



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**TOGETHER
EVERYONE
ACHIEVES
MORE**



2020

Winter 1 January 5 - February 15
Winter 2 February 16 - March 28
Spring 1 March 29 - May 9

Registration Schedule at a Glance

Session	Member	Potential Member	First Class	Last Class
Winter 1	Starting 12/22	Starting 12/29	1/6-11	2/10-15
Winter 2	Starting 2/2	Starting 2/9	2/17-22	3/23-28
Spring 1	Starting 3/15	Starting 3/22	3/30-4/4	5/4-9

DuBois Area YMCA

25 Parkway Drive, DuBois 814-375-YMCA (9622)

Treasure Lake Ext.: 100 Coral Reef Rd (in Towne Market Plaza) 814-372-2374

www.duboisymca.org



GENERAL INFORMATION

FULL MEMBERSHIP

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Hours of Operation (1/2/20 - 5/24/20)

Mon-Thu: 5:30 AM-10:00 PM (Both)
 Friday: 5:30 AM-10:00 PM (Main)
 5:30 AM-7:00 PM (Treasure Lake)
 Saturday: 6:00 AM-7:00 PM* (Main)
 7:00 AM-7:00 PM* (Treasure Lake)
 Sunday: 10:00 AM-5:00 PM* (Main)
 10:00 AM-3:00 PM* (Treasure Lake)

*From Memorial Day to Labor Day Weekend Closing
 Hours at both facilities Saturday: 3 PM Sunday: 2 PM

Closed on
 New Years Day,
 Easter,
 Memorial Day,
 Independence
 Day, Labor Day,
 Thanksgiving, &
 Christmas.

Early closing on
 Christmas Eve &
 New Years Eve.



Membership Categories	Annual Payment	Joining Fee	Monthly Draft
FAMILY Any 3 adults 18-99 yrs & any children 0-26 yrs living in same household	\$685	\$30	\$57
FAMILY SR COUPLE Any 2 adults 60+ living in same household	\$547	\$30	\$45.50
ADULT 1 person 27-59 yrs	\$502	\$30	\$42
ADULT SENIOR 1 person 60+	\$402	\$30	\$33.50
YOUNG ADULT 1 person 18-26 yrs	\$402	\$30	\$33.50
COLLEGE STUDENT 1 person 18-59 yrs and full-time college student	\$190	\$25	\$16
YOUTH 1 person 0-17 yrs (18 if still in HS)	\$120	\$15	\$10

FULL MEMBERSHIP INCLUDES*

MOST CLASSES/PROGRAMS FREE FOR ANY ADULT or FAMILY MEMBERSHIPS
 Plus discounts on any paid class/program for all memberships



BUDDY-UP FOR FITNESS
 Achieve More Together

Some things just go better together. When you and your friend (BFF) commit to the Y together, you will both receive an exclusive 20% savings off of the standard membership rate each month.

- > Use of BOTH facilities; Main & TL Extension
- > Swimming pool and Whirlpool (Main)
- > Cardio Equipment with Personal Viewing Device (Main)
- > Indoor Cycling Center (Class use only)
- > Gymnasiums
- > Youth Activity Center & Interactive Zone
- > Locker Rooms with Sauna & Steam Room
- > Racquetball Courts
- > Orientation on equipment
- > Free babysitting at designated times



*Some facility/equipment use restrictions dependent upon age/membership type

Treasure Lake Extension 372-2374

Our extension site has many of the amenities that our main location has including Icarian selecterized equipment, free weights, cardio machines, and locker rooms with shower facilities. SilverSneakers® and some fitness classes are also offered.

Other Membership Options

- Treasure Lake Express Membership - \$29.95/mo
- Free Middle School Initiative 1-year membership
- Corporate Wellness Partner Program - 10% discount
- Financial Assistance available based on need/income

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

INFANT, TODDLER & PRESCHOOL DEVELOPMENT

Our Child Development Centers provide care in a nurturing environment starting at six weeks of age. Our quality staff provides an instructional program your child will be sure to enjoy. Daily activities are centered on weekly themes to include plenty of stories, songs, arts, and crafts. They also enjoy the great outdoors with walks in the park. We also provide your child with breakfast, lunch, and an afternoon snack.



LOCATION

Infant, Toddler and Preschool Child Development is provided Monday thru Friday at the YMCA on Parkway Drive.

REGISTRATION

Enrollment is arranged thru the Child Development Director. All participants must be pre-registered.

HOURS

Monday thru Friday; 6:30 am – 5:30 pm

INFANT AND TODDLERS

Member & Potential Member \$30 daily

PRESCHOOL

Member & Potential Member \$29 daily

Prices subject to change after 12/31/19

Note: Rates are based on 9.5 hours of care daily. Half day is available. Minimum of 3 days enrollment for Toddler and up. Infants are full-time enrollment only. Contact Darlene Stuart, Child Development Director for more information.



BEFORE SCHOOL & AFTER SCHOOL DEVELOPMENT

We offer quality alternatives for the working parent with before and after school programs. The children have time to relax, play and do their homework.

LOCATION

State licensed facilities at the YMCA on Parkway Drive. Children from all area elementary schools are welcome.

REGISTRATION

All students must be pre-registered in the program to participate. Children grades K-5.

HOURS

Before School 6:30 am – 9:00 am

After School 3:30 pm – 5:00 pm (5:30 is final pickup)

SCHOOL AGE PROGRAMS (Grades K-5)

Before OR After School

Member	\$60 weekly	\$14 daily
Potential Member	\$65 weekly	\$15 daily

Before AND After School

Member	\$85 weekly	\$21 daily
Potential Member	\$90 weekly	\$22 daily

Prices subject to change after 12/31/19

LICENSE

The YMCA Child Development Program is licensed by the State's Office of Child Development and Early Learning (ODEL).

FINANCIAL ASSISTANCE

The YMCA participates in DPW subsidized Child Care Programs.

CAMP SUMMER OF FUN

June –August

For those who have completed Kindergarten-5th grade

Enroll your children daily, weekly or the entire summer during the break from school.

Dates, times and prices of all YMCA programs are subject to change without notice

For more information

375-YMCA (9622)

www.duboismca.org

dubymca1@comcast.net

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



SWIM LESSONS

Head Instructor: Denise Dennison

Swim lesson classes are designed to build confidence and endurance while being in the water. They also teach water safety, using water sports and games which allow children to progress through the stages of learning how to swim. Children progress at different rates so it is expected that a child may repeat a stage within an age class level until they are developmentally ready to move on. Parents are not in the water with the child, except for Aqua Babies level. They are asked to remain outside of the pool area to view the lesson. Age groupings may flex dependent upon the ability of the swimmer and the overall group registration for that particular session.

Registration Schedule at a Glance

6-week Session	Member	Potential Member	First Class	Last Class
Winter 1	Starting 12/22	Starting 12/29	1/11	2/15
Winter 2	Starting 2/2	Starting 2/9	2/22	3/28
Spring 1 (5 WKS ONLY)	Starting 3/15	Starting 3/22	4/4	5/2

Aqua Babies Stages A-B

Ages 6-35 months

Saturday: 11:30 am-Noon

Half-hour lessons teach infants and toddlers to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision. Parent/adult will be in the water with child. **This class begins Winter 2 session.**

Family or Youth Member \$24 Potential Member \$43

Pre-School Stages 1-4

Ages 3/4-6

Saturday: 9:30-10:00 am or 11:00-11:30 am

Half-hour lessons allow your preschooler to learn personal water safety and achieve basic swimming competency by learn two benchmark skills: 1) Swim, float, swim and 2) Jump, push, turn, grab. These basic arm and leg movements will build a strong foundation for strokes taught in stages 4-6.

Family or Youth Member \$24 Potential Member \$43

Progressive Stages 1-6

Ages 6 & up

**Saturday: 8:30-9:30 am Teen & Adult Levels
10:00-11:00 am School Age Levels**

One hour lessons start children/adults in the appropriate stage for their water skills. Personal water safety and basic swimming competency are taught or reviewed. Additional water safety skills and advanced stroke techniques are developed/expanded through endurance.

Family or Youth Member \$41 Potential Member \$77

Private Swim Lessons All ages

Tuesday, Thursday: 5:00-6:00 pm

Learn to swim or enhance your technique with qualified swim instructor, Denise Dennison. Pick up an application at the front desk. Prices are per person per ½ hour.

Family or Youth Member \$16 Potential Member \$27

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SWIM STARTERS

(Parent with Child Lessons)

Stage A: Water Discovery - Introduces infants and toddlers to the aquatic environment.

Stage B: Water Exploration - Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

(Recommended skills for all to have around water)

Stage 1: Water Acclimation - Increases comfort with underwater exploration and introduces basic self-rescue skill performed with assistance. No water experience.

Stage 2: Water Movement - Encourages forward movement in water and basic self-rescue skills performed independently. Willing to participate.

Stage 3: Water Stamina - Develops intermediate self-rescue skills performed at longer distances than in previous stages.

SWIM STROKES

(Skills to support a healthy lifestyle)

Stage 4: Stroke Introduction - Introduces basic stroke techniques in front/back crawl and reinforces water safety through treading water and elementary backstroke.

Stage 5: Stroke Development - Introduces breaststroke/butterfly and reinforces water safety through treading water longer and sidestroke.

Stage 6: Stroke Mechanics - Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.



Online Registration Available

Click on Programs tab on our website

For more information

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JUNIOR PENGUINS HOCKEY

Boys & Girls Grades K-8

February 24/25-April 4



Meeting twice weekly for a practice and games, your child will learn the basics of hockey while receiving the benefits of regular exercise, team building and most of all, enjoying the game. All equipment provided except shin guards (required) and mouth guard (recommended). **First practices are February 24/25.**

Registration: Feb 1-25

Meets on:

K-2nd Practice Tue 5:15-6:15 pm; Games Sat 9-10 am
 3rd-5th Practice Tue 6:30-7:30 pm; Games Sat 10:10-11:10
 6th-8th Practice Mon 4:00-5:00 pm; Games Sat 11:15-12:15

Grade divisions, or practice/game times, may be adjusted and/or combined if needed due to registrations.

Location: Main & Auxiliary Gym

Family Member Free

Youth Member \$25* Potential Member \$45*

KARATE - WORLD TANG SOO DO

Boys and Girls Ages 5-18

Thursdays 6:00-7:30 pm



Instructor: Rick Panebianco, Oh Dan/5th degree Master

Assistants: Doug Walk, Sam Dan/3rd degree Black Belt

Barbara Panebianco, E Dan/1st degree Black Belt

This program, operated by the Tri County Karate Academy, is open to youth, ages 5-18, and adults all year round, so you can join in any time! If needed due to enrollment numbers, the class may operate simultaneously in separate groups to facilitate the instruction.

Location: Auxiliary Gym or 1/2 Main Gym

Family or Youth Member \$25 Potential Member \$45
 Prices are per month on a bank draft basis

Other costs (pay instructor directly):

- 1-time WTSDA membership fee \$60
- Uniforms (See instructor for info)

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BIRTHDAY PARTIES

The pool, auxiliary gym, and/or room may be rented for your private birthday party or get together on Saturday and Sunday afternoons.

Swimming Pool or Auxiliary Gym

Member \$65/hr Potential Member \$85/hr
 Extra Lifeguard (groups of 50+) \$25

Party Room

Member \$25/hr Potential Member \$30/hr

A security deposit of \$25 is due 1 week in advance.



OVERNIGHTERS

The main facility is available for rental upon approval for private groups on Friday evening after regularly scheduled building hours. It includes the scheduled use of the pool with a lifeguard on duty. The gyms are available for basketball, volleyball, soccer and more. There are 3 racquetball courts with one equipped for Wallyball play. Great idea for large groups!

Member \$400 Potential Member \$550

A security deposit of \$100 is due 2 weeks in advance.

To place a request for a rental reservation listed above, contact Paula DuBois or front desk staff at 375-YMCA

DOLPHIN SWIM TEAM

Boys & Girls Ages 5-18

Winter program is in session
 Summer program – June & July

Look for more information on summer program in Spring 2/Summer program guide



GOLF LESSONS

Ages 12 & up
Thursdays 7:00-8:00 pm
 See page 10

Online Registration Available
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BASKETBALL LEAGUES

GIRLS Grades 5-6 January 6-February 28
BOYS Grades 7-8, 9-10 February 17-April 18

INDIVIDUAL player registration, teams selected by draft by YMCA staff and coaches. Mandatory substitution schedule. **First practice 4-5 pm; Girls: Monday, January 6; Boys: Monday, February 17.** If needed, YMCA staff/coaches will draft teams prior to second practice.

Registration: Girls, Dec 18-Jan 6; Boys, Feb 1-17
Practice: See above; Entire schedule given 1st practice
Game: Fri 6:30-7:30 or 7:30-8:30 pm

Family Member Free
Youth Member \$25* Potential Member \$45*

BASKETBALL TOURNEYS

GIRLS Grades 7-8 January 10-11
 Grades 5-6 February 21-22
BOYS Grades 7-8 April 17-18



Bring your own TEAM and coach. 3-game guarantee. Separate tourneys by grade, if possible. Teams/players can play up a grade, but not down. Games to be played on Friday evenings and Saturdays (Sunday, if needed). Registration opens 6 weeks prior to tournament. Deadline is one week before. Registrations are limited.

\$100 per team \$75 if paid in full 3 weeks before

TENNIS LESSONS

BOYS & GIRLS 4-9 yrs; 10 yrs & up
 May-Early July

Group lessons for beginners or intermediate levels (10 yrs & up only). Meet on Tuesday or Wednesday evenings at DuBois City park tennis courts. A 2nd set of lessons offered if enough interest. More details in Spring 2/Summer guide.

Instructors: Pat Mowery (10 yrs +); Lori Sabatose (4-9 yrs)

Registration: Starts March 29 **Family Member Free**
Youth Member \$30 (4-9 yrs) **\$60** (10 & up)
 Potential Member \$55 (4-9 yrs) \$115 (10 & up)

JUNIOR PENGUINS HOCKEY See top of page 5



UPCOMING YOUTH & ADULT SPORTS See page 11

Dates, times and prices of all YMCA programs are subject to change without notice

YOUTH SOCCER

BOYS & GIRLS Grades K-4th
 January 8-February 15



Meets twice weekly for a practice and game. Participants will learn basic skills such as foot coordination, passing, dribbling, team play and rules according to their abilities and progression. Practice/game times, grade divisions may be adjusted or combined if needed due to registrations.

Registration: Dec 18-Jan 8

Meets on:

- **Gr K-2:** Wed 5:15-6:15 pm; Sat 9:30-10:30 am
 - **Gr 3-4:** Wed 6:30-7:30 pm; Sat 10:45-11:45 am
Location: Main Gym & Auxiliary Gym

Family Member Free
Youth Member \$25* Potential Member \$45*

YOUTH SPORTS MOTTO
Everybody plays; All are Valuable

Parents may be asked to volunteer coach, score keep, referee or help out during practice/games.

***NEW! Sports program T-Shirts are optional (added \$5 fee)**

Multiple youth from the same family in the same \$25/\$45 youth sports program may receive a 1/2 price discount for the 2nd or 3rd additional child registering



FUTSAL LEAGUES

BOYS Grades 9-11
GIRLS Grades 9-11
BOYS/GIRLS Grades 5-8
 January 12-March 15

This is a mini-adaptation of outdoor soccer, emphasizing foot skills. League is a 5v5 format, primarily designed for school teams. Games played on Saturday or Sunday afternoons. Registration is limited. Contact Zac Wilcox if individual with no team or for more information.

HS: \$265 per team
 \$240 if paid in full by registration date

MS: \$215 per team
 \$190 if paid in full by registration date

Registration: \$25 non-refundable deposit due Jan 5



Online Registration Available
 Click on Programs tab on our website

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YOUTH DEVELOPMENT

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DuBois Area

MIDDLE

SCHOOL

INITIATIVE

For 5-8th graders



YOUTH ACTIVITY CENTER & INTERACTIVE ZONE

For children 7-17 years old

Meet your friends after school or come in to do some homework. Food and drinks are allowed. All activities are free of charge. Equipment checkout required with a minimal deposit, if deemed necessary by YAC supervisor.

ACTIVITIES: Air Hockey, Billiards, Carpet Ball, Foesball, Ping-Pong, Table Games and more.

HOURS: MON-FRI 3:00-6:00 pm

The DuBois Area YMCA offers a Middle School Initiative Program to **all 5-8th grade students** in the following schools/districts*; DuBois Area, Brockway, DuBois Catholic and DuBois Christian, including cyber & home-schooled students.

*Adjoining school districts may be considered on a case-by-case basis.

The goal of the Initiative Program is to inspire youth to discover their passions, seek a healthy lifestyle and gain the developmental assets needed to avoid risky behaviors as they pursue success in school and life.

Each child and parent/guardian will sign a letter of agreement stating what is expected of the youth registered in the program. It includes, but is not limited to, students participating in a once-a-week program of structured curriculum and/or activity-based sessions designed for their age during a 6-week session. Those that complete the program receive a free youth membership for a year.

An Initiative information flyer and registration form are available at the YMCA on Parkway Drive or at www.duboismymca.org

Contact Zac Wilcox or Paula DuBois at 375-9622 for additional information or questions.



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For more information

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Interactive

Zone

AT THE YMCA



AFTERSCHOOL PROGRAMS

3:00-4:30 weekdays

(Times are adjusted by age/gender if necessary)

- **Dodgeball** Monday, Thursday
- **Middle School Initiative** Tuesday
- **Game Day Tourneys** Wednesday
- **Various Sports/Activities** Friday

Middle School Initiative programs are required for those enrolled in the program, but open to those interested in attending upon request/approval by Zac Wilcox, Program Director. An After School Activity Calendar is normally posted in the Youth Activity Center.

Member Free Potential Member Day Pass

HEALTHY LIVING

Improving the nation's health and well-being

FREE Classes/Programs*for members

All adult/family membership categories OR Youth connected to Family membership

**Excluded: Karate, Swim Lessons (Group or Private) , Tennis or Golf Lessons, Swim Team and Team-Registered programs*

DISCOUNTED Classes/Programs for members

All adult/family memberships OR a Youth membership not connected to a Family membership

**Prices listed with each class/program are per 6-week cycle, unless noted.
One-time attendance of any class is \$10**

AQUACISE

Monday, Wednesday & Friday 8:30-9:30 am

Tuesday & Thursday 6:00-7:00 pm

This low impact, low intensity water class is a great introduction to the therapeutic benefits of the pool while gaining flexibility and improving your overall health.

M/W/F Member FREE Potential Member \$140

T/TH Member FREE Potential Member \$110

Instructor: Barb Murray

Instructor: Donna Lockwood

BEGINNER AEROBICS (TL)

Monday, Wednesday & Friday 9:30-10:30 am

Introduction to basic aerobic techniques & conditioning. Days may vary dependent upon instructor schedule.

Member FREE Potential Member \$140

Instructor: Robin Cameron

SilverSneakers®

Monday-Thursday 8:00-8:45 am Classic

Tuesday, Thursday (TL) 10:30-11:15 am Classic

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. Persons who are enrolled in Medicare Part B and have supplemental insurance through either designated Highmark Blue Cross/Blue Shield, UMPC For Life or Geisinger Health Plans are eligible and also enjoy the privileges of being a YMCA member.

Member FREE

Instructor: Miranda Allen



TAI CHI FOR HEALTH

Tuesday 6:30-7:30 pm (Arthritis)

Thursday 6:30-7:30 pm

This program uses slow moving, meditative exercise to improve balance, posture, strength and flexibility while decreasing stress.

Tu Member FREE Potential Member \$65

Th Member FREE Potential Member \$65

Instructor: Jim Kite

WATER TONING

Tuesday & Thursday 8:00-9:00 am

This intense aerobic class is designed to improve aerobic conditioning, muscular endurance, and flexibility while providing little to no impact on knees and hips since it is done in the water.

Member FREE Potential Member \$110

Instructor: Lillian Smith



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Online Registration Available

Click on Programs tab on our website

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HEALTHY LIVING

Improving the nation's health and well-being

BELLY DANCING BODY FITNESS™ (TL)

Monday 5:30-6:30 pm

Instructor: Lee Ann Smith

Get fit with this low impact fitness class! BDBF is a unique workout, created by fitness entrepreneur Tricia Truax, that uses simple belly dancing moves in a way that allows you to bring out your best version of YOU through dance, fitness and fun. With edgy Arabic rhythms and contagious tribal beats, it redefines the definition of core work because of the constant movements that isolate and define the waistline. With BDBF drills and choreography, you get an amazing workout and leave feeling empowered, beautiful and alive. Come experience the passion of the mystic workout! No dance experience necessary.

Member FREE Potential Member \$65



BODY FITNESSSS

Tuesday & Thursday 5:00-6:00 pm

Instructor: Holly McKolosky

Get ready to **Strengthen**, **Sculpt** and **Shred**! This class uses a combination of body weight exercises, barbells, free weights, and a variety of equipment designed to strengthen and sculpt the muscles. It incorporates bursts of cardio and tabata to boost the metabolism to shred those pounds. An overall body workout set to music, which varies periodically to keep you motivated. Class welcomes all fitness levels and can be modified to meet individual needs.

Member FREE Potential Member \$110

POUND®

Tuesday (TL) 5:30-6:15 pm

Instructor: Tammy Schuckers

Thursday (Main) 6:15-7:00 pm

Instructor: Sandy Wolf Stom

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Tu Member FREE Potential Member \$65

Th Member FREE Potential Member \$65

STRENGTH TRAINING & FUNCTIONAL FITNESS

Monday, Wednesday & Friday 9:30-10:30 am

Instructor: Dawn Shields

These classes aim at building the best structural foundation for your body to prevent pain and push you to your pinnacle; both inside and outside these walls. Each class is a varied combination of functional movements performed at relatively high intensity, amplifying your physical and mental acuity so you can own the trail or the boardroom. ST & FF encompasses everyday movements, focusing on speed, agility, range of motion, core strength and flexibility. It will vary so that you never sweat through the same workout from month-to-month.

Member FREE Potential Member \$140

ZUMBA FITNESS®

Monday 5:30-6:30 pm

Instructor: Sandy Wolf Stom

Zumba has grown as one of the most popular exercise classes on the planet. It is the perfect combo of fun and fitness which involves high-energy Latin, international and current music with dance moves and aerobic elements. This 60 minute Original Zumba Fitness-Party can burn up to 1,000 calories.

Member FREE Potential Member \$65

ZUMBA TONING®

Wednesday 5:30-6:30 pm & Saturday 8:00-9:00 am

Instructor: Sandy Wolf Stom

This takes Zumba to the next level. It uses that music and targets all your muscles while using toning sticks or hand weights. It is a very safe, yet effective total body sculpting workout. This class does 45 minutes of fitness and 15 minutes of toning/ab work which helps reduce body fat, contributes to strong muscles and improves your stamina.

Member FREE Potential Member \$110



Online Registration Available

Click on Programs tab on our website

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HEALTHY LIVING

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INDOOR CYCLING/SPINNING

Various Days/Times

Instructors: **Varies** (see Cycling Schedule)

KEISER GROUP CYCLING – Come experience group cycling at a whole new level! The bike gives a ride closer to outside cycling and incorporates a computer that creates a unique training experience. Must be at least 4'11" and 13-16 years olds must be with a parent. Maximum enrollment per class is 12 participants Taught by trained instructors. Class schedule available at the front desk.

Member FREE Potential Member \$100 (12 classes)

GOLF LESSONS

Co-Ed; Ages 12 & up

March 12-April 16

Thursday 7:00-8:00 pm

Instructor: **Dan Pisarchick, PGA Pro Punxsutawney CC**

Get ready for the links indoors while it is cold outdoors! This 6-week class will be a comprehensive, thorough examination of your golf swing that will produce positive results. Through these lessons, you will be able to understand your golf swing so you can manage your game effectively. Minimum of 4, maximum of 10 registrants.

Member \$70 Potential Member \$105

VOLLEYBALL LEAGUES

Co-Ed; Ages 16 & up

January 6/8 – April 14/16

Two League levels of play: Recreation (6x6 format); Power (4x4 format). Required number of females on court for Rec (2) and Power (1). Rec games played on Monday and Power games on Wednesday evenings. Note: Depending upon # of registrations some Power League games may be on Mondays and the ending date for each league may be adjusted.

PER TEAM: Rec - \$145 ; Power - \$130 Save \$15 if pay in full by first game

PICKLEBALL

Ages 14 & Up

Monday, Thursday 7:00-9:30 pm

Monday-Friday 8:00-10:30 am; Saturday 9:30-Noon

This is open play in the main gym/auxiliary gym. A court sport that combines the elements of ping-pong, tennis and badminton. Equipment is available or bring your own. Schedule may change from session to session dependent upon seasonal programming. Current schedule will be posted. *Open tournament scheduled for Saturday, April 25.*

Member FREE Potential Member Daily Day Pass Separate fee for tournament



RACQUETBALL

Ages 12 & up

Courts are available for open play. Reserve a court and time at the front desk. Children under 12 allowed with adult. *Tournament scheduled for a Saturday in February.* Contact Ron Hanslovan or Jeff Stenta for tourney details.

Member FREE Potential Member Daily Day Pass Separate fee for tournament



PERSONAL TRAINING

Ages 18 & up

Various times/days

The Y offers personal training with instructor David M. Curulla, CPT,CES. Day, times and prices vary according to the customer's needs. Contact Paula DuBois at 375-9622 to set up your first orientation.

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For more information 375-YMCA (9622) www.duboisymca.org dubymca1@comcast.net

SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

POLAR BEAR PLUNGE

Saturday, February 1

Plunge participants take a quick dip in the freezing water of Treasure Lake to raise funds for the YMCA Strong Kids Campaign. All plungers must be at least 12 years of age. The Chicken Coop is back again this year. It is for all those who are "all squawk and no walk". Escape the "Coop" by donating lots and lots of coins! If interested in being a plunger, squawker or sponsor, please contact Paula DuBois at 375-9622.



DUELING PIANOS

Date TBA

Dueling Pianos provided by Dueling Pianos International: A High Energy, All Request, Sing Along, Clap Along, Rock N Roll, Comedy Piano Show where the audience is just as much a part of the show as the entertainers. For more information on the entertainers go to www.duelingpianoshows.com Event is held at Fort Worth Restaurant.

SENIOR CITIZEN SWIM

Tuesday, Thursday 2:00-3:00 pm

All adults, ages 60 and up, are welcome to enjoy our pool area FREE for an hour each Tuesday and Thursday.



BLOOD DRIVE

Dates TBA

The YMCA is hosting a Red Cross Blood Donation drive bi-monthly on Tuesdays. Details concerning an upcoming drive will be posted at the YMCA and on website.

FOOD PANTRY MINISTRY

In conjunction with the Feeding America and 2nd Harvest Programs, the Y staff volunteers at the Salvation Army's Community Cares Food Ministry each week. For more information contact Zac Wilcox.

MIDDLE SCHOOL INITIATIVE See page 7



UPCOMING SPRING/SUMMER PROGRAMS

**Dates dependent upon DASD school calendar*



- Adult Basketball Leagues – May 17
- Camp Summer of Fun – June 1*
- Competitive Swim Team – June 1*
- Sandy Township Park Program – June 1*
- HS/MS Boys & Girls Basketball – June 8/9
- Youth Wiffle Ball – June 16
- Dice Run - TBA
- Golf Classic – TBA

Dates, times and prices of all YMCA programs are subject to change without notice

For more information

375-YMCA (9622)

www.duboisymca.org

dubymca1@comcast.net

DUBOIS AREA YMCA

25 Parkway Drive
DuBois, PA 15801
814-375-9622

www.duboisymca.org

dubymca1@comcast.net

<https://www.facebook.com/DuBois-Area-YMCA>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Have a program guide & other Y news sent directly to you

Simply give us your email address... stop by the front desk or email us at dubymca1@comcast.net



YMCA DATES AT A GLANCE

DECEMBER 22.....	Member Registration (Winter 1)
December 25.....	Facility Closed (Christmas)
December 29.....	Potential Member Registration (Winter 1)
JANUARY 1.....	Facility Closed (New Years)
January 5-February 15.....	Winter 1 Session
January 6.....	5-6 th grade Girls B-Ball INVID League begins
January 6/8.....	Co-ed Adult Volleyball begins
January 8.....	Grades K-4th Youth Soccer begins
January 10.....	7-8 th grade Girls B-Ball TEAM Tourney begins
January 12.....	MS/HS Futsal Leagues begin
January 18.....	Home Swim Meet
FEBRUARY 1.....	Polar Plunge
February 1.....	Home Swim Meet
February 2.....	Member Registration (Winter 2)
February 9.....	Potential Member Registration (Winter 2)
February 16-March 28.....	Winter 2 Session
February 17.....	7-8 th , 9-10 th grade Boys B-Ball INDIV League begins
February 21.....	5-6 th grade Girls B-Ball TEAM Tourney begins
February 24/25.....	Grades K-8 Junior Pens Hockey begins
February TBA.....	Doubles Racquetball Tourney
MARCH 12.....	Golf Lessons begin
March 15.....	Member Registration (Spring 1)
March 22.....	Potential Member Registration (Spring 1)
March 29-May 9.....	Spring 1 Session
APRIL 12.....	Facility Closed (Easter)
April 17.....	7-8 th grade Boys B-Ball TEAM Tourney begins
April 25.....	Fun For All Pickleball Tourney
April 26.....	Member Registration (Spring 2)
MAY 3.....	Potential Member Registration (Spring 2)
May 10-June 20.....	Spring 2 Session
May TBA.....	Tennis Lessons begin

For more about programs at the YMCA
and the most up-to-date information, visit our website

www.duboisymca.org

THE REASON WE EXIST

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

At the Y, strengthening community is our cause. The Y serves three crucial areas of focus to help individuals, families and communities learn, grow, and thrive.

The Y is for Youth Development, because we believe that all kids deserve the opportunity to discover who they are and what they can achieve.


The Y is for Healthy Living, improving the nation's health and well-being.

The Y is for Social Responsibility, giving back and providing support for our neighbors.



For more about the Y and what it is all about visit www.ymca.net

The DuBois Area YMCA prohibits discrimination on the basis of race, color, religious creed, disability, ancestry, national origin, age or sex in all its programs, activities, personnel policies, procedures, admissions, provisions of services, and referrals of residents.



DUBOIS AREA YMCA
25 Parkway Drive, DuBois PA 15801 (814) 375-9622

BE OUR GUEST FOR A DAY AT THE DUBOIS AREA YMCA
Enjoy full privileges of the "Y" for a day as our guest.
Have a most enjoyable time while you are here!

Guest Name _____

Guest Address _____

Date Used _____ Phone _____

Clip and present to front desk at Y location
WINTER 2020 PROGRAM GUIDE OFFER **No duplication allowed**