

YMCA Information

The Sinking Spring Family YMCA offers state-of-the-art fitness center, interactive fitness center, youth adventure center, sport court, regulation gymnasium, kids court nursery, tennis courts, 2 group exercise/dance studios, 32' climbing wall, turf field and Parisi training center and sprint track.

Contact: Chris Emkey, Executive Director
4920 Penn Avenue
Sinking Spring, PA 19608
(610) 678-0484
cemkey@ymca-berkscounty.org

Hours

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

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

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

	Monthly Draft	Annual
Adult	\$44.00	\$528.00
Family	\$73.00	\$876.00
Single Parent Family	\$53.00	\$636.00
Student	\$28.00	\$336.00
Youth 17 & under	\$24.00	\$288.00
Senior	\$38.00	\$456.00
Senior Family	\$60.00	\$720.00

• Corporate Discounts do not apply to Parisi memberships.

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

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.

Association Single Parent Family – One parent and dependent children 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.

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.

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

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

Association 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. Full privilege membership at all YMCA of Reading & Berks County Branches.

• YMCA honors marriages recognized by the State of PA.



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.

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

Whether you are 16 or 85, an experienced or beginning exerciser, personal training can help you reach your health and fitness potential. You will have the benefit of having a personalized program specifically designed for your needs. Your trainer will support you with expert knowledge, coaching and motivation to help you look, but more importantly help you feel and live-better.

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

Fitness Assessment

The major use is to establish your strengths and weaknesses to discover which areas need improvement. The initial testing appointment can give you an idea of where your fitness levels are at compared to individuals of your same age and gender. The results of the assessment will be used at the start of your program, so that future testing can be compared to this and any changes can be noted. By repeating tests at regular intervals (every 2-3 months), you can get an idea of the effectiveness of your training program.

What measurements are completed?

Heart Rate Resting Blood Pressure
Height Weight
Body Composition (Body Fat %-BIA)
Cardiovascular Endurance (3-minute step test recovery heart rate)
Muscular Fitness (push-ups & curl-ups)
Flexibility (sit and reach)

Fee: \$20.00 and you receive 50% off a 30 or 60 minute personal training appointment.

Healthy Living

Massage

The YMCA offers massage and bodywork relieving stress of everyday life. It relaxes the mind body and soul. Massage can make you feel better physically and emotionally. Massage is also known to promote better sleep, improve concentration, reduce anxiety and create an overall sense of well being. Please refer to massage brochure for descriptions and fees.

Swedish Massage • Pregnancy Massage • Sports Massage • Reflexology • Hot Stone Therapy • Reiki • Couples Massage • Mud Wraps • Rejuvenating Foot Treatments • Salt Glow • Chair Massage

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 nationwide. Refer to group fitness schedule for class times.

Carousel of Dance

Carousel of Dance strives to educate in a positive, supportive, and professional manner while developing self esteem, confidence, discipline, love for the performing arts, and having fun. Kim Feltenberger has over 37 years of experience in instructing, performing, and directing. Participants must be YMCA members. Contact Kim at kfeltenberger@ymca-berkscounty.org for additional information and class details.

Variety Class • Ballet • Hip-Hop • Acrobatics • Tap • Jazz • Lyrical • Pointe

	Month	2 nd Class	Additional
55 Min. Class:	\$25	\$23	\$20
40 Min. Class:	\$23	\$20	\$20
Unlimited:	\$100		

½ Hr Private: Individual: \$35 2-3 Students: \$30 per student

Fees are due by the 15th of each month: \$8.00 late fee

Hiking Club

This is a fun and exciting way to enjoy the outdoors, stay fit, and meet lifelong friends. Take this opportunity to experience nature at its best.

Date: Spring (Beginning when the weather gets nice)

Time: Saturday mornings

Location: finest hiking trails Berks County has to offer

*Cost may vary depending on participation

Parisi Speed School



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

Fees: Evaluation Fee: \$50

Long Term – 9 Month Agreement

Single - Parisi Only - \$89.00 per month
YMCA and Parisi - \$128.00 per month
Multiple - Parisi Only - \$139.00 per month
YMCA and Parisi - \$185.00 per month

Short Term – 3 Month Agreement

Single - Parisi Only - \$139.00 per month
Multiple - Parisi Only - \$189.00 per month

Total Conditioning – For Conditioning Classes Only

Single - Parisi Only - \$35.00 per month
YMCA and Parisi - \$35.00 per month add on
Multiple - Parisi Only - \$35.00 per month
YMCA and Parisi - \$35.00 per month

Team

1 Month of Training - YMCA & Parisi - \$150.00 onetime payment
2 Months of Training - YMCA & Parisi - \$229.00 onetime payment
3 Month of Training - YMCA & Parisi - \$308.00 onetime payment

SPEEDY TOTS, ages 3-6

The purpose of Speedy Tots is to help your child with critical motor skill development in a fun, non-competitive environment. We will work to improve your child's life skills like honesty, work ethic, self-discipline, teamwork and confidence. Please refer to our Parisi schedule for Speedy Tot classes.

JUMP START, ages 7-11

Science has proven that ages 7-11 are the most critical years in a child's life for motor development. JS utilizes the most up to date research in a fun and friendly environment to build to young athlete's physical foundation by improving and developing:

- Coordination
- Running technique
- Body weight strength
- First step quickness
- Flexibility
- Injury prevention
- Weight loss
- Self Confidence

Parisi Speed School

Parisi Speed School

TOTAL PERFORMANCE, ages 12-18

Experts view ages 12-18 as the most ideal ages for developing and enhancing athletic performance for athletes.

- Improve speed
- Increase strength
- Improve agility
- Develop endurance
- Maximize jumping ability
- Decrease susceptibility to injury
- Self Confidence

P.E.A.K. PROGRAM, ages 16-21

Designed for high-performance high school, college and professional athletes.

- Run their fastest sprint time ever
- Increase their vertical jump
- Break their all-time max lift
- Maximize their agility
- Improve flexibility
- Recover faster
- Self Confidence

TEAM TRAINING

Successful teams are fast, agile, strong and flexible. The Parisi Speed School is your resource for this information. Team programs are tailored to each team's specific needs and can be conducted for all sizes, ages, sports and level of ability. Teams must have 10 or more athletes to qualify for team pricing.

ADULT CLASSES, 18 and older

Do you miss the glory days? Do you want to exercise in a more competitive and intense way? If so, then the Parisi Speed School's Adult Classes are for you! The classes are designed for a total body workout with the intent to reach your target heart rate for optimal results.

PRIVATE LESSONS

Parisi Speed School is pleased to offer sport-specific one on one private lessons. These exclusive 1 hour training sessions will be catered to your athlete in their individual sport. We offer Soccer, Volleyball and Baseball lessons. For more information please contact Clarence Curry or stop by the Parisi facility.

Fee: 1 Pack - \$60 5 Pack - \$275 10 Pack- \$500

Tennis

Tennis

The Sinking Spring Family YMCA has 2 indoor tennis courts to meet your competitive and recreational needs. Open tennis times are available and are included with your YMCA membership. All participants must be YMCA members or pay the day fee to utilize the tennis facilities. You may contact the YMCA front desk to reserve your court.

- Individuals reserving court must be a full YMCA member.
- Individual or family membership units may reserve a maximum of one, 1 hour time slot per week.
- Members may play for only 1 time slot per day.
- Courts may be reserved 5 days in advance.

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	



Interactive Fitness Center

Interactive Fitness Center

This one of a kind interactive fitness circuit takes working out to a whole new extreme level. The premier circuit is equipped with new innovative technology and equipment geared to give individuals a comprehensive cardiovascular and muscular workout while being challenged at the highest level. Every station is designed to personalize workout intensity to accommodate beginners and children through world class athletes.

Fitness Experts: This circuit done at full intensity will challenge fitness experts at the highest level.

Athletic Training: This circuit has specialized equipment utilized by professional athletes to maximize performance.

Youth Fitness: Utilizing fun and interactive equipment makes this the perfect circuit for youth fitness development.

Parent/Child Classes: This innovative workout is perfect to workout as a family and live healthy together.

School Fitness: Designed to be the ultimate program for elementary, junior high, and high schools to tackle youth obesity. Our interactive fitness program is also a necessity for any home school physical education curriculum.

Interactive Fitness Center Schedule

Interactive Kids: The Interactive Fitness Center is available to individual's ages 10 years and older who have completed the Jr. Fitness training program.

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

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 1,200 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

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.

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

Youth Development

Martial Arts

Top Kick Karate will focus on self defense, weight control, aerobic conditioning, increased flexibility, stress reduction, better posture, and self confidence. Adam White is the Chief Instructor. Martial Arts participants must be YMCA members.

Monday & Wednesday Classes

4-6 years: Tiny Tigers/Little Dragons – 5:30-6:00 PM

Ages 7-12 Youth – 6:00-7:00 PM

Ages 13 & up: Adult – 7:00-8:00 PM

Fee: Tiny Tigers/Little Dragons \$22
Youth/Adult \$24

Saturday Family/Friend Classes

Saturdays are bring your family and friend classes. Classes are held twice a month.

4-6 years: Tiny Tigers/Little Dragons – 10:30-11:00 AM

Ages 7- & up Youth & Adult – 11:00 AM-12:00 PM

Halloween at the Y

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

Date: TBD

Age: For the entire community

Attractions: Haunted House, Inflatable Party, Carnival

Family Community Carnival

Join the YMCA for the largest inflatable carnival in the region. Experience non-stop fun with up to 9 inflatables, battle our 3-Kick Tower, try your luck on Jacobs Ladder, and play our carnival games.

Date: March 17, 2012 12:00-4:00 PM

Age: For the entire community

Fee: \$10 unlimited rides

Kids Night Out

Join us for these adventurous parties full of surprise activities including 32' rock climbing, movies, inflatable obstacle courses, carnival games and much more!

Day/Time: January 27, 2012
February 24, 2012
March 30, 2012
April 27, 2012
May 25, 2012

Fee: Member: \$10 Non-member: \$15

YMCA Information

You are a Member at all Association YMCA's

A Sinking Spring Family YMCA membership entitles you to full membership privileges at the Central YMCA branch in Reading, Mifflin Area YMCA, Adamstown YMCA, Tri Valley YMCA in Fleetwood, and Tamaqua 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. Members from other YMCAs must show membership card and picture ID.

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.

Lockers

The YMCA has 20 lockers available for rent. Participants are required to bring their own lock.

Fee: \$8 monthly \$96 annually

Daily

Lockers are available at no charge for daily use. Participants are required to bring their own lock. Locks on lockers not rented must be removed daily.

YMCA Information

Rentals

The YMCA facility offers tennis courts, 2 gymnasiums, turf field, adventure center and meeting room for rental. All rentals must fill out a contract form and pay a minimum deposit of 50%. Contact the YMCA to reserve.

Each Facility: \$75 per hour; \$100 per hour (after hours)
Building: After Hours \$250 per hour

Birthday Parties

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

Party: Saturdays & Sundays, 2:00 PM – 4:00 PM

Private Party: Saturdays & Sundays, 4:00 PM – 8:00 PM
\$175; \$100 per additional hour

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

Schedule your appointment at the welcome center.



YMCA Youth Sports

Soccer

The YMCA soccer league will focus on teaching soccer fundamentals and game play. Participants will be broken into teams 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. Contact your local branch for more information.

Ages: 4 yrs – 2nd Grade Boys & Girls (Coed)

Session Dates: March 12 – April 16, 2012

Registration Deadline: Friday, March 2, 2012

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

Practice/Game: Teams will practice weekdays and on Saturdays. Itty Bitty Soccer and 4 year olds will meet on Saturday only..



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: TBD

Registration Deadline: TBD

Player Evaluations: TBD
(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.

Conrad Weiser Physical Education Collaboration

The YMCA is collaborating with the Conrad Weiser School District to run a premier physical education program for high school students focused on building lifetime skills, high adventure experiences, and tackling youth obesity. Every Friday during the school year, approximately 250 high school students from Conrad Weiser are bused to the Sinking Spring Family YMCA to participate in a diverse curriculum consisting of Group Exercise, Parisi Speed Training, Archery, Martial Arts, and many Adventure Center activities.

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

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

YMCA Youth Sports

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 10 – April 14, 2012

Registration Deadline: Friday, February 10, 2012

Fee: \$35 Member \$55 Non-Member

4 yrs – Kindergarten All practices/games will be held on Saturdays at home branch location.

1st – 2nd grade Games are played on Saturdays with teams playing over half their games at their home branch and away games on the turf at the Sinking Spring Family YMCA versus other branches.



YMCA Youth Sports

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 league. Program will run in the winter 2012 season. Contact your local branch for more information.

Divisions: 2nd & 3rd Grade Teams
4th & 5th Grade Teams

Session Dates: Winter 2012, TBD

Fee: \$125 per player

Practice/Game: Teams will be responsible for practice location; check with local YMCA branch for availability of space and time. 6 game minimum playing 4-5 at the Sovereign Center and 1-2 at an off-site location TBD. Tournament championship will be played at conclusion of season.

Reading Express Football

The YMCA is proud to be the Official Training Center and Team Performance Coach of the Reading Express Indoor Football Team.

Aquatics

YMCA Swim Lessons

Swim lessons are offered at the Central 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 Central YMCA. The Central 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	



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 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: TBA
 Location: Berkshire Country Club
 Fee: \$225 per Golfer

Hiking Club

Climb your way to the top and be a part of the Sinking Spring YMCA Hiking Club. This is a fun and exciting way to enjoy the outdoors, stay fit, and meet lifelong friends. Take this opportunity to experience nature at its best.

Date: Spring (Beginning when the weather gets nice)
Time: Saturday mornings
Location: finest hiking trails Berks County has to offer

*Cost may vary depending on participation



Child Care

Summer Adventure Camp

The Sinking Spring Family 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, and special activities.

Age: 5 years - 6th grades
 Date: School out 2011 – School start date
 Closed on 4th of July
 Day/Time: Monday-Friday - 7:00 AM-6:00 PM
 Registration: \$20 per child & 1st 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 apply

Kids Court Nursery

The YMCA offers free babysitting services for children ages 6 weeks to 7 years old. Children ages 5-7 years old may be in adventure center during nursery hours if parents choose. Children must be members or pay the day fee to participate and parent must be in the building at all times.

Day/Time:	Mon-Thurs	9:00 AM –12:00 PM 5:00 – 8:00 PM
	Friday	9:00 AM –12:00 PM 5:00 – 7:00 PM
	Saturday	8:00 AM – 1:00 PM
	Sunday	12:00 – 2:00 PM

Fee: Members: Free Non-Member: Day Fee

Adventure Center Hours

Monday – Thursday	5:30 AM – 9:00 AM	Unsupervised
	9:00 AM – 12:00 PM	Supervised
	12:00 PM – 4:00 PM	Unsupervised
	4:00 PM – 9:00PM	Supervised
	9:00 PM – 9:30 PM	CLOSED
Friday	5:30 AM – 9:00AM	Unsupervised
	9:00 AM – 12:00 PM	Supervised
	12:00 PM – 4:00 PM	Unsupervised
	4:00 PM – 8:00 PM	Supervised
Saturday	7:00 AM – 8:00 AM	CLOSED
	8:00 AM – 4:00 PM	Supervised
Sunday	8:00 AM – 10:00 AM	CLOSED
	10:00 AM – 4:00 PM	Supervised

Child Care

Before/After School

The YMCA provides before and after school child care for kindergarten through 6th grade children during the school year.

Locations: Robeson Elementary (484) 706-3801
 Wyomissing Hills Elementary (484) 706-3795
 Governor Mifflin School District (610) 750-5036
 Adamstown YMCA (717) 484-4996
 Fleetwood School District (610) 944-6515
 Tamaqua School District (570) 668-5440

Days: Monday – Friday

Time: Before: 7:00 AM – Start of School
 After: School Dismissal – 6:00 PM

		<u>Daily</u>	<u>Weekly</u>
Fees:	Before:	\$9.00	\$45.00
	After:	\$9.00	\$45.00

Child Care

The YMCA Child Care Centers provide care for infants through Kindergarten children year-round. The YMCA Child Care program is open to the entire community and is licensed by the Department of Public Welfare and recognized as a Keystone Star rated Center.

Location: Berkshire in Wyomissing
 Central YMCA
 Fleetwood YMCA
 Kutztown University
 Reading High School

Day/Time: Monday – Friday, 6:00 AM – 6:00 PM