a healthy lifestyle. This 6 week program allows you to meet with a personal trainer twice a week to develop a structured fat loss workout and to meet with a Registered Dietician that will provide nutrition consultation at week 1, week 3, and week 6 to help design your eating plan. Contact Dan at dmckenna@ymcaocc.org.

Start anytime – for YMCA members only: \$355

Sport-Specific Personal Training

Individualized workouts to train for your sport. An experienced personal trainer can challenge you as an athlete and improve your performance by acting as a coach and leading you through each session. This program is available in either 5 or 10 sessions of personal training. For more information, contact Dan at dmckenna@ymcaocc.org.

New Year, New You

Do you need a new exercise routine? Stuck in a rut? Meet with a Y fitness staff member to assess your current routine, discuss goals, and develop a new personalized program! Contact Dan McKenna at dmckenna@ymcaocc.org to schedule.

At member's convenience Fit. Ctr. FREE

Group Training Members Only

Help each other out! Group training allows 2-3 people to work out together out under the supervision of a personal trainer. The trainer will develop a routine to meet the needs of a group of people with similar goals and ability levels and schedule each session as a group. This type of training is fun and less expensive than the one-on-one session. Available to YMCA members in clusters of 10 sessions only.

For 2: \$185/person

For 3: \$155/person

AquaStretch

AquaStretch is one-on-one manual therapy performed in our heated Therapy Pool. The session uses a facilitated, whole-body structure that can be tailored based on individual needs. Similar to a massage, AquaStretch mixes myofascial release with intuitive movement to create maximized relaxation. AquaStretch is beneficial for any population from athletes trying to remain limber, to those trying to continue a rehabilitation-type program to recover from injury. Please contact Naomi Engelken at nengelken@ymcaocc.org



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

2016 SUMMER DAY CAMP

Camp Explorers (Ages 5-8) Camp Trailblazers (Ages 9-12)

Two of State College's most popular day camps! The camps are specifically geared for children ages 5-12. Activities include swimming, sports, music, clubs, arts and crafts, and occasional special guests. Each week features a special theme as well as a unique field trip. Trailblazers will go on an additional field trip each Friday.

Camp Explorers (Ages 5-8)
M-F 9:00 AM-4:00 PM YMCA \$151/week
Camp Trailblazers (Ages 9-12)
M-F 9:00 AM-4:00 PM YMCA \$171/week
Extended Hours for Both Camps
M-F 7:30 AM-5:30 PM Additional \$30/week

Tussey Mountain Adventure Day Camp (Ages 8-12)

A challenging program for boys and girls who love the outdoors. This camp features fishing, hiking, swimming, sports, orienteering, golf, environmental studies, and clubs. Also, the campers will enjoy the weekly field trips with the Camp Explorers and Trailblazers.

Tussey Mountain (Ages 8-12)
M-F 8:45 AM-4:00 PM Tussey \$178/week
Extended Hours
M-F 7:30 AM-5:30 PM Additional \$30/week

Leader In Training Program (Ages 13 & up)

Youth ages 13 and up can apply to be a Leader In Training with the summer day camps. LITs assist camp counselors with all aspects of day camp. The program teaches counseling techniques, group dynamics, camp programming, and leadership skills. Applications are available at the YMCA and must be completed by April 11, 2016.

Counselor In Training Program (Ages 15 & up)

Teens that have been a LIT at the State College Family YMCA for two years have the opportunity to apply to become a CIT. CITs assist in the supervision of LITs in addition to performing LIT duties. Applications are available at the YMCA and must be completed by April 11. Contact Cindy at clupton@ymcaocc.org.

Camp Registration Information

Registration begins February 22 at 7:00 AM.

NO phone or online registration.

A non-refundable deposit of \$30 per week must accompany each session registration.

All campers must be YMCA members at the time of registration and while participating in camp.

YMCA Information Forms must be completed at the time of registration.

Completed health appraisal forms must be completed and on file at the YMCA by June 8.

Parent Night is June 2, 2016 at 6:30 PM.



CHILD CARE

School Age Child Care at the State College YMCA Grades K-5

Building on the values of Caring, Respect, Responsibility and Honesty, we offer a variety of activities including outdoor sports and games, indoor games, arts and crafts, table games, quiet time, homework time, special projects, nutritious snacks, and fun! The programs run in accordance with the State College School District calendar and times.

Serves the following SCASD elementary schools at the YMCA: Corl Street, Easterly Parkway, Ferguson Township, Nittany Christian, Park Forest, Radio Park, and OLV. Mt. Nittany Elementary will be held at the Zion Lutheran Church.

Spaces are still available for current 2015-16 school year.

Contact: Cindy Lupton at clupton@ymcaocc.org. Limited space at all locations.

AM Care: 7:30-8:30 AM

PM Care: 3:00-6:00 PM

Inservice Days: 7:30 AM-6:00 PM

Snow Days: 8:00 AM-6:00 PM

Fees	Members	Non-Members
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AM care only	\$189/mo.	\$220/mo.
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PM care only	\$290/mo.	\$318/mo.
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AM & PM care	\$358/mo.	\$388/mo.
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Inservice/Snow Days	\$39/day	\$49/day
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Snow Days will be made up in the following order:
2/15, 5/27, 6/10, 6/13, 6/14

Inservice days: 1/18, 3/7, 3/8, 3/9, 3/24, 3/25, 3/28

Child Watch Ages 2 mo. & Up

Caring staff watch your children while you work-out at the YMCA. This free service is available to those holding family memberships. The Child Watch program is an unstructured, basic babysitting service. Contact Kayla Scheibe at kscheibe@ymcaocc.org.

Ages 2 Months to 1 Year - 1 Hour Limit

Ages 1 Year & Up - 2 Hour Limit

M-F 8:30 AM - 1:00 PM

M-Th 6:00 PM - 8:00 PM

Sa 9:00 AM - NOON*

(Summer hours: M-F 9 AM-12 PM; M-W 6-8 PM)

Hours are subject to change.

Watch childwatch board for updates.

*There will be no Child Watch on home Penn State football days, Blue/White game, SCASD In-Service days, SCASD snow days, and Saturdays in the summer.

Registration for the 2016-17 school year begins May 9, 2016.



Look for this symbol throughout the Guide to see which classes run when Child Watch is available!

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

TEEN ACTIVITIES

Teen Leaders Club Ages 11-18

Leaders Club is a YMCA program for teens in middle and high school. Requirements for club participation include: obtaining YMCA membership, completing a minimum of 5 hours of volunteer work per month, being an excellent role model at all times, and participating in club events. The club plans and participates in various events such as community service, social activities, fund raisers, regional teen rallies, and PACAA Teen Leadership Training School. Leaders Club activities focus on leadership training, personal growth, service to others, and social development.

W 5:30-7:30 PM Teen Center Mem. Only

Teen Center Ages 11+

Pool, foosball, ping pong, and computers with games only during designated hours. Visit website for details.

Private Music Lessons

Whether you would like to learn to play the violin, sing like a rock star or just want a talented musician to help you perfect a song on the guitar... music at the Y can help you do just that.

Music lessons are open to children, teens, and adults. The teacher will tailor each lesson to the individual, developing a pace that suits the student's style, ability and interests. Our private lessons introduce students to the art of performing so they can develop confidence to seek out opportunities as individuals or part of a group. The music lessons include brass, woodwinds, percussion, strings, piano, voice, and more! Students must bring their own instrument. Lessons are a half hour and can be purchased individually or in groups of four. Prior registration and payment are required.

30-minute lessons

Member \$20/1 Lesson \$70/4 Lessons

Non-Member \$30/1Lesson \$105/4 Lessons

Extreme Teen Camp

Extreme Teen Camp will begin at the YMCA where participants will learn important safety skills needed for camp. The next day teens will be bused from the YMCA to Black Moshannon State Park. Teens will camp in the group tenting area and will return back to the State College YMCA. Check website for details and dates.

Ages 13-17 only. Registration is required, spaces are limited.

State College YMCA

Water/Boating Safety Skills

*Teens must bring: bagged lunch, swim suit, towel, and a change of clothes.

Black Moshannon State Park

3 days/2 nights

Camping, fishing, hiking, bog walks, campfires, leadership building activities, and more!

*All necessary camping gear and additional items will be announced.

*Fee includes: transportation, food, drinks, and activity fees.

M \$50 N/M \$75

Babysitting Safety Course

This interactive course trains sitters to prevent emergencies through proper safety planning and what to do if an emergency occurs. During this training, each participant will be Red Cross certified in First Aid. This course is designed for ages 11-16 years old. For more information, contact Jamie at jsanfilippo@ymcaocc.org. Registration in advance is required! Space is limited!

W June 15 11:00 AM-3:00 PM \$50/\$60

Th July 7 11:00 AM-3:00 PM \$50/\$60

HEALTHY COMPETITION SKILLS FOR LIFE COMPETITIVE SWIMMING



State College Area YMCA Aqualions (SCAY) Swim Team

SCAY is a year-round competitive swim team that is affiliated with YMCA and USA Swimming. Swimmers on SCAY range in ages from 5 to 18 years old. The Aqualions year is broken into three seasons: Fall/Winter (Labor Day through the end of March), Spring (early April through the last day of school), and summer (through the end of July).

Swimmers are placed in practice groups based on ability and age. Minimum requirements to join the Aqualions are 25 yards of continuous freestyle with side breathing and 25 yards of continuous backstroke. Evaluations of prospective swimmers are held by appointment at the State College Area YMCA.

SCAY also offers a free Stroke Clinic the week of Labor Day in September. This Clinic is offered for swimmers ages 12 and younger who have had competitive or swim lesson experience.

For more information about SCAY check our website: Aqualions.org. For questions concerning SCAY contact Head Coach Steve Power at (814) 231-0340 or spower@ymcaocc.org



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM LESSONS

Swim Lesson Sessions and Registration Dates

Session Dates 2016

	Member	Non-Member
Friday & Saturday Swim Lessons (8 classes)		
Winter: 1/11/16 – 3/5/16	12/28/15	1/4/16
Weekday Swim Lessons (8 classes)		
Early Winter: 1/11/16 – 2/6/16	12/28/15	1/4/16
Late Winter: 2/7/16 – 3/5/16	2/1/16	2/3/16
Friday & Saturday Swim lessons (8 classes)		
Spring: 3/13/16 – 5/7/16	2/29/16	3/7/16
Weekday Swim lessons (8 classes)		
Early Spring: 3/13/16 – 4/9/16	2/29/16	3/7/16
Late Spring: 4/10/16 – 5/7/16	4/4/16	4/6/16
Friday & Saturday Swim Lessons (8 classes)		
Early Summer: 5/8/16 – 7/2/16	4/25/16	5/2/16
Weekday Swim lessons (M/W = 7 classes, T/R = 8 classes)		
Early Summer A: 5/8/16 – 6/4/16*	4/25/16	5/2/16
Early Summer B: 6/5/16 – 7/2/16 (8 classes)	5/30/16	6/1/16

*No classes on Memorial Day – The affected session will be prorated.

Spring break: No lessons from March 7 – 13th – Therapy Pool will be closed for maintenance.

PRESCHOOL SWIM LESSONS

(30-minute classes)

All classes held in Therapy Pool

Parent/Child Lessons (6-36 Months)

This class will help your child become comfortable in the water while teaching parents how to keep young children safe in and around water. Guardian is in the water with the child. A swim diaper is required for the child.

- T/Th: 10:30 AM and 6:15 PM
- Sa: 10:00 AM

Pike (3-5 Years)

Beginner level; little or no swimming experience.

- M/W: 5:00 PM
- T/Th: 10:00 AM, 5:00 PM, 5:35 PM
- Sa: 10:00 AM, 10:40 AM, 11:20 AM

Eel (3-5 Years)

Must be willing to participate, comfortable in water and able to swim 5 feet on front, back, and side.

- M/W: 5:00 PM
- T/Th: 5:35 PM
- Sa: 10:00 AM

Ray/Starfish (3-5 Years)

Ray: Must be able to jump into deep water and swim 15 feet on front, back, and side.

Starfish: Must be able to swim 30 feet on front, back, and side.

- M/W: 5:00 PM
- T/Th: 5:00 PM
- Sa: 10:40 AM

Cost per session:

Preschool Lessons: Parent/Child, Pike, Eel, Ray, Starfish M \$56 N/M \$84

YOUTH SWIM LESSONS

(40 minute classes)

For ages 6 to 13 years old

Graduate to youth swimming classes in the 25 yard Recreational Pool. Build on the confidence developed in preschool lessons and focus more on lap swimming, endurance, and stroke technique. Learn to perform a variety of strokes, dives, treading water, and demonstrating more advanced water safety skills. Take the next step in the pool and further down the path to fitness. During home swim meets, Saturday classes will be held in the Therapy Pool.

Polliwog

Beginner level; little or no swimming experience.

- M/W: 5:40 PM
- T/Th: 5:35 PM (in Therapy Pool)
- Sa: 11:20 AM

Guppy

Be able to swim 20 feet on front, back, and side.

- M/W: 5:40 PM, 6:20 PM
- T/Th: 6:20 PM
- Sa: 12:10 PM

Minnow

Must be able to swim 25 yards on front, back, and side.

- M/W: 5:40 PM
- T/Th: 6:20 PM
- Sa: 12:10 PM

Fish/Flying Fish/Shark

Fish: Must be able to swim 25 yards of rudimentary front and back crawl, breaststroke, side-stroke, and elementary backstroke.

Flying Fish: Must be able to swim 50 yards of strokes in Fish plus 25 yards of rudimentary butterfly.

Shark: Must be able to swim 100 yards of strokes in Fish and 50 yards of butterfly.

- M/W: 6:20 PM
- Sa: 12:10 PM

Cost per session:

Youth Lessons: Polliwog, Guppy, Minnow,
Fish, Flying Fish M \$70 N/M \$105

ADULT/TEEN BEGINNER

For ages 14 & up

It is never too late to learn to swim or be safe and feel comfortable in the water. No swimming experience is necessary. Class is 40 minutes long.

- Sa: 10:40 AM

Cost per Session: Member Non-member
 \$70 \$105

PRIVATE SWIM LESSONS

One-on-one individualized lessons that is scheduled at a convenient time between the instructor and participant. Each 30-minute lessons will help to meet your specific goals. Please fill out a private swim lesson request form at our front desk. Do not pay until you are paired with an instructor. The instructor will contact you to schedule the lesson.

1 Lesson M \$26 N/M \$40
Set of 4 Lessons M \$91 N/M \$140

ADAPTIVE LESSONS

Swim Lessons are available to children or persons with disabilities in our therapy pool. Instructor to student ratio is low. Both pools are handicap accessible. If this is your first time taking adaptive lessons, please call the aquatics office for more information and instructor availability. The Friday evening classes are one-to-one instructor/student ratio and 30 minutes long. Saturday classes are one-to-three instructor/client ratio and 40 minutes long. We recommend the Saturday classes for those who are capable of working in a small group.

- F: 5:00 PM, 5:30 PM, 6:00 PM M \$56 NM \$84
- Sa: 11:20 AM M \$70 NM \$105

The Aquatics department reserves the right to cancel or combine classes that do not meet minimum enrollment requirements. No make up classes are available for classes missed due to participant or weather circumstances. Please visit our web site www.ymcaocc.org for complete swim lesson rules.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

PRESCHOOL FITNESS

Play Pals

Ages 1-5

This program gives your child a chance to play indoors in the Small Gym with age appropriate interactive toys and equipment. It's also a chance to socialize with other kids and parents. Adult supervision is required. Offered during the school year only. [Ends June 5, 2016.](#)

Th 11:00 AM-12:30 PM Small Gym Free/\$5 per visit

Gym & Swim

Ages 3-5

Christina Lambert

This class will consist of both land and water instruction and activities to keep them moving and having fun. Wear swimsuits under clothes to class. Class begins in the small gym and concludes in the therapy pool. Offered during the school year only. [Ends June 5, 2016.](#)

 T 9:00-10:00 AM Small Gym/Pool \$45/\$90 \$40/\$80 \$20/\$40

Session Dates:

- Winter: January 4-March 6
- Spring: March 14-May 8
- Summer: May 9-June 5



YOUTH FITNESS

Youth Rock Climbing

Ages 8 & Up

Participants learn how to harness themselves, tie a variety of knots, learn climbing and bouldering techniques, and possibly learn how to belay and repel by the end of the class. Parents are welcome and encouraged to participate with their children. [Ends June 5, 2016.](#)

Th 5:15-6:25 PM Small Gym \$45/\$90 \$40/\$80 \$20/\$40

Karate

Ages 6-16

Develop strength and effective self-defense through the martial art of Tang Soo Do with the assistance of Master Terry Summers.

W 6:30-8:00 PM Small Gym \$60/\$120 \$58/\$116 \$58/\$116

Th 6:30-8:00 PM Small Gym \$60/\$120 \$58/\$116 \$58/\$116

Youth Basketball Clinic

Grades 3-6

With a combination of sports specific conditioning and skill development, this 6-week program will help prepare your child for the upcoming basketball season. Offered beginning March 16, 2016. Contact Dan at dmckenna@ymcaocc.org.

W 3:45-4:45 PM Gym A & B \$55/\$75

Session Dates:

- Winter: January 4-March 6
- Spring: March 14-May 8
- Summer: May 9-June 5

SUMMER SPORTS CLINICS

JULY 2016

Grades K-2 Basketball

Grades 3-6 Basketball

Grades 1-4 Multi-Sports

Please check our website for details.



HEALTHY LIVING

Improving the nation's health and well-being.

WATER FITNESS

BUY TWO, GET ONE FREE!

Take all of the water fitness classes that you want! The more you take, the more you save! Pricing available only for in-house registration.

Our therapy pool will be closed for maintenance during spring break from Monday, March 7–Sunday, March 13.

Aqua Mom

Research shows that regular exercise during pregnancy helps make labor less intensive and decrease recovery time. Self-pace your activity while working the major muscle groups. The class is designed for both expectant and new moms.

🦶 T 7:05–7:55 PM Ther. Pool

Kerry

Water Fitness

Stretch your muscles, strengthen your core and improve your cardio fitness with this varied and energizing class. A lively workout that can be adjusted for your level of fitness.

🦶 M 10:00–10:50 AM Rec. Pool
🦶 W 10:00–10:50 AM Rec. Pool
🦶 W 7:05–7:55 PM Ther. Pool

Varies

Aqua Zumba

Join the pool party! Enjoy the cardio benefits of Latin dancing, music, and water aerobics in a low-impact, challenging, water-based workout. The routines are moderate intensity, diverse, and sure to be enjoyed by members of all ages.

🦶 T 12:00–12:50 PM Rec. Pool

Melissa

Power Lunch

Benefits of this medium to high intensity jumping, jogging, heart pumping workout include aerobic conditioning, strength, and body shaping. This class includes 30 minutes of energizing exercise as well as focus on muscle endurance and conditioning. Water bells, noodles, and other equipment may be used. [Special Members-Only pricing/ Winter: \\$9, Spring & Summer I: \\$8](#)

🦶 M 12:10–12:55 PM Rec. Pool
🦶 W 12:10–12:55 PM Rec. Pool
🦶 F 12:10–12:55 PM Rec. Pool

Sarah

Wet Pilates

Strengthen your torso and increase your heart rate with this beneficial low to medium intensity core workout. Held in the Therapy Pool for your comfort.

🦶 M 7:05–7:55 PM Ther. Pool

Donna

Aquatic Fitness Session Dates, Registration, and Pricing

Session Name	Session Dates	Member Reg / Price	Non-Member Reg / Price
Winter	1/4/16–3/5/16	12/14/15 / \$47	12/21/15 / \$85
Spring	3/14/16–5/8/16	2/29/16 / \$42	3/7/16 / \$76
Summer I	5/9/16–7/3/16	4/25/16 / \$42	5/2/16 / \$76

There will be no classes the week of March 6–13 during spring break.

There will be no classes on Monday, May 30, in observance of Memorial Day; affected classes will be prorated.

ACTIVE OLDER ADULTS WATER FITNESS

Aquatic Fitness Session Dates, Registration, and Pricing

Session Name	Session Dates	Member Reg / Price	Non-Member Reg / Price
Winter	1/4/16–3/5/16	12/14/15 / \$47	12/21/15 / \$85
Spring	3/14/16–5/8/16	2/29/16 / \$42	3/7/16 / \$76
Summer I	5/9/16–7/3/16	4/25/16 / \$42	5/2/16 / \$76

There will be no classes the week of March 6–13 during spring break.

There will be no classes on Monday, May 30, in observance of Memorial Day, affected classes will be prorated.

Arthritis & More

Sarah

Relieve pain and stiffness associated with arthritis, Parkinson's, and other related physical conditions with this low intensity workout in our warm Therapy Pool.

⌘ M	10:45–11:30 AM	Ther. Pool
⌘ W	10:45–11:30 AM	Ther. Pool
⌘ F	10:45–11:30 AM	Ther. Pool

Arthritis & More PLUS!

Valerie

Exercises for members with joint pains, arthritis, and associated physical conditions. Set to music and a slightly higher tempo.

⌘ M	11:45 AM–12:30 PM	Ther. Pool
⌘ W	11:45 AM–12:30 PM	Ther. Pool
⌘ F	11:45 AM–12:30 PM	Ther. Pool

Water Walking

Varies

Gain strength, flexibility, and build muscle to help your joints. This low intensity aerobic workout is designed for those with arthritis, joint replacements or other health conditions. It combines water walking and traditional water aerobic movements.

⌘ M	9:00–9:50 AM	Ther. Pool
T	9:00–9:50 AM	Ther. Pool
⌘ W	9:00–9:50 AM	Ther. Pool
Th	9:00–9:50 AM	Ther. Pool
⌘ F	9:00–9:50 AM	Ther. Pool



YMCA of Centre County
participates in Silver
Sneakers and Silver & Fit.

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

LIFE-LONG LEARNING

American Red Cross Certification Courses

These courses are designed for anyone who is interested in learning or renewing their lifesaving skills. The CPR/AED/First Aid course is for initial responders who need to know adult and pediatric CPR, use of an AED and first aid. Participants will need to complete in-class practical skill demonstration as well as written testing to earn a two-year certification. Cost is \$95 for members, \$120 for non-members.

T, Jan. 19: 5:00-10:00 PM

W, Jan. 20: 10:00 AM-3:00 PM

T, Feb. 16: 5:00-10:00 PM

W, Feb. 17: 10:00 AM-3:00 PM

T, Mar. 15: 5:00-10:00 PM

W, Mar. 16: 10:00 AM-3:00 PM

T, Apr. 19: 5:00-10:00 PM

W, Apr. 20: 10:00 AM-3:00 PM

T, May 17: 5:00-10:00 PM

W, May 18: 10:00 AM-3:00 PM

T, June 21: 5:00-10:00 PM

W, June 22: 10:00 AM-3:00 PM

American Red Cross Lifeguarding Course

New or expired candidates for an American Red Cross lifeguarding certification must take the ARC Lifeguarding course in full. This course covers American Red Cross Lifeguarding, First Aid and CPR Pro certifications. Attendance is required during all days of the class. Participants will need to download an electronic copy of the participant manual (link provided before class begins) or may purchase a hard copy for an additional \$35. Participants must pass all prerequisite swim tests, demonstrate all skills and pass both written tests to earn certification. Cost of the course is \$165 for members, \$250 for non-members. Certification is valid for two years.

Class 1: Apr. 8-10, 15-17: Fridays 5:00-10:00 PM, Saturdays & Sundays 9:00 AM-3:00 PM

Class 2: May 31-June 5: Tue-Fri 5:00-10:00 PM, Saturdays & Sundays 9:00 AM-3:00 PM

RECERTIFICATIONS ONLY - Recertify current American Red Cross Lifeguarding, First Aid and CPR Pro certifications. Attendance is required during both days of the class. Participants will need to bring proof of current certification the first day to be allowed to participate in the course, and must pass all prerequisite swim tests, demonstrate all skills and pass both written tests to earn recertification. Cost of the course is \$110, certification is valid for two years.

Class 1: Feb 27-28: Saturdays & Sundays 9:00 AM-3:00 PM

Class 2: May 14-15: Saturdays & Sundays 9:00 AM-3:00 PM



**American
Red Cross**

RECREATION

For YMCA Members only unless otherwise noted. Schedule is subject to change. Visit [website](#) for updates.

Adult Pick-Up Basketball Games Ages 18 & Up

T/Th 6:30-8:30 AM Gyms A & B (full-court)

Basketball Ages 18 & Up

M	7:00-10:15 PM	Gym B
M	8:00-10:15 PM	Gym A
W	7:00-10:15 PM	Gym B
W	8:15-10:15 PM	Gym A
Sa	10:00 AM-7:45 PM	Gym B
Su	10:00 AM-5:45 PM	Gym B

Volleyball Ages 18 & Up

T/Th 7:45-10:00 PM Gym A

Lap Swimming All Ages

A minimum of two lanes are open at most times in the recreation pool for lap swimming. Circle swimming and sharing lanes is required. Note that pools close at 5:00 PM on Saturdays for routine maintenance, during electrical storms, swim meets, and occasional special events. See the schedule on our website or Mobile App for the most up-to-date information.

Therapy Pool Member Workout

Check the pool schedule for reserved times in the Therapy Pool. Equipment is available for use during these times. On our Mobile App, search the schedule for class [Member Work Out] to find optimal times for therapy use.

Our therapy pool will be closed for maintenance during spring break from Monday, March 7-Sunday, March 13.

Open Rock Climbing

Designated hours for open climb on the Y's indoor wall. Climbing instructors are present during all open climbing sessions. Open to all levels of climbers.

Th	8:00-10:00 PM	All Ages	Free/\$5*
F	7:00-9:00 PM	All Ages	Free/\$5*
F	9:00-10:00 PM	Ages 16+	Free/\$5*
Su	3:30-5:30 PM	All Ages	Free/\$5*

*\$5 per visit fee applies for non-members. PSU Outing Club members pay \$3 per visit (photo and outing club ID required).

Ladies On The Rock Women's Rock Climbing Class

This climbing class is an opportunity for women of all levels of climbing experience to climb together in a supportive and positive environment. Enjoy learning new climbing techniques and brushing up on older ones, with a focus on how we as women are uniquely suited to be strong, powerful climbers. Emphasis will be on the climbing movements, strength, and flexibility needed for both rope climbing and bouldering. No climbing experience necessary, and seasoned climbers are encouraged to come lend their experience to new female climbers. [Begins March 2016.](#)

F 5:30-7:00 PM Small Gym \$25/\$50

Pickleball

Pickleball is a game for all ages and skill levels. It is touted as the fastest growing sport in America and most popular among senior adults, as well as tennis, racquetball, and ping pong players who love the competitive nature of the sport. The rules are simple and the game is easy for beginners to learn. The game is played on a badminton-sized court using a plastic ball and a smooth surfaced paddle.

✶ T/Th 11:00 AM-12:00 PM Gym B Free

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

Daddy/Daughter Valentine's Day Dance

Sunday, February 7

3:00-5:00 PM at the Ramada Inn

You are cordially invited to attend the State College YMCA Daddy/Daughter Dance. Come enjoy a special afternoon of dancing, crafts, and sweet treats. We strongly encourage preregistration online at www.ymcaocc.org or at the front desk of the YMCA.

Members- \$12 per family

Non-Members- \$15 per family



11th Annual Dodgeball

Tournament

April 9, 2016

10:00 AM-3:00 PM

This tournament is open to the community consisting of teams of at least 6 players and up to 2 alternates. Each team is guaranteed at least 6 games in a pool play format. The top teams from each pool advance to a single elimination tournament play-off. All proceeds benefit the YMCA of Centre County's Annual Giving Campaign.

\$95.00 per team



Underwater Egg Hunt

Sunday, March 20, 2016

Registration Dates:

Member January 24 Non-Member January 31

You are cordially invited to attend the State College YMCA Underwater Egg Hunt. Free and open to the community.

Ages 11-12 Heat 1 1:00-1:15 PM Rec. Pool

Ages 9-10 Heat 1 1:15-1:30 PM Rec. Pool

Ages 9-10 Heat 2 1:30-1:45 PM Rec. Pool

Ages 7-8 Heat 1 1:45-2:05 PM Rec. Pool

Ages 7-8 Heat 2 2:05-2:25 PM Rec. Pool

Ages 7-8 Heat 3 2:25-2:45 PM Rec. Pool

Ages 5-6 Heat 1 2:45-3:05 PM Ther. Pool

Ages 5-6 Heat 2 3:05-3:25 PM Ther. Pool

Ages 3-4 Heat 1 3:25-3:45 PM Ther. Pool (parents welcome!)

Ages 3-4 Heat 2 3:45-4:05 PM Ther. Pool (parents welcome!)

Ages 6-36 mos. Heat 1 4:05-4:35 PM Ther. Pool (parent/guardian required!)

*FLOATATION WILL BE PROVIDED FOR NON-SWIMMERS

*CHILDREN WILL BE SEPARATED INTO HEATS WITHIN THEIR AGE GROUP

*WEAR YOUR GOGGLES!

PRIZES WILL BE AWARDED!

FAMILY TIME

Family Night

Free and Open to the Community

Saturday, January 23 , 4:00–7:00 PM

Saturday, April 9, 4:00–7:00 PM

The YMCA encourages families to spend time together by providing fun activities that create new memories. Enjoy fun arts and crafts, active games and activities, rock climbing, swimming, door prizes, and a potluck dinner in which the Y provides the main course. Please remember to bring a dish to share.

Visit www.ymcaocc.org or contact Kayla Scheibe at kscheibe@ymcaocc.org for more information.

Parents Night Out

The YMCA is offering parents an opportunity for a night out while children are dropped off at the YMCA for a night of their own fun. They will enjoy dinner and a movie, along with coloring sheets and other activities. Children are required to be of school age to attend the event. Please register as there is limited space. Visit www.ymcaocc.org or contact Kayla Scheibe at kscheibe@ymcaocc.org for more information.

Saturday, February 13, 5:00–8:00 PM

Saturday, March 19, 5:00–8:00 PM

M/NM \$6

MARK YOUR CALENDAR!

STATE COLLEGE YMCA DADDY/DAUGHTER DANCE
Sunday, February 7

STATE COLLEGE SILENT AUCTION
TBA

ANNUAL BUNNY BLITZ
Saturday, March 26

ANNUAL MEETING AND DINNER
Tuesday, April 12

BLACK MOSHANNON 5/10K RACE/WALK
Saturday, May 28

AUDI GOLF TOURNAMENT
Tuesday, June 7

COLOR DASH
Saturday, June 25

HAPPY VALLEY SPRINT TRIATHLON
Sunday, July 10 Tentative

HEALTHY KIDS DAY Saturday, April 30, 2016

MAKE IT A PLAY DATE

Healthy Kids Day is the Y's national initiative to improve the health and well-being of families across the country. On this day, Ys hold events and encourage parents to make play dates with their kids every day as a simple way to become a healthier, more active and connected family.

The Y knows that many parents struggle to find the time and resources to incorporate physical activity and healthy habits into their kids' daily routine. As a leading nonprofit for healthy living, the Y created Healthy Kids Day to celebrate and teach good health for kids, encourage active play, and inspire a lifetime love of physical activity.

By making time for active play every day, families can work together, have fun, and achieve greater health and well-being for their spirit, mind, and body.

Check our website for details: www.ymcaocc.org

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.



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.



Stewards of Children is a two hour workshop to emphasize child safety as an adult's responsibility. Each participant will be inspired to take personal responsibility in preventing this epidemic. This training is available to any group whether they are directly working with children or not. We want Centre County to be the safest environment for our children, today and tomorrow. Our objective is to train every adult in Centre County. Please help us reach our goal, and beyond.

**For more information contact:
Jamie SanFilippo at 814-237-7717 or
jsanfilippo@ymcaocc.org**



YMCA of Centre County has achieved, for the second year in a row, "Partner in Prevention" status, a designation awarded by the nonprofit Darkness to Light. It is given to organizations that take extra steps to protect the children they serve by training staff to understand the issue of child sexual abuse, identify unsafe situations and practices, and react responsibly in the best interest of the children they serve.

This is a requirement for all YMCA staff and volunteers to be trained in the Stewards of Children program. Doing so advances the Y's commitment to strengthening the community through youth development, healthy living and social responsibility.



CALLING ALL VETERANS!

The YMCA of Centre County is partnering with Trout Unlimited to bring our veterans fishing program.

Details on dates and times will be available on website at www.ymcaocc.org

FREE Fishing License (if needed) along with a year's free membership to Trout Unlimited Hosted by Expert Spring Creek Watershed Guide Dave Swan and cold water conservation members and icons from Spring Creek Chapter of Trout Unlimited. **All Equipment Provided!**

Contact: Jamie SanFilippo at JSanFilippo@ymcaocc.org for more information.



PRESCHOOL FISHING CLASSES

PREPARE FOR A FUN SUMMER OF FISHING!

Learn basic fishing, casting, baiting and safety skills while spending quality family time outside at a local pond. Program will be taught by PA Fish & Boat Commission certified Fishing Skills Instructors. All equipment will be provided!

Parent/guardian must accompany children
No fishing license required for parent or child
Boys and Girls ages 3-5

\$5 for members

\$10 for non-members

This program will run during the months of May, June and July.



Please contact Jamie at JSanFilippo@ymcaocc.org for dates/times and locations or visit ymcaocc.org.

YMCA OF CENTRE COUNTY OUTREACH

Did you know...the Y is so much more than a gym!

Each year, the YMCA of Centre County increases its outreach in the communities we serve. The Y turns no one away due to inability to pay, which represents over \$400,000 in Open Doors memberships, programs, and services given back to the community annually. Some additional highlights of 2015 include:

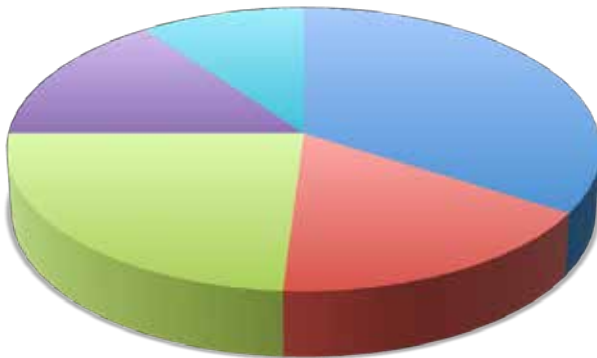
- Providing Open Doors financial assistance for 1 in 4 YMCA members.
- Expanding the Backpack Food Program to provide weekend meals for over 500 children in 6 school districts.
- Opening the new Penns Valley YMCA Program Center in Spring Mills. The facility will enable the Y to greatly expand services in this community.

Your support helps the Y give back!

Our charitable outreach is made possible by the generosity of many in the communities we serve. With the financial support provided by donors to the Y's Annual Giving Campaign, other fundraisers, and the United Way, we are able to continually give back to and support kids, adults, and families. Here's how the Y uses charitable contributions to strengthen the community through youth development, healthy living, and social responsibility:

Your Generosity at Work

Open Doors Financial Assistance & Program Support



- Membership & Community Outreach 34%
- Healthy Living, Swim Lessons, Youth Sports 17%
- Before/After School & Summer Day Camp 24%
- Early Care & Preschool Education 15%
- Youth/Teen Leadership & Arts 10%

Succeeding no matter what the challenges...

"At the Y, my sons learn what it is like to be part of a team. Since they both have some disabilities, acceptance and understanding by their peers is very important. The Y has given both boys a self-assurance that they can succeed no matter what the challenges. Thank you YMCA for the opportunities that the Open Doors policy offers to all." – Y member

2016 ANNUAL GIVING CAMPAIGN

THE Y... SO MUCH MORE

With programs from A to Z—abuse prevention, day camp, martial arts, preschool, Zumba—and everything in between, the Y strengthens individuals and our community.

GIVE

During the YMCA's Annual Giving Campaign, community members, businesses, volunteers, and staff come together to share and support the Y's cause, which makes all that we do possible:

- No one is turned away from the Y due to their inability to pay.
- Financial assistance provided through our Open Doors program keeps the Y available for those who need us most. In 2014, this represented over \$400,000 in memberships and programs given back to the community.
- 1 in 4 Y members directly benefit from the Annual Giving Campaign.
- 100% of your donation directly benefits your community.

"With the help of the Open Doors program... Each of our children has gained an immense amount of confidence, courage, and strength from the variety of activities in which they've participated. We've also been able to become healthier adults, and we look forward to continuing to grow as a family within the YMCA community!"

— Y Family Member

VOLUNTEER

Y volunteers are teens, parents, grandparents, neighbors, and local leaders who are personally committed to the Y's cause. If you love your Y and community, please consider volunteering for the 2016 Annual Giving Campaign! Your help is needed and appreciated. Contact Theresa at tmast@ymcaocc.org to learn more.

Every gift makes a difference.

Everyone has a role to play.

Together, we can achieve so much more.

January 2–June 30, 2016

YMCA OF CENTRE COUNTY

2016 Annual Giving Campaign Pledge Card

Donor's Name(s): _____
As it should appear for recognition

Mailing Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Campaigner: _____

I prefer that my donation remain anonymous.

Please accept my/our pledge of:

\$1,000 \$500 \$250
 \$150 Other Amt. \$ _____

Payment Method:

Bill me at the address I provided above.

All pledges must be paid in full by 12/31/2016.

Payment enclosed. (Checks payable to YMCA of Centre County)

One time EFT or credit card draft for full amount.*

Draft my bank/credit card account for
Monthly payment of: \$ _____ per month*

*Complete the following for EFT or credit card payments only:

Bank Name: _____

Routing #: _____

Account #: _____

Credit Card: MC Visa Discover Am Ex (Circle one)

Account #: _____ Exp Date: _____

Donor's Signature: _____

If you would like to designate your pledge, please check:

- Bellefonte YMCA
- Moshannon Valley YMCA
- Penns Valley YMCA
- State College YMCA

Donations may also be made **ONLINE** at
www.ymcaocc.org

Save the Date

YMCA of Centre County Annual Meeting & Dinner
Tuesday, April 12, 2016
Celebration Hall

More information is available at www.ymcaocc.org

MEMBERSHIP/RULES

YMCA of Centre County Membership Benefits and Privileges

When You are a member of the YMCA:

You are part of a nonprofit cause-driven organization that strives to nurture the potential of children and teens, improve health and well-being, and motivate people to support their neighbors and the larger community. You can improve yourself through high quality activities and programs that focus on you as a total person – spirit, mind, and body. You are surrounded by people who care about values like honesty and respect. You are a member of a community that welcomes and embraces people of all abilities, incomes, races, and religions. You belong to an association that provides financial assistance to those in need because it believes membership should be affordable to everyone.

Member Code of Conduct

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort, individuals are asked to act appropriately at all times when in our facility or participating in our programs.

We expect persons using the YMCA to act maturely, behave responsibly, and respect the rights and dignity of others. Our Member Code of Conduct outlines prohibited behavior, but the actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs.

- Using or possessing alcohol or illegal chemicals on YMCA property
- Alcohol, tobacco products or weapons are not permitted on YMCA premises.
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Use of cell phones in the YMCA's shower and locker room areas
- Use of any video/picture taking equipment, including camera phones, in YMCA's shower rooms, locker rooms, and fitness center area
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior: any sexual contact with another person
- Inappropriate, immodest, or sexually revealing attire
- Theft or behavior that results in the destruction or loss of property
- Loitering within or on the grounds of the YMCA

Rules

1. Program participants and guests are encouraged to secure their lockers. We advise that you do not leave any valuables in lockers.
2. The YMCA is not responsible for lost or stolen articles.
3. Cancellations will be announced on TV and radio stations, on our mobile app, and on our website at www.ymcaocc.org
4. Make-up classes will not be rescheduled due to cancellation factors out of our control, such as inclement weather or holidays.
5. Shoes and shirts must be worn in the lobby.
6. The YMCA recommends that all participants in YMCA activities carry their own insurance coverage.
7. The YMCA reserves the right to suspend or revoke privileges for rules violations.

8. The YMCA will provide direct supervision for youth during and while participating in programs they are enrolled in. Parents must have children properly dressed and at the program meeting place on time. The YMCA is not responsible for supervising children in locker rooms, parking lots, or outside of the designated program area.
9. Children under the age of 11 years may not be left in any part of the YMCA facility without adult supervision. (Please refer to our drop-by Child Watch section.)
10. Members less than 11 years old must be accompanied by a guardian in pool area during free swim periods.
11. Members ages 10-14 may use the fitness centers under direct supervision of a parent. They must also complete the YMCA youth fitness orientation. Sign up at the front desk for Youth Fitness Orientation class.
12. Members and program members must present a membership card or program card when entering the facility.
13. Parents may not have children of the opposite sex, over the age of 5, in the locker facilities. Please use the family changing room.
14. Photography and videotaping within the YMCA are strictly prohibited without approval from the CEO.

Registration Policy

- Registration is required prior to participating in any youth fitness or aquatics program.
- Registration is accepted at the Member Service Desk.
- Registrations are accepted on a first-come first-serve basis. Must present membership card at time of registration.
- Payment in full must accompany all registrations.
- The YMCA reserves the right to cancel or change programs offered.
- No over-the-phone registrations will be taken.
- Classes will not be prorated.
- Prices are subject to change without notice.

Away Program

The YMCA of Centre County participates in the YMCA of the USA's National AWAY Program (Always Welcome at the YMCA). Our policy is to permit any member, in good standing at another YMCA, up to 12 visits per year. After 12 visits, a member from a participating YMCA will have the following options: purchase a membership or pay half the daily guest pass fee per visit.

- Pays member rate for programs
- No joiner fee to join
- No mileage restriction for participating YMCAs members

STATE COLLEGE YMCA



Hours of Operation

Monday – Friday 5:30 AM – 10:30 PM
Saturday 8:00 AM – 8:00 PM
Sunday 10:00 AM – 6:00 PM

Both the pools and fitness center close 30 minutes prior to the facility's closing time. On Saturdays both pools close at 5:00 PM for maintenance.

Non-Discrimination Policy

It is the policy of the YMCA to make membership available to all persons regardless of race, color, religious creed, disability, ancestry, national origin, age, sex, or financial resources.



YMCA of Centre County participates in
Silver Sneakers and Silver & Fit

HOLIDAY CLOSINGS

New Year's Day, Easter Sunday,
Memorial Day, Independence Day,
Labor Day, Thanksgiving,
Christmas Day

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Nittany Valley Offset
is proud to support the YMCA





YMCA OF CENTRE COUNTY – STATE COLLEGE BRANCH
 677 West Whitehall Road
 State College, PA 16801
 814-237-7717 • www.ymcaocc.org

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