

YMCA Information

The Reading YMCA is located in downtown Reading on 631 Washington Street and offers state-of-the-art fitness center, 8-lane aquatic center, free weight room, racquetball courts, 2 gymnasiums, indoor walking track, housing units, childcare center, teen center and meeting rooms.

Staff

Nathan Prenzlou Executive Director
 Andrew Wright Program Director
 Jayne Pappalardo Aquatics Director
 Allie McCloskey Child Care Director
 Ken Borkey Housing Director

Contact Number

(610) 378-4700

Hours

Monday – Thursday 5:30 AM – 9:00 PM
 Friday 5:30 AM – 8:00 PM
 Saturday 8:00 AM – 6:00 PM
 Sunday 9:00 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 9 years and under must be accompanied by an adult 18 years or older, or in a supervised program while at the YMCA. Participants must be at least 17 years old to utilize all fitness areas, unless a youth weight training certification class has been completed. **Participants must be at least 18 years old to enter Health Centers. Participants must be at least 14 years to utilize fitness areas including Group Exercise classes.** For the safety of your child, youth may spend up to two consecutive hours per day at the YMCA.

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.

Behavior Policy

Individuals that do not follow facility rules will receive a verbal warning on the first offense. The second reprimand will result in removal from the facility. Alcohol and drugs are prohibited on YMCA property. Foul language or disruptive behavior is not permitted at the YMCA. The YMCA has the right to refuse service.

YMCA Information

Joining Fee \$50.00 & No Contract

Day Pass Youth: \$5.00 Adult: \$10.00

	Draft	Annual
Adult	\$34.00	\$408.00
Association Adult	\$44.00	\$528.00
Family	\$57.00	\$684.00
Association Family	\$73.00	\$876.00
Single Parent Family	\$41.00	\$492.00
Association Single Parent Family	\$53.00	\$636.00
Senior:	\$32.00	\$384.00
Association Senior	\$38.00	\$456.00
Senior Family:	\$53.00	\$636.00
Association Senior Family	\$60.00	\$720.00
Student	\$20.00	\$240.00
Association Student	\$28.00	\$336.00
Youth	\$10.00	\$120.00
Association Youth	\$24.00	\$288.00

Full Locker Rental \$3.00 \$36.00

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.

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.

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.

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.

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

Swim L

All of our swimming instructors are certified lifeguards. For our Preschool Pike classes there will be 1 instructor per 5 children. Eel, Ray and Starfish classes will have 1 instructor per 6 children in class. For our Youth Polliwog classes there will be 1 instructor per 6 children. For Guppy, Minnow, Fish, Flying Fish and Shark classes, there will be 1 instructor per 8 children in class. Please have your child ready on time to be ready to enter the water at the start of class.

This is to ensure that your child will get the most out of his/her swimming lesson experience and to take advantage of all the time allotted for them to learn all aspects of swimming.

Fee: \$35 for Members \$50 for Non-Members

Sessions

2012 Winter Session I: January 9 – February 19, 2012

2012 Winter Session II: February 21 – April 1, 2012
 (No class February 20, 2012)

2012 Spring Session III: April 9 – May 27, 2012

Parent-Child (6 months – 36 months):

The objective of this class is to get both the parent and child comfortable in the water. The child explores a new environment while the parent learns how to teach the child to be safer in and around the water. Classes are designed so the child has fun while the parent urges him or her to learn aquatic skills. The child will be exposed to games and songs that use basic movements in the water, such as kicking, arm strokes and breath control.

Classes:

Monday, Wednesday or Friday: 10:30-11am or 11-11:30am
 Saturday: 8-8:30am or 8:30-9am

Preschool (3 – 5 years old):

Pike: (*Beginner Level*) For children with little to no experience in the water. In this class, children will learn to paddle 10 feet unassisted. They will also learn to paddle 10 feet on their back, 5 feet on their side, blow bubbles, and float.

Classes:

Monday, Wednesday or Friday: 3:30-4pm or 4-4:30pm
 Saturday: 9-9:30am or 9:30am-10am

Eel: (*Advanced Beginner Level*) Children learn to paddle 15 feet on their front, back and side without a float belt; front and back float for 20 seconds.

Classes:

Monday, Wednesday or Friday: 4:30-5pm or 5-5:30pm
 Saturday: 10:30-11am

Ray: (*Intermediate Level*) Children learn to swim freestyle, backstroke and sidestroke for 25 yards; front/back float and tread water for 30 seconds; breaststroke and elementary backstroke for 20 feet.

Classes:

Tuesday or Thursday: 4:30-5pm or 5-5:30pm

Starfish: (*Advanced Level*) Children refine the freestyle, backstroke, sidestroke, breaststroke and elementary backstroke for 25 yards; front/back float for one minute.

Classes:

Tuesday or Thursday: 4:30-5pm or 5-5:30pm

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

Swim Lessons

Youth (6 – 11 years old):

Polliwog: (*Beginner Level*) For children with little to no experience in the water. Children learn to paddle 25 yards with a float belt and 20 feet without on their front, back and side and to front and back float.

Classes:

Friday: 4-4:30pm or 4:30-5pm

Saturday: 10:30-11am

Guppy: (*Intermediate Beginner*) Children learn to swim 25 yards freestyle, backstroke, side and elementary backstrokes; rhythmic breathing; front/back float for one minute and tread water for 30 seconds. Children should feel comfortable in deep water.

Classes:

Friday: 4-4:30pm or 4:30-5pm

Saturday: 10:30-11am

Minnow: (*Intermediate Level*) Children refine freestyle, backstroke, sidestroke, breaststroke and elementary backstroke for 25 yards; front/back floats for 3 minutes and tread water for 1 minute and learn to dive from the side.

Classes:

Friday: 5-5:30pm

Saturday: 11-11:30am

Fish: (*Intermediate Advanced Level*) Children learn to swim freestyle, backstroke, sidestroke, breaststroke, elementary backstroke for 50 yards; butterfly for 15 yards; float for 6 minutes; tread water for 3 minutes and learn feet/head first surface dives.

Classes:

Friday: 5-5:30pm

Saturday: 11-11:30am

Flying Fish: (*Advanced Level 1*) Children learn to swim freestyle, backstroke, sidestroke, breaststroke, elementary backstroke for 100 yards with open turns; butterfly for 25 yards; float for 6 minutes with clothes on; tread water for 6 minutes.

Classes:

Friday: 5-5:30pm

Saturday: 11-11:30am

Shark: (*Advanced Level 2*) Children refine all strokes and turns learned previously for 50 yards.

Classes:

Friday: 5-5:30pm

Saturday: 11-11:30am

Adult Swim Instruction: (Beginner Level)

This class is designed for adults that have little to no experience in the water. Adults will learn the basic skills in floating on their front and back with the introduction to kicking and swimming front crawl and backstroke.

Classes:

Saturday: 8-8:30am

Adult Stroke Development: (Intermediate – Advanced Levels)

This class is designed to refine and develop adult's stroke development in freestyle and backstroke. Breaststroke and butterfly may be introduced once fully comfortable with freestyle and backstroke. Drills, basic warm ups, cool downs and main set workouts will be utilized to develop further understanding of swimming.

Classes:

Saturday: 8:30-9am

Private Swimming Lessons:

Private Lessons are available for individuals 3 years old – adults. All swimming levels are welcome. Private swimming lessons provide one on one, individualized attention in order to meet ones goals

Fee: \$50 per half hour for Members
 \$65 per half hour for Non-Member

Housing Programs

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.

Partners

Programs are collaborative projects of the County of Berks, City of Reading, Department of Public Welfare, Council on Chemical Abuse, Service Access Management, Inc., Housing and Urban Development, Federal Home Loan Bank, and Berks County Probation Department. The Bridge Houses and SAFE Houses are funded, in part, through the Pennsylvania Department of Health, County of Berks and the Single County Authority.

Eligibility Criteria

- Homeless or sleeping in an environment not suitable for occupancy.
- Chemically free for at least 5 consecutive days.
- Interested in achieving financial self sufficiency.
- Motivated to “live life on life’s terms”.
- Willing to participate in counseling and case management.
- Committed to development of a self-sufficiency action plan.
- Able to participate in outpatient counseling.

Reconnection Program

This program covers transportation costs for homeless individuals and families to help them reconnect with supportive services and loved ones outside the Berks County area. 610-378-4748

Men’s Bridge House and SAFE House

Designed in a group home setting with 24-hour staff, the Men’s Bridge House is a thirteen bed unit for chemically dependent homeless men. The Men’s SAFE House is designed to assist chemically dependent homeless men who are involved with the Berks County criminal justice system to continue Staying Addiction Free and Employed. The recommended length of stay for both programs is six months.

Bridge House 610-378-4706; SAFE House 610-378-4750

Single Room Occupancy (SRO) Units

The YMCA offers rooms for rent to single men. Residents are exempt from the program eligibility requirements, although the YMCA strives to maintain a recovery atmosphere. 610-378-4714

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

Housing Programs

Women’s Bridge House and SAFE House

In these programs, chemically dependent homeless women receive support and assistance in maintaining sobriety and becoming self-sufficient. To be eligible for the SAFE House, women must also be involved with the Berks County criminal justice system. Residents may stay in these programs for 6 – 9 months. 610-378-4747

Twin Peaks

The Twin Peaks program is a supportive housing program designed for homeless men who are chemically dependent with a co-occurring mental health disorder. Applicants must be stabilized on their medications and able to abide by program guidelines. Program length varies from 6 to 18 months based on client limitations and barriers to success. 610-378-4716

Y-Haven

This program is for 12 homeless, single women with one child, who are working towards independence from the public welfare system. The maximum length of stay is two years. Y-Haven is designed in a group home setting to provide support and education to young mothers. 610-378-4748

Y-Passages

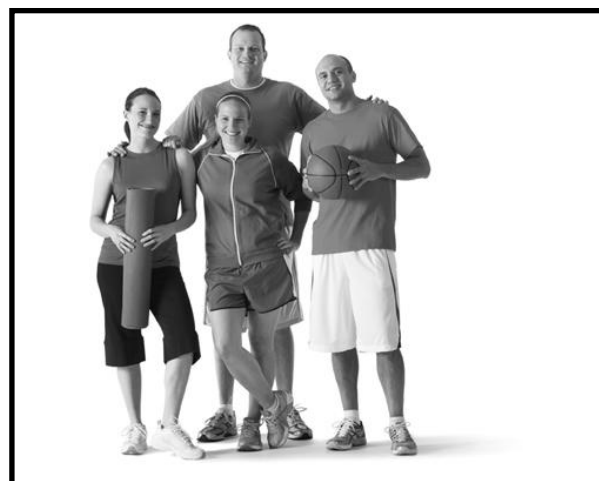
The Y-Passages program is designed for homeless men who are in need of added support to fully achieve their goals. Residents may stay in this program for 6 – 9 months. 610-378-4706

Honor House

The Honor House program is for up to six homeless veterans who are chemically dependent. To be eligible for the Honor House program, applicants must be deemed as a benefit eligible veteran through the Lebanon VA. 610-378-4716

DUI-II Program

This program is designed specifically to meet the needs of individual men (16) and women (3) who have been charged with their second Driving Under the Influence offense. A two-phase program, Phase I mandates partial confinement in our housing program for 90 days and aftercare participation for 4 months. Family members are involved in both components. 610-378-4703 (Men) 610-378-4747 (Women)



Youth Development

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
801 White Bear Road, Birdsboro
(610) 378-4737

Wyomissing Hills Elementary
110 Woodland Road, Wyomissing Hills
(484) 706-3795

Days: Monday – Friday

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

Registration: \$25 per family

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

Closed: All school closings/open on early dismissals (as needed)

Reading High School Child Care Center

The Reading High School Child Care Center provides care for infants through Kindergarten children and is located on the Reading High School Campus. The center is open to students, teachers and the community.

Location: 831 N. 13th Street, Reading

Contact: (610) 371-5600

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

Registration: \$25 per family

	<u>Daily</u>	<u>Weekly</u>
6 Wk-12 Month 0-5 Hours/Day:	\$25.00	\$125.00
5-10 Hour/Day:	\$30.00	\$150.00
13-24 Months: 0-5 Hours/Day:	\$23.60	\$118.00
5-10 Hour/Day:	\$28.00	\$140.00
25-36 Months: 0-5 Hours/Day:	\$20.60	\$103.00
5-10 Hour/Day:	\$27.00	\$135.00
37 Month-Kdgn: 0-5 Hours/Day:	\$19.40	\$97.00
5-10 Hour/Day:	\$25.80	\$129.00

Maximum: 12 hour per day maximum usage-\$2.00 per child will be assessed over 10 hours.

Late Fees: Exceeding the 12 hour limit or pick-up after closing will incur a fee of \$1.00 per minute.

Payments: Child care must be prepaid the Friday before participation. \$10 late fee will be assessed.

Closed: Closed on Holidays

Youth Development

Central YMCA Child Care

The Reading YMCA provides care for infants through 6th grade. The YMCA Child Care program is licensed by the Department of Public Welfare and is a Keystone Star 2 rated Center.

Location: 631 Washington Street, Reading
(610) 378-4732 or (610) 378-4708

Day/Time: Monday – Friday, 5:00 AM – 12:30 AM

Registration: \$25 per family

	<u>Daily</u>	<u>Weekly</u>
6 Wk-12 Month: 0-5 Hours/Day:	\$25.00	\$125.00
5-10 Hour/Day:	\$30.00	\$150.00
13-24 Months: 0-5 Hours/Day:	\$23.60	\$118.00
5-10 Hour/Day:	\$28.00	\$140.00
25-36 Months: 0-5 Hours/Day:	\$20.60	\$103.00
5-10 Hour/Day:	\$27.00	\$135.00
37 Month-Kdgn: 0-5 Hours/Day:	\$19.40	\$97.00
5-10 Hour/Day:	\$25.80	\$129.00
School Age: 0-5 Hours/Day:	\$18.00	\$90.00
5-10 Hour/Day:	\$22.00	\$110.00

Maximum: 12 hour per day maximum usage-\$2.00 per child will be assessed over 10 hours.

Late Fees: Exceeding the 12 hour limit or pick-up after closing will incur a fee of \$1.00 per minute.

Payments: Child care must be prepaid the Friday before participation. \$10 late fee will be assessed.

Closed: Closed on Holidays

Berkshire Child Care Center-Wyomissing

The Berkshire Child Care Center provides care for toddlers through the first day of Kindergarten. Closed on Holidays

Location: 831 N. Wyomissing Blvd., Wyomissing
(484) 331-4502

Day/Time: Monday – Friday, 6:30 AM – 5:30 PM

Registration: \$25 per family

	<u>Daily</u>	<u>Weekly</u>
13-24 Months: 0-5 Hours/Day:	\$23.60	\$118.00
5-10 Hour/Day:	\$28.00	\$140.00
25-36 Months: 0-5 Hours/Day:	\$20.60	\$103.00
5-10 Hour/Day:	\$27.00	\$135.00
37 Month-Kdgn 0-5 Hours/Day:	\$19.40	\$97.00
5-10 Hour/Day:	\$25.80	\$129.00

Maximum: 12 hour per day maximum usage-\$4.00 per child will be assessed over 10 hours.

Late Fees: Exceeding the 12 hour limit or pick-up after closing will incur a fee of \$1.00 per minute.

Payments: Child care must be prepaid the Friday before participation. \$10 late fee.

Youth Development

Kids Café

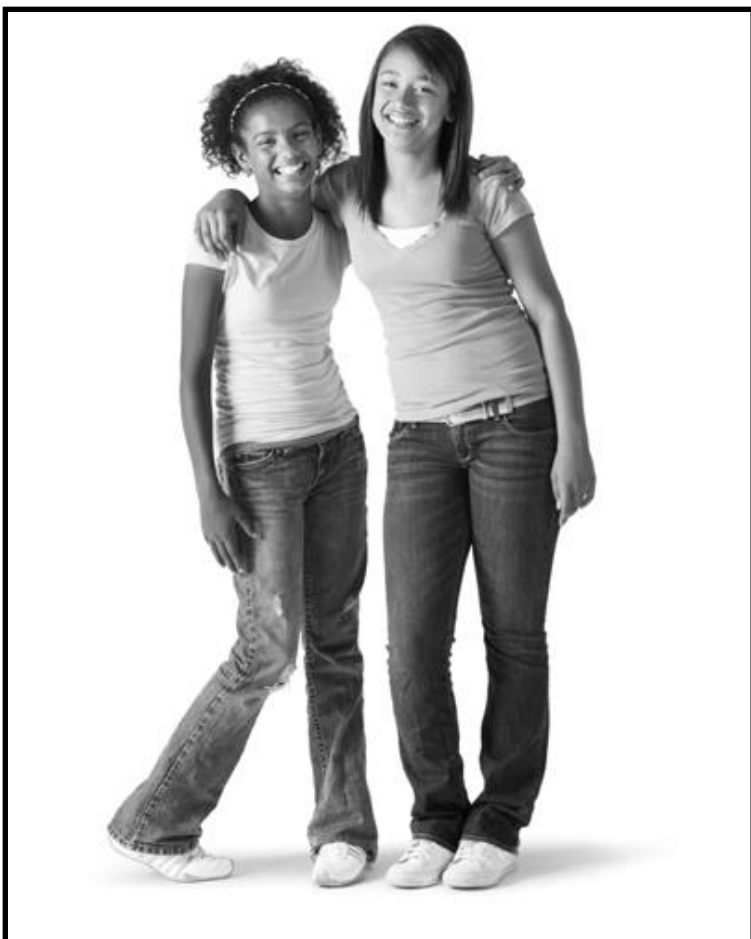
Kids Café is a program designed for youth members of the YMCA. Through the Greater Berks Food Bank the YMCA provides supper to children Monday through Thursday while school is in session. From 5:00 – 5:30 PM the YMCA provides food and fellowship amongst the Reading youth.

The Y will also provide fitness classes for youth that have been certified to exercise in the facility. Seminars and study halls will be available for interested youth that want to learn new study habits, life skills and pathways to successful adulthood.

Youth Adventure Center

Youth members also have access to the YMCA adventure center. It is equipped with a variety of games: ping pong, pool, arcades and air hockey.

Days/Times: Mondays through Fridays
3:30 – 7:00PM
Saturday
12:00 – 5:00PM
Sunday
11:00 – 3:00PM



Aquatics

Open/Lap Swim

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.

Water Aerobics

Water Aerobics is a safe, refreshing water exercise for both swimmers and non-swimmers.

Tues/Thurs/Fri, 9:15-10:15 AM

Members: Free Non-Members: \$5 per class

Reading 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

Developmental (8 & Under):	Mon.-Wed., 5:30-6:30 PM Fri., 5:30-6:30 PM	\$350
1 hr-Bronze (9-10):	Mon.-Fri., 5:30-6:30 PM	\$475
1½ hr-Silver (11-12):	Mon.-Thurs., 6:30-8:00 PM Fri., 5:30-7:00 PM Sat., 8:30-10:00 AM	\$525
2 hr-Gold (13 & up):	Mon.-Thurs., 6:30-8:30 PM Fri., 5:30-7:30 PM Sat., 8:00-10:00 AM	\$625
High School:	Mon.-Thurs., 6:30-8:00 PM Fri., 5:30-7:00 PM	\$375

Aqua Zumba

Known as the Zumba “pool party,” Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that’s cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

Day/Time: Mondays, 12:15 – 1:00 PM

YMCA Information

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

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

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 the Reading YMCA.

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 including Health Center at all YMCA of Reading & Berks County Branches.

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 the Reading 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 Reading YMCA.

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

Senior – 60 years or older. Full privilege membership at the Reading YMCA.

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

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 the Reading YMCA.

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 including Health Center at all YMCA of Reading & Berks County Branches.

• YMCA honors marriages recognized by the Commonwealth of PA.

Social Responsibility

YMCA Baby University

The YMCA Baby University program is a parenting class for parents of children 0 to 3 years of age. The program consists of weekly group classes for 9 weeks and is supplemented with a home visit from Y Baby U staff each week. Classes and home visits help parents build on their knowledge and experience and provides important tools and information about effective parenting strategies, further developing their confidence and competence as their child’s first and most important teacher. Y Baby U classes are held in both English and Spanish. Contact: Amarilies Rivera at 610-378-4722

Session: February 11 - March 31, 2012

Halloween at the Y

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

Date: October

Location: Central YMCA, Reading

Age: For the entire family

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

Attractions: Inflatable Party, Carnival

YMCA Birthday Parties

The YMCA is the perfect place to celebrate your birthday. Birthday parties are two hours and include Play Land, party room, game room, and swimming pool. All parties must complete a contract and pay a minimum deposit of 50%. Contact the YMCA at (610) 378-4700.

Days: Saturday and Sunday during facility hours

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

Marsh Madness – Saturday, March 17, 2012

The St. Patty’s Day Marsh Madness is a polar bear plunge into Blue Marsh in the cold of winter. This is a sponsorship-based activity requiring each participant to raise at least \$25 to plunge. 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 Kim Johnson at (610) 378-4742

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

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 Interval/Cardio Kick Boxing

Cardio Interval is a mixture of cardio and sculpting moves. This class is a hard core kick boxing class designed to burn the maximum amount of calories. Class alternates each week.

Day/Time: Mondays, 5:30 – 6:15 PM
Tuesdays, 12:15 – 1:00PM

Cardio Interval

An interval training class combining cardio and muscle training. All fitness levels welcome.

Day/Time: Thursdays, 5:30 – 6:15 PM
Wednesdays, 12:15 – 1:00 PM

Kettlebell

Join our newest class and experience the classic Scottish-style strength training with a new aerobic twist. Come prepared to work every part of your body in a variety of ways and burn up to 500 calories in a half hour!

Day/Time: Mondays 12:15 – 12:45 PM
Wednesdays 5:30 – 6:15 PM
Fridays 12:15 – 12:45 PM

Teen Fit

Teenage members now have the chance to take a fitness class specifically designed for them! Join this fitness mix class with modern music. You'll learn how to exercise with weights and do calisthenics!

Day/Time: Wednesdays 6:30 – 7:15 PM

Step Class

This class utilizes an adjustable height step making the workout an aerobic challenge for all fitness levels.

Days/Times: Tuesdays, 5:30 – 6:15 PM

Zumba

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

Day/Time: Fridays, 12:15 – 1:00 PM

Body Sculpt & Pilates

This class offers a medium to high intensity cardio workout focusing on the core. A great cardio workout, without having to remember complicated routines.

Day/Time: Thursdays, 12:15 – 1:00 PM

Fitness Mix

A mixture of Step, Cardio Interval, and Sculpting

Day/Time: Wednesdays, 5:30 – 6:15 PM

Yoga

Yoga will focus on building strength, relaxation, burning body fat, flexibility, and developing a connection between the body and mind. Bring a mat and water. All fitness levels are welcome.

Non-Members are required to pay a \$3.00 guest fee.

Day/Time: Thursdays, 12:15 – 1:00 PM

Fee: Member: \$5.00 Non-Member: \$5.00
Non-Member must pay a \$3.00 guest fee

Healthy Living

Weight Training Orientations

The YMCA offers free orientations to members on all weight and cardiovascular equipment. Orientations are conducted by certified fitness professionals. Orientations must be scheduled at least 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
1 visit	\$45	\$42	\$54	\$72
3 punch	\$132	\$123	\$158	\$211
5 punch	\$220	\$200	\$250	\$330
10 punch	\$420	\$390	\$440	\$600

Aqua Zumba

Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and, most of all, exhilarating beyond belief!

Day/Time: Mondays, 12:15 – 1:00 PM

Junior Fitness

The YMCA offers a training program geared for individuals ages 14-17. After completion of one of the following Jr. Fitness sessions, your 14-17 year old son/daughter will be allowed to use the fitness center. This class will focus on fundamentals of strength training, cardiovascular training, flexibility, circuit equipment setup, exercise technique, safety measures, spotting techniques and education on muscles trained.

Fee: 14-17 years - \$5.00

Time: 6:00-8:00 PM

Dates: Mondays



Adult Sports

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.

Volleyball

The Reading YMCA small gym will be set up for drop-in games of volleyball on Wednesday evenings. Come enjoy a fun evening with friends and family while playing an exciting sport

Day: Wednesday 6:30 – 8:30 PM

Fee: Member: Free Non-Member: \$5.00 per night

Daily Run

YMCA members meet daily at the Central YMCA at 12:15 PM for an outdoor run. This class is a great way to improve your fitness level. Daily Run is free to members.

Racquetball/Handball

Association-wide YMCA members have full access to the racquetball/handball courts at the Central YMCA. Usage of the courts is based on a first-come first-serve basis. Please call the Reading YMCA for further information.



Social Responsibility

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: TBA

Location: Berkshire Country Club

Fee: \$225 per Golfer

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: TBA

Time: 7:30-9:00 AM

Location: Crowne Plaza Reading Hotel

Youth Sports

Soccer

This 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. Teams will practice weekdays at their home branch with games being held on Saturdays and Sundays. Games and practices will be played on outdoor fields or indoor gymnasiums.

Session Dates: TBD

Location: Reading YMCA
631 Washington St., Reading, PA. 19601
Robeson Elementary School
801 White Bear Road, Birdsboro, PA. 19508

Deadline:

Ages: 4 years – 2nd grade

Fee: Member \$30.00 Non-Member \$50.00

Hockey

The YMCA hockey league will focus on teaching hockey fundamentals, skill development and game play. Participants 4 years – 6th grades 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. It is our intent to limit travel for younger divisions.

Session Dates: September 10 – October 22, 2011

Location: Mifflin & Adamstown YMCAs

Deadline: Friday, September 2, 2011

Ages: 4 years – 4th grade

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



Youth Sports

Basketball

The YMCA basketball league will focus on teaching basketball fundamentals, skill development and game play. Participant's ages 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.

Session Dates: TBD

Location: Reading YMCA
631 Washington St.
Reading, PA. 19601

Registration Deadline: TBD

Player Evaluations: TBD
(Evaluations conducted to insure team equality)

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

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.



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

Youth Sports

Indoor Soccer

The YMCA indoor league will focus on teaching soccer fundamentals and game play. Participants ages 1st – 2th 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.

Session Dates: March 10 – April 14, 2012

Registration Deadline: Friday, February 10, 2012

Ages: 4 yrs – 2nd Grade Boys & Girls

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.

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 Pete Rowley 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: Chris Emkey
cemkey@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

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

Registration Deadline: January 27, 2011

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.