



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# COME ENJOY THE WARMTH OF THE YMCA

WINTER PROGRAM 2021  
SCHUYLKILL YMCA

[www.schuykillymca.org](http://www.schuykillymca.org)



Find us on  
Facebook

# WELCOME

## HOURS

Monday-Thursday	5:30 am to 9:00 pm
Friday	5:30 am to 8:00 pm
Saturday	7:00 am to 3:00 pm
Sunday	Closed

## PRIVILEGES OF MEMBERSHIP

- Reduced rates on programs
- Guest privileges
- Fitness orientation
- Open Gym time
- Youth and Teen Center
- Wellness Center
- Nationwide Membership

## OPEN DOORS FINANCIAL AID

Because the Y will never turn anyone away due to inability to pay, financial assistance is available for those who qualify. Applications are confidential and available at the Front Desk.

## MEMBERSHIP REFERRAL

Why not ask a couple of your friends to join you for a workout? Now is the perfect time to refer them. For each new membership you bring in, you earn a discount on *your* membership.

-Available on standard memberships 18 years and older

-Member(s) needs to remain active for you to receive benefit

**One Friend:** Y t-shirt\* and 10% off monthly membership

**Two Friends:** 20% off monthly membership

**Three+ Friends:** 30% off monthly membership

\*T-shirt is provided one time only, with first friend

## GUEST/DAY PASS POLICY

**Guest Pass:** Adult members can bring one adult guest per visit. When accompanied by a Member, Guests are entitled to three visits per year before paying the \$10 day pass rate.

**Day Pass:** Adults 18 & older can purchase a day pass for \$10, which allows access to the Wellness Center, Open Gym, and group exercise classes. Programs are excluded. Youth day passes are also available for \$3 per day, which provide access to the Teen Center (ages 8-17) & Open Gym. All guests must submit a completed/signed Guest Waiver Form prior to using the facility and have proper ID.



A Proud Partner Agency of the  
Schuylkill United Way

## 2020 MEMBERSHIPS

<u>Type</u>	<u>Joiner's Fee</u>	<u>Monthly (E-pay)</u>	<u>Yearly</u>
<b>Preschool</b> (0-5 yrs)	\$0	N/A	\$30
<b>Youth</b> (6-13 yrs)	\$0	N/A	\$60
<b>Teen</b> (14-17 yrs)	\$0	\$12	\$129.60
<b>College</b> (Must show college schedule as proof)	\$25	\$20	\$216
<b>Adult</b> (18 yrs & older)	\$25	\$29	\$313.20
<b>Family</b> (Includes couple living in same house, children 17 year and younger)	\$25	\$40	\$432
<b>Hometown Hero</b> (Includes Military, EMS, Firefighters, and Police; active and retired; proof required)	\$0	\$19	\$205.20
<b>Hometown Hero Family</b> (Includes couple living in the same house and children 17 years and younger)	\$0	\$29	\$313.20
<b>Senior</b> (Age 62 and older)	\$25	\$21	\$226.80
<b>Senior Family</b> (Both parties must be 62 or older.)	\$25	\$25	\$270
<b>Group Exercise</b> (Includes all basic group exercise classes only)	\$20	\$20	\$216

\*Schuylkill YMCA reserves the right to renew and adjust membership and/or rates on a regular basis

# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

## LEARN, PLAY, & MOVE

### CHILD WATCH (Ages 1-7)

Spend some personal quality time in the Wellness Center or taking a class knowing your child is nearby in a safe, secure, fun environment. Child Watch hours are coordinated with many group exercise classes to make the Y experience as convenient as possible. Parents must remain on-site. Registration is required 24 hours in advance. **Free for Family memberships.**

Monday	9:00 to 10:30 am 4:30 to 7:30 pm
Tuesday	9:00 to 10:30 am 4:30 to 7:30 pm
Wednesday	9:00 to 10:30 am 4:30 to 7:30 pm
Thursday	9:00 to 10:30 am 4:30 to 7:30 pm
Friday	9:00 to 10:30 am

90 minute limit

### YOUTH EXPERIENCE (Ages 8-17)

Video games, lounge, fitness arcade, ping pong, and more., Supervised. Available for private rentals.

Monday - Thursday	3:30 to 8:30 pm
Member Fee	Free
Non-Member Fee	\$3/day



## BIRTHDAY PARTY PACKAGES

Birthday Party Packages (except for Standard party) include pizza, juice, cups, and plates for youth. Additional supplies must be provided by guests. Parties must be booked at least two weeks in advance. **No more than 25 people may attend a party to comply with state guidelines at this time. A non-refundable deposit of \$75 for all parties is required. Final payment and totals are due one week prior to party.**

**Party Hours: Saturdays (12:00 to 2:00 pm)** Guests are allotted 30 minutes for set-up prior to the party and 30 minutes for clean-up after the party.

### SPORTS PARTY (Ages 5 and up)

Member Fee	\$175
Non-Member Fee	\$225

### YOUTH CENTER PARTY (Ages 8-17)

Member Fee	\$175
Non-Member Fee	\$225

### STANDARD PARTY

**Gymnasium rental only. Supplies and sports equipment not included.**

Member Fee	\$125
Non-Member Fee	\$150

Extra pizzas available for \$11/pie. To qualify for the member rate, the child, parent/guardian, or grandparent must be a YMCA member.

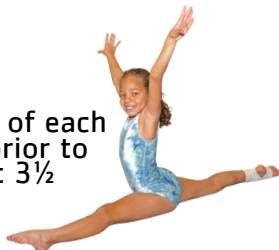
# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

**LEARN, PLAY, & MOVE**

## GYMNASTICS

Instructional gymnastics program taught year-round. Classes start the first Monday of each month. Registration is required one week prior to the first class. Participants must be at least 3½ years old and potty-trained.



Trial Class \$10/class

### Beginner Gymnastics

Develops coordination and fitness through basic gymnastics skills, emphasizing confidence, and following directions.

Mondays 5:00 to 5:45 pm

OR

Thursdays 5:00 to 5:45 pm

Member Fee \$30/month

Non-Member Fee \$45/month

### Advanced Gymnastics

Builds and improves upon basic skills previously learned. Improves skills on beam, floor, bars, and vault using drills and conditioning to build strength.

Mondays 6:00 to 7:00 pm

Member Fee \$40/month

Non-Member Fee \$55/month



## SUMMER DAY CAMP

The "Y" has been serving all of Schuylkill County with Summer Day camp for over 19 years. Our certified staff provides boys and girls ages 5\* to 12 with games, crafts, field trips, swimming, character-building activities & more!

Choose all 10 weeks or individual weeks/days. Camp runs daily from 7:00 am to 5:30 pm.

Register early and receive our (Super) Early Bird discount. A non-refundable deposit of \$10 per week is required with registration and financial aid is available for those who qualify.

**REGISTRATION PACKETS WILL BE AVAILABLE BEGINNING MARCH 1st.**

## SKY GYMNASTICS



Gymnastics

**We offer a competitive USA  
Gymnastics team!!**

\*by invitation

## MARCH MADNESS

**3 Point Shootout**

**Wednesday, 3/10**

**Time:**

**Ages 12-14 5:30 pm**

**Ages 15-17 6:30 pm**

**Ages 18+ 7:30 pm**

Partners are required for this 3 point contest. Each participant will take turns shooting while their teammate rebounds and passes. Each participant will shoot from 5 locations on the court. You must attempt 3 shots from each location before moving on. Shooter can attempt as many shots as possible in 1 minute.

\$10/team

**Registration Deadline: Monday, March 8th**

# FOR HEALTHY LIVING

Improving the nation's health and well-being

## HEALTH, WELLNESS, & EXERCISE

### CardiYoga

A blend of cardio exercises to get your heart pumping and warm up your muscles with Yoga poses to strengthen and balance your body.

*Mondays 7:30 to 8:30 pm*

### Group Cycling

High energy, indoor cycling class, set to music, using a stationary bike. Riders of all abilities.

*Tuesday/Thursdays 9:00 to 10:00 am*  
*Tuesdays 6:30 to 7:30 pm*

### Happy Hour

Start your weekend with a high-energy aerobic and strength workout.

*Fridays 5:15 to 6:15 pm*

### Hatha Yoga

This class encompasses gentle stretching and strengthening that is done in a relaxed and mindful manner.

*Thursdays 7:30 to 8:30 pm*

### Kickin' Combo

Kickboxing and resistance training come together for a "knockout" workout.

*Mondays 5:15 to 6:15 pm*

### Low Impact

Low Impact does not have to mean low intensity! This fat-burning class keeps one foot on the ground at all times.

*Thursdays 5:30 to 6:30 pm*

### Retro-Robics

Retro-Robics - A "Blast from the Past" class! Traditional aerobics that will help you work up a sweat, infused with a variety of other workout styles.

*Tuesdays 5:30 to 6:30 pm*  
*Thursdays 6:30 to 7:30 pm*



### SilverSneakers Circuit

Just starting on your fitness journey? Need a step up from SilverSneakers Classic? This is a dynamic, functional and always low-impact class. Using a combination of light weights, bodyweight work, balance

*Mondays 8:00 to 9:00 am*  
*Wednesdays 9:30 to 10:30 am*

### SilverSneakers Classic

Hand-held weights, elastic tubing with handles, and a small inflated ball accompany exercises designed to increase muscular strength, range of movement, and activities of daily living. A chair is used for seated or standing support.

*Tuesdays/Thursdays 10:15 to 11:15 am*

### Total Body Workout

All major muscle groups, including the heart, are worked in this total body class.

*Mondays/Wednesdays 6:30 to 7:30 pm*

### Walking Club

Join us for a walk. Meet in the exercise room for a 5 minute starch. Then hit the streets of Pottsville as a group, for a moderate 45 minute walk around the city. Finish with a 5 minute post walk cool down in the exercise room.

*Fridays 9:00 to 10:00 am*

# FOR HEALTHY LIVING

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## HEALTH, WELLNESS, & EXERCISE

### GROUP CLASSES

#### MONDAY

8:00 am SilverSneakers Circuit  
5:15 pm Kickin' Combo  
6:30 pm Total Body Workout  
7:30 pm CardiYoga



#### TUESDAY

9:00 am Group Cycle  
10:15 am SilverSneakers  
5:30 pm Retro-Robics  
6:30 pm Group Cycle



#### WEDNESDAY

9:30 am SilverSneakers Circuit  
6:30 pm Total Body Workout



#### THURSDAY

9:00 am Group Cycle  
10:15 am SilverSneakers  
5:30 pm Low Impact  
6:30 pm Retro-Robics  
7:30 pm Hatha Yoga



#### FRIDAY

8:00 am Walking Club  
5:15 pm Happy Hour



# FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

## VOLUNTEER, TEAMWORK & COMMUNITY

### Share the Warmth Winter Coat Donations

Help keep local families warm this winter by donating a new or gently used winter coat. Coats will be distributed at the YMCA throughout the year.

### School Uniform Donations

Help clothe kids in your community by donating school dress code clothing. Most schools in our community have a dress code, and the Schuylkill YMCA will be providing the items of clothing to families in need. To serve most school dress codes, we are following Minersville dress code:

**Pants:** khaki, navy, gray or corduroy full length or capris  
**Shorts/Skirts/Jumpers:** khaki, navy, black, gray or corduroy  
**Shirts:** solid color polo

### CORPORATE OFFERINGS FOR YOUR BUSINESS

**Meet at the Y** - Community meeting and training room available for small group meetings and training workshops. Reservations accepted on space and time available basis.

*Rental fee of \$25/hr and can seat 15-20 adults.*

**Facility Rentals** - Team building, tournaments, and more are at your fingertips when you reserve the gymnasium for your private company event. Our newly renovated NBA Quality flooring and use of our new locker rooms will leave your employees happy and healthy. Gym rentals based on availability.

*Members can reserve for \$35/hr with a \$20/hr deposit.*

*Non-members can reserve for \$50/hr with a \$35/hr deposit.*