

YWCA MISSION

The YWCA of Oil City, PA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

MEMBERSHIP ORGANIZATION

The YWCA is a membership organization – a YWCA membership or participant’s fee is required except for adult classes, which are offered with member & non-member fees. Memberships are non-refundable. It is a separate fee that indicates your support of the YWCA and its Mission.

YWCA NEWS:

In addition to our newsletter (that is mailed twice a year) you can find the latest YW information in the Derrick “Good Times”, on the “Big Board” in the front hall, on our Facebook page at YWCA of Oil City or check out our web-site: www.ocywca.org

FEE SCALE:

Effective Since 2015

Supportive membership

Adult Women & Men	\$30
YWCA Girls’ Clubs (grades 6-9)	\$20

FITNESS CENTER

1 YR Membership - (age 16-64)	\$275
(65+)	\$265
2 monthly payments (consecutive)	\$140
3 monthly payments (consecutive)	\$95
4 monthly payments (consecutive)	\$75

Monthly Membership - \$30

All ages - due 1st of each month

Suspended Membership - \$225

Any 3 consecutive months off

Mother/Daughter (daughter 12-18) \$15/month

Exercise Class Card-10 punches * \$15

*Current exercise class schedules available at front desk or in Fitness Center.

FINANCIAL AID – Contact the office. All information is strictly confidential.

Contributions in addition to basic memberships enable the YW to provide services to those less able to pay. Additional donations to the Oil City YWCA are welcome. Most contributions are tax deductible.

YES, I would like to make a donation in the amount of \$_____

YES, I would like to make a memorial gift of \$_____ in memory of:

Name_____

Address_____

(We will send a memorial card to acknowledge your gift.)

Thank you for your support of the YWCA of Oil City

REFUNDS:

The YWCA reserves the right to cancel any activity with insufficient enrollment. Paid fees are refunded. Class fees are refunded only for illness or change in work schedule (documented by physician or employer.) Refunds are prorated & a service fee is charged for processing. Class fees are required 1 week prior to starting date of class.

CLASS FEE POLICY:

In order for the YWCA to purchase class supplies and pay instructors, all class fees must be paid in advance of starting date of class. **You are not registered for a class until your fee is paid. If insufficient registration, classes may be cancelled, so please sign up & pay registration early. THANK YOU!**

YWCA CLUBS & GROUPS:

GALLIVANTER'S

2019 trip information is available! Please contact Vickie Skiba at the YW, 676-6528 for details. A tureen luncheon will be held on Monday, March 11 at 12:30pm at the YWCA. Bring a place setting & tureen to share.

VOLLEYBALL

Women ages 18 & up meet Thursday's at 7:15pm for non-competitive game play. Come and join us!

ALZHEIMER'S SUPPORT GROUP

Facilitator Lisa Winger invites families in Venango and surrounding counties to connect with other families and caregivers dealing with this disease. This group meets the fourth Tuesday of each month from 6-7:30pm. This is a FREE service to the community.

YWCA ADULT CLASSES:

PALLET FLOWER PAINTING CLASS

Instructor: Brandon from Outland Studios will be here Wednesday, March 27 at 6:30pm, cost is \$35.

EMBODI YOGA

Instructed by Peg Teeter, Peg will teach this class with an emphasis on the mind-body connection. Practicing breathing, alignment, and movement principles in yoga poses revitalizes the body in preparation for a short final meditation. March – May from 9-10am. Members \$6 drop in fee / Non-Members \$7 drop in fee or purchase a punch card. Pick up a schedule at the front desk.

"YOUNG AT HEART YOGA"

Jessica will be taking a break until late October. Check the Good Times for a possible outdoor summer yoga.

DETOX & DE-STRESS WORKSHOP

Are you in need of a detox or less stress in your life? Come experience a day filled with yoga, a restorative walk, aromatherapy, foam rolling demonstrations, and information all geared towards nurturing your body, mind and spirit. A healthy lunch will be provided by Core Goods! Please wear comfortable clothes, bring a yoga mat, and a positive attitude! Proceeds benefit the YWCA of Oil City.

Jessica Young Licensed Massage Therapist
Libby Jenkins Light Hearted Yoga
Ashley Cowles Core Goods
Julia Allman Honest Aromas
Dr. Kate Eckert Eckert Chiropractic

\$25 per person

Saturday, April 6th

10am-3:30pm

Oil City YWCA – 814-676-6528

Sign –up and register at the YWCA today!

Limited to 30 participants

AARP DRIVER'S SAFETY "BEGINNERS" CLASS

A "Beginner's" course (2 days/4 hours each day) designed to meet the needs of drivers age 50 and older. Instructor Sharon Mast will discuss age related physical changes, declining perceptual skills, rules of the road & license renewal.

Class will be held:

Mon. & Tues. May 6 & 7, 12-4pm each day.

Fee: \$15/AARP members

\$20/non-AARP members

Bring driver's license.

AARP DRIVER'S SAFETY "REFRESHER" CLASS

A "Refresher" course (1 day/4 hours) designed to discuss age related physical changes, declining perceptual skills, rules of the road and license renewal requirements. Those attending must bring proof of completion of the beginner's class.

Class will be held:

Monday April 8, 12- 4pm.

Fee: \$15/AARP members

\$20/non-AARP members

Must have taken beginner class within 36 months.

Bring driver's license.

Register for either class by calling the YWCA.

MASSAGE THERAPY SERVICES

Jessica Young, LMT 657-4417

SWEDISH – Relaxation

½ hour \$30

1 hour \$40

THERAPEUTIC – For problem areas

½ hour \$35

1 hour \$50

1½ hour \$70

SWEDISH -Therapeutic – relaxes tension

1 hour \$45

HOT STONE – Relaxation

1 hour \$50

AROMA THERAPY – Oils

(per massage) \$ 5

CHAIR MASSAGE

Per minute \$1 (up to 29 minutes)

30 minutes \$20

PRENATAL MASSAGE

Designed for the expectant mother

1 hour \$55

THAI TABLE INFLUENCED/STRETCH MASSAGE

1 hour \$50

LOMI LOMI-HAWAIIAN THERAPEUTIC MASSAGE

1 hour \$65

90 minutes \$85

JAPANESE ZEN FACIAL

30 minutes \$40

MASSAGE HOURS

(Schedule by appointment)

Monday 9am – 6pm

Tuesday 9am – 6pm

Wednesday OFF

Thursday 9am – 6pm

Friday 9am – 6pm

Saturday 9am – 1pm

Sunday OFF

Special hours available upon request.

Gift Certificates available at YWCA

IN APPRECIATION

The YWCA would like to acknowledge and thank (so very much) the Samuel Justus Charitable Trust, United Way of Venango County, BNY Mellon Wealth Management, OCV and First Presbyterian Church, Walter J. Lindquist Foundation, Business & Professional Women's Club of PA, Rotary Club, The Virginia S Trax, Margaret & Maude Gnade and Anna & Edward Messer Trusts, Yoga Instructors Jessica Young & Peg Teeter, our staff, many members and community for your generous donations we received during the months of August through January. Your generosity makes a HUGE difference for those we serve.

Additionally, for the countless volunteer hours, contributions given for our various events and fundraisers and food donated we THANK EACH AND EVERY ONE of you! We would be LOST without your help.

ALL of this incredible support comes with GREAT APPRECIATION from the YWCA.

YWCA SUMMER PLAYGROUND

The YWCA Summer Playground is scheduled to begin Monday, June 10th and run through Friday July 19th at six locations throughout Oil City. Sites are tentatively set to run 9am-noon and NEW this year... Two Evenings (time and locations to be determined.)

YWCA Summer Playground is under the direction of Evan Basham and is completely funded through the Samuel Justus Charitable Trust. Watch our Facebook page, website and The Derrick for further details.

FITNESS CENTER

FITNESS CENTER HOURS

Monday-Thursday	6am-8pm
Friday(through May 24)	6am-5pm
Friday(May 31-Aug 30)	6am-1pm
Saturday	8am-11am

**Instruction is required before using our weight machines.
By appointment only; No fee for this service.**

Silver & Fit and Silver Sneakers

We are pleased to participate with these programs to offer area senior citizens (with eligible supplemental insurance) our Health/Fitness program at no or reduced cost to you. Classes offered in the aerobic/exercise room are available to both males & females; cardio & weight machines available only to our female members.

Silver Sneakers & Silver & Fit register with us on your initial visit, then feel free to come anytime. Please sign in, check the appropriate column and scan your card each visit.

As a S/F or S/S member, you can enjoy all the benefits & discounts offered to our Fitness Center and YWCA members. We are here to help you improve your health & enjoy each day to its fullest.

EXERCISE CLASSES - NEW SCHEDULES

Your Fitness Center membership makes available to you each week, at no additional cost, over 18 group exercise classes offered both morning & evening Monday-Friday. Current class schedules available at front desk. Not a Fitness Center Member pay \$2/class or purchase an Exercise Class Card - "ECC"

MEMBERS ONLY

Personal Training

PERSONALIZE YOUR

WORKOUT

We have on staff a number of qualified instructors who can meet with you morning, afternoon & evening for one-on-one personal training.

Fee: 1hr	\$20
3hr	\$45
6hr	\$80

Share your workout & time. Fees are as follows:

	1hr	3hr	6hr
2 people	\$15 each	\$30 each	\$45 each
3 people (max #)	\$10 each	\$25 each	\$35 each

45 MINUTE WORKOUT

Enjoy the fun & benefits of an instructor led class with 45 minutes of heart beating, muscle building exercises tailored to your fitness level. Held in the cardio/weight room; 4 wk session.

Fitness Center Members **ONLY**: \$25

MORNING

Offered: Tuesday 9:30am
April 2-23
April 30-May 21

EVENING (Same Day/New Time)

Offered: Wednesday 5:30pm
March 6-27
April 3-24
May 1-22

SUMMER BOOST

Offered: Wednesday 5:30pm
July 10-31
Fee: \$25

Preregistration required.

FITNESS PROGRAMS

Member & Non-members

EARN YOUR WAY \$2 FITNESS

Need some extra motivation to get to the YW?

We'll help. Contract with us for how many times you want to exercise in a month, and we'll pay you \$2 back for each contracted visit. Fees based on number of contracted visits. Make your goal and receive a \$5 BONUS!! Month runs from 1st day of the month through final day. You may join the program at any time during the month but same timeline applies. Exercise classes, time spent in the cardio and/or weight rooms, personal training and ZUMBA all count. Contracts and more info at front desk.

<u>Fee:</u>	<u>Visits/Month</u>
\$20	4
\$30	9
\$40	13
\$50	18

EXERCISE CLASS CARD "ECC"

Especially for you who are **NOT Fitness Center Members**. This punch card makes available to you 18+classes per week. Excludes Specialty Classes. Non-member fees apply. Each class "cost" 1 punch.

Fee: \$15 for 10 punches

**Current exercise class schedules available at front desk.
Locker room or cardio/weight room not included.**

LIVING LIMBER

Expand your exercise options with this toning class. Using light weights, bands & a chair, exercisers improve balance and strengthen & stretch upper/lower body muscles.

Offered: Tuesday & Thursday 10:30am

March 5-28

April 2-25

April 30-May 23

Summer Schedule (Effective June, July, August) 10am

June 4-27

July 9-August 1

August 6-29

Fitness Center Member: FREE

Non-members: \$10/sessions, \$2/class or ECC

CONVERSATIONAL CARDIO

Stay active all year long using our treadmills, bikes, stepper or elliptics in this gentle instructor-led class. You'll challenge yourself, all the while still talking to the friend next to you.

Class approximately 20 minutes long. 4 week sessions

Offered: Tuesday & Thursday 11am

March 5-28

April 2-25

April 30-May 23

Summer Schedule(Effective June, July, August)10:30am

June 4-27

July 9-August 1

August 6-29

Fitness Center Members: FREE

Non-Members: (if not doing Living Limber) \$10/session, \$2/class or ECC

**No Living Limber or Conversational Cardio
Weeks of May 27-31 & July 1-5**

LIVING STONGER-LIFT

You'll receive personal supervision in this 30 minute training class held in the cardio/weight room. Partner this class with Living Limber or Conversational Cardio for a complete body workout. 4 week sessions

Offered: Monday 11:00am
March 4-25
April 1-22
April 29-May 20

Fitness Center Members **ONLY**: FREE

Preregistration Required

TONING TIME

Join our restructured 30 minute toning class concentrating on a different muscle group each night. Large therapy balls, weights, Kettle bells or STEP platforms may be used in workouts.

Offered: Tuesday, Wednesday, Thursday 5pm and 6:15pm
Tuesday 5pm/Thigh Time
Wednesday 5pm/ All Abs
Thursday 5pm/ ABS2
Tuesday 6:15pm/All Abs
Wednesday 6:15pm/ABS2
Thursday 6:15pm/Thigh time

Fitness Center Members: FREE

Non-Members: \$2/class or ECC

TRX

Engage core muscles with each upper/lower body exercise. Exercises easily adapted to challenge all fitness levels. 30 minute classes; 4 week sessions.

Offered: Monday 5pm
Wednesday 7pm
Thursday 5:30pm
March 4-28
April 1-25
April 29-May 23

Fitness Center Member: \$20 any one day; \$35 two days

Non-member: \$30 any one day; \$45 two days

Preregistration Required

PICKLE-BALL

Come play one of today's most popular games. Everything you need will be provided, but feel free to bring your own paddle and/or balls. Wednesday & Friday 10am-1pm.

Fitness Center Member: FREE

Non-members: \$2/session or ECC

WEIGHT LOSS HELP

PERSONAL DIET CONSULTATIONS

A healthy weight means a happier you. Join this 8 week one-on-one weight control program that deals with unique needs & problems you have that may prevent you from maintaining a healthy weight and/or diet.

Call Jane Horos to schedule initial consultation.

Fitness Center & Supportive: \$50

Non-member : \$60

BODYGEM

Struggling with why you are not losing or maintaining your weight? Let the BODYGEM scientifically determine your RMR (resting metabolic rate) so the number of calories you need to lose, gain or stay the same weight can be computed. Appointment only

Fitness Center and Supportive: \$30

Non-members: \$45

Recommended in Shape's "5 Crucial Stats for Weight Loss".

ZUMBA

Love to Dance?

Your YWCA is THE place to be. Join us dancing your way to better health & fitness 4 nights a week ...and Saturday mornings until June. \$2.50/class or ZUMBA Punch Card*

Nuevo ZUMBA Instructors Heather, Jenny, Kelly & Linda
6:45pm Monday/ Wednesday
8:30am/Saturday

ZUMBA Instructors: Michelle & Sue
6:15pm Tuesday & Thursday

ZUMBA Gold Instructor: Linda Morrison
10am Monday

Benefits & fun of ZUMBA without the impact of jumps & twists

* **ZUMBA Punch Card**-Convenient way to pay.

Ten punches per card; each class one punch.

Purchase cards at front desk during ZUMBA

or regular business hours

Fitness Center & Supportive: \$20

Non-member : \$25

SUMMER FUN

Memorial Day, the unofficial arrival of Summer, brings changes in the Fitness Center schedule.

Look for different classes, as well as time & day changes in schedules. All done to help you make the most of your summertime and stay on track with your fitness goals.

The Youth Department is always in need of volunteers for events and classes. If you like to work with kids or have a skill to share please contact our Youth Director, Lisa Straub.

March - Princess Tea Party

March 16, from 11 am – 1 pm.

For girls ages 3-8. Tickets are \$7 and must be purchased in advance. Many activities planned; including lunch, crafts, dancing with Belle, bounce castle and more!

March - Art Class

Instructor: Brandon from Outland Studios for girls age 12-15, Wednesday March 27 from 3:30-5pm Cost \$10

Also for boys and girls ages 8-11, Saturday March 30 from 11-12:30 Cost \$10

May - "SAFE SITTER" Baby Sitting Classes

This class will prepare youth for babysitting with information about injury prevention, safety, choking rescue, behavior management and child care essentials and skills. Classes will meet the following Wednesdays in May : 5/1, 5/8, 5/15 from 4-5:45pm. For boys and girls in grades 6-8. Cost is \$20. Register by April 26. Class is limited.

May – Mom and Sons Night Out

Friday, May 10, from 6 – 8 pm. An evening celebrating moms and their boys. Please register by May 6. Cost is \$5 per son & Moms are free! Many fun activities including games, making ice cream "Son Days" and prize drawings.

July – "Chalk it Up" Sidewalk Chalk Art Contest

July 25 (before our Spaghetti Supper)

CHEER CLUB

"Cheer Club" registration will begin in July for girls entering grades 4-6. Our youth football cheerleaders are non-competitive and cheer at Lil Drillers football games in the fall. Watch our facebook page and Good Times for further information.

GIRL'S CLUB

Clubs are for girls grades 6-8 and meet each Wednesday after school until 5pm throughout the school year. They enjoy a snack and do a variety of activities such as crafts, cooking, spa days, games in the gym and even try some yoga and Zumba!

STARLIGHT BALL

It was originally scheduled for January 19, but had to be rescheduled for February 16 due to Mother Nature. A big THANKS to **Culligan** for sponsoring our 23rd annual STARLIGHT BALL!

FINANCIAL AID IS AVAILABLE FOR YOUTH CLASSES & PROGRAMS

Financial aid for youth memberships and classes is available through the Samuel Justus Charitable Trust.

COUNTING DOWN TO THE WEEK OF GIVING

The YWCA of Oil City is pleased to announce participation in this year's Week of Giving event hosted by Bridge Builders Community Foundations. The Week of Giving event kicks off on Monday, March 18th at 8am and will run until 11:59pm on Friday, March 22nd. This is a great opportunity for members to make a donation to the YWCA, as Bridge Builders offers a prorated match. The more money we are able to raise, the more our facility will benefit from their match pool. Please keep an eye out for a letter providing more details about the Week of Giving and ways to donate.

POTATO/NACHO BAR LUNCH & DINNER **DINE IN OR TAKE OUT**

Leave the cooking to the YWCA and join us on Thursday, March 21 from 11am-1pm or 4:30pm-6:30pm for our first annual Potato/Nacho Bar Day. ALL proceeds will go toward our **Bridge Builders Community Foundations Week of Giving** fund. We will have baked potatoes and nachos with lots of toppings, tossed salad, Italian bread and Hot Fudge Sundaes (in-house dinners) or homemade sugar cookies (takeout dinners.) Tickets are \$10 for adults and \$5 for children 4-12 years old. Children 3 years and younger are free.

YOUTH DEPARTMENT

UPCOMING FUNDRAISERS

SHEETZ BOOKS

With Easter right around the corner, why not give your special someone a Sheetz coupon booklet. \$10 each with a value of \$20.

ALLOWAY FUNDRAISING DISCOUNT CARD

Shop, Save and Support Local Businesses! Available TODAY and good through October 1, 2019. New price \$8 or 2/\$15.

MONTHLY MYSTERY RAFFLE 2019

Jan through July we will be raffling off a themed mystery basket. Each month will feature a different basket. Tickets are 2/\$1. Drawing held last day of each month. Stop in!!! Don't miss out on the fun!

YWCA 43rd ANTIQUES SALE AND SHOW

Join us on Saturday, March 9, 2019 from 9am to 3pm. Dealers will be displaying and selling many unique items. Traditional lunch is available from 11am- 1pm. Admission \$4 at the door
\$3 if purchased in advance.

LAP QUILT

Tickets for the lap quilt "Fall Foliage" can be purchased for \$1 each at the YWCA during business hours. The quilt made by Eula Karns will be awarded at the close of the Antique Show on March 9, 2019.

YOUTH DEPARTMENT GARAGE SALE

Come to the YWCA gymnasium on Saturday, April 13 from 8am-noon to buy a garage sale treasure! Something for everyone, LOW PRICES. We will be collecting items for the garage sale the week of April 8. **NO CLOTHING ,TV's or COMPUTERS.** Due to storage, please do not bring items prior to April 8. Your items will NOT be returned. Anything that does not sell will be donated to a local agency. ALL PROCEEDS WILL BENEFIT THE YWCA YOUTH DEPARTMENT.

YWCA SPAGHETTI SUPPER

The menu is: Homemade spaghetti and meatballs, fresh salad, Italian bread, choice of white or chocolate cake and drink. Enjoy this delicious meal on Thursday, July 25 from 4:30-6:30pm. Tickets are \$10 for adults and \$5 for children 4-12 years old. Children 3 years and younger are free. Enjoy your meal in our air conditioned gym, use our drive-thru pickup in the back of the building or come into the YWCA to get your meal.

2018 FUNDRAISING RESULTS

YWCA SUB SALE

Held in Sept., featuring three varieties of Subs was a PROFITABLE success. Thanks to all who bought!

SOUP SALE

Our first YWCA Soup Sale held in Nov was a BIG success. Thanks to all who bought!

HOSS'S COMMUNITY NIGHT FUNDRAISING

THANKS to all who came out on December 12 and supported the YWCA.

ANNUAL BIG RAFFLE

Nine lucky winners won a prize valued at over \$100. Prizes included a Basket of Cheer, Headline Hair Basket, \$250 in cash, a variety of Gift Cards and Lottery Tickets, YWCA Basket, Norwex Basket, Winter Day Basket, Karma/Yellow Dog Basket and a Holiday Dinner Basket. Thanks to ALL who donated and supported this fundraiser.

SWEET TREATS

Cookies and Crafters made this annual event a "Sweet" success! There were hundreds of homemade cookies to choose from. Crafters filled the gym and rooms with handmade crafts and holiday gifts. To those who donated baking ingredients, cookies and desserts, monetary donations and volunteered the day of.....THANK YOU!!!

Check out our web site at www.ocywca.org for YWCA information, classes and coming events.