

SWIM PROGRAMS

CONTACT INFORMATION



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM LESSONS

The YMCA is the leader in youth aquatics programming including swim lessons, safety around water, lifeguard training and more. In an effort to continue to grow and provide the highest quality experience for your child, we have recently upgraded our swim lessons. The upgrade will include an easier way to choose the perfect program for your child, track your child's progress, and help them grown stronger every day.

SUMMER SWIM TEAM

Our co-ed competitive swim team emphasizes teamwork, fun, character development and good sportsmanship. The structured, supervised swim team practices will focus on stroke technique, endurance and interval training.

AIDEN RUPP SCHOLARSHIP

The Aiden Rupp Memorial Scholarship fund was established in 2012 at the Richard G. Snyder YMCA Campus. Aiden's parents, Tim and Amy Rupp, created this fund in memory of their son whose life was cut short in a drowning accident in 2004. The trust has been created to fund swim lessons for children in need. Aiden loved the water and his memory is sure to live on in the new swimmers that are born each day.



HEALTHY LIVING

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YOUTH PROGRAMS

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SUMMER FUN AND FITNESS

Summer-Fall 2018

PROGRAMS FOR YOUTH



RICHARD G. SNYDER YMCA CAMPUS

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YOUTH SUMMER PROGRAMS

DAY CAMP

Ages: Kindergarten – 6th grade
(Must have completed Kindergarten)

Our summer Day Camp provides the children with great adult role models; healthy experiences, opportunities for leadership and personal growth; experiential education and learning opportunities; the Y's character values of caring, honesty, respect, and responsibility; and growth and fun in an environment committed to safety.

SUMMER FOOD PROGRAM

Ages: 18 and under

We're proud to announce that the Richard G. Snyder YMCA will be a site for summer food! Participants will also get the opportunity to swim between lunch and snack time! Participants of the food program who do not know swim will also have the opportunity to take part in swim lessons!

FLAG FOOTBALL

Ages: 6 – 12 years old

Time for some football! Youth Co-ed Flag Football will now be held during the summer months. The 6 – week program is for kids who enjoy playing the game of football as well as for kids who are looking for a quick warm up before the tackle football season. Participants will be taught the essentials of football and good sportsmanship.



HEALTHY LIVING PROGRAMS

ENERGIZE!

Ages: 6-11

ENERGIZE! is a program for youth identified with a body mass index (BMI) above the 85th percentile. The child and his/her family meets twice a week for 12 weeks. During the session, we focus on how to make healthy lifestyle changes for the entire family through education on nutrition, physical fitness, and behavior change.



How to access the online portal to find your child's BMI:

Using your web browser to access Skyward Family Access go to www.asd.k12.pa.us, click on the Parents/Students tab, then click on Parent Portal. If you already have a login and password, click on Skyward Image Below to Login to the Parent Portal. If you do not have a login and password yet, click on the link to the right (ASD Family Access Registration) to become a registered user. After you have logged into Skyward, click the Health Info tab on the left, then on top, under health information, click on display options to show physical exam to display the BMI information (other option is to show vaccinations). To change from one student to another, click on the arrow next to the student's name in **red** on top right (you have the option to select all students or select each student by name).

YOUTH FALL PROGRAMS

YOUTH CO-ED ARCHERY

Ages: 5 – 18

This program is for any youth interested in the art of archery! The program is designed to teach the essentials of shooting a bow. Participants will work on patience, accuracy, and scoring. This is a great opportunity to warm up for Archery season in the fall!

YOUTH CO-ED SOCCER

Ages: 4—12 Years old

Soccer is the perfect sport to get your child moving and involved no matter what age they are. We offer several different age groups with age-appropriate rules to help teach the game. The goal of our Youth Co-Ed Soccer program is to teach and develop basic skills of soccer while emphasizing teamwork, good sportsmanship, and above all, having fun.

YOUTH CO-ED CROSS COUNTRY

Ages: 5 – 15 years old

This program is for children interested in learning the fundamentals of cross country running and those who are interested in challenging their running skills. We will focus on building endurance and running activities to improve each individual's skill levels.

