



BOYERTOWN AREA YMCA

MISSION STATEMENT

The mission of the Boyertown Area YMCA is to provide programs which will join everyone— regardless of age, race, sex, faith, ethnicity, ability or religion —in means by which one learns to lead a healthier life, build strong family relationships, develop self-confidence, enrich one’s mind, learn responsibility for the common good, and respect for one another. We offer people the opportunity to grow in Spirit, Mind and Body as symbolized by the three corners of the Universal YMCA Triangle.

THE YMCA

Together, the nation’s 2,575 YMCAs are the largest not-for-profit community service organizations in America, working to meet the health and social service needs of 18.9 million men, women and children in 10,000 communities. Ys are for people of all faiths, races, abilities, ages and incomes. No one is turned away for inability to pay. The YMCAs’ strength is in the people they bring together.

Because all communities have different needs, all YMCAs are different. A YMCA in your community may offer childcare or teen leadership clubs. A Y in the next town may have swimming lessons or drawing classes. Every Y makes its own decisions on which programs to offer and how to operate. Each YMCA is guided under the direction of a volunteer Board of Directors, whose responsibility it is to secure the Executive Director, and maintain the financial stability of the YMCA.

YMCAs stretch beyond the United States. YMCAs are at work in more than 120 countries around the world, serving more than 30 million people. About 230 U.S. YMCAs maintain relationships with Ys in other countries. So the YMCA really does build strong kids, strong families and strong communities worldwide.

**LETTER OF
WELCOME FROM YOUR
YMCA CEO**

Congratulations! By becoming a member of the Boyertown Area YMCA you are committing yourself to a total program of wellness of Spirit, Mind and Body.

At the Boyertown Area YMCA, total wellness concentrates not only on the physical health and well-being of an individual, but it also provides an opportunity to nourish one's inner self. Wellness of the body is taught in many of the programs we offer in our gym, our pool, our aerobic rooms and our fitness centers. Wellness of the Spirit and Mind is found in everything we do at the Y, through our emphasis on character development and the focus on four integral values: *Caring, Honesty, Respect and Responsibility*.

At the Boyertown Area YMCA, total wellness is measured not in muscle strength but in strength of character. It is our continuing goal to provide each of our members with ample opportunity to grow in Spirit, Mind and Body.

Please take full advantage of your membership by participating in our classes, swimming in our pool, and volunteering at one or more of our special events. There are many ways to become involved at the Boyertown Area YMCA and to work towards total wellness. You've already taken the first step by becoming a member at the Boyertown Area YMCA. Now we can work together to help you reach your full potential in Spirit, Mind and Body.

With Warm Regard,

Teresa Geary
CEO Boyertown Area YMCA

BOYERTOWN AREA YMCA VOLUNTEER
2010 BOARD OF DIRECTORS

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Volunteerism

When you become a YMCA member, you're setting yourself on a lifelong journey of healthy spirit, mind and body. You will become part of an association that does everything from childcare to health and fitness to youth development to the arts and humanities, and much, much more. As a YMCA member, you have many benefits but you have some responsibilities, too. You may be asked to get involved and be a champion of the YMCA values of caring, honesty, respect and responsibility. You may be asked to volunteer as a coach, mentor or campaigner for our Y's annual support campaign that underwrites membership assistance of those who cannot afford the full fees. The YMCA involves members in offering their time, talent and treasure, for the greater good. To become involved as a volunteer, contact Kimberly Slonaker, Daniel B. Boyer Center Executive Director, at 610-369-YMCA.



Caring (red): To be sensitive, understanding and responsive to the well being of self and others.

Honesty (blue): To be truthful, ethical, trustworthy, sincere and fair in word and action.

Respect (yellow): To value the worth of person and property. Treating others, as you would have them treat you.

Responsibility (green): To recognize, accept and fulfill the obligation to contribute to a better society.

The United Way of the Boyertown Area provides partial funding for programs at the Boyertown Area YMCA. When making your donation to the United Way you may earmark your funds to directly benefit the Boyertown Area YMCA.



Boyertown Area YMCA Supervisory Staff

Teresa Geary -CEO

Kimberly Slonaker - Daniel B. Boyer Center Executive Director

Michael McDonough - William S. Hollenbach Center Executive Director

Tessi Melchior - Gilbertsville Center Executive Director

Kay Christman - Controller

Ann Kiene - Human Resource Director

Sharon Cramer - Marketing/Membership Director

Kathy Undercuffler - Aquatics Director

Linda Jones - Competitive Swimming Coordinator

Jamie Watts - Member Services Supervisor, Gilbertsville & William S. Hollenbach Centers

Ryan Rhoades - Member Services Supervisor, Daniel B. Boyer Center

Danielle DeForge - Gilbertsville Center Child Care Director

Amy Templin - William S. Hollenbach Center Child Care Director

Karrie Reinard - Child Care Director

Pat Miller - William S. Hollenbach Center School-Age Site Supervisor

Beth Shewman - Member Service Child Care Coordinator

Kathi Mikell - Sports and Camp Director

Alicia Angstadt - Assistant Sports and Camp Director

Tracy Pyne - Assistant Camp and Sports Director



FACILITY INFORMATION

FACILITY HOURS:

Daniel B. Boyer Center, 301 W. Spring St., Boyertown, PA

Monday-Friday 5:30 a.m.-10 p.m.
Saturday 6:30 a.m.-5 p.m.
Sunday Noon-5 p.m.

Our Fitness Center, pool, steam rooms, saunas, and whirlpools close 15 minutes prior.

CLOSED: Christmas Eve close at noon, Christmas Day, New Year's Eve close at 5, New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving.

William S. Hollenbach Center

3065 N. Charlotte St., Gilbertsville, PA

Monday-Friday 5:30 a.m.-10 p.m.
Saturday 6:30 a.m.-5 p.m.
Sunday Noon-5 p.m.

CLOSED: Christmas Eve, Christmas Day, New Year's Eve close at Noon, New Year's Day, Easter, Memorial Day, Independence Day, Labor Day, Thanksgiving.

Gilbertsville Center, 144 Holly Rd., Gilbertsville, PA

Monday - Friday 6:00 a.m.-6:00 p.m.

Evenings and weekends as needed for programming and parties.

SUMMER HOURS

Please ask at a Member Service Desk or check our website for the date and time change in our operating hours during summer months.

Daniel B. Boyer Center

Monday-Friday 5:30 a.m. – 10 p.m.
Saturday 6:30 a.m. – 2 p.m.
Sunday 12 noon – 3 p.m.

William S. Hollenbach Center

Monday-Friday 5:30 a.m. – 10 p.m.
Saturday 6:30 a.m. – 2 p.m.
Sunday **CLOSED**

HEALTH INSURANCE

The YMCA does not carry health insurance for YMCA members for accident and injury purposes. YMCA members are responsible for securing their own health insurance.

SAFETY

The safety of our members, participants and guests is of the utmost importance at the Boyertown Area YMCA. We ask that all members, participants and guests act responsibly while participating in all activities at the YMCA keeping their safety and the safety of others in mind at all times.

PARENTAL SUPERVISION

The Boyertown Area YMCA recommends that children in fourth grade and younger be under constant parental (or responsible adult) supervision while at the YMCA. The YMCA reserves the right to enforce this recommendation in situations deemed necessary.

CLOSING/CANCELLATIONS FOR INCLEMENT WEATHER

Our policy for canceling classes during inclement weather is based upon the decision of the Boyertown Area School District, as follows:

In the event that the Boyertown Area School District announces

- A 2-hour delay, the YMCA will cancel all classes scheduled to begin prior to 11 a.m.
- In the event that the Boyertown Area School District cancels school for the day, the YMCA will cancel all classes scheduled to begin prior to noon, and Member Service Child Care (Tyke Tyme) will open at the regular time. The weather will be re-evaluated during the late morning to determine if classes will be held for the remainder of the day.
- Class cancellations will be at the discretion of the YMCA Executive Staff, who consider the safety of the staff and members when making their decisions.

Boyertown Area YMCA class cancellations will be available on our website at www.boyertownymca.org and announced on radio station-WPAZ (1370 AM) and on television-WFMZ (Suburban Channel 15 or Berks Cable Channel 69) and listed on the WFMZ website at www.wfmz.com. In the event of inclement weather during mid-day or early evening, the above stations will be notified. Please do not contact the YMCA more than 30 minutes prior to the start of your class.

For questions regarding inclement weather and hours at Growing Dreams or School's Out, please reference the above media options.

CLASS/PROGRAM REGISTRATION

The Member Service Desk will be open for class registrations during all operating hours. When registering by telephone, please have all information handy, including name of class, and class time. Fees are due at time of registration, so have your VISA, MasterCard, or Discover Card handy. (Registration is not final until payment is received.) Classes may be cancelled if there is insufficient enrollment. Please check the current program brochure or our website www.boyertownymca.org for registration dates.

PARKING POLICY

Convenient, free parking is available to those using the Boyertown Area YMCA facilities daily. Anyone violating handicapped parking privileges or parking in non-designated areas will be towed at the car owner's expense.

INJURIES AND EMERGENCIES

All injuries and emergencies should be reported to a Boyertown Area YMCA employee immediately. Emergencies are handled by the YMCA employee designated as the First-Aid Responder on duty.

DRESS CODE

Shirts and shoes are required by all those using the Boyertown Area YMCA (except in locker rooms and on the pool deck.) The Boyertown Area YMCA strongly recommends the wearing of athletic shoes for participation in fitness programs/classes and aquatic footwear in locker rooms, on the pool deck, and in aquatic fitness classes. The Boyertown Area YMCA also strongly recommends the use of protective eyewear while playing racquetball.

EMPLOYMENT OPPORTUNITIES

Available positions are posted on our website at www.boyertownymca.org

SMOKING POLICY

In keeping with our goal of promoting good health and fitness habits, all the Boyertown Area YMCA facilities are a tobacco and drug-free environment. Smoking is not permitted in or on the grounds of all the Boyertown Area YMCA facilities.

GIFT CERTIFICATES

Gift certificates are available at all the Member Service Desks to purchase memberships, massages, programs and apparel.

LOST AND FOUND

Ask the Member Service Desk staff for the location of lost and found receptacles.

LOCKER ROOMS

Wet Locker Rooms (at the Daniel B. Boyer Center)

Our wet locker rooms have tiled floors and lead to the Blanche Reigner Natatorium pool area. Each of these locker rooms includes a changing table for adults with small children. Children under 6 may accompany an adult of the opposite sex into the adult's gender-appropriate locker room. In consideration of other members' privacy, those adults are asked to use only the first two rows of lockers. The Wet Locker Rooms provide access to the pool.

Dry Locker Rooms (at the Daniel B. Boyer Center)

Adults and teens in seventh grade or above may also use the women's or men's dry locker rooms. The dry locker rooms are carpeted and provide access to the Fitness Center, whirlpool, sauna, and steam room. The women's dry locker room also includes a small matted area for stretching and floor exercises.

Family Locker Room (at the Daniel B. Boyer Center)

A Family Locker Room is available to members needing assistance from someone of the opposite sex and to parents who to assist a child (older than 6 years of age) of the opposite sex. The Family Locker Room is available on a first-come basis. Members utilizing the Family Locker Room are reminded to be conscious of others needing to use the room, by putting all personal items into the lockers provided while using the YMCA and being aware of the length of time that they spend in the room if others are waiting.

A family locker room key is needed to access this area.

Locker Rooms (at the William S. Hollenbach Center)

The William S. Hollenbach Center is equipped with men's and women's locker rooms adjacent to the gymnasium, which offer lockers and showers.

LOCKERS

Both members and guests are urged to leave valuables at home or to secure them in a locked locker. You are welcome to bring your own combination lock or padlock but need to remove it upon leaving the facilities for the day. Lockers are available to rent yearly if you wish to store personal items for longer than a day at a time. The rental fee includes the use of a combination lock. Lockers are not available at the Gilbertsville Center. Ask the Member Service Desk Staff for details. The Boyertown Area YMCA is not responsible for lost or stolen items.

HEALTH CENTER (at the Daniel B. Boyer Center)

Separate Men's and Women's Health Centers are available to Wellness members who are both age 18 years or older and graduated from high school. Located in the Dry Locker Rooms, each Health Center includes a relaxing whirlpool, a redwood sauna and a steam room. A Wellness Membership key, obtained at the Member Service Desk, is needed to access this area of the building.

MEMBERSHIP

The Boyertown Area YMCA offers a full privilege membership and includes use of our three facilities, Daniel B. Boyer Center, Gilbertsville Center, and William S. Hollenbach Center. Should you wish to participate only in programs, the Boyertown Area YMCA offers a program participant fee. Check the current program brochure for further information. Expansion in membership (ex. Adult to Household) can be made at any time. Members are responsible for updating personal information when changes occur in address, phone number, employment, household status etc. Please contact the Member Service Desk concerning updates.

MEMBERSHIP FEES AND PAYMENT OPTIONS

The Boyertown Area YMCA offers two methods for paying membership fees:

Yearly Payment

Under this option, payment is made in full, and your renewal fee is billed annually. Payment to renew your membership is due before expiration. If not paid within thirty days of your expiration date, you will be considered a new member and will be required to pay the joiner fee if/when you rejoin. Payment may be made in cash, by personal check, Visa, MasterCard or Discover card. There is a \$20.00 service charge for each returned check.

Monthly EZPay Payment

Under this option, your monthly fee is automatically deducted on the fifteenth of every month from a checking or statement savings account, which you designate. To start your membership under the EZ Pay plan, you will make your first monthly payment, as well as the joiner fee, by cash, personal check or credit card. Payment for your second month will then be automatically deducted on the fifteenth of the following month. If any membership draft is declined for any reason, you are required to make that payment in addition to a \$20.00 service charge. Your membership will be terminated until the YMCA has received payment. This EZ Pay is a **continuous** membership and will continue until you cancel or change it. Should you wish to cancel or change your membership for any reason and stop or change automatic withdrawals from your account, you must do so **in writing** using a form at the Member Service Desk of the YMCA, by the **5th** of the month. At that time you are also required to return all membership cards. Your membership will remain active according to your payments. You will receive an annual renewal notice. The YMCA reserves the right to increase rates and you will be given written notice prior to any rate change.

JOINER FEE (OR NEW MEMBER FEE)

If this is your first time as a member of the Boyertown Area YMCA or if it has been more than 30 days since your membership has expired, you will be considered a new member and required to pay the joiner fee. Joiner fees are used for capital improvements and purchasing new equipment for the YMCA facilities.

CATEGORIES OF MEMBERSHIP

The Boyertown Area YMCA offers several categories of membership. For definitions of each category, please refer to our program brochure, our website www.boyertownymca.org or ask for assistance at the member service desk.

SENIOR CITIZEN MEMBERSHIPS

In addition to the reduced rate for Senior Citizens who are age 62 or older, the Boyertown Area YMCA offers complimentary lifetime memberships to members who are age 85 or older and have been a Boyertown Area YMCA member for one year prior to turning 85 years of age.

STUDENT MEMBERSHIPS

TEEN

In addition to the Yearly and EZPay options, the Boyertown Area YMCA traditionally offers short-term memberships each summer for teens who will be entering seventh through twelfth grades (ages 13-18). Look for the summer session brochure in mid-May for student summer promotions or visit our website at www.boyertownymca.org

COLLEGE

For full-time college students home from school for the traditional winter and summer breaks, we offer short-term membership at a conservative rate. Students are asked to provide proof of full-time enrollment in the form of a current school ID card or copy of a recent transcript. Students are required to pay the joiner fee if they have never been a member before or if more than a year has passed since the expiration date of their short-term membership. Payments for short-term memberships are due in full. Yearly memberships are also priced affordably for full-time college students attending school locally or living at home. Payment may be made under the Yearly or EZPay option.

MILITARY PERSONNEL

Consideration is given to individuals/families in military service either home on leave or called to active duty. Please see a Member Service staff person for specific current policies.

REFUNDS AND CANCELLATION POLICY

In the event that the YMCA cancels a program/class due to the lack of enrollment, instructor unavailability, etc., a full refund will be issued. If a member/participant withdraws from a program/class, the following procedures will be followed:

- A refund will be issued (less a \$6 service charge) for withdrawing prior to the registration deadline.
- A 50% credit will be issued for withdrawing after the registration deadline, but prior to the first class.
- No credit or refund will be issued for withdrawing after the first class has been completed, whether or not the participant has attended.
- Refunds/credits for missed classes will only be issued with a written medical excuse dated specifically for the unattended classes.

Please allow four weeks to process refunds.

MEDICAL FREEZE

In the event a member cannot use the Boyertown Area YMCA facilities due to an extended illness or injury, the Boyertown Area YMCA may "freeze" the membership until such time the member is able to return to active participation. The member will supply a letter from their physician indicating the inability to use the facilities, a date when participation stopped, and a date when participation may resume. If possible, this information should be provided prior to the time the freeze is being requested. In the event the member has paid in full for their membership, an extension on their membership may be granted upon meeting the above criteria. In the event the Member uses the EZ pay method the membership payment will be suspended and restarted with Physician's approval. In the event of a family or couple membership we will freeze a portion of the membership.

REFUNDING MEMBERSHIPS

All requests regarding refunds of memberships should be referred to the Marketing/Membership Director.

GOLDEN RULE FINANCIAL ASSISTANCE

Subject to available YMCA resources and program qualifications, memberships and services will not be denied because of an individual's or family's inability to pay. If you or your family is in need of financial assistance, please pick up a financial assistance application at the Member Service Desk or download it from our website at www.boyertownymca.org. Golden Rule Financial Assistance is made possible thanks to the generosity of the Boyertown Area United Way, contributions to the YMCA's "Building Strong Kids" campaign and YMCA special events.

INSURANCE REIMBURSEMENT

Some healthcare plans offer a reimbursement of your membership fee. Members are responsible for tracking their attendance. Please ask the Member Service Desk staff for assistance with questions about the reimbursement program.

GUEST POLICIES

The YMCA is a membership organization and we encourage you to invite your family and friends to visit and enjoy our facilities with you for the day. Adult members may bring guests at any time during the year. All first time guests will receive a two-week pass with wellness privileges* to use the facilities. This includes AWAY members of other YMCAs. Children in 4th grade and younger must be accompanied by an adult and be under constant parental (or responsible adult) supervision while at the YMCA. Guests may also try our fitness and water fitness classes. Once your guest has completed their trial membership, they may either purchase a membership, or purchase a day pass to continue utilizing the facilities. (*Note– this does not include wellness rates on program fees.) Wellness members may also provide an Ambassador coupon to guests that are considering membership. (See Ambassador Program for more details.)

A.W.A.Y. (ALWAYS WELCOME AT YMCA)

The A.W.A.Y. program is based on the philosophy that when a person enrolls in a YMCA, he or she becomes a member of a nationwide association of people that helps build strong kids, strong families and strong communities. Therefore, when away from home, on business or vacation, he or she will be warmly welcomed by all other participating YMCAs in the United States. A YMCA's participation in this program is voluntary. Some restrictions apply. Because each local YMCA sets its own policies, each participating YMCA in the A.W.A.Y. program develops its own local restrictions. If you are planning to visit another YMCA, please call that YMCA for its visitor policies. To find information on any YMCA in the United States, go to www.ymca.net, and conduct a "Find Your YMCA" search. YMCAs participating in the A.W.A.Y. program are noted.

AMBASSADOR PROGRAM

The Ambassador Program is an ongoing referral program for wellness members. Throughout the year, you refer family, friends, neighbors, and co-workers to the YMCA and in return you earn complimentary months of membership. The enclosed packet provides complete details about the program. *Please take time to read the packet thoroughly.* We hope you will become a Boyertown Area YMCA Ambassador!

CONCERNS—QUESTIONS

Any questions or concerns regarding your time spent at the YMCA can be addressed by the Center Director or by filling out a Suggestion/Comment form located throughout the building. Forms should be returned to the Member Service Desk staff who will forward them to the Center Director.

SPORTS

The Boyertown Area YMCA offers an extensive choice of sports for all ages. A few of the sports offered are:

Preschool age:

- * Tumbling Tots or Terrific Tykes
- * Soccer League
- * Dance
- * Pee Wee Multi-Sport
- * T-Ball
- * Fun with Food
- * Gymnastics
- * Flag Football
- * Basketball
- * Gym & Swim
- * Parent/child Multi-Sport
- * Parent/child Gymnastics
- * Mighty Tumblers

School-age:

- * Floor Hockey
- * Lacrosse
- * Tennis
- * Soccer
- * Advanced Lacrosse
- * Basketball
- * Advanced Soccer
- * Volleyball
- * Advanced Basketball
- * Gymnastics
- * Twist & Shout
- * Golf
- * Girls Field Hockey/Lacrosse
- * Baseball
- * Leagues, clinics and drop-in programs

Special Classes:

- *Athletes with Autism
- *Socialization Station
- * American Red Cross Babysitting

Adults: * Soccer * Volleyball * Racquetball * Basketball

See the current program brochure or our website for dates, times, locations.

Youth Sports Parents' Code

- Remain in the spectator area during competition.
- Let coaches coach. Cheer for your team
- Keep comments positive to player, parent, officials, and coaches of either team.
- Show interest, enthusiasm, and support for your child.
- Be in control of your emotions.
- Help when you're asked to by a coach or an official.
- Thank the coaches, officials, and other volunteers who conducted the event.

Racquetball *(at the Daniel B. Boyer YMCA Center)*

There are two racquetball courts, which may be used for racquetball or wallyball. Court time may be scheduled up to one week in advance. Racquets and balls are available at the Member Service Desk.

Round Robin Racquetball

Wednesday and Friday 8:30-10:30 am

Tuesday 5:30-7:30 pm

FITNESS

FITNESS CENTERS

Daniel B. Boyer Center

Our Fitness Center has trained and certified staff eager to help you with your fitness needs. A Wellness Membership key, obtained at the Member Service Desk, is needed to access the fitness center, whirlpool, sauna and steam room.

The equipment in the fitness center includes:

- Strive Strength Equipment
- Free weights
- Dumbbells up to 120 lbs.
- Paramont and Life Fitness Strength Equipment
- Treadmills
- Cross trainers/Elipticals
- Boxing heavy bag
- Precor stretch trainer
- Steppers
- Recumbent and upright bikes
- Upper body ergometer
- Nu Step recumbent
- Concept II Rowers
- Cybex Arc Trainers

William S. Hollenbach Center:

Our Fitness Center has trained and certified staff eager to help you with your fitness needs. The equipment in the fitness center includes:

- Strive Strength Equipment
- Treadmills
- Cross Trainers/Elipticals
- Cybex Arc Trainers
- Concept II Rowers
- Recumbent Bikes
- Flat/incline benches
- Dumbbells up to 100 pounds

How to get started:

- Your Wellness membership includes 2 appointment visits with one of our trainers and 1 complimentary Personal Training session.
- Call to schedule an appointment with one of our Fitness Trainers.
- We'll review your medical history, past experiences, help you set realistic goals and create a personalized program for you.
- Depending on your age and health, a physician's clearance may be needed. We can fax the form for you to your physician's office.
- If you will be using the cardiovascular equipment, we suggest that you wear good walking or cross-training sneakers.

PERSONAL TRAINING can make the difference in the success of meeting your fitness program goals. A certified trainer will work with you to help with planning and updating your strength training and/or weight management goals. Personal trainers will motivate, encourage, teach, and support you utilizing a variety of exercise activities that can help you meet your goals. Please see the Fitness Center staff for current personal training fees.

GROUP FITNESS CLASSES

Your Wellness membership includes participation in any of our land, water or alternative group fitness classes at any time. Please consult our current program brochure or our website for more information

TEEN POLICY

In order to utilize our Fitness Center our Teen Policy requires the completion of two training sessions by a fitness trainer for teens in 7th-12th grade.

YOUTH WELLNESS CENTER at Daniel B. Boyer Center

Wellness members between 9 and 14 years of age are permitted to use the Youth Wellness Center. Our unique Kidz Strive Strength Training equipment is designed smaller than the adult version to suit the smaller youth frame. Trained staff will use a sensible approach to weight conditioning for youths that takes into account the still developing nature of their bodies. There is strong evidence that the implementation of sensible strength conditioning at an early age can lead to better health behaviors throughout life.

The equipment includes Kidz Strive Strength Training equipment, Game Bikes with Playstation 2 and TVs, a Treadwall, Dance Dance Revolution, Wii system, Jump Ropes, Chin-up bar, Medicine balls and resist-a-balls, and stretching mats.

How to get your youth started:

- A dated hand stamp, obtained at the Member Service Desk, is needed to access the Youth Wellness Center.
- All Youth Wellness members must complete at least two training appointments with a staff trainer.
- Staff trainers reserve the right to request the youth member to schedule additional training sessions prior to using the Youth Wellness Center independently, if the trainer feels the youth is not yet ready to work out on their own.
- Parents should call the Youth Wellness Center (610-369-9622 ext. 256) to schedule an appointment during the hours it will be open. Hours vary - check the current program brochure or website. Increased hours during no school days and summer.
- A parent or legal guardian must accompany the youth to the first training appointment to complete the necessary health history screening forms.
- The Youth Wellness Center is for exercising and is not a “hang-out room.” When a workout is completed, the member will be expected to exit the room.

CHILD CARE

GROWING DREAMS

Growing Dreams is the Boyertown Area YMCA’s State Licensed Child Care Center for infants (6 weeks) through five years of age. Growing Dreams provides children with a warm and supportive environment in which to grow. Growing Dreams is open Monday-Friday, 6 a.m.-6 p.m. Growing Dreams is located in the Gilbertsville Center of the Boyertown Area YMCA, 144 Holly Road in Gilbertsville (behind Hollenbach’s Home Center off Route 100) in the William S. Hollenbach Center, 3065 N. Charlotte St. in Gilbertsville, and the Daniel B. Boyer Center, 301 West Spring Street in Boyertown. The Gilbertsville Center provides 21,000+ square ft. of indoor classrooms for infants through school-age children. It also has a large indoor play gym, and 8000 square feet of outdoor, fenced play area for all ages. William S. Hollenbach Center provides 5000+ square feet of indoor classrooms for infants through school age children. It also has a gymnasium for gross motor activities for all ages. We also provide outdoor fenced play areas for all ages. The Daniel B. Boyer Center provides 2800+ square ft. of indoor classroom for infants through school age children. It also has a gymnasium for gross motor activities for all ages. Playgrounds for all ages.

SCHOOL’S OUT

This unique childcare program provides a safe, enjoyable, and enriching environment for boys and girls in first through sixth grade. Parents will feel comfortable knowing their child(ren) will be well supervised in our State Licensed Program.

The School’s Out program provides a variety of indoor and outdoor games and physical activities. There is planned quiet time for reading stories or playing quiet games and doing homework. Arts and crafts, movies, cooking experiences, swimming, and field trips are also planned. Based on the elementary school your child attends, the chart below will indicate where your child will be serviced for School's Out.

If your child attends:	Schools out Site	Kindergarten Site	Kindergarten Session at Elementary School
Boyertown Elementary	Morning - Daniel B. Boyer Center	Daniel B. Boyer Center	AM
	Afternoon - Boyertown Elementary		
Colebrookdale Elementary	Daniel B. Boyer Center	Daniel B. Boyer Center	AM
Earl Elementary	Daniel B. Boyer Center	Daniel B. Boyer Center	PM
Gilbertsville Elementary		Gilbertsville Center OR	AM
	William S. Hollenbach Center	William S. Hollenbach Center	PM
New Hanover Elementary	William S. Hollenbach Center	William S. Hollenbach Center	PM
Pine Forge Elementary	Daniel B. Boyer Center	Daniel B. Boyer Center	PM
Washington Elementary	Morning - Daniel B. Boyer Center	Gilbertsville Center	AM
	Afternoon - Washington Elementary		
St. Francis Academy	Morning - Daniel B. Boyer Center	Daniel B. Boyer Center	N/A
	Afternoon - Washington Elementary	Washington Elementary	N/A

KINDERGARTEN CHILD CARE

This program provides daily care for children attending public or private kindergarten. Our program compliments the school curriculum by offering activities which stimulate physical, intellectual, emotional, and social growth. The YMCA or the school district provides transportation to and from school. Early dismissal and all day care for holidays and teacher in-service days are also available. Children attending Washington Elementary School care will be serviced at Gilbertsville Center. Children attending New Hanover Elementary School will be serviced at William S. Hollenbach Center. Children attending Gilbertsville Elementary School will be serviced at either the Gilbertsville Center or the William S. Hollenbach Center. Children attending all other Boyertown School District Elementary schools will be serviced at the Daniel B. Boyer Center.

ALL PROGRAMS PROVIDE:

- Year-round Before and After school child care
- Vacation Day child care
- Half day care
- Snow day care
- Weekly/Monthly payment plans

SUMMER CAMP DAY PROGRAMS

for those completing Kindergarten through Grade 9

Summertime is a great time to make new friends, build relationships with old friends, and have a great time. The YMCA character values of caring, honesty, respect and responsibility will be incorporated into daily activities. Included are games, sports, music, swimming, arts & crafts, special events, field trips, nature and sleepovers.

CAMP DISCOVERY and CAMP EXPLORERS are for those entering or completing Kindergarten. Operational hours are 6:00 a.m. to 6:00 p.m. during summer vacation months. The program provides creative, recreational, and educational opportunities. **CAMP DISCOVERY** is based at the Gilbertsville Center and **CAMP EXPLORERS** is based at the William S. Hollenbach Center.

CAMP OASIS and CAMP ODYSSEY are for those completing Grades 1-5.

Operational hours are 6:00 a.m. to 6:00 p.m. during summer vacation months. **CAMP OASIS** is based at the Boyertown Elementary School. **CAMP ODYSSEY** is based at the William S. Hollenbach Center. Both camps utilize the Boyertown Community Pool* and park for afternoon activities. Weekly themes are incorporated into daily activities, special events, and field trips.

TEEN LEADERSHIP CAMP

For those completing Grades 6-9

Geared toward young teens, the program provides creative, recreational, educational and community service opportunities. The program is based at Boyertown Jr. High West and utilizes the Boyertown Community Pool*.

*Membership is required or daily fee for the Boyertown Community Pool

MEMBER SERVICE CHILD CARE

At the Daniel B. Boyer Center and the William S. Hollenbach Center

In **Tyke Tyme**, the Boyertown Area YMCA's friendly and caring staff will supervise your child in a safe, stimulating environment while you work out. Tyke Tyme is available to children ages 6 weeks through 10 years in the Tyke Tyme room. Hourly fees are based on the child's membership. Household Wellness and Single Household Wellness members are entitled to **TWO FREE HOURS** per child, per day of child care. See our current brochure for times at both of our facilities.

PARENT'S TIME OUT

We'll care for your children in our Member Service Tyke Tyme program while you leave the building to attend appointments, run errands, or enjoy time to yourself. Children may attend for a maximum of four hours per visit.

Registration is required at least 24 hours prior to the time your child will need his/her "get away." Your child will be included in our Tyke Tyme activities. Please pack your child a nutritious meal, if he/she will be with us at lunchtime.

AQUATICS

THE BLANCHE REIGNER BOYER NATATORIUM *(at Daniel B. Boyer Center)*

Built in 1992, our heated indoor swimming pool has 8 lanes and is 25 yards long. Depth is 3'6 feet at the shallow end to 6'0 feet at the deepest point. Water temperature is set at 84 degrees Fahrenheit. The pool includes a four-foot wide gradually inclining ramp with handrails that provides easier access for anyone with a physical challenge. There is also an observation gallery where parents and their guests may watch youth swim lessons and swim meets.

Our Aquatic Program is based on the principles of safe procedures, skilled and enthusiastic instructors, efficient and progressive programming for the maximum advantage to all the users of the aquatic facilities.

POLICY/ETIQUETTE

For safety, all members and visitors to the pool are urged to wear aquatic shoes in the wet locker rooms and on the pool deck. Before entering the pool, we ask that everyone shower. All hair longer than shoulder-length should be pulled up, braided, or worn under a swim cap. A bathing suit is required; street clothes are not permitted. Swim diapers are required instead of disposable diapers and are for sale at the Member Service Desk for a fee.

LAP SWIMMING

Lap swim lanes are open to YMCA members, junior high or older, unless otherwise authorized by the lifeguard on duty. Continuous swimming is required. When two or more swimmers are in one lane, circle swimming is initiated. At least two lanes are available for lap swimming unless otherwise noted on the pool schedule. Pool schedules are available at the Member Service Desk or online at www.boyertownymca.org.

RECREATIONAL SWIMMING

During certain hours, Wellness members may enjoy designated lanes for recreational use or water walking. Any child in 3rd grade or younger **MUST** be accompanied in the pool area by a responsible adult. A responsible adult must accompany children with limited swimming ability or kindergarten-age and younger in the water. The lifeguard on duty must approve pool toys brought by members or guests. A swim test is required for participants in 6th grade and younger to swim in the deep end of the pool. (See swim testing.) Pool schedules are available at the Member Service desk or online at www.boyertownymca.org.

SWIM TESTING

All children 6th grade and younger that wish to swim in the deep end of the pool must take a swim test. To successfully pass the swim test, a child must jump into the deep end of the pool, tread water for one minute, and immediately swim one length of the pool. Swim tests are given every Monday, Wednesday, and Friday at 6:45 p.m. and the first Saturday and Sunday of each month at 3:00 p.m. Once the child has passed the swim test, they will receive a wristband. When coming to swim after their test, they should stop at our Member Service Desk for a new wristband before entering the pool area.

SWIM LESSONS

Group swimming lessons are offered for children ages 6 months through 12 years. Children 6 months to 3 years are enrolled in our Parent/Child water adjustment classes and are grouped by age. Children 3 to 5 years are enrolled in the preschool lessons. Youth swim lessons are for 6 to 12 year olds. Preschool and youth are grouped according to physical ability. See our program brochure or our website for details about each level. If you need help determining placement for a child, you may call the Aquatics Coordinator.

Children are advanced to the next level at the recommendation of their instructor when they have mastered all the skills at their current level. Due to swimmer/instructor ratios, it is not possible for children to attend an alternate class if they are unable to attend their scheduled class.

Private and semi-private lessons are available for members 3 years and older. See our Member Service Desk for a registration form. Teen and adult lessons are also offered to all YMCA members ages 13 and older. Register for all lessons at the Member Service Desk.

WATER FITNESS CLASSES

Water Fitness classes are offered each session.

Benefits include:

- Pre-and post natal adaptability
- Shallow and deep water workout choices
- Fitness levels from the unconditioned to high level athlete
- Walking, cardiovascular, resistance, toning and sculpting, strengthening, high-intensity, low-intensity, and 50+
- Concentration on Arthritis Foundation exercise program
- Less stress on joints, muscles and tendons due to body's buoyancy

All water fitness classes are listed in the current program brochure.

SWIM TEAMS

MAKO SHARKS SWIM TEAM

Open to boys and girls, ages 6 to 18. Boys and girls practice with teammates of their same ability level but compete together as one team. The Mako Sharks Team competes in the Berks County Swim Association and practices indoors at the Daniel B. Boyer Center and outdoors at the Boyertown Borough Community Pool. Mako Sharks Swim Team is offered in the summer months only.

NAVY SEALS SWIM TEAM

Three teams from the Boyertown Area YMCA compete in the Penn-Del YMCA dual meet league. The Navy Seals Swim Team is open to boys and girls, ages 6 to 18. Traditionally, the swim season begins in mid-September and concludes with the League Championship in February. Those swimmers qualifying for the YMCA District, State or National Championships continue until the season is completed. Contact the Swim Team Coach for further information.

U.S.S. SWIM TEAM

This swim team is open to any YMCA member age nine or older desiring to participate in U.S.S. meets. U.S.S. is offered to those swimmers desiring more opportunity for competition and more varied and challenging events. There is an additional fee to participate on our U.S.S. team. Contact the Swim Team Coach for further information.

MASTER'S SWIM TEAM

If you're age 19-99 and enjoy swimming, come join us. Make your pool workouts more beneficial and motivating, develop efficient swimming strokes and have the opportunity to compete in Masters competitions. Previous experience not required; all abilities and ages are invited. The Master's Swim Team is only offered in the winter months. Contact the Aquatics Director for further information.

SPECIAL OLYMPICS SWIM TEAM

This team is open to special needs students 6 years of age and older and all abilities. Join the team; build self-confidence; have fun. Classes are held in our heated indoor pool, with wheelchair accessible ramp. Pre-registration is requested, and volunteers, age 16 and older, are always welcome to assist with instruction and coaching. This program is offered FREE to the community. Contact the Aquatics Director for further information.

AMERICAN RED CROSS CERTIFICATIONS

These courses will certify first time or recertify participants to react in emergency situations. Rescue actions will be covered. Successful completion of a practical and written examination is required to obtain certification. Certifications available at the Boyertown Area YMCA include:

- Community CPR with AED
- CPR for the Professional Rescuer
- Standard First Aid
- CPR Recertification

YMCA LIFEGUARD CERTIFICATION COURSE

This course is usually held in the Fall and two courses offered during the Spring. It provides instruction necessary for certification as a lifeguard in pool, recreation and open water environments. Classroom work and water skills are combined in this 30-hour course. Participants must be 16 years of age as of the completion of the course. Prerequisites include CPR for the Professional Rescuer with AED and Oxygen Administration and Basic First Aid.

COMMUNITY SWIM

Program participants and guests interested in using only the pool may wish to arrange their visit for Community Swim time on Saturday and Sunday afternoons, from 3:00 pm to 4:45 pm. On the first Saturday and Sunday of the month, non-members as well as Program participants, may enjoy the pool for free. On all other Saturdays and Sundays, Program participants and guests are welcome to use the pool at special rates. Due to decreased hours of operation in the summer, Community Swim time is not offered. During the academic year, we occasionally close the pool for a swim meet.