

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-8:00pm |
| Friday | 5:45am-7:30pm | 5:45am-7:30pm |
| Saturday | 8:30am-12:30pm | 8:30am-12:30pm |
| Sunday | 1pm-6pm | CLOSED |

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

The Y will be closed:

- Labor Day -Sept 6
- Election Day -Nov 2
- Thanksgiving Day -Nov 25
- Christmas Day -Dec 25

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



SEPT. 3RD-NOV. 27TH
2010



YMCA

We build strong kids,
strong families, strong communities.

9 College Ave., Towanda, PA,
18848570-268-9622

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 Playdate

- 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 (Troy)

Junior Hockey

- Starts Mid-October
- Wednesdays 6:00-8:00 PM
- YMCA Members- \$15
- Non-Members- \$35

Youth Basketball Mini-Camp

- Late October/Early November. Actual dates and times TBA.
- Open to all boys and girls in 5th and 6th grade.
- This 4 week program will be an introduction into the 5th and 6th grade basketball league starting in January 2011.
- For more information, or to be put on a call list, please contact Aaron at the YMCA.

YHEALTH & FITNESS™

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Body Analysis and Fitness Testing

- Free to members

Dodgeball Tournament

- Date and Time TBA

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, program setup, body composition analysis, and 2 free personal training sessions.
- Need more help? Let one of our trainers motivate you, and help you reach your goals every step of the way with one of our personal training packages.

| | 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.

Fitness Center Challenges

- Win great prizes just for exercising.
- **Back 2 School Challenge** Sept 7– Sept 17
- **Fall Fitness Challenge** Oct 18-Jan 24

YOLDER ADULTS™

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Silver Sneakers

| | | |
|-------------|----------|--------|
| Mondays- | 9:00 AM | MSROM |
| Tuesdays- | 10:00 AM | Yoga |
| Wednesdays- | 9:00 AM | Cardio |
| Fridays- | 9:00 AM | MSROM |

AOA Meet and Greets

- The first Monday of each month (Sept-May)
- 10:30 AM at the YMCA
- Free for all seniors.

Upcoming Meet and Greet Themes

- September 13 -Wii Bowling
- October 4 -Healthy Joint Seminar
- November 1 -Healthy Holiday Eating
- December 6 -TBA

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