



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

**STRIVE  
FOR  
PROGRESS  
NOT  
PERFECTION**



**Winter/Spring 2026**  
January-May

**DuBois Area YMCA**

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

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



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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.

Early closing on  
Christmas Eve  
& New Years



## 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 membership rate each month.



# GENERAL INFORMATION

We are Here to help you

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>\$64</b>	<b>\$30</b>
<b>FAMILY SR COUPLE</b> Any 2 adults 60+ living in same household	<b>\$51.25</b>	<b>\$30</b>
<b>ADULT</b> 1 person 27-59 yrs	<b>\$47</b>	<b>\$30</b>
<b>ADULT SENIOR</b> 1 person 60+	<b>\$37.50</b>	<b>\$30</b>
<b>YOUNG ADULT</b> 1 person 18-26 yrs	<b>\$37.50</b>	<b>\$30</b>
<b>COLLEGE STUDENT</b> 1 person 18-59 yrs and full-time college student	<b>\$17.75</b>	<b>\$25</b>
<b>YOUTH</b> 1 person 0-17 yrs (18 if still in HS)	<b>\$10</b>	<b>\$15</b>

**PRICES SUBJECT TO CHANGE AFTER 12/31/25**

## MEMBERSHIP INCLUDES\*

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

Plus discounts on any paid class/program for all memberships

- 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
  - Military (Active/Veteran) - 25% discount
- **Financial Assistance available based on need/income**

For more information 814-375-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 our YMCA Main 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 \$39 daily

#### Preschool

Member & Potential Member \$38 daily

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 Main 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** \$79 weekly

Potential Member \$84 weekly

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

**Member** \$100 weekly

Potential Member \$105 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

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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.

### SWIM LESSONS REGISTRATION & CLASS SCHEDULE AT A GLANCE

Session	Classes Offered (AM Times)	Member Reg	Potential Member Reg	First Class	Last Class
<b>Winter 1</b>	8:30, 9:30, 10:00, 11:00 AM <b>(5 Weeks)</b>	Starts 12/27/25	Starts 1/3/26	<b>1/10</b>	2/7
<b>Winter 2</b>	8:30, 9:30, 10:00, 11:00, 11:30 AM	Starts 1/31	Starts 2/7	2/14	3/21
<b>Spring 1</b>	8:30, 9:30, 10:00, 11:00, 11:30 AM	Starts 3/14	Starts 3/21	3/28	5/2

### 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. **Class offered Winter 2 and Spring 1.**

**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 learn two benchmark skills: 1) Swim, float, swim and 2) Jump, push, turn, grab. These basic arm and leg movements will build a strong foundation for strokes taught in stages 4-6.

**Family or Youth Member \$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: 5:00-5:30; 5:30-6:00 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 1/2 hour.

**Family or Youth Member \$13** Potential Member \$25

## 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 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

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## INDOOR FLOOR HOCKEY

### Boys & Girls Grades K-12

#### February 24-Apr 11



Meeting twice weekly for a practice and game, your child will learn the basics of hockey while receiving the benefits of regular exercise, team building and most of all, enjoying the game. Helmets and sticks provided by YMCA on a first-come, first serve basis. Shin guards (required) and mouth guard (recommended). Participants may use own helmet and stick.

**Registration:** January 19-February 24

### Meets on Tuesdays (practice) & Saturdays (game)

*First practices are February 24*

K-2 <sup>nd</sup>	Tue 5:15-6:15 pm; Sat 9:00-10:00 am
3 <sup>rd</sup> -5 <sup>th</sup>	Tue 6:30-7:30 pm; Sat 10:10-11:10 am
6 <sup>th</sup> -8 <sup>th</sup>	Tue 4:00-5:00 pm; Sat 11:15 am-12:15 pm
9 <sup>th</sup> -12 <sup>th</sup>	Games only Sat-12:25 pm

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

**Location:** Main & Auxiliary Gym

**Family Member Free**

**Youth Member \$35** Potential Member \$60

## KARATE - WORLD TANG SOO DO

### Boys and Girls Ages 7 & up

#### Mondays 6:45-8:00 pm

#### Thursdays 6:00-7:30 pm



**Head Instructor:** Rick Panebianco, Oh Dan / 5th degree Master  
**Instructor:** Kara Antonuccio, Sam Dan / 3rd degree Black Belt  
**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.

**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 room may be rented for your private birthday party or get together on Saturday and 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 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 375-YMCA*

## 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



**Online Registration Available**  
 Click on Programs tab on our website

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## BASKETBALL LEAGUES

**GIRLS Grades 5-6** Jan 7-Feb 18  
**BOYS Grades 7-8** Feb 25-Apr 8  
**GIRLS Grades 7-8** Feb 23-Apr 8

INDIVIDUAL player registration, teams selected by draft by YMCA staff and coaches. Mandatory substitution schedule. If needed, YMCA staff/coaches will draft teams prior to second practice.

**Registration:** 5/6 Girls: Dec 20-Jan 6;  
 7/8 Boys/Girls: Feb 1-25

**First Practice:** 5/6 Girls: Wed, Jan 7  
 7/8 Boys: Wed, Feb 25  
 7/8 Girls: Mon, Feb 23  
 Entire schedule given at 1st practice

**Game:** 5/6 Girls: Mon or Wed 4-5 pm;  
 7/8 Boys/Girls: Mon or Wed 3:15 or 4:15 pm

**Family Member Free**  
**Youth Member \$35** Potential Member \$60

## CHESS CLUB

**Boys and Girls 1st Grade & up**  
**Wednesdays 7:00 pm**

Learn the game, brush up on your skills or pick up some strategies and tips! Join in to play this game in a semi non-competitive format. No clock will be used. Bring your own chess set if you would like. No registration needed, just show up!

**Coordinator:** Tom Shade

**Location:** Front Lobby or Youth Activity Center

**Member Free** Potential Member Daily Day Pass

## TENNIS LESSONS

**BOYS & GIRLS 8 yrs & up**  
**May TBA**



Group lessons for beginners, advanced beginners or intermediate levels. Classes held at DuBois City park tennis courts.

**Instructor, Registration, and Days/Times:** TBA

## GOLF LESSONS

**Ages 12 & up**  
**Thursdays 7:00-8:00 pm** See page 9

**INDOOR FLOOR HOCKEY** See top of page 4



**SUMMER YOUTH & ADULT SPORTS** See page 10

## YOUTH SOCCER

**BOYS & GIRLS Grades K-6th**  
**January 6/8-February 12/13**



Meets twice weekly for a practice and game. Participants will learn basic skills such as foot coordination, passing, dribbling, team play and rules according to their abilities and progression. *Practice/game times, grade divisions may be adjusted or combined if needed due to registrations.*

**Registration:** Dec 20-Jan 6/8

### Meets on:

- **K: Begins Tue 1/6** Tue & Thu 5:00-6:00 pm
- **Gr 1-2: Begins Tue 1/6** Tue 6:10-7:10 pm  
 Fri: 5:30-6:30 pm  
 Sat 9:00-10:00 am
- **Gr 3-4: Begins Thu 1/8** Thu 6:10-7:10 pm  
 Fri 6:40-7:40 pm  
 Sat 10:10-11:10 am
- **Gr 5-6: Begins Thu 1/8** Thu 7:15-8:15 pm  
 Fri 7:45-8:45 pm  
 Sat 11:15 am-12:15 pm

**Note:** Fri eve times scheduled for 1st-6th grade on Jan 16, 23 & Feb 13 due to other programs on Saturdays.

**Location:** Main Gym & Auxiliary Gym

**Family Member Free**  
**Youth Member \$35** Potential Member \$60

### YOUTH SPORTS MOTTO

**Everybody plays; All are Valuable**

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

## YOUTH WIFFLE BALL

**BOYS & GIRLS Ages 4-8**  
**April 13-May 20**



Get involved and have some fun learning the sport of baseball without the pressure of winning! One practice and one game per week. Season runs for 6 weeks.

**Registration:** March 21- April 13  
**Practice:** Monday & Wednesday 4:15-5:15 pm  
**Location/Game:** Aux Gym or City Park

**Family Member Free**  
**Youth Member \$35** Potential Member \$60



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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.

DuBois Area

## MIDDLE SCHOOL



## INITIATIVE

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



## Bible Adventure Preschoolers

(Boys & Girls ages 3-5)

**Starts January 5**

What is a Bible Adventure? It includes: An engaging Bible story, teaches a memorable Bible verse and helps preschoolers to apply spiritual truth to their everyday life.

**Registration:** Begins December 16. This will be a continual program, so a child only needs to be registered once before they attend.

**Meets on** Mondays 9:15 am

**Location:** Youth Activity Center (Carpeted side)

**Instructor:** Paula Gabbard

**Cost:** Free

## AFTERSCHOOL PROGRAMS

### 3:00-3:45 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.

**Member Free** Potential Member Day Pass

CARING HONESTY RESPECT RESPONSIBILITY

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 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.*



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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

**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

<b>NEW</b> → <b>LAND &amp; WATER FITNESS CLASSES REGISTRATION &amp; SCHEDULE AT A GLANCE</b> <i>Sessions for all FREE classes have changed from 6 weeks to 12 weeks</i>				
Session	Member Reg	Potential Member Reg	First Class	Last Class
Winter	Starts 12/27/25	Starts 1/3/26	Week of 1/5-10	Week of 3/16-21
Spring	Starts 3/14	Starts 3/21	Week of 3/23-28	Week of 4/27-5/2

## AQUACISE

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

**Tuesday & Thursday 6:00-7:00 pm**

This low impact, low intensity water class is a great introduction to the therapeutic benefits of the pool while gaining flexibility and improving your overall health.

**Instructor: Barb Murray**

**Instructor: Denise Dennison**

**M/W/F Family/Adult Member FREE** Potential Member \$162

**T/TH Member FREE** Potential Member \$127

## SilverSneakers® & Silver and Fit®

**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. 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.

**Family/Adult 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.

**Family/Adult Member FREE** Potential Member \$127

## 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.

**Family/Adult Member FREE** Potential Member \$72

## STRENGTH TRAINING & TONING

**Monday & Wednesday 5:30-6:30 am**

**Instructor: Chelsea DeSalve**

This class will be a mix of circuit and superset training aiming to increase muscular endurance and strength while breaking a good sweat. It will have encouraging energy by utilizing music and fun lights. Good vibes only!

**Family/Adult Member FREE** Potential Member \$127



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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.

**Family/Adult 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.

**Family/Adult Member FREE** Potential Member \$76

## STRENGTH TRAINING

**Monday, Wednesday & Friday 9:00-10:00 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.

**Family/Adult 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.

**Family/Adult Member FREE** Potential Member \$162 (M/W/F or T/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.

**Family/Adult Member FREE** Potential Member \$76

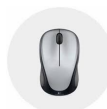
## ZUMBA TONING®

**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.

**Family/Adult Member FREE** Potential Member \$127



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# HEALTHY LIVING

Improving the nation's health and well-being



## INDOOR CYCLING/SPINNING

**Various Days/Times**

**Instructors: Varies (see Cycling Schedule)**

**KEISER GROUP CYCLING** – Come experience group cycling at a whole new level! The bike gives a ride closer to outside cycling and incorporates a computer that creates a unique training experience. Must be at least 4'11" and 13-16 years old must be with parent. Maximum enrollment per class is 12. Taught by trained instructors. Class schedule is posted at YMCA or on website.

**Family/Adult Member FREE** Potential Member \$127 (12 classes)



## PERSONAL TRAINING

**Ages 18 & up**

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

**Various times/days**

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 Main Gym.

**Member FREE** Potential Member Day Pass

## KARATE - WORLD TANG SOO DO

**Mondays 6:45-8:00 pm; Thursdays 6:00-7:30 pm**

Program is for 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 (selected dates); 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 schedule for gyms. *Tournaments scheduled for Saturday, April 18 & 25*

**Member FREE** Potential Member Day Pass

Separate fee for tournament

## RACQUETBALL

**Ages 12 & up**

Open play on 3 courts for 2-4 players. Reserve a court/time at front desk. Children under 12 allowed with adult.

**Member FREE** Potential Member Day Pass

## VOLLEYBALL LEAGUES

**Co-Ed; Ages 16 & up**

**January 7/12 – April 6/9**

Two League levels: Recreation (6x6 format); Power (4x4 format). Required number of females on court for Rec (2) and Power (1). Rec games: Mondays; Power games: Wednesdays & Thursdays.

**PER TEAM: Rec - \$180 ; Power - \$200**

## GOLF LESSONS

**Co-Ed; Ages 12 & up**

**Thursday 7:00-8:00 pm**

**March 5-April 9**

**Instructor: Logan Depto; Golf Manager, DuBois County Club**



This 6-week class will be a comprehensive, thorough examination of your golf swing that will produce positive results and allow you to understand your golf swing so you can manage your game effectively. Minimum of 4, maximum of 10.

**Member \$90** Potential Member \$125

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

**For more information**

**814-375-YMCA (9622)**

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

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



## SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



### POLAR PLUNGE

**Ages 12 & up**  
**Saturday, January 17**

**11:00 am @ TL Marina**

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, contact Paula DuBois at 375-9622.

### BLOOD DRIVE

**January 22, March 24, May 19**

**Noon-5:30 pm**

The YMCA will be hosting a Red Cross Blood Donation drive bi-monthly on Tuesdays. More dates will be scheduled for later in 2026

### MORE COMMUNITY EVENTS

- **January 17**      **Chili Cook-Off 5:00 pm @ TL Lakeview Lodge**
- **March 15**      **Leprechaun STOMP Time & Place TBA**
- **April 18**      **The Ride Time TBA @ DuBois Country Club**

### MIDDLE SCHOOL INITIATIVE

See page 6

### SILVER SNEAKERS® /SILVER & FIT®

See page 7

### 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



### UPCOMING 2026 SUMMER PROGRAMS & EVENTS

*\*Dates dependent upon DASD school calendar*



- Camp Summer of Fun\*
- Park Program\*
- Competitive Swim Team\*
- Golf Classic



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

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## DUBOIS AREA YMCA

25 Parkway Drive

DuBois, PA 15801

814-375-9622

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

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

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### YMCA DATES AT A GLANCE

**DECEMBER** 1-Jan 9..... SWIM LESSONS: Session Break  
Dec 15-Jan 3.....Free FITNESS CLASSES: Session Break\*  
Dec 25.....Facility Closed (Christmas)  
Dec 27 .....Members Register (Winter/Winter 1)

**JANUARY** 1.....Facility Closed (New Years)  
Jan 3.....Potential Members Register (Winter/Winter 1)  
Jan 5-Mar 21.....Free FITNESS CLASSES Winter Session begins  
Jan 6/8.....Grades K-6th Youth Soccer begins  
Jan 7.....5-6<sup>th</sup> grade Girls B-Ball INVID League begins  
Jan 7/12.....Co-ed Adult Volleyball begins  
Jan 10.....SWIM LESSONS Winter 1 Session begins  
Jan 17.....Home Swim Meet  
Jan 17.....Community Event: Polar Plunge & Chili Cook-Off  
Jan 22.....Blood Drive  
Jan 24.....Home Swim Meet  
Jan 31.....Swim Lessons Only: Members Register (Winter 2)

**FEBRUARY** 7 Swim Lessons Only: Potential Members Register (Winter 2)  
Feb 14.....SWIM LESSONS Winter 2 Session begins  
Feb 23.....7-8<sup>th</sup> grade Girls B-Ball INDIV League begins  
Feb 24 .....Grades K-12th Indoor Floor Hockey begins  
Feb 25.....7-8<sup>th</sup> grade Boys B-Ball INDIV League begins

**MARCH** 5.....Golf Lessons begin  
Mar 14.....Members Register (Spring/Spring 1)  
Mar 15.....Community Event: Leprechaun STOMP  
Mar 21.....Potential Members Register (Spring/Spring 1)  
Mar 23-June 13.....Free FITNESS CLASSES Spring Session begins  
Mar 24.....Blood Drive  
Mar 28.....SWIM LESSONS Spring 1 Session begins

**APRIL** 5.....Facility Closed (Easter)  
Apr 13.....Ages 4-8 Youth Wiffleball begins  
Apr 18.....Queen of the Court Pickleball Tourney  
Apr 18.....Community Event The Ride  
Apr 25.....King of the Court Pickleball Tourney

**MAY** TBA.....Tennis Lessons begin  
May 19.....Blood Drive

*\*Some fitness classes choose to still meet during session break*

For more about programs at the YMCA  
and the most up-to-date information, visit our website

Help our Y save paper and \$\$\$

Have a program guide & other Y news  
sent directly to your inbox  
Stop by the front desk and give us your email



### THE REASON WE EXIST

To put Christian principles into practice through  
programs that build healthy spirit, mind and  
body for all.

At the Y, strengthening community is our cause.  
The Y serves three crucial areas of focus to help  
individuals, families and communities learn, grow,  
and thrive.



**The Y is for Youth Development**, because we believe that  
all kids deserve the opportunity to discover who they are  
and what they can achieve.

**The Y is for Healthy Living**, improving the nation's health  
and well-being.

**The Y is for Social Responsibility**, giving back and  
providing support for our neighbors.

For more about the Y and what it is all about visit [www.ymca.net](http://www.ymca.net)