



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

**GET
IN THE
GAME**



**Look for
this icon
on pages
7, 9 & 10**



Winter/Spring 2025
January-May

DuBois Area YMCA

25 Parkway Drive, DuBois 814-375-YMCA (9622)

Treasure Lake Ext. 100 Coral Reef Rd (in Towne Market Plaza) 814-372-2374

www.duboismca.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GENERAL INFORMATION

We are here to help you

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Hours of Operation

Mon-Thu:	5:30 AM-9:00 PM	(Both)
Friday:	5:30 AM-9:00 PM	(DuBois)
	5:30 AM-7:00 PM	(Treasure Lake)
Saturday:	6:00 AM-3:00 PM	(DuBois)
	9:00 AM-1:00 PM	(Treasure Lake)
Sunday:	10:00 AM-2:00 PM	(Both)

Closed on
 New Years Day,
 Easter,
 Memorial Day,
 Independence
 Day, Labor Day,
 Thanksgiving, &
 Christmas.

Early closing on
 Christmas Eve &
 New Years Eve.



FULL Membership Categories	Monthly Draft	Joining Fee
FAMILY Any 3 adults 18-99 yrs & any children 0-26 yrs living in same household	\$64	\$30
FAMILY SR COUPLE Any 2 adults 60+ living in same household	\$51.25	\$30
ADULT 1 person 27-59 yrs	\$47	\$30
ADULT SENIOR 1 person 60+	\$37.50	\$30
YOUNG ADULT 1 person 18-26 yrs	\$37.50	\$30
COLLEGE STUDENT 1 person 18-59 yrs and full-time college student	\$17.75	\$25
YOUTH 1 person 0-17 yrs (18 if still in HS)	\$10	\$15

FULL MEMBERSHIP INCLUDES*

MOST CLASSES/PROGRAMS FREE FOR ANY ADULT or FAMILY MEMBERSHIPS

Plus discounts on any paid class/program for all memberships



BUDDY-UP FOR FITNESS
 Achieve More Together

Some things just go better together. When you and your friend (BFF) commit to the Y together, you will both receive an exclusive 20% savings off the standard membership rate each month.

- Use of **both** facilities (DuBois & TL Extension)
- PRECOR® Weight Machines and Free Weights
- Access to Peloton® Bikes and Classes (Main)
- Swimming pool and Whirlpool (Main)
- Cardio Equipment with Personal Viewing Device (Main)
- Indoor Cycling Center [Class use only] (Main)
- Gymnasiums (Main)
- Locker Room Facilities with Sauna & Steam Room
- Racquetball Courts (Main)
- Orientation on equipment

*Some facility/equipment use restrictions dependent upon age/membership type

Other Membership Options

- Treasure Lake Express Membership - \$29.95/mo
- Free Middle School Initiative 1-year membership
- Corporate Wellness Partner Program - 20% discount
- **Financial Assistance available based on need/income**

Treasure Lake Extension 814-372-2374

Our extension site has many of the amenities that our main location has including Icarian selecterized equipment, free weights, cardio machines, and locker rooms with shower facilities.

For more information

814-375-YMCA (9622)

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dubymca1@comcast.net



YOUTH DEVELOPMENT

Nurturing the potential of every child and teen



INFANT, TODDLER & PRESCHOOL DEVELOPMENT



Our Child Development Centers provide care in a nurturing environment starting at six weeks of age. Our quality staff provides an instructional program your child will be sure to enjoy. Daily activities are centered on weekly themes to include plenty of stories, songs, arts, and crafts. They also enjoy

the great outdoors with walks in the park. We also provide your child with breakfast, lunch, and an afternoon snack.

LOCATION

Infant, Toddler and Preschool Child Development is provided Monday thru Friday at our YMCA Main location on Parkway Drive.

REGISTRATION

Enrollment is arranged thru the Child Development Director. All participants must be pre-registered.

HOURS

Monday thru Friday; 6:30 am – 5:30 pm

Infants and Toddlers

Member & Potential Member \$39 daily

Preschool

Member & Potential Member \$38 daily

Note: Minimum of 3 days enrollment for Toddler and up. Infants are full-time enrollment only. Contact Darlene Stuart, Child Development Director for more information.

BEFORE SCHOOL & AFTER SCHOOL DEVELOPMENT

We offer quality alternatives for the working parent with before and after school programs. The children have time to relax, play and do their homework.

LOCATION

State licensed facilities at our YMCA Main location on Parkway Drive. Children from all area elementary schools are welcome.

REGISTRATION

All students must be pre-registered in the program to participate. Children grades K-5.

HOURS

Before School 6:30 am – 9:00 am

After School 3:30 pm – 5:00 pm (5:30 is final pickup)

School Age Programs (Grades K-5)

Before **OR** After School

Member \$79 weekly
Potential Member \$84 weekly

Before **AND** After School

Member \$100 weekly
Potential Member \$105 weekly

LICENSE

The YMCA Child Development Program is licensed by the State's Office of Child Development and Early Learning (ODEL).

FINANCIAL ASSISTANCE

The YMCA participates in DPW subsidized Child Care Programs.

CAMP SUMMER OF FUN

June –August

For those who have completed Kindergarten-5th grade



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SWIM LESSONS

Head Instructor: Denise Dennison

Swim lesson classes are designed to build confidence and endurance while being in the water. They also teach water safety, using water sports and games which allow children to progress through the stages of learning how to swim. Children progress at different rates so it is expected that a child may repeat a stage within an age class level until they are developmentally ready to move on. Parents are not in the water with the child, except for Aqua Babies level. They are asked to remain outside of the pool area to view the lesson. Age groupings may flex dependent upon the ability of the swimmer and the overall group registration for that particular session. Lessons are 6 weeks unless otherwise noted.

SWIM LESSONS REGISTRATION & CLASS SCHEDULE AT A GLANCE

Session	Classes Offered (AM Times)	Member Reg	Potential Member Reg	First Class	Last Class
Winter 1	8:30, 9:30, 10:00, 11:00 AM (5 Weeks)	Starts 12/21/24	Starts 12/28/24	1/11	2/8
Winter 2	8:30, 9:30, 10:00, 11:00, 11:30 AM	Starts 2/1	Starts 2/8	2/15	3/22
Spring 1	8:30, 9:30, 10:00, 11:00, 11:30 AM	Starts 3/15	Starts 3/22	3/29	5/3

Aqua Babies Stages A-B (See BOX to right)

Ages 6-35 months

Saturday: 11:30 am-Noon

Half-hour lessons teach infants and toddlers to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision. Parent/adult will be in the water with child. **Class offered Winter 2 and Spring 1.**

Family or Youth Member \$25 Potential Member \$50

Pre-School Stages 1-4 (See BOX to right)

Ages 3/4-6

Saturday: 9:30-10:00 am or 11:00-11:30 am

Half-hour lessons allow your preschooler to learn personal water safety and achieve basic swimming competency by learn two benchmark skills: 1) Swim, float, swim and 2) Jump, push, turn, grab. These basic arm and leg movements will build a strong foundation for strokes taught in stages 4-6.

Family or Youth Member \$25 Potential Member \$50

Progressive Stages 1-6 (See BOX to right)

Ages 6 & up

Saturday: 10:00-11:00 am School Age Levels

One hour lessons start children/adults in the appropriate stage for their water skills. Personal water safety and basic swimming competency are taught or reviewed. Additional water safety skills and advanced stroke techniques are developed/expanded through endurance.

Family or Youth Member \$44 Potential Member \$88

Private Swim Lessons All ages

Tuesdays: 5:00-5:30; 5:30-6:00 pm

Learn to swim or enhance your technique with qualified swim instructor, Denise Dennison. Pick up an application at the front desk. Prices are per person per 1/2 hour.

Family or Youth Member \$13 Potential Member \$25

STAGE DESCRIPTIONS

SWIM STARTERS

(Parent with Child Lessons)

Stage A: Water Discovery - Introduces infants and toddlers to the aquatic environment.

Stage B: Water Exploration - Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

(Recommended skills for all to have around water)

Stage 1: Water Acclimation - Increases comfort with underwater exploration and introduces basic self-rescue skill performed with assistance. No water experience.

Stage 2: Water Movement - Encourages forward movement in water and basic self-rescue skills performed independently. Willing to participate.

Stage 3: Water Stamina - Develops intermediate self-rescue skills performed at longer distances than in previous stages.

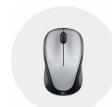
SWIM STROKES

(Skills to support a healthy lifestyle)

Stage 4: Stroke Introduction - Introduces basic stroke techniques in front/back crawl and reinforces water safety through treading water and elementary backstroke.

Stage 5: Stroke Development - Introduces breaststroke/butterfly and reinforces water safety through treading water longer and sidestroke.

Stage 6: Stroke Mechanics - Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.



Online Registration Available

Click on Programs tab on our website

Dates, times and prices of all YMCA programs are subject to change without notice

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YOUTH DEVELOPMENT

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INDOOR FLOOR HOCKEY Boys & Girls Grades K-12 February 25-Apr 5



Meeting twice weekly for a practice and game, your child will learn the basics of hockey while receiving the benefits of regular exercise, team building and most of all, enjoying the game. Use your own helmet or one provided by the YMCA for the duration of the program (first-come, first serve basis). All equipment provided except shin guards (required) and mouth guard (recommended). **First practices are February 25.**

Registration: January 20-February 25

Practices/Games on Tuesdays & Saturdays:

K-2nd Tue 5:15-6:15 pm; Sat 9:00-10:00 am
3rd-5th Tue 6:30-7:30 pm; Sat 10:10-11:10 am
6th-8th Tue 4:00-5:00 pm; Sat 11:15 am-12:15 pm
9th-12th Games only Tue 7:40 pm or Sat-12:25 pm

Grade divisions, or practice/game times, may be adjusted and/or combined if needed due to registrations.

Location: Main & Auxiliary Gym

Family Member Free

Youth Member \$26 Potential Member \$52

KARATE - WORLD TANG SOO DO Boys and Girls Ages 8-18 Thursdays 6:00-7:30 pm



Instructor: Doug Walk, Sah Dan / 4th degree Black Belt
Assistant: Brad Sedgwick, E Dan / 2nd degree Black Belt

This program, operated by the Tri County Karate Academy, is open to youth and ADULTS. New students welcome any time! You will get in better health, challenging your mind, body and spirit. Learn discipline, self-control, and confidence in this Korean Martial Art.

Location: Multi-Purpose Room

Family or Youth Member \$26 Potential Member \$52
Prices are per month on a bank draft basis

Other costs (pay instructor directly):

- 1-time WTSDA membership fee \$60
- Uniforms (See instructor for info)

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For more information

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BIRTHDAY PARTIES

The pool, auxiliary gym, and/or room may be rented for your private birthday party or get together on Saturday and Sunday afternoons.

Swimming Pool or Auxiliary Gym

Member \$75/hr Potential Member \$99/hr
Extra Lifeguard (groups of 50+) \$29

Party Room

Member \$29/hr
Potential Member \$35/hr



A security deposit of \$25 is due 1 week in advance.

OVERNIGHTERS

The main facility is available for rental upon approval for private groups on Friday evening after regularly scheduled building hours. It includes the scheduled use of the pool with a lifeguard on duty. The gyms are available for basketball, volleyball, soccer and more. There are 3 racquetball courts with one equipped for Wallyball play. Great idea for large groups!

Member \$462 Potential Member \$635

A security deposit of \$100 is due 2 weeks in advance.

To place a request for a rental reservation listed above, contact Paula DuBois or front desk staff at 375-YMCA

DOLPHIN SWIM TEAM Boys & Girls Ages 5-18



Winter program is in session
Summer program – June & July

Look for more information on summer program in Spring 2/Summer program guide



Online Registration Available
Click on Programs tab on our website

For more information

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BASKETBALL LEAGUES

GIRLS Grades 5-6 Jan 6-Feb 19
BOYS Grades 7-8 March 5-Apr 9
GIRLS Grades 7-8 March 3-Apr 7

INDIVIDUAL player registration, teams selected by draft by YMCA staff and coaches. Mandatory substitution schedule. If needed, YMCA staff/coaches will draft teams prior to second practice.

Registration: 5/6 Girls: Dec 16-Jan 6;
 7/8 Boys/Girls: Feb 1-Mar 5

First Practice: 5/6 Girls: Mon, Jan 6
 7/8 Girls: Mon, Mar 3
 7/8 Boys: Wed, Mar 5

Entire schedule given at 1st practice

Game: 5/6 Girls: Mon or Wed 4-5 pm;
 7/8 Boys/Girls: Mon or Wed 3:15 or 4:15 pm

Family Member Free
Youth Member \$26 Potential Member \$52

BASKETBALL TOURNEYS

GIRLS Grades 5-6 February 21-22
BOYS/GIRLS Grades 7-8 April 4-5

Bring your own TEAM and coach. 3-game guarantee. Separate tournaments by grade, if possible. Teams/players can play up a grade, but not down. Games to be played on Friday evenings and Saturdays (Sunday, if needed). Registration opens 6 weeks prior to tournament. Deadline is one week before. Registrations are limited.

\$110 per team \$85 if paid in full 3 weeks before

TENNIS LESSONS

BOYS & GIRLS 8 yrs & up



Group lessons for beginners, advanced beginners or intermediate levels. Classes held at DuBois City park tennis courts.

Instructor, Registration, and Days/Times: TBA

GOLF LESSONS

Ages 12 & up
Thursdays 7:00-8:00 pm
 See page 9

INDOOR FLOOR HOCKEY See top of page 4



SUMMER YOUTH & ADULT SPORTS See page 10

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YOUTH SOCCER

BOYS & GIRLS Grades K-6th
 January 7/9-February 13/15



Meets twice weekly for a practice and game. Participants will learn basic skills such as foot coordination, passing, dribbling, team play and rules according to their abilities and progression. *Practice/game times, grade divisions may be adjusted or combined if needed due to registrations.*

Registration: Dec 16-Jan 7

Meets on:

- **K:** Tue & Thu 5:00-6:00 pm **Begins Tue 1/7**
- **Gr 1-2:** Tue 6:10-7:10 pm; Sat 9:00-10:00 am
Begins Tue 1/7
- **Gr 3-4:** Thu 6:10-7:10 pm; Sat 10:10-11:10 am
Begins Thu 1/9
- **Gr 5-6:** Thu 7:15-8:15 pm; Sat 11:15 am-12:15 pm
Begins Thu 1/9

Note: Fri eve times scheduled for 1st-6th grade on Jan 17, 31 & Feb 7 due to other programs on Saturdays.

Location: Main Gym & Auxiliary Gym

Family Member Free
Youth Member \$26 Potential Member \$52

YOUTH SPORTS MOTTO

Everybody plays; All are Valuable

Parents may be asked to volunteer coach, score keep, referee or help out during practice/games.

YOUTH WIFFLE BALL

BOYS & GIRLS Ages 4-8
 April 9-May 21



Get involved and have some fun learning the sport of baseball without the pressure of winning! One practice and one game per week. Season runs for 6 weeks.

Registration: March 15- April 9
Practice: Monday & Wednesday 4:15-5:15 pm
Location/Game: Aux Gym or City Park

Family Member Free
Youth Member \$26 Potential Member \$52



Online Registration Available
 Click on Programs tab on our website



YOUTH DEVELOPMENT

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The DuBois Area YMCA offers a Middle School Initiative Program to **all 5-8th grade students** in the following schools/districts*; DuBois Area, Brockway, DuBois Catholic and DuBois Christian, including cyber & home-schooled students.

*Adjoining school districts may be considered on a case-by-case basis.

DuBois Area

MIDDLE



SCHOOL

INITIATIVE

For 5-8th graders



CARING
HONESTY
RESPECT
RESPONSIBILITY

The goal of the Initiative Program is to inspire youth to discover their passions, seek a healthy lifestyle and gain the developmental assets needed to avoid risky behaviors as they pursue success in school and life.

Each child and parent/guardian will sign a letter of agreement stating what is expected of the youth registered in the program. It includes, but is not limited to, students participating in a 6 week program of structured curriculum and/or activity-based sessions designed for their age, meeting once a week. Those that complete the program receive a free youth membership for a year.

An Initiative information flyer and registration form are available at the YMCA on Parkway Drive or at www.duboismca.org

Contact Zac Wilcox or Paula DuBois at 375-9622 for additional information or questions.



AFTERSCHOOL PROGRAMS

3:15-4:00 weekdays

(Times are adjusted by age/gender if necessary)

- **Various Sports/Activities** Monday, Wednesday
- **Middle School Initiative** Tuesday
- **Open Dodgeball** Friday
- **Open Volleyball** Thursday

Activities are dependent upon the amount of interest of individuals on that particular day. Tuesday MSI activities are required for those enrolled in the program, but open to those interested in attending upon request and approval by Program Director.

Member Free Potential Member Day Pass

Dates, times and prices of all YMCA programs are subject to change without notice

For more information

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HEALTHY LIVING

Improving the nation's health and well-being



FREE Classes/Programs* for members

All adult/family membership categories OR Youth connected to Family membership

**Excluded: Karate, Swim Lessons (Group or Private), Tennis or Golf Lessons, Swim Team and Team-Registered programs*

DISCOUNTED Classes/Programs for members

All adult/family memberships OR a Youth membership not connected to a Family membership

Potential Member prices listed for each class are per 6-week session (Karate per 1-month)



MEMBERS, we request that every 6 week session you register for each FREE class you take

LAND & WATER FITNESS CLASSES REGISTRATION & SCHEDULE AT A GLANCE

Session	Member Reg	Potential Member Reg	First Class	Last Class
Winter 1	Starts 12/21/24	Starts 12/28/24	Week of 1/2-4	Week of 2/3-8
Winter 2	Starts 2/1	Starts 2/8	Week of 2/10-15	Week of 3/17-22
Spring 1	Starts 3/15	Starts 3/22	Week of 3/24-29	Week of 4/28-5/3

AQUACISE

Monday, Wednesday & Friday 8:30-9:30 am

Tuesday & Thursday 6:00-7:00 pm

This low impact, low intensity water class is a great introduction to the therapeutic benefits of the pool while gaining flexibility and improving your overall health.

Instructor: Barb Murray

Instructor: Denise Dennison



M/W/F Member FREE Potential Member \$162

T/TH Member FREE Potential Member \$127

SilverSneakers® & Silver and Fit®

Tuesday & Thursday 10:00-10:45 am

Instructors: Miranda Allen, Lena Ogershok

Designed to increase muscle strength, range of movement and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels. Those who are enrolled in Medicare Part B and have supplemental insurance through either designated Highmark Blue Cross/Blue Shield, UMPC For Life or Geisinger Health Plans are eligible and also enjoy the privileges of being a YMCA member.

Member FREE

WATER TONING

Tuesday & Thursday 8:30-9:30 am

Instructor: Lillian Smith

This intense aerobic class is designed to improve aerobic conditioning, muscular endurance and flexibility while providing little to no impact on knees and hips since it is done in the water.

Member FREE Potential Member \$127

STRENGTH TRAINING & TONING

Monday & Wednesday 5:30-6:30 am

Instructor: Chelsea DeSalve

These classes will be a mix of circuit and superset training aiming to increase muscular endurance and strength while breaking a good sweat. They will have encouraging energy, utilizing music and fun lights. Good vibes only!

Member FREE Potential Member \$127

SWEAT SESH - HITT/CARDIO

Saturday 9:00-10:00 am

Instructor: Chelsea DeSalve

This class will get your heart rate up and is meant to be a challenge. The exercises will be fast-paced with short breaks to keep your heart pumping and muscles burning! We will use light weights with a high intensity. Let's LIGHT it up and GROW together.

Member FREE Potential Member \$76

Online Registration Available

Click on Programs tab on our website



For more information

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BODY FITNESSSS

Tuesday & Thursday 5:00-6:00 pm

Instructor: Holly McKolosky

Get ready to **S**trengthen, **S**culpt and **S**hred! This class uses a combination of body weight exercises, barbells, free weights, and a variety of equipment designed to strengthen and sculpt the muscles. It incorporates bursts of cardio and tabata to boost the metabolism to shred those pounds. An overall body workout set to music, which varies periodically to keep you motivated. Class welcomes all fitness levels and can be modified to meet individual needs.

Member FREE Potential Member \$127

POUND®

Friday 6:15-7:00 am

Instructor: Lynne Norris

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Member FREE Potential Member \$76

STRENGTH TRAINING

Monday, Wednesday & Friday 9:00-10:00 am

Instructor: Dawn Shields

Do you have experience in strength training with dumbbells and barbells? Or is this brand new to you? Are you young? Old? Or in between? Do you want to lift weights to improve your health, your game, your appearance? Whatever it is that is motivating you to step into the gym and specifically into a group class, you will find your fit in "The Power Hour". Here, you will not only find a program that addresses each muscle group, but you will also learn biomechanics and have the supervision that will ensure proper form and execution. The instruction will allow you to continue lifting weights right through the aging process. Studies confirm that strength training is key to aging well. So come and join a group of fun, committed fitness enthusiasts.

Member FREE Potential Member \$162

WAKE UP AND WORK OUT / AWAKE AND WORK OUT

WU&WO Tuesday, Thursday 5:30-6:30 am; Saturday 9:15-10:15 am

A&WO Monday, Wednesday, Friday 4:30-5:10 pm

Instructor: Brian Duttry

This is a go-at-your-own pace, tabata-style exercise class. It consists of 4 rounds of 16 different exercises, repeated with a water break in between. All exercises for those that continue to attend have more advanced versions. There are modified versions for newcomers. All exercises are and can be more difficult but it is done at your pace. There are many ups and downs to the floor going from standing to either back or knees. You will perspire and your heart rate can elevate up to 180 bpm (Introductory classes at 154-168 bpm). Up to 962 calories can be burned! The intensity can be modified but only to a certain degree.

Member FREE Potential Member \$162 (M/W/F or T/Th/Sa)

ZUMBA FITNESS®

Monday 5:30-6:30 pm

Instructor: Sandy Wolf Stom

Zumba has grown as one of the most popular exercise classes on the planet. It is the perfect combo of fun and fitness which involves high-energy Latin, international and current music with dance moves and aerobic elements. This 60 minute Original Zumba Fitness-Party can burn up to 1,000 calories.

Member FREE Potential Member \$76

ZUMBA TONING®

Wednesday 5:30-6:30 pm & Saturday 7 :15-8:00 am

Instructor: Sandy Wolf Stom

This takes Zumba to the next level. It uses that music and targets all your muscles while using toning sticks or hand weights. It is a very safe, yet effective total body sculpting workout. This class does 45 minutes of fitness and 15 minutes of toning/ab work which helps reduces body fat, contributes to strong muscles and improves your stamina.

Member FREE Potential Member \$127

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CHAIR VOLLEYBALL

Ages 18 & up
Wednesdays 10:00-11:30 am



Coordinators: Marie Drahushak, Jackie Green

Seated Beach Volleyball in Racquetball Court #3. This activity is designed in mind for SENIOR ADULTS, but others are welcome to watch or participate. No need to sign up, just show up!

Member FREE Potential Member Day Pass

INDOOR CYCLING/SPINNING

Various Days/Times

Instructors: Varies (see Cycling Schedule)

KEISER GROUP CYCLING – Come experience group cycling at a whole new level! The bike gives a ride closer to outside cycling and incorporates a computer that creates a unique training experience. Must be at least 4'11" and 13-16 years old must be with parent. Maximum enrollment per class is 12. Taught by trained instructors. Class schedule is posted at YMCA or on website.

Member FREE Potential Member \$127 (12 classes)

PERSONAL TRAINING

Ages 18 & up

Instructors: David M. Curulla, CPT, CES-WLS-FNS-CNC; Brian Duttry, CPT; Chelsea DeSalve, CPT

Various times/days

1-on-1 training program specifically developed for each individual. Corrective exercise, weight loss, fitness & general nutrition, body building, powerlifting, tactical conditioning, and targeting specific muscles are disciplines the trainers specialize in. Day, times and prices vary based on the customer's needs. Contact Paula DuBois to set up your first orientation. and fee structure.



BASKETBALL

Ages 16 & up

Monday & Wednesday 6:30-8:30 pm; Sunday 10:30 am-12 Noon

Open play pickup games on Side 2 of Main Gym.

Member FREE Potential Member Day Pass

KARATE - WORLD TANG SOO DO

Thursdays 6:00-7:30 pm

Program is for primarily for youth but adults can join in. See page 4 for information.

PICKLEBALL

Ages 16 & Up

Monday-Friday 8:00-11:30 am; Saturday 9:00 am-Noon (selected dates); Sunday 10:00 am-Noon

Monday, Wednesday 6:30-8:30 pm; Friday 4:30-6:30 pm

Open play in the main gym/auxiliary gym. A court sport that combines the elements of ping-pong, tennis and badminton. Equipment is available or bring your own. Schedule may change due to seasonal programming. Current days/times are listed on main schedule for gyms. *Tournament scheduled for Saturday, April 27*

Member FREE Potential Member Day Pass

Separate fee for tournament

RACQUETBALL

Ages 12 & up

Open play on 3 courts for 2-4 players. Reserve a court/time at front desk. Children under 12 allowed with adult.

Member FREE Potential Member Day Pass

VOLLEYBALL LEAGUES

Co-Ed; Ages 16 & up

January 6/8 – April 7/10

Two League levels: Recreation (6x6 format); Power (4x4 format). Required number of females on court for Rec (2) and Power (1). Rec games: Mondays; Power games: Wednesdays & Thursdays.

PER TEAM: Rec - \$168 ; Power - \$189 Save \$15 if pay in full by first game



GOLF LESSONS

Co-Ed; Ages 12 & up

March 6-April 10

Instructor: Logan Depto; Golf Manager, DuBois County Club

Thursday 7:00-8:00 pm

This 6-week class will be a comprehensive, thorough examination of your golf swing that will produce positive results and allow you to understand your golf swing so you can manage your game effectively. Minimum of 4, maximum of 10.

Member \$86 Potential Member \$122

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For more information

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SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors



POLAR PLUNGE

Ages 12 & up
Saturday, February 8

11:00 am @ TL Marina

Plunge participants take a quick dip in the freezing water of Treasure Lake to raise funds for the YMCA Strong Kids Campaign. All plungers must be at least 12 years of age. The Chicken Coop is back again this year. It is for all those who are "all squawk and no walk". Escape the "Coop" by donating lots and lots of coins! If interested in being a plunger, squawker or sponsor, contact Paula DuBois at 375-9622.

BLOOD DRIVE

January 21, March 25, May 20

Noon-5:30 pm

The YMCA will be hosting a Red Cross Blood Donation drive bi-monthly on Tuesdays. More dates will be scheduled for later in 2025



BINGO

January 13, February 10

6:00 pm Main Gym

MORE COMMUNITY EVENTS

- February 1 "Almost Sinatra" 7:00 pm@ DuBois Country Club
- February 8 Chili Cook-Off 6:00 pm @ TL Lakeview Lodge
- March 16 Leprechaun Leap Time & Places TBA



MIDDLE SCHOOL INITIATIVE

See page 6

SILVER SNEAKERS® /SILVER & FIT®

See page 7

DAILY DAY PASS

Every Day

Those in the community can use our facilities by purchasing a pass for that day.

Youth, College Student & Senior Adult (60+)	\$8
Adult (18-59)	\$13
Family (3 or more adults/children from same family)	\$26

UPCOMING 2025 SUMMER PROGRAMS & EVENTS



- Camp Summer of Fun – June 2*
- Sandy Township Park Program – June 2*
- Competitive Swim Team – TBA*
- HS/MS Boys & Girls Basketball – June 9/10
- Golf Classic – July 11



Dates, times and prices of all YMCA programs are subject to change without notice

For more information

814-375-YMCA (9622)

www.duboisymca.org

dubymca1@comcast.net

DUBOIS AREA YMCA

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<https://www.facebook.com/DuBois-Area-YMCA>



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA DATES AT A GLANCE

DECEMBER 8-Jan 10..... SWIM LESSONS: Session Break
Dec 16-Jan 1.....CLASSES: Session Break*
Dec 21Members Register (Winter 1)
Dec 25.....Facility Closed (Christmas)
Dec 28.....Potential Members Register (Winter 1)
JANUARY 1.....Facility Closed (New Years)
Jan 2-Feb 8.....Winter Session 1
Jan 4.....Home Swim Meet
Jan 6.....5-6th grade Girls B-Ball INVID League begins
Jan 6/8.....Co-ed Adult Volleyball begins
Jan 7/9.....Grades K-6th Youth Soccer begins
Jan 11.....SWIM LESSONS Winter 1 Session begins
Jan 13.....BINGO
Jan 18.....Home Swim Meet
FEBRUARY 1.....Members Register (Winter 2)
Feb 1Almost Sinatra
Feb 1.....Home Swim Meet
Feb 8.....Polar Plunge & Chili Cook-Off
Feb 8.....Potential Members Register (Winter 2)
Feb 10.....BINGO
Feb 10-Mar 22.....Winter Session 2
Feb 15.....SWIM LESSONS Winter 2 Session begins
February 21/22.....5-6th grade Girls B-Ball TEAM Tourney
Feb 25Grades K-12th Indoor Floor Hockey begins
MARCH 3.....7-8th grade Girls B-Ball INDIV League begins
Mar 5.....7-8th grade Boys B-Ball INDIV League begins
Mar 6.....Golf Lessons begin
Mar 15.....Members Register (Spring 1)
Mar 16.....Leprechaun Leap
Mar 22.....Potential Members Register (Spring 1)
Mar 24-May 3.....Spring Session 1
Mar 29.....SWIM LESSONS Spring 1 Session begins
APRIL 4-57-8th grade Boys/Girls B-Ball TEAM Tourney
Apr 9.....Ages 4-8 Youth Wiffleball begins
Apr 20.....Facility Closed (Easter)
Apr 26.....Fun For All Pickleball Tourney
Apr 26.....Members Register (Spring 2)
MAY 3.....Potential Members Register (Spring 2)
May TBA.....Tennis Lessons begin

*Some fitness classes choose to still meet during session break

For more about programs at the YMCA
and the most up-to-date information, visit our website
www.duboisymca.org

Save yourself a few
clicks on the mouse!
Have the program guide and
other Y news sent directly to
your inbox

Simply give us your email
address...stop by the front desk or
email us at dubymca1@comcast.net



THE REASON WE EXIST

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

At the Y, strengthening community is our cause. The Y serves three crucial areas of focus to help individuals, families and communities learn, grow, and thrive.

The Y is for Youth Development, because we believe that all kids deserve the opportunity to discover who they are and what they can achieve.

The Y is for Healthy Living, improving the nation's health and well-being.

The Y is for Social Responsibility, giving back and providing support for our neighbors.



For more about the Y and what it is all about visit www.ymca.net

The DuBois Area YMCA prohibits discrimination on the basis of race, color, religious creed, disability, ancestry, national origin, age or sex in all its programs, activities, personnel policies, procedures, admissions, provisions of services, and referrals of residents.