

Leagues & Tournaments at the Sunbury YMCA

Semi-Power Volleyball – 4 person teams. Starts Thursday January 21st
Mandatory captains meeting Monday Jan. 18th @ 6:00pm
Team Fee: \$65.00 non-members \$20.00

Church Volleyball – Starts Thursday March 18th
Mandatory captains meeting Monday March 15th @ 6:00pm
Team Fee: \$65.00 non-members \$20.00

Men's 35 and Over Basketball League – Starts Saturday January 9th.
Organizational meeting Monday, December 14th. @ 6:00pm
\$300.00 per team \$20.00 non-members

17th Annual
**Spring Fling &
One Mile
Run/Walk**
Milton YMCA
Saturday
May 15, 2010
Call to register !!

Save the Date! 24th Annual Sunbury YMCA 5K June 12th / 9th Annual Bike Race August 14th..call 286-5636 for info.

Personalized Training

Our certified personal trainers will develop fitness programs for your individual needs. Everything from strength training, muscle toning & development, cardiovascular conditioning, flexibility, range of motion and sports conditioning are available. Each session lasts approx. 1 hour. Call to make an appointment.

	Members
1 session	\$25
5 sessions	\$105
10 sessions	\$200
Body Fat Analysis	\$10

Leagues at the Milton YMCA

Open Youth Dodge Ball Every Saturday morning 10-12 \$3 mem. \$5 non-mem
Call Mike at the Milton YMCA for more info

Recreational Volleyball Leagues

- For beginners and recreational players
- Starts Tuesday January 18th – March 8th (8 weeks)
- 6 – 9 pm
- rosters & fees due by January 11th - Captain's meeting January 11th
- \$65 per team plus \$20 per non – member player Limited to the first 8 teams

Bucknell University Greek Basketball for grades 4-6th coming in January call Mike for more information.

Annual Membership Rates

	Individual	Corporate
Youth	\$91.00	\$76.00
Young Adult	\$122.00	\$103.00
Adult	\$459.00	\$390.00
Couple	\$624.00	\$528.00
Senior	\$390.00	\$363.00
Sr. Couple	\$528.00	\$492.00
Family	\$672.00	\$576.00
Senior Family	\$575.00	\$528.00

Monthly Bank Draft Rates

	Individual	Corporate
Youth	\$7.60	\$6.55
Young Adult	\$10.50	\$8.60
Adult	\$39.00	\$33.00
Couple	\$52.00	\$44.00
Senior	\$33.00	\$31.00
Sr. Couple	\$44.00	\$41.00
Family	\$56.00	\$48.00
Senior Family	\$48.00	\$44.00



New Member Assessment Fee

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

Note:

Senior age begins at 62.
Senior family means **BOTH** parties must be 62 or older.

**College memberships:
Purchased monthly while on breaks from school.
Fee: \$44.00 per month**

\$2.00 fee for replacement of lost membership card.