



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

**COUNT  
ON  
US**



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**Fall/Winter 2023**

**September-December**

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**DuBois Area YMCA**

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

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

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



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# 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.



**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 of the standard membership rate each month.

## Treasure Lake Extension 372-2374

Our extension site has many of the amenities that our main location has including Icarian selecterized equipment, free weights, cardio machines, and locker rooms with shower facilities.

FULL Membership Categories	Monthly Draft	Joining Fee
<b>FAMILY</b> 3 adults 18-99 yrs, children 0-26 yrs living in same household	<b>\$62.75</b>	<b>\$30</b>
<b>FAMILY SR COUPLE</b> 2 adults 60+ living in same household	<b>\$50</b>	<b>\$30</b>
<b>ADULT</b> 1 person 27-59 yrs	<b>\$46</b>	<b>\$30</b>
<b>ADULT SENIOR</b> 1 person 60+	<b>\$37</b>	<b>\$30</b>
<b>YOUNG ADULT</b> 1 person 18-26 yrs	<b>\$37</b>	<b>\$30</b>
<b>COLLEGE STUDENT</b> 1 person 18-59 yrs and full-time college student	<b>\$17.50</b>	<b>\$25</b>
<b>YOUTH</b> 1 person 0-17 yrs (18 if still in HS)	<b>\$10</b>	<b>\$15</b>

## FULL MEMBERSHIP INCLUDES\*

**MOST CLASSES/PROGRAMS FREE FOR ANY ADULT or FAMILY MEMBERSHIPS**  
Plus discounts on any paid class/program for all memberships

- Use of BOTH facilities (DuBois & TL Extension)
- PRECOR® Weight Machines and Free Weights
- Swimming pool and Whirlpool
- Cardio Equipment with Personal Viewing Device (Main)
- Indoor Cycling Center (Class use only)
- Gymnasiums (Main)
- Locker Room Facilities with Sauna & Steam Room
- Racquetball Courts
- 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**

For more information

375-YMCA (9622)

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

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



# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



## INFANT, TODDLER & PRESCHOOL DEVELOPMENT



Our Child Development Centers provide care in a nurturing environment starting at six weeks of age. Our quality staff provides an instructional program your child will be sure to enjoy. Daily activities are centered on weekly themes to include plenty of stories, songs, arts and crafts. They also enjoy the great outdoors with walks in the park. We also provide your child with breakfast, lunch, and an afternoon snack.

### LOCATION

Infant, Toddler and Preschool Child Development is provided Monday thru Friday at 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	\$35 daily
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### Preschool

Member & Potential Member	\$34 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

<b>Member</b>	<b>\$72 weekly</b>
Potential Member	\$77 weekly

### Before AND After School

<b>Member</b>	<b>\$100 weekly</b>
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.

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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)	Member	Potential Member	First Class	Last Class
Fall 1	9:30, 10:00, 11:00	Starting 8/27	Starting 9/3	9/16	10/21
Fall 2	9:30, 10:00, 11:00, 11:30	Starting 10/8	Starting 10/15	10/28	12/2

### 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. **This class begins Fall 2 session.**

**Family or Youth Member \$24 Potential Member \$47**

### 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 \$24 Potential Member \$47**

### 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 \$42 Potential Member \$85**

### 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 ½ 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 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 Oct 2 – February/March

**Coaches:** Gabi Wayne  
Caitlin Drahushak

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

### PRACTICE SCHEDULE *Starts October 2*

**Weekday Afternoons** Specific Day/Times TBA  
Practice schedule will be adjusted dependent upon swimmers' levels and/or number of registrations in age groups.

### MEET SCHEDULE *Starts in early December*

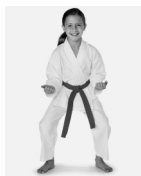
**Saturday (AM or Aft)** Specific Days & Times TBA  
Swim meets are dual or tri-meets with other YMCA teams. They are held at the DuBois Area YMCA and at other YMCAs or school facilities.

*More details at informational meeting held at the YMCA on September 20 (Time TBA)*

**All ages (5 –18 yrs) \$145** *Prices includes team T-Shirt*  
**HS Swim Team Member \$ 50**

Additional child/children from the same family are ½ price (excludes High School swim team members). Oldest child is always registered first.

## KARATE - WORLD TANG SOO DO Boys and Girls Ages 8-18 Thursdays 6:00-7:30 pm



**Instructor:** Rick Panebianco, Oh Dan/5<sup>th</sup> degree Master  
**Assistants:** Doug Walk, Sam Dan/3<sup>rd</sup> degree Black Belt  
Barbara Panebianco, E Dan/1<sup>st</sup> 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 \$25** Potential Member \$50  
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 \$72/hr** Potential Member \$94/hr  
Extra Lifeguard (groups of 50+) \$25

### Party Room

**Member \$28/hr** Potential Member \$33/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 \$440** Potential Member \$605

A security deposit of \$100 is due 2 weeks in advance.

**To place a request for a rental reservation listed above, contact Paula DuBois or front desk staff at 375-YMCA**



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**For more information**

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## YOUTH VOLLEYBALL Boys & Girls Grades 3-6, 7-8 Sept 6 – Oct 16

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 27-Sept 6

**Meets on** Mon & Wed 4:15-5:15 pm

**Location:** Auxiliary Gym

**Family Member Free**

**Youth Member \$25** Potential Member \$50



## BASKETBALL LEAGUE Boys Grades 5-6 Oct 2 - Nov 20

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 11-Oct 2

**Practice:** Mon &/or Thu 4-5 pm; schedule at 1st practice; Monday, October 2

**Game:** Thursdays 4:00-5:00 pm

**Family Member Free**

**Youth Member \$20** Potential Member \$40

## YOUTH BASKETBALL Boys and Girls Grades 1-4 Oct 31 - 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:** Oct 2-31

**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 meeting date: Tuesday, October 31

**Location:** Main Gym & Auxiliary Gym

**Family Member Free**

**Youth Member \$25** Potential Member \$50



## BASKETBALL TOURNEY Boys Grades 5-6 Oct 13-14

Bring your own TEAM and coach. 3-game guarantee. Separate tournaments by grade, if possible. Teams/players can play up a grade, but not down. Games to be played on Friday evenings and Saturdays (Sunday, if needed). Registration opens 6 weeks prior to tournament. Deadline is one week before. Registrations are limited.

**\$100 per team** \$75 if paid in full 3 weeks before

### 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 \$8 fee)**

## UPCOMING YOUTH & ADULT SPORTS See page 10

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## Online Registration Available



Click on Programs tab on our website

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DuBois Area

## MIDDLE



## SCHOOL

## INITIATIVE

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



The DuBois Area YMCA offers a Middle School Initiative Program to **all 5-8th grade students** in the following schools/districts\*; DuBois Area, Brockway, DuBois Catholic and DuBois Christian, including cyber & home-schooled students.

\*Adjoining school districts may be considered on a case-by-case basis.

The goal of the Initiative Program is to inspire youth to discover their passions, seek a healthy lifestyle and gain the developmental assets needed to avoid risky behaviors as they pursue success in school and life.

Each child and parent/guardian will sign a letter of agreement stating what is expected of the youth registered in the program. It includes, but is not limited to, students participating in a 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.*

## AFTERSCHOOL PROGRAMS

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

(Times are adjusted if necessary due to staffing needs)

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



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

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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 for each class are per 6-week session** (Karate per 1-month)

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



### **Class & Registration Schedule at a Glance**

Session	Member Reg	Potential Member Reg	First Class	Last Class
Fall 1	Starting 8/27	Starting 9/3	Week of 9/11-16	Week of 10/16-21
Fall 2	Starting 10/8	Starting 10/15	Week of 10/23-28	Week of 11/27-12/2

## **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 Member FREE** Potential Member \$154

**T/TH Member FREE** Potential Member \$121



## **AQUA ZUMBA®**

**Thursday 5:15-6:00 PM**

Jump into the Latin inspired, easy-to-follow dance party that makes working out a splash. It's a Pool Party!

**Instructor: Sandy Wolf Stom**

**Member FREE** Potential Member \$121

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

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

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. Those who are enrolled in Medicare Part B and have supplemental insurance through either designated Highmark Blue Cross/Blue Shield, UMPC For Life or Geisinger Health Plans are eligible and also enjoy the privileges of being a YMCA member.

**Member FREE**

**Instructor: Miranda Allen**



## **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 \$121

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



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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 \$121

## **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 \$72

## **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.

**Member FREE** Potential Member \$154

## **WAKE UP AND WORK OUT**

**Tuesday, Thursday 5:30-6:30 am; Saturday 9:00-10:00 am**

**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 \$154

## **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 \$72

## **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 \$121



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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**

**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.

## BASKETBALL (Open Play)

**Ages 16 & up**

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

**Sunday 10:30 am-12 Noon**

Pickup games on Side 2 of the Main Gym. An additional court sometimes available.

**Member FREE** Potential Member Day Pass



## BASKETBALL (College Break League)

**Ages 17 & up**

**Monday-Thursday evenings December 11-28**

5-on-5 team league; unlimited roster. HS jrs/srs/college players allowed per league rule. Male and/or female.

**\$70 per team, \$55 if paid in full by first game**

## KARATE - WORLD TANG SOO DO

**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: 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. *Tournament scheduled for Saturday, October 21*

**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 LEAGUE

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

**Thursdays; September 28-December 21**

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.

**\$140 per team, \$125 if paid in full by first game**



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# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



## BLOOD DRIVE

**September 5, October 31 Noon-5:30 pm**

The YMCA will be hosting a Red Cross Blood Donation drive bi-monthly on Tuesdays. More dates scheduled for 2024. Details concerning an upcoming drive will be posted at the YMCA and on website.

## MIDDLE SCHOOL INITIATIVE

See page 6

## SILVER SNEAKERS® /SILVER & FIT®

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+)	\$ 7
Adult (18-59)	\$12
Family (3 or more adults/children from same family)	\$24



## UPCOMING 2024 SEASONAL PROGRAMS & EVENTS

**INDIVIDUAL Basketball Leagues:** Girls 5-6th (1/4-2/17); Boys , Girls 7-8th (2/14-3/28)

**TEAM Basketball Tourneys:** Girls 5-6th (Feb TBA); Boys 7-8th (March TBA)

**Soccer:** Youth-Coed grades K-4th (1/4-2/10); **Futsal Leagues-**Boys & Girls; Middle & High School (1/14-3/10)

**Indoor Floor Hockey:** K-8<sup>th</sup> grade (2/20-3/31)

**Co-Ed Adult Volleyball Leagues:** Ages 17 & up (starts 1/8, 10)

**Golf Lessons:** Ages 12 & up (March TBA)

**Tennis Lessons:** Ages 6-9; 10 & up (May TBA)

### Community Events:

Polar Plunge  
Leprechaun Leap

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

For more information

375-YMCA (9622)

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

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

## 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



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

## YMCA DATES AT A GLANCE

**AUGUST** 27.....Member Registration (Fall 1)  
**SEPTEMBER** 3 ..... Potential member Registration (Fall 1)  
September 4 .....Facilities Closed (Labor Day)  
September 5.....Blood Drive  
September 6.....Youth (Grades 3-6, 7-8) Volleyball begins  
September 11-October 21.....Fall 1 Session  
September 28.....Adult Co-ed Power Volleyball League begins  
**OCTOBER** 2..... Dolphin Swim Team Season begins  
October 2.....5-6<sup>th</sup> grade Boys B-Ball INDIV League begins  
October 8.....Member Registration (Fall 2)  
October 13-14.....5-6th grade Boys B-Ball Tourney  
October 15 .. .....Potential Member Registration (Fall 2)  
October 21.....Fun For ALL Pickleball Tourney  
October 23-December 2.....Fall 2 Session  
October 31 .....Youth (Grades 1-4) grade Basketball begins  
October 31.....Blood Drive  
November 19.....Member Registration (Holiday)  
November 23 .....Facilities Closed (Thanksgiving)  
November 26 .....Potential Member Registration (Holiday)  
**DECEMBER** 4-16..... Holiday Session  
December 11 ..... "College Break" B-Ball League begins  
December 18-Jan 1.....Session Break  
December 17.....Member Registration (Winter 1/2)  
December 26 .....Potential Member Registration (Winter 1/2)  
December 25 .....Facilities Closed (Christmas)  
**JANUARY** 1.....Facilities Closed (New Years)  
January 2.....2024 Winter 1/2 Session begins

For more about programs and up-to-date information

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



## 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)

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.