



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

**HEALTHY  
STARTS  
HERE**



## 2019

**Fall 1 (September 8-October 19)**

**Fall 2 (October 20-November 30)**

**Holiday (December 1-21)**

### Registration Schedule at a Glance

<u>6-Wk Session</u>	<u>Member</u>	<u>Potential Member</u>	<u>First Class</u>	<u>Last Class</u>
Fall 1	Starting 8/25	Starting 9/1	9/9-14	10/14-19
Fall 2	Starting 10/6	Starting 10/13	10/21-26	11/25-30
Holiday	Starting 11/17	Starting 11/24	12/2-7	12/16-21

# 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](http://www.duboisymca.org)

# GENERAL INFORMATION

## FULL MEMBERSHIP

### Table of Contents

Adult Sports & Programs .....	10-11
Aquatic Classes.....	8
Birthday Parties/Overnighters.....	5
Child Development.....	3
Fitness Classes .....	8-9
Karate .....	5,10
Special Events & Programs .....	6,11
Swim Lessons.....	4
Youth Sports & Programs.....	5-7

### Hours of Operation (9/3/19 - 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)

\*Summer Weekend Closing Hours at both facilities in effect until Labor Day 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.



**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.

### 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

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

### FULL MEMBERSHIP INCLUDES\*

**MOST CLASSES/PROGRAMS FREE FOR ANY ADULT or FAMILY MEMBERSHIPS**

Plus discounts on any paid class/program for all memberships

- PRECOR WEIGHT MACHINES AND FREE WEIGHTS
- Newly renovated Swimming pool and Whirlpool
- Use of BOTH facilities
- Cardio Equipment with Personal Viewing Device (Main)
- Indoor Cycling Center (Class use only)
- Gymnasiums
- Youth Activity Center & Interactive Zone
- Locker Room Facilities 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®/Silver and Fit ® and some fitness classes are also offered.

For more information 375-YMCA (9622)

www.duboismca.org

dubymca1@comcast.net

# 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

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 will have time to relax, play and get started on their homework.

### LOCATION

State licensed facility located 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

<b>Member</b>	\$60 weekly	\$14 daily
Potential Member	\$65 weekly	\$15 daily

#### Before AND After School

<b>Member</b>	\$85 weekly	\$21 daily
Potential Member	\$90 weekly	\$22 daily

### 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.



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For more information

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# 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 Lessons Session	Member	Potential Member	First Class	Last Class
Fall 1	Starting 8/25	Starting 9/1	9/14	10/19
Fall 2	Starting 10/6	Starting 10/13	10/26	11/30

## 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 Fall 2 session.**

Family or Youth Member \$19 Potential Member \$38

## 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 \$19 Potential Member \$38

## 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 \$36 Potential Member \$72

## Private Swim Lessons All ages

Tuesday, Thursday: 5:00-6:00 pm (Starts Oct 1)

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 \$11 Potential Member \$22

## SWIM STARTERS

(Parent & 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

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

For more information

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## DOLPHIN SWIM TEAM

Boys and Girls Ages 5-18  
Oct – Feb/Mar



**Coaches: Regan DeVallance, Eric Dressler**

A competitive swimming program for boys and girls, ages 5-18. All participants must be a DuBois Area YMCA member (league rule). An informational meeting will held at the YMCA on Wednesday, September 18 at 6:00 pm. All new/interested swimmers and parents should attend.

### PRACTICE SCHEDULE

Preseason begins 10/7; Regular season 11/4

Day	10-18 yrs old	5-9 yrs old
MWF	3:00-4:30 pm	4:30-5:30 pm (No Fri)
T Th	3:00-4:15 pm	4:15-5:00 pm

Practice schedule may be adjusted dependent upon swimmers' levels and/or number of registrations in age groups. Swim meets are on Saturdays starting in November or December.

**All ages (5 – 18 yrs) \$105**  
**HS Swim Team Member \$ 35**

Additional child/children from the same family are ½ price (excludes High School swim team members). Oldest child is always registered first.



## KARATE-WORLD TANG SOO DO

Boys and Girls Ages 5-18  
Thursdays 6:00-7:30 pm

**Instructor: Rick Panebianco**, Oh Dan/5<sup>th</sup> degree Master  
**Assistants: Doug Walk**, Sam Dan/3<sup>rd</sup> 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.

**Family or Youth Member \$20** Potential Member \$40  
Prices are per month on a bank draft basis

Other costs (pay instructor directly):

- 1-time WTSDA membership fee \$50
- 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**



For more information

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## YOUTH VOLLEYBALL

Boys & Girls Grades 3-6, 7-8  
Sept 7 – Oct 16

Meets twice weekly for a practice and a game. Participants will learn the basic game rules and practice skills of digging, passing & setting according to their abilities and progression.

**Registration:** Aug 20-Sept 7

**Meets on** Wed 4:15-5:15 pm; Sat 11:00-12:30 pm

**Location:** Auxiliary Gym

**Family Member Free\***

**Youth Member \$20\*** Potential Member \$40\*

## YOUTH FLAG FOOTBALL

Boys and Girls Grades 2-4; 5-6  
Sept 7 - Oct 15



A good introduction and/or alternative to the game of football without the contact and expense of equipment. 7 x 7 non-contact, non-blocking flag games. Mouth guard and rubber cleats recommended.

**Registration:** Aug 20-Sept 7

**Meets on** Tue 5:45-6:45 pm; Sat 9:15-10:30 am

**Location:** City Park Sr League Field

**Family Member Free\***

**Youth Member \$20\*** Potential Member \$40\*

## BASKETBALL LEAGUES

Boys Grades 5-6

Oct 3 - Dec 7

Girls Grades 7-8

Nov 4 – Jan 17

INDIVIDUAL player registration, teams selected by draft by YMCA staff and coaches. Mandatory substitution schedule. First practice 4-5 pm; Boys: Thursday, October 3, Girls: Monday, November 4. If needed, YMCA staff/coaches will draft teams prior to second practice.

**Registration:** Boys, Sept 9-Oct 3 Girls, Oct 14-Nov 4

**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 \$20\*** Potential Member \$40\*

## BASKETBALL TOURNEYS

Boys Grades 5-6

Dec 6-7

Girls Grades 7-8

Jan TBA



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

## YOUTH BASKETBALL

Boys and Girls Grades 1-4  
Oct 29-Dec 14



Meets twice weekly for a practice and a game. Participants will learn the basic game rules and practice skills of shooting, passing, dribbling, defense and team concepts according to their abilities and progression.

**Registration:** Oct 7-29

**Meets on:**

- Gr 1-2: Tue 5:15-6:15 pm; Sat 9:30-10:30 am

- Gr 3-4: Tue 6:30-7:30 pm; Sat 10:45 -11:45 am

**Location:** Main Gym & Auxiliary Gym

**Family Member Free\***

**Youth Member \$20\*** Potential Member \$40\*

### 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 \$20/\$40 youth sports program may receive a 1/2 price discount for the 2nd or 3rd additional child registering

**UPCOMING YOUTH & ADULT SPORTS** See page 11

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For more information

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dubymca1@comcast.net

**Online Registration Available**

Click on Programs tab on our website



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

DuBois Area

## MIDDLE

## SCHOOL

## INITIATIVE

For 5-8<sup>th</sup> 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, Foosball, 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 period. Those who complete the program receive a free youth membership for a year.

**An Initiative information flyer and all forms needed to register are available at the YMCA on Parkway Drive or at [www.duboisymca.org](http://www.duboisymca.org) starting August 30**

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



## 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 Tournaments** 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

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For more information

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# HEALTHY LIVING

Improving the nation's health and well-being

## FREE Classes/Programs\* for members

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

*\*Excluded: Karate, Group or Private Swim Lessons, 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**



**Please register for all classes/programs, even if Free!**

## 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.

**Instructor: Barb Murray**

**Instructor: Donna Lockwood**

**M/W/F Member FREE** Potential Member \$135

**T/TH Member FREE** Potential Member \$105

## BEGINNER AEROBICS (TL)

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

**Instructor: Robin Cameron**

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

**Member FREE** Potential Member \$135



## STEP AEROBICS

**Monday & Wednesday 6:30-7:30 pm**

**Instructor: Amy Wruble**

Uses steps for aerobic conditioning, strength training, and floor work at an intermediate to high impact level.

**Member FREE** Potential Member \$105



## WATER TONING

**Tuesday & Thursday 8:00-9:00 am**

**Instructor: Lillian Smith**

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 \$105

## SilverSneakers® Silver & Fit®

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

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

**Instructors: Miranda Allen**

Circuit & Classic

Circuit

Both fitness programs promote the health and well-being of Medicare beneficiaries through specialized, non-impact classes that focus on improving strength, flexibility, balance and coordination. 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 for participation in these classes. Participants also enjoy the privileges of being a YMCA member.

**Member FREE**



**Online Registration Available**  
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## 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, BDBF 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 \$60

## **NEW** BODY FITNESS

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. All fitness levels are welcome and the exercises can be modified to meet individual needs.

Member FREE Potential Member \$105

## 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 \$60

Th Member FREE Potential Member \$60

## **NEW** 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. Strength Training and Functional Fitness encompasses everyday movements, focusing on speed, agility, range of motion, core strength and flexibility. It will vary monthly so that you never sweat through the same workout from one month to the next.

Member FREE Potential Member \$135

## TAI CHI FOR HEALTH

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

Instructor: Jim Kite

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 \$60

Th Member FREE Potential Member \$60



## 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 \$60

## 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 \$105

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Improving the nation's health and well-being

## 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 \$96 (12 classes)



## PICKLEBALL

Ages 14 & Up

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

Monday, Wednesday 7:00-9:30 pm (starting Oct 2, Wed 5:30-7:30 pm)

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 cycle to cycle dependent upon seasonal programming. Current schedule will be posted. *Open tournament scheduled for Saturday, October 26.*

**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. *Open non-sanctioned tournament; Saturday, October 19. Closed sanctioned tournament; November 23*

**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.



## VOLLEYBALL LEAGUE

Co-Ed; Ages 16 & Up

October 2-December 18

4 on 4 format, no required # of males/females on court. Games played on Wednesday evenings. Note: Depending upon # of registrations the ending date for the league may be adjusted.

**\$115 per team**, \$100 if paid in full by first game

## MENS 30+ BASKETBALL

Tuesdays & Thursday evenings

December 3 – March 5

4-on-4 team league in auxiliary gym; unlimited roster. One 22-29 yr old player per team as stated in league rule.

**\$150 per team**, \$135 if paid in full by first game

## ADULT 17+ "College Break " BASKETBALL

Monday-Thursday evenings

December 16 – January 2

5-on-5 team league in main gym; unlimited roster. Current HS juniors/seniors and college players allowed per league rule. Males and/or females.

**\$70 per team**, \$55 if paid in full by first game



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

For more information

375-YMCA (9622)

[www.duboisymca.org](http://www.duboisymca.org)

[dubymca1@comcast.net](mailto:dubymca1@comcast.net)

# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## SENIOR CITIZEN SWIM

Tuesday, Thursday 2:00-3:00 pm

All year

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



## BLOOD DRIVE

September 10, November 5

The YMCA will be hosting a Red Cross Blood Donation drive bi-monthly on Tuesdays. More dates scheduled for 2020. Details concerning an upcoming drive will be posted at the YMCA and on website.



## FAMILY WELLNESS DAY

September 28 10 am-1 pm

The YMCA will be hosting the Sunny 106 Wellness Day. This is a free public event. All are welcome

## FOOD PANTRY MINISTRY

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

## MURDER MYSTERY DINNER

Date & Time TBA

## MIDDLE SCHOOL INITIATIVE

See page 7

## SILVER SNEAKERS® /SILVER & FIT®

See page 8



## UPCOMING 2020 SEASONAL PROGRAMS & EVENTS

**INDIVIDUAL Basketball Leagues:** Girls 5-6th (1/6-2/27); Boys 7-8th & 9-10th (2/17-4/18)

**TEAM Basketball Tournaments:** Girls 5-6th (2/21-22); Boys 7-8th (4/12-13)

**Soccer: Youth-**Coed grades K-5th (1/7-2/15); **Futsal Leagues-**Boys & Girls; Middle & High School (1/12-3/15)

**Junior Pens Hockey:** K-12<sup>th</sup> grade (2/25-4/4)

**Co-Ed Adult Volleyball League:** Ages 17 & up (starts 1/6, 8)

**Golf Lessons** (TBA)

**Tennis Lessons** (start in May)

### Community Events:

Polar Bear Plunge

Dueling Pianos

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For more information

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# DUBOIS AREA YMCA

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

[www.duboisymca.org](http://www.duboisymca.org)

dubymca1@comcast.net

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Save some time!

### 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](mailto:dubymca1@comcast.net)



### YMCA DATES AT A GLANCE

**AUGUST** 25.....Member Registration (Fall 1)  
**SEPTEMBER** 1 ..... Potential member Registration (Fall 1)  
 September 2 .....Facilities Closed (Labor Day)  
 September 7.....Youth (Grades 2-6) Flag Football begins  
 September 7.....Youth (Grades 3-6) Volleyball begins  
 September 8-October 19.....Fall 1 Session  
 September 10.....Blood Drive  
 September 28.....Family Wellness Day  
**OCTOBER** 2.....Fall Adult Volleyball League begins  
 October 3 .....5-6<sup>th</sup> grade Boys B-Ball INDIV League begins  
 October 6 .....Member Registration (Fall 2)  
 October 7.....Swim Team (Ages 5-18) Practice begins  
 October 13 .. .....Potential Member Registration (Fall 2)  
 October 19.....Open Racquetball Tourney  
 October 20-November 30.....Fall 2 Session  
 October 26.....Fun For ALL Pickleball Tourney  
 October 29 .....Youth (Grades 1-4) grade Basketball begins  
**NOVEMBER** 4.....7-8<sup>th</sup> grade Girls B-Ball INDIV League begins  
 November 5.....Blood Drive  
 November 17.....Member Registration (Holiday)  
 November 23.....Closed (Sanctioned) Racquetball Tourney  
 November 24 .....Potential Member Registration (Holiday)  
 November 28 .....Facilities Closed (Thanksgiving)  
**DECEMBER** 1-21..... Holiday Session  
 December 3.....Mens' 30 & over B-Ball League begins  
 December 6.....5-6<sup>th</sup> grade Boys B-Ball TEAM Tourney begins  
 December 16 .....“College Break” B-Ball League begins  
 December 22-Jan 4.....Session Break  
 December 22.....Member Registration (Winter 1)  
 December 25 .....Facilities Closed (Christmas)  
 December 29 .....Potential Member Registration (Winter 1)  
**JANUARY** 1.....Facilities Closed (New Years)  
 January 5.....2020 Winter 1 Session begins  
 January TBA.....7/8<sup>th</sup> grade Girls B-Ball TEAM Tourney

For more about programs and up-to-date information

[www.duboisymca.org](http://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](http://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  
**FALL 2019 PROGRAM GUIDE OFFER**      **No duplication allowed**