

health & wellness classes

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.

**Wednesdays: January 20 - February 24
5:30 - 6:45 PM**

Class Fee: \$45 + YWCA Membership

YOGA AWARENESS 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.

**Thursdays: January 28 - March 4
10:00 - 11:30 AM**

Class Fee: \$45 + YWCA Membership

TEEN YOGA with Christine Walko

Just for teens! Get in shape while having fun with your friends. This yoga class offers teens a way to increase stamina, flexibility, balance and body-awareness. Yoga can also help ease the stresses and pressures of everyday life and improves mental clarity. So put down the cell phone and pick up a yoga mat.

**6 Wednesdays: January 20 - February 24
4:00 - 5:00 PM**

Class fee: \$45 + YWCA Membership

HOT FLASH & DANCE MIX

6 Tuesdays: Feb 2- Mar 16 (skip Feb 16)
Class fee: \$45 + YWCA Membership

Hot Flash: 9:30-10:30 AM

Designed for women in peri-menopause, menopause, or for women who just need some exercise. Strengthen and stretch!

Dance Mix: 10:45 - 11:45 AM

Join us for a dance/aerobic party that does it all! This class is for all levels of fitness. A mix of Latin, belly dance, hip hop and aerobics will keep you moving.

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: February 4 - March 11
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: February 4 - March 11
5:45 - 6:30 PM**

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

BEGINNING TAI CHI with Linda Vucelich

This class is intended for those who have never taken Tai Chi or who have some experience with Tai Chi.

**4 Tuesdays: Jan 26, Feb 9, Feb 23 & Mar 9
7:00 - 8:00 PM**

Fee: \$44 + YWCA Membership

CONTINUING TAI CHI with Linda Vucelich

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

5 Tuesdays: Jan 19, Feb 2, Feb 23, Mar 2, & Mar 23

7:00 - 8:00 PM

Fee: \$55 + YWCA Membership

INTERMEDIATE TAI CHI with Linda Vucelich

Maintain your physical and mental health.

Beginning Tai Chi or experience prerequisite.

5 Mondays: Jan 18, Jan 25, Feb 8, Feb 22 & Mar 29

6:45 - 7:45 PM

Fee: \$55 + YWCA Membership

enrichment classes

Red Cross Babysitting Certification 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.

Facilitator: American Red Cross

Saturday, January 16, 2010

9:00 AM - 3:00 PM

Class fee: \$55



YWCA Indoor Field Hockey

Teams are now forming for the 2010 YWCA indoor field hockey program. This winter the teams will be playing in the Hempfield Park recreation center. All levels of experience are welcome!

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



Cook and Dine with Sergio

Spend a fun and flavorful evening with Sergio Maragni while learning three simple recipes.

Session fee: \$35 per night

6:00 - 9:00 PM

Sessions limited to 12 attendees

February 22, 2010

Risotto prepared in the traditional way is sure to please all on a wintry evening. He will prepare the risotto with a few different ingredients to show the versatility of this dish.

March 22, 2010

Sauces will be featured this evening and the demonstration will include marinara, alfredo, and vodka sauces.

April 19, 2010

Crab cakes are always a hit with Sergio's dinner guests and I'm sure they will please your crowd also. May be part of an appetizer or entrée. They will be accompanied with a vinaigrette sauce which will also be demonstrated.

Call Sergio Maragni for registration at 412-953-6424.

Financial Planning for Women

Jacqueline Britt and Brian W. Casey, Financial Advisors with Waddell & Reed, Inc. invite you to attend an exclusive seminar, **Money Management, A Woman's Perspective**. This seminar will discuss money management issues particular to women. Join us at the YWCA on February 10, 2010 at 7:00PM-8:00PM. There is no cost for this event. Please call the Brian to register for this event by February 8, 2010 at 724-420-5752 extension 12.

The YWCA of Westmoreland County does not endorse or recommend any products, processes, or services. The views and opinions expressed at this seminar do not necessarily state or reflect those of the YWCA of Westmoreland County.

Team Survivor was founded in 1995, as a grassroots program offshoot of the Danskin® Women's Triathlon Series to provide fitness opportunities for female cancer survivors to train for and participate in their first triathlon. Team Survivor programs vary from city to city. All Affiliates focus on providing fun group exercise opportunities, fitness education and peer support for women of all ages. The YWCA of Westmoreland County will be partnering with *Team Survivor Laurel Highlands* in 2010. The YWCA will be offering Tai Chi and Yoga classes to women who are interested in maintaining a healthy lifestyle. If you are a cancer survivor, or know someone who is, please call for more information at 724-834-9390.