



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

**THERE'S A  
CHANGE  
IN EVERY  
CHALLENGE**



**Spring/Summer 2022**

**May-September**

**DUBOIS AREA YMCA**

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

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

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





# GENERAL INFORMATION

We are here to help you

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## Hours of Operation

Mon-Thu: 5:30 AM-9:00 PM (Both)  
 Friday: 5:30 AM-9:00 PM (Main)  
 5:30 AM-7:00 PM (Treasure Lake)  
 Saturday: 6:00 AM-3:00 PM (Main)  
 7:00 AM-3:00 PM (Treasure Lake)  
 Sunday: 10:00 AM-2:00 PM (Both)



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

Early closing on Christmas Eve & New Years Eve.

FULL Membership Categories	Monthly Draft	Joining Fee
<b>FAMILY</b> Any 3 adults 18-99 yrs & any children 0-26 yrs living in same household	<b>\$57</b>	<b>\$30</b>
<b>FAMILY SR COUPLE</b> Any 2 adults 60+ living in same household	<b>\$45.50</b>	<b>\$30</b>
<b>ADULT</b> 1 person 27-59 yrs	<b>\$42</b>	<b>\$30</b>
<b>ADULT SENIOR</b> 1 person 60+	<b>\$33.50</b>	<b>\$30</b>
<b>YOUNG ADULT</b> 1 person 18-26 yrs	<b>\$33.50</b>	<b>\$30</b>
<b>COLLEGE STUDENT</b> 1 person 18-59 yrs and full-time college student	<b>\$16</b>	<b>\$25</b>
<b>YOUTH</b> 1 person 0-17 yrs (18 if still in HS)	<b>\$10</b>	<b>\$10</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 Machine & Free Weights
- Swimming pool and Whirlpool
- Cardio Equipment with Personal Viewing Device (Main)
- Indoor Cycling Center (Class use only)
- Gymnasiums (Main)
- Youth Activity Center
- Locker Room Facilities with Sauna & Steam Room
- Racquetball Courts
- Orientation on equipment

\*Some facility/equipment use restrictions dependent upon age/





**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.

### 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.

### 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/**



# HEALTHY LIVING

Improving the nation's health and well-being



## FREE Classes/Programs\* for members

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

*\*Excluded: Karate, Swim Lessons (Group or Private), Tennis or Golf Lessons, Swim Team, and Team-Registered programs*



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

## DISCOUNTED Classes/Programs for members

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

**Potential Member prices listed for each class are per 6-week session** (One-time attendance of class is \$10)

### CLASS & REGISTRATION SCHEDULE AT A GLANCE

Session	Member Reg	Potential Member Reg	First Class	Last Class
Spring 2	Starting 4/24	Starting 5/1	Week of 5/9-14	Week of 6/13-18
Summer 1	Starting 6/5	Starting 6/12	Week of 6/20-25	Week of 7/25-30
Summer 2	Starting 7/17	Starting 7/24	Week of 8/1-6	Week of 9/5-10

## AQUACISE

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

**Instructor: Barb Murray**

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

**M/W/F Member FREE** Potential Member \$140

**T/TH Member FREE** Potential Member \$110

## AQUA ZUMBA®

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

**Instructor: Sandy Wolf Stom**

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

**Member FREE** Potential Member \$110



## SilverSneakers® & Silver and Fit®

**Tuesday & Thursday 8:00-8:45 am; 10:00-10:45 pm**

**Instructor: Miranda Allen**

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. 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**

## 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 \$110



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

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

**For more information**

**375-YMCA (9622)**

**www.duboisymca.org**

**dubymca1@comcast.net**



## 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 \$110

## INDOOR CYCLING/SPINNING

**Various Days/Times**

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

**KEISER GROUP CYCLING** – Group cycling at a whole new level 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 is posted or on website.

**Member FREE** Potential Member \$100 (12 classes)

## 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 \$65



## STRENGTH TRAINING & FUNCTIONAL FITNESS

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

**Instructor: Dawn Shields**

These classes aim at building the best structural foundation for your body to prevent pain and push you to your pinnacle; both inside and outside these walls. Each class is a varied combination of functional movements performed at relatively high intensity, amplifying your physical and mental acuity so you can own the trail or the boardroom. ST & FF encompasses everyday movements, focusing on speed, agility, range of motion, core strength and flexibility. It will vary so that you never sweat through the same workout from month-to-month.

**Member FREE** Potential Member \$140

## 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 \$65

## 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 \$110



**Online Registration Available**

Click on Programs tab on our website

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



## MEN'S & WOMEN'S ADULT BASKETBALL LEAGUES

### Ages 17 & up

Monday evenings May 23-July 25

Separate leagues for each gender if enough interest. If not, co-ed rosters are allowed. 5x5 format on outside courts, unlimited roster. Games played on City Parks outside courts between 6 & 9 pm on Monday evenings starting May 23. If interested in placing a team or playing as an individual contact Zac Wilcox at 375-9622 by May 16.

**\$100 per team**, \$75 if paid in full at first game played

## PICKLEBALL

### Ages 14 & up

Monday-Friday 8:00-10:30 am

Monday & Wednesday 6:30-8:30 pm

Saturday 9:00 am-Noon

Coordinators: Jackie Green, Dan Quinn (Weekday am)

Eric Coffey (Weekday pm & Sat am)

A court sport that combines the elements of ping-pong, tennis and badminton. This is open doubles play in the auxiliary or main gym. No reservation required, but playing guidelines available at the courts. Equipment is available or bring your own. **Schedule may change dependent upon seasonal programming each session.**

Member Free Potential Member Daily Day Pass

## RACQUETBALL

### Ages 12 & up

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

Member FREE Potential Member Daily Day Pass

## PERSONAL TRAINING

### Ages 18 & up

Various times/days

The Y offers personal training with instructor David M. Curulla, CPT,CES-WLS-FNS-CNC. Day, times and prices vary according to the customer's needs. Contact Paula at 375-9622 to set up your first orientation and fee structure.



## ADULT BASKETBALL

### Ages 16 & up

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

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

Member FREE Potential Member Daily Day Pass

## SWIM LESSONS

Saturdays

Instructor: Denise Dennison

There will be **NO** Saturday AM group or Tuesday/Thursday private lessons offered during the Spring 2, Summer 1 or Summer 2 sessions. Group lessons resume Fall 1 session, September 17.

Registration begins for members (Aug 28); potential members (Sept 4)



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

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# YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



## INFANT, TODDLER & PRESCHOOL

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

### LOCATION

Infant, Toddler and Preschool Child Development is provided Monday through Friday at the YMCA on Parkway Drive.

### REGISTRATION

Enrollment is arranged thru the Child Development Director. All participants must be pre-registered.

### HOURS

Monday thru Friday; 6:30 am – 5:30 pm

### LICENSE

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

### FINANCIAL ASSISTANCE

Participate in the DPW Subsidized Child Care Programs.



## BEFORE & AFTER SCHOOL

We offer quality alternatives for the working parent with before and after School Programs. The children will have time to relax, play and get started on their homework.

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

## CAMP SUMMER OF FUN

**May 31 – August 19**

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

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



## SANDY TWP/YMCA PLAYGROUND PROGRAM

**May 31 – July 29**

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

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

Brochure and daily schedule available at [www.duboisymca.org](http://www.duboisymca.org) starting May 27.

Click "Current News" on the Home Page

Questions? Contact Zac Wilcox, Program Director

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# YOUTH DEVELOPMENT

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## WIFFLE BALL

**BOYS & GIRLS Ages 5-10**

**June 14-July 16**

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

**Registration:** May 17-June 15

**Practice:** Tuesday 6:00-7:00 pm

**Location/Game:** City Park Football Field, Saturday 10-11 am

**Family Member Free**

**Youth Member \$20**

Potential Member \$40

## TENNIS LESSONS

**BOYS & GIRLS 10 yrs & up**

**May 3-June 28**



9-week group lessons at beginners and intermediate levels. Rain alternative: use YMCA racquetball courts/aux gym indoors at same times. Second set of lessons offered July 5-August 30 if enough interest.

**Instructor:** Pat Mowrey

**Day:** Tuesday

**Levels:** Beginners 6:00-7:00 pm, Intermediates 7:00-8:00 pm

**Location:** City Park Tennis Courts

**Family/Youth Member \$65** Potential Member \$115

**BOYS & GIRLS 5-10 yrs**

**May 4-25, June 8-29 (tentative)**

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

**Instructor:** Lori Sabatose

**Day:** Wednesday; 5:00-6:00 pm

**Location:** City Park Tennis Courts

**Family/Youth Member \$28** Potential Member \$50



### Online Registration Available

Click on Programs tab on our website

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## BASKETBALL LEAGUES

**BOYS & GIRLS (entering 7-12<sup>th</sup> grade)**

For school teams arranged through MS/JV/HS coaches  
Varsity: 9-12th Freshmen: 9th Middle School: 7-8th

### Leagues June 6-July 28

HS Boys: Monday or Wednesday evenings

HS Girls: Tuesday, Thursday evenings

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

**\$330 HS Varsity; \$285 HS Freshmen; \$200 JH/MS**

Send in a \$25 deposit per team by May 23 to secure a spot

Pay in full by May 23 and save \$20 per team

## DOLPHIN SWIM TEAM

**Coach: Gabi Wayne**

**BOYS & GIRLS Ages 5-18**

**Weekdays and Saturday**

Similar to our winter program, this is a competitive swimming program for boys and girls, ages 5 (completed kindergarten) through 18 during the summer. Unlike our long-season winter program which follows league rule for participation, this program has a shorter season and schedule and allows children which are not YMCA members to participate. Age-graded practices will be weekdays **starting June 6** and vary in length from 1-2 hours depending upon the age group. Swim meets are usually on Saturdays, occasionally a weekday.

### Organizational/Informational Meeting: TBA (mid-May)

Both new and returning swimmers, and their parents, should attend this meeting for information about practice times and meet schedule. Registrations will be available.

**Member \$80**

Potential Member \$105

## KARATE - WORLD TANG SOO DO

**Thursday 6:00-7:30 pm**

**Instructor: Rick Panebianco**, Oh Dan/5<sup>th</sup> degree Master

**Asst: Doug Walk**, Sam Dan/4<sup>th</sup> degree Black Belt

This program, operated by the Tri County Karate Academy, is open to youth, ages 8-18, and adults all year round, so you can join in any time! If needed due to enrollment, the class may operate simultaneously in separate groups to facilitate the instruction.

**Family/Youth Member \$25** Potential Member \$45

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/

For more information

375-YMCA (9622)

www.duboisymca.org

dubymca1@comcast.net





# SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



## YOUTH ACTIVITY CENTER

For children 7-17 years old

**HOURS:** MON-FRI 3:00-5:30 pm

Meet your friends after school or come in to do some homework. Food and drinks are allowed. Various recreational games available

NOTE: Due to on-going COVID-related spacing requirements, our Child Development program is currently using one side of the YAC for its before and afterschool programs. Middle-schoolers and above will utilize the other side.

## 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 2022-23 school year will be available August 31**

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



## DAILY DAY PASS

Every Day

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

- Youth, College Student & Senior Adult (60+) \$6
- Adult (18-59) \$10
- Family (3 or more adults/children from same family) \$20

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

## 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 \$65** Potential Member \$85  
Extra Lifeguard (group of 50+) \$25

### ROOM

**Member \$25** Potential Member \$30

## OVERNIGHTERS

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

**Member \$400** Potential Member \$550

## COMMUNITY EVENTS

### Blood Drive

Tue, May 17, July 12, Sept 6 1-6:30 pm YMCA

### Community Days Pickleball Tourney

Saturday, June 11 City Park

### Family Golf Classic

Friday, July 8 DuBois Country Club

### YMCA Benefit Dice Ride

Saturday, July 23 DuBois & Surrounding Area

### Tour de Varacallo Bicycle Race

TBA DuBois & Surrounding Area

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



For more information

375-YMCA (9622)

www.duboisymca.org

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)



FOR YOUTH DEVELOPMENT®  
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## 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)

## 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.