

YMCA Information

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

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

Hours

Monday - Thursday 7:00 AM – 8:30 PM
Friday 7:00 AM – 7:00 PM
Saturday 9:00 AM – 12:00 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 Fitness 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. If using a checking account, 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.

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

Rentals

The YMCA facility offers a large gymnasium, multi-purpose room, and meeting room. All rentals must fill out a contract form and pay a minimum deposit of 50%.

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

YMCA Information

Membership Fees

Joining Fee:	\$50.00 - No Contract Required		
Day Member Fee:	Youth/Student: \$5.00	Adult: \$10.00	
	Draft	Annual	Association
Adult	\$22.00	\$264.00	\$44.00
Family	\$32.00	\$384.00	\$73.00
Single Parent Family	\$27.00	\$324.00	\$53.00
Senior	\$18.00	\$216.00	\$38.00
Senior Family	\$28.00	\$336.00	\$60.00
Student	\$15.00	\$180.00	\$28.00
Youth	\$ 10.00	\$120.00	\$24.00

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

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

Membership Descriptions

Adult – 18 years and older. Full privilege membership at Adamstown YMCA.

Association Adult – 18 years and older. Full privilege membership at all YMCA of Reading & Berks County Branches.

Family – Married couple and all dependents listed on parent's tax return. Tax return may be used to determine dependency. Full privilege membership at the Adamstown YMCA.

Association Family – Married couple and all dependents listed on parent's tax return. Tax return may be used to determine dependency. Full privilege membership at all YMCA of Reading & Berks County Branches.

Single Parent Family – Any household with one parent and dependent children. Dependents must be on the parent's tax return. Tax return may be used to determine dependency. Full privilege membership at the Adamstown YMCA.

Association Single Parent Family – Any household with one parent and dependent children. Dependents must be on the parent's tax return. Tax return may be used to determine dependency. Full privilege membership at all YMCA of Reading & Berks County Branches.

Student – Full-time college student. College student must show a current ID and full-time class schedule. Qualifying students may be on parent's membership. Full privilege membership at the Adamstown YMCA.

Association Student – Full-time college student (*Undergrad 12 credits; Graduate 6 credits*). College student must show a current ID and full-time class schedule. Qualifying students may be on parent's membership. Full privilege membership at all YMCA of Reading & Berks County Branches.

Youth – Birth through 17 years old. Full privilege membership at the Adamstown YMCA.

Association Youth – Birth through 17 years old. Membership at all YMCA of Reading & Berks County Branches.

Senior – 60 years and older. Full privilege membership at the Mifflin Area YMCA

Association Senior – 60 years and older. Full privilege membership at all YMCA of Reading & Berks County Branches.

Senior Family – Married couple with at least one person being 60 years and older. Dependents must be on senior couple's tax return. Full privilege membership at the Mifflin Area YMCA.

Association Senior Family – Married couple with at least one person being 60 years and older. Dependents must be on senior couple's tax return. Full privilege membership at all YMCA of Reading & Berks County Branches.

• YMCA honors marriages recognized by the Commonwealth of PA.

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

Child Care

Summer Adventure 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.

Age: 5 years – 6th Grades

Date: June 11, 2012 – August 24, 2012

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

Registration: \$20 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

Before & After School

Before and After School care is provided for children K through 5th grade children during the school year at the Adamstown YMCA. The YMCA school age program is licensed by the Commonwealth of Pennsylvania.

Locations: Adamstown YMCA

Date: August 29, 2011 – Last day of school 2011/12

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

Registration: \$25 per family & 1st 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

Nursery

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

Age: 6 months – 6 years

Day/Time: Monday thru Friday 8:30 AM – 10:30 AM
Monday thru Thursday 5:00 PM – 7:00 PM

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

Youth Development

Halloween at the Y

Dress up in a great Halloween costume and join us for our annual family Halloween party at the YMCA event.

Date: TBD

Location: Reading YMCA

Age: For the entire family

Fee: Free Admission
\$0.25 per ticket for Carnival games, etc.

Attractions: Haunted House, Inflatable Party, Carnival

Family Community Carnival

Join the YMCA for the largest interactive carnival in the region. Battle our obstacle course in our human hamster balls, cling onto the Velcro wall, spring into action on the bungee run, climb on our 7 inflatable obstacle courses, pedal your way to victory on our full size race cars, try your luck on Jacobs Ladder, and play our adventurous carnival games.

Day/Time: TBA

Fee: Unlimited Rides: \$5

Location: During Adamstown Duck Race

Junior Fitness

The YMCA offers a training program geared for individuals ages 10-13. After completion of one of the following Jr. Fitness sessions, your 10-11 year old son/daughter will be allowed to use the interactive fitness center and your 12-13 year old son/daughter will be allowed to use all fitness facilities accompanied by an adult 18 years or older. This class will focus on fundamentals of strength training, cardiovascular training, flexibility, circuit equipment setup, exercise technique, safety measures, spotting techniques, education on muscles trained, and interactive fitness center.

Fee: 10-11 years - \$15.00 12-13 years - \$30.00

Time: 6:00-8:00 PM

Dates: Last Wednesday of month



YMCA Youth Sports

Soccer

The YMCA soccer league will focus on teaching soccer fundamentals, skill development and game play. Participants will be broken into teams and will play organized games using a league play format. Itty Bitty Soccer and 4 year old participants will have a separate division and only meet on Saturdays. Age appropriate rules are used for maximum skill development. Games and practices will be played on outdoor fields or indoor gymnasiums.

Ages: Itty Bitty Soccer—Parent & 3 yrs
4 yrs – 2nd Grade Boys & Girls (Coed)

Session Dates: 2012 Dates TBD

Registration Deadline: TBD

Fee: \$30 Member \$50 Non-Member

Practice/Game: Teams will practice weekdays at their home branch with games being held on Saturdays. Itty Bitty Soccer and 4 year olds will meet on Saturdays only

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 using a player draft 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 outdoor surfaces or 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
(Not coed based on program participation)

Session Dates: 2012 TBD

Registration Deadline: TBD

Player Evaluations: TBD

Fee: \$30 Member \$50 Non-Member

Practice/Game: Teams will practice weekdays at their home branch with games being held on Saturdays. Teams will play home and away games versus other local YMCA's. It is our intent to limit travel for younger divisions.

YMCA Youth Sports

Basketball

The YMCA basketball league will focus on teaching basketball fundamentals, skill development, and game play. Participant's age's 1st – 6th grade will be broken into teams using a player draft and will play organized games using a league play format. Participant ages, 4 Years-Kindergarten will meet for skill development stations of dribbling, shooting, passing, and game play. Practice and game times will not conflict with arena football to allow individuals to participate in both leagues.

Ages: 4 yrs – 6th Grade Boys & Girls (Not Coed)

Session Dates: December 3, 2011 – February 25, 2012

Registration Deadline: Friday, October 14, 2011

Player Evaluations: Monday, October 17, 2011 or
Tuesday, October 18, 2011
(Evaluations conducted to insure team equality)

Fee: \$30 Member \$50 Non-Member

Practice/Game: Teams will practice weekdays at their home branch with games being held on Saturdays. Teams will play home and away games versus other local YMCA's. It is our intent to limit travel for younger divisions.

Indoor Soccer

The YMCA indoor league will focus on teaching soccer fundamentals and game play. Participants ages 1st – 6th grade will be broke into teams using a player draft and will play organized games using a league play format. Participant ages 4 Years-Kindergarten will meet for skill development stations of dribbling, shooting passing and game play.

Ages: 4 yrs – 2nd Grade Boys & Girls
(Not coed based on program participation)

Session Dates: March 9 – April 13, 2012

Registration Deadline: Friday, February 10, 2012

Fee: \$30 Member \$50 Non-Member

Practice/Game: Teams will practice weekdays at their home branch with games being held on Saturdays. Teams will play home and away games versus other local YMCA's. It is our intent to limit travel for younger divisions.

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

YMCA Youth Sports

Parisi Speed School

Parisi Speed School empowers athletes to improve their athletic performance by focusing on speed, strength, flexibility, endurance, agility, and self confidence. Every participant is required to have a comprehensive evaluation. Contact Clarence Curry to setup your evaluation and set your path to becoming faster, stronger and dominating any sport. Refer to Parisi Speed School schedule for training times

Contact: Clarence Curry, Parisi Coordinator
Ccurry@ymca-berkscounty.org

Location: Sinking Spring Family YMCA

Programs: ► SPEEDY TOTS, ages 3-6
► JUMP START, ages 7-11
► TOTAL PERFORMANCE, ages 12-18
► P.E.A.K. PROGRAM, ages 16-21
► ADULT CLASSES, 18 and older
► TEAM TRAINING
► PRIVATE LESSONS

Individual: \$79 month – unlimited training & YMCA membership
Family: \$108 month–unlimited training & YMCA membership

Tennis

Association-wide YMCA members have full access to the tennis facilities at the Sinking Spring Family YMCA. You may contact the Sinking Spring Family YMCA front desk at (610) 678-0484 to reserve your court.

Reading Express Arena Tackle Football

The YMCA and the Reading Express are partnering to bring the arena football experience to our youth by offering a full contact, tackle football league using arena football rules. Two divisions of 2nd – 3rd grade and 4th – 5th grade tackle football teams can now enjoy the excitement of arena football. Join the YMCA and support your Reading Express in kicking off this exciting sport. Program will run in the Winter 2012 season. Contact your local branch for more information.

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Adult Sports

Racquetball/Handball

Association-wide YMCA members have full access to the racquetball/handball courts at the Central YMCA. Contact the Central YMCA at (610) 378-4700 for availability.

Ned Diefenderfer Y Kids Golf Classic

We would like to invite you to participate in the Y Strong Kids Golf Classic to be held on at the Berkshire Country Club. Our annual tournament supports our Strong Kids Annual Support Campaign so that more families can experience the positive effects of YMCA programs and activities.

Date: July 16, 2012

Location: Berkshire Country Club

Fee: \$225 per Golfer

Aquatics

YMCA Swim Lessons

Swim lessons are offered at the Reading YMCA, Adamstown YMCA, Tri Valley YMCA, and Tamaqua YMCA. As a YMCA member of one of our branches you will receive discounted fees for all swim lesson classes.

Session Fees: Member: \$35.00 Non-Member \$40.00

Session I: Adamstown Pool June 13- 24, 2011
 Session II: East Cocalico Pool July 11- 22, 2011
 Session III: Denver Pool July 25- Aug. 5, 2011
 Session IV: Adamstown Pool August 8 - 19, 2011

Poliwog - Introduction to Water Skills

This beginning level gets swimmers acquainted with the pool, use of flotation devices and independent floating.

Class I: Monday-Thursday 9:20-9:50 AM
 Class II: Monday-Thursday 10:00-10:30 AM

Guppy - Fundamental Aquatic Skills

Swimmers are introduced to freestyle, backstroke, sidestroke, breaststroke, and elementary backstroke.

Class I: Monday-Thursday 8:40-9:10 AM

Minnow - Stroke Development

This is the initial intermediate level. Swimmers will continue to practice and refine their strokes.

Class I: Monday-Thursday 8:00-8:30 AM

Open/Lap Swim

Association-wide YMCA members have full access to the aquatic center at the Reading YMCA. The Reading YMCA pool is open for open/lap swim throughout the week. Refer to pool schedule for days and times. Children 8 years old and under and all non-swimmers must be accompanied by an adult 18 years or older for open swim. All children must pass a swim test to enter deep water.

YMCA Swim Team

Train with one of the best YMCA swim teams in Pennsylvania. Practice begins September 12, 2011. For more info: www.ryswimming.org All new swimmers must schedule a tryout with the coaching staff for placement.

Developmental (8 & Under):	Mon.-Wed., 5:30-6:30 PM	\$340
	Fri., 5:30-6:30 PM	
1 hr-Bronze (9-10):	Mon.-Fri., 5:30-6:30 PM	\$465
1½ hr-Silver (11-12):	Mon.-Thurs., 6:30-8:00 PM	\$515
	Fri., 5:30-7:00 PM	
	Sat., 8:30-10:00 AM	
2 hr-Gold (13 & up):	Mon.-Thurs., 6:30-8:30 PM	\$615
	Fri., 5:30-7:30 PM	
	Sat., 8:00-10:00 AM	
High School:	Mon.-Thurs., 6:30-8:00 PM	\$365
	Fri., 5:30-7:00 PM	
	Fri., 5:30-7:00 PM	

Social Responsibility

13th Annual Breakfast of Champions for Youth

The Breakfast of Champions raises money for the YMCA's Strong Kids Annual Support Campaign, which provides financial assistance to children and families in need, enabling the Y to provide services to anyone regardless of ability to pay. As the YMCA is now serving over 1,000 children and families every day, the need for these funds is growing and the need for your help has never been more critical. You can support the YMCA's efforts by sponsoring the 2012 Breakfast of Champions for Youth. More than 300 business and community leaders attend this event, giving your organization valuable exposure as a supporter of the YMCA.

Day: TBD
 Time: 7:30-9:00 AM
 Location: Crowne Plaza Reading Hotel

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

Housing

Homelessness affects people of all ages, races, genders, and ethnicities, and has a variety of causes, including chemical dependency, unemployment, and domestic abuse. For this reason, the YMCA of Reading and Berks County has a number of housing programs which serve a variety of populations. Each program provides case management in an effort to address the root causes of homelessness. Program participants learn living skills, budgeting and employment skills as they work toward self-sufficiency. Contact the Central YMCA at (610) 378-4700 for further information.

International YMCA

The YMCA partners with YMCAs in Hannover, Germany; Chavakali, Kenya; and Ivanovo, Russia. These partnerships are a collaborative effort to offer services to individuals in need on an international basis and provide opportunities for youth and staff exchanges both here and abroad. Contact Kim Johnson at (610) 378-4742 for information on international programs.

YMCA Information

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.

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.

Parties

The YMCA is the perfect place to celebrate your birthday. Birthday parties are two hours and include Interactive Youth Center, party room, gymnasium, inflatables. All parties must fill out a contract form and pay a minimum deposit of 50%.

Fees: \$150; \$75 per additional hour
 Deadline: One week prior to event



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. Refer to exercise schedule for class descriptions and times. Participants must be at least 14 years of age.

Cardio Core n More: Tuesday's 5:45 - 6:30 PM
 Low Impact: Tues. & Thurs. 7:00 - 8:00 PM

Zumba

Dance inspired workout. Thursday's 5:30 - 6:30 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 weight training orientations to members 14 years and older on all weight and cardiovascular equipment. Orientations are conducted by certified fitness professionals. Schedule 24 hours in advance.

Personal Training

The YMCA offers personal training to meet your fitness goals. Individuals may train alone as a couple or with a group of 3-4. Contact Lisa Ostergaard at (610) 678-0484 to schedule your training session.

30 Minute Sessions

	Adult	Senior	Couple	Group
1 visit	\$27	\$25	\$32	\$43
3 punch	\$79	\$73	\$95	\$126
5 punch	\$130	\$120	\$150	\$198
10 punch	\$250	\$230	\$264	\$360

1 Hour Sessions

	Adult	Senior	Couple	Group
1 visit	\$45	\$42	\$54	\$72
3 punch	\$132	\$123	\$158	\$211
5 punch	\$220	\$200	\$250	\$330
10 punch	\$420	\$390	\$440	\$600

SilverSneakers

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 nationwide. Refer to group fitness schedule for class times.

Martial Arts

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. Contact Ernie Dunkelburger at (717) 336-5882.