



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TOGETHER EVERYONE ACHIEVES MORE

AT THE GREENSBURG YMCA



Program Guide 2015
www.greensburgymca.org



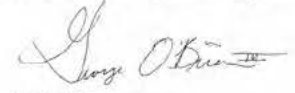
GENERAL INFORMATION

FROM GEORGE'S DESK

Over the past two years, the Greensburg YMCA has invested more than \$358,000 into our facility. These improvements give our members more access and features than ever before. In addition, we have increased the value of your membership: Both land and water group exercise classes are now included in all Greensburg YMCA memberships; We instituted a shared membership with the YMCA of Laurel Highlands, which allows our members to access their facility; We now offer Silver Sneakers, the nation's leading exercise program for active older adults. We are also collaborating with the City of Greensburg to provide recreation programs. We are excited about programs and encourage you to participate!

The Greensburg YMCA is so much more than just an exercise facility. We are committed to making a difference in our community through a variety of programs and outreach.

Again, thank you for your interest and support of our YMCA.



Regards,
George O'Brien, Chief Executive Officer

SESSION DATES

WINTER 1
January 5 - March 1
SPRING 1
March 2 - April 26
SPRING 2
April 27 - June 21
Summer 1
(9 wks) June 22 - August 23
Summer 2
(4 wks) June 22 - July 19
Summer 3
(5 wks) July 20 - August 23
FALL 1
August 31 - October 25
FALL 2
October 26 - December 20

OPERATING HOURS

Peak Season 10/1-5/31
Mon-Thurs 5am - 10pm
Friday 5am - 9pm
Saturday 6am - 7pm
Sunday 6am - 4pm
Non-Peak Season 6/1-9/30
Mon-Thurs 5am - 9:30pm
Friday 5am - 8:30pm
Saturday 6am - 7pm
Sunday 6am - 4pm
Child Watch Hours
Mon-Fri 8:30am - 12pm
Mon-Thurs 5pm - 8:30pm
Saturday 8am - 10am

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OUR FACILITY INCLUDES:

- Cardio Center
- Cybex and Free Weight Center
- Two Group Exercise Studios
- Full Size Gymnasium
- 25 Yard Pool
- Warm Water Pool
- Racquetball Courts
- Early Childhood Learning Center (Ages 6 wks - 5 yrs)
- Female Sauna
- Men's Locker Room Steam Room
- Locker Rooms and Men's Health Center
- Family Changing Room
- Chapel, Multipurpose, and Personal Training Room
- Gymnastics Center (Annex)



OUR MISSION

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

OUR FOCUS

Our areas of focus include Youth Development, Healthy Living, and Social Responsibility. We strive to develop youth through our program departments including aquatics, child development, gymnastics, and other sports. Our healthy living focuses on educating our members and program participants on the importance of healthy lifestyle choices. Lastly, but equally important, is our focus on social responsibility and impact.

We have been making a difference in the Greensburg Community for over 155 years and will continue to do so through our mission work.

GENERAL INFORMATION

FROM THE MEMBERSHIP DEPARTMENT

As a non-profit, charitable, and volunteer led organization, we are much more than a fitness facility. However, we acknowledge that most of our members are here to become healthier in spirit, mind, and, specifically, body. Please use this brochure as a guide that high-lights some of the Greensburg YMCA's offerings.

For more information about membership please contact the Director of Membership & Community Relations Heather Pfeifer, at h.pfeifer@gbgymca.org or (724) 834-0150 Ext. 127.

MEMBERSHIP RATES

| CATEGORY | JOINER'S FEE | MONTHLY DRAFT | ANNUAL FEE |
|------------------------------------|--------------|---------------|------------|
| Youth (infant-18 yrs) | \$25.00 | \$16.00 | \$192.00 |
| College (full-time student) | \$25.00 | \$23.50 | \$282.00 |
| Sr. Citizen Restricted* (62 yrs +) | \$50.00 | \$20.50 | \$246.00 |
| Sr. Citizen (62 yrs +) | \$50.00 | \$34.00 | \$408.00 |
| Adult (over 18 yrs) | \$75.00 | \$37.25 | \$447.00 |
| Single Parent Family | \$75.00 | \$41.50 | \$498.00 |
| Family/Household | \$100.00 | \$56.75 | \$681.00 |
| Health Center | \$100.00 | \$64.75 | \$777.00 |
| Health Center Family | \$100.00 | \$76.00 | \$912.00 |

All fees are non-refundable.

Members are responsible for notifying the membership office of any change in membership status in order to qualify for a new membership category (i.e. college and senior citizen).

- * Sr. Citizen Restricted Members are only able to access the facility 9 am - 3 pm, Monday - Friday.
- ** Summer Youth Memberships are available for \$67 for three months plus a \$25 joiner's fee.

PAYMENT OPTIONS

To better serve you, membership payments may be made with a single yearly payment or our monthly draft method. The monthly draft method deducts 1/12 of the annual fee from your checking account or we can charge a debit or charge card. We do not charge a service fee. We accept Visa, MasterCard, and Discover. All account changes will need to be made before the first of the month.

JOINER'S FEE

All new Y members are required to pay a **one-time** joiner's fee with the initial payment. Members who terminate their membership have 30 days from the date of termination to rejoin without being charged the fee again. All fees collected are placed into a fund to ensure our equipment and facility are meeting the needs of our members and program participants.



CHILD WATCH

CHILD WATCH

Child Watch is a place for little ones to stay and play while the parent enjoys the various activities the YMCA has to offer. Parents may sign in their children ages 6 months to 12 years of age with our dedicated Child Watch staff. They will have the opportunity to explore various toys, create art, read stories, or participate in Wii Sport and Fitness activities. Child Watch services are free to YMCA members as long as they remain in the building.

DROP 'N' GO CHILD WATCH

Available during Child Watch hours, for Y members only. This program allows parents the opportunity to drop off their children and leave the facility to run errands or attend appointments for a maximum of two hours. This program is for potty trained children ages 3-12. The cost is \$10 per hour per child with a maximum total cost of \$40 per visit per family regardless of number of children and length of stay. Payment and registration is required 24-hours in advance, at the Welcome Center.



MEMBERSHIP INFORMATION

CANCELLATION POLICY

The YMCA does not require contracts. You may cancel your membership at any time. **All monthly draft memberships must be cancelled in person by the first of the month in order to not be drafted for that month.** Please visit the Welcome Center to fill out a cancellation form. Failure to do so will result in that month's draft being non-refundable. Please remember it is your responsibility to check your statement after cancellation to make sure no additional charges have been taken.

LOCKERS

The Greensburg YMCA offers "Day Use" lockers for your convenience. Lockers are available in both the men's and women's locker room. If you would like to reserve a locker to keep items at the facility, you may rent one for the year for \$36.00. Locks will not be provided as it is the responsibility of our members to secure their lockers with their own locks. The YMCA is not responsible for any lost or stolen items.

FINANCIAL ASSISTANCE

The Greensburg YMCA will not deny membership or program participation to any person or family based on an inability to pay fees. Financial assistance is available to individuals or families based upon a sliding fee scale. Partial funding will be available upon the completion and review of a financial assistance application completed by the applicant. Applications are available at our facilities, online, and off-site program locations. Funds are made available by the generous donors of our Strong Kids Campaign and from the United Way of Westmoreland County.

PAY TO PLAY POLICY

To be eligible to participate in any Greensburg YMCA program or class all payments are due upon registration. If your account becomes delinquent, your membership, including program participation, will be placed on a credit suspension until payment is received in full.

GUEST POLICY

Adult members are entitled to two guest passes when they initially join along with two additional passes each year. Members who bring a guest must accompany the guest(s) at all times while using the facility. Members may purchase additional guest passes for \$10 per guest.

A.W.A.Y. PROGRAM

The A.W.A.Y. Program is based on a YMCA membership philosophy that says: When a person enrolls in a YMCA, he/she becomes a member of a nationwide association of people that help build strong kids, strong families, and strong communities. Therefore, when away from home on business or vacation, each member will be warmly welcomed by all other participating YMCAs in the United States. Each Y has its own policy on visits so please call ahead to learn about their policy.



HEALTH AND WELLNESS

FROM THE WELLNESS DEPARTMENT

For more information about Wellness, please contact the Director of Wellness and Aquatics, Julianne Hezlep, at j.hezlep@gbgymca.org or (724)834-0150 Ext. 122.

PERSONAL TRAINING

Personal training is a focused one-on-one session that will amplify your workouts. An exercise routine will be developed personally for you to help in achieving your wellness goals. We can be of help to the "beginner" as well as the "trained" individual.

Our staff has an extensive background in many areas of training focusing on cardiovascular health, muscular strength, muscular endurance, flexibility, and core strength.

Pricing for training sessions

- 1 session – \$40.00
- 5 sessions – \$180.00
- 10 sessions – \$360.00

MEMBER BENEFITS

Equipment Orientation – Our wellness staff will provide basic instruction on how to properly use the cardio and Cybex equipment. To schedule your orientation please visit the Welcome Center.

Fitness Assessment – This includes meeting with our wellness staff to discuss your health, nutrition, and wellness goals to determine the best way to reach those goals.

DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program is a one year community-based program led by a trained Lifestyle Coach in a classroom setting. Participants work together in small groups for 16 (1 hour) weekly sessions followed by eight monthly sessions to incorporate healthy eating and moderate physical activity into their daily lives.

Program Goals

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week
- Healthy eating and lifestyle changes
- Reduce the risk of developing Type 2 diabetes



For more information, please contact Jennifer Post at jpost@ligonierymca.org.

SENIOR FITNESS PROGRAMS

FROM THE MEMBERSHIP & WELLNESS DEPARTMENT

The Greensburg YMCA is very excited to announce that Silver Sneakers will be accepted starting January 1, 2015. In addition to Silver & Fit and Forever & Fit, Silver Sneakers insurance holders membership fees will be paid from the insurance provider. The classes listed below are also offered free to private paying members. The Greensburg YMCA offers a variety of intensity levels of group exercise classes to suit the needs of all members. For more information regarding funded YMCA memberships, please contact the Director of Membership & Community Relations, Heather Pfeifer, at h.pfeifer@gbgymca.org or (724) 834-0150 Ext. 127. For more information regarding group exercise classes, please contact the Director of Wellness & Aquatics, Julianne Hezlep, at j.hezlep@gbgymca.org or (724) 834-0150 Ext. 122.



Happy Hinges (Low/Moderate Intensity)

This class consists of rotation exercises to help alleviate the symptoms of arthritis and focuses on improving range of motion in troubled joints. Classes are held in our training pool which has a warmer water temperature. This pool is equipped with a hydraulic lift to assist you in entering and exiting the pool.

Golden Aqua Aerobics (Low/Moderate Intensity)

This exercise class is low impact cardio in the warm water pool. Participants have the option to use equipment for resistance training to strengthen and tone their total body. Class format will improve flexibility through rotation exercises and stretching. No swimming skills required; shallow water pool with chair lift to aid participants to enter and exit the pool.

Senior Citizen Swim (Low/Moderate Intensity)

Come join our 45 minute shallow water exercise, calisthenics and conditioning. Guaranteed to be full of excitement and fun while keeping your joints loose and ready to conquer your day.

H2O Workout (Low/Moderate Intensity)

This class is offered in the shallow end of the main pool and the class format includes cardio exercises with or without hand paddles which are used for resistance. Participants can expect to improve their strength, range of motion, and learn how to use aerobic steppers. Participants are able to follow the instructor's cues at their own pace.



SILVER AND FIT

SILVER&FIT: EXPLORE

This level is for older adults who have no prior experience with exercise programs. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, muscular strength, and cardiovascular endurance.

SILVER&FIT: EXPERIENCE

This level is for moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power, and cardiovascular endurance.

SILVER&FIT: EXCEL

This level is for very active older adults who regularly exercise three or more days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength, power, and cardiovascular endurance.

YOGA

Powered by Yoga Fit, Silver and Fit Yoga is specifically designed for the active aging adult. The class combines a series of poses to increase flexibility, range of motion, strength, posture, and body awareness and will deliver a comprehensive and beneficial workout. Silver and Fit Yoga is user friendly and easy to follow format and is appropriate for any fitness level.



GROUP EXERCISE

FROM THE WELLNESS DEPARTMENT

Just like the Wellness Center transformation our facility has gone through, new and exciting classes are offered at the Greensburg YMCA. We are providing new classes to help meet the needs of our members and guests. All members can participate in any of these group exercise classes and non members can participate by purchasing a \$40.00, six class pass. We encourage our members to come experience the world of group exercise to enhance their wellness experience. Classes offered can be found online at greensburgymca.org or on our group exercise tri-fold that can be found at the Welcome Center. For more information about group exercise, please contact the Director of Wellness and Aquatics, Julianne Hezlep at j.hezlep@gbgymca.org or (724) 834-0150 Ext. 122.

Intensity in-ten-si-ty noun \in- ten(t)-s -tè\
Relative (physiologic) difficulty of the exercise, how hard the exertion feels.

Low Intensity: This level is for those who are ready to begin their fitness journey. Classes will ease the body back into an active lifestyle, for those who have a higher activity level; this class can still be used as a recovery exercise session.

Medium Intensity: This class is for those who want to start challenging themselves to a higher physical fitness level. The level of exertion will increase for the individuals along with allowing the participants to gain new techniques and experiences. For those who have a higher activity level, this level allows them to improve skills and technique at a higher intensity.

Active Intensity: This is for the seasoned active individual. Your instructor will push the limits of your physicality and coach you into a more difficult exercise experience. These classes are not for those who do not want to advance their fitness levels at a high level. Be prepared to bring that heart rate into your target zone.



“Since becoming a member in 2006, the YMCA has become an extended family to me. The Yoga classes are my favorite activity.”



CLASSES

All classes are 45-60 minutes long dependent upon the instructor, please arrive on time to class. Cycle classes are popular at the Greensburg YMCA, please call in advance to reserve a bike due to the limited number.

TRY OUR NEW GROUP EXERCISE CLASSES!

Cycle - This class will take you through intervals, rolling hills, sprints, climbs, and runs, with surges of music hand-picked to motivate and inspire!

Step Interval - A cardio and toning workout that will include props such as weights, bands, balls, and mats.

HIIT Group Exercise - High Intensity Interval Training! For people who want to push their intensity level causing you to exert a high amount of effort in a short amount of time.

Group Exercise Classes

Advanced Yoga (Moderate/Active)

Cycle (Low/Moderate/Active)

HIIT (Active)

Les Mills Body Pump (Moderate/Active)

Step Interval (Low/Moderate)

Strengthen & Tone (Low/Moderate)

Yin Yoga (Moderate/Active)

Yoga (Low/Moderate)

Yoga Cycle (Low/Moderate)

Yoga to Go (Low/Moderate)

Yoga Walk (Low)

Zumba (Low/Moderate)

Zumba/R.I.P.P.E.D. (Low/Moderate)

SWIM LESSONS

FROM THE AQUATICS DEPARTMENT

New and great things have arrived in the Aquatics department at the Greensburg YMCA. We are now including all aquatic group exercise classes in our membership. Members can now expand their fitness spectrum with options in the aquatic setting. Our Main Pool offers 6 lanes to be used by our members, swim students, and Greensburg YMCA Swim Teams. Members of all ages can experience aquatics in the warm water pool with our newly renovated environment. **For more information about aquatics, please contact the Director of Wellness & Aquatics, Julianne Hezlep at j.hezlep@gbgymca.org or (724) 834-0150 Ext. 122.**

WARM POOL SWIM LESSONS

SHRIMP - Swimmers will work on water safety, blowing bubbles, putting their face in the water, and an introduction to floating on their backs through games and songs.

PIKE/EEL - Swimmers will be working on becoming comfortable in the water with their instructors by practicing water safety, blowing bubbles, underwater bobs, floating, crawl stroke, and pushing off the wall.

EEL/RAY - Swimmers will work on water safety, floating, crawl stroke, backstroke, underwater bobs, and will be introduced to jumping into the pool and treading water.

RAY/STARFISH - Swimmers will master treading water (30 seconds), freestyle (1 length), backstroke (1 length), and they will be introduced to retrieving objects from the bottom of the pool and side breathing.



MAIN POOL SWIM LESSONS

GUPPY/POLLIWOG - Swimmers will work on treading water, freestyle, backstroke with work on side breathing, and retrieve objects from the bottom of the pool.

GUPPY/MINNOW - Swimmers will continue to work on the freestyle and backstroke with the use of kickboards and fins, as well as retrieving items from the bottom of the shallow end. Deep water skills and safety will be introduced, as well as the sit dive and the dolphin kick in this level.

ADVANCED POLLIWOG/MINNOW - Swimmers will be introduced to deep water skills including jumping off the blocks, sit dive, and retrieving items in the lower depths. The students will master treading water, freestyle, and backstroke with side breathing along with continued work on the side stroke and butterfly stroke during this level of class.

MINNOW/FISH - Swimmers will work on endurance and stamina building drills, such as treading water for three minutes, and are introduced to multiple lap swimming in this level as well as introduction to the flip turn.

FLYING FISH/SHARK - Swimmers are able to swim 4-6 lengths of the pool and will work on competitive starts from the blocks, turns, safety skills, and the mastery of the freestyle, backstroke, and butterfly form and breathing.

PRIVATE SWIM LESSONS

YOUTH PRIVATE SWIM LESSONS

Private swim lessons are available during the day or evening for children ages six months to 18 years of age. Lessons are 30 minutes in length and can be arranged for children of all skill levels of swimming. Lessons are to advance swimmers and refine their techniques by being encouraged to progress at their own pace. These skills include but are not limited to water bobs, front crawl, freestyle, backstroke, side stroke, side breathing, retrieving objects from the bottom of the pool, jumping into the pool, sit dives, diving off blocks, and other swimming skills.

ADULT PRIVATE SWIM LESSONS

Private swim lessons are available during the day or evening for adults ages 18 and above. Lessons are 30 minutes in length and can be arranged for adults of all skill levels of swimming. Each lesson is designed to teach water safety, acclimating the adult to the pool setting, and build skills and techniques to prepare them to swim in all other pools.



COMPETITIVE AQUATICS

FROM THE AQUATICS DEPARTMENT

In addition to the widespread physical benefits, competitive swimming offers young people a supportive, wholesome social outlet, developing team camaraderie and close friendships (some that may stay throughout their lives), learning how to set and achieve goals, self-discipline, and self-confidence building to set them up for a successful future both in and out of the pool. For more information about Greensburg YMCA swim teams, please contact the Director of Wellness and Aquatics, Julianne Hezlep at j.hezlep@gbgymca.org or (724)834-0150 Ext. 122.



STINGRAYS FALL/WINTER SWIM TEAM

The Greensburg YMCA Swim Team (GYST) is a section AA team in the South East section and a member of the United States Swimming Association. The team competes in Y League Dual, District, and State Meets, as well as travel to YMCA National Meets for swimmers who have qualifying times. Swimmers will develop all of the competitive strokes while working on their endurance skills. They will have an understanding of belonging to a team, travel to different Y's and make new friends. It's a GREAT, FUN way to experience competitive swimming. All Stingray swimmers must be a member in good standing and pay dues to compete during the season. Our team is lead by a passionate elite coaching staff along with enthusiastic volunteers.



STINGRAYS SUMMER SWIM TEAM

The first week of the summer Stingray season will begin with a free trial week. Team is fun for your child and will keep them active over the summer. All Stingray swimmers must be a member in good standing and pay dues to compete during the season. Our well seasoned staff and volunteers have many years of experience with competitive aquatics.

2014 GYST Summer Swim Team Pricing

Seniors, Juniors, Preps, and Cadets (Age 9+ years)

- \$175.00 First Child
- \$159.09 Second Child (10% discount)
- \$140.00 Third Child + (25% discount)

Novice/Flippers (Age 8 years & under)

- \$134.00 First Child
- \$121.81 Second Child (10% discount)
- \$107.20 Third Child + (25% discount)

GYST AGE GROUPS

Swimmers compete within their own age groups

- Senior 15 & over
- Junior 13 & 14
- Prep 11 & 12
- Cadet 9 & 10
- Novice 8 & under



www.greensburgymca.org

VETERANS MEMORIAL POOL at LYNCH FIELD



FROM THE AQUATICS DEPARTMENT

Last summer was the kick off year for the Veteran's Memorial Pool, and we are pleased to have the chance to offer it all over again! The outdoor pool offers a giant tube slide, diving board, and baby pool with water mushroom. We also offer group exercise classes, aquatic group exercise classes, swimming lessons, and diving lessons. This is the place to be with family and friends throughout those summer days. Season passes and day passes can be purchased starting in April through the summer. For more information on the Veterans' Memorial Pool, please contact the Director of Wellness & Aquatics, Julianne Hezlep, at j.hezlep@gbgymca.org or (724) 834-0150 Ext. 122.

2015 Outdoor Pool Pass & Day Rates

| Categories | Y Member/Gbg Resident | Non-Member/Non-Resident | Day Passes |
|--------------|-----------------------|-------------------------|------------|
| Family* | \$175.00 | \$235.00 | N/A |
| Adult | \$105.00 | \$145.00 | \$8.00 |
| Child/Senior | \$80.00 | \$110.00 | \$6.00 |

Hours 12-7pm Monday-Sunday *Closed July 4th

*Family consists of two adults and up to four children under the age of 18. Additional family members can be added for \$15.00/pass.



OUTDOOR POOL RENTALS



Regular Hours Rentals
 Members/Non-Profits/Gbg Residents
 \$100/2 hrs. (1-15 people - Add \$5/person over ratio)
 \$200/2 hrs. (46-100 people)

Non-Members/For Profits/Non-Gbg Residents
 \$200/2 hrs. (1-15 people - Add \$10/person over ratio)
 \$400/2 hrs. (46-100 people)

After Hours Rentals (6-8 pm)
 Members/Non-Profits/Gbg Residents
 \$250/2 hrs. (1-100 people)
 \$275/2 hrs. (101-150 people)

Non-members/For Profits/Non-Gbg Residents
 \$500/2 hrs. (1-100 people)
 \$550/2 hrs. (101-150 people)

For more information about Veteran's Memorial Pool Rentals, please contact the Senior Program Director, Drake D'Angelo, at d.dangelo@gbgymca.org or (724) 834-0150 Ext. 131.

ADVENTURE CAMP (GREENSBURG & UNITY TWP)

FROM THE CHILD DEVELOPMENT DEPARTMENT

Is your child ready for an action-packed, fun-filled summer? The Greensburg Y is the answer for all your day camp needs! Our Adventure Camp is a traditional camp feel with outdoor activities, **daily swimming***, local excursions, weekly field trips, theme related crafts, educational projects, and character development. **For additional information about Adventure Camp please contact the Child Care Director, Jennifer D'Angelo at j.dangelo@gbgymca.org or (724) 834-0150 Ext. 151; or the Youth Director, Melissa Thompson, at m.thompson@gbgymca.org or (724) 834-0150 Ext. 113.**

CONTACT INFORMATION

Youth Director

Melissa Thompson, m.thompson@gbgymca.org

Child Care Director

Jenn D'Angelo, j.dangelo@gbgymca.org

Senior Program Director

Drake D'Angelo, d.dangelo@gbgymca.org



HOURS OF OPERATION

June 8-August 21

Regular Camp Hours

Drop off

Pick up

Extended Camp Hours

Monday - Friday

9:00am - 3:30pm

8:45am - 9:00am

3:30pm - 3:45pm

6:45am - 9:00am

3:30pm - 6:00pm

ADVENTURE CAMP INFORMATION

AGE GROUPS

Pirates

Grades K-2

Explorers

Grades 3-5

Voyagers

Grades 6-8

CIT's

Grades 9-11

DAILY SWIMMING*

*The youngest campers (5 years of age) must have completed Kindergarten to participate in Adventure Camp or Sports Camp. Please refer to page 12 for information on our Early Childhood Learning Center if your child has not yet completed Kindergarten.

WEEKLY FIELD TRIPS (Now Including Sports Camp!)

Some exciting fieldtrips include Keystone State Park, Ohio Pyle, The Pittsburgh Zoo & PPG Aquarium, Pittsburgh Pirates game, and Washington Wild Things game.

*Field trip dates are subject to change

WEEKLY EXCURSIONS

Our campers will enjoy a variety of local excursions throughout Greensburg such as Veterans Memorial Pool at Lynch Field, The Greensburg-Hempfield Library, St. Clair Park and The Palace Theatre.

DAILY CLUBS & SWIMMING*

The children enrolled in Adventure Camp will have the opportunity to choose from several clubs each week. This is a time for them to engage in small group activities related to topic they truly care for such as music & dance, fitness, cooking, nature & exploration and sports.



PRICES AND PAYMENT POLICIES

Part-time (1-3 days/week)

Regular Camp

\$100/YM, \$135/NM*

Extended Camp

\$120/YM, \$145/NM*

Full time (4-5 days/week)

Regular Camp

\$130/YM, \$160/NM*

Extended Camp

\$160/YM, \$180/NM*

Non-members may purchase a Three Month Youth Membership for \$67.00 plus a \$25.00 joiner's fee.

Registration begins April 1, 2015. There is a \$40.00 Registration Fee that must be paid at the time of enrollment to camp. All children must be enrolled for the week of camp they are attending Monday, one week prior. Any registrations processed after that Monday will incur a \$15 processing fee. Adventure Camp Packets and Sports Camp Packets can be picked up at The Greensburg YMCA Welcome Center or found online at www.greensburgymca.org.

CCIS Funding is accepted for Adventure Camp and Sports Camp.

* Please refer to our website for sibling discount information and restrictions. Thank you.

ADVENTURE & SPORTS CAMP INFORMATION

Extended Camp Services

Extended camp services are available for Adventure Camp and Sports Camp. Extended camp hours will be held from 6:45am-9:00am and 3:30pm - 6:00pm

Drop Off & Pick Up

Drop-off and Pick-Up for Adventure Camp and Sports Camp will be held in the gymnasium of the YMCA. Each child must be signed in and out of camp daily by their parent or an adult 18 years of age or older. Current photo identification is required of each adult at pick-up time. Please notify the Youth Director if anyone other than those adults listed on the Emergency Contact Form will be picking up your child.

Our Camp Team

The success of any camp is a direct reflection of the quality of the camp counselors and coaches. Our individuals are selected based on their experience, education, attitude and desire to work with children. Each counselor and coach receives training in First Aid, CPR/AED, YMCA Child Abuse Prevention, Mandated Reporter, Character Development and Water Safety.

Positive Guidance

Counselors follow positive reinforcement guidelines and focus on the use of the Character Development Values of Honesty, Caring, Respect, Responsibility, and Faith.

Weather

In the event of inclement weather please refer to our Inclement Weather Policy, which can be found at www.greensburgymca.org.

Swim Test

All participants in Adventure Camp and Sports Camp will be tested to determine their swimming ability prior to entering the pool. This testing includes swimming crawl stroke with rotary breathing for 40 feet, treading water for 60 seconds in the deep end, and swimming on their back for 40 feet. Participants that fail the test will be required to swim in the shallow end only. This test will be performed at the YMCA Pool as well as at Veterans Memorial Pool at Lynch Field.

***Daily swimming & water activities pending inclement weather and field trip days.**

SPORTS CAMPS

FROM THE SPORTS DEPARTMENT

Do you have a child that eats, sleeps and breaths sports? The Greensburg YMCA is the answer for all your sport camp needs! Our Sports Camps features drills and skill development, **daily swimming***, sport specific games, a focus on positive sportsmanship and character development. Sports Camps will NOW be attending the WEEKLY FIELD TRIP with Adventure Camp! **For additional information about Sports Camp please contact the Senior Program Director, Drake D'Angelo at d.dangelo@gbgymca.org or (724) 834-0150 Ext. 131; or the Youth Director, Melissa Thompson, at m.thompson@gbgymca.org or (724) 834-0150 Ext. 113 during the camp.**

CONTACT INFORMATION

Youth Director

Melissa Thompson, m.thompson@gbgymca.org

Child Care Director

Jenn D'Angelo, j.dangelo@gbgymca.org

Senior Program Director

Drake D'Angelo, d.dangelo@gbgymca.org

SPORT SPECIFIC CAMPS

- Y Rookies (Grades K-3)
- Y Winners (Grades 4-8)

Throughout the summer we will focus on the sports of football, soccer, hockey, basketball and volleyball. Each week the coaches will teach the fundamentals of the specific sport, engage in games of the sport and discuss sportsmanship as guided by the YMCA character values of respect, responsibility, honesty, caring and faith.

VARIETY SPORTS CAMPS

- Y Rookies (Grades K-3)
- Y Winners (Grades 4-8)

Variety Sports Camp is perfect for children who are interested in all sports such as basketball, football, soccer, kickball, and volleyball. This camp serves as an introduction to at the minimum all the sports listed above with a goal of skill development and fun.

BITTY SPORTS (Grades K-3)

This is the only half day camp option available, it starts at 9 am and ends at 12 pm. The children will be introduced to sports such as basketball, football, soccer, kickball, and volleyball. They will learn the fundamental skills needed for each sport, engage in group game play, and have fun while encouraging good sportsmanship.



DAILY REMINDERS! (Adventure & Sports Camp)

Bring a packed lunch with a beverage.

Please use an ice pack if necessary.

Do not send items that need heated, as we do not have access to a microwave during camp.

Bring a water bottle or container to re-fill, water is provided throughout the day.

Pack a swimsuit and towel.

Wear sunscreen and bring a bottle to be reapplied throughout the day.

Mark ALL belongings with the camper's name.

Sandals are not permitted in camp, please wear sneakers or shoes suitable for running.

Please leave electronics, toys, games, magazines etc. at home.

The YMCA is not responsible for lost or broken items.



FINANCIAL ASSISTANCE

The Greensburg YMCA strives to never turn any child away due to the families inability to pay for programming. With that in mind we will accept two forms of assistance in defraying the costs of camp. One way is through the YMCA Strong Kids Campaign. The YMCA is able to grant scholarships to families in need due to the generosity of local businesses and individuals who donate monies to the campaign. We encourage those who may not be able to afford camp services on their own to complete a Financial Assistance Application and submit it to the Welcome Center of the YMCA. Please allow up to four weeks for processing. Additionally both Adventure Camp and Sports Camp accepts payment from Child Care Information Services (CCIS). Families should contact CCIS of Westmoreland County to inquire if they are qualified (724-836-4580).



www.greensburgymca.org

EARLY CHILDHOOD LEARNING CENTER

FROM THE CHILD DEVELOPMENT DEPARTMENT

At the Greensburg YMCA infants develop trust and security, toddlers explore with their senses and make friends, and preschoolers experience early literacy and learn about their world. For additional information about the Early Childhood Learning Center, please contact the Child Care Director, Jennifer D'Angelo, at j.dangelo@gbgymca.org or (724) 834-0150 Ext. 151.



Hours of Operation

6:45 am to 6:00 pm
Structured academic activities begin at 9:00 am

Enrollment Options

- Full Time (4-5 days per week)
- Part Time (3 days or less per week)
- Full Day (5 hours or more per day)
- Half Day (5 hours or less per day)

Secure Locations

The Early Childhood Learning Center is located on the 2nd floor of the Greensburg YMCA. The center has a security system in place which requires a proxy card to enter. Each family enrolled in The Early Childhood Learning Center will receive their proxy card at the time of enrollment. Additionally, security cameras have been installed throughout the center to help us provide a safe, secure and healthy learning environment for each of the children in our care.

Ages 6 weeks - 5 years old

The Early Childhood Learning Center is a STAR 3 Keystone Star Accredited Center licensed by the Department of Public Welfare, which focuses on the educational and developmental needs of children ages six weeks through five years. While using the Creative Curriculum, our YMCA teachers incorporate the skills needed for school-readiness into their lesson plans that center around a weekly theme and are in alignment with the PA Early Learning Standards. The children enhance their social, emotional, cognitive, and physical skills while engaging in our various learning centers. With our location in the heart of Greensburg, our children enjoy going on local excursions to the Greensburg-Hempfield Library, St. Clair Park, and Veterans Memorial Pool at Lynch Field. Additionally the Toddler, Preschool and Pre-K students all participate in a weekly structured swim lessons with our YMCA swim instructors.



Facility Features

Children enrolled in The Early Childhood Learning Center have the benefit of using the YMCA swimming pools, outdoor play area, gymnasium and dance studios as a part of their curriculum day. The Toddler, Preschool and Pre-K children participate in weekly swim lessons with a YMCA swim instructor.



CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

The Early Childhood Learning Center provides healthy meals and snacks to all the children enrolled at the center thanks to The Child and Adult Care Food Program. The Child and Adult Care Food Program is a federally funded program through the United States Department of Agriculture (USDA) that aids facilities in serving nutritious meals. Our Food Program Coordinator is SafeServ Certified through the Westmoreland County Food Bank and completes weekly menus to ensure the children are enjoying a variety of foods as outlined by the CACFP guidelines. Breads/grains, fruits, vegetables, meats and dairy are all required components. Our milk comes from a local dairy, Turner's Dairy, and is rBST free.

EARLY CHILDHOOD LEARNING CENTER IS A STAR 3 FACILITY

The Early Childhood Learning Center is a Keystone Stars facility. This statewide initiative aims to improve the quality of early care and education given to each child. The participation demonstrates our commitment to each child, as well as reaching higher educational standards to enhance social and emotional development, cognitive skills, and school readiness.



Under the Keystone STARS guidelines, all child care staff are required to take 18 hours of annual training, in addition to CPR, First Aid, Water Safety, Fire Safety, Child Abuse Prevention, Emergency Plan Training, Health & Safety Training, Curriculum Training, & Assessment Training.

The Keystone STARS program evaluates the center annually to ensure STARS requirements are met.

BEFORE & AFTER SCHOOL ENRICHMENT

FROM THE CHILD DEVELOPMENT DEPARTMENT

The Greensburg Y Before & After School Enrichment is a STAR 1 Keystone Star Accredited program that is licensed through the Department of Public Welfare. The Before & After School Enrichment (BASE) is held on site at various locations in the Hempfield Area and Greensburg Salem School Districts in addition to Aquinas Academy. Children can expect to stay active with group games, art projects, enjoy an afternoon snack and have time to complete their homework. The YMCA's character development values of honesty, respect, responsibility, caring, and faith are at the center of all we do. For more information on the Before & After School Enrichment program, please contact the Child Development Director, Jennifer D'Angelo at j.dangelo@gbgymca.org or (724) 834-0150 Ext. 151 or the Youth Director, Melissa Thompson, at m.thompson@gbgymca.org or (724) 834-0150 Ext. 113.



BEFORE & AFTER SCHOOL ENRICHMENT IS A STAR 1 PROGRAM

Before & After School Enrichment is a Keystone STARS program that aims to improve the quality of care and education given to each child. Under the Keystone STARS guidelines, all child care staff are required to take 6 hours of annual training, in addition to CPR, First Aid, Water Safety, Fire Safety, Child Abuse Prevention, Emergency Plan Training, & Health & Safety Training.



The Keystone STARS program evaluates the center annually to ensure STARS requirements are met.

10 SCHOOL AGE SITES

- Aquinas/Nicely Elementary
- Ft. Allen Elementary
- Hutchinson Elementary
- Maxwell Elementary
- Stanwood Elementary
- West Hempfield Elementary
- West Point Elementary

Sites Coming Soon...

- H.W. Good Elementary
- Mendon Elementary
- West Newton Elementary

HOURS OF OPERATION

Hempfield Schools

6:45 am - 8:45 am
3:00 pm - 6:00 pm

Greensburg Schools

7:00 am - 9:00 am
3:00 pm - 6:00 pm

CHILD CARE BILLING

childcarepayments@gbgymca.org
(724) 834-0150 Ext. 161

YOUTH DIRECTOR

Melissa Thompson
m.thompson@gbgymca.org
(724) 834-0150 Ext. 113

KIDS DAY OUT

Throughout the school year we will hold Kids Day Out (KDO) at the Greensburg YMCA for the school age children of Greensburg Salem and Hempfield Area School Districts. Kids Day Out is offered during scheduled school closures such as a staff in-service day and is based off the school calendars of Greensburg Salem and Hempfield Area School Districts. Registration forms will be available at the individual school age child care sites, as well as at the Greensburg YMCA Welcome Center and on our website at www.greensburgymca.org. Children participating in Kids Day Out must come prepared with a packed lunch, swim suit, and towel.

Emergency Kids Day Out will be held in the event of a Greensburg or Hempfield School District closure. Before & After School Enrichment participants can be dropped off at the Greensburg YMCA gymnasium between the hours of 6:45 am and 6:00 pm. Children will need to come prepared with a packed lunch, swim suit, and towel.



YOUTH SPORTS

FROM THE SPORTS DEPARTMENT

The YMCA is often thought of for its pools and wellness centers, but, it's history of sport runs deep. Basketball and volleyball were both invented in the 1890's by YMCA participants. We carry on the legacy of these sports and more at the Greensburg YMCA. Our youth sport programs put the FUN in fundamentals; we believe that tomorrows great athletes are shaped today through sport programs that focus on skill development, sportsmanship and character building. Our philosophy stems from the belief that children will learn competition later in life and therefore each child will participate throughout the session. For additional information on youth sport programming, contact the Youth Director, Melissa Thompson, at m.thompson@gbgymca.org or (724) 834-0150 Ext. 113

FALL YOUTH SPORTS

CROSS COUNTRY (Fall)

Y Winner

This class is for beginners or those already running longer distances. We will focus on building endurance and running drills to improve each individual's 5K time this session.

VARIETY SPORTS (Fall)

Y Rookie and Y Winner

This class is perfect for children who are interested in all sports such as basketball, football, soccer, kickball, and volleyball. This program serves as a introduction to at the minimum all the sports listed above with the goal of skill building.

VOLLEYBALL (Fall)

Y Winner

This developmental course is designed to teach the participants the skills of volleyball and formations. We will focus on passing, setting, spiking, blocking, serving, and receiving.

Y Rookie = 4-6 years

Y Winner = 7-14 years



WINTER/SPRING YOUTH SPORTS

BASKETBALL (Winter)

Y Rookie and Y Winner

Come out, learn and practice chest passes, bounce passes, dribbling, shooting and defensive basketball skills while having fun. During the class we will have built in game play and all kids participate. This is the only youth sport that has a league option for Y Winners and those games will be held on Saturdays.

JUNIOR PENS FLOOR HOCKEY (Winter)

Y Rookie and Y Winner

This class will introduce the game of hockey to beginners and help advance the skills of players already playing hockey. Kids learn player positions, stick handling and ball control while having fun scrimmaging. We will provide sticks and goalie equipment. We will use foam stick and foam balls/pucks for the Y Rookies. Mouth guards, shin guards and gloves are recommended but not provided.

INDOOR SOCCER (Winter)

Y Rookie and Y Winner

Our indoor soccer program goal is to introduce competitive play in a low pressure, fun environment. We will teach all of the basics, including dribbling and taking shots on goals, plus advanced moves when the group is ready. The first part of the class will be spent practicing drills followed by an everyone plays game.

BASEBALL/SOFTBALL SPRING TRAINING (Spring)

Y Rookie and Y Winner

This NEW program will help you get a jump-start on your season with an emphasis on improving the mechanics of hitting, fielding, throwing, pitching and base running.

TRACK AND FIELD (Spring)

(ages 5-17)

The Greensburg YMCA Track and Field Team, in conjunction with the Three Rivers Association, gives children the opportunity to participate in sprints, long distance runs and field events, like shot put, javelin and long jump. Practices are held at the Greensburg Salem High School track during the week and meets are Saturdays. All abilities are welcome, from the beginner to the elite.

VISIT PAGE 11 FOR MORE INFO ON SUMMER YOUTH SPORTS!

OUTDOOR YOUTH SOCCER

FROM THE SPORTS DEPARTMENT

The Greensburg YMCA is very excited about it's most recent partnership with the City of Greensburg, YOUTH SOCCER! The current soccer structure created by the City will remain as we focus on growth of this wonderful program. **For more information about youth soccer, please contact the Youth Director, Melissa Thompson, at m.thompson@gbgymca.org or (724) 834-0150 Ext. 113.**

TOTS SOCCER (AGE 2-4 YEARS)

Spring & Fall Sessions

This program is to introduce young children to the ever-growing sport of soccer. They will develop gross motor skills through instruction from our dedicated staff and coaches.

IN-HOUSE SOCCER (AGE 4-10 YEARS)

Spring & Fall Sessions

This program will introduce competitive play in a low pressure and fun environment. Coaches will teach basics including dribbling, taking shots on goal, and advancing moves when ready.



**Outdoor Soccer
NOW OFFERED
at various
Unity
Township
locations.**

**Visit our
website
for more
information.**

www.greensburgymca.org

TRAVEL SOCCER (AGE 9-19 YEARS)

Spring & Fall Sessions

Travel soccer is a more competitive soccer experience intended to promote long term development of youth soccer players with an emphasis on fundamental soccer skills. During the season, travel teams typically practice one evenings during the week, and play games on the Sunday, with about half the games played at home and about half the games played away.

ADULT SPORTS

Do you want to relive your glory days or simply get some exercise while still competing? If so, come join one of our adult leagues or pick-up sports. **For more information about Adult Sports, please contact Director of Wellness and Aquatics, Julianne Hezlep, at j.hezlep@gbgymca.org or (724) 834-0150 Ext. 122.**

Indoor/Outdoor

Volleyball
Soccer

Leagues

Flag Football
Kickball
Soccer
Softball
Volleyball
Wallyball

Tournaments

Basketball
Dodgeball

Pick-Up Sports

Basketball
Softball
Volleyball
Wallyball



GYMNASTICS

FROM THE GYMNASTICS DEPARTMENT

It is the primary focus of the Greensburg YMCA Gymnastic department to provide first-rate gymnastic training to children of all ages. For children beginning to walk and older, participants learn movement, gross motor skills, tumbling, and advanced gymnastics elements in our progressive-based classes. We encourage a positive, family friendly environment that nurtures and supports healthy behaviors, hard-work and a love of the sport. All gymnastics programming is located at the Greensburg YMCA annex facility on 308 N. Pennsylvania Avenue. For additional information about gymnastics, please contact Senior Program Director, Drake D'Angelo, at d.dangelo@gbgymca.org or (724) 834-0150 Ext. 131.

GYMNASTICS LESSONS

Lessons open to boys and girls age 18 months - 18 years.

For more information about gymnastics lessons, please contact the Gymnastics Coordinator, Jen Jubec, at j.jubec@gbgymca.org or (724) 834-1367.

Parent-Tot Gymnastics, Ages 18 months-2 years (45 minute class)

Class is for child and parent to participate, we introduce rolls, hanging from bars and walking on balance beams while having fun and socializing with other participants.

Preschool Gym, Ages 3-5 (45 minute class)

Class has students start progressive skills on floor including roll and balance beam progressions, handstands, cartwheels, vault, bars, and trampoline. Other basic skills will increase strength, coordination, and flexibility.

Gym Gems, Ages 6-7 (1 hour class)

Skills taught at this level build upon progressions learned in Preschool Gym. The focus will be on bridge work, handstands, cartwheels, vault and spring board drills, front supports on bars, and dance development on the beam.

All Events Gym, Ages 8 and older, (1 hour class)

Class for beginner through advanced level class enhances the skill development of the progressions taught in Gym Gems and includes bridge kick-overs, round-offs and dive rolls. We vault, work on balance beam and lots of bar work.

Tumbling 1, 2, & 3, Ages 7 and older

Class is ideal for cheerleaders, focus on development of rolls, handstands, walkovers and handsprings. The coaches will focus on the development of rolls, handstands, walkovers, and handsprings.

- **Tumbling 1 & 2** (1 hour class)

Beginner, Intermediate levels

- **Tumbling 3** (1 hour class)

Advanced level. All participants must have a Round-Off Back Handspring to be in this class.



CHEER

The Greensburg YMCA would like to introduce a new youth program. This is a cross over class that will include acrobatics, cheer, and dance. These All Star classes will teach flexibility, balance, and strength. Cheerleading basics will include cheer motions, jumps, stunts, cheers & chants. All dance routines will follow an eight count and intermix acrobatics with cheer. The program is COED for ages 4-12. Proper gym attire and athletic shoes are required.

Coach Jessica Gardner has numerous years of Cheerleading experience and brings a wealth of knowledge to the cheer classes. For more information, please contact Drake D'Angelo at 724-834-0150 ext. 131 or by email at d.dangelo@gbgymca.org.

COMPETITIVE GYMNASTICS

COMPETITIVE TEAM

Gymnasts that are ready to take their skills to the next level, can get involved in our competitive team, The Aerials. The coaches develop more than just an athlete, they incorporate character building, sportsmanship, and team unity while keeping competition in a healthy perspective. For information on the gymnastic team, please contact Greensburg YMCA Aerials Head Coach, Kari Harkins, at harkinsgbgymca@yahoo.com.



Levels 2-5 are considered the compulsory levels. These levels are progressive by nature, building upon the skills required at the previous level. There is a set routine for each level that is determined by USAG, the governing body of gymnastics. Compulsory levels ensure that gymnasts have a strong gymnastics foundation before advancing to more difficult levels.

Levels 6-9 are considered the "optional" levels because, in these levels, each gymnast has their own unique routine. Although these routines focus on the strengths of each gymnast, the routines must satisfy certain difficulty requirements. Gymnasts in these levels are working on advanced gymnastics skills.

Summer team practice is June - August & Fall Winter team practice is September through May. Nationals are 1st week of June

ADULT TRAINING FACILITY

The Adult Training Facility is located at the Greensburg YMCA annex facility on 308 N. Pennsylvania Avenue. For more information about the ATF, please contact Senior Program Director, Drake D'Angelo, at d.dangelo@gbgymca.org or (724) 834-0150 Ext. 131.

ADULT TRAINING FACILITY

The Greensburg YMCA Adult Training Facility (ATF) is a day program for adults with intellectual development disabilities between the ages of 18 and 59. The program's objectives include training to promote freedom of choice, supportive employment, independent living skills, community integration, personal and public safety awareness and leisure skills. The ATF has been licensed through the Department of Public Welfare, Office of Developmental Programs since 1975.

SPECIAL OLYMPICS & ANNUAL EVENTS

Any individual may participate in the Special Olympics, which is coordinated within the program. Swimming, Bowling, and Track and Field are current available opportunities. The program also has a wide variety of annual events for their group to attend. For more information, please contact Sandy Tempo, Program Director at 724-836-8040 or sandyymcaatf@comcast.net.

EVERYONE CAN EARN A PAYCHECK

Our certificate through the Department of Labor enables individuals to earn a paycheck at a commensurate rate. Whether it is basic janitorial work or our shredding paper program, everyone has a chance to feel like a valuable employee.

OLDER ADULT DAILY LIVING CENTER

The older Adult Daily Living Center (OADLC) is also a day program for adults, with intellectual developmental disabilities, who are 60 years of age and older. The activities provided are based on the individual's preferences, such as providing assistance with personal needs, exercise, crafts, games and maintenance of current skill levels. Nursing services are provided quarterly or on an as needed basis. The OADLC has been licensed through the Pennsylvania Department of Aging since 2007.



RENTALS

FROM THE RENTAL DEPARTMENT

In need of a space for your next birthday party, church event, boy scout outing, or corporate retreat? The Greensburg Y can accommodate you! We have two indoors pools, one seasonal outdoor pool, full-size gymnasium, two aerobic studios and a competition level gymnastic facility to choose from. For pricing information, availability and reservations please contact Senior Program Director, Drake D'Angelo, at d.dangelo@gbgymca.org or (724)834-0150 Ext. 131.

BIRTHDAY PARTIES AT THE YMCA

Birthday parties are offered to all members of the YMCA for \$150.00 for two hours and up to 15 children (includes birthday child). This can be catered to your needs for swimming, sports or gymnastics. Parties are welcome to bring their own food and decorations. Parties can be held on Friday evenings, Saturdays, or Sundays. The parties book quickly, so sign up early! Please visit the www.greensburgymca.org to review our rental rates to accommodate parties of all sizes.

NEED PRACTICE SPACE?

Don't wait for competition day to run through your routine on the competition floor for the first time! You can rent practice space at our gym throughout the year. Whether you're in need of a safe cheerleading environment for your regular practices, or need to come in once in a while to work on spacing, formations, tumbling, etc., we have the facility for you! Our gym is equipped with a 42'x42' spring floor. Contact Jennifer Prohaska for rental information.



GIVING OPPORTUNITIES

FROM THE FUND DEVELOPMENT DEPARTMENT

As the leading nonprofit for youth development, healthy living and social responsibility, the Y works side-by-side with our neighbors every day to make sure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. To do our important work, the Y relies on support from members, donors, volunteers and community leaders. For more information about the Greensburg YMCA Fund Development Opportunities, please contact George O'Brien, at g.obrien@gbgymca.org or (724) 834-0150 Ext. 112.

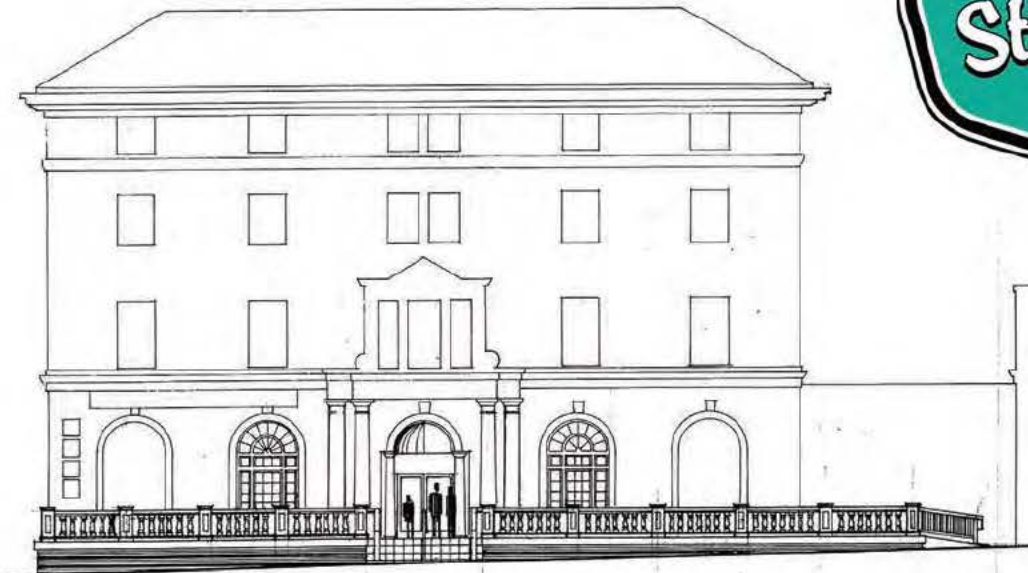
NEIGHBORS HELPING NEIGHBORS

Wednesday, June 3, 2015

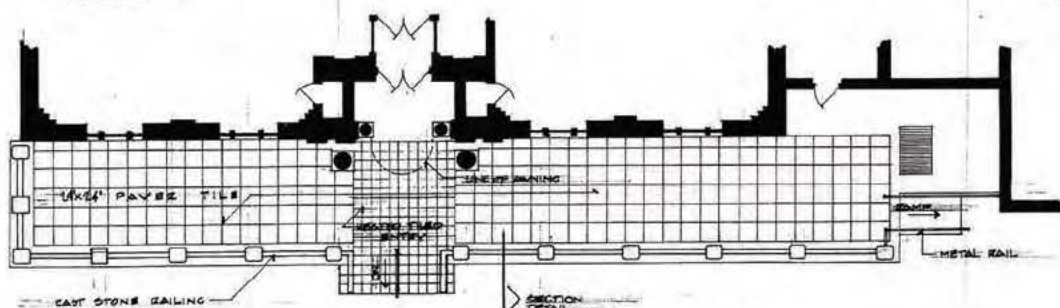
Please join us for libations and hors d'oeuvres this spring as we talk about the Y's Mission and place in our community. The Greensburg YMCA has been serving our community for over 155 years and doing so in our Maple Avenue building for over 100 years. The Y is a cause-driven organization that is for youth development, for healthy living, and for social responsibility.

Proceeds are in support of our Replacement Reserve Account. This fund is used to improve our facility to ensure we are meeting the needs of our members and the Greensburg Community today and in the future. Past proceeds from Neighbors Helping Neighbors, along with grant monies, has helped us to secure funds to structurally and cosmetically update our Front Porch in 2015.

DONATE TO THE GREENSBURG YMCA FRONT PORCH PROJECT TODAY



MAPLE AVENUE ELEVATION



PUTT PUTT PARTY

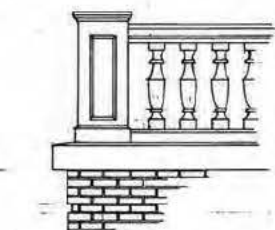
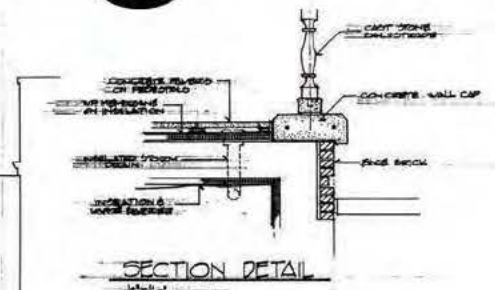
Saturday, November 7, 2015

Step up to the tee to raise a little green for the Greensburg YMCA & have fun at the 3rd Annual Putt-Putt Party. This event is to raise awareness and funds in support of the YMCA's Strong Kids Scholarship Fund. EVERY dollar raised is used to make sure that "no child is ever turned away because of an inability to pay." The evening features an indoor nine-hole golf course, local restaurants, music, and fun.

STRONG KIDS CAMPAIGN

2015

Help the Greensburg YMCA meet it's goal of raising \$65,000, to benefit children and families in need. This annual campaign contributes EVERY dollar raised to families in need of child care, membership, and youth programming. No child will ever be turned away because of an inability to pay.



SPECIAL EVENTS

HEALTHY KIDS DAY

Saturday, April 25, 2015

Summer is the time for kids to get up, get out and grow. But for some kids, exposure to activities that stimulate the body and mind ends with the school year. In fact, research shows that kids are prone to gain more weight and fall behind in studies. On April 25, the Y will celebrate Healthy Kids Day®, our national initiative to improve the health and well-being of kids. In it's honor, all registration fees for Summer Camps will be waived this weekend!



SPLASH WEEK

First Week of Summer & Fall Swim Team Season

Splash Week is a wonderful opportunity for the Greensburg YMCA to show off it's Aquatic lessons and teams. During this time, all new swimmers can try aquatic programming free of charge. Let us show swimmers and parents the comfortable and nurturing atmosphere before making a commitment.



ANNUAL DINNER

Tuesday, September 29, 2015

Join us as we celebrate the most recent fiscal year's success of impacting the Greensburg community. Held at the Greensburg County Club, this awards night highlights our dedicated staff, selfless volunteers, and tremendous athletes.



FALL FEST

October 2015

Join in all of the Fall Fun with the Greensburg YMCA and the Charley Family Shop n' Save. This free to the public community event is a crowd favorite. Staff and volunteers set up many stations including games, pumpkin golf, decorating pumpkins, obstacle course, and yummy treats.



HOLIDAY PARADE

November 2015

The annual Greensburg Holiday Parade is a great kick-off to the holiday season. Staff, friends, members, & program participants of the Greensburg YMCA walk with our festive float constructed by the Child Development Department.



GREENSBURG YMCA
101 South Maple Avenue
Greensburg, PA 15601
724-834-0150
www.greensburgymca.org

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VOLUNTEERISM

We have opportunities within four committees including our Facilities, Program, Membership & Marketing, and the Fund Development Committee. Each committee meets up to 10 times per year to assist the Y Board and management with decisions to improve our Y and community. In addition to committee volunteer opportunities, we are always looking for individuals interested in service projects, internships, volunteer coaching, custodial/maintenance, administrative work, and collaborative projects.



For more information please contact
Cara Bonnice
cbonnice@westmorelandca.org
(724) 834-1260 Ext. 103
(724) 834-0669 Fax