



SPRING PROGRAM GUIDE

MARCH 2024—MAY 2024

REGISTER FOR PROGRAMS ONLINE!

Open your phone's camera, hover over the QR code, and click the link to open the registration page for all programs!



VOLUNTEER AT CAMP CLEANUP DAYS

SATURDAY, APRIL 13 9 am—4 pm

MONDAY, APRIL 15 2 pm—dusk

AMERICAN RED CROSS BLOOD DRIVE

March 8th from 12pm-5pm in the GYM

Register at www.redcrossblood.org!

YMCA HOURS

Weekdays: 6 am—9 pm

Saturdays: 8 am—8pm

Sundays: 1 pm—5 pm (Feb/March only)

March 29—Closed at 12 pm

March 30—Closed for Easter

February 22: Youth February Fun Night – Mario Kart and popcorn for kids starting at 4 pm!

March 5: Cheese Doodle Day – 150 calories per pack – what exercises are needed to burn 150 cal.

March 29-30: Easter Egg Hunt – Small prizes in eggs hidden in facility!

April 15: Tax Day Spin to Win – Small prizes and snacks for tax day.

PEDAL FOR A PURPOSE

Join us in the YMCA lobby to kick-off our Annual Giving Campaign on Thursday, April 11, 2024 from 6 am to 6 pm! Register to ride at the front desk! Help us kick off 2024 with your support!



PEDALING FOR A PURPOSE



OIL CITY YMCA

A branch of the Scenic Rivers YMCA

814-677-3000

www.oilcityymca.org



STRONG COMMUNITIES START HERE

We're more than a gym. We transform lives.

FUN, FESTIVE MEMBER LUNCHEONS

FUN THEME LUNCHEONS ON FRIDAYS

Register in advance at the Membership Desk. Gather with friends, socialize, eat great food!

St. Patrick's Day Leprechaun Lunch—Friday, March 8 at 11:00 am—Corned Beef and cabbage will be provided. Bring a side dish or dessert to share.

Easter Celebration Lunch—Friday, April 12 at 11:00 am Ham & potatoes will be provided. Bring your favorite Easter side dish or dessert to share.

Mom's Favorite — Friday, May 10 at 11:00am: Bring a casserole, salad, bread or dessert to share

AMERICAN RED CROSS LIFEGUARD CLASS

Are you interested in a great seasonal job or a career as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a lifeguard. Must be at least 15 years of age and be able to pass swimming requirements.. Register by April 26th

Online portion April 29– May 3; In person May 3rd from 9am–2pm and May 4th from 9am–2pm at the Oil City YMCA.



SUMMER SLIM DOWN WEIGHT LOSS CHALLENGE

Slimdown in our Summer Slimdown Weight Loss Challenge and you could win cash! Lose 5% of your body weight in 8 weeks and take home a cash prize. It's that simple. Weigh in at the YMCA on May 6–12 during regular hours. Members pay \$25; Nonmembers pay \$35. \$20 challenge fee goes into the winner's pot and is split by everyone who meets the goal! Final weigh in by July 7th.



INDOOR TRIATHLON

Get ready for the Indoor Triathlon at the Oil City YMCA! Challenge yourself to complete the swim, bike, and run all in one location. Every athlete will receive a shirt, and there will be awards for the top male and female finishers. This unique triathlon is based on how far you go in a set amount of time, not how fast you go over a fixed distance. The total event lasts for 75 minutes and includes:

- Swim: 10 minutes in the pool
- Transition 1: 10 minutes (move from the pool to the cycle studio)
- Bike: 30 minutes on an indoor bike
- Transition 2: 5 minutes (move from the cycle studio to the treadmills)
- Run: 20 minutes on a treadmill

Participants are graded on a curve, with the furthest distance in each category earning the most points. The triathlon will take place from April 15th to April 18th, 2024. Sign up for your start time and join us for this exciting challenge! Open to ages 7 to 99. The cost is \$20, and the registration deadline is April 10th, 2024. Don't miss out—register now!



FUN MEMBER CHALLENGES

MARCH MILE MADNESS

Track your miles in the wellness center, track, pool or outside. Record your progress on our basketballs! Recognition given to all participants who reach the 31 mile goal in March! Sheetz and Walmart gift cards will be raffled to those who complete 31 miles. Register now for \$5!

APRIL NO FOOLS CHALLENGE

Achieve each fitness or wellness goal of each week and be entered in to win a prize! April 1–31st Register for FREE!

NATIONAL WALKING MONTH MAY

Enjoy the benefits of walking by joining the Oil City YMCA Walking Club! Walk with a friend or unwind with a peaceful walk by yourself. Sign a footprint on the Wellness Center windows May 1–31st Register for FREE!



2024 SUMMER DAY CAMP RATES

Registration required by Thursday prior to the camp week.

2024 REGISTRATION FEE: \$30

YMCA MEMBERS

4-5 days a week \$168

1-3 days a week \$142

NON-MEMBERS

4-5 days a week \$195

1-3 days a week \$167

Extended care is included in the day camp fee.

Not a Y Member?

Ask about our affordable Youth Membership Rates. Your child may qualify for financial assistance for a YMCA Youth Membership and for YMCA Summer Day Camp. Applications for financial assistance are available at the YMCA Member Service Desk. CCIS is accepted. For more information, please call the Day Camp Director at 814-764-5413.

**CALL OIL CITY
814-670-0594**

**CALL CLARION
814-764-5413**

For more information visit campcoffman.com or call the Camp Director at 814-764-5413.

CAMP COFFMAN

FAMILY DAY & OPEN HOUSE



Sunday, May 19th 3:00-6:00 pm

A day of fun for the community! Includes giant slide, boating, fishing, climbing tower, zip line, games, archery, hiking, yard games, snow cones, concessions and more. By donation at the gate!



SUMMER DAY CAMP 2024 THEME WEEKS

WEEK 1	JUNE 3-7	HELLO SUMMER
WEEK 2	JUNE 10-14	COLOR CRAZE
WEEK 3	JUNE 17-21	SPORTS OF ALL SORTS
WEEK 4	JUNE 24-28	FANATIC FARMING
WEEK 5	JULY 1-5	CHRISTMAS IN JULY
WEEK 6	JULY 8-12	SHARK WEEK
WEEK 7	JULY 15-19	SUPERHEROES ACADEMY
WEEK 8	JULY 22-26	MYTHICAL MAGIC
WEEK 9	JUL 29-AUG 2	CAMP CHEF
WEEK 10	AUGUST 5-9	BRILLIANT BUILDERS
WEEK 11	AUG. 12-16	TAKING CENTER STAGE
WEEK 12	AUG. 19-22	SUMMER SEND-OFF

YOUTH PROGRAMS

Youth Sports Director:
ocyouth@oilcityymca.net or 814-677-3000.
Register online when you scan the QR code!



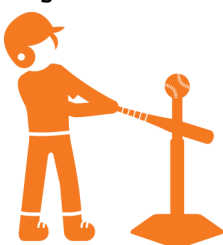
FREE FOOD FOR KIDS

Free Food for Kids is held each Tuesday and Thursday from 6:30—7:30 pm at the YMCA. Any child up to age 18 may stop by for a meal in our multipurpose room. We offer games and homework help from 5:30 –6:30 pm. Meals are free and open to any child in the community. No pre-registration, income, or membership required

SPRING T-BALL

The first three weeks of the program will consist of practices that will cover the fundamentals of the game. Those fundamentals and skills will include things like throwing, batting, fielding, and rules of the game. The final three weeks will consist of games! Teams will be assigned by the Oil City YMCA Youth Director.

Join us for Youth T-Ball at the Mitchell Avenue Little League field! The season starts on Tuesday, May 14th, and runs for six consecutive Tuesdays, ending on June 18th. We have two age groups: 3 and 4 year olds start at 5:30 p.m., and 5 and 6 year olds start at 6:45 p.m. All kids aged 3 to 6 are welcome. The cost is \$40 for members and \$60 for non-members. Registration deadline is May 13th. Don't miss out on the fun!



JODI GAULT BASKETBALL CLINIC

Join the Jodi Gault Basketball Clinic and elevate your skills under the guidance of Coach Jodi Gault, boasting over 25 years of coaching experience and over 500 wins at the collegiate level. Seize the opportunity to learn directly from her expertise! The clinic, tailored for youth in grades 3 through 8, covers essential basketball elements such as shooting, passing, rebounding, lay-ups, and defense. Engage in individual and team tournaments, featuring competitions in lay-ups, shooting, 1 on 1, and 3 on 3. The clinic runs from 5 to 7 p.m. on March 18, 20, 25, 27, and April 1, 3, 8, 10 at the Oil City YMCA Gymnasium. The cost is \$60 for members and \$80 for non-members. Secure your spot by registering by Saturday, March 16th. Space is limited!



COMMUNITY YOUTH VOLUNTEER PROGRAM

The Community Youth Volunteer Program is open to Venango County youth between the ages of 10 and 18. Participants in the program earn "time dollars" for each hour they volunteer up to 80 hours in a calendar year. The "time dollars" are credited to the volunteer's account at the rate of \$4 an hour. The value of the hours volunteered can be redeemed for gift cards which can be used at participating area businesses. Learn more at www.oilcityymca.org/community-youth-volunteer-program or contact Emma Davis at 814-677-3000 or email ocywellness@oilcityymca.net.

INDOOR SOCCER

Discover the joy of the world's most popular sport at YMCA Indoor Youth Soccer! Our program introduces youth of all ages to the fundamentals of soccer through engaging activities, including drills, objective-based games, and live gameplay. Participants learn essential skills such as dribbling and control, passing and receiving, shooting, as well as individual and team defense. This six-week program is divided into two phases. The first two weeks focus on "skill assessment" practices, followed by four weeks of team games. The concluding week features an exciting tournament to determine our indoor soccer champions! For pre-k and kindergarten groups (3 through 5-year-olds), a specialized developmental program emphasizes skill development.

The program kicks off on Saturday, March 9th, running through April 13th, with start times at 9 a.m. for the Pre-k and kindergarten group, 10:30 a.m. for 1st through 3rd grade, and noon for 4th through 8th grade. Open to youth ages 3 through 8th grade, the location is the Oil City YMCA Gymnasium. The cost is \$40 for members and \$60 for non-members. Register by Friday, March 9th, and enjoy a \$5 discount using code GOAL. Join us for a fun and rewarding soccer experience!

SPRING SOCCER

Welcome to the world's most popular sport! YMCA Spring Soccer will teach your child the basics and fundamentals of the game of soccer. The first three weeks of the program will consist of skill and knowledge building practices, with the final three weeks of the program consisting of games. Teams will be made by the Youth Director, and each child will receive a team t-shirt.

The season starts on May 11th and runs for six weeks, ending on June 15th (weather permitting). We offer five age groups: 3 and 4 year olds at 9:30 am, 5 and 6 year olds at 10:45 am, 1st and 2nd grade at noon, 3rd through 5th grade at 1:15 pm, and 6th through 8th grade at 1:15 pm. All kids aged 3 to 14 (pre-k through 8th grade) are welcome. The cost is \$40 for members and \$60 for non-members. Registration deadline is May 10th. See you on the field!

TAE KWON DO

Experience the discipline of Tae Kwon Do at the YMCA Gymnasium! Led by Black Belt instructor Asa Williams, these classes are open to ages 6 and above. The six-week sessions will be held on Wednesdays from 6:00 to 7:30 pm. The session fee is \$32 for members and \$52 for non-members.

The upcoming sessions are:

- February 21st to March 27th
- April 10th to May 15th

Secure your spot by registering before the first session begins!



YOUTH PROGRAMS

Any questions please reach out to Oil City YMCA Youth Director, Max Krepps, at ocyyouth@oilcityymca.net



Scan the QR CODE with your phone's camera to register online!



GYMNASTICS TEAM

The gymnastics team consists of gymnasts who have the desire to compete. The Oil City YMCA Tri-Stars compete at levels 2-9. Team practices are Tuesday/Thursday 6:30 -8:30 pm and other times TBA. For more information, please call the Youth Director, Max Krepps at 814-677-3000. **Team Fee is \$60 per month. Child must be a YMCA member to join the team.**

YOUTH FITNESS CLASS: LITTLE WARRIORS

Little warriors offers a fun, supportive, and safe environment for youth to begin or enhance their fitness journey. We will feature different aspects of strength training as well as some speed and agility exercises to get kids moving while learning the proper and safe ways to do so. Classes are designed to help our little warriors develop physical strength, proper techniques, and confidence in a group learning environment. YMCA certified personal trainer Cheyenne Tarleton will lead the groups through a variety of exercises and classes with a focus on learning!

Register now for our Youth Fitness Classes at the Oil City YMCA Group Exercise studio! **Each class is limited to 8 members, so secure your spot today.**

We offer two classes:

Saturdays 8:30 a.m. - 9:30 a.m. for youth ages 7-9
Wednesdays 6:15 p.m. - 7:15 p.m. for youth ages 10-12
The sessions begin on Wednesday, March 6th, and Saturday, March 9th, lasting for six consecutive weeks, ending on April 13th and 17th. All kids aged 7 to 12 are welcome. The cost is \$30 for members and \$55 for non-members. Registration deadline is March 5th. Join us for a fun and active experience!

YOUTH 3 ON 3 BASKETBALL TOURNAMENT

The Oil City YMCA is hosting a Youth 3 on 3 Basketball Tournament for players in grades 3 through 12. **The tournament will feature separate divisions based on gender, playing experience, and age.** The divisions are as follows: 3rd and 4th grade, 5th and 6th grade, 7th and 8th grade, 9th and 10th grade (JV level), and 11th and 12th grade (Varsity level). Each age division will have boys and girls brackets. Teams may be moved to different age brackets based on playing experience. **The tournament will take place on Saturday, April 27th, starting at 9:30 a.m.** with the youngest age groups playing first and the oldest age groups playing last. Due to limited court space, team captains will be notified of their division start time the night before the tournament. The cost is \$65 per team, and registration deadline is Friday, April 26th at noon. Join us for a day of competitive basketball!

HANDSTANDS AND HONESTY FUNDAMENTAL GYMNASTICS

Embark on a gymnastics journey from March 12th to April 9th, culminating in a Skills Showcase on April 23th. This 6-week program, meeting once a week, is divided into two segments. The initial phase emphasizes skill development and imparts fundamental knowledge of the sport with a special focus on making it enjoyable. The latter part of the program is dedicated to constructing routines that gymnasts will proudly present in our end-of-session show! A specialized Kindergarten group, practicing from 5:30 to 6:30 p.m., is available on the same dates.

Sessions run on Tuesdays at the YMCA Gymnasium, starting March 12th from 5:30 to 7 p.m., with the Kindergarten group concluding at 6:30 p.m. Don't miss the Splits and Snowballs show on April 23th, starting at 5:30 p.m. Open to youth ages 5-17, the program costs \$55 for members, \$75 for non-members, and the Kindergarten group is priced at \$40 for members and \$55 for non-members.

Register online or in person by March 11th using the code **CARING** to receive a \$5 program discount. **Sign up at the Oil City YMCA front desk, by phone at (814) 677-3000, or online.**

TRI FOR OUR FUTURE YOUTH INDOOR TRIATHLON

Join us for "Tri for Our Future," a Youth Indoor Triathlon at the Oil City YMCA! Test your skills in swimming, biking, and running—all in one place. Every athlete will receive a shirt, and there will be awards for the top 3 finishers in each division. Here are the details for each age group:

- **Ages 7-9:** 50-yard swim, 0.5-mile bike, 0.25-mile run
- **Ages 10-12:** 100-yard swim, 0.8-mile bike, 0.5-mile run
- **Ages 13-15:** 150-yard swim, 1.2-mile bike, 0.75-mile run

The event will take place from April 15th to April 18th, 2024. Sign up for your start time and join us at the Oil City YMCA. Open to ages 7 to 15. **The cost is \$20, and the registration deadline is April 10th, 2024.** Don't miss this opportunity to challenge yourself and have fun! Register now!

AQUATIC EASTER EGG HUNT

Join us for an exciting twist on the traditional Easter Egg Hunt at the Oil City Pool! Dive in to collect eggs, both floating and underwater, and turn them in for a chance to win a prize. The event starts on Saturday, March 30th, 2024. 1-3 Year Olds (Parent participation required): Egg Hunt from 1:15 to 1:30 PM. 4-6 Year Olds (Parent participation required without test): Swim Test from 1:45 to 2:00 PM, followed by the Egg Hunt from 2:00 to 2:15 PM. 7-10 Year Olds (Swim Test Required): Swim Test from 2:30 to 2:45 PM, followed by the Egg Hunt from 2:45 to 3:00 PM. **The cost is \$10 for members and \$15 for non-members. Registration deadline is March 25th, 2024.**

Save \$5 when you register by **MARCH 4!**
Code: **CARING**

AQUATICS

Jen McClellan, Aquatics Director and Head Swim Coach -
ocyaquatics@oilcityymca.net or 814-677-3000.

GROUP SWIM LESSONS

Group Swim Lessons are held monthly for ages 6 months to 18 years old. Register by the 1st of the month.

ME & MY SHADOW—Infant & Parent Class

Tuesday/Thursday 6:10 pm to 6:40 pm

Saturday, 9:35 - 10:05am



BEGINNER—Assisted Swimmers; cannot swim alone.

Tuesday/Thursday 5:35 pm to 6:05 pm

Saturday 9:00 am—9:30 a

Advanced Beginner : Unassisted swim in shallow

Tuesday– Thursday 6:10–6:40pm

INTERMEDIATE—Swims unassisted in deep water with face in water.

Tuesday/Thursday 6:45 - 7:15 pm

Saturday 9:35—10:05 am



ADVANCED—Swims on back and front with rotary breathing.

Tuesday/Thursday 6:45 pm - 7:15 pm

Saturday, 9:35—10:05 am



Monthly Class Cost:

Family Memberships: \$10/month

Youth Members: \$15/Saturday; \$25/Tuesday/Thursday

Non-Members: \$40/Saturday; \$60/Tuesday/Thursday

PRIVATE SWIM LESSONS

By arrangement with the Aquatics Director. Four 30 minute lessons a month, once a week.

Monthly Fee: \$65 for members/\$100 for non-members.

WATER EXERCISE CLASSES

**Receive a \$5 discount by registering online using discount code: AQUA or sign up for an auto draft to receive a \$5 discount each month! OR pay \$30 for 6 months at the front desk.

ARTHRITIS AQUATIC PROGRAM

A series of gentle exercises to improve joint mobility and relieve pain and stiffness. Class meets in the YMCA pool.

M/W/F 9-10:00 am.

\$10 for Members; \$45/month for Non-members.

AQUA AEROBICS

An excellent form of exercise in the pool which is easy on the joints and offers all the benefits of a cardiovascular workout.

Monthly Fees: \$10/Members

M/W/F 10:00-11:00 am

\$45/Non-members

T/TH 9:30-10:30 am

\$35/Non-members

M/W 7:30 pm-8:30 pm

\$35/Non-members

SILVERSPASH

Activate your urge for variety. Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a special SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination. Please wear water shoes and bring water in a plastic bottle.

M/W/F 11:45 am -12:45 pm

FRIDAY FUN NIGHT FAMILY SWIM

Every Friday Night; 6—7:30 pm

In this digitally distracted era, it's completely normal to feel like you aren't connecting with your kids. There is still NO better way to build a happy family than to spend quality time together. So Let's all put the devices away for a few hours and connect. One awesome tradition to ensure your family is getting enough quality connection time together is to attend a fun family night.

SWIM CHALLENGES

PARIS SWIM CHALLENGE

From January 1st- March 31st The Paris Swim Challenge takes you on a 33mi journey from the iconic Arc de Triomphe, passing through fascinating neighborhoods with cobbled streets, stunning architecture, one-of-a-kind museums, and cafes that were once popular with historical figures, before culminating at the majestic Eiffel Tower, in France. Swimmers that complete the 33 miles in 3 months will receive a Paris Challenge T-shirt. 1 mile= 66 lengths (one direction of the pool)

\$20 for Members and \$30 for Non-members

Registration ends March 31st.

100 MILE SWIM CHALLENGE

We're excited to highlight our swimmers who go to the great lengths in 2024! Starting January 1st We'll be recognizing swimmers who achieve 25, 50, and 100 miles of lap swimming. Those who achieve the goals by December 31st will receive custom prizes and their name listed on the Wall of Fame for 12 months. 66 lengths= 1 mile.

Cost: \$30 for 100-mile sweshirt, \$25 for 50-mile towel, \$20 for 25-mile t-shirt

HOMESCHOOL GYM AND SWIM

Enhance your home school curriculum with our Home School Gym and Swim program at the Oil City YMCA! This program offers a great way to incorporate physical activity, healthy living, socialization, and play into your learning routine. Open to kids and parents learning from home, the sessions are held on Tuesdays from 12:30 to 1:30 PM, starting on January 1st and running monthly. All ages 5 to 16, along with their parent/guardians, are welcome. The program is free for members and \$25 per month for non-members. Register by the 1st of each month to join in the fun!

SAFETY AROUND WATER

Join us for a FREE swim program designed for kids ages 5-12! This program focuses on teaching basic swimming skills and important water safety. The lessons are designed for grade school children who are non-swimmers and include instruction on water safety, basic swimming skills, rescue skills, and character development—all while having fun! The program runs from April 29th to May 2nd, 2024, with two sessions available:

Session A: 4:00-4:30 PM or Session B: 4:35-5:05 PM

Registration required by April 26th, 2024.

Save \$5 when you register online or for 6 months!

ADULT PROGRAMS

Choose any combination of classes listed! (Program schedules and fees are subject to change). Monthly sessions: \$15 members/\$35 non-members. Register by the first of the month. Contact Wellness Director at ocycwellness@oilcityymca.net or 814-677-3000. Schedules are posted monthly at www.oilcityymca.org/resources.

GROUP EXERCISE

Cycle

Burn calories and improve cardiovascular endurance in this non-impact class. Class provides motivating music and is modified for all levels!

HIIT

High Intensity Interval Training (HIIT) alternates short, high intensity intervals of cardio exercises with longer, lower, slower intervals (including muscle toning moves) to recover.



Restorative Stretch

The class begins with dynamic stretches, which warm the body and increase flexibility through movement. Restorative stretch helps maintain mobility, prevent injury and increase physical performance.

Body Bar

Our body bar class emphasizes full-body conditioning through every range of motion. This class focuses on muscular strength, stamina, and agility.

Total Body Transformation

This is a class created by a personal trainer to give you a full-body workout incorporating interval training and strength exercises. This class is full of creative new challenges. With a personal trainer as your coach, there are plenty of modifications, to either simplify or amp up the movements to maximize results.

Yoga

An hour of Yoga poses to enhance strength, cardiovascular endurance, and flexibility as well as relieve stress and tension. All fitness levels are welcome!

PERSONAL TRAINING

Our personal trainers are available to work with you one-on-one or in a small group to meet your fitness needs and goals. Personal training will enhance your ability to reach new levels in personal fitness and well-being. Call for appointment.

HOURLY RATE: \$30 YMCA Member, \$45 non-member

NEW MEMBER SMART START

Smart Start is a free service for new YMCA members within the first month of joining. The program includes \$150 in free personal coaching services. In three short meetings, a personal coach will help you become a confident individual who is excited about working out. In just a few sessions, you will gain the tools and resources that will help you succeed.

FREE for YMCA Members

FITNESS ASSESSMENTS

Your resting heart rate, blood pressure, weight, and body composition percentage are measured. Fitness tests will then be administered to assess your cardiovascular endurance, muscular strength, and flexibility. These assessments will help you identify your strengths and weaknesses and help you determine an exercise program to achieve your fitness goals. By appointment.

\$10 for YMCA members

1000 POUND CLUB (MEN) 500 POUND CLUB (WOMEN)

Men lift at least 1000 pounds total combining your weight lifted from a deadlift, squat, and bench press.

Women lift at least 500 pounds total combining your weight lifted from a deadlift, squat, and bench press.

Lift the minimum 500/1000 pounds and become part of the club! Club Members receive a free t-shirt and get their name on the Wall of Strength outside the weight room!



ADULT PROGRAMS CONTINUED

PICKLEBALL

Pickleball is the fastest growing sport in America. The game is played in the YMCA gymnasium and utilizes a paddle and a pickleball. The YMCA has three pickleball courts for casual and competitive play. Beginners are welcome at all times to learn the game and skills from more experienced players. Pick up a gym schedule for monthly game times.

TOPS

Take Off Pounds Sensibly with a meeting each Wednesday at 1:00 pm in our Multipurpose Room. TOPS can help you reach your weight loss goals with tools, information, support and accountability you need to be successful. Low monthly fees. Contact Beverly Miller.

TAE KWON DO

Classes meet on Wednesdays from 6:00—7:30 at the YMCA Gymnasium with Black Belt instructor Asa Williams. Six week session fee is \$32 Members and \$52 Non-Members

• Session Begins: Feb 21st – March 27th

• Session Begins: April 10 – May 15

ForeverWell

FREE FOR MEMBERS

Available to qualified members of a participating Medicare health plan. Check with your health plan provider to see if you qualify. Ask at the YMCA Member Service Desk for details. Non-member fee \$25 month. The following classes are free for SilverSneakers and YMCA Members.

SILVER CIRCUIT

M/W/F 8:30–9:15 am in the Fitness Studio

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball are alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises. Please wear athletic shoes, comfortable clothes and bring a bottle of water.

HEALTHY STEPS IN MOTION

T/TH 10:30–11:15 am in the Fitness Studio

Combine fun with fitness to increase heart rate and burn calories. This class will get your feet moving! FREE for Members; \$25 monthly for Non-members.

COFFEE CLUB

Ward off boredom when you join our Coffee Club and make new friends. Coffee Club is held weekdays from 6 am to 12 pm. Bring a snack to share. FREE for Members!

DEK HOCKEY

The Oil City YMCA Dek Hockey facility located in Hasson Heights offers an array of youth and adult hockey programming. For more information please contact Oil City YMCA Youth Director, Max Krepps, at (814)677-3000 or by email at ocyyouth@oilcityymca.net

FULL FACILITY RENTAL FOR GROUPS

Rent the full YMCA facility on Saturday or Sunday when the Y is not open to the public. Overnight rentals are also available from 10 pm to 6 am. Facility rental includes the pool (for the first two hours of the rental), gym, track, recreation room, and multipurpose room. Fitness studio, weight room, and wellness center are not included.

POOL PARTIES

Rent the pool and multipurpose room for your next party! Rentals are available on Saturdays. Call 814-677-3000 for more information.

Pricing is available at <https://www.oilcityymca.org/pool-rentals/>

SENIOR PROGRAM AND FREE LUNCH

Join us at the Oil City YMCA location for our Senior Center Programming and free lunch every Tuesday and Thursday from 10 am to 2 pm. While at the YMCA, join a group for cards and games, swimming, exercise, walking, or socializing! Lunch and transportation are provided. Free YMCA membership for all participants.

RESTORATIVE STRETCH

Wed. 9:30–10:15 am in the Fitness Studio

The class begins with dynamic stretches, which warm the body and increase flexibility through movement. Restorative stretch helps maintain mobility, prevent injury and increase physical performance. FREE for Members; \$25 monthly for Non-members.

SILVERSPLASH

M/W/F 11:45 am–12:45 pm in the Pool

Activate your urge for variety. Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No ability is required and a special SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination. Please wear water shoes and bring water in a plastic bottle. See page 6 for additional information.

ENRICHING KIDS INSIDE & OUT

**Before & After School Programs
NOW REGISTERING!**



CHILD WATCH—FREE FOR MEMBERS

For children ages 8 months–8 years while you work out at the YMCA!

Child Watch is available in the YMCA facility for children 8 months to 8 years old, while their parents are using the YMCA facilities. Parents must remain inside the YMCA. Parents using our Child Watch service will receive a copy of a handbook and will be required to comply with all guidelines. For evening Child Watch, service will be discontinued at 6:30 pm if there are no children by that time.

- Monday through Friday: 9:00 a.m. – 11:30 a.m.
- Monday through Thursday Evenings: 5:00 p.m. – 7:00 p.m.

BEFORE AND AFTER SCHOOL CARE

The Y provides care for your student in grades K–6 Before School, After School and Out of School days. Care is available before and after school as well as all day care during school holidays, Act 80 days, snow days and early dismissals. Please visit the website for more information: www.oilcityymca.org/before-after-school-care. Please call 814-670-0594 to register.

DAY CARE—Available 6 am to 6 pm Weekdays

Infant/Toddler Child Care --Warm and nurturing care for your little one age six weeks–three years. Formula, breakfast, lunch and snacks provided. Staff/Child Ratio 1:4 infants, 1:5 young toddler, 1:6 toddlers. Infants \$165/week full time, \$123/week part-time; Toddlers: \$160/week full-time, \$120/week part-time. Full-time children receive free YMCA Membership while enrolled.

Preschool Child Care --Care for children ages 3–5. Breakfast, lunch and snack provided daily. Preschool class and swim lesson included. 1:10 Staff/Child Ratio. \$150/week full-time, \$110/week part-time. Full-time Children receive free YMCA membership while enrolled.

Preschool Class

Three, four and five year old classes meet Mon., Wed., Fri. from 8:30 am—12:15 pm. Preschool teaches fun themes and kindergarten readiness activities. Swim lessons are held on Monday. Gym class is held on Friday. Snack is included. YMCA Preschool follows the Oil City School District Calendar. \$120/month.

For more information about our Child Care Programs, please call the YMCA Younger Days Child Care Center at 814-670-0594 for Jennifer Cooper, Child Care Director.

The YMCA Younger Days Child Care program is located at 316 West First Street in Oil City and is recognized as a STAR LEVEL 4 PROGRAM.

MEMBERSHIP



YMCA MEMBERSHIP OPTIONS

CALL THE Y FOR MORE INFORMATION 814-677-3000

The Oil City YMCA Membership Options:

- The Y offers all area 7th Graders a free YMCA Membership.
- The Y offers all U.S. Military Veteran, The Oil City YMCA Membership ns a special membership category.
- The Y participates in UPMC Silver and Fit, AETNA Better Health Plan, SilverSneakers Fitness Program, Active & Fit Program, and Renew Active. Please check with your health plan provider to see if you qualify.
- The Y offers Scholarship Memberships to those with financial need. Please ask for the Scholarship Membership Application at the YMCA Member Service Desk. Please allow 2-3 weeks processing time for Scholarship Memberships.

NATIONWIDE MEMBERSHIP PROGRAM

The Oil City YMCA is happy to participate in a nation-wide membership reciprocity program that gives you access to many other Ys across the nation. Check out our website for more information: www.oilcityymca.org.

BECOME A CORPORATE WELLNESS PARTNER

The Oil City YMCA offers corporate membership options. If your company is interested in finding out about our program, please call 814-677-3000 or email marketing@oilcityymca.net.

BUDDY-UP FOR FITNESS

When you and your BFF (Buddy for Fitness) commit to the Y together, you both enjoy an exclusive 20% membership savings off the standard adult or family membership rate each month. Y members may buddy with a non-member or two non-members may join together—either combination returns a 20% savings for each of you on your Y membership! Learn more at www.oilcityymca.org/buddy-up.

YMCA MEMBERSHIP RATES

Membership Category	Direct Monthly Payment	Activation Fee	Annual Fee (No activation with full year payment)
Youth (through age 18)	\$19	\$0	\$228
Young Adult (19-29 years of age)	\$30	\$22	\$360
Adult (30-64 years of age)	\$42	\$37	\$504
BFF/CORPORATE ADULT (30-64)	\$33.60	\$37	Bank Draft
Senior Adults (age 65 and up) and US Military Veterans (all ages)	\$36	\$35 \$0	\$432
Senior Family (age 65 and up w/o children)	\$48	\$52	\$576
US Military Veteran Family (including children)		\$0	
Family (up to two adults and children in household under age 18 or in college.)	\$58	\$55	\$696
BFF/CORPORATE FAMILY	\$46.40	\$55	Bank Draft
Single Parent Family	\$47	\$52	\$564
PRICES EFFECTIVE June 1, 2023			



SCENIC RIVERS ASSOCIATION

- OIL CITY YMCA
- CLARION COUNTY YMCA
- YMCA CAMP COFFMAN