

# We are the difference makers

## Monster Float Fest

Monster Float Fest is designed for families to come out and enjoy swimming as a family.

*Fridays: 5:45-7:45 p.m.*

*September 10, October 8, November 12 & December 10.*

## Masters Swim Team *August 30 – APRIL 22*

Masters swimming is a recreational and competitive swimming program for ages 18 years and older. All ability levels are welcome to enjoy on deck coaching. Masters swimming meets Monday/Wednesday/Friday from 6-7:30 a.m.

**FEE:** FM \$25 (No program members)

## P.A.L.S. (Parents as Leaders)

In order to increase parental involvement in the aquatic programs, your YMCA has developed a P.A.L.S. program for preschool and youth swim classes. A P.A.L.S. parent is one who joins us on the deck to help swimmers get ready for class, helps locate parents for assistance or aids the instructor in the water allowing for more individualized instruction. If you are interested contact the Aquatics Director.

## YMCA Lifeguard Class

Become a YMCA certified lifeguard in just two weekends! Once enrolled in the class you will be certified in CPR, First Aid, AED, and Oxygen Administration. Participants must be at least 16 years of age, be able to swim 10 laps without stopping, tread water for two minutes and surface dive to a depth of 9 feet. 100% attendance for all classes are required to be certified. TBA.

## American Heart Association CPR Basics

This is your chance to get certified in American Heart Association Basic CPR. This course will cover the basics of adult, child and infant CPR. This certification is good for two years. Heartsaver student manual included. Space limited to 12 students.

*Minimum of 5 participants required to hold the class.*

*Friday, September 24, October 15, November 19 and December 10*

*9 a.m.-12 p.m. (Instructor-Yancy)*

**FEE:** FM \$30 PM \$50

## Boy Scout/Girl Scout Swim Testing

If you have a Boy Scout or Girl Scout Troop in need of completing a merit badge you can come to the YMCA and have one of our staff members work with them to complete their requirements. All groups will meet at the YMCA indoor pool to complete their badges. If you are interested in getting your troop done contact Yancy Sannan, Senior Physical Director through email at [ysannan@ymcapgh.org](mailto:ysannan@ymcapgh.org).

**FEE:** FM \$2/child PM \$5/child



We build strong kids, strong families, strong communities.

## For Teens & Adults

### NEW!!! Woman's Self Defense Class (Ages 16+)

Four week introduction to Women's self-defense taught by highly experienced Black Belt instructors in a friendly and informal environment. Emphasis for this short course will be placed on Awareness, Avoidance and Attack, in that order. Practical, simple and effective techniques will be introduced and explained to empower a woman and increase her self-assurance and ability to protect herself. Special emphasis will be placed on defenses against street attacks most likely be used against women.

*Limit 25 participants. Pre-register at the Welcome Center.*

*Thursdays: 8:30-9:30 p.m.*

*October 7, 14, 21, 28*

**FEE:** FM FREE PM \$35

### Power Punch & Kick Training

This is non-contact boxing conditioning. Emphasis is on improved cardio endurance with technical training on jabs, hooks, uppercuts, cross punches and kicks.

*Limit 10 participants.*

*Wednesdays: 9:15-10:15 a.m.*

*Session I: September 1 – October 20*

*Session II: October 27 – December 15*

**FEE:** FM \$25 PM \$45

## Isshinryu Karate (Kids & Adults)

This class has been offered at our YMCA since 1970 and is very affordable. Isshinryu Karate is a highly effective and practical street oriented method of self defense using power strikes, kicks and blocks. This class incorporates an array of self defense techniques combining Karate with joint locks, chokes, throws and defenses against weapons. Parents can view the youth class. Plus, you are welcome to observe the class if you or your child is interested in joining the class.

*Black Belt Instructors:*

*Robert B. Wolf (4<sup>th</sup> degree) Harry Weihrauch (3<sup>rd</sup> degree)  
Thomas Zadan (3<sup>rd</sup> degree)*

*Youth, grades 2 & up: Thursdays 7:30-8:30 p.m.*

*Adult class: Thursdays 8:30-10:30 p.m.*

*10 consecutive weeks*

**FEE:** FM \$35 PM \$70

*No additional fees or contracts to sign, continuous class-Join any Thursday.*