

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**
WINTER 2019
TITUSVILLE YMCA



WINTER HOURS OF OPERATION

Wellness Center

M-F 5:00 AM—9:00 PM

SA 7:00 AM—3:00 PM

SU 1:00-5:00 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@titusvilleyymca.org

Website: www.titusvilleyymca.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 2018 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

Lose2Win Weight Loss Challenge

January 2 - March 13

Build a Snowman Wellness Challenge

Jan 14 - February 24

Chinese Auction - Workout to Win

March 4 - March 31

Maintain Don't Gain

March 18 - May 13

*More info available at the Wellness Center

AMERICAN RED CROSS

Certification Classes

Adult & Pediatric First Aid/CPR/AED
Saturday, March 9 from 1:00-2:00 PM

Blood Drives

January 4 from 2:00-6:00 PM
March 8 from 2:00-6:00 PM

DINING CARDS

Dining Cards with over 50 deals at local restaurant are available at the YMCA & Titusville 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.titusvilleyymca.org and click on the "Capital Expansion" tab.

Gifts can be made:

Online: www.titusvilleyymca.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!

BODY SCULPTING

M/W/F 9:15-10:15 AM with Karen
TH 6:15-7:00 PM with Katey

CARDIO COMBO

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

CARDIO PUMP

T 6:00-6:45 PM with Mikaela

CARDIO SCULPT

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 Jacquelyn/Debi

POUND

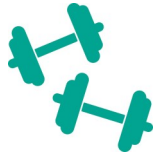
W 6:00-7:00 PM with Brittanie

STEP 'N SCULPT

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

TABATA

W 4:45-5:45 PM with Tiffany



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 |

CAFÉ

Grab a quick, healthy snack at our Healthy Living Café! We offer a variety of smoothies, coffee, and seasonal meals and snacks.

CYCLING CLASSES

CYCLE EXPRESS

T 4:30-5:00 PM with Heather
T 5:15-5:45 PM with Debi
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

TAE KWON DO

Saturdays 9:00-10:30 AM with Mike Wonderling
6 week sessions start:
January 4 & February 23
Ages 6 and up

*Families and individuals are welcome to participate!

YOUTH PROGRAMS

GYM GAMES

Fridays, January 4-March 29
Grades 3-8 from 6:00-8:00 PM
*Free for Members / \$3.00 for non-members

OUTDOOR CLUB

Tuesdays, January 8-March 26
Burgess Park Field
Grades 3-8 from 3:30-4:15 PM

YOUTH WEIGHT TRAINING

January 3-March 28
Tuesdays & Thursdays 3:30-4:15 PM
Grades 5-12
*Free for members / \$3.00 for non-members

SPEED AND AGILITY TRAINING

January 21-February 27
Mondays & Wednesdays 3:30-4:15 PM
Grades 5-12

Get ready for your spring sport season with speed and agility training focused on drills and techniques to make you run faster and maneuver quickly and safely.

JR. NBA BASKETBALL

January 9-March 2
Grades 1-2
Saturdays 9:00-10:00 AM
Grades 3-4
Friday 4:30-5:30 PM
Saturdays 10:15-11:15 AM
Grades 5-6
Wednesdays 5:20-6:20 PM
Saturdays 11:30 AM-12:30 PM

SOCCER

Saturdays, March 9-April 13
Grades 1-2 9:15-10:15 AM
Grades 3-6 10:30-11:30 AM

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.

TODDLER & PRE-SCHOOL ACTIVITIES

OPEN PLAY

Mondays, January 7-March 25
2-2:45 PM for Ages 0-5

GYM GAMES

Mondays, January 7-February 11
5:30-6:00 PM for Ages 3-5

SOCCER

Mondays, February 25-April 1
5:30-6:00 PM for Ages 3-5

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 12:00-5:30 PM
Tuesday 10:15 AM-4:00 PM
Wednesday 12:00-5:15 PM
Thursday 12:00-4:00 PM
Friday 9:00 AM-4:30 PM, 8:00-9:00 PM
Saturday 7:00 AM-3:00 PM
Sunday 1:00-5:00 PM

HOME SCHOOL GYM

Fridays 1:00-2:00 PM
Follows TASD Schedule

ADULT SPORTS

PICKLEBALL

January 2-March 28
Mondays & Thursdays 10:15 AM-12:00 PM
Wednesdays 9:15 AM-12:00 PM

SOCCER

November 7-March 27
Wednesdays 6:30-8:30 PM

BADMINTON

October 1-May 23
Mondays 6:30-8:30 PM at ECLC
Thursdays 6:30-8:30 PM at Pleasantville Elementary