

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.

Pool

	YMCA Member	Borough Resident	Non Borough Resident
Spectator	\$1	\$1	\$1
Day Pass	\$2	\$3	\$4
Youth	\$35	\$55	\$70
Adult	\$45	\$65	\$80
Family	\$75	\$100	\$125
Senior	\$35	\$55	\$70

- Memberships are prorated based on each month, therefore prices may vary
- 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-8:00pm
Friday	5:45am-7:30pm	5:45am-8:00pm
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:

- 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



SUMMER I 2010

JUNE 6— JULY 17



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™

We build strong kids, strong families, strong communities.

Birthday Parties

- Call, stop in, or checkout our website.

Day Camp

- June 14– August 20
- Activities include hiking, swimming, canoeing, archery, quest speakers, gymnastics (extra fee), horseback riding, fishing, nature study, skits, singing, and a whole lot more.
- *Y Members-* \$85/week
- *Non-Members-*\$100/week
- *Teen Leaders-*\$40/\$50

Sports Conditioning Clinic

- June 14– August 6
- Ages 14-18
- Do you want to be stronger? Faster? More Explosive? This 7 week program designed by Aaron will help you increase your strength, both generally and sport specific. If your looking to take your athleticism to the next level this clinic is for you.
- *Y Members-* \$40 *Non-Members* \$50

YAQUATICS™

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*Summer Swim will have two sessions, the first running from **June 14-July 9** and the second running **July 19-August 13.***

Swimming Lessons

- Classes will run (all levels):
 - *Mon, Wed, Fri from 11:15-11:45
 - *Tues, Thurs from 6:10-6:50
- Y Members-\$25 Non-members-\$40

The YMCA pool will have open swim daily from 12-6PM (see membership page for pool rates.)

YSPORTS™

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9th Annual YMCA Golf Tournament

- Sunday June 13, Shotgun start at 1PM
- Captain and Crew Format
- Towanda Country Club
- Noon lunch specials will be available at the clubhouse.
- Light dinner and awards ceremony will follow tournament play, around 5:30 PM.
- Sponsor* \$250
- Team \$300
- Team & Sponsor* \$500
- Platinum Sponsor** \$1000

*Includes T-sign & logo in tournament brochure.

**Includes banner logo.

COED Wooden Bat Softball Tournament

- July 10-11
- \$100 if in the YMCA league.
- \$125 if not in YMCA league.
- The first 12 teams to register will receive a free wooden bat.
- Each team is guaranteed 3 games.
- Winner will receive a trophy and cash prize.

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Group Fitness

Most classes are included with membership. 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
Tuesdays-	9:00 AM	Yoga
Wednesdays-	9:00 AM	Cardio
Fridays-	9:00 AM	MSROM

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