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FACILITY HOURS:
Monday - Thursday 5am–9:30pm
Friday 5am–9pm
Saturday 7am–7pm
Sunday 10am–6pm
*Pools close 1 hour prior to closing time

EARLY LEARNING CENTER:
2459 Reservoir Road
Hollidaysburg, PA 16648
Phone: (814) 695-3204
Monday - Friday: 6:30am-6pm

CHILD WATCH HOURS:
Monday - Thursday 8:30am-12pm
4:30pm-8pm
Friday & Saturday 8:30-12pm
As a service to our valued members, the YMCA Child Watch program provides on-site babysitting for children age six-months through age 9. Childwatch is FREE for Family & Youth Members.

Fees:
Members – FREE!
Public – $6/per child visit

HOLIDAYS:
The Blair Regional YMCA observes the following holidays and will be closed on:
New Years Day
Holy Thursday, April 9
Good Friday, April 10
Easter Sunday, April 12
Memorial Day, May 25

VISITOR PASSES:
Adult Day Pass: $10/Day
Youth Day Pass: $7/Day

MEMBERSHIP RATES & TYPES

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Monthly Bankdraft</th>
<th>Annual Payment*</th>
<th>Join Fee</th>
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<tr>
<td>YOUTH</td>
<td>$24</td>
<td>$288</td>
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<tr>
<td>YOUNG ADULT</td>
<td>$35</td>
<td>$420</td>
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<tr>
<td>ADULT</td>
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<tr>
<td>FAMILY</td>
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<td>$864</td>
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<tr>
<td>COUPLE</td>
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<tr>
<td>SENIOR</td>
<td>$43</td>
<td>$516</td>
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<tr>
<td>COLLEGE</td>
<td>$144/year (full pay only)</td>
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SHORT-TERM MEMBERSHIPS

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<tr>
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<td>YOUTH</td>
<td>$35</td>
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<tr>
<td>YOUNG ADULT</td>
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<tr>
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<tr>
<td>FAMILY</td>
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<tr>
<td>COUPLE</td>
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<tr>
<td>SENIOR</td>
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<td>$25</td>
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<td>COLLEGE BREAK</td>
<td>$25/month</td>
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MEMBERSHIP DEFINITIONS:
Youth: 18 & under
Young Adult: 19-29
Adult: 30-61
Family: One/two adult(s) and any dependent children up to the age of 22 years living at the same household
Couple: Two individuals residing in the same household
Senior: 62 & older
College: Non-commuter full time college student, 18-24 years of age

SILVER SNEAKERS® AND SILVER & FIT
Silver Sneakers® and Silver & Fit are fun programs that help older adults take greater control of their health by encouraging physical activity and offering social events.

These programs are benefits offered to participants of many Medicare plans across the country. If you are a part of a Medicare health plan, or if you are a group retiree, you may already qualify for the benefit. Find out if your health plan offers either of these programs to sign up for a FREE membership to the YMCA.
LEARN TO SWIM

SWIM LESSONS: For the safety of every person, every day.

Swim lessons are available for all ages all year long. Find a class that’s right for you. Choose between group classes, private lessons, and semi-private lessons.

GROUP LESSONS

Lessons are grouped by age and skill level. Each session is comprised of 7 classes.

Parent/Child: Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness. Parents learn about water safety and drowning prevention.

Cost: $34 member / $54 public

Toddler: Toddlers learn to independently explore a water environment through games and various water activities.

Cost: $37 member / $57 public

Stages 1–6: Students learn personal water safety, achieve basic swimming competency, and progress to learn about the four competitive swimming strokes.

Cost: $47 member / $73 public

PRIVATE LESSONS

Swimmers receive half-hour instruction from a swim instructor who schedules lessons based on needs. Lessons are sold in sets of four and are redeemable for 90 days.

Ask for a request at the front desk, the pool office, or submit an online request.

Private Lessons: one-on-one lessons with an instructor.

Cost: $90 member / $115 public

Semi-Private: two or more students with an instructor

2 Students: $125 member / $150 public

Each additional student: $10

Outside groups and schools are encouraged to contact the Aquatic Department for arranging lessons. Adaptive lessons are also available. Contact us at (814)695-4467 (Ext. 224 & 225).
How to choose the class that is right for you...

Parent/Child

Can the student follow verbal cues and jump on land?
Yes, keep going!
Not yet, sign-up for Parent/Child!

Toddler

Is the student comfortable with an instructor without a parent in the water?
Yes, keep going!
Yes, keep going!
Not yet, sign-up for Stage 1!

Stage 1

Will the student go underwater voluntarily?
Yes, keep going!
Not yet, sign-up for Toddler!

Can the student do a front and back float on their own?
Yes, keep going!
Not yet, sign-up for Stage 2!

Stage 2

Can the student swim 10 yards on their front or back?
Yes, keep going!
Not yet, sign-up for Stage 3!

Can the student swim 15 yards of front and back crawl?
Yes, keep going!
Not yet, sign-up for Stage 4/5!

Stage 3

Can the student swim front crawl, back crawl, and breast-stroke across the pool?
Yes, keep going!
Not yet, sign-up for Stage 4/5!

Can the student swim front crawl, back crawl, and breast-stoke across the pool and back?
Yes, ask about swim team!
Not yet, ask about private lessons!

Stage 4/5

Saturdays:
Stage 1: 9:00-9:30AM
Stage 2: 9:45-10:15AM
Stage 3: 10:00-10:45AM
Parent/Child: 10:30-11:00AM
Toddler: 11:00-11:30AM
Stage 4/5: 11:00-11:45AM

Mon/Weds & Tues/Thurs Evenings:
Stage 1: 5:00-5:30PM
Stage 3: 5:30-6:15PM
Stage 4/5: 5:45-6:30PM
Stage 2: 6:30-7:00PM

Saturdays:
Session 1: January 4 – February 15
Session 2: February 22 – April 4
Session 3: April 18 – May 30

Mon/Weds:
Session 1: January 6 – January 27
Session 2: February 3 – February 24
Session 3: March 2 – March 23
Session 4: March 30 – April 22
(no class on Mon, April 13)
Session 5: April 27 – May 18
Session 6: June 8 – June 29

Saturdays:
Session 1: January 7 – January 28
Session 2: February 4 – February 25
Session 3: March 3 – March 24
Session 4: March 31 – April 23
(no class on Thu, Apr 9th)
Session 5: April 28 – May 19
Session 6: June 9 – June 30

Blair Regional YMCA | blairregionalymca.org
YMCA LIFEGUARDING
This course is designed to provide participants with the knowledge and skills necessary to be a lifeguard and professional rescuer. This course presents skills needed in and around the water. You must be 16 years of age to become a certified lifeguard. Upon the successful completion, participants will receive the following certifications:

- Lifeguarding
- CPR/AED for professionals
- Emergency Oxygen Administration
- Basic First Aid

There is no cost to those who agree to accept a lifeguard position with the Blair Regional YMCA and work for at least one year.

BRY Employee *$0.00* / Public $300.00

LIFE-SAVING (Non-Aquatic)
Basic Life Support is designed to teach CPR and AED rescue techniques for people of any age. Instruction offers practice in lifesaving skills that may be an employer mandate, a regulatory requirement, or simply a personal goal. Registration for BLS/CPR classes are currently open.

Member $40 / Public $50

Group and business discounts are available! Contact a Director of Aquatics to arrange a class specifically designed to fit your needs.

Classes will be offered in February, May and August.

NEW YEAR, NEW AQUATICS OFFERINGS!

- Water Easter Egg Hunt
- Water Polo
- Movies in the Pool
- Scuba Instruction
- Intro to Kayaking
- Water Volleyball

Contact the Department of Aquatics for information about these new programs or information regarding classes your group would like to offer!
(814)695-4467 (ext. 224 and 225)

***No person will ever be denied access to Aquatics programming at the Blair Regional YMCA for financial reasons. If you need financial assistance to enroll in any of our Aquatics programs, please speak with a Director of Aquatics.***
JOIN THE SUMMER SWIM TEAM!

Our Summer Swim Team is a structured program that provides a great opportunity for new swimmers to participate on a competitive team. The team offers a recreational experience that encourages our swimmers to continue to build on their swimming ability. For more information about the Blair Regional YMCA Swim Team go to: www.brytigersharks.com and JOIN THE TEAM!

Season: June 1st– July 25th
Practice: Monday through Thursday
Registration opens on April 1, 2020
Summer Swim Team Rate: $190

SPRING SWIM TEAM CLINIC

The Swim Team Spring Clinic is a program that offers competitive swim stroke, start, and turn technique, divided into novice and experienced swimmer programming. This program has a participation limit and spaces fill up fast.

May 2020
Registration opens on April 1, 2020
Spring Swim Clinic Rate: $125

CHECK US OUT! www.brytigersharks.com

Blair Regional YMCA Tigersharks

BLAIR REGIONAL YMCA | blairregionalymca.org
CHILD CARE PROGRAMS

Monday through Friday: 6:30AM – 6:00PM

Located in front of the Frankstown Elementary School, the YMCA Early Learning Center at Frankstown is a recipient of a prestigious 4 Stars by the Keystone Stars Program. The 4 Star designation is based on continuous quality improvements through set standards, training/professional development, assistance, resources, and support. The ratings that the center and staff receive are researched and linked to children’s preparedness for school and children’s social and emotional development.

For over 20 years the YMCA Early Learning Center at Frankstown has readied the community for school and beyond. Children are placed in age appropriate, safety compliant rooms and participate in learning activities. It is a relief for parents to know that their children are receiving a healthy emotional foundation in the caring hands of a dedicated staff. Parents also feel at ease knowing that their children are being fed breakfast, lunch, and a snack by professional in-house food service at no additional cost.

We offer child care programs for children 6 weeks of age through the time they are ready to begin kindergarten.

BEFORE & AFTER SCHOOL PROGRAM

Registration for 2020–21 School Year
Monday through Friday: 6:30 – 9AM & 3:30 – 6PM

This licensed program by the Commonwealth of PA is offered in cooperation with the Hollidaysburg Area School District for those working parents who need child care during the school year for their children in grades Kindergarten through 6th grade. Locations include C.W. Longer, Foot of Ten and Frankstown ELC.

When schools are closed due to scheduled days off, the school-age program is open at the YMCA Early Learning Center. Children who are registered for the school-age programs are welcome to attend. ADVANCE SIGN UP IS REQUIRED.

To register, you can contact any of the program sites or call the Early Learning Center at (814) 695–3204.

Registration Fee: $25/Child

SUMMER CAMP

Registration opens April 1

Let your child be a part of one of the most exciting and educational day camps in the area. Activities include arts and crafts, sports and recreation, swimming, Friday field trips and more!

YMCA EARLY LEARNING CENTER SITE

Camp Hihowrya (Younger):
Completed K – 2nd Grade
Camp Hihowrya (Older):
Completed 3rd – 5th Grade

BLAIR REGIONAL YMCA SITE

Camp Chimney Rocks:
Completed K – 2nd Grade
Camp Dysart: Completed 3rd – 5th Grade
Teen Camp: Completed 6th – 8th Grade
FREE PRESCHOOL
SUPERIOR QUALITY EDUCATION

PA PRE-K COUNTS
Monday–Friday: 8:30am to 2:00pm
3–4 Year Olds

Wrap-around care available
call 814.695.3204 for more information or to enroll

The Blair Regional YMCA offers a PA Pre-K Counts program. If your child will be 3 or 4 years old by September 1; now is the time to enroll in PA Pre-K Counts.

PA Pre-K Counts offers a free, high quality program to help children learn the skills that they need to be ready and excited for kindergarten. Wrap around care is offered during hours PA Pre-K counts class is not in session.

You can expect our preschool classroom to have teachers with the education and expertise to teach young children a curriculum that will help them grow academically and socially. Teachers will regularly review your child’s progress and choose teaching and learning activities that are best for your child.

Pre-K Counts will help you and your child adjust to pre-kindergarten and have a smooth transition on to kindergarten. We offer a small class size, of no more than 20 students per one teacher and two aides, so that your child can have plenty of one-on-one time with the teachers.

WHO IS ELIGIBLE FOR PA PRE-K COUNTS?
PA Pre-K Counts is designed for children who are between age 3 and until the entry of kindergarten. Also, children who are living in households that are earning 300% or less of the federal poverty level (such as a family of 4 earning $77,250 per year or less) are encouraged to apply.

HOW CAN I ENROLL MY CHILD IN PA PRE-K COUNTS?
The Pre-K Counts Application is available to download on our website (www.BlairRegionalYMCA.org) and also available at the Blair Regional YMCA or YMCA Early Learning Center front desk.

STILL HAVE QUESTIONS?
Call the YMCA Early Learning Center at (814) 695-3204 to speak with our Child Development Director, Sandy McGough, for more information.
SAFE SITTERS®
Saturday, January 18: 8:30AM – 2:30PM
Saturday, March 21: 8:30AM – 2:30PM
Saturday, May 16: 8:30AM – 2:30PM
Ages: 11-15
The Safe Sitter Essentials with CPR is a nationally recognized training program for youth babysitting taught by certified SafeSitter instructors. Students learn how to care for a choking infant or child, basic first aid/CPR, personal safety as a babysitter, injury prevention, how to care for children (feeding, diapering, etc), behavior management and more. Pre-registration is required. Participants are asked to pack a lunch and/or snack.
Cost: $60/Members; $70/Public

POOL BIRTHDAY PARTIES
Your birthday party is sure to be a “splash” hit at the Y! Enjoy two hours in the party room which includes one hour in the lap pool with a certified lifeguard & football toss. Bring your own decorations and refreshments.
Cost: $85/Members; $175/Public
*Prices are for up to 18 guests. Pricing for parties over 18 guests, call the YMCA @ 695-4467. A $50 deposit is required to guarantee your reservation. Regular room and gym rentals are available for parties as well.

BIRTHDAY PARTY PACKAGES:
*Prices are for 1 hour rentals
Bounce House (Court 3)
Cost: $90/Members; $145/Public
Gym Games (Court 3)
Cost: $70/Members; $105/Public
Virtual Reality & Gaming
Cost: $50/Members; $85 Public

EARLY LEARNING CENTER FESTIVAL
Friday, May 8: 5:00PM until dusk
The festival promotes family fun with games, crafts, food booths and prizes. All proceeds will benefit the programs of the YMCA Early Learning Center.

WOMEN’S AUXILIARY
The Women’s Auxiliary is in its 87th year of providing financial support to the Blair Regional YMCA through fundraisers held during the year. These funds have helped to purchase first aid supplies, life-saving supplies, scooters, basketballs, art supplies, display signs and pay for youth to attend summer camp. Meetings are held the fourth Tuesday of each month; January through May, 12:30PM at the Y. The Auxiliary is open to all women; you do not have to be a member of the Y to join.
Phone: (814) 695-1672

PARENTS’ NIGHT OUT
Enjoy an evening to yourselves while your children are in a safe environment and having a blast at the YMCA. Children will enjoy an evening of fun activities and dinner that will include pizza and drinks.
Ages: Kindergarten - 6th Grade
Cost: FREE/Members; Public: $10/Child
$20/Family
Dates: January 10        April 17
       February 21        May 8
       March 20          June 12

HEALTHY KIDS DAY
Saturday, April 18: 10:00AM - 1:00PM
A day filled with fun, engaging and creative activities with snacks and open swimming from 1:00 to 4:00PM. All activities are free and open to the public. Healthy Kids Day is a part of the YMCA’s national effort to keep kids moving and learning all summer long!

Y FUN DAYS
The Y Fun Day program provides children with fun-filled activities on both planned and full day releases. Students should bring a packed lunch, swimsuit and towel.
Ages: Kindergarten - 6th Grade
Cost: $25/Members; $35/Public
Dates: January 20        March 13
       February 14        April 9
       February 17        April 13

THANKS TO OUR 2019 MAJOR SPONSORS:
Bavarian Aid Society
McQuaide & Blasko
Miller Chemical & Supply LLC.
Sheetz
Smith Transport Warehouse
Stuckey Automotive
University Orthopedics Center
Veeder Root Community Service

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Smith Transport Warehouse
Stuckey Automotive
University Orthopedics Center
Veeder Root Community Service
FAMILY Y-NITES, STRENGTHENING FAMILY BONDS, CREATING LASTING MEMORIES

Enjoy an evening of good old-fashioned family fun! Serving families has always been at the heart of the Y. The program is run by a core group of dedicated and valued community volunteers. It is an alternative choice for a family-based activity that is fun, affordable, and a safe place to gather with your friends and family. Our Y Family Nights include a variety of activities like swimming, arts & crafts, music, dancing, gym games, face painting, movie on the big screen, healthy food, local artists and entertainment, as well as memorable take home photographs and educational information from local non-profit agencies. Whether you're a parent, grandparent, single parent, guardian or neighbor, everyone is welcome at our Family Y-Nite.

**Member Rate:** $5.00/Person  
**Public Rate:** $7.00/Person

(CHILDREN UNDER 3 ARE FREE)

Registration for Family Y-Nite prior to the event is required. Each Y-Nite will be ticket only.

FAMILY VALENTINE’S DAY DANCE  
Saturday, February 8: 5:00 to 8:00PM

Get your dancing shoes on and come out to our 9th Annual Family Valentine’s Day Dance, sponsored by BEERBOWERS JEWEL-ERS. Rock the night away with Steve Willet “That DJ Guy” and enjoy a fun filled evening with your friends and family. Activities include: Valentine’s crafts, a photo booth, dancing and a delicious buffet. A great evening for the whole family! Tickets go on sale starting January 6.

EASTER BUNNY BRUNCH  
Saturday, April 4: 11:30 to 2:30PM  
**Ages:** All ages

Come join in on a fun filled family event with the Easter Bunny. Kids can show off their creative side by making crafts and participating in Easter activities. A great brunch will be served. Don’t forget your cameras to capture these special memories.

THANK YOU VOLUNTEERS & SPONSORS

A very special thank you to our Y-Nite volunteers & sponsors:

- Altoona Symphony Orchestra
- Beerbower Jewelers
- Blair Drug & Alcohol Partnership
- Boomerang Sound
- Central Pennsylvania Community Foundation
- Hollidaysburg Area School District
- Leighty’s Farm Market
- Nazareth Family Foundation
- Operation Our Town
- Steve Willet “That DJ Guy”
- YMCA Women’s Auxiliary
Being healthy means more than simply being physically active. It’s about maintaining a balanced spirit, mind and body. At the Y, it’s about the benefits of living healthier on the inside as well as the outside. We know that healthy lifestyles are achieved through nurturing mind, body and spirit. We offer a variety of programs that support physical, intellectual and spiritual strength.

**AQUATIC FITNESS PROGRAMS**

Pricing is the following, unless noted otherwise:

**MEMBERS:** FREE

**Public:** $7/class OR $65/10 classes

**Aqua Aerobics**

*Monday, Wednesday, Friday: 8:45-9:45AM*

Concentrate on cardiovascular fitness, high intensity, low impact exercise through water resistance in our Aqua Aerobics class. No swimming is required for this class.

**Aqua Arthritis**

*Monday, Wednesday, Friday: 11AM-12PM*

This class features low impact exercise, incorporating therapeutic water movements to help relieve the pain and stiffness of arthritis. This class has been certified by the Arthritis Foundation.

**Aqua Flex**

*Monday & Tuesday: 5:45-6:30PM*

Thursday: 4:00-5:00PM

An exhilarating, low-impact exercise class suitable for every level of fitness. This class is excellent for fat burning potential. Emphasis will be on total fitness. You will build muscle strength and tone, flexibility, good body alignment and agility.

**Aqua ZUMBA**

*Wednesday: 5:45-6:30PM*

Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**HydroBase**

*Wednesday: 7:30-8:15AM*

*Friday: 10:30-11:15*

Exercise in the lap pool with emphasis on flexibility, strength and endurance. Members -$7.00/class, Public $10.00/Class

**HydroYoga**

*Wednesday: 10:30-11:15AM*

Exercise in the warm water pool with emphasis on flexibility, strength and endurance.

**Joints-N-Motion**

*Monday, Wednesday, Friday: 9:45-10:45AM*

Exercise in the warm water pool with emphasis on flexibility, strength and endurance.

**Water Works**

*Tuesday & Thursday: 9-10AM*

A combination of shallow and deeper water aerobics makes for a low impact workout.

**LAND Fitness Programs**

By offering more than 60 group exercise classes each week, the Y is sure to have a class that will meet your needs and lead you to fitness success. Our classes include a range of options for all fitness levels and our skilled instructors are experts at motivating participants to produce desired results. Schedules change on a monthly basis and up-to-date schedules can be found on our website or at the Welcome Center.

**Pricing is the following, unless noted otherwise:**

**MEMBERS:** FREE

**Public:** $7/class

$55/10 classes

$90/20 classes
WELLNESS CENTER

WELLNESS CENTER POLICIES

- Closed toe sneakers & shirts must be worn at all times in the Wellness Center. No flip flops or sandals are permitted.

- Wipe down equipment after use. Disinfectant and paper towels are provided for your convenience. Do not spray equipment directly.

- Be considerate of others and limit use of cardiovascular equipment to a maximum of 30 minutes.

- When using the strength equipment, please be courteous to other members and do not sit on the machine between sets. Be considerate and allow other members to ‘work in’.

- Please return weights, magazines, mats and other equipment to their designated spaces.

- No food is permitted in the Wellness Center. Only beverages in spill-proof containers are permitted.

- Youth under the age of 12 will not be permitted in the Wellness Center unless directly and actively supervised by a parent or guardian.

- Youth 12-14 will be granted access to the wellness center only after a wellness center orientation has been completed. Those youth who complete the orientation must wear the Youth Access Wellness badge at all times while in the wellness center.

- Teens ages 15 must complete the Teen Fitness/Weight Room Orientation class and submit a waiver signed by a parent to use the Wellness Center. Please see a Wellness Center staff member for policies dealing with teens and free weight equipment.

- The YMCA is a family place, so please refrain from the use of inappropriate language. Members abusing this rule will be asked to leave the building.

- Only members and registered guests are permitted in the Wellness Center.

- Members are entitled to a free consultation and orientation by one of our personal trainers.

FREE CONSULTATION & ORIENTATION

All new members are invited to a free 30-minute fitness consultation and equipment orientation in the Wellness Center. We want to learn about your goals and help you define a path to success!

We strongly recommend that all members participate in a free equipment orientation in the Wellness Center prior to using any fitness equipment. We care about your health and safety, and we want you to achieve your goals effectively.

BASIC 5 TRAINING PROGRAM

As part of your orientation, we will provide an entry level exercise profile utilizing our Nautilus weight machines and a selection from our cardio equipment. Once you have graduated from the basic profile, we suggest you speak with a trainer to find direction on your next steps, which may include personal training, group fitness classes, race series events or other activities.

PERSONAL TRAINING

Group Personal Training
One-On-One Personal Training

Personal training will provide you with an effective and time efficient workout. Our personal trainers will develop a routine to help you meet your fitness goals and needs as well as walk you through each session one-on-one or within a group. Group training is available in a cluster of 10 sessions and only available to members. For pricing information contact our Wellness Center.
COMMUNITY WELLNESS CHALLENGE SERIES

RACE OF CHAMPIONS
Come out to our first event of the year, a new race and new course that runners of all abilities are sure to enjoy. This race will offer a 5k run, 2 mile run and 2 mile walk.

Date: Saturday, March 28
Time: 8:00AM
Location: Altoona Blair Candy Outlet
Races: 5K Run, 2 Mile Run & 2 Mile Walk

HOLLIDAYSBURG DIAMOND DASH
The 5th Annual Diamond Dash will offer a 10k run, 6k run & 5k walk. This race will start/finish in the Hollidaysburg Diamond. This race is sure to be fun for the whole family.

Date: Saturday, May 16
Time: 8:00AM
Location: Hollidaysburg Diamond
Races: 10K Run, 6K Run & 5 Mile Walk

WE WOULD LIKE TO THANK OUR 2019 SPONSORS & PARTNERS

2019 SERIES SPONSORS
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Altoona Mirror
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RACE & WELLNESS PARTNERS
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UPMCA Altoona
UMPC Health Plan
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INVITE ONLY – ADVANCED CLASS
Time: Thursday, 5:15-6:15PM
Ages: 6-18 years
Monthly Cost: $32/Members; $49/Public
This program is structured to teach the more advanced gymnast the criteria needed to move into the pre-team. *Instructor referral only.

GYMNASTICS PRE-TEAM
Time: Tuesday/Thursday, 6:15-7:15PM
Ages: 6-18 years
Monthly Cost: $45/Members; $69/Public
The pre-team has been established to provide an opportunity for participants to continue in their development of gymnastics. Practices will concentrate on skills needed for routines and competition.

AERIALS GYMNASTICS A, B & C TEAM *Contact coaches if interested
Ages: 6-18 years
A&B Cost (Monthly): $65/Members; $90/Public
C Cost (Monthly): $55/Members; $79/Public
The ultimate progression of our instructional gymnastics program. Participation in the Aerials Team is by invitation only. Team competes in the Allegheny Mountain Gymnastics League. Parents will be expected to participate in the Gym Parent Organization in support of the team operations. For more information, please contact our Program Director at 695-4467.
Coaches: Tonya Romanowicz & Jeanna Bilek

OPEN GYMNASTICS
This is a great class to “try” before registering for a session or to get additional help on certain skills.
Session 1: April 21 to May 21
Cost: $3/Day - Members; $5/Day - Public

GYMNASTICS LESSON SESSION DATES
*All classes must have a minimum of 3 participants
Session 1: January 6 to February 20
Session 2: February 24 to April 2
Session 3: June 9 to June 30

TINY TOT GYMNASTICS LESSONS
Time: Monday, 9:20-10AM
Tuesday, 10:20-11AM
Ages: 2-4 years
Cost: $28/Members; $49/Public
Introduction to gymnastics fundamentals will be based on a parent/child team. Parents will be led by an instructor in assisting your child as they become familiar with movement skills, body & space awareness while learning tumbling techniques and working on gymnastics equipment.

KINDER GYMNASTICS LESSONS
Ages: 4-6 years
Time: Tuesday or Thursday, 4:15-5:15PM OR 5:15-6:15PM
Cost: $45/Members; $74/Public
This educational program is an introduction to various equipment used in gymnastics. We will work on body control, tumbling and gymnastic skills.

PROGRESSIVE GYMNASTICS LESSONS (Beginner & intermediate)
Ages: 7-18 years
Time: Tuesday or Thursday, 4:15-5:15PM, 5:15-6:15PM or 6:15-7:15PM
Cost: $45/Members; $74/Public
This instructional program will focus on individual development of conditioning, strengthening and gymnastics skills. All four areas of gymnastics; floor, beam, vault and uneven bars, will be included in the curriculum.

TUMBLING GYMNASTICS WORKSHOP *session 1 & 2 only
Time: Thursday, 6:15-7:15PM
Ages: 7-18 years
Cost: $45/Members; $74/Public
This workshop focuses on body control and gymnastic floor skills such as tucks, cartwheels, walk-overs, and more. Class is designed for beginners and anyone else who needs some extra work on tumbling.
ADULT PICK-UP BASKETBALL
Monday, Wednesday, Friday: 6–7:30AM
Basketball played year round in the traditional playground style of pickup, call your own fouls and winners play again. Join the long-standing morning game. If you are interested in adding additional pick-up times, please contact program@blairregionalymca.org
COST: FREE/Members; $5/Day, Public

PICKLEBALL
Monday through Friday: 7:30AM–12:00PM
Ages: All ages welcome!
Come try out this fun sport! All are welcome, no experience necessary. Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a perforated plastic baseball and wood or composite paddles. It is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.
COST: FREE/Members; $5/Day, Public

CORPORATE COED VOLLEYBALL LEAGUE
Thursday: Evenings
A recreational coed volleyball league for experienced players. Individual sign-ups are accepted. For league information and registration contact League Director, Sen Thach, at 937-2959.
Session 1: January to March
Session 2: March to May

SPIKEBALL LEAGUE
When: 1st Monday of each month; 7–9PM
Bring your own equipment if you have it. For new & experienced spikeballers alike!
Cost per night: $2/Members; $5/Public

SPORTS SERIES
This series introduces children to a variety of sports with the concept that sports are meant to be played for fun. Each session will practice essential skills that will help build a foundation for that sport. This focuses on team building, sportsmanship, communication, and working together to learn a sport.

BIDDY SPORTS (Ages 4–6 years)
PEEWEE SPORTS (Ages 6–8 years)

BASKETBALL
Concentrations in individual skills such as dribbling, passing, shooting, and rebounding will be practiced. This class will also involve conditioning and introduce concepts such as offensive and defensive strategies.
BIDDY: January 7 to February 25
Tuesdays: 4:30 to 5:30PM
PEEWEE: January 9 to February 27
Thursdays: 5:15 to 6:15PM
COST: $36/Members; $59/Public

OLYMPICS
Olympians will emphasize on activities ranging from half court sprints, 2 laps, accuracy and distance throws, and long jumps. All events will be practiced and measured. The last day of the class will feature all events and an obstacle course!
BIDDY: March 3 to March 17
Tuesdays: 4:30 to 5:30PM
PEEWEE: March 5 to March 19
Thursdays: 5:15 to 6:15PM
COST: $15/Members; $25/Public

T-BALL
T-Ball serves as an introductory class to baseball. Focuses include offensive/defensive strategies, batting off a tee, base running, catching, and throwing.
BIDDY: March 24 to May 12
Tuesdays: 4:30 to 5:30PM
PEEWEE: March 26 to May 14
(no class 4/9)
Thursdays: 5:15 to 6:15PM
COST: $36/Members; $59/Public
FUTSAL (Indoor Soccer)
If you are interested in improving: ball control, decision-making, vision, footwork, first touch, technique, and teamwork, then FUTSAL is for you. This program is designed to focus on development of fundamentals and understanding of game-play as well as teamwork. Prices include T-shirt.
Session: January 14 to February 22
  U6: Saturdays ONLY - 11:30AM-12:45PM
  U8: Practice - Tues 5:45-6:45PM
    Games - Saturday 8:30-9:30AM
  U10: Practice - Tues 5:45-6:45PM
    Games - Saturday 9:30-10:30AM
  U12: Practice - Tues 6:45-7:45PM
    Games - Saturday 10:30-11:30AM
Cost: $36/Members; $59/Public

TINY TIGER KARATE
Monday & Thursday: Evenings
Ages: 4-6 years (adult classes also offered)
Sign up for Tiny Tiger Karate and receive the first 2 weeks free. To sign up or for more information on this great program please contact Mr. Orr 327-0377, Master Gary Josefik 934-2854 or Tom Herron 946-5421 or visit www.josefikskoreantsd.com.

ELEMENTARY VOLLEYBALL
Ages: 4th – 9th Grade
This program develops the fundamental skills of passing, setting, spiking and serving. Strength and conditioning will also be improved. Great for both new comers and experienced players. Taught by Sen Thach.
Session: February 17 to March 23
  Mondays @ 6:15 to 8:15PM
Cost: $35/Members; $60/Public

1st/2nd Grade Basketball League (Coed)
February 9 to March 1
Games: Sunday Evenings
Cost: $200 per team
If interested in entering a team, contact Colin at csullivan@blairregionalymca.org.

TIGER TENNIS
June to August
Ages: Grades K-10
The Hollidaysburg Golden Tiger Tennis Camp shows young children the skills, fundamentals and knowledge necessary for them to improve their athletic performance in tennis. For questions or concerns please contact Brian Denis at brian.denis@hasdtigers.com

MONDAY NIGHT FOOTBALL CLINIC
Mondays: 5:45 to 7:00PM
Ages: Current 3rd – 6th Graders
Spend your Monday nights under the stadium lights! Each clinic will be instructed by HAYFA coaches, high school players, Y staff, and more. This 5-week training program is designed for football players of any level. Players will develop the fundamentals and skills of offensive and defensive positions. All practices will be held at Tiger Stadium.
Session: April 6 to May 4
Cost: $21/Members; $31/Public

SUMMER Y FIT KIDS
Monday through Thursday
Ages 4-12: 9:30 to 10:30AM
The program will focus on balance, agility, coordination, and flexibility that will improve overall physical abilities. All classes will meet in the gym, but children will also spend time outside weather permitting.
Session: June 1 to August 13
Cost per class: $2/Members; $4/Public

TRACK & FIELD
Ages: 7-13 years
The focus on this program is on instruction of fundamentals and proper techniques of running, jumping and throwing. We will work on skill development and conditioning. If interested, participants will be able to take part in the annual Mountain Top Track and Field Invitational in Cresson on 6/13.
Session: April 4 to June 6
  (no class 4/11 OR 5/23)
  Saturdays @ 9:30 to 11:00AM
Cost: $32/Members; $51/Public

YOUTH T–BALL LEAGUE (Coed)
Saturdays (games): 9:00 to 10:00AM
Wednesdays (practice): 5:30 to 6:30PM
Ages: 4–6 years.
Cactus Division: For the player who has experience or is ready to dive in to the sport of baseball.
First-timer Division: For the player who has little to no experience with t-ball and will give them a positive first experience.
Registration Begins: April 1
Coaches Meeting: May 6 @ 6:45PM
Registration Deadline: May 12
Draft: May 13 @ 7:00PM
Season: May 20 to June 27
  (No game 5/23)
League Picnic: June 27 (After games)
Cost: $40/Members; $60/Public
ALLEGHENY STREET BRIDGE PROJECT

The Allegheny Street Bridge Project connects kids living in the Hollidaysburg School district with YMCA memberships and programs that provide youth opportunities to deepen positive values, grow in self-esteem, and enhance their potential to become balanced, productive members of the community. This donor-designated initiative is made possible through the generosity of our community benefactors.

HEWITT STREET HOT SPOT
Monday through Friday: 3:00 to 6:00PM
Grades: 7 through 12
Attention all teens! “The Spot” is the ultimate hang-out for teens to gather after school. Led by passionate and dedicated staff, The Spot is the Y’s Teen Recreational Room featuring comfy furniture, plenty of seating for socializing and homework, a large flat-screen TV for movies and shows, ping-pong table, Wii, Xbox, board games and the ever-popular afternoon snack bar. The Spot is place that teens can really call their own! Follow the Spot on Instagram at @hewitt_street_hot_spot

7TH GRADE INITIATIVE
The Blair Regional YMCA is pleased to offer all area 7th grade students a free annual membership. As teens are faced with today’s challenges, the Y stands as a partner with our teens and their families to assist in the navigation of their path to adulthood and citizenship. It’s easy to get started! Students will need to provide a school ID and a signed membership application from their parent or guardian. Applications are available at the Y’s Welcome Desk. For more information, contact the Membership department at 814-695-4467, ext. 205.

TECH CLUB & VIRTUAL REALITY
Contact rvonada@blairregionalymca.org if interested
This program will teach the skills, show the tricks and provide you with a better understanding and appreciation of future technology. Our program will provide all of the equipment required to learn programming and enter the world of virtual reality.

MAKING IT POSSIBLE
Program Benefactors:
WILLIE PEQUIGNOT FAMILY
Willie, Jeannette, Alexa & George
John E. Young
BEST BUY FOUNDATION
Dr. Carroll Osgood
Annual Giving Campaign Donors

Help us keep good kids good. Direct any interest in supporting this initiative to Sharon Jones, Executive Director
ANNUAL CAMPAIGN
Each year the YMCA conducts its Annual Campaign throughout our community. The money raised from the Campaign provides financial assistance to all qualified individuals who wish to participate in YMCA programs, such as membership, camp and childcare. Every dollar raised stays in our local community.

CAPITAL IMPROVEMENT FUND
Capital improvements are an ongoing goal. Contributions to our Capital Improvement Fund allow us to maintain our Hollidaysburg and ELC facilities.

ENDOWMENT FUNDS
A strong endowment will ensure a strong YMCA for future generations. Gift opportunities include bequests, life insurance, real estate, personal property or securities, trusts, or outright gifts of cash.

EXPANSION CAMPAIGN
The Expansion Campaign is a continuous support campaign for the Blair Regional YMCA facility. Phase I, completed in July 2008, produced a new, updated state-of-the-art facility with the addition of 32,000 square feet including a new lobby, wellness center, locker rooms, warm water pool, member lounge, community lounge and gymnasium. The YMCA is embarking on a new capital expansion/renovation project that includes a new Early Learning Center, new/updated program space and upgrades to existing systems and infrastructure.

James Dysart Society
James Dysart was a man of vision. More important, he was a man with high values who wished for a Young Men’s Christian Association in Hollidaysburg. In 1912, that dream would be only just that – a dream – except that one of James Dysart’s values was that of philanthropy, and with his energy and his money he established the Blair Regional YMCA.

In keeping with James Dysart’s initiative, we have formed a membership group for those that support the Y with an annual gift of $1,000 or more. This gift will support the Annual Campaign.

Memorial Gifts
We offer an opportunity for a person to honor a deceased friend of the YMCA or our community through a meaningful and lasting memorial. Gifts are accepted in the name of the person being memorialized. The family of the individual is notified of the gift, and gifts are placed in our Annual Campaign Fund.
MEMBER BENEFITS

THERE IS NO COMPARISON, THE Y IS SO MUCH MORE

We know that you have a lot of choices to make in life, so let us help you make your decision to live a healthier lifestyle for you and your family a little easier.

We offer the following member benefits:

- Access to a full range of programs, activities, clubs and events developed to support a healthy lifestyle
- Full access to the 4,000 square-foot Wellness Center featuring Nautilus One equipment
- Use of the Aquatic Center sporting a six-lane lap pool and a warm water therapeutic pool
- Clean and spacious Men’s and Women’s Locker Rooms and Family Changing Room
- Free participation in Group Exercise classes for every fitness level (some exceptions)
- The opportunity to participate in specialty training classes like Insanity LIVE, Hydrobase and TRX
- Free participation in aqua-aerobic classes in the pool
- Wellness consultations with certified personal trainers that will help you set and achieve your goals
- FREE Childwatch babysitting service while you exercise for Youth & Family Memberships
- Open gym availability in our 3 regulation size basketball courts
- Volunteer opportunities that help foster a sense of community and fellowship
- Guest passes
- Visiting family & friends privileges
- Nationwide Membership

DISCLAIMER

Occasionally, the YMCA takes photos of our members and participants enjoying programs, special events or facilities. These photographs may be used for YMCA publications, brochures, advertisements or web pages and become the sole property of the YMCA. By acceptance of membership or by registration in a program, participants give their permission to the YMCA to use, without limit and obligation, photographs, and/or video recordings, which may include their image or voice for purpose of promoting the YMCA. If you or family members do not wish to be photographed, please inform the Membership Director.

VOLUNTEERS

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

HANDICAP/SPECIAL NEEDS ACCESSIBLE

At the Y, we strive to welcome all who wish to join us. We offer facilities that are open and accessible – and in compliance with government standards in accordance with the Americans with Disabilities Act (ADA). If special accommodations are required, please see our Member Services Desk in advance for further assistance.

MEMBERSHIP CARDS

For your protection a valid membership card must be presented to gain entry to the facility. No one except the member may use the card. A $5.00 fee will be charged to replace lost or damaged cards. We reserve the right to suspend or revoke membership privileges as necessary. Under 18, a parent will be notified immediately.

MEMBERSHIP FOR ALL

We believe everyone deserves a Y. The Blair Regional YMCA offers financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. It’s easy to apply and the Y does everything it can to make the Y a place for all. Please contact the Membership Department for more information.
ALWAYS WELCOME IN EVERY COMMUNITY
Nationwide Membership enables you to visit any participating Y in the United States through membership at your “home” YMCA (your home location is the facility that enrolled you as a member and that collects your membership dues). The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access. Details available at the Welcome Desk.

PROGRAM POLICY
• All class fees must be paid in full at the time of registration.
• The YMCA reserves the right to cancel any class due to scheduling conflicts or lack of participation. Advance notice will be given when possible.
• Program activities missed due to holidays, school closings or bad weather will be made up only if schedule permits.
• As our costs increase, we will make modest adjustments to program fees.
• A program credit or refund will be given only if the YMCA must cancel a program.
• Participants canceling due to medical reasons will be given a program credit less a $7 fee. Written physician’s verification is required.
• No refunds or credits will be issued if you are asked to leave class or league due to bad conduct.
• If a participant cancels program participation prior to it’s start, the Y will issue a system credit less a $7 processing fee. Credits expire after one year.

INCLEMENT WEATHER POLICY
LAND/AQUATIC FITNESS CLASSES:
If HASD schools are on a delay or cancelled due to snow/inclement weather, all morning Land/Aquatic classes will be cancelled (including Silver Sneakers)
In the event inclement weather begins after school hours or on weekends, the decision to cancel classes will be the responsibility of the instructor. Participants are encouraged to check with the YMCA, or the YMCA’s Facebook page.

CHILDCARE:
BEFORE & AFTER SCHOOL:
HASD MORNING DELAY:
YMCA Early Learning Center: If ELC is open then the Before-School program will be open
FOT & Longer: Before-School program will open at 8:30AM
HASD EARLY DISMISSAL:
YMCA Early Learning Center: If ELC is open then After-School program will be open
FOT & Longer: After-School program kids will need to be picked up within 2 hours of school closing
HASD CLOSED:
YMCA Early Learning Center: If ELC is open then School-Age program will be open all day as an Inservice Day
FOT & Longer: Before & After School programs will be cancelled as well (kids may go to the ELC if open)

YMCA & EARLY LEARNING CENTER FACILITY CLOSINGS:
To check on whether a decision has been made to open the facility late, not open at all or to close the facility early: Check for announcements on WTAJ TV; Call the facility: YMCA – 695.4467 & Early Learning Center - 695.3204 or check the YMCA Facebook page.

PLEASE FOLLOW US ON FACEBOOK FOR THE MOST UP-TO-DATE INFORMATION.
YOUR Y STAFF

Executive Director, Sharon Jones
sjones@blairregionalymca.org

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Senior Program Director, Frank Kopriva
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