

Wilfred R. Cameron Wellness Center of The Washington Hospital



WILFRED R.
CAMERON
WELLNESS CENTER
OF THE WASHINGTON HOSPITAL

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Quick Links

[Sign up for Children's
Swim Lessons](#)

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Learn to Swim
Courses



Don't wait for next summer to start your child in swimming classes. [Sign up](#) for our fall courses!

The Wellness Center boasts the best instructors and facility in southwest Pennsylvania. After your child completes

Dear [Name],
Being back in school doesn't mean kids can't remain active. Minimize the after-school time your child is glued to the TV, computers and handheld devices. We've got a variety of games and activities that will keep them moving, socializing and feeling fit throughout the school year!



Check out [Hip Hop Classes](#), [Martial Arts](#), [Kids Fitness](#) after school and much, much more! Plus, we are offering a Date Night for parents starting in October. Watch for information coming soon!

Martial Arts: Where Young People Gain Timeless Skills

Martial Arts - [Register online!](#)

Sat., Aug. 20 - Oct. 22, 10-11 am
Ages 5-9

Sat., Aug. 20 - Oct. 22, 12 noon-1 pm
Ages 9-13

The Martial Arts program uses martial arts techniques and games to help your child develop major skills that are necessary for participation in any sport or activity: focus, teamwork, control, balance, memory, discipline, fitness and coordination. The curriculum also covers skills used to encourage and reinforce family values. Our goal is to encourage students to work through challenges and help them take their skills to the next level. We encourage our students to develop their ability to excel inside the classroom and out. Effort, kindness, respect, self-discipline and using mental self-defense before resorting to



the courses, you'll feel safe knowing he or she can handle many water situations from swim teams to pool parties.

4-Week Fall Sessions

Mondays:

Sept. 12 - Oct. 3

Tuesdays:

Sept. 13 - Oct. 4

Thursdays:

Sept. 15 - Oct. 6

Saturdays:

Sept. 17 - Oct. 8

1 Class/Week:

\$40 M/\$48 NM

2 Classes/Week:

\$80 M/\$96 NM



Alex, who is from Washington, has trained national and Olympic-caliber swimmers and served as director of aquatics and head swimming and diving coach for teams at Occidental College in Los Angeles. He has an MBA from the University of Iowa and a bachelor's degree from Washington College in Chestertown, Md.

Sign up now For more information, call Alex at 724.250.5242, or email Alex.

violence are all key aspects of our program.

Cost for each program: \$90 M/\$108 NM

All classes are instructed and supervised by Mr. Ron Tucker and are safe for all participants. Mr. Tucker has taught children of all ages. His experience includes:

- 29 years in martial arts
- 13 years of teaching
- 2 first-degree Black Belts
- 1 Brown Belt
- Elite Martial Arts Owner
- Former Ju-Jitsu competitor
- Professional trainer

Uniforms are not necessary but available upon request.

Register online or at the Wellness Center.

Sign up now

For more information, call Jim Ganley, Kids Programming Coordinator, 724.250.5202, or email Jim.

KIDS WANT DIBS ON FUN!

Kids Fitness Passport

Mon. - Fri., Sept. 1-Apr. 29

Ages 5-12

Make fitness an everyday event! The Kids Fitness Passport is back in September. There's something for every child Monday through Friday.

Cost: \$55 M/\$67 NM, or \$10 M/\$12 NM for a single session

Add additional children for \$40M/\$48 NM each month

Mondays

Indoor Floor Hockey

4:30-5:30 pm, Gym

Get the basics -- passing, shooting and stick handling -- before the skates go on. Pick up some friends and join in on the action.

Tuesdays

Kickball

4:30-5:30 pm, Gym

This is traditional kickball and also includes basketball and mat ball. Kids get a great workout while they make new friends and increase their heart rate.

Basketball

5:30-6:30 pm, Gym

Drop in for some basketball fun on Tuesday nights and work on dribbling drills, shooting and defensive tips in a safe and fun environment. Play half-court and full-court games.

Wednesday

Pool Games

Private Swim Lessons Available! Call for Details.

5:30-6:30 pm, Lap Pool
New fitness activities include pool basketball, water polo, water volleyball, Sharks and Minnows, and more!

PLANNING A PARTY?



Birthday Parties

Saturdays or Sundays from 5-7 pm or 7:30-9:30 pm

The conference room handles your party needs.

Toddler Sports Parties

Ages 2-4

Preschool parties offer fun activities and games. A Kids Sport and Fitness staff member leads the activity portion of your party. Parents are encouraged to help as toddlers run, jump and play in the gym.

Pool Party

Ages 4 and Older

Plus! New options for Pool Basketball and Pool Volleyball

Reserve our warm-water pool for up to 20 kids and two hours of party fun that includes foam noodles and kickboards. A certified lifeguard assists in games, safety and fun. In the water, children under age 5 must be accompanied by an

Thursday

Flag Football

4:30-5:30 pm, Gym

Flag Football helps children improve agility and speed. Kids also play wallball, a fun, indoor version of flag football.

Kids Yoga

5:30-6:30 pm, Conference Room A

Encourage a deeper sense of body awareness, self-exploration and interpersonal skills. Kids come alive with flowing sequences, balancing poses, breathing exercises and creative relaxation techniques. Partner poses and cooperative yoga also inspire positive peer interactions that enrich their everyday lives.

Friday

Rock Climbing

5:30-6:30 pm, Mt. Cameron

Experienced instructors teach climbing techniques, a great way to promote physical fitness and problem-solving in a safe, friendly environment.

[Sign up now](#)

For more information, call Jim Ganley, Kids Programming Coordinator, 724.250.5202, or [email Jim](#).

TODDLER SPORT & FITNESS CLASSES



Jump Bunch

Tues. & Wed., Sept. 6-April 25, 10:30-11 am
Ages 18 mos.-3 yrs.

Nurture motor skills and coordination. Toddlers explore and play with parachutes, yarn balls, hula hoops and bean bags.

Cost: 10-pack: \$60 M/\$80 NM; 5-pack: \$35 M/\$42 NM; Per class: \$8 M/\$10 NM

PreK Play

Tues. & Wed., Sept. 6-April 25, 11-11:30 am
Ages 3-5 yrs.

Keep kids moving with a variety of fun games, such as Clean your Room, Tag Games, Sharks and Minnows, and Tom and Jerry. Children develop cardiovascular endurance and social skills while also having a good time!

Cost: 10-pack: \$60 M/\$80 NM; 5-pack: \$35 M/\$42 NM; Per class: \$8 M/\$10 NM

MOVE WITH HIP HOP!

adult.

**Sports Gym Party
Ages 5-9
All-Star Sports Party
Ages 9-13**

For the ultimate sports birthday, check out the Wellness Center for hockey, basketball, indoor football, 4-square, kickball and much more. A Kids Sport and Fitness staff member leads games and activities.

Celebrate your child's next birthday at the Center, and we'll make it memorable, fun and full of activities!

For more information, call Jim Ganley, Kids Programming Coordinator, at 724.250.5202, or [email Jim](#).



Intro to Hip Hop

Tues., Sept. 13, 20, 27, Oct. 4, 11, 18 & 25 and Nov. 1, 8 and 15, 5:30-6:30 pm
Ages 5-13

Dance like your favorite Disney stars while learning rhythm, coordination, musicality and hip-hop choreography at an age-appropriate level.

Participants are challenged to

think on their feet while enjoying an energetic and fast-paced dance class. Our dancers develop general fitness, strength and agility while having fun!

Cost: 10 sessions: \$90 M/\$108 NM

Instructor Jessica McCort has been a dance/fitness instructor for 16 years, helping her students (from competitive cheerleaders to the average exerciser) achieve success. As a fitness instructor and former competitive cheer coach, Ms. McCort focuses on creating a fun, safe environment where dancers learn to hop to the beat while enhancing fitness.

[Register online](#) or at the Wellness Center.

Bowling on a Roll!

Junior League at the Meadows

Beginning Sat., Sept. 10, 10 am

Ages: 5-17

At Meadows Lanes at The Meadows Racetrack and Casino, 210 Racetrack Road, Washington

Young bowlers join a 3-person team in one of four divisions (Bantam, Prep, Junior, Senior). All participants enjoy personalized instruction, monthly fun events, end-of-year banquet, travel opportunities, Pro Shop discounts and much more!

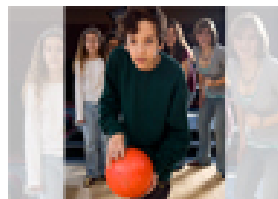
Cost: \$9/week

Additional child \$8/week

Ages: 5 -7 olds (Bantams) bowl two games for \$7

Plus \$18 registration fee for all. Price includes shoes and ball.

For more information or to register, call Mike Ashmore at 724.503.1550 or Joe Stranko at 724.579.2235.



Join Our List

Join Our Mailing List!

Find us on Facebook

We look forward to seeing you in the Wellness Center or at Meadows Lanes. Please email me with any questions on which classes may be best for your child.

Be Fit, Live Well!