

YMEMBERSHIP™

We build strong kids, strong families, strong communities.

Day Passes & Monthly Membership*

	Day Pass	1 Month	3 Month	Year (+joiners fee)	Bank Draft
Youth	\$2	\$18	\$36	\$75	\$7
High School	\$4	\$25	\$51	\$115	\$11
Adult	\$6	\$40	\$99	\$270(20)	\$25
Senior	\$4	\$30	\$69	\$180(20)	\$17
Family	NA	\$55	\$129	\$350(30)	\$32
Single Parent Family	NA	\$45	\$108	\$290(20)	\$27
College	\$6	\$30	\$75	\$125(10)	N/A

**Traditional students with current ID.

- Memberships are prorated based on each month, therefore prices may vary
- YMCA memberships are open to all youth, adults, and families regardless of their personal circumstances.
- Financial assistance is available for all memberships and programs

About Your YMCA

Equipment

- 12 Strive Smart Strength
- Free Weights
- Cable Crossover
- 4 Treadmills
- 3 Ellipticals
- 1 Cybex Arc Trainer
- 2 Stationary Bikes

Facility

- Children 8 and under must be accompanied by someone 13 or older.
- Youth 13 and under must have adult supervision to use the fitness center.
- Children 14-17 must have an orientation by a YMCA trainer before use of the fitness center without adult supervision.

Hours

YMCA of Bradford County Hours

	Oct. - May	June-Sept.*
Mon-Thu	5:45am-9pm	5:45am-7:30pm
Friday	5:45am-7:30pm	5:45am-7:30pm
Saturday	8:30am-12:30pm	8:30am-12:30pm
Sunday	1pm-6pm	CLOSED

*September hours Monday-Thursday 8pm closing.

*The YMCA will not be open on Sunday until November.

The Y will be closed:

- Christmas Day - Dec 25
- Christmas Sunday - Dec 26
- New Years Day - Jan 1

Bradford County Branch YMCA Mission

To put Christian principles into practice in our communities through programs that build healthy spirit, mind, body for all through caring, honesty, respect, responsibility and service.

Bradford County Branch YMCA

a branch of the River Valley Regional YMCA



Nov. 28TH 2010-
JAN 1ST 2011



9 College Ave., Towanda, PA,
18848 570-268-9622

www.bradfordcountyyymca.org

*The Bradford County Branch
YMCA is a member agency of the
Bradford County United Way.*

YOUTH™

We build strong kids, strong families, strong communities.

Birthday Parties

- Call or stop in for prices.

Preschool Play Date

- Thursdays 9:30-11:00 AM
- Free for ALL.

SACC: (School Age Child Care)

- For youth in grades K-5.
- \$40 a week or \$19 a day
- Two Locations
Ulster-Sheshequin
WR Croman

5th and 6th Grade Basketball

- For all 5th and 6th grade students.

Mini Camp– Dec. 2-Dec 21

- Tues/Thurs– 6:30-7:30 PM
- Towanda Elementary School
- Members-\$10 Non-members- \$15

League– January 10-March 4

- Tues/Wed/Thursday- 6:30-7:30 PM
- Location, dates, and times depends on total participation and are subject to change, but will be limited to a Towanda Area School or the YMCA.
- Members-\$20 Non-members-\$30
- If registered and paid for the league by 12/1, the **Mini Camp is FREE!**

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Body Analysis and Fitness Testing

Group Fitness (free to members)

- See monthly group exercise schedule at front desk or online.

New Member Orientation (HeLP)

- Includes a fitness center/exercise orientation, fresh workout ideas, and 2 free personal training sessions.

	Y Member	Non-member
1 session	\$20	\$30
6 sessions	\$105	\$150
12 sessions	\$190	\$275

*Packages must be paid in full at the time of purchase.

YSPORTS™

We build strong kids, strong families, strong communities.

Open Volleyball

- Thursdays 7:30-8:30pm
- Ages 16 and up
- (unless accompanied by an adult)
- YMCA Members– Free
- Non-Members– Day Pass Fee

Open Basketball

- Mondays 7:00-8:30pm
- YMCA Members– Free
- Non-Members– Day Pass Fee

3 on 3 Basketball Tournament

- Sunday January 16
- All ages are welcome.
- Entry Fee-\$45
- There will be a cash payout and a trophy for the winning team.

YOLDER ADULTS™

We build strong kids, strong families, strong communities.



Silver Sneakers

Mondays-	10:00 AM	MSROM
Tuesdays-	10:00 AM	Yoga
Wednesdays-	10:00 AM	Cardio
Fridays-	10:00 AM	MSROM

AOA Meet and Greet

- The first Monday of each month (Sept-May)
- 11:00 AM at the YMCA
- Free for all seniors.

Upcoming Meet and Greet Themes

- December 6 -Pat Kane

**Scholarship assistance is available for all memberships and programs*