

YMCA SPECIAL EVENTS THIS SUMMER

24th Annual Greater Susquehanna Valley YMCA

Run/Walk 5K Road Race

Saturday June 12th at 9:00am

Kid's Fun Run at 10am *only* \$5

The race will begin at the Sunbury YMCA

All ages and abilities are welcome to participate.

Pre-register fee: Y Members - \$15.00 Non Members - \$18.00

Day of the Race fee: Y members - \$20.00 Non members - \$23.00

Pick up an entry form at the Sunbury YMCA today!

9th Annual YMCA Bike Race

Saturday August 14th

The race will begin at 9:00am at the Sunbury Pool.

The race is approximately 26 miles.

For more information please contact the

Ann D at the Sunbury YMCA 286-5636.

Pre-register fee: Y Members - \$17.00 Non-member-\$ 19.00

Day of Race Fee: Y Members- \$20.00 Non-members- \$24.00



Greater Susquehanna Valley YMCA

Sunbury Branch

1150 N. Fourth Street

Sunbury, PA 17801

Sunbury 286-5636

Summer Hours Begin May 29 – September 6

Monday- Friday 6:00 am – 9:30 pm

Saturday 8:00 am – 4:30pm

Sunday 1:00pm - 4:30 pm

Milton Branch

12 Bound Avenue

Milton, PA 17847

Milton 742-7321

Summer Hours Begin May 29 – September 6

Monday – Friday 6:30 am - 9:00 m

Saturday 8:00am - 4:30 pm

Sunday 1:00-4:30pm

The Arts Center

35 S. Fifth Street

Sunbury, PA 17801

Arts Center 286-0818

Check us out on the web

GSVYMCA.ORG



YMCA SUMMER PROGRAMS

JUNE JULY AUGUST 2010

MEMBERSHIP RATES

	<u>MEMBERSHIP RATES</u>		<u>Corporate Rates</u>	
	<u>Bank draft</u>	<u>Annual</u>	<u>Bank draft</u>	<u>Annual</u>
Youth	\$7.60	\$91.00	\$6.55	\$76.00
Y. Adult	\$10.50	\$122.00	\$8.60	\$103.00
Adult	\$39.00	\$459.00	\$33.00	\$390.00
Couple	\$52.00	\$624.00	\$44.00	\$528.00
Senior	\$33.00	\$390.00	\$31.00	\$363.00
Sr. Couple	\$44.00	\$528.00	\$41.00	\$492.00
Family	\$56.00	\$672.00	\$48.00	\$576.00
Sr. Family	\$48.00	\$575.00	\$44.00	\$528.00

Senior citizen membership starts at 62 years of age. To qualify for the Senior Family membership both adults must be 62 years of age or older.

Bank Draft NSF Fee is \$15.00 Returned check fee is \$25.00

A 30 day written notice must be given to cancel a monthly bank draft membership.

NEW MEMBER ASSESMENT FEES WAVED UNTIL MAY 31, 2010

Youth	\$10.00	Family	\$80.00
Y. Adult	\$10.00	Senior	\$50.00
Adult	\$55.00	Senior Family	\$72.00
Couple	\$72.00		

REGISTRATION AND SESSION DATES

<u>Session #</u>	<u>session dates</u>	<u>registration dates</u>
Session 6	June 1 st – June 26 th	members May 21 st non members May 28 th
Session 7	July 5 th - July 31 st (closed July 4 th)	members June 18 th non members June 25 th
Session 8	August 2 nd – August 28 th	members July 23 th non members July 30 st

NO CLASSES AUGUST 30th – SEPTMBER 4, 2010

Fitness Center Orientations *New Members! Youth & Adults!*

Need someone to show you how to use our equipment? Contact Hannah Tobin at Sunbury, or Mike Smith at Milton, and someone will take you through our fitness centers and show you how to use our state of the art equipment!

Personalized Training

Individualized fitness programs for strength training, muscle toning, cardiovascular conditioning, flexibility/range of motion, and sports conditioning are available. Each session lasts approximately I hour. Advanced registration is required.

<u>Cost:</u>	<u>member</u>	<u>non-member</u>
1 session	\$25.00	\$30.00
5 sessions	\$105.00	\$125.00
10 sessions	\$200.00	\$230.00
Body Fat Analysis	\$10.00	\$25.00

SUNBURY FITNESS

Aerobics Schedules are available at the front courtesy desk with class names and descriptions. Classes are all an hour in length unless stated on the schedule. Summer schedule begins Tuesday, June 1st.

Zumba Classes Mon, Tues, Wed, Thurs and Friday

Power Circuit Training Classes Intense muscular endurance class.
6:00am Friday 12:15pm M/W/F 5:30pm M-Tues 5:00pm Wed/Thurs
Schedules are available at the front courtesy desk.

Group Cycling
9:15am M-SAT 12:15pm T/W/TH 5:30pm M-TH

Schedules are available at the front courtesy desk.
Classes vary in length from 30 minutes to one hour depending on time or instructor's choice.

Any class may be canceled due to low attendance

SUNBURY AQUATICS

Sunbury Progressive Swimming Lessons

Session I June 7th – June 11th

(Sign up for members May 21st – non-mem. May 28th)

Session II July 12th – July 16th

(Sign up for members June 11th – non-mem. June 18th)

Session III August 2nd – August 6th

(Sign up for members July 16th – non-mem. July 20th)

Class Times: 4:15 – 5:00 Minnow, Fish, Flying Fish, Shark
& Polliwog/Guppy
5:00 – 5:30 Pike/Eel & Ray/Starfish

Cost per Session: \$25.00 fam mem \$35.00 youth mem \$50.00 non mem

Course Descriptions/Levels

Water babies – Wednesday's 10:30-11:00am (3 family minimum)

Adult Swim Lessons - Available by appointment only

Private Swim Lessons 4 lessons – 30 min. ea. \$50.00 mem - \$75 non-mem.

Contact Dottie Jones, Aquatics Coordinator, for scheduling.

Backyard Lessons – Your pool is the place! 1 or more, contact Dottie for info.

Water Walking/Jogging – T/TH 6:00pm-7:00pm & W/F 7:30am-8:30am

AFYAP – Arthritis Water Class Tues 1:30-2:30 & Thurs 1:30-2:30pm

Cost: Non members 1time a wk \$24 month, 2 times a wk \$40 month

Aquacise

9:00am M-F 9:45am M-TH 7:00pm T/TH 7:45pm T/TH

Advanced Aquacise

6:30pm – 7:30pm M/W

Schedules are available at the front courtesy desk with class names.

All classes are 45 minutes

Members – FREE

Non-members 2 times per week \$40 month ... 3 times per week \$54 month

Seniors 2 times per week \$35 month ... 3 times per week \$43 month

YMCA CHILD CARE at SUNBURY

YMCA Day Care Center- Open Monday-Friday 6:30 am-5:30 pm.

Separate programs for infants (6 weeks to 13 months), one year olds, two year olds, three year olds and pre-schoolers (4 and 5 year olds).

Weekly swimming time for 2 years and older.

Call 286-5636 to register your child for our waiting list.

YMCA CHILD CARE at MILTON

Open Monday thru Friday 6:30am – 5:30pm.

Ages 6 weeks - 5 years. Weekly swimming.

Call to register your child for the waiting list 742 -7321.

SUMMER DAY CAMPS AT THE SUNBURY YMCA

Sunbury camps are currently full.

Call to be put on a waiting list or for more information.

SUMMER DAY CAMPS AT THE MILTON YMCA

Cubs (Grades K-3)

Big Bears (Grades 4-6)

CIT'S (Grades 7 and up) rotate helping with the above groups.

*Field trips, daily swim time, crafts and activities revolve around a weekly theme.

Call the Milton YMCA for more information.

SCHOOL AGE CHILD CARE (SACC)

Shikellamy School District-Held at the Beck Elementary School in Sunbury and Priestley Elementary in Northumberland.

Monday-Friday 6:30am –8:30am and 2:45pm-6:00pm

Kindergarten through fifth grades have homework time, physical activity, games and crafts. Call to be added to the waiting list.

Milton School District - Held at the Milton YMCA.

The YMCA will provide school age child care for Milton, White Deer and Montandon school students in K – 5th grade

Monday-Friday from 6:30am to 6:00pm. Call the Milton YMCA at 742-7321 for more information.

Transportation is available for an additional fee.

GIANT STEP NURSERY SCHOOL AT SUNBURY

Call 286-5636 for more information or to be put on our waiting list.

YMCA Babysitting Service

Let the YMCA staff care for your child while you work out.

BABYSITTING HOURS 24 hr notice for children under 18 months old

At Sunbury

Monday through Friday 9:00am to 1:00pm

Monday through Thursday 4:00pm to 8:00pm

Saturday 8:00am to 11:00am **Saturday hours start May 29**

At Milton

Monday – Friday 8:45am – 11:00am

Monday – Thursday 5:00pm -8:00 pm Saturday 9:00am – 11:30am

Tuesday & Wednesday 5:00-7:30pm

Sunbury Gymnastics Program

Tiny Tots - Learning in a fun environment with age specific lessons. Stimulate movement and motor skills

- Ages 3 - 4 8 week session
- Tuesday 10:30 – 11:00 am or 4:30-5:00 pm or Thursday 4:15-4:45 pm
- \$28 fam.mem. \$48 youth \$70 non-mem

Kinderfit – Stretching, development of motor skills designed for this age group.

- Ages 4 –5 8 week sessions
- Wednesday 3:00-3:45 pm or 4:00 – 4:45 pm
- \$32 fam.mem \$53 youth \$75 non-member

Tiny Tumblinas- One Hour Class focusing on basic gymnastics and skills.

- Ages 4-6 8 week session
- Mon 4-5 pm
- \$35 fam. member \$60 youth \$80 non-member

Boys Strength and Conditioning – 8 week session

- Ages 7 and older
- Mon and Fri 5 – 6:30 pm
- \$75 fam mem \$95 youth \$115 non-mem

Boys & Girls Jr. Olympic Prep Program –Developing and demonstration the appropriate skills to advance to competition

- Ages 4 and up monthly
- **Call for more information.**

Boys Future Stars— Boys will develop skills and routines necessary for competition

- Mon & Wed. 5-8 pm
- \$60 fam.mem. \$75 youth \$100.00 non-mem

Boys Future Stars level 5 and up competitive boys team

- Must meet criteria for competition
- Mon, Wed & Fri 5-8 pm

Girls JOP Beginners Level 1

- Tues and Thurs 5-6:30 pm
- \$40 fam.mem. \$50 youth \$65 non-mem

Girls JOP Level 2 Successful completion of level 1

- Tues and Thurs 5- 7 pm
- \$45 fam.mem. \$55 youth \$70 non-mem

Girls JOP Level 3 – 10 Successful completion of previous levels, USAG membership, Or previous competitive experience

- L3 Mon & Wed 5-7pm
- L4 Mon & Wed 5-8 pm
- L 5 – 10 Mon, Wed, Fri 5-8 pm

Saturday Morning Tumbling and Skills --- 10 sessions June 12th – Aug 21st

- 10:00 – 11:30 am
- \$50 fam.mem. \$75 youth \$100.00 non-mem
- Or \$15 per Saturday

Session dates
May 3 – June 25
July 5 – Aug 27

GYMNASTICS AT MILTON BRANCH

Beginner Gymnastics – for the gymnast with little or no knowledge of gymnastics.

Warm up, stretching, and use of all apparatus.

- Ages 6 and up
- M/W 5:30 – 6:30pm
- Cost: \$20 fam mem \$42 youth mem \$58 non-mem

Intermediate Gymnastics – For the more advanced gymnast.

- More difficult skills and higher level of strength and flexibility.
- Admission to the class reserved under the instructor’s discretion.
- M/W 5:30 – 6:30pm
- Cost: \$20 fam mem \$42 youth mem \$58 non-mem

MARTIAL ARTS

Adult Kung Fu Ages 13 and older

Sunbury

Wednesday 8:00-9:30pm & Saturday 11:30am-1:00pm

Milton

Tuesday 7:00-8:30pm

Cost: \$15 fam mem \$30 individual mem \$50 non-mem

Youth Kung Fu Ages 6 – 12

Sunbury

Beginner White Sash only Sat 9:30-10:30am

Advanced Red Sash & above Sat 10:30-11:30am

Milton

All sash levels, Wednesday 3:45-4:45

Cost: \$15 fam mem \$25 youth mem \$45 non-mem

Martial Arts Camp August 9-13

Adult
Ages 13 & older
8:30-11:30 am

Youth
Noon-3:00pm

Call Larry
Fletcher at
286-5636 for
more information

There are no classes in the month of August

RENTALS

**The YMCA is the perfect place to have your
next birthday party
or family get together!**

**Call either branch or the Arts Center
for prices and availability!**

Gymnastics Summer Camps

Ages 6+ also pre-team and team gymnasts **Ages 4 – 10 also class and pre-team gymnasts**

Full day camp

June 21st – 25th 9:00am – 3:00pm
12:00pm

July 12th – 16th 9:00am – 3:00pm
12:00pm

August 9th – 13th 9:00am – 3:00pm

Half day camp

June 16th – 18th 9:00am –

July 7th – 9th 9:00am –

Discounts for pre-registration... call for prices and pre-registration deadlines.

CHARLES B. DEGENSTEIN YOUTH CENTER
SUMMER ACTIVITIES

WILD WEDNESDAYS June 2nd through August 18th

Every Wednesday evening the Youth Center will be open from 6:00 - 8:00 pm. We will have a variety of activities such as Dodge Ball, Water Balloon Battles, Dinner & Movie, swimming and much , much more!
Cost \$4.00 Call the YMCA for a schedule.

Friday Night Dances:

During the summer months the Youth Center **WILL NOT** hold Friday evening dances. Dances will resume in September.

Babysitting Course

This course will provide individual instruction in the age range of 11-15 years information and the skills needed to be responsible for the care and safety of children in the absence of parents.
Please call the YMCA & ask for Ann D. for more information 286-5636.

SUMMER AT THE YMCA ARTS CENTER

Kids Art Classes...Over 13 choices in camps, classes or one-day workshops are offered for kids ages 5-13.

Adult Classes are held throughout the summer months in the day and evening: Drawing, Oil Painting, Watercolor, Pottery, Jewelry, Lapidary, Quilting, Wood Carving.

For dates, times and fees visit us online at www.ymcaartscenter.org.
Pre-registration is required for all classes. Enrollment is open on a continual basis. Call 286-0818 to enroll.

Pick up a brochure at the desk for all the happenings at the Arts Center this summer!

Milton YMCA
Summer TGIF Events

Friday June 18th, July 16th, August 20th
6:30-9:00pm \$5.00 members \$6.00 Non-members

YOUTH POLICY

For All YMCA Locations
Unless enrolled in a class...Children aged 9 and under must be accompanied by an Adult (age 18 and above).

Milton Fitness

Put up a schedule at the Front Desk

Aerobics

Zumba Classes	Mon, Tues, Thurs, Fri & Sat.
Cardio Boot Camp	6:00 pm Mon & Thurs
Core Interval	9:00am Tues & 10:00am Thurs
Low Impact Aerobics	9:00am Tuesday & Thursday
Circuit Training	6:00pm Wednesday
Cardio Kick Boxing	5:00pm Monday

Aquacise

Monday through Friday	9:00 – 10:00am
Mon- Thu	6:30 – 7:30pm
Agua Pilates	10:00-11:00 Monday& Thursday
Aqua Cycling	10:00-11:00 Tuesday & Friday

Youth Wellness Trainings

Mandatory for ages 10-13 in our youth fitness center

YMCA Arthritis Aquatic Program:

Mon./Wed./Fri.	1 – 2pm
Schedules are available at the front courtesy desk with class names.	
Prices: Members – FREE	
Non-members	1 time per week \$24 month
	2 times per week \$ 40 month
	3 times per week \$ 54 month
Seniors	2 times per week \$ 35 month
	3 times per week \$ 43 month

Milton Progressive Swimming Lessons

Monday through Friday.

Session I	June 7 th – June 11 th
Session II	July 12 th – July 16 th
Session III	August 2 nd – August 6 th

Class times for

4:00 – 4:45pm	Polliwog, Guppy, Minnow & Fish
5:00 – 5:30pm	Pike, Eel, Ray, & Starfish

Cost Per Session: Family Member: \$25.00
Youth Member \$35.00
Non-Member: \$50.00

Private Swim lessons 4 lessons – 30min. \$50 members \$75 non-members