

We are the difference makers



We build strong kids, strong families, strong communities.

For kids...

Ballet, Tap, & Jazz Classes (Ages 3-5)

Creative movement classes—a fun experience focusing on musical awareness and the development of locomotion skills, balance, movement and rhythm training. Proper shoes, leotard and tights required.

Wednesdays: 5-5:45 p.m.

Fridays: 11:30 a.m.-12:15 p.m.

FEE: FM \$58 PM \$102

Ballet, Tap, & Jazz Classes (Ages 6-8)

Creative movement classes—a fun experience focusing on musical awareness and the development of locomotion skills, balance, movement and rhythm training. Proper shoes, leotard and tights required.

Thursdays: 6-7 p.m.

FEE: FM \$58 PM \$102

Parent/Child Play and Grow (Ages 1½-3)

This class is created to develop hand-eye coordination, fine motor skills, and social learning through activities like song, dance, and other forms of art.

Fridays: 9:30-10:15 a.m.

FEE: FM \$50 PM \$92

Movement Education (Ages 3-5)

This is a beginner class for preschoolers. They will learn rolls and stunts on mats, walking on the low beam, and bouncing on the mini-tramp. An emphasis will be placed on the development of the locomotive skills. Children will develop skills such as hopping, skipping, jumping, and running.

Thursdays: 10-10:45 a.m.

FEE: FM \$50 PM \$102

Ooey Goey Art Class (Ages 6-10)

This program places an emphasis on having fun while exploring creativity through arts and crafts activities. Children will use media such as paint, glue, paper and other “fun stuff”. Dress in old clothes or bring an art shirt.

Tuesdays: 6:45-7:30 p.m.

Location: Community Room

FEE: FM \$36 PM \$66

Melody Hounds Music Class (Ages 3-5)

The Melody Hounds® program is designed to teach children complex musical concepts through age appropriate songs and rhymes. You will soon hear your child singing, dancing, and playing at the YMCA while enhancing their musical intelligence. Melody Hounds® is about becoming musical for a lifetime and differs from other preschool music programs in significant ways. It is a carefully orchestrated program based on the First Steps in Music curriculum developed by Dr. John Feierabend that will yield lasting benefits in the development of musical intelligence.

Location: Trinity Lutheran Church, 2500 Brandt School Road.

Tuesdays: 12:15-12:45 p.m.

FEE: FM \$37 PM \$72



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Babysitting Training Course

Designed for 11 to 15 year olds, the Babysitter's Training course can help you—

- Care for children and infants.
- Be a good leader and role model.
- Make good decisions and solve problems.
- Keep the children you baby-sit and yourself safe
- Handle emergencies such as injuries, illnesses, and household accidents.

Class will be taught by a Red Cross Certified Babysitting Instructor. Please bring your own bag lunch. Pre-registration is necessary.

March 13: 9 a.m.-5 p.m.

FEE: FM \$60 PM \$100

Teen Leaders

Baierl Family YMCA Teen Leaders is a group like none other; the teens decide on community service projects, fundraisers, monthly trips and social outings they want to participate in. Bored on a Friday night, You can be sure Teen Leaders has something FUN going on!

Sundays: 2 p.m.

FEE: FM Free PM \$10 per month

Middle School Leaders

The YMCA is looking for Middle School students that want to be involved with community service, leadership and fun social activities. The Middle School Leaders will be driven by the participating students and advised by a High School Teen Leader.

Sundays: 4 p.m.

FEE: FM Free PM \$10 per month

Teens & Youth...

Valentine's Lock-In (Ages 7-12)

Parents celebrate Valentine's Day together and leave the kids with us! Youth ages 7-12 years can spend a fun filled evening at the YMCA playing games in the gym and XRKade, swimming, climb the rock wall, watching a movie, playing with their friends; while parents enjoy their Valentine's together! We will provide dinner, snacks, breakfast, prizes and FUN!!!

February 13: 7 p.m.-9 a.m.
FEE: FM \$38 PM \$48

Brain Fit

This program offers youth an opportunity to participate in a half hour of mentoring and homework help followed by a half hour of high energy physical fitness. Kids will participate in activities such as an XRKade Circuit, a full body workout and many running games to tire them out both mentally and physically.

8 week sessions
Thursdays: 5:15-6:15 p.m.
FEE: FM \$48 PM \$68

Spring Break Uniquely Me Camp (Ages 9-13)

Uniquely Me Camp is a specialty camp for kids who want to participate in creative projects and adventures. Activities will include scrapbooking, cooking, art appreciation, redesigning ideas for their bedroom, field trips and much more!

March 31, April 1, 2 & 5
8:30 a.m.-5:30 p.m.
FEE: FM \$140 PM \$200

Spring Break Outdoor Adventure Camp (Ages 9-13)

Outdoor Adventure Camp is a specialty camp for kids who want to participate in rugged and fun outdoor adventures. Activities will include hiking in the snow, outdoor cooking, ropes courses, indoor rock climbing, field trips and much more!

March 31, April 1, 2 & 5
8:30 a.m.-5:30 p.m.
FEE: FM \$140 PM \$200

Coming This Summer

Trip Camp for Tweens and Teens
High School Battle of the Bands and BBQ
Outdoor Climbing Club

Messy High School Games

Imagine ever rolling around in a giant pool of pudding, sliding down a Banana Split Slip-N-Slide or making human sundaes? Well participate in the *Messiest Sporting Event in Town*. Gather 5 of your friends and represent your high school, your group of friends or any organization you like and battle it out for the title of "Messy High School Games Champions!!!" Great prizes and lots of fun are a guarantee! *Teams of 5*

May 15: 10 a.m.-12 p.m.
FEE: \$15 per person

All Night Middle School Party Lock-In

Start your summer off right with the All Night Middle School Party of the year!!! We will convert the YMCA XRKade into the coolest dance party and gaming adventure in town! Swimming, fun messy games and a night to remember will be just some of the activities! We will provide dinner, snacks, breakfast, prizes and FUN!!!

June 12: 8 p.m.-10 a.m.
FEE: FM \$30 PM \$40

Rock Climbing

Rock climbing is a fun activity for all ages that enhances the participant's strength, endurance, agility, and balance along with his or her mental control. While traditionally considered to be dangerous and very difficult, with proper training, rock climbing can be a very safe and simple activity that can be enjoyed for years.

Beginner Rock Climbing Class (Ages 15+)

A class designed to introduce participants to the world of rock climbing. We will be focusing on the equipment, movement, and fitness related to rock climbing. Participants will be spending a good amount of time on the rock climbing wall while learning about how to enjoy rock climbing and how to do it safely.

8 week sessions
Wednesdays: 11a.m.-12 p.m. or 5-6 p.m.
FEE: FM \$48 PM \$68

Intermediate Rock Climbing Class (Ages 15+)

The intermediate class is designed to boost the participants knowledge of rock climbing in every aspect. The class will focus on climbing moves involving moderate difficulty, which are designed to enhance the climbers overall ability while increasing their strength and agility.

8 week sessions
Wednesdays: 12:15-1:15 p.m. or 7:30-8:30 p.m.
FEE: FM \$48 PM \$68

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Kids Rock Climbing Class (Ages 7-14)

The kids rock climbing class is designed to introduce our younger members to the joys of climbing. We will slowly introduce climbing knowledge while putting more focus on spending time on the climbing wall. Sign your child up for the kids class to provide an activity that breeds leadership, teamwork, and a fondness for fitness.

8 week sessions

Wednesdays: 6:15-7:15 p.m.

FEE: FM \$48 PM \$68

Private & Semi Private Rock Climbing Classes (Ages 7+)

Our private and semi private lessons allow you to receive personally tailored instruction in all facets of rock climbing. Taught by Chris Kaminski, the classes can be focused on beginner, intermediate, or advanced levels of climbing. Available by appointment only, 4 lesson minimum, 8 week sessions.

FEE per lesson:

One on One	FM \$25	PM \$50
Two on One	FM \$20	PM \$45
Three on One	FM \$15	PM \$40

The Everest Challenge (Ages 7+)

Think you have what it takes to climb Mount Everest? Challenge yourself and participate in our race to reach the top of Mount Everest! Mount Everest is 29,029 feet with numerous camps along the way; each completed climb on our 25 feet climbing wall will equate to 1000 feet toward your goal. We will track your progress over the challenge period. First person to the top of Everest wins a prize. Everyone who participates and reaches the top of Everest receives a T-Shirt.

January 4 – February 5

Climbing Wall Hours:

Monday – Friday: 5 p.m.-8 p.m.

Thursday: 9 a.m.-11 a.m.

FEE: FM \$10 PM \$15

Saturday: 10 a.m.-2p.m.

Sunday: 1 p.m.-4 p.m.

Super Goal Saturday

The Radio Disney Crew will team up with the Baierl Family YMCA for a fun day of sports, games, and prizes to get ready for the Super Bowl! Everyone will receive a Passport to Play which will direct you to all of the funtastic stations so you can earn points toward a prize. The event will be held on Saturday, February 6 from 1-3 p.m. at the Baierl Family YMCA. Bring your friends and join us for Super Goal Saturday!



Karate

Isshinryu Karate (Kids & Adults)

Isshinryu Karate is a highly effective and practical street oriented method of self defense using powerful strikes, kicks, and blocks. In addition to classical Karate, the class incorporates an array of self defense techniques combining Karate with joint locks, chokes, throws and defenses against weapons.

Black Belt Instructors:

Robert B. Wolf (4th degree)

Thomas Zadan (3rd degree)

Harry Weihrauch (3rd degree)

Rita Mensch (2nd degree)

Barry Skirble (1st 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. Please feel welcome to observe the class.

Special Needs Programs

High Hopes Teen Group (Teens ages 12-18)

The High Hopes Teen Group will meet on Friday evenings at the Baierl Family YMCA. The activities will include swimming at the Y, dances, basketball, and community outings such as movies. We meet from 6-7 p.m. unless otherwise arranged. Please e-mail Sharon Blakley at sblakley@ymcapgh.org with any questions or inquiries. You will find a schedule of events on the YMCA website. Each participant must be a program member or a full facility member. There may be minimal fees for community outings.

High Hopes Young Adults (Ages 19-30)

The High Hopes Young Adults will meet on Friday evenings at the Baierl Family YMCA. The activities will be swimming, dances, various Y exercise programs, basketball, and community outings. Please e-mail Sharon Blakley at sblakley@ymcapgh.org with any questions or inquiries. You will find a schedule of events on the YMCA website. Each participant must be a program member or a full facility member. There may be minimal fees for community outings.