

## MEMBERSHIP RATES

Effective January 1, 2020  
The Titusville YMCA is an annual membership organization.

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 Ages 62+	\$18.33	\$54.99	\$219.96	\$20.00
Senior Couple	\$32.27	\$96.81	\$387.24	\$35.00



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## FALL INTO A HEALTHIER YOU

FALL 2020  
Member Brochure



## TITUSVILLE YMCA

### WELLNESS CENTER

M/W 5:00 AM—8:00 PM  
T/TH/F 5:00 AM—7:00 PM  
S 8:00 AM—12:00 PM

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

### EDUCATION CENTER

M-F 7:30 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)



### Our Mission

"To put Christian principles into practice through programs that build a 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



## 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.

K5 through  
6TH GRADE!

- Open to youth entering grades K-6 in September 2020 in the Titusville Area School District
- Monday-Friday each day that school is in session from 3:00-6:00 PM
- Transportation is available 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 7:30 AM-6:00 PM
- Children receive breakfast, lunch, & midafternoon snack each day



### SCHOOL AGE CHILD CARE (K5-6TH GRADE)

- Fee based child care for school age children attending hybrid school this year
- Open to youth entering grades K-6 in September 2020 in the Titusville Area School District
- Grades K-6 Monday-Friday 7:30 AM-6:00 PM
- Staff will support children in completing their online learning
- Additional physical, social-emotional and educational enrichment activities, games, STEM/STEAM projects, etc. in a fun and safe environment

### 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

## EVENTS & WELLNESS PROGRAMS

Community Blood Bank Blood Drive  
Thursday, October 29 12-5 PM  
Tuesday, December 29 12-5 PM

Run, Ride, & Row Wellness Center Challenge  
September 14-November 21

Healthy Holidays Weight Maintenance Challenge  
November 23-December 26

Virtual Step Challenge-FACEBOOK GROUP  
Start anytime!  
Set your own goals!

Virtual Turkey Burn-FACEBOOK LIVE  
Wednesday, November 25  
4:30-6:30 PM

Gift Basket Raffle  
December 7-21

## \*NEW YMCA DINING CARDS\*

2020-21 Dining Cards Coming September 15th!  
Sold at the YMCA and Titusville Market Square  
Thank you for supporting these local businesses and the Y!

## 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  
505 W. Walnut St.  
Titusville, PA 16354  
814-827-3931

[j Slater@titusvilleymca.org](mailto:j Slater@titusvilleymca.org)



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

### Ask about our Military Benefits and Veteran's Discount—with proof of service

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

## 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.

All classes can be modified for different fitness levels. **TRY EACH CLASS ONCE FOR FREE!**

### BODY SCULPTING

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

### CARDIO BALL (starting 9/18)

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

### CARDIO CIRCUIT

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

M 4:20-4:50 PM with Patti/Jacquelyn (starts Oct 19)

W 4:20-4:50 PM with Mikaela (Starts Oct 21)

### FITNESS FUSION

T 5:10-5:55 PM with Debi

### HIIT

M 5:00-6:00 PM with Debi

TH 4:30-5:00 PM with Mikaela

### MIND, BODY, KICKBOX

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

### WALK CLUB

**Meet at the Y—watch Facebook for changes**

M 4:15-5:20 PM with Patti (Ends Oct 12)

W 4:15-5:20 PM with Patti (Ends Oct 14)



### 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

**Thursdays** 6:00-6:45 PM in the YMCA gym with BJ  
\$15/5 classes or \$25/10 classes

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

## CYCLING CLASSES

### 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

### CYCLE 'N CORE

T 8:30-9:30 AM with Jacquelyn

### CYCLE LIGHT

M 6:15-6:45 PM with Shannon

### GROUP CYCLE

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

### 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** 9:30-10:15 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** 9:30-10:15 AM with Heidi/Marcus

### SILVERSNEAKERS BOOM™ MOVE

**Friday** 9:30-10:00 PM with Mikaela

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

## HIGH SCHOOL & ADULT PROGRAMS

### PICKLEBALL

**Beginning Oct 5**

**Mondays, Wednesdays & Thursdays**

10:30 AM-12:00 PM

Free for members/monthly fee for non-members

### VIRTUAL STEP CHALLENGE

Join the Facebook Group and post your steps each day. Set your own goal and write YES if you got your daily step goal, or NO if you did not.

Post a picture/screen shot of your pedometer/fitness tracker/app with the number of steps. Post results by NOON the next day to get credit!

### RUN, RIDE, ROW

### WELLNESS CENTER CHALLENGE

**September 14-November 24**

**RUN/WALK** a section of the Appalachian Trail

**RIDE** a section of the Tour de France

**ROW** a section of the English Channel

Track your miles completed using wellness center equipment and turn it in to a staff member to log. Complete the Run, Bike & Row in any order – you don't have to complete one before moving on to the other!

## SMART START

**September 30-November 18**

Are you looking to start exercise but aren't quite sure where to start? Join this eight week program on Wednesday's from 5:15-6:00pm. This beginner program will include both instruction and exercise, led by a caring & qualified fitness professional. Build your overall knowledge regarding physical fitness, and increase your confidence and comfort with exercise. Participants will learn simple anatomy of the body, exercise safety, how to create their own goals and reach those goals, create a workout to meet their needs, and more. In this small group setting, participants will be introduced to different types of group exercise classes, wellness center machines, and general fitness equipment.

## 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.

## KIDS NIGHT OUT AT THE Y!

**Games! Movies! Pizza!**

Open to all youth ages 4-10—4:00-6:30 PM

**FRIDAY, SEPTEMBER 25**

**FRIDAY, OCTOBER 30**

**FRIDAY, NOVEMBER 20**

**FRIDAY, DECEMBER 18**

Limited to 25 kids—

Give yourself and the kids a night out!

Activities supervised by YMCA Staff & Volunteers  
\$5/members/pre-registration open 1 week prior  
\$10/non-members/pre-registration open Wed. prior

## YOUTH PROGRAMS

### OUTDOOR GAMES

**Tuesdays September 15-October 20**

**Grades 1-5 3:30-4:30 PM at the YMCA**

### NFL FLAG FOOTBALL

**Wednesdays Grades 3-6 September 16-October 21**

**3:30-5:00 PM at Burgess Field**

Scan code with phone camera for online registration

### YOUTH PICKLEBALL & TENNIS

**Thursdays September 17-October 22**

**Grades 1-6 3:30-4:30 PM at Burgess Courts**

### FLOOR HOCKEY

**Grades 1-2 3:30-4:30 PM**

**Wednesdays November 4-December 16**

**Grades 3-6 3:20-4:20 PM**

**Thursdays November 5-December 17**

### HOME SCHOOL GYM

**Thursdays 1:00-2:00 PM**

Free for members/monthly fee for non-members

Scan QR Code to go to program registration forms



## TITUSVILLE YMCA TEAM SPORTS

**Titusville YMCA Twisters Gymnastics Team:**

Practice begins September 21

**Titusville YMCA Tiger Sharks Swim Team:**

Practice begins September 28