

SPECIAL EVENTS

JUNE - AUGUST: DOWNTOWN YMCA SUMMER SURVIVOR CHALLENGE

Don't get voted out of the Downtown YMCA this summer! Starting Monday, June 1st and running through Monday, August 31st, the Downtown YMCA will sponsor a Summer Survivor Fitness Challenge for all members. All members have to do is stop at the front desk and register for the challenge. Each week there will be a different set of challenges that the members must complete. They will earn points for every challenge that they complete and a new set will be available every Monday. There will surely be some surprises along the way so make sure to register at the Front Desk starting Friday, May 1st.

JUNE 6: DOWNTOWN YMCA TEAM CHALLENGE

Join the Downtown YMCA at Camp Sherwin for a Team Challenge. Each team can have up to nine members and there will be six events to compete in. The challenge will begin at 9:00 am and the cost is \$100 per team. All proceeds will benefit the Strong Kids Campaign. For more information, please contact Victoria Stilson at 452-3261 Ext 240.

JUNE 13 & JUNE 20: Y SPLASH EVENT

Teaching kids and families to be safer in and around water.

Please join us at the Downtown YMCA for the FREE PROGRAM! Designed for beginners and non-swimmers in the Erie Community ages 6-12. Enrollment is limited! Three thirty minute classes will be held on both June 13th and June 20th. Register by phone at 452-3261. Registration deadline is June 1st.

JUNE 24: YMCA STRONG KIDS GOLF TOURNAMENT

A fun tournament you're sure to enjoy regardless of your ability. Join us at Venango Valley for a great day of golf with a relaxed "shamble" format (the shamble allows the foursome to select the group's best drive from which point each player plays their own ball.) The round is followed by a steak fry and plenty of prizes all the while raising money to ensure the YMCA mission that no one is ever turned away because of inability to pay. This event fills up fast so be sure to sign up early. For more information, call 452-1432.

JULY 11: HIGHMARK QUAD BIKE RACE

Feeling fast? Bring your competitive spirit and race against the best. Want to have some healthy fun? Bring the family and enjoy this benchmark of summer fitness and fun: the 12-mile Highmark QUAD Bike Race. Kids 12 & under free with an adult. For more information, call 452-1432.

AUGUST 20: BLOCK PARTY AT SKEETER'S BAR & GRILLE

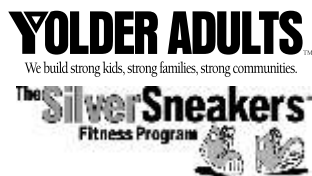
Join Skeeter's and the staff of the Downtown YMCA for a Thursday Night Block Party. There will be a live band, raffles, contests and plenty of fun. All proceeds will benefit the Strong Kids Campaign.



DOWNTOWN BUILDING HOURS
Mon.-Fri.: 5am-9pm
Sat.: 8am-8pm
Closed Memorial Day, July 4th and Labor Day

CHECK OUT THE CARDIO-CORNER!
Including: Wave Ellipticals and S2 Stationary Bikes

Downtown YMCA 31 West 10th Street Erie, PA 16501
(814) 452-3261



Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance with a chair used for seated and / or standing support. This program is offered in partnership with Highmark Blue Cross Blue Shield Select Plans at no additional cost to Medicare eligible members. Check with your insurance company for eligibility.

YAQUATICS

We build strong kids, strong families, strong communities.

THE POOL IS OPEN!

MONDAY - FRIDAY

Open Swim: 5:30am-8:30am

Lap Swim: 11:00am-1:30pm

Open Swim: 4:00pm-8:00pm

SATURDAY

8:30am-1:00pm



YHEALTH & FITNESS

We build strong kids, strong families, strong communities.

There is something for every "body" at the YMCA. From Cardiovascular and Strength Equipment to Mind & Body Classes, all are available to meet every level of interest and capability. Make sure to start your fitness experience off on the right foot by scheduling a fitness consultation with one of our experienced Personal Training Instructors.

Options include:

ORIENTATION

Start your Journey of Wellness by scheduling a wellness orientation. YMCA staff will demonstrate proper use of the equipment in the Mezzanine Fitness Center and answer all of your wellness questions.

YMCA Members Only.

POLAR BODYAGE® SYSTEM

A fitness assessment that compares your chronological age to your BodyAge.® The assessment will tell you how old your body is today and what the obtainable age of your body could be. A YMCA Wellness Coach will work with you to develop a program to build a healthier you. Please contact Rick Burr at 452-3261 ext. 229 to make an appointment. Members: Free Non-Members: \$45

GROUP EXERCISE CLASSES

Updated schedules are available in the back lobby, at the front desk or go on-line to www.ymcaerie.org.

- * Body Pump
- * Lunch Crunch
- * Pilates
- * Bootcamp
- * Silver Sneakers
- * High Energy Yoga
- * Zumba
- * Stability Ball
- * Circuit/Box
- * Y Cycle
- * Strength and Toning Classes
- * Step Class

Y Birthday Party!

Perfect for children 3 - 12 years old. Party package includes swimming in the pool, play time in the gym and use of our newly remodeled board room. Parties are designed for 15 children (more can be added for an additional charge). Parties are available on Friday evenings and Saturday afternoons in two hour time slots. For more information, call Vicki Stilson at 452-3263, ext. 240.
YMCA Members: \$50 Non-Members: \$90



YCHILD CARE

We build strong kids, strong families, strong communities.

Heather Clark Celio

Daycare Director

6 weeks - 5 years

State Licensed

NAEYC Accredited

STAR 4

Activities include manipulatives, science, music, dramatic play, reading centers, field trips, computer and swim lessons for PS/PRE-K children. Meals included. Preschool programs were listed Erie's #1 program to ready your child for kindergarten. We focus on giving children a great place to grow!

YSCHOOL AGE

We build strong kids, strong families, strong communities.

Missy Fuller

SACC Director

5 years - 12 years After School

13 years - 15 years CIT

State Licensed

STAR 4

Activities include gym, science, art, computer, homework help, swim, field trips and fitness. Meals included. Transportation to most downtown schools.

Mon.-Fri. 6:30am - 7:00pm,

Sat. 8:00am - 7:00pm.

Begins with the new school year.

DOWNTOWN YMCA AGE POLICY FOR BUILDING

All youth under the age of 13 years must be accompanied by a parent at all times. All youth ages 13 - 14 must be accompanied by a parent after 7:00pm Monday - Friday and after 5:00pm on weekends. Also, all youth ages 13 - 14 years must complete the Downtown YMCA Youth Fitness Certification in order to use the equipment on the Mezzanine. All youth must still be 15 years of age to enter the Free Weight Room.