



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

**COVID  
CAN'T STOP  
GOOD**



**WINTER 2021**

To abide by CDC & PA Dept of Health guidelines concerning COVID-19 any part of this program guide found in **RED print** or in a **RED box** is either an area temporarily closed, a class/program or service currently not being offered or a future program that is tentative.

**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



## 2021 WINTER 2-SPRING 1 Hours of Operation

Mon-Thu:	5:30 AM-9:00 PM	(Both)
Friday:	5:30 AM-9:00 PM	(DuBois)
	5:30 AM-7:00 PM	(Treasure Lake)
Saturday:	6:00 AM-3:00 PM	(DuBois)
	7:00 AM-3:00 PM	(Treasure Lake)
Sunday:	10:00 AM-2:00 PM	(Both)

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

Early closing on Christmas Eve & New Years Eve.

## FULL MEMBERSHIP

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



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; DuBois & TL Extension
- > Swimming pool and whirlpool (DuBois)
- > Cardio Equipment with Personal Viewing Device
- > Indoor Cycling Center (*Class use only*)
- > Gymnasiums
- > **YOUTH ACTIVITY CENTER & INTERACTIVE ZONE**
- > Locker Rooms with **SAUNA AND 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.

## 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**

For more information

375-YMCA (9622)

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

[dubymca1@comcast.net](mailto: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 or Potential Member \$31 daily

### PRESCHOOL

Member or Potential Member \$30 daily



## 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

<b>Member</b>	<b>\$65 weekly</b>
Potential Member	\$70 weekly

#### Before **AND** After School

<b>Member</b>	<b>\$90 weekly</b>
Potential Member	\$95 weekly

### 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-5<sup>th</sup> grade

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

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## 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
<b>WINTER 1 &amp; 2</b>	<b>NO GROUP LESSONS</b>	<b>PRIVATE LESSONS AVAILABLE</b>	<i>(See this page bottom left)</i>	
Spring 1 (TENTATIVE)	3/14	3/21	4/3	5/8

### 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.

### 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.

### 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.

### 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 \$12 Potential Member \$23**

## 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

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

For more information

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dubymca1@comcast.net

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## INDOOR FLOOR HOCKEY Boys & Girls Grades K-8 March 20-April 24

NO PRACTICES, games only on Saturday mornings.  
Must have own helmet.

**Registration:** March 1-20

### Meets on:

K-2<sup>nd</sup> Sat 9-10 am  
3<sup>rd</sup>-5<sup>th</sup> Sat 10:10-11:10 am  
6<sup>th</sup>-8<sup>th</sup> Sat 11:15-12:15 am

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

**Location:** Main Gym

**Family Member Free**

**Youth Member \$10\*** Potential Member \$25\*

**THE RENTAL OPTIONS BELOW ARE  
NOT AVAILABLE  
UNTIL FURTHER NOTICE**

## 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.

## 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

**KARATE-WORLD TANG SOO DO**  
**Boys and Girls Ages 5-18**  
**Thursdays 6:00-7:00 pm due to COVID**  
(7:30 regular ending time)



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



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## BASKETBALL LEAGUES

**GIRLS** Grades 5-6 January 28-February 27  
**BOYS** Grades 7-8. 9-10, 11-12 March 8-April 9

INDIVIDUAL player registration, teams selected weekly by YMCA staff and coaches. Mandatory substitution schedule. **First practice 4-5 pm; Girls: Thursday, January 28; Boys: Wednesday, March 8.** If needed due to high number of registrations, YMCA staff/coaches will draft teams for league prior to second practice.

**Registration:** Girls, Jan 6-28; Boys, Feb 17-Mar 8  
**Practice:** See above; Entire schedule given 1st practice  
**Game:** Fri 5:00-6:00 pm (girls); 6:00-7:00 or 7:00-8:00 pm (boys)

**Family Member Free**  
**Youth Member \$12\*** Potential Member \$25\*

## TENNIS LESSONS

**BOYS & GIRLS 4 yrs & up**  
**May 4-June 29 (10 yrs & up); May 5-26 (4-10 yrs)**

Group lessons for beginners or intermediate levels (10 yrs & up only). Classes held at DuBois City park tennis courts. 2nd set of lessons offered if enough interest (10 yrs+: July-Sept; 4-10 yrs: June)

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

Registration: Starts April 5

Days/Times:  
 10 yrs & up-Tuesdays, Beginner 6-7 pm; Intermediate 7-8 pm  
 4-10 yrs-Wednesdays, 5-6 pm

	<u>4-10 yrs (4 wks)</u>	<u>10 yrs+ (9 wks)</u>
<b>Youth Member</b>	<b>\$28</b> (4-9 yrs)	<b>\$65</b> (10 & up)
<b>Potential Member</b>	<b>\$50</b> (4-9 yrs)	<b>\$115</b> (10 & up)

## FAMILY TENNIS MINI-CLINICS

MID-WEEK (Wed) Mid-Days (Noontime) in MAY  
 Watch for more details on our website in March



## YOUTH SOCCER

**BOYS & GIRLS Grades K-4th**  
**January 30-February 27**

NO PRACTICES, games only on Saturday mornings.

**Registration:** January 20-30

**Meets on:**  
 K-2<sup>nd</sup> Sat 9-10 am  
 3<sup>rd</sup>-4<sup>th</sup> Sat 10:15-11:15 am

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

**Location:** Main Gym

**Family Member Free**  
**Youth Member \$10\*** Potential Member \$25\*

### Youth (K-8th) Sports program T-Shirts (optional)

Pay for shirt separate from program at a later date

Multiple youth from the same family in the same youth sports program may receive a 1/2 price discount for each additional child registering

## YOUTH SPORTS MOTTO

**Everybody plays; All are Valuable**

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



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DuBois Area

## MIDDLE



## SCHOOL



## INITIATIVE

For 5-8<sup>th</sup> graders

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

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



### YOUTH ACTIVITY CENTER & INTERACTIVE ZONE

For children 7-17 years old

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

Meet your friends after school or come in to do some homework. Food and drinks are allowed. Air Hockey, Billiards, Foosball, Ping-Pong, Table Games and more. All activities are free of charge.



## Interactive

## Zone

AT THE YMCA



**This area will not be available after school until further notice.**

### AFTERSCHOOL PROGRAMS

**3:15-4:00 weekdays**

(Times are adjusted by age/gender if necessary)

**All activities will take place in gym and adjusted as needed in order to facilitate and encourage COVID-19 safety guidelines.**

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

Tuesday MSI activities are required for those enrolled in the program, but open to those interested in attending upon request and approval by Program Director.

**Member Free    Potential Member Day Pass**

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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 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**

**Instructor: Barb Murray**

**Instructor: Donna Lockwood**

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

## **SilverSneakers ® & Silver and Fit ®**

**Tuesday & Thursday 8:00-8:45 am; 10:00-10:45 am**

**Instructor: Miranda Allen**

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. Those 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**

## **TAI CHI FOR HEALTH (CURRENTLY NOT BEING OFFERED)**

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

## **WATER TONING**

**Tuesday & Thursday 8:30-9:30 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 \$110

## **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)



**Online Registration Available**

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## 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. Class welcomes all fitness levels and can be modified to meet individual needs.



**Member FREE** Potential Member \$110

## POUND®

**Friday 6:15-7:00 am**

**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.

**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



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## PICKLEBALL

**Ages 14 & Up**

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

**Monday, Wednesday 6:30-8:30 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 is posted or on website.

**Member FREE Potential Member Daily Day Pass**

## ADULT BASKETBALL

**Monday, Wednesday 6:00-8:00 pm; Sunday 10:30 am-12 Noon**

Open play pickup games on Side Court of the Main Gym.

**Member FREE Potential Member Daily Day Pass**

## RACQUETBALL

**Ages 12 & up**

Courts are available for open play. Reserve a court/time at the front desk. Children under 12 allowed with adult.

**Member FREE Potential Member Daily Day Pass**

## 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 and fee structure.

## BLOOD DRIVE

**January 26, March 23, May TBA 1:00-6:30 pm**

The YMCA will be hosting a Red Cross Blood Donation drive bi-monthly on Tuesdays.

## POLAR PLUNGE

**Saturday, March 13**

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.

## 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 during this time.

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