

CLEARFIELD YMCA
21 NORTH 2ND STREET
CLEARFIELD, PA 16830



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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This fall the Clearfield YMCA will be introducing BODYPUMP™! A group fitness class that strengthens your entire body. Each 60-minute workout challenges all major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. This program has great music, awesome instructors and your choice of weights to inspire you to get the results you came for – and fast! Classes are beginning in October with our very own certified instructors! Be sure to stop in and see what it is all about!

BODYPUMP Benefits:

- Burn up to 600 calories per class for fat loss
- Improve your strength
- Improve your general fitness
- Shape and tone your muscles
- Improve your bone density (helps ward off osteoporosis)
- Come away feeling strong and confident

DURATION	EXERCISE TYPE	CALORIE BURN	RESULTS
60 MINUTES	MODERATE TO HIGH INTENSITY WEIGHTS-BASED RESISTANCE TRAINING	AVERAGE OF 530 CALORIES	BURNS CALORIES TONES & SHAPENS DEVELOP SELF EXPRESSION IMPROVES COORDINATION

YMCA Child Care

Purpose and Goals of our Child Care Program...

To provide quality care for all children. We do not discriminate on the basis of race, color, national origin, sex, age, and/or disability. We will provide care, educate, and enrich the lives of children. Our goal is for your child(ren) to grow emotionally, socially, physically, and intellectually. We develop and strengthen their skills, build self-esteem, share new experiences, make friends, and have fun!!!



Child Care Benefits:

- All children participate in swimming 2-3 times per week. Lifeguards teach your children the basics of swimming and introduce them to the water.
- All school aged children are able to ride the bus to and from school, where the bus pulls to the front entrance of the Y!
- All children use the gym facilities 2-3 times per week.

The Y is, and always will be, dedicated to building healthy, confident, connected and secure children, adults, families, and communities.

PRE-SCHOOL FITNESS

MINI MUSCLES AGES 3 –5 DEBBI PRIESTER

This class will consist of tumbling and activities that are geared towards developing motor skills, coordination, flexibility, strength, and balance.

**Classes will begin on September 12 and end November 28. Call the Y to register.

Mondays TBA Sports Gym \$15 Y Members/\$30 Non-Members

PARENT/CHILD LESSONS AGES 6-36 Months

This class will help your child become comfortable in the water while teaching parents how to keep young children safe around water. Guardian is in water with the child. A swim diaper is encouraged.

Saturdays and Sundays 1:00-2:00PM Pool \$10 Y Members/\$25 Non-Members

YOUTH & TEEN FITNESS

TUMBLING AGES 3 & UP

DEBBI PRIESTER

Sept 7th—Oct 26th

Wednesdays BEGINNER CLASS

4:45-5:30PM

Sports Gym

\$25/\$55

Participants will learn the basics of stretching, upper body movements, balance & coordination, introduction to frontward roll, backward roll, back bends, cart-wheels and round-offs. Limit is 15 students per class, must be registered by September 2nd. First week is free to make sure your child is going to enjoy and participate in class for the entire 8 weeks

Wednesdays INTERMEDIATE CLASS

4:45-5:30PM

Sports Gym

\$25/\$55

Participants must have fully developed cart-wheels, round-offs, back bends, front walk-overs, introduction to back hand springs, round-off back hand springs, standing *tucks and *round-off tucks, standing *layouts and round-off layouts, standing *fulls and round-off fulls. Other floor skills will be given as well. *if skill development is perfected from standing and round-off back hand spring. Limit is 15 students per class, must be registered by September 2nd.

Freestyle Clinic Mondays 7:00-8:00PM

JACKIE MORRISON

Sept 12th—Oct 17th

This clinic will be held for boys and girls looking to perfect their stroke techniques. This is a 6 week session. Limit 20 students. Cost is \$40 per student.

Y "TEEN" Club Dates:

Back to School Bash: August 26 9:00-11:00PM (Gym & Pool)

Halloween Dance/Costume Party: DATE TBA 8:00-11:00PM (Gym)

Holiday Dance: December 2 7:30-10:30PM (Gym)

January 6 9:00-11:00PM (Gym & Pool)

February 3 9:00-11:00PM (Gym & Pool)

January 20 9:00-11:00PM (Gym & Pool)

February 17 9:00-11:00PM (Gym & Pool)



Member Benefits

YMCA Website— www.clearfieldymca.net soon to be www.clearfieldymca.org

AWAY Program— Always welcome at the YMCA's. When you are traveling further than 60 miles from Clearfield you can use most YMCA's for free! Just ask at the front desk and we will give you our membership card to present to the visiting YMCA.

Free orientation on all fitness equipment.

Certified and friendly staff to help you.

Use of our recreational indoor swimming pool.

Personal Training is available upon request.

Membership to the largest human service in the world.

Discounted and many free programs for adults, kids and families.

Financial assistance available based on need/income.

GROUP CLASSES



ZUMBA[®] Aerobics Gym
FITNESS

M 4:30-5:30PM, W 5:30-6:30PM, F 4:30-5:30PM,

Ditch the workout and join the party with Stacey! Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin inspired, calorie burning dance fitness party that's moving millions of people toward joy and health.

BOOT CAMP

Aerobics Gym

M 5:40-6:55PM

Are you ready for your last chance workout? If so, be ready to put it all on the gym floor; blood, sweat, and tears. This workout is intense and consists of strength moves with cardio intervals which burn fat and tone muscles. Classes are taught by Shellie.

POWER STEP AEROBICS

Aerobics Gym

T/TH 5:30-6:30PM

Have you ever thought a step could give you a workout? Well it does and instructor Shellie knows how to get your body sweating with various step patterns, intervals, and circuit training techniques to tone and shape muscles. It is a lot of fun and there are always new routines to look forward too.

BODY SCULPTING

Aerobics Gym

T/TH

6:30-7:45PM

This strength training workout combines flexibility and cardiovascular conditioning. It is designed to shape and tone the body without building muscular size or bulk. Classes are taught by Shellie.

AQUA PUMP AEROBICS

Pool

Check Pool Schedule for times and days.

Classes focus on both cardiovascular and strength benefits letting you reach a new level of fitness in the water without impact on joints. Instructor is Heather.

Ballroom Dancing Lessons

Dances introduced will depend on student interest and prior experience. Selection of dances includes Cha Cha, Fox Trot, Jitterbug, Mambo, Polka, Rhumba, Samba, Tango & Waltz.

Advanced Class Aerobics Gym F 5:30-6:30PM

Beginner Class Aerobics Gym F 6:30-7:30PM

Classes are taught by Carol Ferranti

All classes will begin Friday September 9th



A
ZUMBATHON
WILL BE
HELD A
SATURDAY IN
OCTOBER
FOR
NATIONAL
BREAST
CANCER
MONTH

with Stacey and
 other Zumba
 instructors.
 Check with
 Stacey and the
 front desk for
 day and time.

Les Mills **BODYPUMP** Classes will begin this October! Be sure to check the dates and times of classes.

ADULT FITNESS



Silver Sneakers is a fun, energizing program that helps older adults take a greater control of their health by encouraging physical activity and offering social events. Classes are taught by Carol.

Silver Sneakers Muscle-Strength-Movement	MW	10:00-11:00AM
Silver Sneakers Cardio	MW	11:00-12:00PM
Silver Sneakers Combination Class	F	10:00-11:00AM
Silver Sneakers Yoga Stretch	F	11:00-12:00PM

LOW IMPACT AEROBICS

Tone your muscles and keep your body in shape by using basic step patterns, hand weights, stretch bands and exercise balls. Classes are taught by Ginny.

M/W/F Aerobics Gym 8:30-9:30AM

AQUACISE (Sponsored by Clearfield County Area on Aging)

A fun, safe, and effective water aerobic class developed for all fitness levels to improve overall body fitness and take stress off your joints. Enjoy this low impact workout with water weights and noodles. Swimming is not required. Classes are taught by Helen.

Exploring Fitness

This program is for the inactive or de-conditioned individual who has tried exercise, but has little knowledge of exercise machines. Learn proper exercise guidelines, goal setting and individual plans of action. Use various types of strength and aerobic equipment from our Nautilus Fitness Center. Non-members \$20 per session. Pre-registration is required. Instruction is given by Carol Ferranti.

Personal Training

Personal Training sessions are available with Crissy Aughenbaugh, B.S. in Exercise and Rehabilitative Sciences. Sessions are available by appointment on T/TH 6-8PM. Contact the Y to register!



YOUTH SWIMMING LESSONS

Lesson	4 Classes
Parent/Child	\$10/\$25
Preschool/Youth	\$25/\$45
Adult/Teen	\$10/\$25

“The water is your friend. You don’t have to fight with water, just share the same spirit as the water, and it will help you move.”

-Aleksandr Popvo

Choosing the Correct Swim Lesson

Read the class descriptions! Start with your child’s age group. Read & find the skills your child can do. If your child has the skill listed, then register for that level. Remember placing a child in the incorrect level will be disservice to both the child and the other class members.

PRESCHOOL LESSONS **Ages 3-5 Years Only**

Preschool classes are designed to build confidence and endurance, teach water safety, as well as water sports and games while allowing children to progress through the steps of learning how to swim.

- Pike** Beginner level; little or no swimming experience.
- Eel & Ray** Must be willing to participate, comfortable in water and able to swim 5—15feet on front, back and side.
- Starfish** Must be able to swim 30 feet on front, back and side.

YOUTH LESSONS **Ages 6-13**

Youth lessons will provide beginner water adjustment through advanced stroke development accompanied by skills in water safety, personal safety and an appreciation of water sports and games.

- Polliwog** Beginner level; little or no swimming experience.
- Guppy & Minnow** Must be able to swim 20 – 25 feet on front, back and side.
- Fish/Flying Fish** Must be able to swim 25 yards of rudimentary front and back crawl, breaststroke, sidestroke, and elementary backstroke. Or try the Clearfield Y Sharks Swim Team free 1st week Oct 18-21..

ADULT/TEEN BEGINNER **Ages 14 & Up**

It is never too late to learn water safety or improve your stroke. No water experience is necessary.

PRIVATE SWIM LESSONS

One-to-one lessons only. 30-minute lessons will help to meet your specific goals. Please fill out a private swim request at our front desk. **MEMBERS ONLY.**



Water Polo (Deep End) League

Have you ever played water polo? If not, come give it a try on Thursday evenings from 7:00-8:00PM beginning November 3 and ending January 26. Cost is \$25 per player for all 13 weeks. Pre-registration is required by October 28.

POOL PARTIES



Are you tired of having the same old birthday party over and over again? If so birthday parties at the Y are great and filled with fun! Come make a splash in our new pool and have your cake, ice-cream and swimming all together! Our new party room is located directly off the pool! Call to reserve your party today!

Pool Party Availability:

DAYS	POOL	ROOM
Saturday	2:00-3:00PM	3:00-4:00PM
Sunday	2:00-3:00PM	3:00-4:00PM

LIFE-LONG LEARNING

The Clearfield YMCA has partnered with the American Red Cross to offer a variety of classes from babysitting training to lifeguarding and much more. If interested in any specific classes contact the Y at 765-5521.

LAP SWIMMING

ALL AGES

A minimum of two lanes are open at most times in the pool for lap swimming. Circle swimming and sharing lanes is required. Download a schedule online or pick up a copy at the front desk. Note that the pool closes at 5:00PM on Saturdays and Sundays and pool closings are listed on schedule.



Y Sharks Swim Team

Clearfield YMCA Swim Team practice will begin October 18th. Sign-ups are currently being taken. ALL SWIMMERS MUST HAVE A YMCA MEMBERSHIP TO PARTICIPATE. Participants must be at least 6 years old and be able to perform the front crawl. A program/participation fee will be PAID prior to the beginning of practice. Age groupings/practice times are determined by coach and will be announced at practice(s).



M/W 4:00-6:30PM
T/TH 4:30-7:00PM
F 4:00-7:00PM

6-18 Years \$100.00 + MEMBERSHIP

If a family membership is purchased with the swim team fee, each family will receive 10% off of initial swim team fee per child (ren) swimming. Example: 1 child = \$90, 2 children = \$180, 3 children = \$270 and etc... This discount does not apply for youth membership.

Clearfield H.S. Swim Team must pay \$50.00 to practice with the Sharks and are not allowed to compete in meets unless a full membership is purchased.

Shark HOME Meets

November 19: Invitational
 December 10: Brookville
 December 17: State College
 January 7: Holidaysburg & Ridgway
 January 21: Juniata Valley & DuBois

Shark AWAY Meets

December 3: Ty Valley
 January 14: Ridgway
 January 28: Juniata Valley
 February 4: Holidaysburg
 February 11: Ty Valley

The YMCA...

A place where

YOU belong.

When you join the YMCA of Clearfield, you join one of over 2,400 YMCA's in the

country. We're

more than just a

pool, gym, or fitness

center. We're an

association of

people who believe

in YMCA values:

CARING,

HONESTY,

RESPECT and

RESPONSIBILITY.

Special Events



Dive-In Movie: Bring your raft, tube or noodle and enjoy a Christmas movie in the Y pool from 7:00-9:00PM on December 22nd! Cost is \$3 per person or \$10 per family.

Y Swim-A-Thon: The Y's first ever swim-a-thon will be held Saturday January 14th from 9:00AM to 5:00PM. Swim as many laps possible in an hour! The idea is to get as many sponsors as you can to support how many laps they think you can swim. All money raised will go towards the Y Aquatics Program! If you raise \$15.00 you will receive a t-shirt! Medals 1st-3rd will be awarded to those who can swim the most laps in an hour. Pre-registered age group swim times are as followed: age 5-8 - 9:00—10:00AM, ages 9-13—10:01—11:00AM, ages 14-19-11:01—12:00PM, ages 20+ - 12:00—2:00PM, day of registration swimmers times and extra hours for swimmers in 20+ age group are from 2:00—5:00PM. All pre-registered swimmers must be registered by January 13 with sponsors and all money raised. Registration will be taken the day of event.

Scramble Golf Tournament: Friday September 9 12:30PM Shotgun Start, Clearfield Curwensville County Club. Includes 18 holes, cart, lunch & dinner. Call the Y to register.

2012 WINTERFEST: January 28th & 29th Parker Dam State Park, call the Y for more information during the month of November for a schedule of events.

Adult Leagues:

Basketball: T/TH Starting Sept. 20, all players must be paid by Sept .30., YMembers \$20/Non-Members \$30.

Wiffleball: Tuesdays Starting Jan. 10, all players must be paid by Jan. 20. YM \$20/NM \$30 7:00-9:00PM

Flag Football: Thursdays Starting Jan. 12, all players must be paid by Jan. 22. YM \$20/NM \$30 7:00-9:00PM

Clearfield YMCA Team

Don Herres, CEO Executive Director
Vanessa Johnson, Program & Aquatic Director
Nancy Williams, Child Care Director

2011 Membership Rates

Membership Type	Joining Fee	Monthly Draft
Youth (0-17 years)	25	14
Young Adult (18-22 years)	25	25
Adult (23-61 years)	75	34
Family (Two adults w/ children up to 18)	75	46
One Parent Family (One adult w/children up to 18)	75	40
Senior (62+)	75	31

Membership Grants & Assistance

Financial assistance for memberships is subject to availability and based on demonstrated need. Applications are available at the front desk. Please allow 2-4 weeks for processing. NO ONE will be turned away from the YMCA.

SPORTS GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym 5:30AM— 9:00PM (Mini Muscles Program TBA)	5:00-9:00PM Men's Basketball Fall League (Starts September 20th) 7:00-9:00PM Adult Wiffleball League (Starts January 10th)	Tumbling Beginner: 4:45-5:30PM Intermediate: 5:30-6:30PM	5:00-9:00PM Men's Basketball Fall League 7:00-9:00PM Adult Flag Football League (Starts January 12th)	Open Gym 5:30AM— 9:00PM	Gym will be closed from 7AM to 1PM for Swim Meets on Nov 19, Dec 10, Dec 17, Jan 7 and Jan 21 1:00-4:00PM Indoor Roller Hockey	Open Gym 1:00— 5:00PM

AEROBICS GYM SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30AM Low Impact Aerobics 10:00AM- 12:00PM SilverSneakers Programs 4:25-5:25PM ZUMBA 5:30-6:45PM Boot Camp	5:30-6:30PM Step Aerobics 6:30-7:45PM Body Sculpting	8:30-9:30AM Low Impact Aerobics 10:00AM- 12:00PM SilverSneakers Programs 5:30-6:30PM ZUMBA	5:30-6:30PM Step Aerobics 6:30-7:45PM Body Sculpting	8:30-9:30AM Low Impact Aerobics 10:00AM-12:00PM SilverSneakers Programs 4:30-5:30PM ZUMBA 5:30-6:30PM Ballroom Dance Advanced 6:30-7:30PM Ballroom Dance Beginner

****Note: There will be NO OPEN GYM when scheduled activities are taking place in the sports gym or aerobics gym. Schedule is subject to change at any time. Check with the front desk for activity cancelation before using gym.****

****During Swim Meets the gym will be closed until 1PM on Saturdays. Please check page 8 for swim team dates.****

POOL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00AM Aquacise 10:00-11:00AM Day Care Swimming Lessons 4:00-6:30PM Sharks Practice (Begins Oct. 24) 6:30-7:30PM Aqua Pump Aerobics (Beginning October 24, NO CLASS ON OCTOBER 17)	6:20-7:20PM Aqua Pump Aerobics 3:30-4:30PM Day Care Swim 4:30-7:00PM Sharks Practice (Begins Oct. 18) 6:20-7:20PM Aqua Pump Aerobics (September 6- October 13)	9:00-10:00AM Aquacise 10:00-11:00AM P.O. Life Skills Class (Every 3rd Wednesday of the month Sept—May) 5:30-7:30PM Mock Swim Meet (September 14th, NO Aqua Pump and lap swimming during these hours) 4:00-6:30PM Sharks Practice 6:30-7:30PM Aqua Pump Aerobics (Begins October 19-February)	6:20-7:20PM Aqua Pump Aerobics 3:30-4:30PM Day Care Swim 4:30-7:00PM Sharks Practice 6:20-7:20PM Aqua Pump Aerobics (September 6- October 13)	9:00-10:00AM Aquacise 10:00-11:00AM Day Care Swimming Lessons 4:00-7:00PM Sharks Practice	SWIMMING LESSONS: <i>(New Sessions begin Oct. 22)</i> PIKE 9:15-9:45AM EEL & RAY 9:45-10:15AM STARFISH 10:15-10:45AM POLLIWOG 10:45-11:15AM GUPPY & MINNOW 11:15-11:45AM FISH/FLYING FISH 11:45-12:45AM Parent/Child Swimming Lessons 1:00-2:00PM 2:00-3:00PM Pool Parties	1:00-2:00PM Parent/Child Swimming Lessons 2:00-3:00PM Pool Parties

Swimming Lessons will remain the same until Y Sharks Swim Team begins on Oct. 18. 1st Session will be October 22 to November 12, 2nd Session will be January 28 to February 18. All swimming lesson times and sessions will change to 8 week sessions in March 2012.

Pool will be open 5:30AM-1:00PM Monday through Friday, Saturdays 9:00AM-5:00PM and Sundays 1:00-5:00PM. A minimum of two lanes will be open at most times for lap swimming. Circle swimming and sharing lanes is required. Pool closing and events will be put up one week in advance to the closing or event.

The pool will be closed during birthday parties, swim meets, and other special events. Please check pages 8—9 for future closings.



Clearfield YMCA
21 North 2nd Street
Clearfield, PA 16830
(814)765-5521
www.clearfieldymca.net

Non-Profit Org
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Clearfield, PA
Permit No. 152

Current Resident or



LET'S BE FIT & HEALTHY TOGETHER

PROGRAM GUIDE FALL/WINTER September—February 2012 Clearfield YMCA

Hours of Operation:
Monday—Friday 5:30AM—9:00PM
Saturday 9:00AM—5:00PM
Sunday 1:00—5:00PM
Closed Labor Day, Thanksgiving, Christmas and New Year's Day