

MEMBERSHIP RATES

Effective January 1, 2020
Joiner's Fees Waived at this time

Type of Membership	Monthly (Bank Draft)	Quarterly Payments	Yearly Rate	Joiner's Fee
Youth Ages 0-12	\$12.00	\$36.00	144.00	—
Student Ages 13— High School or College	\$17.69	\$53.07	\$212.28	—
Young Adult Ages 18-25	\$22.04	\$66.12	\$264.48	\$20.00
Adult Ages 26-61	\$29.39	\$88.17	\$352.68	\$30.00
Family	\$50.60	\$151.80	\$607.20	\$50.00
Single Parent Family	\$42.55	\$127.65	\$510.60	\$40.00
Senior	\$18.33	\$54.99	\$219.96	\$20.00
Senior Couple	\$32.27	\$96.81	\$387.24	\$35.00

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 invited to participate in our programs and services. **Guests not permitted at this time!**

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

the  **July/August 2020**
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

the  **TITUSVILLE YMCA All-Star 2020**

AUCTION

Watch the auction LIVE on
YouTube or the Y's Facebook
Page starting at 8 am
Saturday, July 25

and place your bids by calling 814-827-3931 or 814-775-0357 when you see something you want! There are over \$10,500 worth of items up for grabs!
Let's raise some \$ for the YMCA and support our local businesses!

TITUSVILLE YMCA

WELLNESS CENTER

M-F 6:00 AM—7:00 PM

S 8:00 AM—12:00 PM

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

EDUCATION CENTER

M-F 8:00 AM—5:00 PM

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

E-mail: info@titusvilleymca.org

Website:



YMCA EDUCATION CENTER

Titusville YMCA Education Center staff participate in ongoing professional development, mandated reporter training, have all clearances and are certified in First-Aid & CPR.

SUMMER ENRICHMENT PROGRAM

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

NOW INCLUDING 6TH GRADE!

- Open to youth entering grades K-6 in September 2020 in the Titusville Area School District
- Monday-Friday from June 15-August 21 from 8:00 AM-5:00 PM
- Transportation is available to and from the program
- Academic, social, cultural, STEAM & physical fitness activities
- Breakfast, lunch, & a snack served through the SFSP

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

"Taking small steps toward big futures"

- Licensed by Pennsylvania Department of Human Services and is designated as a Keystone Stars 3 Facility.
- Fee based Pre-School readiness program for children ages 3-5 (CCIS accepted)
- Monday-Friday 8:00 AM-5:00 PM
- Children receive breakfast, lunch, & midafternoon snack each day



FOOD PROGRAM (SFSP)

- June 17-August 21
- Breakfast served 8:00 AM-9:00 AM
- Lunch served 11:30 AM-12:30 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

Community Blood Bank Blood Drive
August 27 at the YMCA
Hours 12:00-5:00 PM

TITUSVILLE YMCA
1ST EVER
ALL-STAR AUCTION
Live auction event!
Saturday, July 25

At the Titusville YMCA!
You don't want to miss it!

YMCA DINING CARDS

Dining Cards Valid Until 9-15-20
Deals to 24 local restaurants. Purchase at YMCA or Titusville Market Square for \$25

YMCA'S DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program, part of the CDC-led National Diabetes Prevention Program, offered through Titusville YMCA is a yearlong program consisting of 25 sessions. A trained Lifestyle Coach helps participants learn strategies for healthy eating, physical activity and other lifestyle changes.

If you think you may qualify, and are interested in this program, please contact:

Jacquelyn Slater
814-827-3931

jslater@worldconnx.net

GROUP EXERCISE CLASSES

Group exercise classes are open to members only for the initial phase of our reopening. Reservations are encouraged and can be made 24 hours in advance by calling the Y or signing up at the front desk. All classes are in the gym.

BODY SCULPTING

M/W 10:15-11:15 AM with Karen

CARDIO CIRCUIT

W 8:15-9:00 AM with Mariah

FITNESS FUSION

T 6:00-6:45 PM with Debi

HIIT

M 5:00-6:00 PM with Debi

TH 4:30-5:00 PM with Mikaela/Jacquelyn

MIND, BODY, KICKBOX

M 8:15-9:00 AM with Mariah

PILATES

T 5:15-5:45 PM with Debi

Outside on lawn—bring your own mat/towel

WALK CLUB *Free and open to all*

M/W 4:15-5:20 PM with Patti

Meet at the YMCA unless otherwise announced

Please continue to wipe down equipment and any shared surfaces with the supplied disinfectant and towel.

Thank you for your cooperation!

#staywithus

GROUP EXERCISE PUNCH CARD PRICE LIST

# of Classes	Member	Non-member	Senior (member only)
10	\$ 13.50	-\$ 30.00	\$ 10.00
25	\$ 33.75	-\$ 75.00	\$ 25.00
50	\$ 67.50	-\$ 150.00	\$ 50.00

CYCLING CLASSES

CYCLE LIGHT

M 6:15-6:45 PM with Shannon
F 5:00-5:30 PM with Shannon/Deb

CYCLE EXPRESS

T 4:30-5:00 PM with Heather/Deb
W 12:15-12:45 PM with Mikaela
TH 5:15-5:45 PM with Debi
F 12:15-12:45 PM with Mikaela

GROUP CYCLE

T/F 6:10-7:10 AM with Emily

CYCLE 'N CORE

T 8:30-9:30 AM with Jacquelyn

PUMP 'N RIDE

TH 8:30-9:30 AM with Jacquelyn
SAT 8:15-9:15 AM Instructors vary



CYCLING MINUTES PUNCH CARD PRICE LIST

Number of Minutes	Member	Non-member	Senior (Member Only)
300	\$ 13.75	-\$ 32.50	\$ 11.25
600	\$ 27.50	-\$ 65.00	\$ 22.50
1,500	\$ 68.75	-\$ 162.50	\$ 56.25

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.



SILVERSNEAKERS CLASSIC

Monday 9:15-10:00 AM with Jacquelyn/Holly

SILVERSNEAKERS ENERCHI

Tuesday 10:30-11:00 AM with Holly
Low impact movements practiced in a slow, flowing sequence to progress strength, balance and focus.

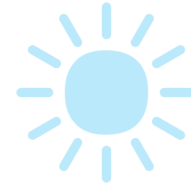
BALANCE & FALL PREVENTION

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

SILVERSNEAKERS BOOM™ MOVE

Friday 9:15-9:45 PM with Mikaela
Fun, dance inspired workout improves cardio fitness with easy to follow moves to energizing music.

*Event dependent upon restrictions—
cross your fingers and toes!



***KIDS NIGHT OUT
BACK-TO-SCHOOL
SUMMER BLOWOUT**

**DATE-TO BE
ANNOUNCED!**

YMCA GYMNASTICS TEAM

Titusville YMCA Twisters Team:
CONDITIONING ONLY
Wednesdays 5:15-6:45

WILLIAM J. FLEMING WELLNESS CENTER

Our Wellness Center features 16 weight resistance machines, various cardio equipment, a free weight room, and an assortment of other fitness equipment.

All equipment is spaced at least 6' apart and capacity limits are enforced to prevent against the spread of viruses.

It is recommended members use the provided cleaner/towel to disinfect all equipment before and after use.

Work out on your own, or meet with our Wellness Center Staff to set up a personalized fitness program.

*Must be at least 13 years old to use the Wellness Center. Youth under 15 need to be supervised by an adult.

PRE-SCHOOL & TODDLER

Check Back Later!
...the kids play!
...5:00-6:15 PM
...days 5:00-5:45 PM
Ages 18mo-5years

YOUTH PROGRAMS

ADVENTURE CLUB



Tuesdays & Thursdays
Grades 2-8
12:30-2 PM
July 7-30 \$16/32
August 4-20 \$12/24
Meeting at Drake Well
(Jersey Bridge) parking lot

OUTDOOR GAMES

Wednesdays/Fridays
Grades 1-5
1-2PM
July 8-31 \$15/30



Thank you for coming back! We also understand if you're not ready. For membership options call Holly at 814-827-3931 or email hsprong@worldconnx.net

HIGH SCHOOL & ADULT SPORTS

Monday ...
...PM
...PM

Check Back Later!

TAE KWON DO

Saturdays 9:15-10:00 AM
*Families are welcome to participate!

Check Back Later!