



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

**A
PLACE
FOR
YOU**



Fall/Winter 2026

September - December



See Pages 5, 7, 8, 10

DUBOIS AREA YMCA

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

www.duboismymca.org



GENERAL INFORMATION

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We are here to help you

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Hours of Operation

Monday-Friday: 5:30 AM - 9:00 PM

Saturday: 5:30 AM - 3:00 PM

Sunday: 10:00 AM - 2:00 PM



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

Membership Categories	Monthly Draft	Joining Fee
FAMILY Any 3 adults 18-99 yrs & any children 0-26 yrs living in same household	\$66	\$30
FAMILY SR COUPLE Any 2 adults 60+ living in same household	\$52	\$30
ADULT 1 person 27-59 yrs	\$49	\$30
ADULT SENIOR 1 person 60+	\$39	\$30
YOUNG ADULT 1 person 18-26 yrs	\$39	\$30
COLLEGE STUDENT 1 person 18-59 yrs and full-time college student	\$20	\$25
YOUTH 1 person 0-17 yrs (18 if still in HS)	\$12	\$15

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.

- PRECOR® & Icarian Weight Machines, & Free Weights
- Access to Peloton™ Bikes & Classes
- Swimming pool and Whirlpool
- Cardio Equipment with Personal Viewing Device
- Indoor Cycling Center [class use only]
- Gymnasiums
- Locker Room Facilities (Adult with Sauna & Steam Room)
- Racquetball Courts
- Orientation on equipment

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

Other Membership Options

- Free Middle School Initiative 1-year membership
- Corporate Wellness Partner Program - 20% discount
- **Financial Assistance available based on need/income**



For more information

814-375-YMCA (9622)

www.duboisymca.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 our YMCA DuBois location 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

Infants and Toddlers

Member & Potential Member	\$42 daily
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Preschool

Member & Potential Member	\$40 daily
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Note: 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 our YMCA DuBois location 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	\$87.50 weekly
Potential Member	\$92.50 weekly

Before AND After School

Member	\$110 weekly
Potential Member	\$115 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.



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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. Lessons are 6 weeks unless otherwise noted.

Class & Registration Schedule at a Glance

Session	Classes Offered (AM Times)	First Class	Last Class	Member Reg	Potential Member Reg
Fall 2	9:30, 10:00, 11:00, 11:30	10/24	11/28	Starting 10/10	Starting 10/17

Aqua Babies *Stages A-B* (See BOX to right)

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.

Family or Youth Member \$30 Potential Member \$55

Pre-School *Stages 1-4* (See BOX to right)

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 learning 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 \$30 Potential Member \$55

Progressive *Stages 1-6* (See BOX to right)

Ages 6 & up

Saturday: 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 \$55 Potential Member \$95

Private Swim Lessons **All ages**

Tuesdays or Thursdays 5-5:30 pm, 5:30-6 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 \$13 Potential Member \$25

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

STAGE DESCRIPTIONS

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 skills 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



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DOLPHIN SWIM TEAM

Boys and Girls Ages 5-18

October – February/March

Coaches: Isaac Wayne, Makayla Robertson

This is a competitive swimming program. All participants must be a DuBois Area YMCA member (league rule).

PRACTICE SCHEDULE *Starts October 12 (tentative)*
Weekday Afternoons Specific Day/Times TBA

Schedule may be adjusted dependent upon swimmers' level and/or number of registrations in age groups.

MEET SCHEDULE *Starts in early December*
Saturday (AM or Aft) Specific Days & Times TBA

Swim meets are dual or tri-meets with other YMCA teams. They are held at the DuBois Area YMCA and at other YMCAs or school facilities.

More details at informational meeting held at the YMCA in mid-September (Specific Date & Time TBA)

Cost: Elem: \$145 MS/HS: \$165 HS (Meets only): \$50
Price includes team T-Shirt.

Additional child/children from the same family are 1/2 price (excludes HS [meets only] swim team members). Oldest child is always registered first.

KARATE - WORLD TANG SOO DO

Boys and Girls Ages 7 & up

Wednesdays 6:45-8:00 pm

Thursdays 6:00-7:30 pm

Instructor: Rick Panebianco, Oh Dan/5th degree Master
Assistants: Kara Antonuccio, Sam Dan/3rd degree Black Belt
Brad Sedgwick, E Dan/2nd degree Black Belt

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

Location: Multi-purpose Room

Family or Youth Member \$30 Potential Member \$60
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)

BIRTHDAY PARTIES

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

Swimming Pool or Auxiliary Gym

Member \$100/hr Potential Member \$130/hr
Extra Lifeguard (groups of 50+) \$30

Party Room

Member \$35/hr Potential Member \$40/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 Volleyball/Wallyball play. Great idea for large groups!

Member \$462 Potential Member \$635

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 814-375-YMCA



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



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YOUTH VOLLEYBALL

Boys & Girls Grades 4-6, 7-8
Sept 9 – Oct 21

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 24-Sept 9

Meets on Mon & Wed 4:15-5:15 pm; schedule at 1st practice; Wednesday, September 9

Instructor:

Location: Auxiliary Gym

Family Member Free

Youth Member \$35 Potential Member \$60

YOUTH BASKETBALL

Boys and Girls Grades 1-4
Oct 27 - Dec 12

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: Sept 28-Oct 27

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

First practice: Tuesday, October 27

Instructors: Zac Wilcox

Location: Main Gym & Auxiliary Gym

Family Member Free

Youth Member \$35 Potential Member \$60



BASKETBALL LEAGUE

Boys Grades 5-6

Oct 5 - Nov 19



INDIVIDUAL player registration, teams vary each game as selected by YMCA staff and coaches. Mandatory substitution schedule. If needed due to registrations, YMCA staff/coaches will draft teams for the season prior to a second practice.

Registration: Sept 14-Oct 5

Practice: Mon, Tue and/or Thu 4-5 pm; schedule at 1st practice; Monday, October 5

Game: Thursdays 4:00-5:00 pm

Instructor/Coordinator: Zac Wilcox

Location: Auxiliary Gym

Family Member Free

Youth Member \$35 Potential Member \$60

TAI CHI CRANE CLUB

Boys and Girls Ages 12 & up
Tuesdays 3:15-3:45 pm



The Club will introduce participants to age-appropriate Tai Chi movement, balance, breathing, focus, self-control, and practical martial arts concepts in a safe, non-contact environment. Class will run on 6-week session format.

Coordinator: Ricky Allen

Location: Multi-purpose Room

First class: Tuesday, September 15; 2nd session TBA

Family/Youth Member \$4

Potential Member Daily Day Pas (Prices per each class)

YOUTH SPORTS MOTTO

Everybody plays All are Valuable

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

Sports program T-Shirts are optional (added \$10 fee)

UPCOMING YOUTH & ADULT SPORTS See page 10

Online Registration Available

Click on Programs tab on our website



For more information 814-375-YMCA (9622)

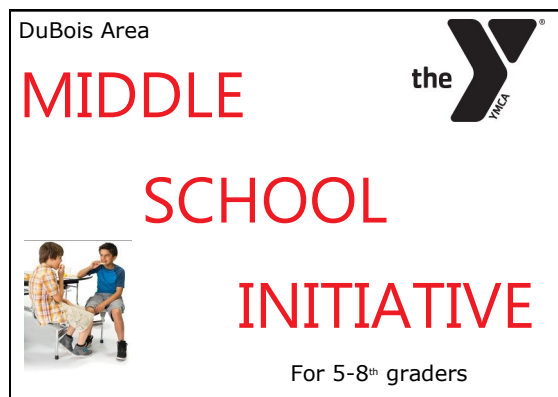
www.duboisymca.org

dubymca1@comcast.net



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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 6 week program of structured curriculum and/or activity-based sessions designed for their age, meeting once a week. 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 or at www.duboisymca.org

Contact Zac Wilcox or Paula DuBois at 814-375-9622 for more information or questions



AFTERSCHOOL PROGRAMS

3:15-4:00 weekdays

(Times are adjusted if necessary due to staffing needs)

- **Various Sports/Activities** Wednesday
- **Middle School Initiative** Tuesday
- **Open Pickleball** Friday
- **Open Dodgeball** Monday
- **Open Volleyball** Thursday



Activities are dependent upon the amount of interest of individuals on that particular day. 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.



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FREE Classes/Programs* for members

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

**Excluded: Karate, Tai Chi, Lessons (Swim/Tennis/Golf), Swim Team, Personal Training and Team-Registered programs.*

NOTE: This may include other programs or classes added after the publication of the current program guide.

DISCOUNTED Classes/Programs for members

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



- **Family/Adult Members**, we ask that every 12 week session, you register for each FREE class you take.
- Potential Member prices are for 6 weeks and must register in person at front desk, unless listed otherwise.

LAND & WATER FITNESS CLASSES REGISTRATION & SCHEDULE AT A GLANCE

Session	Member Reg	Potential Member Reg	First Class	Last Class
Fall	Starting 8/29	Starting 9/5	Week of 9/7-12	Week of 11/23-28
Holiday	Starting 11/21	Starting 11/28	Week of 11/30-12/5	Week of 12/7-12

H2Oh!

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

Oh Buoy!

Tuesday & Thursday 8:30-9:30 am

Splash That Lasts

Tuesday & Thursday 6:00-7:00 pm



SilverSneakers®

Tuesday & Thursday 10:00-10:45 am **Instructors: Lena Ogershok, Sandy Bearfield**

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 designed for those in the SilverSneakers®, FitOn, 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 on Senior Memberships are welcome to take this class even if not eligible through your insurance.

Member FREE

CHAIR VOLLEYBALL

Ages 18 & up

Coordinators: Jackie Green, Marie Drahushak

Monday, Wednesday, Friday 10:00-11:30 am

Seated Beach Volleyball in Racquetball Court #2/3. This activity is designed in mind for SENIOR ADULTS, but others are welcome to watch or participate.

Member FREE Potential Member \$72

MORNING CLASSES WITH ALENA

Weekdays 5:30-6:30 am

Instructor: Alena Clark

Monday & Wednesday

FULL BODY CIRCUIT

Tuesday & Thursday

BODY LIFTING (Tu-Lower; Th-Upper)

Friday

CYCLING BOOT CAMP



RISE EARLY. FEEL STRONG. TAKE ON YOUR DAY! High-energy, results driven classes to build strength, boost your mood, and power you through the day. Come as you are, all fitness levels included. Modifications available.

Member FREE Potential Member \$72 (Cycling Boot Camp) \$127 (Full Body Circuit & Body Lifting)



Online Registration Available

Click on Programs tab on our website

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For more information

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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 \$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

Monday, Wednesday & Friday 8:00-9:00 am

Instructor: Dawn Shields

Do you have experience in strength training with dumbbells and barbells? Or is this brand new to you? Are you young? Old? Or in between? Do you want to lift weights to improve your health, your game, your appearance? Whatever it is that is motivating you to step into the gym and specifically into a group class, you will find your fit in "The Power Hour". Here you will not only find a program that addresses each muscle group, but you will also learn biomechanics and have the supervision that will ensure proper form and execution. The instruction will allow you to continue lifting weights right through the aging process. Studies confirm that strength training is key to aging well. So come and join a group of fun, committed fitness enthusiasts.

TAI CHI

Mondays 9:15-9:45 am

Instructor: Ricky Allen

Anchored Mind Tai Chi is designed to support overall wellness through gentle, low-impact movement. The goals of the program are to improve balance, coordination, posture, and mindful breathing while helping participants reduce physical tension and mental stress. Movements are slow, controlled, and adaptable, making the class accessible for beginners, older adults, and participants of varying fitness levels. No Prior Tai Chi experience is required.

Member \$5 Potential Member \$10 (Prices per each class)

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® STEP

Tuesday 6:15-7:00 pm

Instructor: Sandy Wolf Stom

Zumba Step is a High-Energy Fitness Class that blends the toning benefits of traditional step aerobics with the Latin-inspired Dance Party of Zumba. We use an elevated platform (stepper) which enables you to sculpt your legs and glutes while burning calories. Sometimes we will add hand weights to the upper body as well! Designed to fit all fitness levels.

Member FREE Potential Member \$76

ZUMBA® TONING

Wednesday 5:30-6:30 pm & Saturday 7:15-8:00 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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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 old must be with parent. Maximum enrollment per class is 12 participants. Taught by trained instructors. Class schedule is posted at YMCA or on website.

Member FREE Potential Member \$121 (12 classes)

PERSONAL TRAINING

Ages 18 & up

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

Various times/days

Devin Clark, 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.

BASKETBALL

Ages 16 & up

Monday & Wednesday 6:30-8:30 pm

Sunday 10:30 am-12 Noon

Open play pickup games on Side 2 of the Main Gym. An additional court sometimes available.

Member FREE Potential Member Day Pass



KARATE - WORLD TANG SOO DO

Wednesdays 6:45-8:00 pm Thursdays 6:00-7:30 pm

Program is primarily for youth but adults can join in. See page 4 for information.

PICKLEBALL

Ages 16 & Up

Monday-Friday 8:00-11:30 am; Saturday 9:00 am-Noon; Sunday 10:00 am-Noon

Monday, Wednesday 6:30-8:30 pm; Friday 4:30-6:30 pm

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 due to seasonal programming. Current days/times are listed on main daily schedule for gyms. *Tournament scheduled for Saturday, October 24.*

Member FREE Potential Member Day Pass

Separate fee for tournament

RACQUETBALL

Ages 12 & up

Open play for 2-4 players. Reserve a court/time at front desk. Children under 12 allowed with adult.

Member FREE Potential Member Day Pass



VOLLEYBALL LEAGUE

Co-Ed; Ages 16 & Up

Thursdays; September 24-December TBA

4 on 4; competitive/power format; no required # of males/females on court. Played on Thursday evenings. Note: Depending upon # of teams the league ending date may be adjusted.

\$180 per team

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For more information

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SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



FALL ARTISAN MARKET

Saturday, September 12 10:00 AM—2:00 PM

Vendors will have their artisan items on display for you to browse and buy! Local handcrafted items such as crochet, wood crafts, candles, etc. Plus food, drinks and more. A Chinese Auction will be held benefitting the YMCA. This event is free admission and open to the public.

BLOOD DRIVE

Tuesday, September 15; Monday, November 23 Noon-5:30 pm

The YMCA will be hosting a Red Cross Blood Donation drive bi-monthly. More dates scheduled for 2027. Details concerning an upcoming drive will be posted at the YMCA and on website.



HERBAL EDUCATION SEMINAR

Date and Time TBA

Lanna Calhoun of Calhoun Farmstead will be our guest for a herbal education talk during the fall. Be on the lookout for this event.



MIDDLE SCHOOL INITIATIVE

See page 6

SILVER SNEAKERS®

See page 7

DAY PASS

Every Day

Those in the community can use our facility by buying a pass for a day. This includes use of exercise equipment, gym, pool, sauna/steam room, racquetball and some programs/classes.

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



UPCOMING 2027 SEASONAL PROGRAMS & EVENTS

INDIVIDUAL Basketball Leagues: Girls 5-6th (1/6-2/17); Boys, Girls 7-8th (2/22-4/7)

Youth Soccer: Coed grades K-6th (1/5-2/18)

Indoor Floor Hockey: K-8th grade (2/23-4/10)

Co-Ed Adult Volleyball Leagues: Ages 17 & up (starts 1/6 & 11)

Golf Lessons: Ages 12 & up (March TBA)

Youth Wiffleball: Ages 4-8 (4/12-5/19)

Tennis Lessons: Ages 10 & up (May TBA)

Community Events:

Polar Plunge & Chili Cookoff
Leprechaun Leap
Shamrock Shuffle
Simply Sinatra

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DUBOIS AREA YMCA

25 Parkway Drive
DuBois, PA 15801
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**FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY**

YMCA DATES AT A GLANCE

AUGUST 29..... CLASS Member Register (Fall)

SEPTEMBER 5.....CLASS Potential Member Register (Fall)
September 7 Facility Closed (Labor Day)
September 8-November 28.....CLASS Fall Session
September 9.....Youth (Grades 4-6, 7-8) Volleyball begins
September 12.....Fall Artisan Market
September 15.....Blood Drive
September 24.....Adult Co-ed Power Volleyball League begins

OCTOBER 3.....ZumbaThon
October 5.....5-6th grade Boys B-Ball INDIV League begins
October 10SWIM LESSONS Member Register (Fall 2)
October 12..... Dolphin Swim Team Season begins
October 17SWIM LESSONS Potential Member Register (Fall 2)
October 24.....Fun For ALL Pickleball Tourney
October 24.....SWIM LESSONS Fall 2 begin
October 27.....Youth (Grades 1-4) grade Basketball begins

NOVEMBER 21.....CLASS Member Registration (Holiday)
November 23.....Blood Drive
November 26Facility Closed (Thanksgiving)
November 28CLASS Potential Member Registration (Holiday)
November 29-January 8.....SWIM LESSONS Session Break
November 30-December 12..... Holiday Session

DECEMBER 14-Jan 2.....CLASS Session Break
December 25Facility Closed (Christmas)
December 26..... Member Register (Winter/Winter 1)

JANUARY 1.....Facility Closed (New Years)
January 2Potential Member Register (Winter/Winter 1)
January 4.....2027 CLASS Winter Session begins
January 92027 SWIM LESSON Winter 1 begins

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.

