

health & wellness

INTRO TO YOGA

with Christine Sumner

This class will introduce you to the basics of Hatha Yoga. This class is prerequisite to the Hatha Yoga classes beginning August 12.

Instructor: Christine Sumner

1 Wednesday:

August 5

5:30 - 7:00 PM

Class Fee: \$10

HATHA YOGA

with Christine Walko

This class will include yoga postures that help to position and work the body in ways that stretch and strengthen not only the major muscle groups but also the deeper muscles that maintain the health of the spine and joints.

6 Wednesdays: August 19 - September 30

5:30 - 6:45 PM

Class Fee: \$45 + YWCA Membership (\$17/year)



YOGA AWARENESS with Nancy Michaels

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

6 Thursdays: September 3 - October 8

10:00 - 11:30 AM

Class Fee: \$42 + YWCA Membership (\$17/year)

T'ai Chi is the Art of Movement with cumulative and long-range benefits. It is a system of health maintenance and prevention as well as promoting well being, ease, balance and energy efficiency.

Beginning TAI CHI with Linda Vucelich

No experience necessary.

5 Tuesday: Classes Begin September 15
(every other week)

6:50-7:50 PM

Class Fee: \$55

+ YWCA Membership (\$17/year)

INTERMEDIATE TAI CHI with

Linda Vucelich

Some experience, although beginners are welcome.

5 Mondays: 6:45 -7:45 PM (Sept.14 @ 8-9:00PM)

Session 1: Classes Begin Sept. 14
(no class Oct. 5)

Session 2: Classes Begin Nov. 9
(no class Nov. 2)

Class Fee: 55 + YWCA Membership (\$17/year)

CONTINUING TAI CHI with Linda Vucelich

This class is designed for experienced students.

5 Tuesdays: Classes Begin September 22
(every other week)

7:00 - 8:00 PM

Class Fee: \$55

+ YWCA Membership (\$17/year)

TAI CHI SAMPLER with Linda Vucelich

Instead of fried zucchini, fried cheese sticks or chicken wings, experience a healthy platter of T'ai Chi movements and benefits, breathing practice, Qi Gong and more. Learn about the long term implications of a consistent T'ai Chi practice.

Pre-register/payment in full
by Monday, August 17th.

Class: call for date

Class fee: \$10

Email us your thoughts at Info@ywcawestmoreland.org

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 Thursdays: September 17-October 22

5:00 - 5:30 PM

Class Fee: \$30 Members/\$40 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 Thursdays: September 17-October 22

5:45 - 6:30 PM

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

Color Belt-Continuation Karate

This class is a continuation of traditional martial arts training for those students who have achieved a color belt rank in the Kid Power Karate Program. This class is for children ages 6-12 and teaches Tang Soo Do techniques and self-defense.

6 Thursdays: September 17-October 22

6:45 - 7:30 PM

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

YWCA Girls Field Hockey Team

The YWCA Girls Field Hockey Team will begin the 2009 Season on August 24th at Hempfield Park. All area girls entering 8th grade or younger are enthusiastically welcome to participate. Whether you are a beginner or experienced player, all girls who are interested may play. 5th through 8th grade girls will participate in a full schedule of games and practices. 1st through 4th grade girls, affectionately nicknamed the "Little Pints" will meet once per week on Sunday afternoons during Sept and Oct. to learn skills and have fun. Registration information will be posted on the YWCA website beginning July 24th.

A Free Beginners Clinic will be held at Hempfield Park on Sunday, August 23rd from 2 – 3:30 pm. Sticks will be provided for those who would like to try the sport. All ages are welcome. Please pre-register to allow for proper planning.

Questions concerning the program are encouraged. Please call the YWCA main office at 724-834-9390 or Jeanne Kaylor, Program Coor and coach, 724-836-0513 or 412-551-9342. See you on the field !!



IMPORTANT DATES TO REMEMBER

Central Westmoreland
Unity Coalition's
Annual Unity Rally
to Celebrate Diversity

When: October 20, 2009

Where: St. Clair Park

Time: 7:00 - 8:00 PM

Call the YWCA for more information



AT
Lapels
A Fine Mens Clothier



A Holiday Shopping Event
for the "Gift Giving" Season
Benefitting the YWCA

November 23, 2009

106 South Pennsylvania Avenue
Downtown Greensburg
Kevin Miscik, Owner