



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WE HAVE SOMETHING FOR EVERYONE...

AT THE GREENSBURG YMCA



Program Guide  
Spring/Summer 2014

[www.greensburgymca.org](http://www.greensburgymca.org)



# GENERAL INFORMATION

## FROM GEORGE'S DESK

Thank you for your support and interest in our Greensburg YMCA. As a volunteer lead organization, our #1 goal is to improve upon our impact in the community we serve. Throughout this brochure we introduce all our YMCA has to offer you and your family.

The collaboration with the City of Greensburg to operate their Veterans Memorial Pool at Lynch Field has added value to our membership and summer day camp while our group exercise class offerings have nearly doubled since last year. We are also expanding our water group exercise classes which will now be FREE of charge for all YMCA members.

We have continued to improve our facility through renovations and will continue that through the renovation of our warm water pool this spring and cardio, Cybex, and weight rooms this coming fall.

Again, thank you for your interest in our YMCA.



Regards,  
George O'Brien  
Chief Executive Officer  
g.obrien@gbgymca.org

## 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.

## SESSION DATES 8 WEEKS

February 16– April 12

April 13– June 7

June 8– August 23

August 31– October 25

## Operating Hours

4/1–5/31

Mon–Thurs 5am – 10pm

Friday 5am – 9pm

Saturday 6am – 7pm

Sunday 6am – 4pm

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 – 10pm



## OUR FACILITY INCLUDES:

- Cardio Center
- Cybex and Free Weight Center
- Two Group Exercise Studios
- Full Size Gymnasium
- 25 Yard Pool
- Warm Water Pool
- Jacuzzi
- 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 Massage Rooms
- Gymnastics Center



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# GENERAL INFORMATION

## MEMBERSHIP RATES

CATEGORY	JOINER'S FEE	MONTHLY DRAFT	ANNUAL FEE
Youth (infant-18 yrs)	\$25.00	\$15.50	\$186.00
College (full-time student)	\$25.00	\$22.75	\$273.00
Adult (over 18 yrs)	\$75.00	\$36.00	\$432.00
Sr. Citizen Restricted* (62 yrs +)	\$50.00	\$19.75	\$237.00
Sr. Citizen (62 yrs +)	\$50.00	\$33.00	\$396.00
Single Parent Family	\$75.00	\$40.25	\$483.00
Family/Household	\$100.00	\$55.00	\$660.00
Health Center	\$100.00	\$62.75	\$753.00
Health Center Family	\$100.00	\$73.75	\$885.00

### 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 \$65 for (3) months plus a \$25 joiner's fee.

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 Heather Pfeifer at 724-834-0150 ext. 127 or by email at [h.pfeifer@gbgymca.org](mailto:h.pfeifer@gbgymca.org).



## 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.

## 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

Our Child Watch Program is FREE to members\* to enjoy a swim or a fitness class while their 6 month to 12 year old participates in art & crafts, puzzles, games, story time or Wii fitness activities.

\*Non-Members may use the service but must pay \$5 per child per visit (max of \$10 per visit per family).



## 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

## 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, at off-site program locations, and online. 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.

## CANCELLATION POLICY

The YMCA does not require contracts. You may cancel your membership at any time.

All monthly draft memberships must be canceled in person five business days before the scheduled draft on the 20th of the 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.



## MEMBER APPRECIATION DAY

As a thank you for your membership, every second Wednesday of the month is Member Appreciation Day. We want to say THANK YOU for being a part of our Greensburg Y family by offering you a little something to show our appreciation. Make sure to stop in and visit us.

## GUEST POLICY

Adult members are entitled to two guest passes when they initially join along with two additional passes each year in the first week of January. 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.

## 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.

# FULLY FUNDED YMCA MEMBERSHIP

The Greensburg YMCA offers fully funded memberships through Silver & Fit and Forever & Fit; all membership fees are paid through insurance providers. The Silver & Fit classes listed below are also offered free for members along with other membership benefits referenced throughout this program brochure.

## Silver and Fit (Level 1)

This is a low impact, beginner level cardio fitness class. Join in on the fun; move to music of the 50's through the 80's as a group. Activities will vary each week as chosen by the instructor. Class format includes dancing, low impact cardio, walking, jogging, kickboxing and interval training.

**SILVER&FIT**  
EXPLORE

## Silver and Fit Experience (Level 2)

Level 2 is for moderately active older adults who regularly exercise one to two days per week. The class is designed to increase the participants' flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength and cardiovascular endurance.

**SILVER&FIT**  
EXPERIENCE

## Silver and Fit Excel (Level 3)

Level 3 is for the very active older adults who regularly exercise three or more days per week. The class is designed to increase the participants' flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength, power and cardiovascular endurance.

**SILVER&FIT**  
EXCEL

## Silver and Fit Pot Luck Luncheons

Birthdays and other special occasions are celebrated the second Monday of each month at 12:30pm in the babysitting room. Sign up in advance during Silver and Fit classes.

## Golden Aqua Aerobics

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.

## Yoga Fit

Yoga Fit is specifically designed for the aging adult. This class combines a series of poses to increase flexibility, range of motion, strength, posture and body awareness. Silver & Fit Yoga is a user-friendly and easy to follow format appropriate for any fitness level.

ENDORSED  
BY SILVER&FIT

# GROUP EXERCISE CLASSES

## CLASSES ARE INCLUDED IN YOUR GREENSBURG YMCA MEMBERSHIP

We now offer over 30 group exercise classes six days per week that are included with your membership. Zumba, Cycle, Les Mills BodyPump, PiYo, RIPPED, Insanity and various styles of yoga are just some of our group exercise classes. You have the ability to choose the **intensity** level of your workout as low, medium, or high. What are you waiting for? Schedules can be found either at our Welcome Center or on our website at [www.greensburgymca.org](http://www.greensburgymca.org). Information on class passes for non-members can be found on our website. See you in class!

### NEW INDOOR BIKES – NEW YOU

According to the Keiser's website you can burn 400 - 500 calories in a single workout. Our Keiser M3+ Indoor Cycles are equipped with new Fore and Aft Adjustable Handlebars, Backlit Display, and a factory calibrated resistance system. Also equipped on this bike is a powerful computer that will allow for measurements of RPM, WATTS, heart rate, gear, and an odometer. Let's go for a ride, in style and comfort!

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



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

**Low:** For beginners. This level will challenge those who are new to exercise or starting again. Here you can work at your own pace.

**Medium:** For those who are ready for a challenge. The level of exertion increases as new techniques are introduced.

**High:** For the seasoned veteran. Your instructor will push you to work hard and introduce advanced training techniques. Be ready to sweat.

# HEALTH AND WELLNESS

## 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

Special group rates are available. Please contact Drake D'Angelo at [d.dangelo@gbgymca.org](mailto:d.dangelo@gbgymca.org) or 724-834-0150, ext. 131.

## MASSAGE THERAPY

Massage therapy may help reduce pain, enhance immunity lessen anxiety and revive tired muscles. We offer full and half hour massages in our remodeled massage room. Massages must be scheduled 24 hours in advance and cancellations should be made within four hours to avoid being charged. Please contact the Welcome Center for more information and to schedule a massage.

### Pricing for Massase Therapy:

YMCA Member: \$30.00 per 30 minute session

YMCA Health Club Member: \$20.00 per 30 minute session

Non-Member: \$40.00 per 30 minute session

Members are provided with a FREE equipment orientation and a fitness assessment. We welcome the opportunity to assist you in achieving your health and wellness goals.

**Equipment Orientation** – If you are a new member or just want to learn more about using fitness equipment our wellness staff will provide basic instruction on how to properly use our cardio and Cybex equipment. To schedule your orientation please stop by the Welcome Center.

**Fitness Assessment** – A fitness assessment includes meeting with our Wellness Coordinator to discuss your health, nutrition, and wellness goals to determine the best way to reach those goals. A private measurement and testing of height, weight, body fat, flexibility and muscular strength will also be conducted as part of the assessment.

## EXCELA HEALTH PARTNERSHIP

We are excited to announce a new partnership with Excela Health. We are currently running various programs throughout the year relating to health and wellness that are free for members. In addition to this, Excela Health will provide free concussion screenings for all adult and youth sports participants. Be sure to check on our website, Facebook, and the Welcome Center for upcoming events.



Excela Health leads an Eating Healthy Camp Program

# SWIM LESSONS

Although a group lesson, our experienced instructors work to each child's skill level to assure safe swim practices. Participants learn and practice new swimming skills and develop a sense of achievement from mastering something new that they can enjoy the rest of their lives. The classes are flexible to best make the swimmer successful; talk to us with placement questions or concerns. We offer a Spring Session beginning April 13 that runs for eight weeks and a ten week summer session beginning June 9th. Registration opens prior to each session and will be posted at the Y and on Facebook. Registration is available online at [www.greensburgymca.org](http://www.greensburgymca.org) or by calling or visiting our Welcome Center.

## PRESCHOOL SWIM LESSONS

Preschool swim lessons are available during the day or evening for children 6 months – 6 years old and are 45 minutes (30 minutes for SHRIMP). Classes are held in the WARM WATER pool with a maximum of six swimmers (ten for SHRIMP).

**SHRIMP:** For parent and child to bond in the water while playing games, learning swimming skills, and becoming acquainted and comfortable with the water.

**PIKE/EEL:** This class is for beginners who have limited or no water experience. In this class, the child will become comfortable in the water and learn about water safety. Instructors and students begin to practice floating, crawl stroke, and underwater bobs.

**RAY/STARFISH:** This class is for the novice swimmer more comfortable in the water. In this class, the child will become more efficient with their crawl and back strokes with breathing so they can then transition to the main pool lessons.



My son just started taking swimming lessons here at the YMCA. The instructors are so patient with him and the other children in his class. Because the class is so little, all the children get the right amount of attention needed. He is becoming a great little swimmer, thanks to the Greensburg YMCA and staff.

Karen, member since 2004

## SCHOOL AGE SWIM LESSONS

School Age Swim Lessons are available during the early afternoon or evening for children 4-15 years old and are 40 minutes. Classes are held in the Main pool with a maximum of eight swimmers.

**POLLIWOG / GUPPY** For the child comfortable swimming in shallow water, who can swim the crawl stroke but breathing needs refined, and can float and kick on back unassisted.

**GUPPY/MINNOW** For the child who is comfortable in shallow and not as comfortable in the deep not quite ready for the minnow class.

**ADVANCED POLLIWOG / MINNOW** For your little minnow, this swimmer is comfortable with swimming crawl and backstroke and can even make one length of the pool. Deep water skills and safety, as well as elementary backstroke, are introduced in this level.

**MINNOW / FISH** For the child who is competent with crawl/backstroke and jumping in the deep end of the pool unassisted. We work on endurance, stamina and swimming more than 1 length of main pool. Breaststroke is introduced in this level.

**FISH / FLYING FISH** Continuing to practice and refine the swimmers' crawl, backstroke and breaststroke the instructor will now introduce butterfly at this level. Endurance building drills, like treading water for 3 minutes, are introduced in this level.

**FLYING FISH / SHARK** This swimmer is able to swim 4-6 lengths of the pool and understands the mechanics of all strokes. In addition to practicing strokes, participants work on competitive starts, turns, safety skills, and preparing for lifeguarding course.

# COMPETITIVE AQUATICS

## STINGRAYS SWIM TEAM

The Greensburg YMCA Swim Team is a Division 1 swim team in the Western PA swim league and a member of the United States Swimming Association. Team competes in Y League Dual, District and State Meets. Swimmers who meet qualifying times are able to travel to YMCA National meets. All stingray swimmers must be a member in good standing and pay dues to compete during season. Our well seasoned staff and volunteers have many years of experience.

### 2014 GYST Summer Swim Team Pricing

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

- \$170.00 First Child
- \$153.00 Second Child (10% discount)
- \$127.50 Third Child + (25% discount)

Novice/Flippers (Age 8 years & under)

- \$130.00 First Child
- \$117.00 Second Child (10% discount)
- \$97.50 Third Child + (25% discount)



### Season

The first week of the summer STINGRAY practice will begin with a free trial week May 12-16, 2014 We expect to have over 100 swimmers practicing and competing. Team is fun for your child and will keep them active this summer.

# ADULT AQUATICS

## FROM THE POOL

The Greensburg YMCA pool area is a busy place, we offer exercise classes, swim lessons, adult and youth swim teams. The warm pool is just right for those aching bones and sore joints with our Happy Hinges and Silver and Fit classes. The children and adults learning to swim find this pool soothing for their needs. The main pool great for lap swimming and instructing the lessons for the more advanced and water exercise classes for the active members. We run specialty classes for Scuba, lifeguarding, WSI and CPR and First Aid.

Please visit us or contact Senior Program Director, Jennifer Prohaska at [j.prohaska@gbgymca.org](mailto:j.prohaska@gbgymca.org) or 724-834-0150 ext. 122.

**All aquatic group exercise classes are included in YMCA membership starting June 1, 2014.**

## H2O WORKOUT WITH STEPPERS

This class is offered in the shallow end of main pool, class format includes cardio exercises with hand paddles 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. Check the website for class times.

## HAPPY HINGES

Arthritis Program - shallow water exercise class uses stretching for relief of aches and pains, arthritis, and fibromyalgia. The class is sponsored by the Arthritis Foundation in conjunction with the YMCA. All instructors teaching Happy Hinges/Aquatic exercise are certified through the Arthritis Foundation. Held in the warm water pool.

### Dates/Times

Monday & Friday 1:45-2:45pm

## SENIOR CITIZEN H2O

45 minute Shallow water exercise, calisthenics & conditioning.

### Dates/Times

Tuesday & Thursday 9-9:45am June - Aug

## ADULT LEARN TO SWIM

Learn how to enjoy the water! Participants in this class will enjoy the water in this instructional half hour adult class that will introduce the beginner and novice swimmer to basic swimming skills. Participants are gently encouraged to progress at their own pace through group lessons.

### Dates/Times

Monday 7:45-8:15pm

Information on class passes for non-members can be found on our website.



## LIFEGUARD CERTIFICATION, RE-CERTIFICATION AND WATER SAFETY INSTRUCTION COURSES

Must be at least 15 years of age with proficient swimming skills. Through this class you will be able to learn CPR and life saving techniques. We also offer re-certification or challenge courses. Classes run as needed and must have a minimum of six to run.

## AQUATICS VOLUNTEER OPPORTUNITIES

We are always looking for Aquatic volunteers to assist in classes. Tasks may include helping kids in the pool and coordination of other activities. Contact Jennifer Prohaska.

## MASTERS SWIM TEAM

Masters swimming is an excellent physical conditioning program that is Healthy Living for adults. The benefits of aerobic and anaerobic swimming include strengthening your heart and lungs, reducing your risk of diabetes, helping you manage your weight and increase your fitness level with a socialization component. The season starts in September, with swim meets every other Sunday and championships in April. Participants must be 18 or older and not swimming at the collegiate level.

# VETERANS MEMORIAL POOL at LYNCH FIELD



We are excited to announce the new collaboration with the city of Greensburg for the upcoming summer! The Greensburg YMCA is planning many exciting activities such as swim lessons, lap swimming, water exercise classes, lifeguarding courses, special events, family swims and much more. Look for more information on our website and at the Greensburg YMCA.

Outdoor pool passes can be purchased only at the Greensburg YMCA. The daily pool pass rate is \$10.00 and can be purchased at the YMCA or the outdoor pool.

### 2014 Outdoor Pool Pass Rates

	Y Member/Gbg Resident	Non-Member/Non-Resident
Family	\$175.00	\$235.00
Adult	\$105.00	\$145.00
Child/Senior	\$80.00	\$110.00

\*Family consists of 2 adults and up to 4 children under the age of 19. Additional family members can be added for \$10.00/pass.

# GREENSBURG YMCA ADVENTURE CAMP

Is your child ready for an action-packed, fun-filled summer? The Greensburg YMCA is the answer for all your day camp needs! Our Adventure Camp offers a more traditional camp feel with outdoor activities, daily swimming, local excursions, theme related crafts, educational projects and character development. Please visit our website at [www.greensburgymca.org](http://www.greensburgymca.org) for additional details on Adventure Camp or contact our Camp Coordinator, Emily Izzo.

## HOURS OF OPERATION

June 9–August 22

Monday – Friday

Regular Camp Hours

9:00am – 3:30pm

Drop off

8:45am – 9:00am

Pick up

3:30pm – 3:45pm

Extended Camp Hours

6:45am – 9:00am

3:30pm – 6:00pm

## CONTACT INFORMATION

**Camp Coordinator**

Emily Izzo, [ycampcoordinator@gbgymca.org](mailto:ycampcoordinator@gbgymca.org)

**Child Care Director**

Jenn D'Angelo, [j.dangelo@gbgymca.org](mailto:j.dangelo@gbgymca.org)

**Senior Program Director**

Drake D'Angelo, [d.dangelo@gbgymca.org](mailto:d.dangelo@gbgymca.org)

## 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 Camp Coordinator 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.

### 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.

## 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 \$65.00 plus a \$25.00 joiner's fee.**

Registration begins April 1, 2014. 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 \$20 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](http://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.

## GREENSBURG YMCA ADVENTURE CAMP

### AGE GROUPS

<b>Pirates</b>	5–7 years old*
<b>Explorers</b>	8–10 years old
<b>Voyagers</b>	11–14 years old
<b>CIT's</b>	15–17 years old

\*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 you child has not yet completed Kindergarten.

### FIELD TRIPS (Offered Weekly)

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

### 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.

### CLUBS

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.



# SUMMER SPORTS CAMPS

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 Camp features drills and skill development, daily swimming, sport specific games, a focus on positive sportsmanship and character development. Please visit our website at [www.greensburgymca.org](http://www.greensburgymca.org) for additional details on Sports Camp or contact our Camp Coordinator, Emily Izzo.



## CONTACT INFORMATION

### Camp Coordinator

Emily Izzo, [ycampcoordinator@gbgymca.org](mailto:ycampcoordinator@gbgymca.org)

### Child Care Director

Jenn D'Angelo, [j.dangelo@gbgymca.org](mailto:j.dangelo@gbgymca.org)

### Senior Program Director

Drake D'Angelo, [d.dangelo@gbgymca.org](mailto:d.dangelo@gbgymca.org)

## SPORT SPECIFIC CAMPS

- Y Rookies (ages 5-6)
- Y Winners (ages 7-14)

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 (ages 5-6)
- Y Winners (ages 7-14)

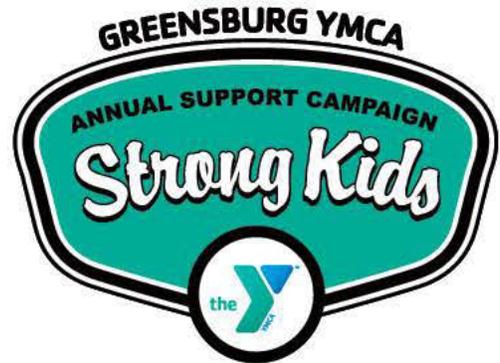
Variety Sports Camp is perfect for children who are interested in all sports such as basketball, football, soccer, kickball, and volleyball. This camp serves as an introduction to at the minimum all the sports listed above with a goal of skill development and fun.

## BITTY SPORTS (ages 5-8)

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!

- 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](http://www.greensburgymca.org)

# YOUTH SPORTS

The Greensburg YMCA believes in youth development, healthy living, and social responsibility. Our Youth Sports programs focus on nurturing the potential of all children through skill development, sportsmanship, and building character through honesty, caring, responsibility, respect, and faith.

At the Greensburg YMCA, everyone participates, which is an important component of Youth Sports that teaches participants both social responsibility and respect for others. Kids learn to enjoy the game and to work together as a team. Everyone participates helps create positive self-esteem for all involved. Our co-ed youth sports are divided into two age groups Y Rookies (ages 4-6) and Y Winners (ages 7-14).

Check out our wide variety of youth sports programs. Every participant will receive an official YMCA t-shirt. All classes require appropriate athletic shoes and attire. Please refer to our website [www.greensburgymca.org](http://www.greensburgymca.org) for more information about Youth Sports. Please contact Drake D'Angelo at [d.dangelo@gbgymca.org](mailto:d.dangelo@gbgymca.org) or 724-834-0150 ext. 131 with any questions or concerns.

## **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.

## **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.

## **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.

## **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.

## **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.

## **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.

## **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 an 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.

# ADULT SPORTS

Do you want to relive your glory days or just get exercise while still competing in a sport? If so come and join one of our Adult Leagues or Pick-Up Sports. The Greensburg YMCA offers several Pick-Up sports such as basketball, soccer, volleyball, and walleyball. The Y also offers great league opportunities for basketball, dodgeball, flag football, indoor soccer, and much more. For more information about any of these Adult Leagues or if you don't see the sport you might be interested in please contact Drake D'Angelo at [d.dangelo@gbgymca.org](mailto:d.dangelo@gbgymca.org) or 724-834-0150 ext. 131 with any questions or concerns.

## **VOLLEYBALL LEAGUE**

Team roster holds up to eight team members at one time. Two members of the opposite sex must be on the court at the same time. There is a six team max for this league.

## **DODGEBALL LEAGUE**

"If you can dodge a wrench, you can dodge a ball." Just kidding! This league will feature the game that we all love to play! Rules, times, roster information, etc., will be available online.

## **4 VS. 4 BASKETBALL LEAGUE**

This adult basketball league features 4 vs. 4 action. We will have sanctioned referees to officiate each game. For more information please visit our website.

## **FLAG FOOTBALL LEAGUE**

Gather a team or be a free agent. This 7 vs. 7 league will have weekly games but practices will not be organized. We will provide flags and referees.

## **PICK UP GAMES**

In addition to our leagues listed above, we will be offering pick up games throughout the day free for members and with a minimum charge for non-members. These opportunities will include basketball, soccer, volleyball and walleyball among other sports.

## **INDOOR SOCCER**

We will be offering adult indoor soccer leagues, drop-ins, etc. with different formats, rules, and availability. Please refer to our website for details.

# GYMNASTICS

We are extremely fortunate to have a separate facility for gymnastics, allowing us to keep equipment up all year round. We teach kids to safely tumble, run, jump, and twist in our gymnastics programs. From children beginning to walk and up, kids learn movement, gross motor skills, tumbling and advanced gymnastics elements in our progressive-based classes.

Gymnasts who are ready to take their skills to the next level can get involved in competitive gymnastics where the whole person is developed and competition and winning are kept in healthy perspective. Additional information can be found on our website or by contacting Senior Program Director, Jennifer Prohaska at [j.prohaska@gbgymca.org](mailto:j.prohaska@gbgymca.org) or 724-834-0150 ext. 122.

## GYMNASTICS CLASSES

Open to boys and girls ages 18 months-18 years

**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.

### RATES

See our website for more information.

## 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.

## COMPETITIVE TEAM

The Greensburg YMCA has competitive opportunities for gymnasts that have reached the required skill level have been invited to participate on our Aerial Team. Each compulsory level will have new and different routines and music. Competitive Team Program encompasses Level 2 through 9.

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

**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.

### RATES

See our website for more information.



# CHEER

**My daughter, Emily participates and competes with the Greensburg Aerials Gymnastics Team. We love the feeling of "family" we get when we walk into the gym. The coaches are fantastic with the kids! They have fun while learning discipline and respect. I would recommend this program to anyone.**

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](mailto:d.dangelo@gbgymca.org).



# EARLY CHILDHOOD LEARNING CENTER



## 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 program licensed by the Department of Public Welfare that focuses on the educational and developmental needs of children ages 6 weeks to 5 years. While using the Creative Curriculum our Y teachers incorporate the skills needed for school-readiness into their lesson plans which center around a weekly theme and 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 the City of Greensburg our children enjoy going on local excursions to The Greensburg-Hempfield Library, St. Clair Park and Veterans Memorial Pool at Lynch Field. To schedule a tour of The Early Childhood Learning Center please contact Jenn D'Angelo, Child Care Director, at [j.dangelo@gbgymca.org](mailto:j.dangelo@gbgymca.org) or 724-834-0150, ext. 151.

## Parent Involvement

We love to have our parents come to The Early Childhood Learning Center to join in with our special activities. It may be for a larger event such as graduation or the Thanksgiving Feast or for a more low-key event such as parent readers or party helpers. These are cherished times for your children and we certainly welcome you as the parent to come and join the fun!



## 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.

## 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.

## 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.

[www.greensburgymca.org](http://www.greensburgymca.org)

# SCHOOL AGE CHILD CARE

## SCHOOL AGE CHILD CARE PROGRAM (SACC)

### Registration is ongoing.

The Greensburg YMCA School Age Child Care Program is a STAR 1 Keystone Star Accredited program that is licensed through the Department of Public Welfare. The School Age Child Care Program (SACC) 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, to create art projects, enjoy an afternoon snack and have time to complete their homework. The Y's Character Development values of honesty, respect, responsibility, caring and faith are at the center of all we do. For additional information about the School Age Child Care Program including site specific details please visit our website, [www.greensburgymca.org](http://www.greensburgymca.org). If you would like to register your child or arrange a time to tour a program please Contact Jenn D'Angelo, Child Care Director at [j.dangelo@gbgymca.org](mailto:j.dangelo@gbgymca.org) or 724-834-0150, ext. 151.



## KIDS DAY OUT (KDO)

Throughout the school year we will hold Kids Day Out at the Greensburg YMCA for the School Age Children of Hempfield Area and Greensburg Salem School Districts. Kids Day Out is offered during scheduled school closures such as a Staff In-Service Day. Registration forms will be available at the individual School Age Child Care sites, as well as at the Greensburg YMCA Welcome Center and on-line. Children participating in Kids Day Out (KDO) must come prepared with a packed lunch, swim suit and towel. Additional information about Kids Day Out can be found on our website at [www.greensburgymca.org](http://www.greensburgymca.org) or by contacting Jenn D'Angelo, Child Care Director, at [j.dangelo@gbgymca.org](mailto:j.dangelo@gbgymca.org) or 724-834-0150, ext. 151.



# ADULT TRAINING FACILITY

## WE MAKE A DIFFERENCE

### 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.

### 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.

### 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](mailto:sandyymcaatf@comcast.net).

### 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.



# SPECIAL EVENTS

## WESTMORELAND COUNTY SPECIAL OLYMPICS SWIM MEET

The Special Olympics Swim Meet will be held on **April 12th from noon to 3 PM**. Come cheer on our athletes at the Greensburg YMCA main pool.

## 5TH ANNUAL GREENSBURG FRIENDS OF THE Y April 11 & 12, 2014

The Friends of the Y event proceeds are in support of our Replacement Reserve Account.

## HEALTHY KIDS DAY

Come join us for our Annual Healthy Kids Day, **Saturday April 26, 2014 from 10am to 1pm**. There will be a variety of activities for the family including dance, exercise, swimming, snacks, fun, and more! This event will be free to the public.

## SPLASH WEEK

Come to the Greensburg YMCA for Splash Week, **May 12-22**. We will post schedules so you can try all that we have to offer in our aquatic department including swim team and aquatic lessons.

## MIDDLE SCHOOL INITIATIVE PROGRAM

**Beginning September 2014**

The Greensburg YMCA has expanded the National 7th grade program to include 6, 7, and 8th graders from area school districts to obtain memberships with no charge. This membership allows them to use the facility on Monday-Thursday from 3-6:30 pm and Sunday from 1:30-3:30 pm. Please bring school ID, proof of age, and a parent to the Welcome Center to complete the necessary forms for enrollment. See website for more information and rules.

## GREENSBURG YMCA ANNUAL DINNER

**September 30, 2014**

## COMING SOON...FALL FEST 2014



# RENTALS

## 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!

Contact Drake D'Angelo at 724 834-0150 ext 131 or [d.dangelo@gbgymca.org](mailto:d.dangelo@gbgymca.org)

## FACILITY RENTAL

Rent the YMCA's gym, pool, and gymnastics center for your next function. Call us!



# GIVING OPPORTUNITIES



For more information about supporting the Greensburg YMCA contact Jen Tinsman at 724-834-0150 Ext 116 or by email at [j.tinsman@gbgymca.org](mailto:j.tinsman@gbgymca.org)

## STRONG KIDS CAMPAIGN 2014



From Campaign Chair Dr. Barbara Ferrier:

"Sometimes children and families that need the YMCA programs, childcare and membership are the ones that struggle just to make ends meet. The annual Strong Kids Campaign raises funds to help these families and EVERY dollar raised is used to make sure that no child is ever turned away because of an inability to pay."

Our evolving community is facing financial, physical and societal challenges as never before. The YMCA runs out of funds long before we run out of kids who can benefit by having a safe and engaging environment and community to be part of. We need to embrace the Olympic Spirit in donating and volunteering. According to Olympic.org, "Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind. Olympism seeks to create a way of life based on the joy found in effort, the educational value of good example and respect for universal fundamental ethical principles." (<http://www.olympic.org/olympism-in-action>) Please support the Greensburg YMCA in generously championing the Olympic spirit and making a real difference to children right here in our community.

## DAY OF GIVING

Tuesday, May 6, 2014

The Community Foundation of Westmoreland County and The Pittsburgh Foundation are joining forces with the Give Local America initiative ([www.givelocalamerica.org](http://www.givelocalamerica.org)) for the 2014 Day of Giving. Every online dollar gift you donate to the Greensburg YMCA will be amplified with dollars from a matching pool. All of the funds raised will be used towards the rebuilding of the front porch. For more information about supporting the Greensburg YMCA contact Jen Tinsman at 724-834-0150 Ext 116 or by email at [j.tinsman@gbgymca.org](mailto:j.tinsman@gbgymca.org). Thank you for the \$1,550.11 we received from Day of Giving 2013!

Please visit [www.westmorelandgive.org](http://www.westmorelandgive.org) to support this effort.



This upscale, yet relaxing event, in support of our Greensburg Y and our Replacement Reserve account is held each spring at Nemaquin Woodlands Resort. Registration includes the overnight accommodations, a reception, two meals, a live auction and a 15% discount on resort activities and retail purchases. Our sponsors and guests not only provide much needed support but join in fellowship and discussions on the Greensburg Y's mission and cause. All of the funds raised will be used towards the rebuilding of the front porch.



## PUTT PUTT PARTY

Step up to the tee at @rt 30 on Saturday, November 8, 2014 to raise a little green for the Greensburg YMCA & The Westmoreland Museum of American Art Children's Programs! The 2nd Annual Putt-Putt Party will feature a nine-hole miniature golf course designed and built by students at the Central Westmoreland Career & Technical Center and transformed into works of art by local artists. The night will be filled with fun, food, folly and friendship!





**GREENSBURG YMCA**  
101 South Maple Avenue  
Greensburg, PA 15601  
724-834-0150  
[www.greensburgymca.org](http://www.greensburgymca.org)

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## Volunteer Opportunities

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.

NHS Human Services presented us with the Kovel Award for making a difference in the community through endless investment, dedication and devotion to children and adolescents. Our partnership represents the Greensburg Y's commitment to help students learn and grow in a workplace environment.

For more information please contact  
**George O'Brien**  
[g.obrien@gbgymca.org](mailto:g.obrien@gbgymca.org) or  
724-834-0150 Ext. 112



NHS Human Services Volunteers