

YMCA Information

The Tamaqua YMCA offers a state-of-the-art fitness center, interactive youth center, gymnasium, pre-school and child-watch area.

Contact: Nick Zigmant, Executive
1201 East Broad Street
Tamaqua, PA 18252
(570) 668-2903

Hours

Monday - Thursday 5:30 AM – 8:30 PM
Friday 5:30 AM – 7:00 PM
Saturday 9:00 AM – 4:00 PM
Sunday 12:00 PM – 4:00 PM

Closing Dates

New Year's Day Christmas Eve—3:00 PM Thanksgiving
Memorial Day Christmas Day Easter
4th of July New Year's Eve—3:00 PM Labor Day

Age Requirements

Children 6 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 including Group Exercise classes.

Children ages 7 through 13 who are unaccompanied by an adult, or who are not participating in a supervised program, may spend up to two consecutive hours per day at the YMCA. For the safety of your child, please be sure he/she is not left at the YMCA unsupervised for any extended period of time.

Monthly Bank Draft

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

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. Members from other YMCAs must show membership card and picture ID.

Dress Code

Participants must wear shirts and shoes at all times. Clean, non-marking athletic shoes are required to use YMCA facilities.

Outstanding Balances

Any person with an outstanding balance is not allowed to participate in any YMCA program until the balance is paid. Balances may be turned over to collections. A \$20 fee will be assessed for checks and drafts returned.

Refund & Cancellation Policy

The YMCA has a no refund policy for memberships and program fees. Adjustments may be made for credit toward other programs due to special circumstances. Cancellation of monthly bank draft for memberships requires a 30-day written notice prior to draft date. Cancellation forms may be picked up at the YMCA front desk.

Financial assistance is available to ensure that everyone can participate in YMCA services regardless of ability to pay.

YMCA Information

| | <u>Monthly Bank Draft</u> | <u>Corporate</u> | <u>Annual</u> |
|----------------------|---------------------------|------------------|---------------|
| Adult | \$26.00 | \$21.00 | \$312.00 |
| Family | \$45.00 | \$34.50 | \$516.00 |
| Single Parent Family | \$36.00 | \$27.00 | \$408.00 |
| Student | \$20.00 | | \$240.00 |
| Youth | \$13.00 | | \$156.00 |
| Senior | \$23.00 | | \$270.00 |
| Senior Family | \$39.00 | | \$444.00 |

Day Fee: Youth/Student: \$5.00 Adult: \$10.00

Joining Fee \$50.00

Adult – 18 years old and older.

Family – Married couple and all dependents listed on the parents' tax return. Tax return may be used to determine dependency.

Single Parent Family – One parent and dependent children listed on parent's tax return. Tax return may be used to determine dependency.

Student – Full-time college student. 12 Credit Undergraduate or 6 Credit Graduate. College student must show current ID and full-time class schedule. Qualifying students may be on a parent's membership.

Youth – Birth through 17 years old.

Senior - 60 years or older.

Senior Family - Married couple with at least one person being 60 years or older and all dependents listed on seniors tax return. Tax return may be used to determine dependency.

• YMCA honors marriages recognized by the State of PA.

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.

Silver Sneakers

Enrolling in Silver Sneakers provides for you at no additional cost by your health plan, to have a membership and access to all classes. You may also use any participating location nation-wide. Refer to group fitness schedule for class times.

Rentals

The YMCA facility offers a large gymnasium. All rentals must fill out a contract form and pay a minimum deposit of 50%. Contact Nick Zigmant at (570) 668-2903.

Gymnasium: \$30 per hour; \$40 per hour (after hours)
Deadline: One week prior to event

Membership Freezing

Memberships cannot be put on hold for vacation, business trips, or anticipated non-use periods. Freezing will be allowed if pre-approved for maternity, military and medical leave.

Birthday Parties

The YMCA is the perfect place to celebrate your birthday. Birthday parties are two hours and include Youth Adventure Center, gymnasium, and inflatable. Private parties allow groups to enjoy adventure facilities with their group only. Groups must fill out a rental contract 24 hours in advance and pay a minimum deposit of 50%

Private Party: Saturdays & Sundays, 4:00 PM - 9:00 PM
\$150; \$75 per additional hour

Child Care

Tamaqua Jack & Jill Preschool

The YMCA preschool is a child centered program offering well rounded age-appropriate curriculum including circle time, reading and language development, manipulatives, fine and gross motor skills, music, art, mathematics, science, active & dramatic play, character development, and computer lab.

Age: 3-5 years old
Date: September, 2011 – May 2012
Follow Tamaqua school calendar for closings

Registration: \$45
Payments: Payments due first class day of month
A- 4-5 yrs old: Mon/Wed, 8:30-12:30 PM \$105 month
B- 4-5 yrs old: Tues/Thurs, 8:30-12:30 PM \$105 month
C- 4-5 yrs old: Mon/Wed/Fri, 8:30-12:30 PM \$150 month
D- 3 yrs old: Tues/Thurs, 8:30-12:30 PM \$105 month

Nursery

The YMCA offers free babysitting services for members while participating in YMCA activities. Children must be members or pay the day fee to participate and parent must be in the building at all times.

Age: 6 months – 6 years
Mon.-Thurs. 8:30 AM – 10:00 AM
5:30 PM – 7:30 PM
Friday 8:30 AM – 10:00 AM

Summer Adventure Camp

The Tamaqua 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.

Age: 5 years – 6th grades
Date: June 4th – August 24th, 2012
Closed on 4th of July
Day/Time: Monday-Friday – 7:00 AM-6:00 PM
Registration: \$25 per child & 1st week's fee
Fees: Day: \$20.00 Week: \$95.00
Payments: Payments must be prepaid the Friday before participation. A \$10.00 late fee will be assessed for late payments

Social Responsibility

Marsh Madness

The St. Patty's Day Marsh Madness is a polar bear plunge into Blue Marsh Lake in the cold of winter. This is a sponsorship based activity requiring each participant to raise at least \$25 to participate. Marsh Madness raises money for our financial assistance program which allows everyone to participate in our programs regardless of their ability to pay. Participation can be adults or youth and sign-up can be as an individual or as a team. Contact Kris Danner for further information, (610) 378-4733.

Date: Saturday, March 17, 2012

Location: Blue Marsh Beach Area

Healthy Living

Group Fitness

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. Participants must be at least 14 years of age.

Weight Training Orientations

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

Zumba

Dance inspired workout. Join the party! Free for Members.

Mon/Thurs: 5:30 – 6:30 PM

Step Interval

Intervals of Step Aerobics are combined with intervals of muscle conditioning for a total body workout. Free for Members

Mon: 6:30 – 7:30 PM

Cardio Kickboxing

Various boxing and kickboxing movements are instructed into a fun and exciting workout. Movement includes kicking, punching, and other aerobic exercise. Free for Members.

Wed: 6:30 – 7:30 PM

Yoga

Yoga is designed to bring balance, strength, and flexibility to all body types. All Fitness levels welcome. Free for Members.

Tues/Thur: 6:30 – 8:00 PM

Silver Sneakers MSRM 1

Designed to increase muscular strength, range of movement and daily living. Use hand held weights, elastic tubing and balls for resistance. Chairs are offered for seated and standing support.

Tues/Thur: 10:00 – 11:00 AM

Junior Fitness

The YMCA offers a training program geared for individuals ages 12-13. After completion of the junior fitness session, your child will be allowed to use all fitness facilities while being accompanied by an adult. The class will focus on fundamental strength training, cardiovascular strength training, flexibility, circuit equipment setup, exercise techniques, safety measures, spotting techniques, and education on muscles trained.

Fees: \$30.00
Time: By appointment only

Lap Swim

The Tamaqua High School pool is open for lap swim throughout the week. Lap swim follows school year hours.

Spring Session: March 26th – May 30th, 2012

Day/Time: Mon. & Wed., 8:00 – 9:00 PM

Fee: Members: Free Non-member: \$5 per hour

Swim Lessons

YMCA offers swim lessons at the Tamaqua High School pool.

Spring Session: March 26th – May 30th, 2012

Fee: \$49 per 8 week session

Monday Pike 5:20-5:50PM
Eel 6:00-6:30PM
Ray 6:40-7:10PM
Starfish 6:40-7:10PM

Wednesday Parent/child 5:20-5:50PM
Polliwog 6:00-6:30PM
Guppy 6:40-7:10PM
Minnow & up 7:20-7:50PM

YMCA Sports

Youth Basketball

The YMCA basketball league will focus on teaching basketball fundamentals, skill development, and game play. Participants will meet for skill development stations of dribbling, shooting, passing, and game play.

Ages: 4 yrs – 6th Grade Boys & Girls
Session Dates: October 27 – December 15, 2012
Registration Deadline: Friday, October 20, 2012
Fee: \$30 Member \$50 Non-Member
Practice/Game: Practices will be held on Saturday mornings.
Time: TBA (Depends on enrollment)

Youth Hockey

The YMCA hockey league will focus on teaching hockey fundamentals, skill development and game play. Participants in 1st - 6th grade will be broken into teams and will play organized games using a league play format. Participants ages 4-years to kindergarten will meet for stations of stick use, shooting, passing and game play. Games and practices will be played on an indoor gymnasiums. All players are required to bring a hockey stick and wear a helmet with a face cage and mouthpiece. It is also recommended to have gloves, elbow pads, shin guards and other equipment to protect the player from injury. Contact your local branch for more information

Ages: 4 yrs – 6th Grade Boys & Girls (Coed)
Session Dates: January 14 – March 3, 2012
Registration Deadline: Friday, January 6, 2012
Fee: \$30 Member \$50 Non-Member
Practice/Game: Games and practices will be held on Saturdays. 10:00 – 11:00 AM

Youth Indoor Soccer

The YMCA indoor league will focus on teaching soccer fundaments and game play. Participants will meet for skill development stations of dribbling, shooting passing and game play.

Ages: 4 yrs – 6th Grade Boys & Girls (Coed)
Session Dates: January 14 – March 3, 2012
Registration Deadline: Friday, January 6, 2012
Fee: \$30 Member \$50 Non-Member
Practice/Game: Games and practices will be held on Saturdays.
Time: TBA (Depends on enrollment)



2011 Winter Brochure

