

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:

- January 1, 2010

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



JANUARY 3, 2010-
FEBRUARY 13, 2010



YMCA

We build strong kids,
strong families, strong communities.

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.

Babysitters Training

- February 13, 2010 9:00AM-3:00PM
- YMCA Member-\$ 35
- Non-Member- \$55

B.A.T. (Basic Aid Training)

- January 16, 2010 9:00 AM-3:00PM
- YMCA Members-\$25
- Non-Members-\$45

*Bring a bagged lunch for

Babysitters Training and BAT.

Birthday Parties

- Call, stop in, or checkout our website for prices.

Preschool Playdate

- Thursdays 9:45-11:00 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

Junior Hockey

- Ages 6-14
- Starts January 26, 2010
- Tuesdays 6:00-8:00 PM
- YMCA Members- \$15
- Non-Members- \$30

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Body Analysis and Fitness Testing

- Offered free to members.

Group Fitness (Mostly free to members)

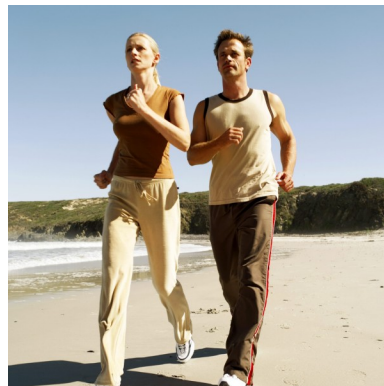
- See monthly group exercise schedule at front desk or online.

New Member Orientation (HeLP)

- Includes a fitness center/exercise orientation, program setup, body composition analysis, and 2 free personal training sessions.

Walking/Running Club

- Dates and Times TBA.



YPERSONAL TRAINING™

We build strong kids, strong families, strong communities.

- Let one of our certified trainers give you new ideas, motivate you, and help you reach your goals.
- \$20/session
- \$100/6 sessions
- \$175/12 sessions

YOLDER ADULTS™

We build strong kids, strong families, strong communities.



Silver Sneakers

- **Muscular Strength and Range of Motion**

Mondays and Wednesdays at 8:45 AM

- **Cardio Circuit**

Tuesdays at 8:45 AM

AOA Meet and Greets

- Meets the last Wednesday of each month.

*Scholarship assistance is available for all memberships and programs