BE HAPPY
BE HEALTHY
YOU BELONG

Coming soon..
Our remodeled facility!

Everyone under one roof!

<table>
<thead>
<tr>
<th>Membership</th>
<th>Monthly Draft*</th>
<th>Annual*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Youth 18&lt;</td>
<td>$15</td>
<td>$165</td>
</tr>
<tr>
<td>College</td>
<td>$20</td>
<td>$220</td>
</tr>
<tr>
<td>Adult 18&gt;</td>
<td>$30</td>
<td>$330</td>
</tr>
<tr>
<td>Single Adult Household</td>
<td>$40</td>
<td>$440</td>
</tr>
<tr>
<td>Two Adult Household</td>
<td>$55</td>
<td>$605</td>
</tr>
<tr>
<td>Senior 60&gt;</td>
<td>$20</td>
<td>$220</td>
</tr>
<tr>
<td>Senior Household</td>
<td>$30</td>
<td>$330</td>
</tr>
</tbody>
</table>

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

HARRISON COUNTY YMCA
304.623.3303
www.harrisoncountyymca.org

BE CONNECTED!

United Way
of Harrison County, Inc.

Facebook
Twitter
Instagram
AQUATICS

SWIM LESSONS

Parent Child Swim for ages 6 months-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

G Bulk Sessions
Member: $150.00
Non-member: $200.00
YOUTH PROGRAMS

Preschool Sports For Ages 2-5
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 Law 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 5, 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.

<table>
<thead>
<tr>
<th></th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 Minutes</td>
<td>$15.00</td>
<td>$20.00</td>
</tr>
<tr>
<td>1 Hour</td>
<td>$30.00</td>
<td>$60.00</td>
</tr>
<tr>
<td>1 1/2 Hours</td>
<td>$45.00</td>
<td>$90.00</td>
</tr>
<tr>
<td>2 Hours</td>
<td>$60.00</td>
<td>$120.00</td>
</tr>
</tbody>
</table>

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!