



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

**TAKE CARE
OF
COMMUNITY**



Spring/Summer 2024

May-September

DUBOIS AREA YMCA

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

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

www.duboismca.org



GENERAL INFORMATION

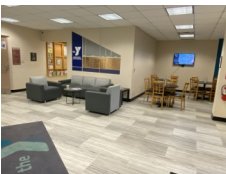
We are here to help you

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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 Categories	Monthly Draft	Joining Fee
FAMILY Any 3 adults 18-99 yrs & any children 0-26 yrs living in same household	\$64	\$30
FAMILY SR COUPLE Any 2 adults 60+ living in same household	\$51.25	\$30
ADULT 1 person 27-59 yrs	\$47	\$30
ADULT SENIOR 1 person 60+	\$37.50	\$30
YOUNG ADULT 1 person 18-26 yrs	\$37.50	\$30
COLLEGE STUDENT 1 person 18-59 yrs and full-time college student	\$17.75	\$25
YOUTH 1 person 0-17 yrs (18 if still in HS)	\$10	\$15

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 the standard Family or Adult membership rate each month.

- Use of **both** facilities; DuBois-Main & TL-Extension
- PRECOR ® Weight Machine & Free Weights
- Access to Peloton™ Bikes & Classes (Main)
- Swimming pool and Whirlpool (Main)
- Cardio Equipment with Personal Viewing Device (Main)
- Indoor Cycling Center [class use only] (Main)
- Gymnasiums (Main)
- Locker Room Facilities with Sauna & Steam Room
- Racquetball Courts (Main)
- Orientation on equipment

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

Other Membership Options

- Treasure Lake Express Membership - \$29.95/mo
- Free Middle School Initiative 1-year membership
- Corporate Wellness Partner Program - 20% discount
- **Financial Assistance available based on need/income**





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*



MEMBERS, we request that every six week session you register for each class you take

DISCOUNTED Classes/Programs for members

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

Potential Member prices listed for each class are per 6-week session (Karate per 1 month)

LAND & WATER FITNESS CLASSES REGISTRATION & SCHEDULE AT A GLANCE

Session	Member Reg	Potential Member Reg	First Class	Last Class
Spring 2	Starting 4/27	Starting 5/4	Week of 5/6-11	Week of 6/10-15
Summer 1	Starting 6/8	Starting 6/15	Week of 6/17-22	Week of 7/22-27
Summer 2	Starting 7/20	Starting 7/27	Week of 7/29-8/3	Week of 9/2-7

AQUACISE

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

Instructor: Barb Murray

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 \$162



SilverSneakers®

Tuesday & Thursday 10:00-10:45 pm

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. This class is open to those in the SilverSneakers®, Silver & Fit® and Renew Active® insurance programs.. To determine if you are eligible for one of these programs, bring your insurance card to the YMCA front desk during daytime business hours. All senior memberships are welcome to take this class even if not eligible through your insurance.

Member FREE

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 \$127

INDOOR CYCLING/SPINNING

Various Days/Times

Instructors: Varies (see Cycling Schedule)

KEISER GROUP CYCLING – Group cycling led by trained instructors! 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". 13-16 years olds must be with a parent. 12 participants per class . Class schedule posted or on website.

Member FREE Potential Member \$127 (12 classes)



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 814-375-YMCA (9622) www.duboisymca.org dubymca1@comcast.net



HEALTHY LIVING

Improving the nation's health and well being



BODY FITNESS

Tuesday & Thursday 5:00-6:00 pm

Instructor: Holly McKolosky

Get ready to **S**trengthen, **S**culpt and **S**hred! 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 \$127

POUND®

Friday 6:15-7:00 am

Instructor: Lynne Norris

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 \$76

STRENGTH TRAINING & FUNCTIONAL FITNESS

Monday, Wednesday & Friday 9:00-10:00 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 \$162

WAKE UP AND WORK OUT / AWAKE AND WORK OUT

WU&WO Tuesday, Thursday 5:30-6:30 am; Saturday 9:15-10:15 am

A&WO Monday, Wednesday, Friday 4:30-5:10 pm

Instructor: Brian Duttry

This is a go-at-your-own pace, tabata-style exercise class. It consists of 4 rounds of 16 different exercises, repeated with a water break in between. All exercises for those that continue to attend have more advanced versions. There are modified versions for newcomers. All exercises are and can be more difficult but it is done at your pace. There are many ups and downs to the floor going from standing to either back or knees. You will perspire and your heart rate can elevate up to 180 bpm (Introductory classes at 154-168 bpm). Up to 962 calories can be burned! The intensity can be modified but only to a certain degree.

Member FREE Potential Member \$162

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 \$76

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 \$127



Online Registration Available

Click on Programs tab on our website

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For more information

814-375-YMCA (9622)

www.duboisymca.org

dubymca1@comcast.net



MEN'S & WOMEN'S ADULT BASKETBALL LEAGUES

Ages 17 & up

Monday evenings June 3-July 29

Separate leagues for each gender if enough interest. If not, co-ed rosters are allowed. 5x5 format on outside courts, unlimited roster. Games played on City Park outside courts between 6 & 9 pm on Monday evenings. If interested in placing a team or playing as an individual contact Zac Wilcox at 375-9622 by May 28

\$65 per team, \$45 if paid in full at first game played



PICKLEBALL

Ages 16 & up

Monday-Friday 8:00-10:00 am; Tue/Fri 4:30-6:30 pm

Monday & Wednesday 6:30-8:30 pm;

Saturday 9:00 am-Noon; Sunday 10 am-Noon

**Coordinators: Don McMillen, Dan Quinn (Weekday am)
Eric Coffey (Weekday pm; Sat am)
Ron Hanslovan (Tue/Fri pm; Sun am)**

A court sport that combines the elements of ping-pong, tennis and badminton. No reservation required for open doubles play in auxiliary or main gym. Equipment is available or bring your own. Current days/times listed on main/daily gym schedule. **Schedule subject to change dependent upon seasonal programming each session.**

Member Free Potential Member Daily Day Pass

RACQUETBALL

Ages 12 & up

Open play on 3 courts for 2-4 players. 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

**Instructors: David M. Curulla, CPT, CES-WLS-FNS-CNC
Brian Duttry, CPT**

1-on-1 training program specifically developed for each individual. Corrective exercise, weight loss, fitness & general nutrition, body building, powerlifting, tactical conditioning, and targeting specific muscles are disciplines the trainers specialize in. Day, times and prices vary based on the customer's needs. Contact Paula DuBois to set up your first orientation. and fee structure.

ADULT BASKETBALL

Ages 16 & up

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

Open play pickup games on Side 2 of the Main Gym.

Member FREE Potential Member Daily Day Pass



SWIM LESSONS

Saturdays

Instructor: Denise Dennison

There will be **NO** Saturday AM group or Tuesday private lessons offered during the Spring 2, Summer 1 or Summer 2 sessions. Group lessons resume Fall 1 session, September 14. Registration begins for members (Aug 31); potential members (Sept 7)



Online Registration Available
Click on Programs tab on our website

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YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



INFANT, TODDLER & PRESCHOOL

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 through Friday at our main location in DuBois 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

LICENSE

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

FINANCIAL ASSISTANCE

Participate in the DPW Subsidized Child Care Programs.



BEFORE & AFTER SCHOOL

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.

Call Darlene Stuart at 375-9622 for information on registration, hours and rates concerning all of our child development programs listed above.

CAMP SUMMER OF FUN

June 3 – August 16

This is a day camp for children who have completed Kindergarten through 5th grade. Children enrolled in Camp Summer of Fun have the opportunity to participate in many activities throughout the summer based on weekly themes. There are games, crafts, sports, and water activities which includes swimming.

Call Darlene Stuart for information on registration, hours and rates.



SANDY TWP/YMCA PLAYGROUND PROGRAM

June 3 – August 2

Sports, arts and crafts, fun activities and more held each weekday morning at the Sandy Township Park.

This free program is for children of Sandy Township, DuBois and the surrounding area who have completed Kindergarten to age 13.

Brochure and daily schedule available at www.duboismca.org starting May 27.

Click "Current News" on the Home Page

Questions? Contact Zac Wilcox, Program Director

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TENNIS LESSONS

BOYS & GIRLS 12 yrs & up
May 21-June 27

6-week group lessons at beginners and intermediate levels. Rain alternative: use YMCA racquetball courts/aux gym indoors at same times. Second set of lessons offered July 2-August 6 if enough interest.

Instructor: Josh Reed

Day: Tuesday

Levels: Beginners 5:00-6:00 pm, Intermediates 6:00-7:00 pm

Location: City Park Tennis Courts

Family/Youth Member \$51 Potential Member \$85

BOYS & GIRLS 8-14 yrs
July 10-31

4-week group lessons introducing and working on fundamentals for the younger player just beginning tennis. Smaller court size, junior racquets and age appropriate balls will be used. Rain alternative: use YMCA racquetball courts/aux gym indoors.

Instructor: Lori Sabatose

Day: Wednesday; 5:00-5:45 pm

Location: City Park Tennis Courts

Family/Youth Member \$33 Potential Member \$58



KARATE - WORLD TANG SOO DO

BOYS & GIRLS Ages 8-18
Thursday 6:00-7:30 pm

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

Asst: Doug Walk, Sam Dan/4th degree Black Belt

This program, operated by the Tri County Karate Academy, is open to youth and adults. New students welcome anytime. You will get in better health, challenging your mind, body and spirit. Learn discipline, self-control and confidence in this Korean Martial Art.

Family/Youth Member \$26 Potential Member \$52

Prices are per month on a bank draft basis

Other costs (pay instructor directly): 1-time WTSDA membership fee and uniform. See instructor for info on price.

BASKETBALL LEAGUES

BOYS & GIRLS (entering 5-12th grade)
June 5-July 31

For school teams arranged through MS//HS coaches
Varsity: 9-12th Jr High/Middle School: 7-8th; 5-6th

HS Boys: Monday or Wednesday evenings

HS Girls: Tuesday, Thursday evenings

JH/MS: Mon or Wed eves (or Tue/Thu if times available)

\$345 HS Varsity; \$220 JH/MS

Send in a \$25 deposit per team by May 24 to secure a spot
Pay in full by May 24 and save \$20 per team

DOLPHIN SWIM TEAM

BOYS & GIRLS Ages 5-18
Weekdays and Saturday
Coach: Gabi Wayne



Similar to our winter program, this is a competitive swimming program for boys and girls, ages 5 (completed kindergarten) through 18. Unlike our long-season winter program which follows league rule for participation, this program has a shorter season schedule. This allows children who are not YMCA members to participate. Age-graded practices will be weekdays **starting tentatively June 3** and vary in length from 1-2 hours depending upon the age group. Swim meets are usually on Saturdays, occasionally a weekday.

Organizational/Informational Meeting: TBA (mid-May) Both new and returning swimmers, and their parents, should attend this meeting for information about practice times and meet schedule. Registration forms will be available.

Member \$80

Potential Member \$105



Online Registration Available

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dubymca1@comcast.net



SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



MIDDLE SCHOOL INITIATIVE

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. This includes those in Cyber School and Home-Schooled.

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 presentations designed for their age during a 6-week session. Those that complete the program receive a free youth membership for a year.

Brochures and registrations for the 2024-25 school year will be available August 30

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

DAILY DAY PASS

Every Day



Those in the community can use our facilities by purchasing a pass for that day.

- Youth, College Student & Senior Adult (60+) \$8
- Adult (18-59) \$13
- Family (3 or more adults/children from same family) \$26

BIRTHDAY PARTIES

The YMCA pool, auxiliary gym, and/or room may be rented for your private birthday party or get together on Saturday or Sunday afternoons. All prices are per hour. **A \$25 security deposit is due one week in advance to reserve your auxiliary gym or pool party.**

POOL or AUXILIARY GYM

Member \$75 Potential Member \$99
Extra Lifeguard (group of 50+) \$25

ROOM

Member \$29 Potential Member \$35

OVERNIGHTERS

Your group may rent our main facility (some restrictions apply) on Friday evenings after regularly scheduled building hours. This includes the scheduled use of the pool with a lifeguard on duty. The gyms are available with basketball and volleyball. There are 3 racquetball courts with one equipped for Wally ball play. Great idea for large groups!
\$100 security deposit required two weeks in advance.

Member \$462 Potential Member \$635

COMMUNITY EVENTS

Blood Drive

Tuesdays; May 14, July 9, Sept 3
Noon-5:30 pm YMCA

DuBois Days

Pickleball and 3-on-3 Tourney

Saturday, June 15 City Park
Times TBA

Family Golf Classic

Friday, July 12 DuBois Country Club

For more event information, call the YMCA or check the News page on our website as each event draws near.



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DuBois, PA 15801
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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARING
HONESTY
RESPECT
RESPONSIBILITY

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.

Save yourself a few clicks on the mouse!

Have the program guide and other Y news sent directly to your inbox



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