

## YMCA Information

The Tamaqua YMCA offers state-of-the-art fitness center, interactive youth center, gymnasium, pre-school center, child-watch area, and meeting/conference room.

Contact: Nick Zigmant, Executive  
1201 East Broad Street  
Tamaqua, PA 18252  
(570) 668-2903

### Hours

Monday - Thursday 5:30 AM – 2:00 PM  
3:30 PM – 8:30 PM

Friday 8:00 AM – 2:00 PM  
3:30 PM – 7:00 PM

Saturday 9:00 AM – 4:00 PM

Sunday 12:00 PM – 4:00 PM

### Closing Dates

New Year's Day	Christmas Eve	Thanksgiving
Memorial Day	Christmas Day	Easter
4 <sup>th</sup> of July	New Year's Eve	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.

### Monthly Bank Draft

The YMCA will automatically draft membership dues from your savings or checking account on the 21<sup>st</sup> of each month. A voided check, along with membership forms must be provided to start all new memberships. A prorated fee will be assessed at this time. A 30-day written notice must be given for bank draft membership 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. Keychain cards may also be purchased for \$5.00. Members from other YMCAs must show membership card and picture ID.

## YMCA Information

### Membership Fees

No Joining Fee & No Contract

	Monthly Bank Draft	Corporate	Annual
Adult	\$26.00	\$21.00	\$312.00
Family	\$43.00	\$34.50	\$516.00
Single Parent Family	\$34.00	\$27.00	\$408.00
Student	\$20.00		\$240.00
Youth	\$13.00		\$156.00

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

### Membership Descriptions

**Family** – Married couple and all dependents living at same address. Dependents must be on the parent's tax return.

**Single Parent Family** – One parent & dependent children.

Dependents must be on the parent's tax return.

**Student** – Student must be a full-time college student and show a current ID and class schedule. Qualifying students may be on a parent's family membership.

**Adult** – 18 years old and older.

**Youth** – For ages birth –17 years.

- YMCA honors marriages recognized by the State of PA.

### Learn How to Use Equipment

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.

### 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 Nick Zigmant at (570) 668-2903.

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

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

Deadline: One week prior to event

### 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%. Contact Nick Zigmant at (570) 668-2903.

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

Deadline: One week prior to event

## Childcare

### Summer Adventure Camp

The Tamaqua 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: School out 2008 – School start date  
Closed on 4<sup>th</sup> of July

Day/Time: Monday-Friday - 7:30 AM-6:00 PM

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

Fees: Day: \$18.00 Week: \$85.00

Payments: Payments must be prepaid the Friday before participation. A \$10.00 late fee will be assessed for late payments

### Tamaqua Jack & Jill Preschool

The YMCA preschool is child centered program offering well rounded age-appropriate curriculum including circle time, reading and language development, manipulatives, fine and gross motor skills, music, art, mathematics, science, active & dramatic play, character development, and computer lab.

Age: 3-5 years old

Date: September 2, 2008 – May 2009  
Follow school calendar for closings

Registration: New: \$40 Continuing: \$30

Payments: Payments due first class day of month

A- 4-5 yrs old: Tues/Thurs, 8:45-11:30 AM \$80 month

B- 4-5 yrs old: Tues/Thurs, 9:00-1:00 PM \$95 month

C- 4-5 yrs old: Mon/Wed/Fri, 8:45-11:30 AM \$98 month

D- 4-5 yrs old: Mon/Fri, 8:45-11:30 AM \$135 month  
Wed, 8:45–2:15 PM

E- 3 yrs old: Tues/Thurs, 8:45-11:15 AM \$75 month

F- 3 yrs old: Tues/Thurs, 11:45-2:15 PM \$75 month

### 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 – 6 years

Mon.-Thurs. 8:30 AM – 10:00 AM

5:30 PM – 7:30 PM

Friday 8:30 AM – 10:00 AM

## YMCA Programs

### Cardio Kickboxing

Experienced instructors incorporate various boxing and kickboxing movements into a fun and exciting workout. Movement includes kicking, punching, and other aerobic exercise all incorporated into a vigorous workout. Beginners to advances participants are welcome. Free for Members  
Tues/Thurs: 6:30-7:30 PM

### Step Interval

Intervals of Step Aerobics are combined with intervals of muscle conditioning for a total body workout. Free for Members

Mon/Wed.: 9:00-10:00 AM  
6:30-7:30 PM

### Pilates

Pilates is a floor-work class with specialized exercise to incorporate muscle control, correct improper breathing habits, and strengthen the entire body. In this class we emphasize spinal flexibility as we perform intensive work focusing on the abdominal and back muscles.

Wednesdays: 7:30 – 8:30 PM

### Youth Floor Hockey

The YMCA Floor Hockey league will focus on teaching hockey fundamentals including dribbling, passing, shooting, defense, and team play. The YMCA will provide a T-shirt.

Date: January 24 – March 28, 2009

Day/Time: Saturday, 10:00 AM – 12:00 PM

Ages: 7 years -14 years

Fee: Member Free Non-Member \$30.00

### Water Aerobics

Water Aerobics is a safe, refreshing water exercise for both swimmers and non-swimmers. Classes are held at the Tamaqua High School Pool.

Days/Time: Mon./Wed./Thurs. 8:00-9:00 PM

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

### Lap Swim

The Tamaqua High School pool is open for lap swim throughout the week.

Days/Time: Mon./Wed./Thurs. 8:00-9:00 PM

Fee: Members: Free Non-member: \$5 per hour

### Swim Lessons

The YMCA offers swim lessons at the Tamaqua High School pool. Refer to pool schedule for further information.