

MEMBERSHIP RATES

Effective January 1, 2018

Type of Membership	Monthly (Bank Draft)	Quarterly Payments	Yearly Rate	Joiner's Fee
Youth Ages 0-12	\$11.31	\$33.93	135.72	\$15.00
Student Ages 13— High School or College	\$16.67	\$50.01	\$200.04	\$20.00
Young Adult Ages 18-25	\$20.78	\$62.34	\$249.36	\$20.00
Adult Ages 26-61	\$27.70	\$83.10	\$332.40	\$20.00
Family	\$47.70	\$143.10	\$572.40	\$25.00
Single Parent Family	\$40.11	\$120.33	\$481.32	\$20.00
Senior	\$17.28	\$51.84	\$207.36	\$20.00
Senior Couple	\$30.42	\$91.26	\$365.04	\$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**

FEEL HEALTHIER BE STRONGER

**SPRING 2018
TITUSVILLE YMCA**



SPRING HOURS OF OPERATION

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

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 in Kindergarten through 5th grade in the Titusville Area School District
- Program runs 3:00 PM-6:00 PM each day that school is in session
- Transportation is available to and from the program
- Homework help and enrichment 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 K-4 program at the ECLC can be transported to the YMCA Education Center for lunch and afternoon activities

FOOD PROGRAM (CACFP)

- Hot supper served Monday-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

Beginner Kayak Clinic

Saturday, April 14
12:00-2:00 PM

Healthy Kids Day

Saturday, April 21
9:00 AM-12:00 PM

AMERICAN RED CROSS

Certification Classes

Adult & Pediatric First Aid/CPR/AED
May 19 at 11:00 AM

Blood Drives

April 20 from 2:00-7:00 PM
June 15 from 2:00-7:00 PM

DINING CARDS

Includes 34 discounts to restaurants locally and in the surrounding areas
16 of these discounts are BOGO!

*Sold at the YMCA and 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.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

BODY SCULPTING

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

T 7:00-8:00 PM with Katey

CARDIO BLEND

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

CIRCUIT TRAINING

M 5:35-6:35 PM with Tiffany

HIGH INTENSITY WEIGHT & CARDIO

W 5:35-6:35 PM with Tiffany/Regina

PILATES

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

STEP 'N SCULPT

M/W 4:30-5:30 PM with Jacquelyn/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.*

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 5:15-5:45 PM with Debi

CYCLE 'N CORE

T 8:30-9:30 AM with Jacquelyn

TH 4:30-5:15 PM with Heather N.

GROUP CYCLE

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

F 8:15-9:00 AM with Heather P.

PUMP 'N RIDE

TH 8:30-9:30 AM with Jacquelyn

TH 5:30-6:30 PM with Debi

S 8:00-8:50 AM with Tiffany/Debi

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 Jacquelyn/Kim/Holly

BALANCE & FALL PREVENTION

Tuesday 9:15-10:00 AM with Heidi



ZUMBA

Sundays 6:30-7:30 PM at the ECLC with BJ
Mondays 5:15-6:15 PM at the ECLC with Cindy
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**

SPRING YOUTH PROGRAMS

PICK-UP BASKETBALL

Fridays, April 6-June 9

Grades 3-5 from 5:00-6:00 PM

Grades 6-9 6:00-7:00 PM

*Free for Members / \$3.00 for non-members

YOUTH WEIGHT TRAINING

April 3-June 7

Tuesdays & Thursdays 3:30-4:15 PM

Grades 5-12

*Free for members / \$3.00 for non-members

SWIM LESSONS

April Lessons

Registration Now Open

May Lessons—Registration opens:

Members—April 9

Non-Members April 16

*More information to come on summer lessons

Ages 6 months-3 years

T/TH 6:00-6:30 PM

Ages 4-6

M/W 5:00-5:30 PM

T/TH 5:30-6:00 PM

Ages 7-12 Beginner

M/W 5:30-6:00 PM

T/TH 5:00-5:30

Ages 7-12 Intermediate/Advanced

M/W 6:00-6:30

GYMNASTICS

Tiny Tumblers for ages 3-5:

4:30-5:15 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)

HOME SCHOOL GYM

Fridays 1:00-2:00 PM

Follows TASD Schedule

TAE KWON DO

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

6 week sessions start:

April 14

June 2

Ages 6 and up

*Families and individuals are welcome to participate!

OPEN GYM HOURS

*Times vary due to programming

Monday 12:00-6:30 PM

Tuesday 10:15 AM-4:00 PM

Wednesday 9:00 AM-6:30 PM

Thursday 12:00-4:00 PM

Friday 9:00 AM-1:00 PM, 2:00-5:00 PM

Saturday 7:00-3:00 PM

SAVE THE DATE

Check back for more information on these upcoming events!

Indoor/Outdoor Triathlon

Tentatively June 3

Youth Golf Tournament

Tentatively July 21

5K/10K & Kids Fun Run

Tentatively August 4

ADULT SPORTS

PICKLEBALL

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

INDOOR SOCCER

April 4-June 6

Wednesdays 6:30-8:30 PM

BADMINTON

October 2-April 23

Mondays 6:30-8:30 PM at the ECLC

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