



Family Valentine's Day Dance

Saturday, February 10, 2018 - 3:00-5:00 PM
Bellefonte Family YMCA Gymnasium

You are cordially invited to attend the Bellefonte Family YMCA Family Valentine's Day Dance

Come enjoy a special afternoon of dancing, crafts, and sweet treats.

We strongly encourage you to pre-register online at www.ymcaocc.org or the front desk of the YMCA.

Y Members- \$8.00/Parent & One Child
Non-Members- \$12.00/Parent & One Child
(\$1.00 for each additional person)



For details contact Steve at sgreecher@ymcaocc.org



The Bellefonte YMCA will be holding a Valentine's Day Card crafting class that is open to the public on Tuesday evening, February 6th from 6-8pm. Come out and create your own cards to give to that special someone. \$5.00 per participant.

[REGISTER HERE](#)

MEMBER UNLIMITED GROUP FITNESS PRICING 2018

JUMP START YOUR 2018 FITNESS GOALS!

Register for 12 months of Unlimited Group Exercise Classes and get two months free!

NEW

Offer expires January 31, 2018

Member Group Exercise Class Pricing

NEW

Bellefonte Only \$10/mo.

Association Wide \$20/mo.



Stop by our Member Services Desk to learn more or to register.

[Click Here for our class schedules](#)

-Matt's Corner-

The fitness industry is not immune to the new wave of technology that is taking our world by storm. Mobile apps, social media, smartwatches, and health monitors are now at our fingertips every day. With every new mobile fitness product design comes new, innovative

features that promise to return interesting findings about our health and physical activity.

But how do we assure that our mobile fitness tools are equipped with the features that will help yield results?

In order to answer this question, we need to determine why we are even considering using these products in the first place.

-Are you looking to increase daily physical activity?

-Do you want to know how many calories you are, and should be, consuming each day?

-Is exercise intensity something that you need to track more precisely?

These are just a few of the important, goal-determining questions that need to be answered before making a purchase.

These products can be a huge help when it comes to understanding and tracking our health and fitness, but we need to stay away from “fluff” features and select a product that will give us the crucial information that we need to be successful.

“Fluff” features are what I like to call capabilities that are basically irrelevant to a product’s purpose, but can be used to drive up its price.

Below is a list of the most crucial, useful features that are offered in products on the market today.

- **Heart Rate**

Heart rate is absolutely essential in determining exercise intensity and how many calories you are burning throughout the day. Whether you are walking the dog through downtown Bellefonte, or running through an intense cardio workout on the treadmill, you are burning calories and deserve credit for each and every one. Simply put, heart rate is an absolute MUST for anyone who works out with a specific goal in mind.

- **Calories Burned**

In correlation with 24/7 heart rate tracking, the calories burned feature is a great tool for anyone who could use precision and accuracy to help them determine the end result of the physical activity that they are putting in every day. While tracking calories burned and calories consumed (also on this list) each day, one would be able to get a very accurate reading of whether or not they are burning more calories than they are consuming, or vice versa. The calories burned feature is a MUST for anyone who needs to be conscience of their physical activity level in relation to their nutritional regimen.

- **Step Counting**

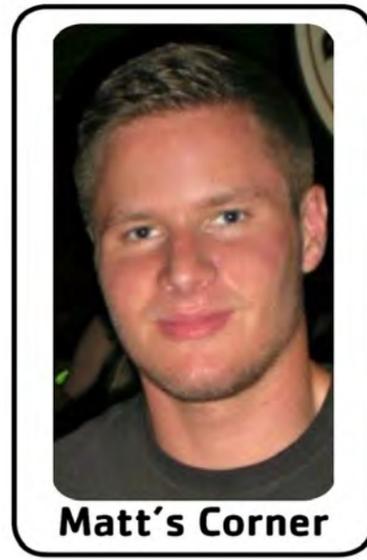
The step counting feature, which is available in the vast majority of wearable fitness products, is important because of its application to our lifestyles. Forget about the gym and your workouts for a minute. It is absolutely crucial that we stay active on all seven days of the week in order to keep our momentum going as we strive to live a healthy and fit lifestyle. Many of the wearable fitness product models are famous for their “10,000 steps a day” benchmark, which can certainly be utilized as a daily motivational tool. I find the majority of importance in this feature in the accountability that it offers on every given day. Therefore, step counting is a MUST for anyone who struggles to stay active on 365 days a year.

- **Calorie Counting**

The calorie counting feature is somewhat of a rare feature for wearable fitness devices. However, thanks to mobile apps like My Fitness Pal, it is not essential that it is included with your wearable device. Many of the calorie counting mobile apps are free for those of us who own smartphones. In addition, the My Fitness Pal app can be linked to many of the different wearable devices on the market. By using a reliable calorie counter in correlation with a physical activity tracker (heart rate/step counter), we can precisely track our daily progress down to the calorie. More information means more accountability, making this feature a MUST for precise daily tracking.

- **Battery Life**

Last, but certainly not least, is battery life. This feature is the most elementary, yet essential to a quality wearable fitness devices function. We must allow our mobile fitness devices to work for us and not against us. If you are having to pause your day to charge up your fitness device, you are losing time and have probably already lost money on your investment. In order to get the most out of your purchase, I would suggest that you require a battery life of at least five days or more. MUST, MUST, MUST!!!



Spring Session

Begins Monday, March 5th and runs through April 28th

Members can register for aquatic and youth programs

Feb. 23rd & Non-members can register Feb. 27th.



YMCA of Centre County
at Home D Pizzeria and Robin Hood Brewing Co.
Thursday, Feb 15th, 2018

We are donating 10% of all food sales at both locations from 5:00pm-9:00pm



Home D Pizzeria
1820 S Atherton St.
State College, PA 16801
814.237.7777



Robin Hood Brewing Co.
1796 Zion Rd.
Bellefonte, PA 16823
814.357.8399



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIRST ANNUAL SOUPER BOWL SOUP - OFF BELLEFONTE FAMILY YMCA

Make a crock pot of your favorite soup to share?

Friday, February 2, 2018
11:00am - 1:00pm
Staff, Members, Guests

Sample and vote for your favorite soup with a donation to our Annual Campaign. Staff and Members are encouraged to enter, the more soup the more fun.

Register today at the Member Services desk.



Soup that raises most money will win Silver Spoon Award, Name will be displayed on plaque in lobby each year.



The Bellefonte Branch is offering a First Aid/CPR and AED Training on Sunday, February 4th from 12-5pm. The cost is \$85 for members and \$110 for non-members. Contact Steve at sgreecher@ymcaocc.org for more information.

REGISTER HERE

Sign up early for American Red Cross Lifeguarding. This six day course will run between March 12th-19th. Participants must be 15 years old by the final day of the course. Participants will need to complete swim testing prerequisites. All participants will also receive a certification in CPR/AED and First Aid. The cost is \$170 for members and \$250 for non-members.

[REGISTER HERE](#)

Current lifeguards can recertify in American Red Cross Lifeguarding on the 24th, 25th and 26th of February at the Bellefonte Branch. Participants must provide a current copy of their Lifeguarding Certification. The cost is \$100 per participant.

For more information, contact Steve at sgreecher@ymcaocc.org.

[REGISTER HERE](#)





Adult Shotokan: Shotokan is a traditional Okinawan style of karate that is strong yet graceful. Shotokan emphasizes a combination of physiology, with technique and spirit to maximize one's effectiveness, power, and speed. For ages 12 and up. Class meets during both times indicated below. Additional fees for uniforms.

Location: Aerobics Room (Main Building)

Wed: 7:00-8:30 PM

Sat: 9:00-10:30 AM

Kids Shotokan: Shotokan karate fosters the development of qualities such as coordination of mind and body, self-control, mental discipline (knowing what is right and wrong), respect for others, and self-confidence with courage perseverance, courtesy, and humility, in your training. Children ages 5-14 will be divided into age/skill groups, and class meeting days will be determined by Sensei A. Campbell.

Mon: 7:00-8:30 PM (Main Building Aerobics Room)

Wed: 7:00-8:30 PM (Annex Aerobics Room)

Sat: 9:00-10:30 AM (Annex Aerobics Room)

PREPARING FOR BLAST OFF

It's almost time for the Y's Annual Giving Campaign! This year we'll be recruiting shining stars so that the Y can continue to help kids, adults, and families reach for the stars.

GIVE

During the Y's Annual Giving Campaign, community members, businesses, volunteers, and staff come together to share and support the Y's cause, which makes all that we do possible:

- No one is turned away from the Y due to their inability to pay.
- Kids are given opportunities to learn, grow, and thrive.
- 1 in 4 Y members benefit from the Annual Giving Campaign.
- 100% of your donation stays and helps in your community.

"From grandparents raising grandchildren on a very limited income to families with multiple children in different activities, and anyone else in need, the Open Doors Program makes it possible for kids, adults, and families to improve their health, self-esteem, strength of character, and so much more. I thank each person that helps make this program a reality by donating time, money, or both. They truly are shining stars who make a difference for everyone in our community."



VOLUNTEER

Y volunteers are people of all ages and backgrounds who are personally committed to the Y's cause. If you love your Y and community, please consider volunteering for the 2018 Annual Giving Campaign! Your help is needed and appreciated. Contact your branch director or Development Director, Theresa Mast (tmast@ymcaocc.org), to learn more.

SILENT AUCTIONS

Silent Auctions will be held at each YMCA Branch during the Annual Giving Campaign. Contact your branch director if you would like to donate a NEW or newly handmade item for the event:

State College YMCA: March 19-21

Bellefonte YMCA: March 16-24

Penns Valley YMCA: March 11-17

Moshannon Valley YMCA: April 2-5



SILENT AUCTION

March 17-24, 2018

BELLEFONTE FAMILY YMCA LOBBY

Each year we have a Silent Auction to benefit our Open Doors Program, which ensures that no one is turned away from the Y due to financial limitations.

Be sure to stop by to place your bids and see all the great items! We will have a variety of baskets, artisan items, antiques and other goods/services from local businesses.

Gift Cards

Children's Baskets

Sports Baskets

YMCA Gift Certificates

Art Work

Penn State Memorabilia

And lots more!



Auction will run from 8:00 AM

Saturday until 1:00 PM

the following Saturday



For details email Shawn.sthompson@ymcaocc.org
YMCA of Centre County, Bellefonte Branch, 125 West High St, Bellefonte, PA 16801
814-355-5551
www.ymcaocc.org

YMCA of Centre County

Bellefonte Branch
125 West High Street
Bellefonte, PA 16823
(814) 355-5551
www.ymcaocc.org

Bellefonte Branch Staff

[Shawn Thompson -Branch Director](#)
[Heather Heckman- Early Care & Education Dir.](#)
[Katie Fisher - Assistant Early Care & Ed. Dir.](#)
[Steve Greecher - Aquatics/Youth Prog. Director](#)
[Matt Luksic - Wellness Director](#)
[Beth Gibson - Member Engagement Director](#)

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