

## Social Responsibility

The Mifflin Area YMCA offers state-of-the-art fitness center, interactive youth center, gymnasium, child-watch area.

Contact: Rick Wagner, Executive Director  
140 Chestnut Street  
Mohnton, PA 19540  
(610) 750-5036

### Hours

Monday - Thursday 6:00 AM – 8:30 PM  
Friday 6:00 AM – 7:00 PM  
Saturday 8:00 AM – 2:00 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  
4<sup>th</sup> 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.

### Monthly Draft

The YMCA will automatically draft membership dues from your savings account, checking account, and credit/debit cards on the 21<sup>st</sup> 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.

### 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.

## Social Responsibility

### Membership Fees

Joining Fee: \$50.00 - No Contract Required  
Day Fee: Youth/Student: \$5.00 Adult: \$10.00

	Draft	Annual	Association
Adult	\$29	\$348	\$44.00
Family	\$45	\$540	\$73.00
Single Parent Family	\$40	\$480	\$53.00
Senior:	\$25	\$300	\$38.00
Senior Family:	\$40	\$480	\$60.00
Student	\$22	\$264	\$28.00
Youth	\$15	\$180	\$24.00

### Membership Descriptions

**Adult** – 18 years and older. Full privilege membership at Mifflin Area 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 Mifflin Area 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 Mifflin Area 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 (*Undergrad 12 credits; Graduate 6 credits*). Qualifying students may be on parent's membership. Full privilege membership at the Mifflin Area YMCA

**Association Student** – Full-time college student. College student must show a current ID and full-time class schedule (*Undergrad 12 credits; Graduate 6 credits*). 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 Mifflin Area 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 State of PA.

## Child Care

### Before & After School

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

Locations: Brecknock Elementary  
Cumru Elementary  
Mifflin Park Elementary  
Intermediate School

Date: 2011 – 2012 school year

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

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

### Summer Adventure Camp

The Mifflin Area YMCA 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 - 6<sup>th</sup> grades

Date: Monday, June 13 – September, 2011  
Closed on 4<sup>th</sup> of July

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

Registration: \$20 per child & 1<sup>st</sup> week's fee –includes T-shirt

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

### Nursery

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

Age: 6 months – 5 years

Mon-Thurs 8:30 AM – 10:00 AM  
5:30 PM – 7:00 PM

Friday 8:30 AM – 10:00 AM

## Youth Development

### Rentals

The YMCA facility offers a large gymnasium, and meeting room. All rentals must fill out a contract form and pay a minimum deposit of 50%. Contact the YMCA to reserve

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

Deadline: 24 hours in advance.

### Parties

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

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

Deadline: 1 week in advance

### Halloween at the Reading Y

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

Date: October 28, 2011 6:00-9:00 PM

Location: Reading YMCA

Age: For the entire Community

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

Attractions: Haunted House, Inflatable Party, Carnival

### Halloween at the Sinking Spring Y

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

Date: October 29, 2011 5:00-8:00 PM

Location: Central YMCA, Reading

Age: For the entire community

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

Attractions: Haunted House, Inflatable Party, Carnival

## YMCA Sports

### Basketball

The YMCA basketball league will focus on teaching basketball fundamentals, skill development, and game play. Participants ages 1<sup>st</sup> – 6<sup>th</sup> 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 – 6<sup>th</sup> Grade Boys & Girls (Not Coed)  
 Session Dates: October 29 – December 21, 2011  
 Registration Deadline: Friday, October 14, 2011  
 Player Evaluations: October 17 & 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 over half their games at their home branch and will have away games versus other branches. It is our intent to limit travel for younger divisions. Kindergarten and under division will not travel.

### 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](mailto: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

## YMCA Sports

### 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 – 6<sup>th</sup> Grade Boys & Girls  
 (Not coed based on program participation)  
 Session Dates: September 10 – October 22, 2011  
 Registration Deadline: Friday, September 2, 2011  
 Player Evaluations: Tuesday, September 6, 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.

### Soccer

The YMCA soccer league will focus on teaching soccer fundamentals and game play. Participants will be broken into teams using a player draft and will play organized games using a league play format. Age appropriate rules are used for maximum skill development. Games and practices will be played on outdoor fields or indoor gymnasiums.

Ages: 4 years – 2<sup>nd</sup> grade  
 Session Dates: September 10 – October 22, 2011  
 Registration Deadline: Friday, September 2, 2011  
 Player Evaluations: Saturday, September 7, 2011  
 (Evaluations conducted to insure team equality)  
 Fee: \$30 Member \$50 Non-Member  
 Practice/Game: Teams will practice weekdays at their home branch location with games being held on Saturdays. Teams will play over half their games at their home branch and will have away games versus other branches. It is our intent to limit travel for younger divisions.

## YMCA Sports

### Indoor Soccer

The YMCA indoor league will focus on teaching soccer fundamentals and game play. Participants ages 1<sup>st</sup> – 6<sup>th</sup> 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 – 2<sup>nd</sup> 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.

### 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 2<sup>nd</sup> – 3<sup>rd</sup> grade and 4<sup>th</sup> – 5<sup>th</sup> 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.

### 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.

### Contract Tennis Times

The YMCA tennis courts may be reserved each year from May to September for individuals and groups. Reserving a court would allow you a weekly scheduled time to play tennis. The person reserving the court "team captain" must be a yearly paid in full YMCA member. After reserving the court, the captain may bring anyone he/she would like to play with them as long as all participants or groups are YMCA members or pay the day fee. Participants of contracted courts that are 5 minutes late for scheduled court time will lose their reservation for that day to allow that court to be utilized by other individuals.

Early Bird: Monday	Friday 5:30-8:00 AM	\$50 yearly
Non-Prime: Monday	Friday 8:00 AM-5:00 PM	\$75 yearly
Prime Time: Monday	Friday 5:00-10:00 PM	\$150 yearly
	Saturday 8:00 AM-4:00 PM	
	Sunday 12:00-4:00 PM	

## Adult Sports

### Adult Basketball League

This 4 on 4 basketball league will consist of a 7 game regular season schedule followed by a post season tournament. Teams will represent their home YMCA and will play home and away games at the Sinking Spring Family YMCA, Adamstown YMCA, Mifflin Area YMCA, Reading YMCA, and Tri Valley YMCA in Fleetwood. Games are officiated with player involvement and director oversight.

Divisions: Men's Competitive  
 Coed Recreational  
 Session Dates: I: October 24 – December 22, 2011  
 II: January 16 – March 26, 2012  
 Registration Deadline: I: October 14, 2011  
 II: January 6, 2012  
 Day: Weekday Evenings  
 Fee: \$325 per team



## Adult Sports

### Adult Volleyball League

This Volleyball league will consist of a 7 game regular season schedule followed by a post season tournament. Teams will represent their home YMCA and will play home and away games at the Sinking Spring Family YMCA, Adamstown YMCA, Mifflin Area YMCA, Reading YMCA, and Tri Valley YMCA in Fleetwood.

Divisions: Men's Competitive  
Coed Recreational

Season Dates: August 29 – October 21, 2011

Registration Deadline: August 19, 2011

Day: Weekday Evenings

Fee: \$325 per team

### 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 Ned Diefenderfer 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



## Social Responsibility

### 13<sup>th</sup> 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.

## Healthy Living

### Aerobics

The YMCA offers Cardio, Core-N-More classes to meet every individual's fitness goals. This Class delivers exercises specifically designed to target your core (abdominal/back) muscles, while getting your heart rate up for maximum calorie burn. Classes are free for YMCA members. Non-members must purchase a day pass to attend classes.

Cardio, Core-N-More: Monday's 5:45 – 6:30 PM  
Wednesday's 5:45 - 6:30 PM

Cardio, Core-N-More: Wednesday's 9:00 – 9:45 AM

### Zumba

This is a Latin inspired dance fitness class. Ditch the workout and join the party! No dance experience necessary!

Thursday's 5:45 – 6:45 PM

### Zumba Gold

It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Monday's 9:30 – 10:15 AM

### 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. 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.

### 1 Hour Sessions

	Adult	Senior	Couple	Group
<b>1 visit</b>	\$45	\$42	\$54	\$72
<b>3 punch</b>	\$132	\$123	\$158	\$211
<b>5 punch</b>	\$220	\$200	\$250	\$330
<b>10 punch</b>	\$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.

## 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. Contact your YMCA for additional information

Fee: Member: \$30 Non-Member: \$35

### 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](http://www.ryswimming.org) All new swimmers must schedule a tryout with the coaching staff for placement.

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

