

## YMCA Information

### Adamstown YMCA

The Adamstown YMCA offers state-of-the-art fitness center, interactive youth center, gymnasium, aerobic studio, childcare center, and meeting/conference room.

Contact: Nathan Prenzlów, Branch Executive  
71 East Main Street, PO Box 472  
Adamstown, PA 19501  
(717) 484-4996

### Hours

Monday - Thursday 7:00 AM – 2:00 PM  
3:30 PM – 8:30 PM  
Friday 7:00 AM – 2:30 PM  
4:00 PM – 7:00 PM  
Saturday 9:00 AM – 12:00 PM

### Closing Dates

New Year's Day	Christmas Eve	Thanksgiving
Memorial Day	Christmas Day	Easter
4 <sup>th</sup> of July	New Year's Eve	Labor Day

### Age Requirements

Children 7 years and under must either be accompanied by an adult 18 years or older, or be in a supervised program (including YMCA babysitting) while at the YMCA. Participants must be at least 14 years to utilize all fitness areas.

### Monthly Bank Draft

The YMCA will automatically draft membership dues from your savings or checking account on the 21<sup>st</sup> of each month. A voided check, along with membership forms must be provided to start all new memberships. A prorated fee will be assessed at this time. A 30-day written notice must be given for bank draft membership cancellations.

### Branch vs. Association Membership

Branch members receive membership privileges at the branch joined. Association members of the YMCA of Reading & Berks County receive full membership privileges at the Adamstown, Tamaqua, Tri Valley and Central YMCA.

### Corporate Membership

Healthy, fit employees are a great benefit to any employer. The YMCA offers a discount for companies with eight or more participating employees.

### Membership Card

One membership card is issued upon registration and is required for admittance to the YMCA. Lost cards will be replaced for \$5.00 per card. Keychain cards may also be purchased for \$5.00. Members from other YMCAs must show membership card and picture ID.

## Membership

### Membership Fees

No Joining Fee & No Contract

	Monthly Bank Draft	Corporate	Annual
Adult	\$20.00	\$17.00	\$240.00
Family	\$29.00	\$24.00	\$348.00
Single Parent Family	\$24.00	\$20.00	\$288.00
College	\$13.00		\$156.00
Youth	\$ 8.00		\$96.00

Day Fee: Youth/Student: \$3.00 Adult: \$10.00

*\*There will be no refunds on memberships paid in full for the year*

### Membership Descriptions

**Family** – Married couple and all dependents living at same address. Dependents must be on the parent's tax return.

**Single Parent Family** – One parent & dependent children.

Dependents must be on the parent's tax return.

**College** – Student must be a full-time college student and show a current ID and class schedule. Qualifying students may be on a parent's family membership.

**Adult** – 18 years old and older.

**Youth** – For ages birth – 17 years.

- YMCA honors marriages recognized by the Commonwealth of PA.

### Rentals

The YMCA facility offers a large gymnasium, multi-purpose room, and meeting room. All areas are available for rental upon request. All rentals must fill out a contract form and pay a minimum deposit of 50%. Contact the Y at (717) 484-4996.

Gymnasium: \$30 per hour; \$40 per hour (after hours)

Multi-purpose: \$30 per hour; \$40 per hour (after hours)

Meeting Room: \$30 per hour; \$40 per hour (after hours)

Deadline: One week prior to event

### Parties

The YMCA is the perfect place to celebrate your birthday. Birthday parties are two hours and include Interactive Youth Center, party room, gymnasium, inflatable obstacle course, and jump house. All parties must fill out a contract form and pay a minimum deposit of 50%. Contact the Y at (717) 484-4996.

Fees: \$150; \$75 per additional hour

Deadline: One week prior to event

### Karate

The Ernie Dunkelburger Karate Studio specializes in building character of each student, focusing on self-esteem and confidence, while teaching martial arts. The style of martial arts taught is Wado-Ryu, Japanese style. The instructor, Ernie Dunkelburger, is a 4<sup>th</sup> degree Black Belt with 28 years experience in Martial Arts. Contact Ernie Dunkelburger at (717) 336-5882.

## Childcare

### Summer Day Camp

The Adamstown Summer Camp is a full day summer camp program for school age children. Summer day camp is designed to provide a fun summer full of swimming, arts & crafts, weekly field trips, sports, fitness, and special activities.

Location: 71 East Main Street, Adamstown

Contact: (717) 484 - 4996

Age: 5 years – 6<sup>th</sup> Grade

Date: June 11, 2010 – August 27, 2010

Day/Time: Monday-Friday – 7:30 AM-6:00 PM

Registration: \$20 per child & 1<sup>st</sup> week's fee

Fees: Day: \$18.00 Week: \$85.00

Payments: Payments must be prepaid the Friday before participation. A \$10.00 late fee will be assessed for late payments. Payment cards must be filled out with the submission of payment.

### Before & After School

Before and After School care is provided for children 1<sup>st</sup> through 5<sup>th</sup> grade children during the school year at the Adamstown YMCA, Denver Elementary School, or Reamstown Elementary School. The YMCA school age program is licensed by the Commonwealth of Pennsylvania.

Locations: Adamstown YMCA; Denver Elementary; Reamstown Elementary

Date: August 31, 2009 – June 10, 2010

Day/Time: Monday – Friday  
Before: 7:00 AM – Start of School  
After: School Dismissal – 6:00 PM

Registration: \$25 per family & 1<sup>st</sup> week's fee

	Daily	Weekly
Fees: Before:	\$9.00	\$45.00
After:	\$9.00	\$45.00

Payments: Payments must be prepaid the Friday before participation. A \$10.00 late fee will be assessed for late payments. Payment cards must be filled out with the submission of payment.

### Nursery

The YMCA offers free babysitting services for members. Children must be members to participate.

Age: 6 months – 7 years

Day/Time: Monday thru Friday 9:00 – 10:00 AM  
Monday and Wednesday 5:15 – 6:15 PM  
Tuesday and Thursday 5:30 – 7:00 PM

## Fitness

### Aerobics

The YMCA offers group exercise classes to meet every individual's fitness goals. Group fitness classes are free for YMCA members. Non-members must purchase a day pass to attend classes.

Aerobics: Tues. & Thurs., 5:45 - 6:30 PM

Low Impact: Tues. & Thurs., 7:00 - 8:00 PM

### Yoga

Hatha yoga is designed to bring balance, strength, and flexibility to all body types. All fitness levels welcome.

Day/Time: Monday & Wednesday, 5:15- 6:05 PM

### Weight Training Orientations

The YMCA offers free orientations to members on all weight and cardiovascular equipment. Orientations are conducted by certified fitness professionals. Schedule 24 hours in advance.

## Sports

### Youth Floor Hockey

The YMCA Floor Hockey league will focus on teaching hockey fundamentals including dribbling, passing, shooting, defense, and team play. The YMCA will provide a T-shirt.

Date: October 3 – November 21, 2009

Day/Time: Practices/ Games on Saturdays

Deadline: Monday, September 14, 2009

Ages: 4 years – 8 years

Fee: Member \$40.00 Non-Member \$50.00

### Youth Basketball League

The YMCA basketball league will focus on teaching basketball fundamentals including dribbling, passing, shooting, defense, and team play. The YMCA will provide a T-shirt.

Date: February 1 – March 27, 2010

Deadline: January 18, 2010 (\$10 late fee if room available)

Location: 71 East Main Street, Adamstown

Ages: 4 years – 8 years

Day/Time: Practice-Monday/Wednesday, Games-Saturday

Fee: Member \$40.00 Non-Member \$50.00

