



**Beaver County YMCA**



# Member Guide





## WELCOME

Welcome to the Beaver County YMCA. Your membership places you in one of the finest facilities in AMERICA. The YMCA is far more than a national award winning facility, it is a place where the community comes together, and where new beginnings start.

We have assembled a group of outstanding staff to help you navigate the new events, equipment, and exciting opportunities that your YMCA offers. Please enjoy the facility and ask your staff to assist you as you get started.

Good luck in achieving the goals you have established and congratulations on joining the Beaver County YMCA Family.



William A. Parise  
*President/CEO*

### Membership Information:

- Date of Monthly Draft: \_\_\_\_\_
  - Monthly Draft Begins: \_\_\_\_\_
- Wellness Orientation Appointment: \_\_\_\_\_

### Notes:

---



---



---



---



## Commitment to Serving Beaver County

### Our MISSION:

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

### Our VALUES:

**Caring:** to demonstrate a sincere concern for others, for their needs and well-being.

**Honesty:** to tell the truth, to demonstrate reliability and trustworthiness through actions that are in keeping with my stated positions and beliefs.

**Respect:** to treat others as I would want them to treat me, to value the worth of every person, including myself.

**Responsibility:** to do what is right — what I ought to do, to be accountable for my choices of behavior and actions and my promises.

**Faith:** is being sure of what we hope for and certain of what we do not see.

### Our VISION:

We build strong kids, strong families and strong communities.



Through our vision, we live out our mission by creating programs that are valuable to all members of our community. Then, we incorporate our values within our programs, teaching a basis of sportsmanship through caring, honesty, respect, responsibility and faith.

## Affirmation of Values through Programs

The Beaver County YMCA offers many programs and services that affirm its commitment to our vision of building strong kids, strong families and strong communities. We also affirm our mission and core values.

The YMCA core values of caring, honesty, respect, responsibility and faith are evident in all that we do. Every program and activity reinforces our core values and we expect our participants to recognize and exhibit the same values.

For a complete listing of YMCA programs and services, see the program guide or talk to one of our directors or member service staff.



## YMCA Has a Long History in Beaver County

Since 1891, the Beaver County YMCA has been building strong kids, strong families, and strong communities. We have strived to meet the needs of our members, as well as our community. From our roots as a Christian organization for men, to our present mission of providing numerous services to families, the YMCA has been a constant in this community.



- We offer programs for children, youth, adults and families. We focus on fitness and fun, while teaching values and sportsmanship.
- We offer high-quality childcare services, offering you convenience and peace of mind knowing that if your child can't be with you, he/she can be with people you trust.
- We reach out to the community through our annual Christmas of Giving, pairing families in need with others who have enough to share. The families then shop together for Christmas gifts so that even when a family is down on their luck the children will know someone cares.
- The Beaver County YMCA offers top-notch aquatics programs to the community.
- We care about our aging population and offer programs that meet the health needs of seniors, such as Arthritis Aquatics and Silver Sneakers®.
- We offer financial assistance throughout our YMCA scholarship program awarding a quarter-million dollars to the community for memberships and programs.
- We listen to your needs and concerns, and offer programs accordingly, such as hunter-safety courses; babysitting workshops for teens and pre-teens; youth sleepovers; and holiday camps.
- We offer summer playground and day camping choices to the youth of Beaver County, including a free lunch program.

*You will find various YMCA policies and other useful information in this "New Member Guide." Additional information can be found in the enclosed program guide, including a listing of staff.*



## Membership Implies a Sense of Belonging

At the Beaver County YMCA, we value our members' comments and suggestions. We value your needs and their ideas. We rely on our members for much of what we do. We add programs based on member ideas and needs. We expanded our Wellness Center and added locker rooms, including a family changing room, therapy pool, multipurpose room, and group cycling studio based on member comments and suggestions. We are all the YMCA.



We are a facility that offers many services to many families and individuals. We try to meet the needs of all of our members. We are more than a state-of-the-art fitness facility. We are a childcare provider; a center for youth sports; an aquatics leader; a senior center; a teen center; a camp provider; a community leader and advocate; and a place for Beaver County YMCA members to call their own.

Full privileged YMCA membership, described in the handbook, includes scheduled use of facilities, participation in programs at YMCA member fees (free or reduced) and all other current benefits of a membership. We have a scholarship program for under-privileged and low-income youth and families.

### Membership Categories

- **Youth:** Ages 3-13
- **Teen:** Ages 14-18
- **College Student:** Maintain a minimum of 12 credit hours and present a current class schedule
- **Adult:** Ages 18 and older
- **Active Older Adults:** Retired persons age 60 and older
- **Family:** Families within one (1) household (limited to two adults and dependent children through high school)
- **Family + 1, 2 or 3 college students:** Family membership with 1, 2 or 3 full time college students with a minimum of 12 credit hours (Proof of full time student status required)
- **Silver Sneakers:** Persons who carry the following health insurance: Freedom Blue, Security Blue, Medigap Blue or Freedom Blue PPO



## Membership Implies a Sense of Belonging

Memberships here at the YMCA have two different payment options:

- **Monthly Bank Draft\*\***: Make an initial down payment of your joining fee and first month's membership fee. Then with authorization from a voided check, deposit slip or letter from the financial institution the YMCA will automatically withdraw monthly dues from a checking or savings account. If you join between the 1st and 15th of the month, your draft day will be the 5th of every month; if you join between the 16th and the last day of the month, your draft day will be the 20th of every month. Monthly deductions are continuous but can be cancelled by submitting a cancellation form at least 30-days prior to draft date.
- **Annual Payment\***: Membership fees are paid in full for one year. Payments can be made by cash, check, MasterCard, Discover, Visa or American Express.

### Joining Fee\*\*

The joining fee is a one-time charge as long as membership remains current. If you terminate your membership for longer than 30 days, you will be charged the current joining fee again upon reinstatement of your membership.

*\*There is a \$15 charge for returned checks on all bank drafts and bank-draft rejections.*

*\*\*Membership dues, joining fees, and bank drafts are non refundable.*

### Membership Status Changes

Changes to your membership, including additions, deletions or name and address changes need to be processed in writing, using the necessary form at our Member Services Desk.

Your membership card is not transferable and is the property of the Beaver County YMCA. Lending your card to anyone will result in loss of privileges. If lost or stolen, you may request a replacement card, which will be issued at a cost of \$5 per card.

### YMCA Financial Assistance Policy

The YMCA member-assistance program has been designed as a financial assistance program for members of the community. Support from the United Way of Beaver County and our Annual Support Campaign, plus special gifts from individuals, allow the YMCA to provide financial assistance to those in need. For an application, contact the Membership Director or stop by the Member Services Desk. Applicants must provide proof of income to be considered for the program. Member assistance is determined on a quarterly basis and must be applied for yearly.

### Cool Down Cafe

After your workout, stop by and relax with a real fruit smoothie. Add a scoop of whey protein to make the perfect snack or meal replacement.

### Gift Certificates

YMCA gift certificates, in any amount, can be purchased for swim lessons, youth programs, childcare, personal training, adult programs, and membership. Just stop by the Member Service Desk for more information.

### Lost & Found

The Beaver County YMCA is not responsible for lost or stolen property. However, we do keep lost & found items when possible. Please check with the Member Services Staff if you are missing an item. Items will be kept for a reasonable amount of time, and then donated to another charity.

### Parking

Members may park in the YMCA lot; behind the YMCA near Rosemount Electric Supply; or across the street near Vollmer's Service. Please reserve the handicap spaces and the Heritage Valley Physical Therapy spaces for those who need them. Please also obey the childcare drop-off times, leaving those spaces available for parents picking up and dropping off young children.





## Beaver County YMCA Membership Benefits

The Beaver County YMCA Facility Features:

- **Multi-Purpose Swimming Pool:** 25 yard, 6 lane (84 °F)
- **Warm Water Therapy Pool:** 25 x 30 foot (90 °F)
- **Sauna, Steam Room, Whirlpool**
- **40x45 square foot Wellness Center:** including
  - **Cardio Area** including Life Fitness Ellipticals, Arc Trainers, Upright & Recumbent bikes, Treadmills, Steppers, and Express Virtual Reality bikes.
  - **Free Weight Area** including Free Weights, Life Fitness plate-loaded Hammer Strength machines.
  - **Specialized Weight Area** including 16 TechnoGym and 16 Life Fitness machines.
  - **Stretching Area**
- **Fitness Studio** hosting the “Just for You: Express Success Fitness Program” 30 minute Cardio Circuit workout utilizing 10 Life Fitness Circuit Series Equipment
- **Cycle Studio** including 12 Johnny G Spinners Bikes. Hosting classes including Soul Cycling and Cycling/Sculpt
- **42 x 22 square foot Aerobics studio:** Hosting classes including Pilates, Step, Ultimate Strength, Core Strength, Cardio Sculpt, Total Body, 3S (Strength, Step, Stretch). Specialized Classes for Silver Sneakers/AOA: Yoga Stretch, Muscular Strength, Cardio Circuit and Line Dancing.
- **Full Gymnasium**
- **2 Racquetball Courts**
- **85 x 40 square foot Multi-Purpose Gymnasium**
- **Indoor Walking Track**
- **Child Watch Facility:** 2 hours of FREE babysitting per day
- **4 Locker Rooms**
- **Family Changing Room**
- **Fully-Licensed Childcare Center:** Rates vary based on age of children and number of days of care needed.



## Other Membership Benefits Include:

- Reductions in program fees up to 50% are offered to members on YMCA programs including: Youth and Adult Sports, Swimming Lessons, Family Programs, Karate, and more.
- Priority Program Registration dates for YMCA programs.
- AWAY Program – Always Welcome At the YMCA. This means your YMCA membership is accepted at most YMCAs across the country. Visit [www.ymca.net](http://www.ymca.net) for locations.
- Guest Passes - All YMCA members are allowed to bring a guest to the facility. See Guest Policy page for more specific information.
- Free Wellness Center orientations
- Volunteer opportunities
- All land and water aerobic classes at no charge
- Fully trained and caring staff always ready to assist you



## Beaver County YMCA Policies

### Smoking Policy

Beaver County YMCA facilities and grounds are smoke & tobacco-free environments.

### Posting Policy

The Beaver County YMCA permits members to post items that may benefit our members. However, the President/CEO must give prior consent.

### Locker Policy

The Beaver County YMCA does not rent lockers or locks. Lockers are provided on a first-come, first-served basis. Members must provide their own locks, which must be removed at the end of the day. Failure to remove a lock will result in cutting the lock and placing all contents in a bag that will be placed in the “lost and found.”

All personal apparel and belongings are to be placed in lockers (locks provided by the member) or left at the Member Service Desk.

Personal-belonging bags are provided at the Member Service desk for keys and other small items. You must sign these bags in and out.



### Locker Room Designation Policy

The Beaver County YMCA is fully committed to meeting our members’ needs. Therefore, the locker rooms in the main hallway are being designated family locker rooms for parents with children of the opposite sex up to 5 years of age on certain days and times. Please see enclosed program guide for specific information.

If you feel uncomfortable with this arrangement please use adult locker rooms in the back hallway.

### Registration Policy

Participants are required to register prior to the first day of a fee-based class or program unless otherwise noted. Additionally, payment for the program must be made to reserve a space. Registration and payment may be completed via telephone with the use of credit cards. Payment at the YMCA may be made via cash, check or credit card.

A waiting list is kept when a class/program becomes full. If a spot in the class should become available, we will begin to phone those on the waiting list from the first ranked person to the last until all available vacancies are filled. If the waiting list is large, another class or program session may be added, if possible.

### Cellular Phone/Photography Policy

Picture-taking cellular phones are prohibited at the Beaver County YMCA.

### Discipline Policy

The Beaver County YMCA is based upon Christian ideals, values and behavior. Conduct is subject to review by the Professional Staff. Actions are reviewed on an individual basis, and unacceptable behavior may result in suspension or withdrawal of membership privileges at the discretion of the President/CEO. Unacceptable behavior will include, but is not limited to the following:

- Physical or verbal fighting or abuse
- Theft
- Profanity
- Vandalism
- Drug or alcohol possession or use
- Any tobacco use
- Misuse of membership card
- Mistreatment of staff/fellow members

Any person who supports the purpose may become a member of this corporation in accordance with such provisions as may be established by the board of directors, and shall so continue to be a member unless the board or its authorized agent concludes, in its sole discretion, that a member has failed to live up to the standards and commitments of being a member of this YMCA.



### Multi-Purpose Room

Before entering Multi-Purpose Room for scheduled events, members must check in with the Member Service Desk. Upon check in, member will trade their membership card for a wristband to gain entry into the multi-purpose room.

### Guest Policy

Guests may visit the YMCA a maximum of 3 times per year. After 4 p.m., guest passes will be only issued to members and guests who are 12 years of age and under or 30 years of age and older. Those who are 12 and younger must be accompanied by a parent or guardian with photo identification.

On the fourth visit, a multi-day pass or membership must be purchased to continue to use the Beaver County YMCA.

- Multi-Day Guest Pass – This pass works as a 3-day or 7-day pass. Patrons can only purchase three passes within one year. Fees from passes will be applied to joiner's fee if a purchasing decision is made within 30 days of the expired multi-day pass.

Cost for a 3-day pass is \$21 for an individual, and \$27 for a family. Cost for a 7-day pass is \$42 for an individual and \$48 for a family. The Beaver County YMCA may, at its sole discretion, cancel any and all remaining visits for any reason.

### YMCA A.W.A.Y.

A.W.A.Y. means "Always Welcome at YMCAs." The A.W.A.Y. program is based on the philosophy that when a person enrolls in a YMCA, he or she becomes a member of a nationwide association of people that helps build strong kids, strong families and strong communities and therefore, when away from home, on business or vacation, will be warmly welcomed by all other participating YMCAs in the United States. A YMCA's participation in this program is voluntary. Some restrictions apply.

Because each local YMCA sets its own policies, each participating YMCA in the A.W.A.Y. program develops its own local restrictions. Many participating YMCAs have no restrictions on visiting Y members. Restrictions may include "visits by members of YMCAs within 50 miles are limited to four per month," "visiting members may only use the facility at certain hours," "visiting members will be charged half the guest fee," or "visiting Y members are restricted to a limited number of visits each year." If you are planning to visit another YMCA, visit [www.ymca.net](http://www.ymca.net) or call that YMCA for its visitor policies.



## Health & Wellness

YMCAs have led community-based health and fitness for more than a century. Research continues to support the approach to health that YMCAs have taken since 1891 when Luther Gulick proposed the red YMCA triangle as a symbol of a person's "essential unity – spirit, mind and body – each being a necessary and eternal part of man." Participation in Y health and fitness programs offer opportunities for friendship and community, a sense of well-being, self-confidence, and improved mental abilities and cognition – not to mention the obvious benefits of healthy hearts, lungs, bones and muscles. The Beaver County YMCA knows that people of all ages, incomes and abilities can benefit from good health and wellness programs.

Adult programs at the Beaver County YMCA include various aerobic classes; strength training; walking; personal fitness; exercise for beginners; weight management; cycling; and free-weight classes.



- **Wellness Orientations** - The Wellness Center has implemented a new policy for LifeFitness Orientations, which we are offering to our new members. It is a free, thirty minute orientation that shows the basics of the LifeFitness selectorized weight lifting equipment. The instructor will explain proper body alignment, proper range of motion, how to select appropriate weight, identify the equipment instructions, proper cleaning procedures of equipment, and how to use the exercise log sheet.
- **Personal Training** - Achieve your personal best and maximize your workout with motivation and safe fitness-training methods! Sessions can be purchased individually or in a package. Stop by the Member Service Desk for current pricing.  
**Program includes:**
  - Consultation
  - Training program specific to your needs
  - One-on-one training/coaching
  - Body-fat analysis
  - Led by knowledgeable, certified trainers with a degree in exercise science or a fitness certification.

For a complete listing of Health & Fitness programs, see the program guide.

## Health & Wellness Etiquette

- Fitness/walking shoes only. No work boots, tongs, sandals, or dress shoes.
- Proper clothing is required. No over exposing or inappropriate clothing.
- Clean up after yourself. Please return free weights, bars, benches, and accessories back to their proper place.
- Please ask attendants for a demonstration if any questions arise.
- Be courteous and allow others to "work in" between your sets.
- Use the cleaning towels and disinfectant bottles to wipe down machine upholstery.
- When members are waiting, there is a 30-minute limit on all cardiovascular equipment.
- Members must not congregate around equipment inhibiting its use by other members.
- Members under 15 years of age are not permitted into the Wellness Center unless he/she is accompanied by a parent/guardian and possesses an "Under 15" training card.
- Members 9-14 may attend aerobic classes with parent/guardian. Members 15 and older on own.



## Cardio Wait List

When cardio area is busy, members may be put on wait list to reserve a machine for use once machine becomes free. See Wellness attendant for more information.

## Gym & Track

### Gym

1. A schedule is available at the member service desk. The schedule changes seasonally and is subject to modification for YMCA events and programs.
2. No hanging from the basketball rims.
3. Basketballs and volleyballs may be checked out at the front desk. You must allow the Member Service Desk to retain your membership card or some other type of valuable as security when checking out equipment. You are responsible for returning equipment. Your membership card will not be returned without returning the checked out equipment.
4. Proper court shoes are required in order to use this area.

### Track

1. This area is open to members 15 years and older.
2. This area is not an observation deck unless otherwise designated for a specific event.
3. All persons who use the indoor track must follow the posted direction (clockwise on odd days, such as 1st, 3rd, etc., and counter-clockwise on even days 2nd, 4th, etc.).
4. The inner lanes are for faster participants; the outer lanes are for slower participants.
5. Proper court shoes are required for participation in this area.
6. 16 times around the track equals 1 mile.



## Racquetball/Wally Ball Reservation Procedure

The YMCA is a membership organization. The facility is to be used by our members and the courts can be reserved by members only.

1. Courts may be reserved one day in advance (i.e. we begin taking court reservations for Tuesday beginning at 6 a.m. Monday).
2. Courts can only be reserved for a one-hour period beginning on the hour only. If no one has reserved the court after the reserved hour, play may continue.
3. Members may not make reservations in other member names.
4. The YMCA reserves the right to reserve the courts for special programming.
5. The use of goggles and safety string must be used at all times. Additionally, street shoes or black-soled shoes are not permitted.



## Aquatics

YMCAs have been teaching people to swim for more than a century. In YMCA aquatics programs, children learn to be safe around water and they feel the sense of accomplishment that comes with learning something new.

At the Beaver County YMCA, we offer:

- **Parent/child (6-36 months) swim lessons** - We spend time getting children comfortable in water and use games to expose them to basic movements in water.
- **Preschool swim program (3-5-year olds)** - The children are taught the basic skills that are the building blocks of swimming. The participants are divided into skill levels and the class size is such that the instructor can provide children with individual attention.
- **The Youth Swim Program (ages 6 and up)** comprise five main components: personal growth, personal safety, stroke development, water sports and games, and rescue. Each skill level builds upon the preceding level, with seven levels covering all the strokes, diving fundamentals, and safety skills.

Other YMCA aquatics programs include lessons for adults; lifeguarding; family swims; water exercise and therapy and water sports, including aqua aerobics, water walking, arthritis class, and aqua jog.

For a complete listing of aquatics opportunities, see the program guide or ask for the Aquatic Director.

## Swimming Pool Etiquette

A swimming pool schedule is printed in the program guide, available at the Member Service desk, and posted in the swimming pool area, as well as areas throughout the building. The pool schedule changes seasonally and is subject to change for YMCA events and programs.

Safety is the main priority in the pool area. For everyone's welfare, the following rules apply:



1. All swimmers **MUST** wear proper swimming attire.
2. Please shower before entering the pool and after use of Whirlpool, Steam Room or Sauna.
3. Swimmers **MUST** stay in designated area.
4. Diving **ONLY** permitted along back wall.
5. Lanes are for lap swimming and swimming lessons **ONLY**.
6. **NO** running.
7. **NO** food, drink or glass containers in pool area.
8. **NO** foul language.
9. **NO** pushing or other dangerous horseplay.
10. **NO** flips or backward dives into the pool.
11. **NO** hanging on lane ropes.
12. **NO** walking in flippers on pool deck



13. **NO** inflatable pool rafts or toys.
14. Proper use of pool equipment is required.
15. To swim in deep end, a Lifeguard may require you to pass a swim test (1 length of the pool).
16. Be considerate. **NO** yelling or other loud noises.
17. Children 6 years of age and younger must wear a provided PFD if not accompanied by an adult in the water.
18. Lifeguards and Management reserve the right to deny use of the pool to anyone at any time.



### Whirlpool/Sauna/Steam

Before entering or using, elderly persons, pregnant women, and those with health conditions requiring medical care should consult a physician.

- Proper swimming attire is required.
- Use of sauna/steam room/whirlpool is prohibited by patrons under the age of 14.
- Use while under the influence of alcohol or drugs is not permitted.
- Long exposure may result in nausea, dizziness or fainting; **DO NOT EXCEED 10 MINUTES.**
- Do not stand on the whirlpool deck. Please use steps to enter and exit.
- Please shower before entering.
- No exercising in the whirlpool/sauna/steam room.
- No food, drink or glass containers in whirlpool/sauna/steam area.
- Do not wear jewelry or metal objects in sauna.
- Use of oils, scented oils or aroma therapy in the sauna/steam room is not permitted.
- No shaving in the sauna/steam room.
- After using sauna or steam rooms, please rinse off before entering the pool.



## Childcare

The Beaver County YMCA is dedicated to providing high-quality, affordable childcare. As the nation's largest provider of childcare programs, YMCAs provide family-centered, values-based programs to nurture children's healthy development. Well-trained staff provides safe, affordable, high-quality care so parents can have peace of mind while they work. Staff members are partners with parents and other caregivers, working together to help kids grow up healthy, happy and strong.

The Beaver County YMCA provides Childcare in several different locations. All of our Childcare Centers are fully licensed by the Department of Public Welfare. We provide a safe and secure environment in which children can develop to their fullest potential.

Childcare is provided year-round at the YMCA for children six (6) weeks through preschool age, Monday through Friday from 6 a.m. until 6 p.m. Breakfast and afternoon snack are provided. Preschool classes are provided for the preschool-aged children during the school year.

Childcare is also provided off-site in neighboring communities, including after-school care for children in kindergarten through age 12. Call the Childcare Director for specific locations.

Childcare is available at the YMCA location for school holidays, snow days and summer for a nominal fee.

We offer both full-time and part-time rates with a minimum of three (3) days. All registrations are done by appointment.

For more information, or to schedule an appointment to enroll, call 724-891-5542.



## Child Watch Guidelines

- Child Watch is a free service to our members.
- Parents/guardians must be in the building at all times.
- Parents must sign child(ren) in and out of Child Watch and provide valid photo ID. Person who signs child in is the only one permitted to pick child up.
- Only staff is permitted in the care-giving area when children are present.
- Please notify staff of any health issues.
- Children with fevers and/or contagious illnesses are not permitted in the Child Watch area.
- Staff members reserve the right to refuse any child who appears to be sick or endangering others.
- Please change diapers or give your child the opportunity to use the bathroom prior to entering the Child Watch area.
- No snacks are permitted in the Child Watch area. However, sippy cups are permitted if they contain water only.
- Toys from home are not permitted, and the YMCA will not be responsible for lost or stolen items.
- Please label all belongings.
- There is a 2-hour time limit per child.
- Parents/guardians are asked to please limit the time they are in the room to five minutes for drop off and pick up.
- Parents/guardians of children who are inconsolable or excessively exhibiting disruptive behavior for extended periods of time will be asked to come and get their child(ren).



### Youth

Youth programs at the Beaver County YMCA are varied and diverse, focusing on each child's individual needs, as well as group dynamics and course objectives.

### Adult

The Beaver County YMCA also offers a variety of adult sport programs throughout the year.

For a complete list of adult or youth offerings, see current program guide or contact the Youth Director, 724-891-8439.

### Older Adults

The Beaver County YMCA and Highmark are pleased to offer the SilverSneakers® program for local senior citizens. Highmark reimburses the YMCA for memberships of senior citizens who are members of Highmark and attend the Y regularly.

SilverSneakers® are entitled to everything that a YMCA membership offers, in addition to special classes designed for SilverSneakers®.

For complete information, see our program guide, or contact the Group Exercise & SilverSneakers® Director.





## Community Development

The YMCA believes we all need a place to belong—a place where we genuinely care about one another, share in decisions, treat each other with respect and pull together for a common cause. The Beaver County YMCA brings together people from different walks of life in an environment where all can feel comfortable.

Each year, the Beaver County YMCA addresses a topical issue and develops community programs. Past topics have included terrorism, anger-management, unemployment, and health & wellness. To support these topics, the YMCA has held lecture series, a teen summit, and luncheon programs to share appropriate information with the community.

Some of the ways we reach out into the community include:

- Christmas of Giving
- Family Nights
- Teen Nights
- Scholarships
- SilverSneakers®
- Wellness Lectures
- AARP Drivers Education
- Playgrounds
- Community Pools
- Fitness Classes at the Senior Housing Authority
- Camps

At the Beaver County YMCA, we pride ourselves on serving others. Feel free to share an idea or program suggestions. We are Beaver County's "solution provider."

For more information on these and other programs, check out the enclosed program guide, contact the Vice President of Operations or the Vice President of Member Service, 724-891-8439.

