



# YMCA AFTERSCHOOL PROGRAM

## & GROUP FITNESS SCHEDULE

### Morning Classes - Get your day started right!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 - 10:00 <b>Y Senior Fitness</b> Shawna (L- A/G)		9:00 - 10:00 <b>Y Senior Fitness</b> Shawna (L-A/G)		

### Afternoon/Evening Classes- Prepare for a good night's rest with a great workout after work or school!

Monday	Tuesday	Wednesday	Thursday	Friday
4:00 - 6:30 <b>Y Afterschool Program</b> (G)	4:00 - 6:30 <b>Y Afterschool Program</b> (G)	4:00 - 6:30 <b>Y Afterschool Program</b> (G)	4:00 - 6:30 <b>Y Afterschool Program</b> (G)	4:00 - 6:30 <b>Y Afterschool Program</b> (G)
6:30 - 7:30 <b>Basketball (G)</b>	6:30 - 7:30 <b>Basketball (G)</b>	6:30 - 7:30 <b>Basketball (G)</b>	6:30 - 7:30 <b>Basketball (G)</b>	6:30 - 7:30 <b>Basketball (G)</b>



**YMCA at Chavers Community Center**

211 Federal Street - Farrell, PA 16121

(724) 704-7197 or (724) 981-6950

[www.svymca.com](http://www.svymca.com)

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**Abbreviation Key:**

**Intensity Level:**

- H- High
- M- Medium
- L- Low

**Location:**

- A-Aerobic room
- G-Gymnasium
- H-Hallway
- P-Program Room
- W-Weight Rooms



## YMCA Farrell Hours of Operation

\*M, T, W, Th & F: 4:00pm – 7:30pm

\*Afterschool Participants / Current Members

**Y After School Program:** Free afterschool and supper program, includes homework help and physical activities for all school-aged children!

**Y Senior Fitness:** Have fun, and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and Silver Sneakers balls are offered for resistance. A chair is available for seated or standing support. Free for Silver Sneaker, Silver&Fit and Y members; non-members \$3.00 per class.

**Y W.I.T. Program:** (Workout Instruction for Teens) Ages: 12 years old and up. A 4-week instructional/hands-on program designed to educate students on proper exercise techniques, the benefits of health and fitness, muscle identification, nutrition and more! Contact the Y to sign up. Fees: Youth Y Member \$30; Family Y Member \$25.

**F.I.T. (Fun Interactive Training):** One hour per week for 4 weeks for ages 8-11. Fun activities to get children moving! Animal-themed relays, Crazy Circuit, Wacky Obstacle Course, etc. Open to Y members and non-members: Family Members \$10; Youth Members \$15; Non Members \$25. Contact Phyllis at the Y to sign up.

**Y Membership:** Includes access to the Farrell and Hermitage locations. Memberships include: a free introduction to our equipment, open gym and a large selection of free classes and programs; discounted rates for programs and sports; discounted Y massages; and perks from local businesses. Yearly, monthly, day and week passes are available. Discounted memberships are available for many local businesses, MCHA residents and staff, EMT, firefighters and police. Financial Assistance Scholarships are also available. Contact the YMCA for more details.