

## MEMBERSHIP RATES

Effective January 1, 2020

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	\$66.13	\$264.52	\$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 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

# HAPPIER HEALTHIER STRONGER

## WINTER 2020 Member Brochure



## TITUSVILLE YMCA

### WELLNESS CENTER

M-F 5:00 AM—9:00 PM  
S 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

E-mail: [info@titusvilleymca.org](mailto:info@titusvilleymca.org)  
Website: [www.titusvilleymca.org](http://www.titusvilleymca.org)



## 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.

### AFTER SCHOOL ENRICHMENT

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 2019 in the Titusville Area School District
- Monday-Friday each day that school is in session from 8:00 AM-6:00 PM
- Transportation is available to and from the program
- Academic, social, cultural, STEAM & physical fitness activities
- Hot supper provided through CACFP

### 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-6:00 PM
- Children receive breakfast, lunch, & midafternoon snack each day



### FOOD PROGRAM (CACFP)

- Hot supper served 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 11

**Lose2Win Awards Ceremony**  
Wednesday, March 18

**Community Blood Bank Blood Drive**  
February 5 / April 14 at the YMCA  
Bloodmobile Hours 1:30-5:30 PM

**Marathon Mountain Wellness Challenge**  
January 6-February 29

**Active Minutes Wellness Challenge**  
February 3-February 29

**Deal or No Deal Wellness Challenge**  
March 9-April

**Maintain Don't Gain**  
March 16-May 11

## \*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  
[j Slater@worldconnx.net](mailto:j Slater@worldconnx.net)

An estimated  
**1 in 3  
ADULTS**  
in the United States has  
prediabetes, yet only 7%  
know they have it.

ARE YOU AT RISK?



## GROUP EXERCISE CLASSES

Members and non-members are welcome to attend. Punch cards can be used for any class, excluding Cycling & Zumba which have their own punch card or associated fee. Classes can be modified for any fitness level. Try each class once for free!

### AQUATIC CONDITIONING

W 6:00-6:45 PM with Jena

### CIRCUIT TRAINING

M 4:20-4:50 PM with Jacquelyn/Patti

F 12:15-12:45 PM with Mikaela

### BODY SCULPTING

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

### BOOT CAMP

TH 5:45-6:30 PM with Katey

### CARDIO BALL

W 8:15-9:00 AM with Jacquelyn (class in gym)

### FITNESS FUSION

T 5:15-6:15 PM with Debi

### HIIT

M 5:00-6:00 PM with Debi

W 6:00-7:00 PM with Tiffany

F 4:20-4:50 PM with Mikaela

### MIND, BODY, KICKBOX

F 8:15-9:00 AM with Mariah (class in gym)

### PILATES

TH 4:25-4:55 PM with Debi/Jacquelyn

### POUND

F 5:45-6:30 PM with Brittanie

### STEP N' SCULPT

M 8:15-9:00 AM with Mariah

W 4:30-5:15 PM with Mikaela



### 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

## 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

## CYCLING CLASSES

### BEGINNER CYCLE

M 6:15-6:45 PM with Shannon

### CYCLE EXPRESS

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

W 12:15-12:45 PM with Mikaela

TH 5:05-5:35 PM with Debi

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

### 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

SAT 8:00-9:00 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/Thursday 9:15-10:00 AM

with Jacquelyn/Kim/Holly



### BALANCE & FALL PREVENTION

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

### \*\*SILVERSNEAKERS BOOM™ MOVE

Wednesday 1:15-1:45 PM with Mikaela

Fun, dance inspired workout improves cardio fitness with easy to follow moves to energizing music.

## 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.

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.

## HIGH SCHOOL & ADULT SPORTS

### SOCCER

Wednesdays 6:45-8:45 PM

January 8-March 25

Free for members/\$20 non-members

### TOURNAMENT NIGHTS

Basketball—Friday, Jan 10 6:15-8:30PM

Dodgeball—Friday, Feb 7 6:15-8:30PM

Mat Ball—Friday, Mar 6 6:15-8:30PM

Free for members/\$5 non-members

### PICKLEBALL

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

Wednesdays 9:15 AM-12:00 PM

Free for members/\$15 monthly non-members

## KIDS NIGHT OUT AT THE Y!

Games! Movies! Pizza!

Open to all youth ages 4-10 from 6:15-8:30 PM

FRIDAY, JANUARY 17

FRIDAY, FEBRUARY 14

FRIDAY, MARCH 13

## FREE FAMILY FRIDAYS

Give yourself and the kids a night out!

Activities supervised by YMCA Staff & Volunteers

\$5/members \$10/non-members

Free Open Gym for the entire community!

Play as a family at the Y from 6:15-8:30 PM

January 31/February 28/March 27

## YMCA 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

Titusville YMCA Twisters Team:

Mondays, Tuesdays & Thursdays (times vary by level)

## YMCA AQUATICS

Swim Lessons available April/May/June  
Sign-ups begin March for April sessions  
Lessons at Titusville High School Pool  
TYST Sign-ups September 2020

## PRE-SCHOOL & TODDLER

### PRE-SCHOOL KICK, CATCH, & THROW

Mondays 5:30-6:00 PM / Ages 3-K5

January 6-February 10

### PRE-SCHOOL SOCCER (t-shirts)

Mondays 5:30-6:00 PM / Ages 3-K5

February 17-March 23

### CHILD PLAYTIME

Supervised by Y Staff! Workout while the kids play!

Wednesdays 5:30-6:15 PM

Fridays 5:00-5:45 PM

March 4-27 / Ages 18mo-5years

## YOUTH PROGRAMS

### JR. NBA BASKETBALL (includes t-shirt)

January 8-March 25

Grades 1-2

Saturdays 9:15-10:15 AM only

Grades 3-4

Fridays 5:00-6:00 PM/Saturdays 10:30-11:30 AM

Grades 5-6

Wednesdays 5:30-6:30 PM

Saturdays 11:45 AM-12:45 PM

### GYM GAMES

Wednesdays

Grades 1-5 3:30-4:15 PM

January 8-29/February 5-26/March 4-25

### SOCCER (includes t-shirt)

Saturdays, March 7-April 1

Grades 1-2 9:30-10:30 AM

Grades 3-6 10:45-11:45 AM

### YOUTH WEIGHT TRAINING

Tuesdays & Thursdays

Grades 5-12 3:30-3:55 PM

Grades 3-4 3:55-4:20 PM

January 7-30/February 4-27/March 3-31

### HOME SCHOOL GYM

Fridays 1:00-2:00 PM

Follows TASD Schedule

### YOUTH TOURNAMENT NIGHTS

Basketball-Friday, January 24 6:15-8:30 PM

Dodgeball-Friday, February 21 6:15-8:30 PM

Mat Ball-Friday, March 20 6:15-8:30 PM

## TAE KWON DO

Saturdays 9:15-10:45 AM with Mike Wonderling  
6 week sessions start:

January 11 & February 29

Ages 6 and up

\*Families and individuals are welcome to participate!