



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



BRANCHING OUT AT THE Y

BAIERL FAMILY YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Y Cook Mondays? Food Truck Series! 4:30-7:30p.m. Woodfired Flatbreads July 1st & 3rd - Learn proper Firework Star Jumps and work your way to 50!	2 July 2nd & 5th - Learn proper planking techniques and make your way to 13 minutes	3	4 OPEN 6:00a.m.-5:00p.m.	5 NIGHT SWIM 7:00-8:30p.m. (Outdoor Pool)	6
 7 Enjoy these fun challenges all week long. Visit the Healthy Living desk for challenge times ASSAULT BIKE CHALLENGE	8 Y Cook Mondays? Food Truck Series! 4:30-7:30p.m. Pittsburgh Halal	9	10	11 Indoor and Outdoor pools closed for swim meet 3:30p.m. - close	12 LUAU POOL PARTY Friday, July 12th 6:30-8:30p.m. 	13
14 Family Fun and Games Obstacles 10:00-11:00a.m. BENCH / SQUAT CHALLENGE	15 COMMUNITY OPEN HOUSE 5:00-7:00p.m. Health screenings, camp activities, and more! Y Cook Mondays? 4:30-7:30p.m. Nakama	16	17	18 SUMMER HOPS A TOAST FOR COMMUNITY July 18th 6:00-9:00p.m. Purchase Tickets at: pittsburghymca.org/hops	19 PARENT'S NIGHT OUT 5:30-9:00p.m. Let us watch the kid's while you enjoy a night out! Registration required.	20 12th ANNUAL NORTH BOROUGHS YMCA 5K July 20th - 8:00a.m. 1-Mile Fun Walk and 5K
21 Family Fun and Games Obstacles 10:00-11:00a.m. DEAD LIFT CHALLENGE	22 Y Cook Mondays? Food Truck Series! 4:30-7:30p.m. Pittsburgh Pierogi 	23	24	25	26	27
28 JANNEY & THE Y TRIATHLON Sunday, July 28th, 2019 Register now at active.com SWIM 700 meters (14 laps) BIKE 12 miles RUN 3.1 miles	29 Lifeguard Camp 9:00a.m.-4:00p.m. Y Cook Mondays? Food Truck Series! 4:30-7:30p.m. Doce Taqueria FLEXABILITY CHALLENGE	30 Lifeguard Camp 9:00a.m.-4:00p.m.	31 Lifeguard Camp 9:00a.m.-4:00p.m.	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.		

OPEN STREETS – SUNDAY, JULY 28TH



OpenStreetsPGH is inspired by the open streets movement – a global phenomenon promoting healthy outdoor activity and community engagement using city streets.

OpenStreetPGH temporarily closes streets to car traffic and invites Pittsburghers to reimagine their streets as places for people. This free event series connects communities to each other and creates a safe place for people of all ages to walk, bike, roll, and dance through 10 neighborhoods in 2019.

Save the dates for our 2019 OpenStreetsPGH series on May 25th, June 30th, and July 28th! OpenStreetsPGH offers something for everyone, from fitness workshops, to kids activities, shopping, brunch, community arts, and special promotions presented by over 100 local businesses and organizations.

OPEN STREETS YMCA SCHEDULE

SUNDAY, JULY 28TH

DOWNTOWN, UPTOWN, SOUTHSIDE

(9am–1pm) Take a classic Pittsburgh experience – traveling from a bridge into a tunnel – and try it on foot or by bike! Explore Downtown, Uptown, and Southside including the Birmingham Bridge, the 10th St Bridge, and the Armstrong Tunnel!



RECIPE CARD HEALTHY COLE SLAW

INGREDIENTS

- 2/3 cup non-fat plain Greek yogurt
- 2 Tbsp apple cider vinegar
- 1/2 Tbsp lemon juice, fresh is best
- 2 Tbsp granulated sugar
- 1/4 tsp ground celery seed
- Kosher salt and black pepper, to taste
- 10 oz bag of shredded coleslaw mix
- 1/3 cup red onion or shallots, finely minced
- 2 Tbsp green onions, sliced

INSTRUCTIONS

- In a large mixing bowl, combine Greek yogurt, vinegar, lemon juice, sugar, celery seed, salt and pepper. Whisk until a dressing forms.
- Add coleslaw mix, red onion, and green onions. Toss to combine, making sure all the coleslaw is coated.



EXERCISE OF THE MONTH

Purpose: Core Strengthening

Exercise: FIREWORKS! (Star Jumps)

- Start off down in a crouched position with your feet at hip width and your arms by your sides. From this position jump up explosively as high as you can. As soon as your feet leave the ground, open your legs out to the sides and lift your arms up and out to the sides at the same time.
- At the highest point of your jump, your feet and hands should represent 4 of the 5 points of a star, with your head being the other point.
- As you start to lower back to the ground, bring your legs and arms in, so that you land with your feet under your hips and your arms by your sides. Absorb the impact of the landing by bending your knees and leaning forwards as you lower down into the crouch position again ready for your next star jump. Repeat these star jumps with control for the required duration.



Stay tuned to our Facebook page for videos on how to perform this month's exercise!



YMCA of Greater Pittsburgh | pittsburghymca.org