RICHARD G. SNYDER YMCA CAMPUS

You can...

Program Brochure

Fall 2019
WELCOME TO THE Y!

Hours Of Operation
Monday - Thursday 5:00am - 9:00pm
Friday 5:00am - 8:00pm
Saturday 6:00am - 6:00pm
Sunday 11:00am - 4:00pm

Holiday Hours
Monday, September 2 (Labor Day) CLOSED
Thursday, November 28 (Thanksgiving) CLOSED
Tuesday, December 24 (Christmas Eve) CLOSED
Wednesday, December 25 (Christmas Day) CLOSED
Tuesday, December 31 (New Years Eve) CLOSED
Wednesday, January 1 (New Years Day) CLOSED

Register for Programs
Participants must enroll in person or online. Registration is on a first come, first served basis. All fees must be paid in full at the time of enrollment. Class days and times are subject to change without notice. *Program Policy: Credit/refund will be given for medical issues only.

M = Member
NM = Non-Member

THE Y MEMBERSHIP FOR A BETTER YOU!
Your YMCA membership comes with multiple options for fitness, family & fun.
- Free group exercise classes (aquatic classes included)
- Free Coaching Connection program with your own coach to help you get started
- Free orientations to learn how to use the cardio and strength training equipment
- Priority program registration including convenient online registration
- Reduced rates on programs including swim lessons, youth sports and more
- Access to free on-site Child Watch while you work out
- 20/20 Member Loyalty program to reduce your monthly fee for referring a new member
- Nationwide Membership: bring your membership card and photo ID and enjoy free access to almost every Y in the country.
- Three free guest passes per year to share your Y with friends and family
- Youth Sports Programs FREE with a Household or Single Household Membership.
- Access to My Virtual Y

Child Watch At The Y
Child Watch allows parents to participate in programs and work out while children are engaged in various age-appropriate activities in a supervised environment. Child Watch is FREE for members.

Ages: 6 weeks - 9 years
Monday - Friday 8:00 - 12:00pm
Monday - Thursday 4:00 - 8:30pm
Saturday 8:00 - 11:30am

Richard G. Snyder YMCA Age Policy
Children are allowed on campus without a parent when they are 9 years old and up. Parents must sign a form at the welcome center.

<table>
<thead>
<tr>
<th>8 Week Sessions</th>
<th>Session Dates</th>
<th>Member Registration Dates</th>
<th>Non-Member Registration Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>September 1 - October 26</td>
<td>Opens August 19</td>
<td>Opens August 21</td>
</tr>
<tr>
<td>Session 2</td>
<td>October 27 - December 21</td>
<td>Opens October 21</td>
<td>Opens October 23</td>
</tr>
</tbody>
</table>

 Locker Room:
- Anyone ages 6 years old and above must use same sex restrooms and locker rooms or the designated family restrooms and locker rooms. No exceptions.

 Wellness Deck & Annex:
- Youth 16 years old and up, if they have not taken Coaching Connections.
- Youth in 7th grade and up AFTER going through Coaching Connections

 Natatorium (Open Swim):
- Children 8 years old and under must be accompanied by a parent.
- Children 9 years old and up are permitted without a parent.

 Circuit Room:
- Children under 9 years old are prohibited.
- Children 9 years old through 6th grade who have not taken Coaching Connection are permitted with a parent.
- Children ages 9 and up may utilize Circuit Room without parent supervision after successful completion of Coaching Connection.

 Youth Programs/ Swim Lessons:
- Children in 6th grade and under are permitted to participate in these programs as long as a parent remains on campus.
- Children in 7th grade and up are permitted to participate in these programs without a parent on campus

 Group Exercise Classes:
- Children in 6th grade or under are permitted to participate with a parent.
- Youth 7th grade and up are permitted to participate without a parent AFTER going through Coaching Connections

 Coaching Connections
- Children 9 years old and up are permitted to participate in Coaching Connections

 Personal Training
- Children 9 years old and up are permitted to participate in Personal Training
## Membership

<table>
<thead>
<tr>
<th>Membership Categories</th>
<th>Down Payment</th>
<th>Monthly Bank Draft</th>
<th>Annual Payment</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>YOUTH</strong> (18 months - 18 years)</td>
<td>$21.00</td>
<td>$21.00</td>
<td>$252.00</td>
</tr>
<tr>
<td><strong>SPECIAL NEEDS YOUTH</strong> (18 months - 18 years)</td>
<td>$10.50</td>
<td>$10.50</td>
<td>$126.00</td>
</tr>
<tr>
<td><strong>ADULT</strong> (19 years - 59 years)</td>
<td>$47.25</td>
<td>$47.25</td>
<td>$567.00</td>
</tr>
<tr>
<td><strong>SPECIAL NEEDS ADULT</strong> (19 years - 59 years)</td>
<td>$21.00</td>
<td>$21.00</td>
<td>$252.00</td>
</tr>
<tr>
<td><strong>HOUSEHOLD</strong> (2 adults &amp; their dependents living in the same household &amp; full time students ages 18-23 with proof of enrollment)</td>
<td>$70.35</td>
<td>$70.35</td>
<td>$844.20</td>
</tr>
<tr>
<td><strong>SINGLE HOUSEHOLD</strong> (1 adult &amp; their dependents living in the same household &amp; full time students ages 18-23 with proof of enrollment)</td>
<td>$59.85</td>
<td>$59.85</td>
<td>$718.20</td>
</tr>
<tr>
<td><strong>2 ADULTS</strong> (Any 2 adults living in the same household)</td>
<td>$59.85</td>
<td>$59.85</td>
<td>$718.20</td>
</tr>
<tr>
<td><strong>SENIOR CITIZEN SINGLE</strong> (60 years and over)</td>
<td>$36.75</td>
<td>$36.75</td>
<td>$441.00</td>
</tr>
<tr>
<td><strong>SENIOR CITIZEN COUPLE</strong> (both 60 years and over)</td>
<td>$54.60</td>
<td>$54.60</td>
<td>$655.20</td>
</tr>
</tbody>
</table>

*Down payment will be prorated after the 1st of the month.
*Annuals will have an anniversary date of the day they signed up. Invoices will be sent out a month in advance.
*An increase of up to 5% may be assessed each year.

**Discount Groups**

**Military Outreach Initiative Discount**
Who’s Eligible?
*Active Duty Title 10
*Immediate Family of Deployed National Guard and Reservists
*Relocated Spouses/Dependent Children of Deployed Active Duty
*Community Based Warrior Transition Unity

**RGS YMCA Military Discounts**
Who’s Eligible?
*Active Duty that is not eligible for the Outreach Initiative
*Non Active Duty and Veterans

**20/20 Member Loyalty Program**
Invite as many friends as you want. When a friend joins, you’ll both receive a 20% reduced rate on your monthly membership dues at the Y.

**Corporate Discounts**
Take the first step toward a healthier workplace when you offer a YMCA corporate membership as part of your employee benefit package. At no cost to the business, your employees can receive 10% off their membership.

**Specialty Memberships**

**SilverSneakers® Membership**
SilverSneakers® is a fun, energizing program that helps older adults take greater control of their health by encouraging physical activity and offering social events. Find out if your health plan or Medicare Supplement carrier offers SilverSneakers®.

**Silver&Fit Membership**
The Silver&Fit program is designed for older adults. Silver&Fit is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree, you may already have the Silver&Fit benefit.

**Active & Fit Membership**
Active&Fit is the new program for people ages 18 to 64. People qualify for these benefits through their health insurance and can visit the Y or call their health plan to learn if they are eligible.

**Y For All Membership**
The Y has a scholarship program for those in need. Subject to resources, a scholarship for families to participate in Y activities may be available. Please pick up a Y For All application at our welcome center. All information is confidential.

**Day Passes**
Available for use of the Y facilities any day during facility hours.
- **YOUTH:** $5
- **ADULT:** $10
- **FAMILY:** $20
## SWIM LESSONS

### Swim Starters Schedule

<table>
<thead>
<tr>
<th>DAYS</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stage A &amp; B</td>
<td>X</td>
<td>6:00-6:30 pm</td>
<td>9:05-9:35 am</td>
<td>1:45-2:15 pm</td>
<td>9:35-10:05 am</td>
</tr>
<tr>
<td><strong>(6 months – 36 months)</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 1</td>
<td>5:10-5:40 pm</td>
<td>4:45-5:15 pm</td>
<td>9:40-10:10 am</td>
<td>5:10-5:40 pm</td>
<td>12:35-1:05 pm</td>
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<tr>
<td>(3 years – 5 years)</td>
<td></td>
<td></td>
<td>10:10-10:40 am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 2</td>
<td>5:10-5:40 pm</td>
<td>5:20-5:50 pm</td>
<td>9:30-10:00 am</td>
<td>1:10-1:40 pm</td>
<td>10:45-11:15 am</td>
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<tr>
<td>(3 years – 5 years)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 3</td>
<td>4:30-5:00 pm</td>
<td>6:05-6:35 pm</td>
<td>10:05-10:35 am</td>
<td>X</td>
<td>11:15-11:45 am</td>
</tr>
<tr>
<td>(3 years – 5 years)</td>
<td>(Lap Pool)</td>
<td>(Lap Pool)</td>
<td></td>
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<td></td>
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### Swim Basics & Swim Strokes Schedule

<table>
<thead>
<tr>
<th>DAYS</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Saturday</th>
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<tbody>
<tr>
<td>Stage 1</td>
<td>6:00-6:40 pm</td>
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<td>6:00-6:40 pm</td>
<td>9:00-9:40 am</td>
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<tr>
<td>(6 years – adult)</td>
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<td></td>
</tr>
<tr>
<td>Stage 2</td>
<td>6:00-6:40 pm</td>
<td>6:50-7:30 pm</td>
<td>6:00-6:40 pm</td>
<td>9:45-10:25 am</td>
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<tr>
<td>(6 years – adult)</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 3</td>
<td>X</td>
<td>6:05-6:45 pm</td>
<td>6:45-7:25 pm</td>
<td>11:15-11:55 am</td>
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<tr>
<td>(6 years – adult)</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 4</td>
<td>6:45-7:25 pm</td>
<td>6:05-6:45 pm</td>
<td>6:45-7:25 pm</td>
<td>10:30-11:10 am</td>
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<tr>
<td>(6 years – adult)</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 5</td>
<td>6:45-7:25 pm</td>
<td>6:05-6:45 pm</td>
<td>X</td>
<td>10:30-11:10 am</td>
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<tr>
<td>(6 years – adult)</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stage 6</td>
<td>X</td>
<td>X</td>
<td>6:45-7:25 pm</td>
<td>X</td>
</tr>
<tr>
<td>(6 years – adult)</td>
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<td></td>
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### Session Fee

<table>
<thead>
<tr>
<th></th>
<th>MEMBER</th>
<th>NON MEMBER</th>
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<tbody>
<tr>
<td>30 Minute Class</td>
<td>$25.00</td>
<td>$50.00</td>
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<tr>
<td>40 Minute Class</td>
<td>$30.00</td>
<td>$55.00</td>
</tr>
</tbody>
</table>

## PRIVATE SWIM LESSONS

Want more one-on-one time? Private swim lessons offer private instruction for swimmers of all ages and abilities. Learn to swim with your own private instructor on a 1-to-1 basis to work on a specific skill or to occur in place of lessons. Sign up with the welcome center then your instructor will call you to set up a time that works best for you and your instructor.

(4) 30 Minutes Sessions

Fee: M: $40         NM: $80
(4) 45 Minute Sessions

Fee: M: $48         NM: $96

Any questions, please contact Ami DiMaio at swimlessoncoordinator1@gmail.com or 724-545-9622
The Richard G. Snyder Stingray swim team is a structured, competitive swim program that competes against other local, regional and state YMCA’s. The Stingrays are members of the WPYSL and of USA Swimming. While participating on the RGS YMCA Swim Team, swimmers will develop all the competitive strokes while working on their endurance skills. This traditionally strong program provides team coaching through disciplined water workouts for all level of swimmers. The swim meets are run by the Stingray Swim Team Parents Organization (SSTPO) and rely solely on all of our families to volunteer their time to run the meets successfully.

The Stingrays compete in the Y League swimming dual meets and invitationals throughout the winter season. Swimmers who achieve qualifying times have the opportunity to compete at the YMCA District, State, and Nationals levels. Those swimmers who choose to join USA Swimming can compete at USA AMS meets offered throughout the year. Please contact the coaches for more information about the USA Swimming program.

The winter season will run from September 9th through February. Any swimmer who qualifies for a championship meet (i.e. Districts, States and Nationals) there will be an additional monthly fee. All Stingray swimmers must be members of the Richard G. Snyder YMCA in good standing and pay dues to compete.

**YMCA membership and USA Swimming athlete membership ($76 year-round athlete; $48 seasonal athlete) are required to participate on the RGS USA competitive swim team**

First day of practice is Monday, September 9th, 2019; Trial week is September 9th-13th
Parent informational meeting is on Monday, September, 16th at 6pm.

**Black Stingrays** – $450 or $75 per month
M/F: 3:00 – 5:00pm
T/W/TH: 3:00 – 4:30 pm

**Orange Stingrays** – $450 or $75 per month
M/F: 5:00 – 6:30 pm
T/W/TH: 4:30 – 6:00 pm

**Blue Stingrays** – $390 or $65 per month
M: 5:00 – 6:30 pm
W/TH: 4:30 – 6:00 pm

Season runs from September 9th 2019 – March 8th, 2020. Any child who qualifies for WPYSL State Championships will incur additional fees. All accounts must be paid by the 15th of the month.

**Black group** is for a seasoned swimmer who is serious about training and competing year-round. Rigorous in-water conditioning and endurance as well as competing at a top YMCA/USA level is a major priority of this group. Black Stingrays should aim to attend all 5 practices a week. Optional YMCA Coaching Connection is available for athletes 12 & older. **Training/competing at a Black level is by coach’s discretion.**

**Orange group** is for a competitive junior level swimmer emphasizing on building stroke technique, endurance and racing skills for the competitive swim season. All strokes, turns, dives and conditioning will be the main focus of this group and steadily increased throughout the season. Orange Stingrays should aim to attend 4–5 practices a week. **Training/competing at an Orange level is by coach’s discretion.**

**Blue group** is for a novice swimmer and any 8 & under swimmer that has had little to no competitive experience. Swimmers must be able to swim freestyle and backstroke the length of the pool without assistance. Emphasis will be placed on mastering skills in all four competitive strokes. Blue Stingrays should aim to attend 2–3 practices a week. **Training/competing at a Blue level is by coach’s discretion. RGS YMCA swim lessons may be suggested.**

RGS Stingrays will continue our year-round competitive swim team as a dual registered YMCA/USA Swim Team. Youth ages 6–21 can now compete at YMCA and USA swimming. The RGS Stingrays are continuing their swim season throughout the year for young swimmers wanting to focus more on their sport of choice.
YOUTH SPORTS

Youth Co–Ed Fall Soccer

**Ages: 3–13 Years Old**
Soccer is the perfect sport to get your child moving and involved in no matter what age they are. We offer several different age groups with age–appropriate rules to help teach the game. The goal of our Youth Co–Ed Soccer program is to teach and develop basic skills of soccer while emphasizing teamwork, good sportsmanship, and above all, having fun.

**Dates:** September 7 – October 26
**Registration:** August 5 – 23
**Days/Times:** Games on Saturdays
  Practice TBA by Coach
**Where:** Richard G. Snyder YMCA Campus Fields and Kittanning Football Field
**Fees:**
  HM/SAHM: No Cost
  YM: $25
  NM: $50
*Coaches & Volunteers needed (Clearances required)*
*Spikes are recommended*
*Soccer ball required (size 4 or 5) Shin guards required*
*Playoffs will be held on October 26 for the 8–10 and 11–13 age groups.*

Youth Co–ed Basketball

**Ages: 3 – 10 Years old**
This program is perfect to get the kids active during the late fall and early winter months! Youth Co–ed Basketball will teach the kids the basics of the game of Basketball. Participants will learn the basics of zone defense and basic dribbling and shooting skills. It’s all about having fun!

**Dates:** November 9 – December 21
**Registration:** October 7 – October 25
**Where:** RGS YMCA Gymnasium
**Fees:**
  HM/SAHM: No Cost
  YM: $25
  NM: $50
***Two Additional Playoff weeks will be added for the age group 5–7 and age group 8–10***
*YMCA Jersey Required ($15)*

**NEW** Youth Pick–Up Basketball

**Grades 9th – 12th**
Come and enjoy playing the sport you love with others in competition, while building relationships, exercising, and developing a healthier lifestyle. There is no need to sign up, just stop by and play.

**Days/Times:** Monday – Friday
  2:30 – 5:00pm

**Fees:** FREE

Fall Travel Soccer

The RGS YMCA is now starting a travel soccer program through PA West Soccer Association. Throughout the years we have had a successful in–house recreation soccer program and now we are looking to grow our soccer program even more throughout the community. Our kids will have an opportunity to play on a more competitive level and take their game to the next level. All players who are interested must be a member of the RGS YMCA. Also, with this travel team all players will have to try out.

**One Time Fees:**
  PA West Registration $30.00
  Uniform $40.00

**Monthly Fees:**
  RGS YMCA Youth Membership $21.00
  RGS YMCA Family Membership $70.35

Fall Season: September 7th – November 3rd
# YOUTH PROGRAMS

## Tumbling

**Ages:** 3 – 18 Years Old  
Our highly trained instructors give kids and teens a safe, supportive environment for learning the fundamentals of tumbling. Tumblers work on balance, flexibility, and building from basic moves to more advanced techniques. Classes are organized according to level and age, which will facilitate fun and friendship, with physical education that lasts a lifetime.  
**Parent/Child:** 2-3 years old. No experience necessary. Parent must stay.  
**Preschool:** 3–5 years old. No experience necessary. 3 year old must attend Parent Child class first unless approved by instructor.  
**Pre Beginner:** 6–7 years old. No experience necessary (5 year old’s can be evaluated to attend this class)  
**Beginner I:** Must be 8 years old. No experience necessary (7 year old’s can be evaluated to attend this class)  
**Beginner II:** Must be 8 years old. Must have at least 2 years of experience. Must have a back walkover.  
**Back Handspring & Back Handspring/Tuck:** Invite only **Instructor may advance a child before age requirement.**

<table>
<thead>
<tr>
<th>Days &amp; Time</th>
<th>Tuesday &amp; Thursday</th>
<th>Monday &amp; Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginners 1 &amp; 2</td>
<td>5:15–6:15pm</td>
<td>Pre-Beginner 1</td>
</tr>
<tr>
<td>Back Handspring</td>
<td>6:30–7:30pm</td>
<td>Beginner 1</td>
</tr>
<tr>
<td>BHS Tuck</td>
<td>7:00–8:00pm</td>
<td>Beginners 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Days &amp; Time</th>
<th>Tuesday</th>
<th>Monday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Beginner</td>
<td>6:00–6:30pm</td>
<td>Preschool</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Days &amp; Time</th>
<th>Thursday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool</td>
<td>6:00–6:30pm</td>
<td>Parent/Child</td>
</tr>
</tbody>
</table>

### Fees:

- **Once a Week**
  - Parent/child & Preschool: M: $20 NM: $40  
  - Pre - Beginner: M: $25 NM: $45

- **Twice a Week**
  - Pre-Beginner 1: M: $40 NM: $60  
  - Beginner I - Back Handspring/Tuck: M: $45 NM: $65

## Youth Adaptive Gym & Swim

**Ages:** 4 – 14 Years old  
Looking to get your child moving and active? Our 8-week Youth Adaptive Gym & Swim program is designed for children with special needs and will do just that. The first half of each class will focus on various developmental games and activities in the gym while the second half will focus on developing swimming skills in the pool. All motor skills will be tailored to the particular needs and abilities of each individual child.

### Days/Times:

- Tuesday & Thursday Evenings: 5:15 – 7:00pm

### Fees:

- M: $35 (Gym or Swim Only: $20)  
- NM: $70 (Gym or Swim Only: $35)

## Kids Club

**Ages:** Kindergarten – 6th Grade  
Enjoy a night out while we entertain the kids at our Friday Night Kid’s Club! Kids will enjoy cutting loose with friends while playing games and swimming. Each Kid’s Club event will have a different theme, craft or goodie bag. Please bring swim suits, towels, and tennis shoes!

### Days/Times:

- Friday Night: 6:00 – 8:00pm  
  - September 20th  
  - October 18th  
  - November 8th  
  - December 13th

### Fees:

- M: FREE  
- NM: $5
Adapt Gym and Swim
We are excited to offer an adaptive gym and swim program for adults only! This program can accommodate anyone who has special needs. For the first half of the class, we will work on swimming skills in the pool. After that, we will focus on various developmental games and activities in the gym. All motor skills will be tailored to the particular needs and abilities of the individual person.

**Days/Time:**
- **Tuesday Morning**
  - 9:45–11:30am
- **Wednesday Night**
  - 7:00–8:30pm
- **Friday Morning (GYM ONLY)**
  - 10:00–11:00am

**Fees:**
- M: $15 (Gym or Swim Only: $10)
- NM: $35 (Gym or Swim Only: $15)

**Pick-Up Pickleball**
Pickleball was designed to be easy to learn and play at any age. Pickleball is traditionally played on a badminton-sized court with special Pickleball paddles, made of wood or high-tech aerospace materials. The ball used is similar to a wiffle ball, but slightly smaller. The lower net and wiffle ball allow the game to be accessible to people of all ages and abilities, while still allowing more competitive players to test their mettle.

**Days & Time vary (Please check gym schedule)**

**Fee:**
- M: Free
- NM: Day pass fee

**Pick-Up Basketball**

Come and enjoy playing the sport you love with others in competition, while building relationships, exercising, and developing a healthier lifestyle. There is no need to sign up, just stop by and play.

**Days/Time:**
- Tues./Thurs. 12:00–2:00pm

**Fee:**
- M: Free
- NM: Day pass fee

**YMCA Tennis**

Tennis is a great way to keep your body fit and your mind sharp. Playing on a regular basis can help you develop hand–eye coordination and improve your speed, balance, strength and flexibility. We have something for you, whether you’re picking up a racquet for the first time, getting in a great work out or playing competitively. Two courts are located off of Orr Avenue across from the old Kittanning High School

**Days & Time:**
- **Monday–Friday**
  - 7:00am–9:30am
  - 12:30pm–7:00pm
- **Saturday**
  - 7:00am–5:00pm
- **Sunday**
  - 12:00pm–3:00pm

**Fee:**
- M: Free
- NM: Free

**Tennis Lessons**

**Available again in the Spring**

Let us help you improve your game! Learn or perfect this lifelong sport at the YMCA’s Tennis Courts. Private and group lessons are available for youth and adults ages 7 and up. Payment must be made at the YMCA prior to tennis lesson.

**Private Lessons:**
- M: $35/hr.
- NM: $60/hr.

**Package (8 Lessons):**
- M: $180
- NM: $270

**One Time Crash Course:**
- M: $40/1.5 hrs.
- NM: $70/1.5 hrs.

**Group Lessons: Members only**
- 2 Members: $33/hr.
- 3 Members: $30/hr.
- 4 Members: $25/hr.
Bodiography
A full body workout that fuses ballet technique with cross-training conditioning to achieve the coveted “ballet body” for everybody!
Days/Time: Tuesday 8:15–9:00am
Fees: M: No Cost NM: $80

Strength and Sculpt
This class utilizes weight lifting and barbell training to maximize calorie burning and boost metabolism.
Days/Time: M/W 6:00–7:00pm
Fees: M: No Cost NM: $140
Days/Time: Saturday 6:30–7:30am
Fees: M: No Cost NM: $80

Tai–Chi
This Tai Chi program is recommended by the Centers for Disease Control and the National Council on Aging for Fall Prevention. Tai Chi uses a series of slow, gentle movements that build both strength and flexibility. Along with the mental components of balance. Promoting awareness and good body mechanics. Lots of studies show Tai Chi is good for improving the body, mind and spirit.
*Tai–Chi is FREE to SilverSneakers® Silver & Fit® participants.*
Days/Time: Tuesday 11:30am–12:30pm
Thursday 6:00–7:00pm
Fees: M: No Cost NM: $80

Zumba®
Zumba® combines high energy and motivating music with unique moves and combinations that allow participants to dance away their worries.
Days/Time: Monday 5:00–5:45pm
Fees: M: No Cost NM: $80

Latin Gold
This fun low intensity workout will get you dancing to the Latin beat while improving balance, strength, and flexibility.
Days/Time: T/TH 12:00–12:45pm
Fees: M: No Cost NM: $140

Hustle & Muscle
Hustle & Muscle combines cardio and resistance training moves to maximize your workout. The class consists of 30 minutes of a cardio workout which may include Step, HIIT, Tabata and Kettlebells, followed by 30 minutes of exercises for toning the upper body, arms, shoulders, legs, thighs and abdomen.
Days/Time: M/W 9:00–10:00am
Fees: M: No Cost NM: $140

Yoga
Mentally relax and clear your mind while physically increasing your flexibility, muscle tone, and strength.
Days/Time: T/TH 8:30–9:15am
T/TH 6:15–7:15pm
Fees: M: No Cost NM: $140

Power Pilates
The perfect workout for busy schedules. Half Pilates focusing on slow, purposeful moves to strengthen the core, working on balance & toning. Half Cardio including basic step, weights and a mix of creative aerobic moves. Perfect class for all fitness levels.
Days/Time: M/W/F 8:30–9:30am
Fees: M: No Cost NM: $180

Saturday Surprise
Every class is something different, and you never know what you’re going to get because it is a surprise every time! Each week will feature one of our fantastic group exercise classes such as step, dance fitness, cycling, sculpting, or a little bit of everything. One guarantee is that you’ll get a great workout for an entire hour every time.
Days/Time: Saturday 8:00–9:00am
Fees: M: No Cost NM: $80

Cardio Kick
An action-packed workout that combines a series of punching and kicking combinations along with a mixture of other martial arts styles. This class improves strength, muscle tone and endurance. It’s an intense workout for the participant who wants a challenge!
Days/Time: T/TH 9:30–10:30am
Fees: M: No Cost NM: $140

Cardio Chisel
Get an energizing cardiovascular workout and chisel (sculpt) your body with light weights. Every class will incorporate something different, but you always get a full hour of a great total body workout.
Days/Time: Wednesday 7:15–8:15pm
Fees: M: No Cost NM: $80

MixxedFit®
Mixxedfit® is a people-inspired fitness program that is a mix of explosive movements and boot camp toning.
Days/Time: Monday 7:15–8:15pm
Fees: M: No Cost NM: $80
Days/Time: T/TH 5:00–6:00pm
Fees: M: No Cost NM: $140
Days/Time: Saturday 9:15–10:15am
Fees: M: No Cost NM: $80
FITNESS CLASSES

Y-Fit
Y-Fit is constantly varied functional movements performed at high intensity. All Y-Fit workouts are based on functional movements which will include weightlifting, gymnastics, running, rowing and more. The program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience. We scale load and intensity; we don’t change the program.

| Days/Time | M/W/F | 5:00-5:45am |
| Fees: | M: No Cost | NM: $180 |

| Days/Time | M/W | 4:15-5:00pm |
| Fees: | M: No Cost | NM: $80 |

| Days/Time | T/TH | 2:45-3:15pm |
| Fees: | M: No Cost | NM: $80 |

Piyo
Piyo is a music-driven, athletic workout inspired by the mind/body practices of Pilates and yoga that also includes flexibility training, strength training, conditioning, and dynamic movement. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels. Fitness enthusiasts who participate in Piyo classes regularly can gain the same benefits individuals seek from Pilates and Yoga: improved strength, flexibility, balance, stress reduction, and overall fitness level improvement.

| Days/Time | M/W | 5:00-6:00pm |
| Fees: | M: No Cost | NM: $140 |

| Days/Time | Saturday | 10:00-11:00am |
| Fees: | M: No Cost | NM: $80 |

TRX
In a TRX class you will use your body weight, gravity and TRX Training equipment to push, pull, lunge, squat, hinge and plank your way to a better you. Expect to move, sweat, shuffle, and above all, have a kick butt workout experience. Some classes challenge you with a single piece of training equipment and some use a broad mix of training tools, but they all deliver incredible results.

| Days/Time | M/W | 10:30-11:30am |
| Fees: | M: No Cost | NM: $140 |

| Days/Time | Saturday | 9:00-10:00am |
| Fees: | M: No Cost | NM: $80 |

Cycling
Pedal your way to fitness. Build your endurance and lung capacity.

| Days/Time | M/W | 6:00-6:45am |
| Fees: | M: No Cost | NM: $140 |

| Days/Time | T/TH | 5:15-6:00am |
| Fees: | M: No Cost | NM: $140 |

| Days/Time | T/TH | 7:30-8:15pm |
| Fees: | M: No Cost | NM: $140 |

Cycle to the Beat
Pedal your way to fitness while incorporating some flavor. Build your endurance and lung capacity. This full-body workout is the perfect balance of cardio, power and strength training, all to the beat of your favorite R&B, Hip Hop, Old School and Disco.

| Days/Time | T/TH | 10:30-11:15am |
| Fees: | M: No Cost | NM: $140 |

| Days/Time | Monday | 10:15-11:00 am |
| Fees: | M: No Cost | NM: $80 |

(Below class only available during session 1)

| Days/Time | Saturday | 8:00-8:45am |
| Fees: | M: No Cost | NM: $80 |

Barre
Barre is True Body Sculpting, Fat Burning Fitness. Unlike ANY Other for your fitness studio, personal training business or individual workout. Barre is a low impact program that is safe and effective for all fitness levels. In Barre, you will utilize postures inspired by ballet and other disciplines like yoga and Pilates. The class focuses on strength training combined with range of motion movements.

| Days/Time | Wednesday | 9:00-10:00am |
| Fees: | M: No Cost | NM: $80 |

Muscle
An interval-based fitness program that incorporates accelerated training formats while using resistance bands to build one’s musculature. This is a 30 minute quick workout!

| Days/Time | Friday | 9:15-9:45am |
| Fees: | M: No Cost | NM: $80 |

*NEW* TRX/Kettlebell Fusion
This class combines the best of both Kettlebell and TRX classes in a terrific, functional and powerful class. It’s perfect for those on the fast track to reaching their health and fitness goals. This is the ultimate class for extreme all-round fitness.

| Days/Time | T/Th | 6:30-7:15 pm |
| Fees: | M: No Cost | NM: $140 |

HIIT
In this class you will work hard at your level alternating between intense bursts of activity and less-intense bursts of activity. It is a superefficient way to burn calories, lose fat while maintaining muscle, train your heart to stronger and improve your metabolism. Get ready to sweat and get stronger in one of the best and most efficient workouts around.

| Days/Time | T/TH | 6:00-7:00am |
| Fees: | M: No Cost | NM: $140 |

NON-MEMBER PUNCH CARD
Afraid of commitment? We now offer a non-member punch card for fitness classes. This card is $30 and can be utilized for any 5 fitness classes. There is no expiration date, so this card can be used at your convenience.

Fee: $30
ACTIVE OLDER ADULTS

Silver Sneaker® Splash
This aqua exercise program improves agility, flexibility and cardiovascular endurance. No swimming ability is required and a special Silver Sneakers® Splash kickboard is used to develop strength, balance and coordination.
**Days/Time:** M/W/F 10:00–10:45am
**Fee:** M: No Cost  NM: $180
**Days/Time:** T/TH 10:45–11:30am
**Fee:** M: No Cost  NM: $140

Senior Circuit
Have fun while you get fit! Enjoy a low impact cardio workout with intervals to help build strength. A chair is offered for support, stretching and relaxation exercises.
**Days/Time:** M/W/F 10:00–10:45am
**Fee:** M: No Cost  NM: $180
**Days/Time:** T/TH 1:00–1:45pm
**Fee:** M: No Cost  NM: $140

Senior Yoga
Increase your flexibility and balance through seated and standing yoga poses. A chair is offered for support. Breathing and relaxation exercises will also be used to release stress and help build mental clarity.
**Days/Time:** T/TH 10:45–11:30am
**Fee:** M: No Cost  NM: $140

Silver Sneakers® Classic
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is used for seated and/or standing support.
**Days/Time:** M/W/F 11:00–11:45am
**Fee:** M: No Cost  NM: $180

Senior Cardio
An aerobics class that’s safe, heart-healthy, and gentle on the joints. The workout includes easy to follow, low impact movement and upper body strength, abdominal conditioning, stretching and relaxation exercise designed to energize your active lifestyle.
**Days/Time:** M/W/F 9:00–9:45am
**Fee:** M: No Cost  NM: $180

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Aqua Arthritis
This low impact class will help you to increase joint range of motion, build muscle strength and reduce pain and stiffness thru a series of exercises. Classes are held in the warm water pool.
**Days/Time:** M/W/F 9:00–9:45am
**Fee:** M: No Cost  NM: $180

Arthritic Wet n’ Sweat
An aerobic workout with the benefits of water resistance class and stretching for your entire body. Increase strength and flexibility in the warm pool.
**Days/Time:** M/W/F 11:00–11:45am
**Fee:** M: No Cost  NM: $180
**Days/Time:** T/TH 11:45 am–12:30pm
**Fee:** M: No Cost  NM: $140

H2O EXTREME
H2O Extreme is a high intensity water fitness class that is done in both the deep and shallow end of the lap pool. During a water workout you get the benefit of strength and cardio training all in one workout. Floatation belts are available.
**Days/Time:** M/T/TH 7:15–8:15pm
**Fee:** M: No Cost  NM: $180

MORNING WAVES
A medium to high intensity class for those members wishing to benefit from a shallow water workout. The class will make use of various equipment for a total body workout.
**Days/Time:** Saturday 8:00–8:45am
**Fee:** M: No Cost  NM: $80

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**Days/Time:** Saturday 8:00–8:45am
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A medium to high intensity class for those members wishing to benefit from a shallow water workout. The class will make use of various equipment for a total body workout.
**Days/Time:** Saturday 8:00–8:45am
**Fee:** M: No Cost  NM: $80
HEALTHY LIVING

DELAY THE DISEASE
This program is a life-changing exercise and mobility program expressly designed for people with a diagnosis of Parkinson’s Disease. Led by a certified Delay the Disease instructor, the program improves the physical, mental, and emotional realities of PD patients.

• Basic is a lower-intensity class with exercises primarily taking place in the chair or in a standing position utilizing a chair for support.
• Boot is a higher-intensity class. Participants can expect to complete exercises in a chair, a standing position, and down on the floor.

Space is limited in this class.

**This Class Runs on a 12 Week Session**

Days: Tuesday & Thursday
Times: Basic: 2:15-3:00PM
Boots: 3:15-4:00PM

Fees: Due to generous donors, the program will be available at no cost to the 2019 session participants.

ENERGIZE!
ENERGIZE! is a program for youth identified with a body mass index (BMI) above the 85th percentile. The child and his/her family meet twice a week for 12 weeks. During the program, Y staff teach parents and youth how to make healthy lifestyle changes for the entire family through education on nutrition, physical fitness, and behavior change.

Ages: 6-11 Years Old
Next Session: October 2019

Chronic Disease Bridge Program
The Chronic Disease Bridge Program is a wellness program offered to individuals who have completed a Healthy Living Program at the Richard G Snyder YMCA such as LIVESTRONG at the YMCA. The program will be offered as a “bridge” from a healthy living program to a membership at the RGS YMCA. Eligible participants will meet one-on-one with a Wellness Coach for a 30-minute session and may schedule up to six sessions. The Wellness Coach will give the participant an opportunity to share his/her health history, determine goals, discuss interests and dislikes, and work with the participant to create a plan to improve his/her wellness.

Stay In Motion
A body in motion stays in motion. Stay in Motion is a land-based group exercise for those with arthritis. Led by a certified Arthritis Foundation Exercise Program Instructor, the class focuses on improving functional ability, increasing range of motion, and decreasing pain.

Days/Time: T/TH 8:00-8:45 am

**COMING SOON**
Blood Pressure Self-Monitoring Program
The Blood Pressure Self-Monitoring Program helps participants with hypertension, lower and manage their blood pressure. The program focuses on regulated home self-monitoring of one’s blood pressure using proper measuring techniques, individualized support and nutrition education for better blood pressure management.

Expected start date: Fall 2019

**Contact the Y for more information on any Healthy Living Initiative Programs**
PERSONAL TRAINING

YMCA Personal Training is a one-on-one, one hour time with a personal fitness trainer. Our personal trainers are educated professionals who can help anyone including working professionals, new moms, seniors and athletes.
Your initial visit includes a review of your health history, lifestyle and goals. Your personal trainer can then help you achieve goals through one-on-one attention, accountability and expertise.
YMCA personal training is held at the YMCA, on land or in the water and incorporates many different elements and equipment.
You may purchase Personal Training sessions individually, or in blocks of three, six or twelve sessions.

For more information contact:
Hillary Brown at 724-545-9622 or hbrown@rgsymca.org

Fees:
1 Session: M: $35  NM: $70
3 Sessions: M: $90  NM: $180
6 Sessions: M: $150  NM: $300
12 Sessions: M: $240  NM: $480

**NEW** FAST TRACK TO FITNESS

This new Personal Training option is for the person that is ready to really commit to an accelerated training program. It is intended to assist someone that is prepared to work with their trainer at least 2 times per week to ensure that goals are met. All sessions must be used within a month from first scheduled session. The trainer will educate you on proper exercise techniques and you will learn what exercises to focus on with your personalized fitness plan. The trainer will help you turn weaknesses into strengths while teaching you how to mix it up for best results.

Fees:
8 Session: M: $130  NM: $260

Meet our Trainers

Alecia  Sue  Andre  Garret
THE COACHING CONNECTION
The Coaching Connection is a wellness program offered to new and current members of the Richard G. Snyder YMCA. You will meet one on one with a Wellness Coach for a 30-minute session and may schedule up to six sessions. The Wellness Coach will give you an opportunity to share your health history, talk with you about your goals, likes, and dislikes, and work with you to create a plan to achieve your goals. The Y is committed to your success, so you can re-enroll in the program as often as you need. The Coaching Connection is a FREE program that is included with your monthly membership! Please stop by the Welcome Center to schedule your first appointment.

*Members Only*

THE NUTRITION CONNECTION
Nutrition connection is available to all new and current members of the Richard G Snyder YMCA. The program will focus on behavioral changes for healthy eating. Our Nutrition Coach is a Registered Dietician/Nutritionist who follows current research and guidelines encompassing individual needs and preferences. You will meet one on one with a Nutrition Coach for a one-hour session and may schedule up to 3 sessions. The Nutrition Connection is a FREE program that is included with your monthly membership! Please stop by the Front Desk to schedule your first appointment.

*Members Only*

RENTALS AT THE Y
Schedule your next birthday party, bridal/baby shower, scout party or meeting with us. We have several different packages to choose from.

**A $25 deposit is to be made within 48 hours of booking to guarantee your date.**

<table>
<thead>
<tr>
<th>RENTAL</th>
<th>DESCRIPTION</th>
<th>MEMBER FEE</th>
<th>NON MEMBER FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>PACKAGE 1</td>
<td>1 hour Multi-Purpose Room and 1 hour Pool</td>
<td>$75</td>
<td>$150</td>
</tr>
<tr>
<td>PACKAGE 2</td>
<td>1 hour Multi-Purpose Room and 1 hour Gym</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>PACKAGE 3</td>
<td>1 hour Multi-Purpose Room, 1 hour Pool &amp; 1 hour Gym</td>
<td>$100</td>
<td>$200</td>
</tr>
<tr>
<td>PACKAGE 4</td>
<td>2 hours Multi-Purpose Room</td>
<td>$50</td>
<td>$100</td>
</tr>
<tr>
<td>PACKAGE 5</td>
<td>3 hours Multi-Purpose Room</td>
<td>$75</td>
<td>$150</td>
</tr>
<tr>
<td>PACKAGE 6</td>
<td>Extra Lifeguard for more than 25 guests</td>
<td>$20</td>
<td>$40</td>
</tr>
</tbody>
</table>
Bridge Club
Contract bridge, or simply bridge, is a trick-taking game using a standard 52-card deck. It is played by four players in two competing partnerships, with partners sitting opposite each other around a table.

- **Day:** Wednesday
- **Time:** 12:00pm
- **Where:** Richard G. Snyder YMCA Campus

Bible Study
Come together and share the lessons of the Bible. This non-denominational group will discuss different books of the Bible and how these teachings can be incorporated into our daily lives. All ages welcome.

- **Day:** Tuesday
- **Time:** 1:00-2:00pm
- **Where:** Richard G. Snyder YMCA Campus

ASHI Certification Courses
Please contact the Y with questions on ASHI certification or to schedule a private training for your group or business.

- **Available Classes:** CPR/AED, FIRST AID, BLOODBORNE and OXYGEN

- Contact the YMCA Welcome Center today for more information*

**CLAYSHOOT**
Saturday, September 28, 2019
This annual event is a great way to show your support for the community. All proceeds address vital needs, ensuring that all are welcome and have access to essential programs.

The Sporting Clay event involves shooting a small hard-clay disk, called a skeet, with a shotgun. Of the various skeet-based events (trap, skeet, sporting clays), sporting clays is the most fun for shooters. Sporting Clay Shoots are very similar to golf events in many respects. In both events, participants ride golf carts and keep scores with a scorecard.

- **Fee:** Individual Slot: $90
- **Fee:** Team Slot: $360 (4 Slots)

**All proceeds address vital community needs, ensuring that all are welcome and have access to essential programs.**

**SHOTGUN RAFFLE**
Beretta 686 Silver Pigeon
Shotgun provided by East Coast Glocks, Ford City

- **$10 per ticket**
- **See the Welcome Center for more info**
My Virtual Y
your healthy living portal
to use anywhere anytime

rgsymca.org/my-virtual-y

When you can’t come to the Y, let the Y come to you
- On-Demand Fitness
- Printable Workouts
- Meal Planning Tools
- Healthy Living Presentations
  - Brain Breaks
  - Blog
- Armstrong County Trail Information
  - My Y Coach
  - QR Trail Fitness

We’ve Got An App For That

Download the App today and:
- Check in using your smart phone
- View schedules by day, room or time of day
- Register for programs & events
- Get push notifications on pool or building closures.
- Donate to the Y!

In an ongoing effort to provide better customer service and updated information in a timely manner, we’ve added a MOBILE APP to our offerings. You can find and download the app by searching for Daxko in the Apple App Store or on Google Play. We hope that you’ll consider downloading this app, signing up for push notifications and using the schedule feature to find your favorite classes and programs!

20/20 Member Referral Program

We all know that coming to the Y is better with friends, and now we’ve made it even better with our new 20/20 member referral program. Simply find a friend, have them join the Y and you both save 20% off of your monthly fees!

Members together save 20 percent forever.