

PENN HILLS POST



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Penn Hills YMCA of Greater Pittsburgh

11817 Frankstown Rd, Pittsburgh,

March, 2012

412 795-2600

MARCH 2012

"Beautify My Y"

As Earth Day approaches the YMCA will have it's second annual "Beautify My Y" Day, this program gives you the opportunity to be a part of the Y during our Earth Day(week) program. Plan on Friday, April 20 at 9:00 am. You can either volunteer or donate any of the plants listed below. We are sprucing up the landscape of your YMCA and need your help. Listed are some plants that we are looking for donations:

Hostas Knock Out Roses Black Eyed Susans
Daylillies Ornamental Grasses Annuals!!!

If you would like to volunteer please contact Jay Hope at 412 795-2600.

Member Get A Member Campaign

Calling all members for our "Member Get a Member Campaign", beginning March 18th to 31st. Any current YMCA Facility member that recruits a potential new member (and we will waive the joining fee during that time) and they join the YMCA, you (the current member) will receive a new YMCA t-shirt with the new Y logo. If you have any questions please contact the Y Welcome Center for more details.

SUMMER CAMPS ARE COMING SOON!!!

Just around the corner the Y will be a busy place during the daytime. Camps begin June 11 and we are looking forward to all the great fun we had last year but with new activities and new field trips. We might even keep some of the old ones like the Zoo and PPG Aquarium!

In addition to our regular Day Camp we will be offering a variety of Sports Camps, such as basketball and football camp, and the all NEW Skateboarding Camp where kids can learn all types of skating tricks and tips to safely have more fun. Contact the Welcome Center for all the details.



IN THIS ISSUE

YMCA Healthy Kids Day

Member Get A Member Campaign

Y Open House Week

Summer Day Camp

Y Personal Training Specials

Highmark classes—new lower rates

Y Family Nights

Summer Sports Camps

Upcoming Programs

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact: Jay Hope, Executive Director 412 795-2600, jhope@ymcapgh.org

Holiday Closings:

April 8, Easter Closed

May 28, Memorial Day Closed

July 4, Independence Day Closed

September 3, Labor Day closed

YMCA HEALTHY KIDS DAY

On Saturday, April 28 we will be having our annual Healthy Kids Day from 10 am to 1 pm at the Y. Activities will include games, sports, youth fitness classes, raffles, food and lots of fun. No need to register because it is free. Mark your calendars now and come out for a great day of fun!!

Flag Football and T-Ball are Here

Starting April 14th, spring sports begin! Both Flag Football and T-Ball start and will be held here at the Y. We are looking forward to another great season led by everyone's favorites, Erik Cooper leading Flag Football and Don Philips leading T-Ball. We are looking forward to having everyone out and about playing here at the Y this Spring!



5th ANNUAL YMCA GOLF OUTING

The 5th Annual Eastern YMCA Golf Outing will be Friday, July 20 at Totteridge Golf Course in Hannastown. The cost is \$ 125 per person and includes lunch, golf and cart, dinner and prizes, also available are tee sponsorships. Please register at the Y Welcome Center.

Y FAMILY NIGHTS



All of our families are invited out on Friday, April 13 for Craft Night. We will be focusing on great spring crafts like origami flowers and fun bugs and butterflies. Make sure you and your family stop by from 6:00 – 7:30. There will be light refreshments provided for families participating in the activities.

For more information on Family Nights contact Chris Kaminski, Program Director at the Y.

Highmark Walk for a Healthy Community

Saturday, May 19 at Heinz Field you as a YMCA member can help raise money for the Y by participating in the walk. Be a part of one of the largest walks in Pittsburgh along with over 50 other organizations helping Pittsburgh become a healthier community. You can register on line by going to www.walkforahealthycommunity.org.

Pickleball is Here!

Pickleball is a fun game that takes parts of tennis and ping-pong and joins them on a badminton sized court. Played by people of all ages, Pickleball has been enjoyed by seniors all over the country for years. We now will be offering the game here at the Y! Ask Chris or Jay about it!

Highmark Classes

Look for our low fees for Y Members for the Highmark Classes such as Eat Well for Life I & II, Drop 10 in 10, and Personal Nutrition Coaching. These classes are taught by Abby Spierer, a Registered Dietician.

UPCOMING PROGRAMS

This spring the Y has loads of new and exciting programs coming your way:

Swim Lessons at Linton

Family Swims at Linton

Karate Classes

Vacation Fun Days

Summer Sport Camps

Ping Pong Lessons

Eat Well for Life Classes

Drop 10 lbs in 10 weeks

Personal Nutrition Sessions

Before/After School Child Care

Art Classes

Gardening Classes

Flag Football

T-Ball League

Pickleball

Birthday Party Packages

Kinder Sport Classes

Sport Clinics

Y-Tot Pre School

Call 412 795-2600 for more information.

