



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BAIERL FAMILY YMCA

APRIL - 2019 -



Healthy Kids Day®
Saturday, April 27th



**AWAKEN
SUMMER
IMAGINATION!**



**Free & open
to the public!**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Sports Conditioning (ages 10-14 years) 5:00-6:00p.m. Pre-registration required	3	4	5	6 Family Yoga 11:15a.m.-12:15p.m. Children 7+ years with family welcome!
7 Family Yoga 11:15a.m.-12:15p.m. Children 7+ years with family welcome!	8	9	10	11	12 Family Yoga 11:15a.m.-12:15p.m. Children 7+ years with family welcome!	13 Painting Class 10:00a.m.-12:00p.m. \$20/FM & PM Parent-Child Bowling 12:30-2:30p.m. \$25/bowler
14	15	16	17	18 Family Yoga 11:15a.m.-12:15p.m. Children 7+ years with family welcome!	19	Parents Night Out Enjoy a night out while your children enjoy a fun filled time at the Y! 5:30-9:00p.m. \$20/FM; \$25/PM
21 HAPPY EASTER We will be closed for Easter 	22	23	24 Family Yoga 11:15a.m.-12:15p.m. Children 7+ years with family welcome!	25	26 April 26-28 Y Princess Campout Deer Valley YMCA Family Camp Pre-registration required	27 Healthy Kids Day® Saturday, April 27th 10:00A.M.-2:30p.m.  Join us for games, snacks and healthy living activities for the whole family!
28 Family Yoga 11:15a.m.-12:15p.m. Children 7+ years with family welcome!	29	30	<p>Start your Healthy Living Journey As a member of the Y, our staff will help you every step of the way along your Wellness Journey. In fact, you have a complimentary 30-minute Wellness Consultation with one of our certified trainers to understand how to reach your healthy living goals. Schedule yours today at the Welcome Center.</p>			

BEFORE AND AFTER SCHOOL ENRICHMENT

EXPLORING EDUCATIONAL EXPERIENCES

At the Y, we believe the values and skills learned early on are vital building blocks for quality of life and future success.

That's why our before and after-school programs are staffed with people who understand the cognitive, physical and social development of kids, the need children have to feel connected and supported in trying new things and the caring and reinforcement parents and families need to help each other.

At the Y, school-age kids make friends, play and have fun, learn new skills and get help with their homework. Most importantly, they learn how to be their best selves. That makes for confident kids today, and contributing and engaged adults tomorrow.

Located in more than 20 school districts across the Greater Pittsburgh area.



Registration Now Open for 2019-20 School Year pittsburghymca.org/base



RECIPE CARD Roasted Garlic Basil Pesto Potatoes with Arugula

INGREDIENTS

- FOR THE POTATOES**
- 2 pounds Yukon Gold or red potatoes, unpeeled, chopped into 1-inch cubes (about 6 cups)
- 1 tablespoon plus 1 1/2 teaspoons extra-virgin olive oil
- Fine sea salt and freshly ground black pepper
- FOR THE ROASTED GARLIC**
- 1 large garlic head
- 1/2 teaspoon extra-virgin olive oil
- FOR THE PESTO**
- 1 cup lightly packed fresh basil leaves
- 3 to 4 tablespoons hemp hearts
- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice, or to taste
- 1/4 teaspoon fine sea salt
- Freshly ground black pepper
- FOR THE SALAD**
- 3 cups baby arugula, chopped
- Fresh lemon juice, for serving (optional)
- 1 tablespoon hemp hearts, for garnish



INSTRUCTIONS:

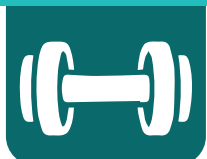
Preheat oven to 400°F. Line a large baking sheet (15 by 21 inches) with parchment paper.

Make the potatoes
Place the potatoes on the baking sheet and toss with the olive oil until thoroughly coated. Spread the potatoes into an even layer. Season with salt and pepper.

Make the roasted garlic
Place garlic bulb on a square of aluminum foil (about 8 inches/20 cm square) and drizzle the top of the cloves with the olive oil. Wrap the garlic bulb entirely in the foil and place it on the baking sheet with the potatoes. Roast the potatoes and garlic for 20 minutes, remove pan from oven and flip the potatoes. Return potatoes and garlic to the oven and continue roasting for 15 to 20 minutes.

Make the pesto
In a food processor, combine the pesto ingredients and process until mostly smooth. Keep the pesto in the processor because we will add the roasted garlic as the final step. Remove potatoes and garlic from the oven. Carefully unwrap the garlic bulb and let cool for 5 to 10 minutes, until it's cool enough to handle. Squeeze the roasted garlic cloves out of the bulb. You should have about 2 packed tablespoons (30 mL) of roasted garlic. Add it into the food processor with the pesto. Process until mostly smooth—you can add a touch more oil if necessary to get it going.

Assemble the salad
This is the important part where you need to act fast; I like to assemble the salad very quickly so that it's warm when I serve it. Grab a large serving bowl and place the arugula in the bottom of the bowl. You can break it up into smaller pieces with your hands a bit. Then, remove the potatoes from the oven and quickly place them into the serving bowl on top of the arugula. Toss the potatoes and arugula with the pesto until thoroughly combined. Taste and season with salt and pepper. Sometimes I add another drizzle of lemon juice if I feel like the dish needs more acidity. Sprinkle on the hemp hearts and serve immediately.



EXERCISE OF THE MONTH

- Purpose:** Full body strength training & technique
- Exercise:** Parent / Child Burpees
- Bend over or squat down and place both hands on the floor in front of you, just outside of your feet.
 - Jump both feet back into plank position.
 - Drop to a push-up—your chest should touch the floor.
 - Push or snake up to return to plank position. Jump feet back in toward hands.
 - Explosively jump up into the air, reaching arms straight overhead.

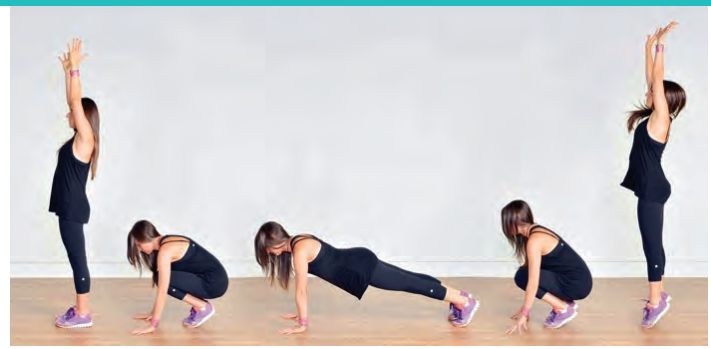


Photo courtesy of Formulated Fitness