

MEMBERSHIP RATES

Effective January 1, 2019

Type of Membership	Monthly (Bank Draft)	Quarterly Payments	Yearly Rate	Joiner's Fee
Youth Ages 0-12	\$11.65	\$34.95	\$139.80	\$15.00
Student Ages 13— High School or College	\$17.17	\$51.51	\$206.04	\$15.00
Young Adult Ages 18-25	\$21.40	\$64.20	\$256.80	\$20.00
Adult Ages 26-61	\$28.53	\$85.59	\$342.36	\$20.00
Family	\$49.13	\$147.39	\$589.56	\$25.00
Single Parent Family	\$41.31	\$123.93	\$495.72	\$20.00
Senior	\$17.80	\$53.40	\$213.60	\$20.00
Senior Couple	\$31.33	\$93.99	\$375.96	\$20.00

Cash, Personal Check, VISA, MasterCard & American Express are accepted. Joiner's Fee is paid with your initial payment.

***All Bank Draft Non-Sufficient Funds or Closed Accounts will be charged a \$15.00 fee**

GUEST FEES POLICY

The Titusville YMCA is an annual membership organization. Guests are permitted to visit & participate in our services for a fee. **Guests are allowed a maximum of 3 (three) visits** after which membership would be required in our organization.

General Use Guest Fee
Age 8 & up: \$3.00/day
Wellness Center Guest Fee
Age 13 & up: \$6.00/day



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

**BE ACTIVE
BE INVOLVED
BELONG
SPRING 2019
TITUSVILLE YMCA**



SPRING HOURS OF OPERATION

Wellness Center

M-F 5:00 AM—9:00 PM

SA 7:00 AM—3:00 PM

505 West Walnut Street, Titusville, PA
814-827-3931

Education Center

M-F 8:00 AM—6:00 PM

528 West Main Street, Titusville, PA
814-775-0357

CONTACT US

E-mail: info@titusvilleymca.org

Website: www.titusvilleymca.org



YMCA EDUCATION CENTER

The Titusville YMCA Education Center is licensed by the Pennsylvania Department of Human Services and is designated as a Keystone Stars 3 Facility.

*All staff participate in ongoing professional development, mandated reporter training, have all clearances and are certified in First Aid & CPR.

AFTER SCHOOL ENRICHMENT

The Titusville YMCA After School Enrichment program is funded through a grant from the Pennsylvania Department of Education.



- Open to youth entering grades K-5 in September 2019 in the Titusville Area School District
- Monday-Friday 3:00 PM-6:00 PM each day that school is in session.
- Transportation is available to and from the program
- Homework help, academic, social, cultural, STEAM & physical fitness activities
- Hot supper provided through CACFP

TINY FOOTSTEPS (PRE-K / 3-5 YEARS)

"Taking small steps towards big futures"

- Fee based Pre-School readiness program for children ages 3-5 (CCIS accepted)
- Monday-Friday 8:00 AM-6:00 PM
- Children receive breakfast, lunch, & midafternoon snack each day
- Older children in the K4 program at the ECLC can be transported to the YMCA Education Center for lunch and afternoon activities.

FOOD PROGRAM (CACFP)

- Hot supper served Monday through Friday each day that school is in session
- Served from 3:00-4:00 PM
- Free of charge to all youth in the community through age 18.

Our Mission

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

The Titusville YMCA is committed to the policy that all persons shall have access to its programs, facilities and employment without discrimination based upon race, religion, color, creed, sex, national origin, age, physical or mental disability or financial hardship.

The Titusville YMCA is a registered 501(c)3 non-profit charitable organization. A copy of the official registration and financial information may be obtained by calling the Pennsylvania Dept. of State at 1-800-723-0999.

A United Way Agency



EVENTS & WELLNESS PROGRAMS

Wellness Center Jeopardy

April 15-May 25

Good Friday Breakfast

Friday April 19 at 7:30 AM

Join us for breakfast, music, and fellowship

Healthy Kids Day

Saturday, April 27 from 9:00-11:30 AM

Get excited for summer-fun for the entire family

Maintain Don't Gain

Prize drawing

May 17 at 12 PM

*More info available at the Wellness Center

AMERICAN RED CROSS

Blood Drive

May 3 from 2:00-6:00 PM

Walk-ins welcome or register at www.redcross.org

DINING CARDS

Dining Cards are still available! Enjoy over 50 deals at local restaurants! Cards are available at the YMCA & Titusville Area Chamber of Commerce.

CAPITAL CAMPAIGN

THE FINISHING TOUCH, YOU!

By supporting the Wellness Center Expansion Project, you can help the Titusville YMCA increase its capacity to offer programs and services for the entire community with expanded facilities. To find out more about the Wellness Center Expansion please visit us on our website at www.titusvilleymca.org and click on the "Capital Expansion" tab.

Gifts can be made:

Online: www.titusvilleymca.org

Click the "Ways to Give" link and give securely through PayPal or major credit cards.

By mail:

Titusville YMCA
505 West Walnut Street
Titusville, PA 16354



GROUP EXERCISE CLASSES

Members and non-members are welcome to attend. Punch cards can be used for any class, excluding Cycling & Zumba which all have their own punch card or associated fee.

TRY EACH CLASS ONCE FOR FREE!

AQUATIC CONDITIONING

T/TH 6:30-7:15 PM with Jena starting April 9

BODY SCULPTING

M/W/F 9:15-10:15 AM with Karen

CARDIO COMBO

M/W/F 8:15-9:00 AM with Jacquelyn/Mikaela

CARDIO PUMP

T 6:00-6:45 PM with Mikaela

FITNESS FUSION

TH 5:05-6:05 PM with Debi

FIT 'N 30

M/F 12:15-12:45 PM with Mikaela

HIIT (High Intensity Interval Training)

M 4:45-5:15 PM with Tiffany

M 5:20-5:50 PM with Tiffany

PILATES

M 6:00-6:45 PM with Debi/Regina

TH 4:30-5:00 with Debi

POUND

W 6:00-7:00 PM with Brittanie

TABATA

W 4:45-5:15 PM with Tiffany

W 5:20-5:50 PM with Tiffany

WALK CLUB

M/W 4:30-5:15 with Patti



GROUP EXERCISE PUNCH CARD PRICE LIST

# of Classes	Member	Non-member	Senior (member only)
10	\$ 12.00	\$ 27.50	\$ 9.00
25	\$ 30.00	\$ 68.75	\$ 22.50
50	\$ 60.00	\$ 137.50	\$ 45.00

WILLIAM J. FLEMING WELLNESS CENTER

Our Wellness Center features something for everyone!

Come work out on your own, or have one of our staff members help you set up a fitness program that is suited for your lifestyle.

***Must be at least 13 years old to use the Wellness Center.**

CYCLING CLASSES

CYCLE EXPRESS

T 4:30-5:00 PM with Heather

T 5:15-5:45 PM with Debi

W 12:15-12:45 PM with Mikaela

F 4:30-5:00 PM with Heather/Deb

CYCLE 'N CORE

T 8:30-9:30 AM with Jacquelyn

GROUP CYCLE

T/F 6:00-7:00 AM with Emily

PUMP 'N RIDE

TH 8:30-9:30 AM with Jacquelyn

S 8:00-8:50 AM rotating instructors

CYCLING MINUTES PUNCH CARD PRICE LIST

Number of Minutes	Member	Non-member	Senior (Member Only)
300	\$ 12.50	\$ 25.00	\$ 10.00
600	\$ 25.00	\$ 50.00	\$ 20.00
1,500	\$ 62.50	\$ 125.00	\$ 50.00

SILVER SNEAKERS

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand weights, elastic tubing with handles and a ball are offered for resistance; a chair is used for seated and/or standing support.



Monday & Thursday 9:15-10:00 AM
with Holly/Mikaela/Kim/Jacquelyn

BALANCE & FALL PREVENTION

Tuesday 9:15-10:00 AM with Heidi/Marcus



ZUMBA

Sundays 6:30-7:30 PM at the ECLC with BJ
Wednesdays 5:15-6:15 PM at the ECLC with BJ
\$15/5 classes or \$25/10 classes

***Zumba Punch Card expires 6 months from date of purchase**

HOME SCHOOL GYM

Fridays 1:00-2:00 PM
Follows TASD Schedule
Last Day—May 31

YOUTH PROGRAMS

FUNCTIONAL FITNESS

Mondays, April 1-June 3

Grades 5-12

3:30-4:15 PM

*Free for members / \$20.00 for non-members

YOUTH WEIGHT TRAINING

Tuesdays & Thursdays, April 2-June 6

Grades 5-12

3:30-4:15 PM

*Free for members / \$40.00 for non-members

OUTDOOR CLUB

Wednesdays, April 3-June 5

Grades 1-6

3:30-4:15 PM

Meet at the YMCA Wellness Center

*Free for members / \$20.00 for non-members

AFTER SCHOOL CLUB

Fridays, April 5-June 7

Grades 1-6

3:30-4:15 PM

*Free for members / \$20.00 for non-members

SWIM LESSONS

April Lessons

Registration now open

May Lessons-Registration Opens :

Members—April 10

Non-Members—April 22

Ages 6 months-3 years

M/W 6:00-6:30 PM

Ages 4-6

M/W 5:30-6:00 PM

T/TH 5:00-5:30 PM

Ages 7-12 Beginner

M/W 5:00-5:30 PM

T/TH 5:30-6:00 PM

Ages 7-12 Intermediate/Advanced

T/TH 6:00-6:30 PM

TAE KWON DO

Saturdays 9:00-10:30 AM with Mike Wonderling

6 week sessions start:

April 13 and June 1

Ages 6 and up

*Families and individuals are welcome to participate!

TODDLER & PRE-SCHOOL ACTIVITIES

OPEN PLAY

Mondays, April 1—June 3

2-2:45 PM for Ages 0-5

Gymnastics and Swim Lessons are also offered

GYMNASTICS

Tiny Tumblers for ages 3-5:
4:15-5:00 PM Thursdays
Rec. Gymnastics for ages 6 & up:
4:30-5:30 PM Tuesdays

Pre-Team:

6:30-8:45 PM Mondays

Team:

Mondays, Tuesdays & Thursdays
(times vary by level)

OPEN GYM HOURS

***Times vary due to programming**

Monday 12:00-6:30 PM

Tuesday 10:15 AM-4:00 PM

Wednesday 12:00-9:00 PM

Thursday 12:00-4:00 PM

Friday 9:00 AM-1:00 PM, 2:00 PM-9:00 PM

Saturday 7:00 AM-3:00 PM

ADULT SPORTS

PICKLEBALL

April 1-June 6

Mondays & Thursdays 10:15 AM-12:00 PM

Wednesdays 9:15 AM-12:00 PM

BADMINTON

October 1-May 23

Mondays 6:30-8:30 PM at ECLC

Thursdays 6:30-8:30 PM at Pleasantville Elementary

UPCOMING SPECIAL EVENTS

Save the date for these summer events!

Indoor/Outdoor Triathlon

Saturday, June 22

1st wave begins at 8 AM

Road, Path, & Trail Run + Kids Fun Run

Friday, July 19 race begins at 6:00 PM

Youth Golf Tournament

Saturday, August 3 tee time 10 AM