

YMCA Information

The Tri Valley YMCA offers a state-of-the-art facility which includes a family wellness center, interactive circuit, family locker rooms, child watch area, and youth adventure center. The Tri Valley YMCA offers a variety of programming including child care, youth sports, aquatics, and more.

Contact: Brett A. Mayer, Executive Director
607 Crisscross Road
Fleetwood, PA 19522
610.944.6515

Hours

Monday - Thursday 6:00 AM – 8:30 PM
Friday 6:00 AM – 7:00 PM
Saturday 8:00 AM – 4:00 PM
Sunday 12:00 PM – 4:00 PM

Closing Dates

New Year's Day	Christmas Eve (3:00 PM)	Thanksgiving
Memorial Day	Christmas Day	Easter
4 th 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 nursery) while at the YMCA. Participants must be at least 14 years to utilize all fitness areas including Group Exercise classes. Children ages 7 through 13 who are unaccompanied by an adult, or who are not participating in a supervised program, may spend up to two consecutive hours per day at the YMCA. For the safety of your child, please be sure he/she is not left at the YMCA unsupervised for any extended period of time.

Monthly Bank Draft

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

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.

YMCA Information

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

	<u>Draft</u>	<u>Annual</u>	<u>Association</u>
Adult	\$35	\$420	\$44
Family	\$52	\$624	\$73
Single Parent Family	\$46	\$552	\$53
Senior:	\$31	\$372	\$38
Senior Family:	\$46	\$552	\$60
Student	\$26	\$312	\$28
Youth (17 yrs & under)	\$20	\$240	\$24

Membership Descriptions

Adult – 18 years and older. Full privilege membership at the Tri Valley YMCA.

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

Family – Married couple and all dependents living at same address. Dependents must be on the parents' tax return. Full privilege membership at the Tri Valley YMCA.

Association Family – Married couple and all dependents living at same address. Dependents must be on the parents' tax return. 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. Full privilege membership at the Tri Valley YMCA.

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

Senior – 60 years and older. Full privilege membership at the Tri Valley 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 and all dependents living at same address. Full privilege membership at the Tri Valley YMCA.

Association Senior Family – Married couple with at least one person being 60 years and older and all dependents living at same address.

Dependents must be on senior couple's tax return. Full privilege membership at all YMCA of Reading & Berks County Branches.

Student – Full-time college student (12 undergraduate credits or 6 graduate credits). College student must show a current ID and full-time class schedule. Qualifying students may be on parent's membership. Full membership privileges at the Tri Valley YMCA.

Association Student – Full-time college student (12 undergraduate credits or 6 graduate 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 Tri Valley YMCA.

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

• YMCA honors marriages recognized by the State of PA.

Aquatics

Winter Swim Lesson Information

Winter swim lessons are held at Keystone Hall on campus at Kutztown University. Instructors are certified lifeguards. Class sizes are kept to 6 swimmers per instructor and are held in the recreation swim area of the pool. Instructors will hold child/teen/adult friendly classes. Parents are allowed to stay in the bleacher area of the pool during class time as long as they refrain from approaching their child's class. Please have your child ready to enter the water by the time his/her class starts. This includes having your child use the restroom before class begins.

Session Fees

Member: \$30.00 Non-Member: \$35.00

Sessions

Winter Session: February 12 – March 18, 2012

Parent/Child (6 months to 3 years)

This 30-minute class is for children and their parents. Classes are designed to have fun in the water and to learn various developmental aquatic skills.

- Class I: Sundays, 2:00 – 2:30 PM

Pikes & Eels (3 years to Kindergarten)

This level helps new swimmers develop safe pool behavior, learn basic skills, and adjust to the water.

- Class I: Sundays, 2:30 – 3:00 PM

Polliwog - Introduction to Water Skills

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

- Class I: Sundays, 3:00 – 3:30 PM

Guppy - Fundamental Aquatic Skills

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

- Class I: Sundays, 3:30 – 4:00 PM

Minnow - Stroke Development

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

- Class I: Sundays, 3:30 – 4:00 PM

Fish & Flying Fish - Stroke Improvement & Refinement

Swimmers begin to perform the freestyle, elementary backstroke and sidestroke with turns and are introduced to the butterfly stroke.

- Class I: Sundays, 3:30 – 4:00 PM

Private Lessons

Private and semi-private swim lessons are available through reservations. Classes are ½ hour. Contact our office for available days and times.

Fee: Semi-Private: \$10 per class
Private: \$20 per class

Aquatics

Great White Sharks Winter Swim Team

Tri Valley Great White Shark Swim Team is back and ready to conquer the world! Keystone Pool on the campus of Kutztown University serves as the home to the Great White Sharks. There will be a free, week trial period for any swimmers that would like to try out the program. This week trial period is valid only before September 26, 2011. Registration form and fee for swimmers is due September 26, 2011. Practice for the upcoming season begins September 27, 2011. Practice Times may be adjusted by Coaches at anytime. Dry land will be held at the Tri Valley YMCA facility and feature Technofit Training designed by the coaching staff. Prices include youth memberships for all swimmers during the swim season ONLY!

Developmental: Mon.-Wed., 7:00-7:45 PM \$325
(8 & Under) Fri., 7:00-7:45 PM

1 hr-Bronze (9-10): Mon.-Fri., 7:00-8:00 PM \$450

1½ hr-Silver (11-12): Mon.-Fri., 7:30-9:00 PM \$515

2 hr-Gold (13 & up): Mon.-Fri., 7:00-9:00 PM \$615

Spring Clinic Conditioning Clinic

Tri Valley Spring Clinic is back again and ready to help your swimmer prepare for the summer season! Our coaching staff will design practices working on stroke mechanics, technique, and conditioning. Clinic runs from May 2012. Practice Times may be adjusted by coaches at anytime.

Developmental: Tues. & Thurs., 7:00-7:45 PM \$55
(8 & Under)

1½ hr-Silver (9-11): Tues. – Thurs., 7:30-9:00 PM \$75

2 hr-Gold (13 & up): Tues. – Thurs., 7:00-9:00 PM \$85

Fleetwood Area Swim Team

The Fleetwood Area Swim Team Tiger Sharks joins up with the Tri Valley YMCA for an incredible summer program. This team competes in the Berks County Swim Association. Practices are held Monday Through Friday mornings at the Fleetwood Borough Swimming Pool and begin June 2012. Practice Times may be adjusted by Coaches at anytime.

Bronze: Monday – Friday, 11:00 – 11:45AM \$70
(10 & Under)

1½ hr-Silver: Monday – Friday, 10:00 – 11:00AM \$80
(11 & 12)

2 hr-Gold: Monday – Friday, 8:30 – 10:00AM \$90
(13 & up)

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.

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.



Adult Sports

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



Youth Sports

Basketball

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

Ages: 4 yrs – 6th Grade Boys & Girls
(Not coed based on program participation)
 Session Dates: October 29 – December 21, 2011
 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.

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 - 6 yrs Boys & Girls (Coed)
 Session Dates: April 7 – May 12, 2012
 September 15 – October 20, 2012
 Registration Deadlines: Friday, March 30, 2012
 September 7, 2012
 Fee: \$30 Member \$50 Non-Member
 Practice/Game: Itty Bitty Soccer meets for 1 hour on a Saturday morning and is a parent/child interactive program. 4-6 year old soccer teams will practice and play games for 1 hour each week.

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 the Sinking Spring YMCA 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



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

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



Healthy Living

Cardio Pilates

Cardio Pilates is a low impact, calorie burning workout that firms, strengthens, and tones more muscles than ordinary workouts while using your powerhouse core. Cardio Pilates will get you moving more than a regular Pilates class. Rev up your body and burn more calories more efficiently with this great full body workout.

Days/Times: Mondays, 5:30 – 6:30 PM
Wednesdays, 9:30 – 10:30 AM

Cardio Kickboxing

Cardio Kickboxing is an intense interval kickboxing workout that combines kickboxing with dance moves choreographed to high-energy music. No previous kickboxing or dance experience required.

Days/Times: Mondays, 6:45 – 7:45 PM
Thursdays, 9:30 – 10:30 AM

Kettlebells

Kettlebells is an Old Russian method of exercise using a weighted ball with a handle while doing a swinging technique across the body that is used to perform ballistic exercises that combine cardio, flexibility, and strength training. Kettlebells work the entire body, including the core.

Days/Times: Tuesdays, 9:30 – 10:30 AM
Thursdays, 5:30 - 6:45 PM

Body Sculpt

This high-intensity workout will get your heart pumping! Body Sculpt is a non-stop, high intensity class combining functional training using full body movements for maximum calorie burn. Come ready for anything from plyometrics, resistance bands, running, free weights, ball workouts, and much more. A different and unique fitness adventure each week!

Days/Times: Tuesdays, 5:30 – 6:30 PM

Active Yoga

A yoga based workout that incorporates strength training, sports conditioning, pilates, and dance. Gain strength and flexibility while moving to great music!

Days/Times: Mondays, 9:30 – 10:30 AM
Tuesdays, 6:45 – 7:45 PM

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
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Healthy Living

Zumba

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements, creating a dynamic, exciting, and effective fitness class. Dancers and non-dancers will have fun doing moves like the Merengue, Salsa, and many more. Come and join the party!

Days/Times: Wednesdays, 5:30 – 6:30 PM
6:45 – 7:45PM
Fridays, 9:30 – 10:30 AM



Cardio Fusion

Cardio Fusion is a mixture of two types of cardio activities from step, floor aerobics, kickboxing, and interval training. Add some weight training for an overall workout!

Days/Times: Thursdays, 6:45 – 7:45 PM

Boot Camp

This high-intensity workout will combine functional and athletic drills like push-ups, plyometrics, squats, lunges, and more!

Days/Times: Saturdays, 8:30 – 9:30 AM



Healthy Living

Fitness 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.

Junior Fitness

The YMCA offers a training program geared for individuals ages 12-13. After completion of the junior fitness session, your child will be allowed to use all fitness facilities while accompanied by an adult 18 years of age or older. The session will focus on fundamental strength training, cardiovascular strength training, flexibility, circuit equipment setup, exercise techniques, safety measures, spotting techniques, and education on muscles trained. Please contact the YMCA Front desk to schedule an appointment.

Techno Fit

Techno Fit is a wellness program that includes a comprehensive fitness evaluation, weight training orientation, personalized training program, and access to the Wellness System. A personal trainer will conduct a thorough fitness evaluation and develop a personalized training program just for you. Every Techno Fit participant is issued their own Wellness System Key. When inserted into the fitness equipment, the key makes the machine start automatically and the user is presented with their very own personalized routine to follow. Please contact the YMCA front desk to schedule an appointment.



Key & 6 Training Sessions: \$50.00

6 Training Sessions: \$35.00

Replacement Key Fee: \$20.00



Healthy Living

Silver Sneakers

The YMCA of Reading & Berks County is proud to be a Silver Sneakers site. Enrolling in Silver Sneakers provides for you at no additional cost by your health plan, to have a membership and access to all classes. You may also use any participating location nation-wide. To find out if you are eligible for Silver Sneakers, please contact your health insurance provider or visit the front desk.



Silver Sneakers

Muscular Strength & Range of Movement

Silver Sneakers Muscular Strength & Range of Movement is the core class for the Healthway's group exercise program. It is designed to increase strength, range of movement, agility, balance and coordination, and to improve participants' functional capacities, physical fitness level and sense of well-being.

Days/Times: Mondays & Wednesdays, 10:45 – 11:30 AM



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

Youth Development

Leap & Learn Child Care Center

The Tri Valley Branch provides care for infants through Preschool. This program is licensed by the Department of Public Welfare and is a Keystone STARS facility.

Location: YMCA Early Learning Center
Fleetwood Elementary School
109 W. Vine Street, Fleetwood

Contact: Shelley Moore, Child Care Director
610.944.1075 or SEpphimer@ymca-berkscounty.org

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

Fees/Tour: Call to schedule a tour and discuss fees.

School's Out - Fleetwood

The YMCA provides before and after school care for kindergarten through 6th grade children during the school year. This program is licensed by the Department of Public Welfare and is a Keystone STARS facility.

Contact: Brett Mayer, Executive Director
610.944.6515 or BMayer@ymca-berkscounty.org

Location: Andrew Maier & Willow Creek Schools

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

Registration: \$25.00 per family

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



Youth Development

Summer Adventure Camp

The Summer Adventure 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.

Home Base: Fleetwood Community Center

Age: 6 years – 6th Grades (2011-2012 school year)

Date: June – August, 2012
(Runs the entire summer break)

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

Registration: \$25.00 per family & 1st week's fee

Fees: Day: \$20.00 Week: \$95.00

Tri Valley Summer Playground

The Tri Valley Summer Playground is a half day summer camp program for school-age children. These camps are held at Kutztown, Fleetwood, and Blandon Parks and offer arts & crafts, sports, fitness, and special activities.

Location: Kutztown, Fleetwood, & Blandon Parks

Age: 6 years – 6th Grades (2011-2012 school year)

Date: June – August 2012

Day/Time: Monday-Friday, 9:00 AM – 1:00 PM

Fees: Residents: \$40.00 / Non Residents: \$50.00.

Kids Night Out

Join us for these adventurous parties full of surprise activities including inflatable obstacle courses, adventure center competitions, field relays, pizza parties, seasonal themes, and carnival games.

Day/Time: March 3, 5:00 – 8:00 PM
April 27, 5:00 – 8:00 PM
October 26, 5:00 – 8:00 PM
November 30, 5:00 – 8:00 PM

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

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

Social Responsibility

Marsh Madness

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 \$25.00 to participate. Marsh Madness raises funds 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 Brett Mayer for further information, 610.944.6515.

Date/Time: March 17, 2012

Location: Blue Marsh Beach Area

Y-Fest

Looking for the family event of the year? Join the YMCA for a family carnival featuring children's activities, family entertainment, and some of the best food that local area restaurants have to offer.

Date: April 2012

Time: 5:00 - 8:00 p.m.

Location: Willow Creek Elementary School

Fee: \$10.00/Individual \$40.00/Family

Octoberfest

Dress up in a great Halloween costume and join us for our annual family Octoberfest event. The YMCA joins forces with the Fleetwood Recreation Board and Fleetwood Fire Company to celebrate the Fall season and bring the community together with other local businesses. This event offers inflatables in addition to various games and activities for children.

Date: October 2012, 11:00 AM - 2:00 PM

Age: For the entire community



Social Responsibility

Santa Parade & Party

Get into the holiday spirit with our annual Santa Party & Breakfast. The event offers inflatables, crafts, cookie decorating, picture with Santa, and breakfast.

Date/Time: December 8, 2012, 9:00 – 11:00 a.m.

Location: Fleetwood Community Center

Age: Gift included for children 12 and under

Fee: \$6.00 / Breakfast \$10.00 / Wristband

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



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