



# PRESCHOOL REGISTRATION INFORMATION

**6 months through 5 yrs old | Spring Session: April 9 – June 3, 2017**

**Registration: Member: Mar. 25 – Apr. 6, 2017 | Non-Member: Apr. 1-6, 2017**

Registration dates apply to all programs unless otherwise noted. Additional programs/classes that do not require registration may be available and will be listed on the facility schedules.

Program descriptions are available in the Preschool Program Guide. Schedule is subject to change.

**All programs/classes meet once per week for 7 weeks unless noted otherwise.**

**Youth & Teen Registration information is on the reverse side.**

## AQUATICS

Mitch Schall, Aquatics Director: x218 or mschall@bcfymca.org  
 Preschool Aquatics programs are \$45 Member / \$90 Non-Member unless otherwise noted.

CLASS & AGE		DAY	TIME
<b>FUN IN THE POOL</b> (with parent) 6-36 months (\$43 Member/ \$85 Non-Member)		F	1:00PM-1:30PM
PARENT/ CHILD SWIM LESSONS	<b>LEVEL A: WATER DISCOVERY</b>	TU	4:30PM-5:00PM
		SA	9:35AM-10:05AM
	<b>LEVEL B: WATER EXPLORATION</b>	TU	5:05PM-5:35PM
		SA	10:10AM-10:40AM
GROUP SWIM LESSONS	<b>LEVEL 1: WATER ACCLIMATION</b>	M	4:30PM-5:00PM
		M	6:15PM-6:45PM
		W	5:05PM-5:35PM
		W	5:40PM-6:10PM
		W	6:15PM-6:45PM
		TH	5:05PM-5:35PM
		SA	9:00AM-9:30AM
		SA	11:20AM-11:50AM
	<b>LEVEL 2: WATER MOVEMENT</b>	M	5:05PM-5:35PM
		TU	4:30PM-5:00PM
TU		6:15PM-6:45PM	
W		5:05PM-5:35PM	
TH		4:30PM-5:00PM	
TH		5:05PM-5:35PM	
SA		10:10AM-10:40AM	
SA	11:20AM-11:50AM		
<b>LEVEL 3: WATER STAMINA</b>	M	4:30PM-5:00PM	
	TU	5:40PM-6:10PM	
	W	4:30PM-5:00PM	
	TH	6:15PM-6:45PM	
	SA	10:10AM-10:40AM	
<b>LEVEL 4: STROKE INTRODUCTION</b>	M	6:15PM-6:45PM	
	TU	5:40PM-6:10PM	
	W	6:15PM-6:45PM	
	TH	5:40PM-6:10PM	
	SA	10:45AM-11:15AM	
<b>LEVEL 5: STROKE DEVELOPMENT</b>	TH	6:15PM-6:45PM	
<b>PRIVATE SWIM LESSONS</b> 3+ yrs	Schedule with Instructor (7 lessons) (\$147 Member / \$220 Non-member)		
<b>RISE &amp; SHINE</b> 3-5 yrs (\$43 Member/ \$85 Non-Member)	F	12:15PM-12:45PM	

## SPORTS & MOVEMENT

Brad Pontius, Program Director: x217 or bpontius@bcfymca.org

CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
<b>BABY ROCK</b> (Parent/child class) 6 weeks – 19 months	TH	10:30AM-11:00AM	\$21 / \$42
<b>BITTY BASEBALL</b> (Parent/child class) 3-5 yrs	TU	9:30AM-10:15AM	\$32 / \$44
	TU	10:30AM-11:15AM	\$32 / \$44
	TH	4:15PM-5:00PM	\$32 / \$44
	TH	5:15PM-6:00PM	\$32 / \$44
<b>GYM JAMBOREE</b> 2-5 yrs	W	5:45PM-6:15PM	\$21 / \$42
	W	6:30PM-7:00PM	\$21 / \$42
	F	9:15AM-9:45AM	\$21 / \$42
	F	10:00AM-10:30AM	\$21 / \$42
<b>KEYSTONE MARTIAL ARTS:</b> (2x per week) *Monthly registration required.			
<b>Little Dragons</b> 4-6 yrs	M & W	4:10PM-4:40PM	\$50 / \$95*
<b>Mighty Dragons</b> 4-6 yrs	TU & TH	4:10PM-4:40PM	\$50 / \$95*
<b>MOVE &amp; DANCE</b> 2-6 yrs	W	10:00AM-10:45AM	\$17 / \$34

## ART & HUMANITIES

Brad Pontius, Program Director: x217 or bpontius@bcfymca.org

NAME OF CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
<b>ART ADVENTURES</b> 2-5 yrs	W	9:30AM-10:15AM	\$34 / \$68
	TH	9:30AM-10:15AM	\$34 / \$68
<b>KIDS CAN COOK</b> 3-5 yrs	TU	9:30AM-10:30AM	\$50 / \$70
	TU	1:30PM-2:30PM	\$50 / \$70
<b>SAY IT WITH A SIGN</b> 4-7 yrs	M	4:00PM-4:45PM	\$17 / \$34



# YOUTH & TEEN REGISTRATION INFORMATION

5-17\* yrs old (\*or 18 yrs still enrolled in high school) | Spring Session: April 9 – June 3, 2017

Registration: Member: Mar. 25 – Apr. 6, 2017 | Non-Member: Apr. 1-6, 2017

Registration dates apply to all programs unless otherwise noted. Additional programs/classes that do not require registration may be available and will be listed on the facility schedules. Program descriptions are available in the PreK/Youth/Teen Program Guide. Schedule is subject to change. All programs/classes meet once per week for 7 weeks unless noted otherwise.

Preschool Registration information is on the reverse side.

## AQUATICS

Mitch Schall, Aquatics Director: x218 or mschall@bcfymca.org  
All Youth & Teen Aquatics are \$45 Member / \$90 Non-Member unless otherwise noted.

CLASS & AGE	DAY	TIME
LEVEL 1: WATER ACCLIMATION	M	5:05PM-5:35PM
	TU	5:40PM-6:10PM
	W	4:30PM-5:00PM
	TH	4:30PM-5:00PM
	SA	10:45AM-11:15AM
LEVEL 2: WATER MOVEMENT	M	5:40PM-6:10PM
	TU	5:05PM-5:35PM
	W	5:05PM-5:35PM
	W	6:15PM-6:45PM
	TH	5:40PM-6:10PM
	TH	6:15PM-6:45PM
	SA	9:00AM-9:30AM
	SA	10:45AM-11:15AM
LEVEL 3: WATER STAMINA	M	5:40PM-6:10PM
	M	6:15PM-6:45PM
	TU	4:30PM-5:00PM
	TU	6:15PM-6:45PM
	W	5:40PM-6:10PM
	TH	5:05PM-5:35PM
LEVEL 4: STROKE INTRODUCTION	SA	9:00AM-9:30AM
	M	4:30PM-5:00PM
	TU	5:05PM-5:35PM
LEVEL 5: STROKE DEVELOPMENT	TH	4:30PM-5:00PM
	SA	9:35AM-10:05AM
	M	5:05PM-5:35PM
	TU	6:15PM-6:45PM
LEVEL 6: STROKE MECHANICS	W	5:40PM-6:10PM
	SA	9:35AM-10:05AM
	M	5:40PM-6:10PM
	W	4:30PM-5:00PM
AQUA SCHOOL Grades: K-12	TH	5:40PM-6:10PM
	SA	11:20AM-11:50AM
	TU & TH (2x per week)	1:00PM-1:45PM (\$50 Member / \$100 Non-Member)
PRIVATE SWIM LESSONS 3+ yrs	Schedule with Instructor (7 lessons) (\$147 Member / \$220 Non-Member)	
SEA OTTERS 6+ yrs	TU & TH (2x per week)	5:15PM-5:55PM (\$50 Member / \$100 Non-Member)

## ARTS & HUMANITIES

Brad Pontius, Program Director: x217 or bpontius@bcfymca.org

CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
SAY IT WITH A SIGN 4-7 yrs	M	4:00PM-4:45PM	\$17 / \$34

## HEALTHY LIVING

Kathy Hensler, Healthy Living Director: x226 or khensler@bcfymca.org  
Ages 14+ yrs can attend group exercise & cycle classes. Ages 12-13 yrs may attend Land Group Exercise classes with a parent\*. Ages 11-13 yrs may attend Group Cycle classes with a parent\*.  
\*Youth must not be a distraction to the adult class. Please view Adult Registration Information/Program Guide for all class details & descriptions.

CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER
TEEN TRX 13-17 yrs	TU	6:30PM-7:15PM	FREE
	SU	12:00PM-12:45PM	FREE
TEEN YOGA 13-17 yrs	SA	9:30AM-10:30AM	FREE
YOUTH/TEEN FITNESS 8-15 yrs	M TU W TH F (5x per week)	4:30PM-5:30PM	\$45 / \$80

## SPORTS & MOVEMENT

Brad Pontius, Program Director: x217 or bpontius@bcfymca.org

CLASS, LEVEL & AGE	DAY	TIME	MEMBER/ NON-MEMBER
BASEBALL/ SOFTBALL HITTING ACADEMY	11-15 yrs	M	4:30PM-5:15PM \$45 / \$60
	7-10 yrs	M	5:30PM-6:15PM \$45 / \$60
KEYSTONE MARTIAL ARTS	Little Dragons 4-6 yrs	M & W (2x per week)	4:10PM-4:40PM \$50 / \$95*
	Mighty Dragons 4-6 yrs	TU & TH (2x per week)	4:10PM-4:40PM \$50 / \$95*
	Youth Beginner 7-13 yrs	TU, TH, & SA (3x per week)	TU/TH: 6:00PM-7:00PM SA: 9:00AM-10:00AM \$60 / \$105*
	Youth Advanced 7-13 yrs	TU, TH, & SA (3x per week)	TU/TH: 7:00PM-8:00PM SA: 10:00AM-11:00AM \$60 / \$105*
	Adult 14+ yrs	TU, TH, & SA (3x per week)	TU/TH: 8:00PM-9:00PM SA: 11:00AM-12:00PM \$60 / \$105*
PRIVATE SPORTS INSTRUCTION 8-17 yrs	Soccer or Volleyball. Schedule with Instructor (6 lessons)		\$120 / \$180
SPORTS & AGILITY PERFORMANCE			
7-9 yrs	SA	10:00AM-10:45AM	\$50 / \$75
10-15 yrs	SA	11:00AM-11:45AM	\$50 / \$75
STARTER SWINGS GOLF 5-8 yrs	W	4:30PM-5:15PM	\$60 / \$85

\*Monthly registration required.

## GET FIT FAMILIES (GFF)



Joella Baker, USAT Triathlon Coach: Joella@zoominternet.net  
Kathy Hensler, Healthy Living Director: x226 or khensler@bcfymca.org

CLASS & AGE	DAY	TIME	MEMBER/ NON-MEMBER (DROP IN)
YOUTH TRIATHLON & RUNNING PROGRAM 6-17 yrs			\$125 / \$150 (\$8)
Mon 3:45-4:30 (S), 4:45-5:15 (R) 5:15-6:00 (B) 6:00 to 6:30 (ST) Tues 4:30-5:45 (B) (R)			
Wed 3:45-4:30 (S), 4:45-5:30 (R) 5:30-6:00 (ST) Thur 3:45-4:30 (S) 4:45-5:15 (R), 5:15-6:00 (B)			
Fri 3:45-4:45 (S) 5:00-5:30 (ST) Sat/Sun time announced each week if scheduled. Usually races or events on the weekends. Schedule sent by email (*R=run *B=bike *S=Swim *ST=stretch)			
Upcoming events: Pittsburgh Marathon 5K – May 6   GFF Youth Triathlon – June 18			