

SWING INTO SPRING

SPRING 2023



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Indiana County
www.icymca.org

INFORMATION

MISSION STATEMENT

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

FREE ZONES

The YMCA facility and properties are tobacco, drug and pet free zones. Please be respectful of our young people at play and leave your tobacco products and animals at home.

HOURS OF OPERATION

60 N Ben Franklin Road
Indiana, PA 15701

Phone: 724-463-9622
Fax: 724-465-2656

Monday – Thursday 5:20 A.M. – 9:30 P.M.

***pool closes at 9:15 pm**

Friday 5:20 A.M. – 8 P.M.

***pool closes at 7:45 pm**

Saturday 7:15 A.M. – 6 P.M.

***pool closes at 5:30 pm**

Sunday 11:30 A.M. – 4 P.M.

***pool opens at 12 pm and closes at 3:30 pm**



HOLIDAY HOURS

New Years Eve: **CLOSES at 1 P.M.**

New Years Day: **CLOSED**

Good Friday: **CLOSED**

Easter: **CLOSED**

Memorial Day: **CLOSED**

4th of July: **CLOSED** *join us at Mack Park for the Star Spangled Celebration

Annual Shutdown Week: **CLOSED** (8/27 – 9/2)

Labor Day: **CLOSED**

Thanksgiving: **CLOSED**

Christmas Eve: **CLOSES at 1 P.M.**

Christmas: **CLOSED**

***Y Members can use Mack Park Pool when the Y is closed on Memorial Day, 4th of July and Labor Day.**

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CHILDWATCH

A service to our valued members, the YMCA ChildWatch program provides on-site babysitting for children ages 3 months to 13 years. ChildWatch is available in 90 minute increments and parents must pre-register their children on a first come first serve basis. Pick up a ChildWatch handbook today!

INCLEMENT WEATHER

The YMCA of Indiana County has a free mobile app that will send out cancellations and changes. Visit your app store and search **Daxko**, then search the YMCA of Indiana County. Then you can also listen to the following radio stations when inclement weather threatens to strike: **WDAD** (1450 AM) =, **WCCS** (1160), **U92** (92.5), **Country 106.3** (106.3)

**PLEASE REQUEST A
MEMBERSHIP HANDBOOK FOR
MORE DETAILED POLICIES**

Y BOARD & STAFF

YOUR Y STAFF

Chief Executive Officer, Eric Neal,
ericneal@icymca.org

Associate Executive Director, Kelsey Krynock,
kelseykrynock@icymca.org

Director of Business Services, Audrey Shaffer,
audreyshaffer@icymca.org

Director of Community Outreach & Engagement,
Sherri Jordan, sherrijordan@icymca.org

Director of Human Resources, Laura Vossen,
lauravossen@icymca.org

Director of Member Services, Stephanie Brady,
stephaniebrady@icymca.org

Director of Youth & Family, Barb Thornton,
barbthornton@icymca.org

Director of Facilities, Craig Sutton,
craigsutton@icymca.org

Director of Wellness & Sports, Sean Rybolt,
seanrybolt@icymca.org

Director of Aquatics, David Ruddock,
davidruddock@icymca.org

Youth & Family Coordinator & Summer Camp
Director, Jake Wassil, summercampdir@icymca.org

Welcome Center Coordinator, Kathleen Caine,
kathleencaine@icymca.org

Sports Coordinator, Sam Brink,
sambrink@icymca.org

Marketing & Development Coordinator,
Mackenzie Huggins, mackenziehuggins@icymca.org

BOARD OF DIRECTORS

The Board of Directors determines many of the goals and priorities of the YMCA as we seek to fulfill our mission. The current Board of Directors are:

Board President, Heather Reed

1st Vice President, Mark Hilliard

Secretary, Emily DuPlessis

Treasurer, Norman Montgomery

General Counsel:

- | | |
|--------------------|---------------------|
| • Chris Adams | • Jessica Mulvihill |
| • Connie Bence | • Malcom Polley |
| • Zubin Billimoria | • Bill Tetkoski |
| • Meghan Foulk | • Cathleen Zilner |
| • Susan Griffith | |
| • Fred Hayes | |
| • Kris Levan | |



VOLUNTEERS

Join our volunteer team to work with children, interact with teens, share your talents and create lasting memories for yourself and others.

Some areas to volunteer:

- Program Instructors
- Turkey Trot
- Annual Campaigner
- Arts and Humanities Instructor
- ChildWatch
- Youth Sports Coaches
- Adult Sports Official
- Clerical
- Greeter
- Special Interest Instructor
- Community Event Worker
- Mentor



And many, many more... tell us your talent or passion, we will help find the right fit.

KNOW THE RULES ...

***For more information, pick up a member handbook.**

With so many demands on today's families, parents need all the support they can get. That is why child watch and children's programming is about more than looking after kids. It is about nurturing their development; providing a safe place to learn foundational skills, develop healthy, trusting relationships and building self reliance through the Y core values of caring, honesty, respect, responsibility and teamwork.

LOCKER ROOM

- Children over the age of 6 must use gender specific locker rooms. Our family changing rooms are available for parents and children of opposite genders.
- Day use lockers are available in the middle of the locker rooms and in the hall outside the family changing rooms. Please bring your own lock and take your lock and belongings with you at the end of your visit. Rental lockers are available for a small fee. Please see the Welcome Center for more information.
- There is absolutely NO cell phone use permitted in the locker rooms.
- No horseplay, hide and seek or rough housing should happen in the locker rooms.

BUILDING RULES BY AGE

- Children 7 and under must be accompanied by an adult at all times, unless in a supervised program.
- Children 8-10 may be in the gymnasium during open gym and the rec center unsupervised as long as there is an adult in the building.
- Youth 11-17 are allowed to enter the building without an adult to participate in Family Swim, Open Gym, Instructional Programs, and the Recreation Center.

TUMBLING ROOM RULES

- Children 7 years and under only.
- Parent / Guardian must supervise activity at all times. Children may not be left unattended.
- Sock covered feet please.
- Limit of 8 children.
- No horse play or rough play. Diving, flipping and uncontrolled movements are dangerous. Active play is encouraged, but play safely.
- Absolutely NO food or drink permitted in the tumbling center for sanitary and allergy reasons.
- No changing diapers in the tumbling room.



FITNESS CENTER RULES BY AGE

- All youth ages 8 and over must pass at least one of the 4 Fitness Center classes to enter.
- All youth ages 8-11, who have passed a class, must have a guardian present in the Fitness Center at all times. (Or must be in an organized YMCA program)
- All youth ages 11-13, who have passed the appropriate classes, must have a guardian present in the free weight area at all times. (Or must be in an organized YMCA program)
- All youth who have passed one of the 4 classes must stop at the Welcome Center to pick up and wear the appropriately colored wrist band before entering Fitness Center.
- Appropriate exercise attire is required. No jeans/slacks or open toe shoes permitted.
- Always wipe down the equipment after each use.
- If doing multiple sets on the weight equipment, please allow members who are circuit training to work through.
- Please refrain from talking on cell phones while on the equipment.
- Please do not take photos or videos of participants.
- Inappropriate language or behavior will not be tolerated.
- Absolutely no food or open containers permitted in the Fitness Center.
- Large gym bags, coats etc. are not permitted in the Fitness Center.

OPEN SWIM RULES BY AGE

- Swimmers of any age may be asked to take a swim test in order to be permitted to swim in deep water.
- All swimmers ages 10 and under must wear a wrist band during open swim and pool parties.
 - **RED** for swimmers who have not passed the YMCA of Indiana County's Deep Water Test. These swimmers must remain in the shallow end of the pool. Children wearing a RED wristband must have a parent in the water with them and the parent must stay within arm's reach of the child at all times
 - **YELLOW** for swimmers that have NOT passed the Y deep water test but are over 48 inches tall. These swimmers must remain in the shallow end of the pool.
 - **GREEN** for swimmers that have passed the deep water test.
- Swimmers ages 7 and under who have not passed the deep water test must have a parent in the water with them.
- Swimmers ages 7 and under who have passed the deep water test must have a parent on deck.
- Swimmers ages 8-10 who have passed the deep water test may be in the pool with a parent in the building.
- Swimmers 11 and up may be in the pool without a parent in the building.

SUMMER DAY CAMP

Why our Summer Day Camp?

Our Day Camp fosters learning, making and being a friend and being a part of something bigger. Day Camp includes convenient times and location, fantastic counselors, crafts, games, sports and friends. Campers will have the opportunity to take swim lessons, learn about nutrition and how to make positive, healthy choices. Our staff and programs help prevent summer learning loss by having campers spend time reading. We also challenge them with science, math and problem solving activities wrapped up in fun games. Regular fitness activities teach lifelong healthy lifestyle principles and help prevent obesity. www.icymca.org/camp for more information.

2023 CAMP DATES & THEMES

Week 1: 6/5 - 6/9 Welcome to Summer - Home

Week 2: 6/12 - 6/16 Down on the Farm - Pittsburgh Zoo

Week 3: 6/19 - 6/23 The World - Carnegie Science Center

Week 4: 6/26 - 6/30 Space Week - Powdermill Nature Reserve

Week 5: 7/3 - 7/7 Color Camp - Foam Party

NO CAMP JULY 4TH - COME VISIT US AT THE STAR SPANGLED CELEBRATION

Week 6: 7/10 - 7/14 - Campers V. Counselors - Pittsburgh Aviary

Week 7: 7/17 - 7/21 - Party in the USA - DJ Party

Week 8: 7/24 - 7/28 Story Book - Prince Gallitzin State Park

Week 9: 7/31 - 8/4 Animal Adventure - Keystone Safari

Week 10: 8/7 - 8/11 Olympics - YMCA

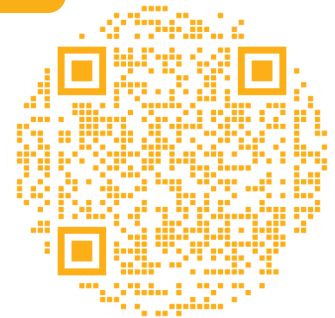
Week 11: 8/14 - 8/18 Final Departure - YMCA

Trips subject to change

*Pre-K and K will have on-site field trips.

BE SURE TO PICK UP OUR SUMMER DAY CAMP
BOOKLET AND HANDBOOK.

SCAN THE QR CODE FOR MORE INFORMATION!



BIRTHDAY PARTIES

Make your next party simple and book with the Y.

- We will handle set up and clean up
- Parties are based on 20 kids (you can invite more for an additional fee)
- You bring the cake, we will have paper products
- Contact barbthorton@icymca.org for additional questions or to book your party!

	Member	Non-Member
Basic Y Pool Party (25 guests max)	\$200	\$250
Gym Party (25 guests max)	\$155	\$205
Basic Mack Pool Party (up to 25 guests)	\$175	\$225
Large Mack Pool Party (26 to 50 guests)	\$250	\$300
Private Mack Pool Party	\$200 per hour plus \$2 per person for members and non-members	





HEALTHY KIDS DAY®

April 29 | Free to the Public

**JOIN US FOR A BIG
ANNOUNCEMENT!**

**FIND YOUR JOY.
FIND YOUR Y.
YMCA OF INDIANA
COUNTY**

For a better us.®

YOUTH & FAMILY

YOUTH &
FAMILY

CREATIVE KIDS

Looking for ways that your child can be creative? Join us for these fun, creative classes that are designed to introduce young children to art and music in a group setting. Each week, children will love expressing their creative side through art and sound.

AGES 3 – 5

Members \$18 Non-Members \$72 Youth \$36

SESSION 1

Feb 20 – April 5

Monday 6 – 6:45 P.M. & Tuesday 10 – 10:45 A.M.

SESSION 2

April 10 – May 22

Monday 6 – 6:45 P.M. & Tuesday 10 – 10:45 A.M.

TUMBLING CLASSES

Jump! Flip! Shout! Come and move to the groove at one of the Y's three tumbling classes.

AGES 2 – 5

Members \$18 Non-Members \$72 Youth \$36

SESSION 1

Feb 21 – April 8

Tiny Tumblers: 2 – 3 years old

Sat 10 – 10:45 A.M.

Little Movers: 2 – 5 years old

Tues 6 – 6:45 P.M.

Toddler Tumblers: 4 – 5 years old

Sat 11 – 11:45 A.M.

SESSION 2

April 11 – May 27

Tiny Tumblers: 2 – 3 years old

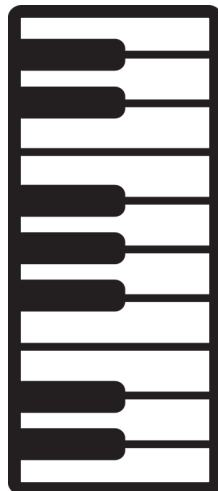
Sat 10 – 10:45 A.M.

Little Movers: 2 – 5 years old

Tues 6 – 6:45 P.M.

Toddler Tumblers: 4 – 5 years old

Sat 11 – 11:45 A.M.



KINDERGARTEN READINESS

Come prepare your little ones for Kindergarten success with Rebecca Chadwick, www.capabilitiesforlife.com/about/. During this 5-week program you and your child will gain valuable information and tips to help transition them from Pre-K to Kindergarten.

AGES 4 – 6

March 4 – April 1

Sat 10:30 A.M. – 12 P.M.

Members \$25 Non-Members \$35 Youth \$25

GETTING READY TO READ FOR YOUR YOUNG CHILD

Join our 5-week, 1 hour class to help your children develop phonemic awareness, letters, names, sounds, listening comprehension and more!

AGES 3 – 5

March 4 – April 1

Sat 9 – 10 A.M.

Members \$25

Non-Members \$35

Youth \$25



YOUTH & FAMILY

2023 FUN DAYS

When school is out, the Y is in. Fun days follow the Indiana Area School District calendar. Lunch is provided.

- 2/17 Act 80
- 2/20 Parent/Teacher Conference
- 3/10 Snow Day
- 3/24 Act 80
- 4/6, 4/10 – 4/12 Easter Break

Members \$35 Non-Members \$65 Youth \$55
(\$7 late fee if registering the day of)

VOLTA SOCCER LEAGUE

Volta is a fast-paced indoor version of soccer that includes small teams and lots of action. Y volta soccer league uses a game based approach with structured lesson plans and practices, keeping kids on the ball and no waiting in line. This helps develop skills and love for the game.

February 21 – April 11

U6 (Ages 4–5)

Thurs 5:30 – 6:30 P.M. & Sat 9 – 10 A.M.

U8 (Ages 6–7)

Tues 4:30 – 5:30 P.M. & Sat 10 – 11 A.M.

U10 (Ages 8–9)

Tues 5:30 – 6:30 P.M. & Sat 11 A.M. – 12 P.M.

Members \$7 Non-Members \$74 Youth \$37

PRE-SCHOOL SOFT TOSS

Don't miss the next step in our baseball program. Soft toss is designed for our t-ballers who are ready to graduate to coach pitch.

MORE DETAILS COMING SOON.

PARENT'S NIGHT OUT

It's not just kid stuff! Enjoy a great night or a date night while your child has gym time, movie time and more at the Y!

AGES 2 – 12

Members \$10 Non-Members \$20

3RD SATURDAY OF EVERY MONTH

COACH PITCH SKILL DEVELOPMENT

Get ready for the fall season by participating in the spring soft toss program. This program will work on skills and drills of baseball.

April 3 – April 28

U8 (Ages 6–7)

Tues 4:30 – 5:30 P.M.

U10 (Ages 8–9)

Tues 5:30 – 6:30 P.M.

Members \$18 Non-Members \$74 Youth \$36

RUGBY SKILL DEVELOPMENT

The YMCA has partnered with the Indiana County Warriors to develop a Youth Rugby program. This program is geared toward those youth who want to learn how to play the sport, brush up on the rules, tactics, skills, improve their game and most importantly—have fun!

AGES 8 – 11

June 6 – July 6

Tues & Thurs 5:30 – 7 P.M.

Members \$18 Non-Members \$74 Youth \$36

SPORTS & PROGRAMS

YOUTH &
FAMILY

YOUTH SOCCER

Y soccer leagues use a game based approach with structured lesson plans and practices, keeping the kids on the ball and no waiting in line. This helps to develop skills and a love for the game.

SOCCER FUNDAMENTALS

AGES 3

April 10 – May 29

Monday and Tuesday 5:30 – 6:15 P.M.

Members \$18 Non-Members \$74 Youth \$36



SOCCER SKILL DEVELOPMENT

March 6 – April 7

U6 (Ages 4–5)

Mon 4:30 – 5:30 P.M.

U8 (Ages 6–7)

Weds 4:30 – 5:30 P.M.

U10 (Ages 8–9)

Weds 5:30 – 6:30 P.M.

Members \$18 Non-Members \$74 Youth \$36

YOUTH SOCCER LEAGUE

April 10 – May 29

U6 (Ages 4–5)

Mon 4:30 – 5:30 P.M. & Sat 9 – 10 A.M.

U8 (Ages 6–7)

Mon 4:30 – 5:30 P.M. & Sat 10 – 11 A.M.

U10 (Ages 8–9)

Weds 5:30 – 6:30 P.M. & Sat 11 A.M. – 12 P.M.

Members \$18 Non-Members \$74 Youth \$36



TEENS & ADULT

INTRO TO VOLLEYBALL FOR TEENS

Are you interested in learning about the game of volleyball? Join us in the gym for eight weeks of learning basic skills and concepts used in the game of volleyball.

AGES 12 – 15

Members \$18 Non-Members \$72 Youth \$36

SESSION 1

Feb 20 – April 5

Mon & Weds 3:30 – 4:30 P.M.

SESSION 2

April 10 – May 24

Mon & Weds 3:30 – 4:30 P.M.

PICKLEBALL

Each league will be made up of 8 teams. Matches each week will consist of 3 games to 11 or 38 minutes of play. Game play will start promptly and end 2 minutes prior to the next group. The League moderator will update standings weekly. Double elimination playoffs at the end of the season.

PICKLEBALL SKILL DEVELOPMENT

MORE DETAILS COMING SOON.

PICKLEBALL LEAGUE

AGES 16 – 99

Members \$7 Non-Members \$35 Seniors \$15

Feb 16 – March 30

Thurs 8 – 10 P.M.

**WIN TICKETS TO SEE THE
PIRATES, PENGUINS,
STEELERS AND MORE!**

**SPORTS RAFFLE
DETAILS COMING SOON!**



SPORTS & PROGRAMS

TEENS &
ADULTS

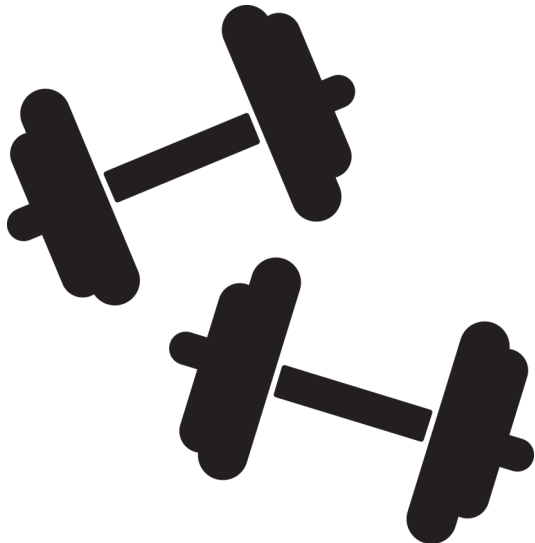
WEIGHT LOSS PROGRAM

In this program, participants will take part in a 10-week journey that includes individualized exercise programming, nutrition education and healthy habit building aimed at improving overall life skills. The classroom portion of this program will be available for participation through either in-person at the YMCA or through virtual means.

AGES 18+

Members \$150 Non-Members \$200

March 20 – May 29



MINDFULNESS 101

This course provides the general nutrition basics to support decision making based on a mindfulness lifestyle approach. Course topics will include the hunger scale, stress management, movement, and nutrition basics. Join in person or online for discussion and evidenced based practices. Let's tackle this new normal with a NEW approach to health, together!

AGES 18+

Members \$75 Non-Members \$130

Feb 20 – April 8

Tues 7:30 P.M.

SPLISH, SPLASH ...

WE'RE HERE FOR EVERYONE

All ages—from infants to seniors—can learn to swim. Check out our class offerings below and visit www.icymca.org for more dates, times and information.

Swim Starters Aquatic Program

- Accompanied by a parent*, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

Swim Basics for Pre-School, School Age, Teen, and Adult

- Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit—and **jump, push, turn, grab**.
- In Water Acclimation, Water Movement, and Water Stamina, students are taught the recommended skills for all to have around water including safe water habits, underwater exploration, and how to swim to safety and exit in the event of falling into a body of water. Activities, games, and drills, geared to reinforce learning, are utilized heavily as students progress in this skill-based approach to swimming.

Swim Strokes for Pre-School, School Age, Teen, and Adult

- Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.
- In Stroke Introduction, Stroke Development and Stroke Mechanics, swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

SESSION & REGISTRATION DATES

SESSION	DATES	REGISTRATION OPEN FOR MEMBERS	REGISTRATION OPEN FOR NON-MEMBERS	REGISTRATION CUT-OFF
1	2/20/23 - 4/8/23	1/9/23	1/16/23	1/30/23
2	4/10/23 - 5/27/23	3/6/23	3/13/23	3/27/23
3	6/5/23 - 7/15/23	5/1/23	5/8/23	5/22/23
4	7/17/23 - 8/26/23	6/5/23	6/12/23	6/26/23
5	9/11/23 - 10/28/23	7/31/23	8/7/23	8/21/23
6	10/30/23 - 12/16/23	9/18/23	9/25/23	10/9/23

PIRANHAS SWIM TEAM

Your child may never work harder and at the same time love something more than being a member of the YMCA of Indiana County's Piranhas Swim Team. Our team is a highly structured competitive swim program that competes locally, regionally and nationally. This strong program provides individualized coaching and structured practices. Each year we see many of our swimmers reach the top levels of their age group competitions at League, District and State levels. We are incredibly proud of our swimmers and their dedication to developing their swimming skills as well as their personal values. At the Y in all sports we focus on building Respect, Responsibility, Honesty, Caring and Teamwork in all of our participants.

Swimmers are required to wear a black suit at all swim meets. If you wear a cap, a team cap at all swim meets. Our meets are run by the PSTPO (Piranha Swim Team Parents Organization) and it is expected that all families will work at our swim meets.

Did you miss the official session? E-mail davidruddock@icymca.org to schedule your assessment.

TRY IT, YOU'LL LIKE IT

Curious about swim team? Come to our "Try It, You'll Like It" week, experience practice, and learn more about what it means to be apart of the team. The Piranha Swim Team strives to help each swimmer become the best that he/she can be through the sport of competitive swimming. Our team works with swimmers ages 4 - 18.

Fee: Members **\$30** Non-Members **\$60**

* Try it fee is applied to the cost of team should your swimmer decide to join the season.

Dates: April 3 -7 | Tuesday - Friday 4:30 - 6 PM



SPLISH, SPLASH ...

MACK PARK POOL

HOURS OF OPERATION

South 6th Street, Indiana, PA 15701

YMCA #: 724-463-9622

Mack Park Pool #: 724-463-7622

Monday - Friday 11 A.M. - 7 P.M.

Saturday & Sunday 12 P.M. - 6 P.M.

*Hours subject to change

BE SURE TO PICK UP A MACK PARK POOL HANDBOOK FOR MORE INFORMATION!



CAREGIVER PASS

We offer a caregiver pass for families and adults that need additional help at the pool.

The pass is \$50 and the caregiver can only use that pass when visiting Mack Park Pool with the associated family.

POLICIES

- Access to Mack Pool for Y members is based on Y membership being maintained through **9/5/2023**.
- Non Y Members pay a one time join fee as long as Mack membership is maintained each year. Single member Join fee **\$35** Household join fee **\$55**.
- Children 10 and under must be accompanied by a paying adult.
- Rules for the facility are posted throughout the facility. Anyone violating rules are subject to discipline, up to and including removal from pool.
- Y and Mack members must present their key tag and have current photo and contact information on file.
- The YMCA is not responsible for lost or stolen items. Found items will be held for 1 week.

Visit www.icymca.org/mack-park-pool for more information on memberships and events!

MACK FAST PASS OPTIONS

- Early admission
- Free raft rental
- Reserved seating
- 1/2 off Neon Nights
- Discounts and a tab at the concessions stands (restrictions apply)
- 20% off a Mack Pool Birthday Party
- Fast passes are limited to the first 100 sold

Single Member Fast Pass \$25
Household Fast Pass \$50

BECOME A MEMBER AND ENJOY MACK PARK POOL IN THE SUMMER **FOR FREE!**

MEMBERSHIP PRICING

	Y Member Rate	Non Y Member Rate (Before April 1)	Non Y Member Rate (After April 1)
INFANT (2 & UNDER)	FREE W/ ADULT	FREE W/ ADULT	FREE W/ ADULT
YOUTH (3-10 YEARS)	INCLUDED	\$58	\$67.50
STUDENT (11-17 YEARS)	INCLUDED	\$84.50	\$94.50
COLLEGE STUDENT	INCLUDED	\$85	\$85
ADULT	INCLUDED	\$110	\$120
FAMILY	INCLUDED	\$210	\$250
SENIOR	INCLUDED	\$84.50	\$94.50



**TELL YOUR FRIENDS
NOT TO MISS THE
EARLY BIRD PRICING!**

MIRACLE LEAGUE &

WHAT IS MIRACLE LEAGUE?

The Miracle League is an organized baseball league for persons with disabilities enabling them to develop sports skills while also improving socialization skills and having fun playing baseball with their peers. The National Miracle League organization was started in Conyers, Georgia in 1997 and currently there are 275 Miracle League Organizations across the country including Puerto Rico, Canada and Australia. The Miracle League is proud to serve over 200,000 children and young adults with disabilities.

We are bringing the game of baseball to children and adults who may have never had the opportunity to play on a real field. By building a custom-designed field with a cushioned rubberized surface to help prevent injuries, wheelchair-accessible dugouts, and a completely flat surface to eliminate any barriers to wheel-chair bound or visually impaired players, the field has eliminated the challenges that prevent many children from playing the game of baseball.

HOW CAN I VOLUNTEER?

Our program brings together players from all over Indiana, Armstrong and Westmoreland counties. Allowing players and families to make new connections with people outside their school district and counties. To make this all possible, we need your help! This means volunteering as a buddy or coach during games, being an member of our committee, joining a specialty committee, and more! Visit www.icymca.org/programs-and-activities/adaptive-programming/miracle-league.



MIRACLE LEAGUE FUNDAMENTALS

MORE DETAILS COMING SOON.

MIRACLE LEAGUE (ADULT)

AGES 15+

Members \$35 Non-Members \$35 Youth \$35

May 3 – June 21

Weds 5:30 P.M.

MIRACLE LEAGUE (YOUTH)

AGES 5 – 14

Members \$35 Non-Members \$35 Youth \$35

May 6 – June 24

Sat 10 A.M.



ADAPTIVE PROGRAMS

Everybody is different. The Y recognizes the need for quality adaptive programming for community members with diverse abilities and special needs. These programs help individuals gain confidence, promote independence and responsibility, socialize and work with others, as well as nurture a healthy active lifestyle. All programs are lead by qualified, trained individuals who help promote a safe, friendly, and supportive environment.

ADAPTIVE SOCCER LEAGUE

Adapted soccer provides individuals with disabilities, the opportunity to play soccer like their brothers, sisters, and friends.

ALL AGES WELCOME

Members \$35 Non-Members \$35 Youth \$35

Feb 20 - April 8

Sat 12 - 1 P.M.

ADAPTIVE BASEBALL SKILL DEVELOPMENT

MORE DETAILS COMING SOON.

March 27 - April 28



COURSES & EVENTS ...

CPR/AED/BASIC FIRST AID BLENDED LEARNING COURSE

MEMBERS \$35 NON-MEMBERS \$45

THIRD THURSDAY OF EVERY MONTH

This program helps develop basic first aid knowledge, skills, and the confidence to respond. CPR, AED, and Basic First Aid combination training is an excellent choice for both the community and workplace setting, and is consistent with recommendations of the 2010 National First Aid Science Advisory Board and OSHA's best practices for first aid training programs in the workplace. This is a blended learning course and it is required to complete the online training before the in class portion. Visit www.icymca.org to see upcoming classes.

LIFEGUARD REVIEW COURSE

MEMBERS \$80 NON-MEMBERS \$110

COMING IN APRIL

American Red Cross Lifeguarding Course, including CPR/AED for the Professional Rescuer & First Aid. Participants must be 15 years old before the end of the program, and pass a pre-requisite skills test including a 300 yard swim, treading water, and a brick retrieval. A minimum of 4 participants is needed. All books and training materials are included. Participants must attend all classes to become certified. Visit www.icymca.org to see upcoming classes.

**WE ARE NOW
HIRING SUMMER
SEASONAL STAFF!
SCAN THE QR
CODE TO LEARN MORE.**



John J. Morganti Society Endowment Dinner 2023

**April 20th | 5:30 – 7:30 P.M.
Indiana Country Club**

For more information, visit icymca.org. For tickets or to sponsor a table, contact **Kelsey Krynock** at kelseykrynock@icymca.org or 724-463-9622.

GOOD FRIDAY BREAKFAST

Friday, April 7th | 7 – 8:30 A.M. | YMCA of Indiana County

This years speaker, Travis Freeman, spent his early childhood in the foothills of the Appalachian Mountains, dreaming of the day he'd play for the Corbin Redhounds.

At 12 years old, Travis became sick with what was eventually diagnosed as Cavernous Sinus Thrombosis. It had settled and taken hold, masquerading for nine days as nothing more than a severe headache. After the surgery that saved his life, Travis lost his eyesight.

After a year of adjusting to life in the dark, Travis joined the football team his eighth grade year as center. Together, they won their conference championship. Travis continued to play all four years of high school. His story made its way to New York and was featured on TODAY, Dateline, and other national media.

Travis now resides in Corbin, KY with his wife Stephanie, and is an adjunct professor at University of the Cumberlands. He also serves as CEO of the Freeman Foundation, a nonprofit dedicated to promoting the truth that: **"DISABILITY DOES NOT EQUAL INABILITY."**

To learn more about Travis and The Freeman Foundation, visit www.travisfreeman.org.

To learn more about this event and other sponsorship opportunities, visit www.icymca.org/get-involved/events/good-Friday-breakfast.

ANNUAL BOWL FOR KIDS

Saturday, April 22nd | 5– 10 P.M. | Mohawk Lanes

Please join us for our Annual Bowl For Kids event. Big Hearts Little Hands (BHLH) of Indiana County is a mentoring program of the YMCA of Indiana County. For over 50 years, volunteer mentors have helped boys and girls make the sometimes -difficult transition into adulthood. Your sponsorship helps us match one of the many children on our waiting list with a caring adult mentor. These children are the reason for Bowl For Kids!

All proceeds benefit the BHLH program, so bring your friends and enjoy some family-friendly fun that benefits a great cause! We have several ways YOU can help support BHLH through the Bowl For Kids event. Visit www.icymca.org/get-involved/events/bowl-for-kids to find ways you can help. To sponsor the event or register your team email sherrijordan@icymca.org or call 724-463-9622.



HEALTH & WELLNESS

PERSONAL TRAINING

No matter what your age or fitness level, we have a trainer that will be right for you! Work one-on-one with a trainer or grab a friend and save on partner training to have that extra accountability and motivation.

Our highly-qualified, experienced and personable trainers will make you feel right at home while giving you the challenge that you need to reach your goals.

Stop by the Welcome Center or contact Sean Rybolt, Director of Wellness and Sports for more information by emailing seanrybolt@icymca.org or by calling 724-463-9622.

MEET OUR PERSONAL TRAINERS

Sean Rybolt

- B.S. in Health and Wellness
- NASM Certified Personal Trainer
- NASM Certified Nutritionist
- U.S. Army Master Fitness Trainer



Jason Levan

- NASM Certified Personal Trainer
- Conducts fitness center orientations
- 7+ years of strength training experience



NUTRITION COUNSELING

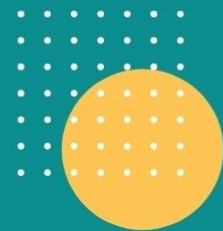
The Y believes in a well rounded approach to healthy living. Exercise only makes up part of the equation. Proper nutrition plays a vital role in living a healthy lifestyle. With nutrition counseling you can take your fitness goals to a

MEET OUR NUTRITIONIST

Bailey Adams

- Registered Dietician for over 9 years, counseling and educating patients
- Masters Degree from Kentucky University
- Has community nutrition and clinical experience and an incredible passion for wellness.





ON-SITE INTERVIEWS

We're looking for individuals with a positive attitude and smiling face to join our team.

**FIND YOUR PUPOSE.
FIND YOUR Y.**

Feb. 16 –	Thursday 5:00–8:00pm	Personal Trainers (Male/Female)
Feb. 18 –	Saturday 9:00–12:00pm	Camp Counselors (16 and above)
Feb 23–	Thursday 6:00–8:00pm	Personal Trainers
Feb 24–	Friday 5:00–7:00pm	Personal Trainers
Mar. 6 –	Monday 4:00–7:00pm	Camp Counselors (16 and above)
Mar. 8 –	Wednesday 4:00–7:00pm	Lifeguards (16 and above)
Mar. 11 –	Saturday 9:00am–12:00pm	Lifeguards (15 and above)
Mar. 13 –	Monday 4:00–7:00pm	Camp Counselors (16 and above)
Mar. 18 –	Saturday 9:00–12:00	Camp Counselors (16 and above)
April 5 –	Wednesday 4:00–7:00pm	Lifeguards (16 and above)
April 8 –	Saturday 9:00am–12:00pm	Lifeguards (15 and above)

SCAN ME



Requirements for all postitions:

- Child Abuse Clearance
- Criminal Background Check
- FBI Fingerprints

For information and requirements by position, job descriptions can be viewed at www.icymca.org/careers

If you have the skills and experience required, we want to hear from you!

APPLY NOW

More Information:

 724.463.9622

 www.icymca.org/careers

**Send your application or
resume and cover letter to:**

jobs@icymca.org



THANK YOU

TO OUR CORPORATE PARTNERS



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA of Indiana County
www.icymca.org