

**BE HAPPY
BE HEALTHY
YOU BELONG**



**Coming soon..
Our remodeled facility!**

Everyone under one roof!

| Membership | Monthly Draft* | Annual* |
|------------------------|-----------------------|----------------|
| Youth 18< | \$15 | \$165 |
| College | \$20 | \$220 |
| Adult 18> | \$30 | \$330 |
| Single Adult Household | \$40 | \$440 |
| Two Adult Household | \$55 | \$605 |
| Senior 60> | \$20 | \$220 |
| Senior Household | \$30 | \$330 |

*The first month is free with a one year commitment.
Financial Assistance is available based on income.

HARRISON COUNTY YMCA

304.623.3303

www.harrisoncountyyymca.org

BE CONNECTED!



United Way
of Harrison County, Inc.



AQUATICS

SWIM LESSONS

Parent Child Swim for ages 6 mths-3 years

Saturday 9a-9:30a

M-\$27 N-\$37

Preschool Swim for ages 3-5

Saturday 9:15a-10a & 10:45a-11:30a

M-\$35 N-\$52

Youth Swim for ages 6-12

Saturday 10a-10:45a & 10:45a-11:30

M-\$35 N-\$52

Adult Swim for ages 13 and up

Saturday 11:30a-12:15p

M-\$25 N-\$50

WATER FITNESS

Water Aerobics

Tuesday/Thursday

8:30a-9:30a & 7p-8p

M-Free N-Day Pass

Aqua Zumba

Monday/Wednesday/Friday

8:30a-9:30a

M-Free N-Day Pass

SWIM TEAM

Swim Team

HAYST

For ages 6-18

Practice and rates vary

Masters Swim

For ages 18 and up.

SCUBA

Expand your horizons!

Watch for classes throughout the year!

HEALTH & WELLNESS

GROUP EXERCISE

M-Free N-Day Pass

Tabata

Monday/Wednesday/Friday 8a-8:30a

Tai Chi

Monday/Wednesday/Friday 9a-10a

Gentle Yoga

At the Y

Tuesday/Thursday 9a-10a

At Days Inn Bridgeport

Monday/Wednesday 7p-8p

Power Yoga

Monday 6p-7p

Silver Sneakers Classic

Monday/Wednesday/Friday 10:15a-11:15a

Zumba

Tuesday/Thursday 11a-Noon

Cycling

Monday/Thursday 5p-6p

TRX

Tuesday 8a-8:15a

NEW!!!

Refit

Monday/Wednesday 11:15a-12:15p

Pound

Wednesday 5p-6p

Wellness Coaching

Member: \$30/hour
Non-member: \$40/hour

6 Bulk Sessions
Member: \$150.00
Non-member: \$200.00

YOUTH PROGRAMS

Preschool Sports For Ages 3-5

Soccer October 1, 8, 15, 22, & 29
M \$20.00 N \$40.00

Little Ballers Basketball November 5, 12, 19, & 26
M \$20.00 N \$40.00

KARATE

Introductory for ages 6-8
Friday 5:30p-6:15p
M \$32.00 N \$45.00

Beginner/Intermediate/Advanced for ages 9 and Up
Friday 6:15p-7:30p
M \$32.00 N \$45.00

KIDZ FIT YOGA

Ages 4-7 Tuesday 6:30p-7:30p
M Free N Day Pass

Ages 8 and up Thursday 6:30p-7:30p
M Free N Day Pass

YOUTH BASKETBALL LEAGUE (YBL)

For Grades K-5

Evaluation Date: October 26

M \$36.00 N \$72.00

Practices in November and December

Games are January to March 2020



CHILDCARE

SACC (School Age Child Care)

Nutter Fort Primary and Intermediate Schools

Wilsonburg Elementary School

Salem Elementary School

M \$50/wk N \$65/wk

Coming Soon...sites in Lewis County:

Peterson Elementary School

Jane Lew Elementary School



CHILD WATCH

On site program as a courtesy to members.
Two hours free of child care per day while you exercise on site.

New Child Watch area coming soon!!!

SPECIAL EVENTS

Pool Party for ages 4-12

October 4, 5:30p-7:30p

M Free N \$5.00

A concession stand will be available for purchase.

Polar Express Pajama Party

December 6, 6p-10p

M \$6.00 N \$12.00

Preregistration is required!

Free hot chocolate and popcorn.

A concession stand will be available for purchase.

Black Friday Child Care

November 29, 5a-1p

M \$15.00 N \$30.00

Preregistration required!

Must provide snacks and lunches.

Swim with Santa

December 13, 5:30p-7:30p

M \$5.00 N \$10.00

Photo opportunity too!

A concession stand will be available for purchase.

MASSAGE THERAPY

RELAX

DE-STRESS

RECOVER

Book your massage today! A variety of techniques are available.

| | Members | Non-Members |
|--------------------|----------------|--------------------|
| 30 Minutes | \$15.00 | \$30.00 |
| 1 Hour | \$30.00 | \$60.00 |
| 1 1/2 Hours | \$45.00 | \$90.00 |
| 2 Hours | \$60.00 | \$120.00 |

Birthday Parties

Splish Splash and have your bash at the Y!

Two hour party times.

M \$70.00 (Membership rules apply)

N \$140.00

Rates effective October 1, 2019



**ADULT VOLLEYBALL
MORE INFORMATION TO FOLLOW!**

