



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THE Y. SO MUCH MORE.



GREENSBURG YMCA

Program Guide 2017
www.greensburgymca.org



GENERAL INFORMATION

FROM GEORGE'S DESK

The Greensburg Y continues to be the front porch of our community, reaching people in Greensburg and the surrounding areas. We are a cause-driven non-profit dedicated to Youth Development, Healthy Living and Social Responsibility. We have provided many upgrades to equipment and the facility over the past several years which add value to membership. We offer quality programs that help youth to succeed, adults to achieve fitness goals, families to bond and seniors to live high quality lives. As a non-profit, the Greensburg Y continues to give back to the Community through financial assistance toward programming and membership through the generous donations of Y members and friends. We are here for the Community, this distinguishes us from other fitness facilities. As you look through this brochure, you will see that we are more than a gym and swim, we are more than a fitness facility.

We are the Y, we are so much more.

Regards,
George O'Brien, Chief Executive Officer

SESSION DATES

WINTER 1
January 2 - February 25
SPRING 1
February 27 - April 22
SPRING 2
April 24 - May 27
Summer 1
May 29 - June 24
Summer 2
June 26 - July 22
Summer 3
July 24 - August 26
FALL 1
September 4 - October 28
FALL 2
October 30 - December 23

FACILITY

- Cardio Center
- Cybex and Free Weight Center
- Two Group Exercise Studios
- Full Size Gymnasium
- Child Watch Play Area
- 25 Yard Pool
- Warm Water Pool
- Spa
- Racquetball Courts
- Early Childhood Learning Center (6wks - 5yrs)
- Locker Rooms
- Men's Health Center
- Family Changing Rooms
- Chapel/Multipurpose Room
- Gymnastics Center



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.

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

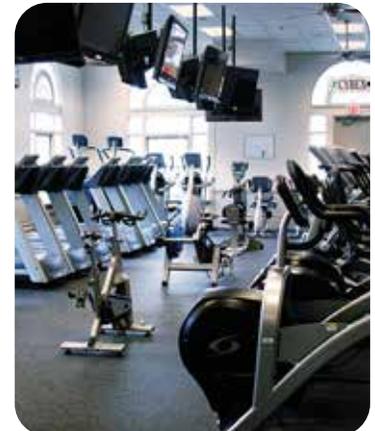
Child Watch Hours
Mon-Fri 8:30am - 12pm
Mon-Thurs 5pm - 8:30pm
Saturday 8am - 10am

PROGRAMS & SERVICES

- Access to hundreds of YMCAs via PA Reciprocity and the AWAY program
- Free Group Exercise Classes
- Free Aquatic Programs
- Free Equipment Orientation
- Free Child Watch Services
- Lower Rates on Programs
- Youth Party Rentals (Pool, Gym and Gymnastics)
- Facility Group Rentals
- Early Childhood Learning Center
- Before and After School Enrichment
- Summer Day Camp
- FREE Wi-Fi

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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 Member, Donor and Community Relations, Suzanne Printz, at s.printz@gbgymca.org or 724-834-0150, ext. 120.

MEMBERSHIP RATES

CATEGORY	JOINER'S FEE	MONTHLY DRAFT	ANNUAL FEE
Youth (infant-18 yrs)	\$25.00	\$16.25	\$195.00
College (full-time student)	\$25.00	\$23.75	\$285.00
Sr. Citizen Restricted* (62 yrs +)	\$50.00	\$20.75	\$249.00
Sr. Citizen (62 yrs +)	\$50.00	\$34.50	\$414.00
Adult (over 18 yrs)	\$75.00	\$37.75	\$453.00
Single Parent Family	\$75.00	\$42.00	\$504.00
Family/Household	\$100.00	\$57.50	\$690.00
Health Center	\$100.00	\$65.50	\$786.00
Health Center Family	\$100.00	\$77.00	\$924.00

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 \$95 for three months.

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, American Express and Discover. All account changes will need to be made before the first of the month. All credit card and EFT draft returns will be assessed a fee of \$35.00 per transaction returned.

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.



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 Change of Agreement 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 Annual 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 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.

YOUR Y IS EVERY Y

Greensburg YMCA Members have access to YMCA's across Pennsylvania at no extra charge through the PA Reciprocity Agreement. Members must use the Greensburg YMCA as their main Y at least 50% of the time.

AWAY PROGRAM

As a Greensburg Y Member, when you're traveling, you can enjoy AWAY (Always Welcome at the Y) privileges at over 2,000 YMCAs across the country (outside a 50-mile radius of your home YMCA). To find a participating Y anywhere in the country, call 888-333-YMCA or go to www.ymca.net.

ONLINE ACCOUNT

Members are encouraged to visit our website at www.greensburgymca.org and create an online account. By creating an online account, Members have access to our online registration system and are able to access their membership account information.

HEALTH AND WELLNESS

FROM THE HEALTH & WELLNESS DEPARTMENT

For more information about Health & Wellness, please contact Dave Paul, d.paul@gbgymca.org, 724-834-0150, ext. 144.

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

Fitness Assessment

Included with your membership is the opportunity to meet with a member of our Personal Training / Wellness staff. What will happen in this meeting will be a discussion of your current health and nutrition habits as well as your fitness goals. We will then help you come up with the best possible strategy to achieve your goals in the shortest amount of time. You will also have the opportunity to go through a sample workout or equipment orientation.



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 Suzanne Printz, Director of Membership, Donor & Community Relations, s.printz@gbgymca.org, 724-834-0150, ext. 120. For more information regarding group exercise classes, please contact Dave Paul, Director of Aquatics and Wellness, d.paul@gbgymca.org or 724-834-0150, ext. 144.



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 ENDORSED BY SILVER&FIT

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 Dave Paul, Director of Aquatics and Wellness, d.paul@gbgymca.org or 724-834-0150, ext. 144.**

Intensity in-ten-si-ty noun \in- ten(t)-s -tē\
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 dependant 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

LES MILLS:

BODYPUMP (Low/Moderate/Active)

CX WORX (Low/Moderate/Active)

GRITT/HIIT (Moderate/Active)

BODYCOMBAT (Low/Moderate/Active)

BODYFLOW (Low/Moderate)

Beginner Yoga (Low/Moderate)

Yoga (Low/Moderate)

Yin Yoga (Low/Moderate)

Advanced Yoga (Moderate/Active)

Cycle (Moderate/Active)

HIIT Cycle (Moderate/Active)

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 Dave Paul, Director of Aquatics and Wellness, d.paul@gbgymca.org or 724-834-0150, ext. 144.**

1. SHRIMP (5months - 3yrs) - This lesson is the Parent/Child lesson in which an adult must get in the water with the child. The sole purpose of this class is for the very young child to be exposed to water in a safe friendly environment. The instructor will introduce you to fun ways and methods to get your child acclimated to the water. They will teach skills like bubble blowing, entering and exiting the water, and floating on your back.

2. SAFETY AROUND THE WATER (Age 2-12) - The purpose of this class is to provide every child with the basic swimming skills that help reduce the risk of drowning and builds confidence in and around water. Not every child needs to be a champion swimmer, but every child should know how to swim. In this class the instructors will introduce the basic skills of being around the water, such as entering and exiting the pool properly, jumping into the water, and the elementary backstroke "Chicken, Airplane, Soldier" method. Each child will have a MANDATORY Exit Test to move to the next level of swim lessons. This evaluation will be shared with the parents at the last scheduled class.



3. LEVEL 1 (Age 4 and up) - The lessons will focus on the beginner breathing skills and stroke development. Swimmers will learn the sit dive technique from the side of the pool and the use of a kick board to focus on development of kicking. The instructors will begin instruction in the 4 competitive swim strokes and there will be a MANDATORY Exit Test to move to the next level of swim lessons. This evaluation will be shared with the parents at the last scheduled class.

4. LEVEL 2 (Age 5 and up) - In order to participate in this level you must complete Level 1. In this class there will be more instruction on the 4 competitive strokes. Again there will be a MANDATORY Exit Test to move to the next level of swim lessons. This evaluation will be shared with the parents at the last scheduled class.

5. LEVEL 3 (Age 6 and up) - In order to participate in this level you must complete Level 2. This is the highest level of swim lessons and will again focus on the development of the 4 competitive strokes.. Again there will be a MANDATORY Exit Test to move to the next level of swim lessons. This evaluation will be shared with the parents at the last scheduled class. At the conclusion of this level participants can look at participation in the Sharks Pre-Team or Stingrays Competitive Swim Teams.

PRIVATE SWIM LESSONS

PRIVATE SWIM LESSONS

Private lessons are available during the day or evening based on instructor availability.

- Lessons are for individuals of any age or experience level.
- Each lesson is 30 minutes in length.
- Great for true beginners or veteran swimmers looking to improve their technique.
- Provides quality time with an instructor in a 1 on 1 environment.
- The goal being to dramatically improve upon the current skill set.
- Aquatics Director will match you up with an instructor who best fits your needs.

Please contact Dave Paul with any questions or to schedule your sessions:

Email: d.paul@gbgymca.org

Phone: 724- 834-0150, ext. 144



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 aquatics, please contact Dave Paul, Director of Aquatics and Wellness, d.paul@gbgymca.org or 724-834-0150, ext. 144.**



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.

2017 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)

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 about aquatics, please contact Dave Paul, Director of Aquatics and Wellness, d.paul@gbgymca.org or 724-834-0150, ext. 144.

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 Assistant Child Care Director, Candace Updyke at c.updyke@gbgymca.org or 724-834-0150, ext 153.**

HOURS OF OPERATION

June 5–August 18

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

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.

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

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.



SPORTS CAMP (Greensburg)

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 be attending the WEEKLY FIELD TRIP with Adventure Camp!

CONTACT INFORMATION

Child Care Director

Jennifer D'Angelo
j.dangelo@gbgymca.org
724-834-0150, ext. 151

Assistant Child Care Director

Candace Updyke
c.updyke@gbgymca.org
724-834-0150, ext. 153



SPORTS CAMP

Our Sports Camps features drills and skill development, daily swimming, sport specific games, a focus on positive sportsmanship, character development and weekly field trips. Most of the time it will be the same field trip as the Adventure Camp but other times it may be specific to Sports Camp. During the summer weeks, the campers enjoy the various themes such as: Basketball Camp, Soccer Camp, Football Camp, Hockey Camp, Backyard Games (bocce ball, mat ball, bean bag toss, badminton, horseshoes and croquet), Court Games (racquetball, handball, volleyball and squash) and Variety Sports (basketball, soccer, football, dodgeball and kickball). The last week of camp, the campers and coaches choose their favorite games from the summer!

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 at the Greensburg YMCA location offers a more traditional camp feel with outdoor activities, daily swimming, local excursions, theme related crafts, educational projects, character development and weekly field trips. Weekly field trips include: Keystone State Park, Ohio Pyle, Pittsburgh Pirates and Washington Wild Things baseball games! They also visit the Greensburg-Hempfield Library, St. Clair Park and the Veteran's Memorial Pool at Lynch Field as excursions. The campers also get to choose between several clubs based on their favorite topics that are dance, fitness, cooking, sports and nature exploration! The weekly themes vary and some favorites have been: "

UNITY TOWNSHIP

The Adventure Camp themes will be the same for the Unity Township location as well as the Greensburg YMCA location; however, each site will create activities within that theme relevant to their specific camp location. At Unity Township campers will participate in fishing, canoeing, kayaking, water play/wading and nature walks due to their camp sites features. They will enjoy swimming at the Veteran's Memorial Pool at Lynch Field once a week and if the weather is uncooperative, we will make arrangements for them to swim at the indoor pools of the Greensburg YMCA instead. Additionally, the Unity Township campers will go on weekly field trips the same day as the Greensburg YMCA camp—so field trip day will be a camp wide adventure.

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).

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.

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 or the Assistant Child Care Director, Candace Updyke c.updyke@gbgymca.org or 724-834-0150, ext. 153.**



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 Human Services, 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, 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.

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.

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 Human Services. 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, design 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 Assistant Child Care Director, Candace Updyke at c.updyke@gbgymca.org or 724-834-0150, ext. 153.**



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
- 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

Yough Schools
6:45 am - 9:00 am
4:00 pm - 6:00 pm

CHILD CARE BILLING
childcarepayments@gbgymca.org
724-834-0150, ext. 161

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, Yough 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, Yough 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 Salem, Yough or Hempfield Area School Districts 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 Drake D'Angelo, Senior Program Director, 724-834-0150 ext 131, d.dangelo@gbgymca.org**

FALL YOUTH SPORTS

CROSS COUNTRY (Fall)

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 and Spring)

Y Tots and Y Rookie

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 and Spring)

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 Tots = 2-4 years

Y Rookie = 5-7 years

Y Winner = 8-14 years



WINTER/SPRING YOUTH SPORTS

BASKETBALL (Fall)

Y Tots and Y Rookie League

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 (Spring)

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 Tots and League

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.

VISIT PAGE 11 FOR MORE INFO ON SUMMER SPORTS CAMP!



YOUTH SPORTS

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 locations in
Greensburg &
Unity Township**

**Visit our
website
for more
information.**

www.greensburgmca.org



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, Dave Paul, d.paul@gbgymca.org, 724-834-0150, ext 144.

Indoor/Outdoor

Volleyball
Soccer

Leagues

Soccer
Softball
Volleyball
Wallyball

Tournaments

Basketball
Dodgeball

Pick-Up Sports

Basketball
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.

Tumbling-Tot Gymnastics (45 minute class) 2-4 years

This is a class designed specifically to help participants transition from the Parent-Tot class into a gymnastics class without the parent. Two year old students who have successfully completed a session of a Parent-Tot class may enroll in this class. All three year old students may register. In addition to gymnastics skills, students will learn the importance of following instructor direction, and understand the importance of keeping a safe distance between all of the other student's skill performance.

Preschool Gym, Ages 4-5 (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.



GYMNASTICS PRE-TEAM

Class participants who have attained required skill levels will be invited to join the YMCA Aerials Gymnastics Team. The competitive team is by invitation only. Practices for levels 2-9 are held during the week and Saturdays, year around, with meets held on weekends. See practice schedule above. Participants must have a Greensburg YMCA membership to be on the competitive team. Youth or family memberships are available. The team competes every year at the state and national level. Contact Coach Kari Harkins or Lori Mertz at 724-834-1367 for more information about joining the team.

TEAM PRACTICE SCHEDULE

August-July

All team members must be a YMCA member in good standing.

RATES All Aerial team members are required to be a member of our Y in good standing

Level 2 - \$84 monthly Level 3-9 - \$122 monthly

Pre-Team - \$40.50 monthly

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 Human Services, 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 Drake D'Angelo, Senior Program Director, d.dangelo@gbgymca.org, 724-834-0150, ext 131.

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.



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 7, 2017, 5 – 7 pm

Neighbors Helping Neighbors is a special fundraising event that our YMCA hosts the first Wednesday of June every year. The event provides an opportunity for neighbors and friends of the Y to support much needed facility improvement projects at our 102 year old building. Although the project happens once a year, we gratefully accept donations toward facility improvements throughout the year.

SPONSORSHIP OPPORTUNITIES

Reserve Sponsor \$100

1 Ticket or Recognition on our website for 6 months

Estate Sponsor \$500

2 Tickets

Recognition on our website for 6 months

Scrolling message board recognition for 6 months

Vintage Sponsor \$3,000

6 Tickets

J Corks dinner voucher

Recognition on our website for 1 year

Scrolling message board recognition for 1 year

Company banner displayed in our facility

Recognition in all marketing pieces for 2017 events

Permanent Sponsor \$5,000

All the incentives of the Vintage Sponsor

Permanent recognition within specific 2017 improvement project.

Greensburg YMCA
**NEIGHBORS
HELPING
NEIGHBORS**

ANNUAL KIDS CAMPAIGN

Businesses and individuals that give a significant level of \$1,000 or more will receive recognition within the facility via banners in our cardio room, lobby, gymnasium, pool, ect.

The Annual Support Campaign is a fundraising campaign we take much pride in. This campaign raises money to provide scholarships to children and families in need. Every dollar raised helps ensure that "no child is ever turned away due to the inability to pay." The Greensburg YMCA's Annual Campaign currently provides financial support to over 50 individuals a month, giving these children the opportunity to participate in programs that would not be possible without help from generous donors like you.

Executive Round Table (ERT) \$1,000 – \$4,999

- We will display a banner within our YMCA in a high traffic area starting with the cardio room followed by the lobby, gymnasium, ect. (Discretion of the business)
- Name listed in bi-annual newsletter and program brochures
- The image of the banner will be displayed on our website which receives on average 2,900 hits per month
- Two week membership passes for everyone within your company



Chairman Round Table (CRT) \$2,500-\$4,999

- Same benefits as ERT level, but also includes:
- Name displayed on our scrolling message board for six months (January – June)



Trustee Round Table (TRT) \$5,000

- Same benefits as ERT level, but also includes:
- Name displayed on our scrolling message board for six months (January – June)
- Same benefits as ERT and CRT levels, but also includes:
- Logo placed in a bi-annual newsletter and program guides
- Logo placed on our website with the direct link to company's website
- Name displayed on our scrolling message board for twelve months
- Ad placed in our membership marquee located across from our Membership Services Desk
- Invited to the Annual Dinner as "Guest of Honor"



SPECIAL EVENTS

HEALTHY KIDS DAY

Saturday, April 29, 2017

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 29, 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 26, 2017

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 2017

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 2017

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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Member Agency

VOLUNTEERISM

We have opportunities within four committees including: Facilities, Program, Membership & Marketing, and Fund Development Committees. 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 Krista Braha
kbraha@westmorelandca.org
724-834-1260, ext. 103
724-834-0669 Fax**