

winter ywca health & wellness

BASIC MINDFUL MEDITATION

Monday, February 6, 2012

7pm - 8pm Fee: \$15

Instructor: Carole J. Obley

Discover an easy method that helps you to reduce stress and anxiety. Mindfulness meditation simply means focusing your attention on the present moment. Your own breathing will lead you into stillness. Please dress comfortably.

AM YOGA with Nancy Michaels

This series is designed to focus on specific areas of the body to strengthen and stretch muscles. This class will help participants build strength, balance the body's system, increase body awareness, and increase energy while learning specific postures.

6 Thursdays: Jan 12 - Feb 16, 2012

10:00 - 11:30 AM

Class Fee: \$45 + YWCA Membership

Little Ninja's Preschool Karate

This program is designed specifically to help teach boys and girls, ages 4-5, the important qualities of respect, self-control, focus and confidence.

6 week Sessions

Thursdays

1/19/12 - 2/23/12

5:00 - 5:30 PM

Class Fee: \$35 Members/\$45 Non-Members

Kid's Power Karate

Boys and girls, ages 6-12, learn discipline, fun and self-defense in this class. At the end of this course, students will have the opportunity to test for their first color belt.

6 Week Sessions Thursdays

1/19/12 - 2/23/12

5:45 - 6:30 PM

Class Fee: \$40 Members/\$50 Non-Members

PM HATHA YOGA with Nancy Michaels

Increase your flexibility, core strength and energy with this basic Hatha Yoga class.

6 Tuesdays

January 17 - February 21, 2012

5:45 - 6:45 PM \$45 + YWCA Membership

LEVEL I TAI CHI with Linda Vucelich

This class is intended for those who have never taken Tai Chi.

6 Mondays

3/12, 3/19, 3/26, 4/9, 4/16, 4/23

6:50-7:40 PM

\$60 + YWCA Membership

INTERMEDIATE TAI CHI with Linda Vucelich

Maintain your physical and mental health.

Beginning Tai Chi or experience prerequisite.

5 Tuesdays

1/31, 2/14, 2/28, 3/13, 3/27

7-8:00 pm

\$55+ YWCA Membership

ADVANCED TAI CH with Linda Vucelich

This class is designed for Tai Chi students looking to advance their practice.

5 Tuesdays

7-8:00 pm

1/24, 2/14, 2/28, 3/6, 3/20

\$55+ YWCA Membership

CONTINUING TAI CHI with Linda Vucelich

This class is for experienced students of Tai Chi wishing to continue their practice and maintain their physical wellness.

Please register for either Monday night classes or Tuesday night classes as you prefer. You may attend any combination of these classes and will pay accordingly. Call Linda Vucelich with questions.

health & wellness

Red Cross Babysitting Class

Open to girls and boys ages 11 and above. All materials will be provided. Learn how to be a responsible babysitter and receive a certificate of participation from the Red Cross.

Bring a bagged lunch. Limited number of spaces available.

Class includes CPR.

Saturday

January 21, 2012

9:00 AM -3:00 PM

\$85 per student



Cooking with Sergio

Thurs, Jan 19 - Seafood Lasagna

Mon, Jan 23 - Tiramisu & Zabaglione

Thurs, Jan 26 - Fresh Mozzarella

Mon, Jan 30 - Crepes

Thurs, Feb 9 - Beef Wellington

Mon, Feb 13 - Seafood Scampi



Call Sergio for more information and to register at 412-953-9799 or email Sergio at sergimaragni@comcast.net.

2012 YWCA Field Hockey

ALL PROGRAMS ARE HELD AT
HEMPFIELD SPORTS COMPLEX
220 FORBES TRAIL RD, GREENSBURG

PLEASE CONTACT J KAYLOR FOR MORE INFORMATION

JJKAYLOR@COMCAST.NET OR 412-551-9342

REGISTRATIONS WILL BE AVAILABLE AT

WWW.YWCAWESTMORELAND.ORG

2012 INDOOR DATES:

January 8, 15, 22, 29, February 5, 12, 19 and 26th

TIMES & LEVELS:

1:00 - 2:15 pm: Players entering 4th Grade and younger Fall 2012

2:30 - 4:00 pm: Players entering 5th through 8th Fall 2012

4:00 - 6:00 pm: Players entering 9th through 12th Fall 2012

2012 JUNE FIELD HOCKEY CAMP DATES:

Monday through Friday, June 11th through 15th

TIMES & LEVELS:

9:00 am until 11:30 am Daily

Players entering 4th through 8th grade Fall 2012

2012 YWCA ALUMNAE GAME:

Wednesday, June 13th at 12:00 noon

2012 KEYSTONE STATE GAMES:

Three teams will be selected: Youth (8th grade & younger) Junior (9th & 10th) Scholastic (11th & 12th)

TRYOUT DATES: TBA

TOURNAMENT DATES and LOCATION:

July 26th (usually a travel day), 27, 28 and 29th

Hershey/Harrisburg Area

KSG PRACTICES:

Practices will begin the week of July 9th.

Location and times will be announced by May 1st, 2012

Strong Alone, Fearless Together

Become a member of the YWCA!

\$20 - Basic Member/Associate

\$10 - Member

\$50 - Patron Member

\$100 - Century Friend Member

\$200+ -Honor Circle Member

IMPORTANT DATES TO REMEMBER

YW closed-Martin Luther King Day	January 17, 2012
YW closed-Presidents Day	February 20, 2012
Mardi Gras	February 21, 2012
Sportswomen of the Year Banquet	April 3, 2012
YW closed-Good Friday	April 6, 2012