



News from **Baierl Family YMCA**

A branch of the YMCA of Greater Pittsburgh

You're a YMCA Member—What Now?

"What now?" is the question that our staff has been working hard on over the last few months. With such a great facility with which to work and so many members with all kinds of unique interests, we wanted to broaden our program menu well beyond what we have offered in the past.

Did you know that about 90% of our members are part of a family membership? With that in mind, we set out over a period of several weeks to design a wide variety of new programs that will appeal to all kinds of different people. From a walk on the track for teens to a small group personal training class for would be travelers to a flick and float, you will see new things for your entire family to do. There is also a great new menu of more than 20 different camp offerings. Traditional summer day camp, sports camps, arts camps (how cool will it be for one camp to redesign a space in our building?), and special hour long "Try Me" camps will be offered throughout the summer season. In the fall, we will turn the most popular "Try Me" camps into regular program offerings.

By the end of the summer, we will have offered over 40 new programs that have never before been offered at our YMCA. During a time when family time is so important and the places where it can be had at a reasonable cost seem to be shrinking, our staff and volunteers are working hard to be the place where families come together.

In the coming months we will continue to work to expand and refine our programs. We will want your feedback via some focus groups or just a casual conversation when you come in for a visit. If there is a specific program you would like to see, please let us know. If you have a talent and would like to talk with us about how to turn it into a program at our YMCA, we would be happy to talk to you.

Thanks so much for choosing to be a YMCA member. We all are very excited about continuing to find new and innovative ways to be of service to you!

Ken Soliday, Executive Director



Day Camp Schedule on page 2!

2010 Strong Communities Campaign

The 2010 YMCA of Greater Pittsburgh Strong Communities Campaign will kick-off on March 31. As in previous years, this campaign provides an incredible amount of funding to help those less fortunate both in the Baierl Family YMCA communities and throughout other YMCA communities in Greater Pittsburgh. In 2009, the Baierl Family YMCA was able to award \$193,710 in scholarship money. Of this amount, \$118,490 was used to provide memberships to those who have fallen on difficult times and \$75,220 was used to fund camps and before/after school programs. As you can see, we need your help to make the 2010 campaign just as successful as last year. The goal for this year's campaign is \$150,000 and the only way for us to reach this goal is through your generosity and caring. As you can see, you can make a real impact with your pledge.

This year a pledge of:

- \$1,100 will provide a year's membership for a family in need
- \$1,000 will sponsor a youth sport and allow over 100 children to build a foundation of teamwork and cooperation
- \$850 will provide a year's membership for a senior couple in need
- \$750 will provide a year's membership for an individual in need
- \$250 will allow a child with severe disabilities to attend Camp High Hopes
- \$100 will provide a week at summer camp for a child
- \$50 will provide a one-week scholarship for child care for a family in need

As a member of the Baierl Family YMCA and a resident of Franklin Park, I take great pride in being able to say that the YMCA is not only a place to work out, but an organization that's mission is to help those in need regardless of situation. We all know the last couple of years have been trying for all income levels, so please find it in your heart to make a pledge so that others who may be less fortunate than yourself, can enjoy the family that we know as the YMCA.

To make your 2010 Strong Communities Campaign Pledge, go to www.ymcapgh.org to make an online pledge, or speak with one of Baierl Family YMCA staff members the next time you are at the facility.

*Michael Kern, Chairman
Paul Parobeck, Vice-Chairman*

Allegheny North Aktion Club

Membership in the Allegheny North Aktion Club is open to adults over the age of 18 years with mental and physical disabilities. Aktion Club members have an opportunity to give back to our community. Club members hold leadership roles and they set the pace of the club's service projects and activities which help build decision making skills and leadership opportunities. Through directing the club activities, serving the community and socializing with peers Aktion Club members improve self esteem and strengthen their belief in themselves.

Aktion Clubs are part of the Kiwanis family of Service Leadership Programs including K- Kids, Terrific Kids, Bring Up Grades, Builders Club, Key Club, Circle K and Aktion Club. The members of the Kiwanis Club of Allegheny North will support and advise the members of the Aktion Club of Allegheny North. Kiwanis members are working with the Pennsylvania Connecting Communities and the members of the Northern Area Special Olympics to recruit charter members for the new Aktion Club. Some possible service projects for the new Aktion Club include working with Meals on Wheels, making Caring Dolls for hospital patients, and doing mailings for community organizations. The Baierl Family YMCA is expanding its High Hopes Outreach Program to serve adults with disabilities with this Aktion Club Partnership. For more information about Aktion Club please visit the Kiwanis web site at www.AktionClub.org. We hope this information will help expand our partnership to provide service to people with disabilities in Northern Allegheny County. If you are interested in the Aktion Club, please contact Sharon Blakely at the Baierl Family YMCA at 724-934-9622.

YMCA Cardiac Rehabilitation Program

The Baierl Family YMCA and UPMC Passavant hospital have partnered to help patients that have just finished their cardiac rehabilitation with the hospital to continue with a Cardiac Rehabilitation program at the YMCA. The program was started in mid 2007 and patients are offered a membership incentive to begin the program and if they complete the plan as outlined, they receive a reward for their hard work. New cardiac rehab participants receive instructions from YMCA staff on how to use the equipment and YMCA staff is available to answer questions and assist participants in complying with their doctor's recommended cardiac exercise routines.

The program has been very successful and we have had 53 individuals sign up for the program. We do receive referrals from other area hospitals and we extend the program to those patients as well.

Ron Baumgarten is one of the programs success stories. Ron was involved in the YMCA for many years taking his son and daughter to the Indian Guides and Indian Princesses programs. As time marched on, Ron introduced his two granddaughters to the Indian Princess program as well. It was during this period that Ron experienced an aneurysm that resulted in him being sent to UPMC/Shadyside hospital via Life Flight. Ron was in the hospital for approximately one month during August of 2008. I interviewed Ron to get a firsthand account from someone that has participated in the YMCA Cardiac Rehabilitation Program. Ron's comments from that interview follow:



Ron Baumgarten



How did the Baierl Family YMCA specifically affect me on this?

Easy! When I began my program of cardio-rehab at UPMC/Passavant, they noted I would have to sustain some type of wellness exercise and rehab the rest of my life. The Passavant Rehab Personnel noted they had a wellness program working directly with the Baierl Family YMCA.

The rest is history: I signed up for the program in early November and began my sessions

at the YMCA with the valuable assistance of all the wellness personnel.

I've now completed over 120 visits to the Baierl Family YMCA. I have received a passing grade from my surgeon and was told to continue my wellness program.

The wellness equipment on the second floor has proven invaluable to me from a cardio rehab standpoint--and I know from talking to other people working out at the same time, they have had other health-related situations and the Baierl Family YMCA has assisted them in the same manner...invaluable!

Ron has been a very active participant in the YMCA's Cardio Rehabilitation program. During 2009, within his age group, Ron was ranked #19 based on total pounds lifted as tracked by the FitLinxx program. Ron's doctors have told him that he would have to sustain some type of wellness exercise and rehab the rest of his life. Being a participant in the Baierl Family YMCA Cardio Rehabilitation program it seems that Ron is meeting the doctor's orders.

If you would like additional information about the Baierl Family YMCA Cardio Rehabilitation program, you can contact Gregory Lutz. Gregory is the Wellness Director at the Baierl Family YMCA and his phone number is 724-934-9622.

Article by George Guentner, Baierl Family YMCA board member

Camp High Hopes

Many of our members may not be aware of the programs the Baierl Family YMCA supports outside of the typical swim and gym activities. As part of the YMCA North mission of expanding programs needed in our community, the Baierl Family YMCA is, and has been, deeply involved with several programs for people with challenges in our community. Examples of this outreach are Camps High Hopes and Starburst.

The Camp High Hopes and Starburst Advisory Committee, an offshoot of our Outreach Committee, is a group comprised of 15 volunteers who are commissioned by our Board of Management to guide and expand programs for people with challenges at the YMCA North Centers. Major focuses of this committee are the Camp High Hopes and Starburst programs. In 2009 these camps served 65 children at Marshall Elementary School. Camp High Hopes is open for campers ages 3-21. Camp Starburst is open to campers ages 6-12. Both camps service children with challenges. Starburst campers have social or behavioral challenges. High Hopes campers have mental and physical challenges.

These camps provide opportunities for the individual to grow spiritually, emotionally, and physically. All children need summer recreation and social learning experiences. Children with challenges are often not as comfortable, and in many cases they have not developed skills to participate in many recreational and social opportunities in

YDAY CAMP

We build strong kids, strong families, strong communities.

Eight weeks of Hot Fun in the summertime

"I'm bored, there's nothing to do." Are you dreading hearing that from your kids this summer? Wondering how long it will be before they feel that way? Then YMCA Summer Day Camps are your answer.

Beginning June 14 day camp programs will be offered at Carson Middle School, Fox Chapel High School, Marshall Elementary School, and Baierl Family YMCA until August 20.

CAMP CARSON: June 14–August 6
Carson Middle School • 7 a.m.-6 p.m.
Ages 3½-15

Each Monday – Friday session will offer a different theme and within each week a mini-camp experience will also occur. Activities include swimming, nature hikes, a visit to the library and weekly field trips.

CAMP MARSHALL: June 14–June 30
Marshall Elementary School • 7 a.m.-6 p.m.
Ages 3½-15

We collaborate with our Camp High Hopes in making summer camp a vital step in the Inclusion process. We swim two times a week at The Woodlands Foundation and go on a field trip each Friday. These field trips include Wildwood Highlands, bowling, the Zoo, and many more! During the week we use games, arts & crafts, and activities to build friendships that last all-year around.

Article written by Amy Franz, Baierl Family YMCA Board Member

their neighborhood or community. These camps provide a venue for these children to get recreational and social experiences.

A typical day at the camps might go something like this. At 9 a.m. buses and vans arrive at Marshall Elementary School. The staff and campers meet to receive their directions for the day and depart to various activity centers. These activities include:

- Wild and wonderful crafts
- Challenging courses or fun-filled games
- Fun with the counselors
- Reading stories
- Cooking
- Outdoor play

Each camper participates in all of the activity centers throughout the morning. Lunch is served at noon. After lunch the children participate in camp songs, kite flying, softball games, and periodic library visits. The campers go swimming two days a week at the Woodlands Foundation which is right down the road. At 3 p.m. the campers depart. In 2009 the campers attended field trips to the National Aviary, Freeway Bowling Lanes, the Pittsburgh Zoo, the Carnegie Science Center, and Wildwood Highlands.

The camp director is Sharon Blakley, a retired special education teacher. Margie McCormick is the creative craft director. Our camp nurse is Marty Waibel, who works as a nurse for the North Allegheny School District. University students majoring in education or a related field serve as counselors at the camp. Bob Marko, a retired program administrator for the Allegheny Intermediate Unit, assists Sharon in the training of these individuals. In addition, Bob is a key volunteer for the entire program.

The Baierl Family YMCA is proud to sponsor these wonderful camps. As we speak we are currently at work expanding our programming for teens and adults with special needs. These activities are funded through individual donations and grants. Without this support these programs would not be possible.

Written by David Groetsch,
Chairman of the Board of Management

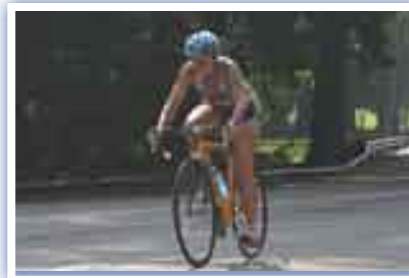
2565 Nicholson Road
Sewickley, PA 15143

www.ymcaphg.org

Janny Montgomery Scott LLC/Baierl Family YMCA Triathlon

Sponsored by Tri Rivers Surgical Associates, Inc.

The 2010 Triathlon is scheduled for Sunday, August 8 at North Park. To help make it a continued success we need support from our membership in two specific areas, volunteer and sponsorship participation.



On the day of the event, we will need approximately 60 volunteers to help with bike rack set-up, registration, pool area lap counters, transition area, awards & refreshments, and clean-up. Times for each area vary. Groups of volunteers can

also sign up. If you are a business owner who would be willing to commit your staff as volunteers please give us a call. If you are interested in volunteering, you can contact our Volunteer Coordinator, Megan Desmond at the Baierl Family YMCA at 724-934-9622.

Advertising sponsorships are also needed to help defray the cost of the event itself. Any additional funds raised will be used toward scholarship assistance through our Campaign for Strong Communities. We have several levels of sponsorships available to business owners who would like to promote their company. For details on how you can sponsor the Triathlon, please call Kathy Nipps at 724-934-9622.

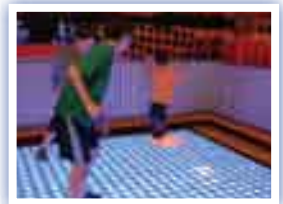
If you are interested in participating in the Triathlon, you can register now at www.active.com or pick up a Triathlon registration form at the Baierl Family YMCA Welcome Center.

The New PNC YMCA opens in April 2010!

The new PNC YMCA will open its doors on April 1st! The new full-service facility will replace the Boulevard of the Allies location and will provide easy access to fitness and wellness programs for the downtown community. The facility will house a 25-meter pool, weight and strength training wellness center, an expansive selection of cardio equipment, a spirit, mind body studio, spinning studio, and a group exercise studio. Association members will have access to the PNC YMCA on April 1st. For more information log on to our website at www.ymcaphg.org or get more information at our Welcome Center.

Baierl Family YMCA XRKade

The Baierl Family YMCA XRKade is open to all children ages 7-14. In response to member requests, we have arranged times where children can be dropped off and supervised while parents go enjoy their own workout and time when families can participate in the activities together. A schedule of these times is available at our Welcome Center. The XRKade staff is also busy planning new games and challenges for children and families. If you haven't had the opportunity to visit our XRKade we invite you to give it a try! Challenge your kids to a game of dodge ball



on our light space floor or see who can kick the fastest on the 3-Kick. For those of you who love to dance, we also offer Dance, Dance Revolution. We are also planning adult classes and family fitness classes in the XRKade, look for those on the schedule coming soon. If you have any questions about our XRKade, please contact Melanee Ferrier at 724-934-9622.