

YMEMBERSHIP™

We build strong kids, strong families, strong communities.

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

*Traditional students with current ID.
 **Yearly and Bank Draft memberships require a joiners fee for new members.

- 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 Our YMCA

Equipment

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

Facility Rules

- 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.

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:

- April 2, 2010 Good Friday
- April 4, 2010 Easter Sunday
- May 31, 2010 Memorial Day

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



LATE WINTER 2010

FEBRUARY 14– APRIL 10



YMCA

We build strong kids,
strong families, strong communities.

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

www.bradfordcountnymca.org

We're on Facebook and Twitter too.

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

YOUTH™

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Babysitters Training

- April 10, 2010 9:00AM-3:00PM
- Y Members-\$ 35 Non-Members- \$55

B.A.T. (Basic Aid Training)

- March 13, 2010 9:30 AM-3:00PM
- Y Members-\$25 Non-Members-\$45

Birthday Parties

- Call, stop in, or checkout our website.

Preschool Playdate

- Thursdays 9:45-11:00 AM
- Free for ALL.

Healthy Kids Day

- April 17, 2010
- 9AM-1PM
- A free family oriented health fair here at the YMCA.
- First day to sign up for summer programs like day camp and summer swimming lessons.

Fundamental Softball Pitching Clinic

- Sundays March 7 - March 28.
- 7-9 years 11:15 AM-12:00PM
- 10-12 years 12:15 PM-1:00 PM
- Y Members- \$10 Non-members- \$20

T-Ball

- April 17- June 5
- Games will be played on Saturdays from:
- 8:30-9:30 AM and 9:30-10:30 AM
- Ages 4-6 (Birthday cutoff end of June)
- Y Members-\$15 Non-Members- \$35

Adult Volleyball League

- Mondays and Thursdays starting April 12.
- 6-9 PM
- Early Bird Fee* \$250
- Regular Fee \$300
- * Must be paid by March 26 to receive early bird discount.

Adult Softball Leagues

- Begins the first week of May.
- Co-ed and Modified leagues.

	Early Bird Fee*	Regular Fee
Co-Ed	\$450	\$500
Modified	\$550	\$600

* Must be paid by April 9 to receive early bird discount.

YAQUATICS™

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All Spring swim programs begin the week of April 12 and will be held at the Towanda High School Pool.

Swimming Lessons

- Mondays and Wednesdays
- Session Times TBA
- Y Members-\$25 Non-members-\$30

Lap Swim and Guard Start

- Tuesdays and Thursdays from 4:45-6:15 PM

Open Swim

- Fridays 6:00-8:00 PM
- Y Members-\$1 Non-members-\$2

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Group Fitness

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.

YOLDER ADULTS™

We build strong kids, strong families, strong communities.



Silver Sneakers

Mondays-	11:00 AM	MSROM
Wednesdays-	9:00 AM	Cardio
Fridays-	9:00 AM	MSROM

AOA Meet and Greet

- Free for all seniors
- Meets the first Monday of each month.

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