FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NO
CHALLENGE
NO CHANGE

Spring/Summer 2026

May-September

DUBOIS AREA YMCA

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

www.duboisymca.org

GENERAL INFORMATION

We are here to help you

Table of Contents

Adult Sports & Programs.....4
Birthday Parties/Overnighters.....6
Child Development.....5
Fitness Programs/Classes.....2,3
Karate.....4
Special Events/Programs.....6
Swim Lessons.....2
Youth Sports & Programs.....4-6

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.

Early closing on Christmas Eve & New Years Eve.

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

- PRECOR ® Weight Machine & 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

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.

Other Membership Options

- Free Middle School Initiative 1-year membership
- Corporate Wellness Partner Program - 20% discount
- Military (Active/Veteran) - 25% discount
- **Financial Assistance available based on need/income**

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

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, 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

Potential Member prices listed are for 6 weeks and must register in person at front desk
(Karate per 1-month)

attention

Family/Adult MEMBERS,
we request that every **12 week** session you register for each FREE class you take

FITNESS CLASSES REGISTRATION & SCHEDULE AT A GLANCE

Session	Member Reg	Potential Member Reg	First Class	Last Class
Spring	Starts 3/14	Starts 3/21	Week of 3/23-28	Week of 6/8-13
Summer	Starts 6/6	Starts 6/13	Week of 6/15-20	Week of 8/31-9/5
Fall	Starts 8/29	Starting 9/5	Week of 9/7-12	Week of 11/23-28

H_2Oh!
Monday, Wednesday & Friday 8:30-9:30 am

Oh Buoy!
Tuesday & Thursday 8:30-9:30 am

Splash That Lasts
Tuesday & Thursday 8:30-9:30 am ***NOTE: Will not meet Tue, May 19 through Thu, Sept 10***

SilverSneakers ®
Tuesday & Thursday 10:00-10:45 pm **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®, Fit**On**, 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

CHAIR VOLLEYBALL
Ages 18 & up **Coordinators: Marie Drahushak, Jackie Green**
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. No need to sign up, just show up!
Member FREE Potential Member $72

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)

SWIM LESSONS
Saturdays

There are **NO** Saturday AM group or Tuesday private lessons offered during the Spring 2, Summer or Fall 1 sessions. Group lessons resume Fall 2 session, October 24. Registration begins for members (Oct 10); potential members (Oct 17)

Online Registration Available
Click on Programs tab on our website

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

HEALTHY LIVING

Improving the nation's health and well being

BODY FITNE*SSS*

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

FULL-BODY CIRCUIT

Monday & Wednesday 5:30-6:30 am **Instructor: Alena Clark**

Sculpt, strengthen and sweat from head to toe in one epic flowing circuit! We combine compound moves with cardio bursts for maximum burn and minimum time. Build muscle, boost endurance and leave feeling powerful and alive. All levels welcome — modifications included.

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 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.

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 (M/W/F or Tu/Th/Sa)

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 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 reduces 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

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

HEALTHY LIVING — Improving the nation's health and well being

YOUTH DEVELOPMENT — Nurturing the potential of every child and teen

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)

PICKLEBALL

Ages 16 & up

Monday-Friday 8:00-10:00 am; Tue/Fri 4:30-6:30 pm **Coordinators: Don McMillen, Dan Quinn (Weekday am)**

Monday & Wednesday 6:30-8:30 pm; **Elvie Delatorre (Weekday pm; Sat am)**

Saturday 9:00 am-Noon; Sunday 10 am-Noon **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 18 & up

Open play on 3 courts for 2-4 players. Reserve a court/time at the front desk. Children under 18 allowed with adult.

Member FREE Potential Member Daily Day Pass

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

TENNIS LESSONS

BOYS & GIRLS 12 yrs +

May 5-June 16 (No lessons June 2) **Instructor: Pat Mowery**

Tuesdays: Beginner 6-7 pm; Intermediate 7-8 pm

Group lessons for beginners and intermediate levels. Classes held at City park courts. 2nd set of lessons offered if enough interest.

Family/Youth Member $65 Potential Member $100

DOLPHIN SWIM TEAM

BOYS & GIRLS Ages 5-18 **Coaches: Makayla Robertson, Issac Wayne**

Weekdays and Saturday **Leanne Fuller, Mike Gressler**

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 June 8** 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: Thu May 21 (Time TBA) 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 $90 Potential Member $115

KARATE-WORLD TANG SOO DO

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

Boys and Girls Ages 7 & up **Instructor: Kara Antonuccio**, Sam Dan / 3rd degree Black Belt

Mondays 6:45-8:00 pm; Thursdays 6:00-7:30 pm **Assistant: 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. Class in 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)

Online Registration Available
Click on Programs tab on our website

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

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 location in Du-Bois 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 start on their homework.

Call Darlene Stuart at 814-375-9622 for information on registration, hours and rates concerning all of our child development programs listed above.

CAMP SUMMER OF FUN

June 8 – August 21

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 814-375-9622 for information on registration, hours and rates.

YMCA PLAYGROUND PROGRAM

June 8 – August 7

Sports, arts and crafts, fun activities and more held each weekday morning at the park located at the Spider Lake complex.

This free program is for children of DuBois and the surrounding area who have completed Kindergarten up to age 12.

Brochure and daily schedule available at www.duboisymca.org starting May 29.
Click "Current News"
on the Home Page

Questions? Contact Zac Wilcox, Program Director
814-375-9622

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

SOCIAL RESPONSIBILTY

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 2026-27 school year will be available August 29

Contact Zac Wilcox or Paula DuBois at 814-375-9622 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 $100 Potential Member $130

Extra Lifeguard (group of 50+) $25

ROOM

Member $35 Potential Member $40

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 for basketball and volleyball. There are 3 racquetball courts for open play or other Volleyball-type games. Great idea for large groups! **$100 security deposit required two weeks in advance.**

Member $462 Potential Member $635

COMMUNITY EVENTS

Kick the Stigma Day of Wellness
Pickleball Tourney

Saturday, May 30 DuBois City Park 9 am

Blood Drive

Tuesday, May 19, Thursday, July 16

Noon-5:30 pm YMCA

Community Days
Pickleball Tourney

Saturday, June 13 DuBois City Park Times TBA

Family Golf Classic

Friday, July 10 DuBois Country Club

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

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

DUBOIS AREA YMCA

25 Parkway Drive

DuBois, PA 15801

814-375-9622

www.duboisymca.org

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Like Share

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.

Help our Y save paper and $$$

Have a program guide & 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

GO GREEN