

YOUR SEASON. YOUR COMMUNITY.

YOUR Y.

January-April 2026

Your guide to programs, perks & purpose at the Y.



YMCA OF READING & BERKS COUNTY

Membership Benefits | Fitness | Family Activities | Childcare | Sports

BREAKFAST OF CHAMPIONS

OUR ANNUAL SUPPORT CAMPAIGN CELEBRATION

SAVE THE DATE
TUES.
MAY 12, 2026

Building a Lasting Legacy Together

The greatest gifts can't be wrapped – they're shared. Hope. Connection. A second chance to belong. They are the gifts our YMCA provides to countless lives in Berks County, thanks to the unwavering support of generous donors, sponsors and community partners.

On Tuesday, May 12, 2026 at the Annual Breakfast of Champions for Youth we will celebrate the collective contributions of the people and partners who help make our community strong and move our legacy of hope forward.

We're looking forward to honoring the 2026 Champions For Youth for their time and talent they invest to help the Y and other organizations make Berks County a better place. They are exemplars of the YMCA's mission and core values of caring, responsibility, honesty and respect.

Join us as we recognizing our handful of Champions For Youth. For the first time, we're extending the invitation to the greater community. Save the date or RSVP early to reserve seats by scanning the QR code or visiting [YMCArbc.org/breakfast-of-champions](https://ymcarbc.org/breakfast-of-champions).

When you give to the YMCA of Reading & Berks County, you're not just making a donation, you're creating real, lasting change. Your support opens doors to summer camp, safe spaces, mental wellness, youth programs, and second chances. It's not about recognition. It's about showing up for your community, and leaving a legacy that lifts others.

Mark Your Calendar

Breakfast of Champions Annual Support Campaign Celebration

Tuesday, May 12, 2026

7:00 AM Breakfast

7:30-9 AM Program

DoubleTree Hotel Reading
(Parking Validated)

Scan to RSVP and save your seats, then add it to your calendar so you don't miss out. This event is open to the public, so bring a friend. Seating is first come, first served.

Want to make a bigger impact?
Partner with purpose and help strengthen our community.

Visit [YMCArbc.org/donate](https://ymcarbc.org/donate) to explore sponsorship perks.



YOUR GIFT DOES MORE THAN JUST HELP. IT MULTIPLIES IMPACT.

- › **\$100** becomes **\$600** of confidence and safety, providing swim lessons for at least 6 children and equipping them with life-saving skills.
- › **\$250** becomes **\$1,500** of connection, offering 6 families of 6 a YMCA membership for 6 months and a space to belong, grow, and thrive together.
- › **\$500** becomes **\$3,000** of adventure for 5 children for 3 weeks of Summer Day Camp, connection, and memories to last a lifetime.
- › **\$1,000** becomes **\$6,000** of nourishment providing healthy snacks for 1,400+ Y Care students so they can learn, play, and thrive.

Your Gift. Their Future.

This year, the support of our community is needed more than ever. Your gift creates lasting impact. Your donation gives a neighbor a lifeline: access to quality programs, life skills development, safe spaces, and opportunities to thrive. The growth we nurture today becomes the ripple effect that improves lives for years. Together, we build a community where everyone can find meaning, achieve goals, feel inspired, and be someone's "why."

- Donate online or mail a gift to YMCA of Reading & Berks County, 631 Washington St., Reading, PA 19601.
- Find out how you can contribute through EITC and EIO to support Y Childcare.
- Learn about corporate sponsorships, contact Kris Danner at 610-378-4717 or kdanner@ymcarbc.org.

STRONG STARTS. STRONGER COMMUNITY.

This winter and spring, we're celebrating what makes the Y special — connection, kindness, and community spirit. We hope you'll experience it all with us at our events, like the Breakfast of Champions and Marsh Madness Polar Plunge. Every moment at the Y strengthens the community we share.

Find your purpose. Find your Y. Together, we thrive.



Scan for all location info.



Scan for Member Code of Conduct.

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FOLLOW US
AND STAY
CONNECTED



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YMCArbc.org



BELONG TO MORE THAN JUST A GYM



MEMBERSHIP RATES

Youth (Up to 17)	\$29.40
Young Adult (18 - 24)	\$33.60
Adult (25 - 59)	\$51.45
Family	\$90.30
Senior (60+)	\$43.75
Senior Family	\$76.75

MEMBERSHIP BENEFITS

- No long-term contract
- Member discounts on all fee-based programs and activities
- Membership access to all health and wellness centers at our 5 local branches
- Access to 105 branches in PA and over 10,000 branches nationally

And so much more!

Day Pass\$13.00

Youth Day Pass\$8.00

OPEN DOOR SCHOLARSHIPS

The YMCA welcomes all who wish to participate and believes that no one should be denied access to the Y based upon their ability to pay. With our *Open Doors Scholarships Program, the YMCA of Reading & Berks County assists youth, adults, and families based on individual needs and circumstances.

*Applications are available online or at any branch Welcome Center.

METHODS OF PAYMENT

A. Monthly Auto-Pay

- Complete a membership application form or online registration.
- Set up a bank or credit card to make monthly membership payments.
- First payment and joining fee are due at the time of registration and will draft on the 21st of each month as a recurring payment.

B. 1-Month, 3-Month, 6-Month, or Annual Payment

- Dues must be paid in full upon joining.
- Payment is accepted via cash, check, credit, or debit card.
- Note: New member accounts must be verified by the Welcome Center before access to facilities and membership is granted if registering online.

Cancellation Information

A cancellation in writing must be completed 30 days prior to the next draft date to stop monthly withdrawals from your credit card/bank account.

Members get more!

Give yourself the gift of the Y!

Join today!



FIND YOUR

Y

	Branch Amenities	Adamstown	Mifflin	Reading	Sinking Spring	Tri Valley
FITNESS	Group Exercise Classes	▼	▼	▼	▼	▼
	Les Mills Classes				▼	
	Silver Sneakers Classes	▼	▼		▼	▼
	Cardio Equipment	▼	▼	▼	▼	▼
	Strength Equipment	▼	▼	▼	▼	▼
	Free Weights	▼	▼	▼	▼	▼
	Nutrition Education	▼	▼	▼	▼	▼
	Locker Rooms	▼		▼	▼	▼
SPORTS	Gymnasium	▼	▼	▼	▼	▼
	Tennis Courts				▼	
	Pickleball Courts	▼	▼	▼	▼	▼
	Racquetball Courts			▼		
	Indoor Lap Pool			▼		
	Free Swim Pool			▼		
	Swim Lessons			▼		
	Lifeguard Certification			▼		
YOUTH & FAMILY	Birthday Party/ Rentals	▼	▼	▼	▼	▼
	Kid Zone				▼	
	Child Watch				▼	
	Child Care			▼		▼
	Before and After School	▼	▼	▼		▼
	Summer Day Camps	▼	▼	▼	▼	▼
	Youth Sports	▼	▼	▼	▼	▼
	Family Activities	▼	▼	▼	▼	▼
Housing			▼			

Membership Benefits

Being a member of the Y means getting a front-row seat to everything we do. Think family nights, social activities, exclusive fitness events, special giveaways, early registration, and discounts on programs you already love.

You're not just a part of the crowd, you're part of the reason it all happens.

ENCHANTED Memories & Magic BALL



A magical night for families of every kind to dance, laugh, and make memories. A Daddy-Daughter Dance and ball for all who are near and dear.

The evening will sparkle with dinner, music, and dancing for everyone to enjoy.

Friday, 2/21 Tri Valley YMCA

Friday, 2/27 Sinking Spring YMCA



Scan for more information and to RSVP.

MARSH MADNESS POLAR PLUNGE FOR KIDS



3/14/26 | 11 AM
Blue Marsh Lake

It's cold, it's crazy, and it's the most chill way to support local youth!

Scan to register, build a team, collect donations, and plunge.





HEALTHY KIDS DAY

APRIL 25th

Scan for all Healthy Kids Day updates or to become a vendor.



Easter EGG Hunts



Scan for more info.

Join us for family fun and prizes. All events are free to attend.

- 3/20 | Reading YMCA: Glow in the Dark Egg Hunt
- 3/20 | Adamstown YMCA: Glow in the Dark Egg Hunt
- 3/28 | Mifflin YMCA: Traditional Egg Hunt
- 3/28 | Sinking Spring YMCA: Egg Hunt in the Play Port
- 3/28 | YMCA Early Learning Center at Richmond: Egg Hunt & Craft Fair



FAMILY BINGO

Saturday 4/11 at Tri Valley YMCA

Good vibes, great prizes, and family fun for all ages. Bring your lucky charm, we'll bring the cards!



Space is limited. Scan for more info and to RSVP.

YOUR PARTY FUN IS WAITING

Parties and Rentals at the Y



We are excited to offer you the perfect venue for an unforgettable birthday bash, event, meeting or gathering.



Scan for more party and rental information



WE WANT YOU ON OUR TEAM!

WE'RE HIRING

- Childcare Staff
- School Age Childcare Staff
- Welcome Center Staff
- Aquatics Staff
- And More

EMPLOYEE BENEFITS

- Free YMCA Membership
- Competitive Pay
- Staff Program Discounts
- Training Opportunities
- And More



Apply Today!

SAVE THE DATE



A QUICK LOOK AT WHAT IS HAPPENING AT THE Y.

UPCOMING HOLIDAY HOURS

- 1/1 New Year's Day Adamstown, Mifflin, Reading & Tri Valley YMCAs are closed. Sinking Spring Y open 6-11 AM
No Group Fitness, No Child Watch
- 4/5 Easter All branches closed

JANUARY

- 9th Kids Night Out at Sinking Spring Y
- 9th Racquet Sport Members Night at Sinking Spring Y

FEBRUARY

- 13th Tri Valley Seniors Valentine Soiree
- 21nd Daddy Daughter Dance at Tri Valley Y
- 27th Daddy Daughter Dance at Sinking Spring Y

› Don't forget to sign up for the Marsh Madness Polar Plunge

MARCH

- 3rd YMCA Day of Giving
- 7th Spring Les Mills Launch Day 1 at Sinking Spring Y
- 8th Spring Les Mills Launch Day 2 at Sinking Spring Y
- 14th Marsh Madness Polar Plunge
- 20th Glow Egg Hunt at Reading Y
- 21st Glow Egg Hunt at Adamstown Y
- 27th Egg Hunt at Mifflin Y
- 28th Egg Hunt in the Play Port at Sinking Spring Y
- 28th Egg Hunt & Fair at YMCA Early Learning Center at Richmond Program Center

› Egg Hunt Hustle Fitness Challenge 3/7- 4/6

APRIL

- 2nd Mifflin Seniors Spring Bonnet and Derby Soiree
- 11th Family Bingo Night at Tri Valley
- 25th Healthy Kids Day

YOUR GUIDE TO Y FITNESS

Because fitness isn't one-size-fits-all and your wellness journey deserves more than just a gym.

With five full-service health and wellness centers across Berks County, members have access to upgraded equipment, motivating group exercise classes, lap swimming, wellness programs, and fun fitness challenges throughout the year. Whether you're just starting out or leveling up your routine, there's something for every age, ability, and goal at every branch.

Group Fitness Classes



With 30+ group fitness classes every week, there's something for every fitness level, from beginners to total beasts. It's all included with your membership... no extra fees, no excuses.

Check our website and Facebook for class dates, times and updates as they are subject to change. Scan the QR for all group fitness class schedules.

Schedule Your Fitness Orientation!

Confidence starts with knowing how it all works. Let us help guide you.

WORK OUT 10 TIMES THIS MONTH TO WIN A PRIZE. ASK THE WELCOME CENTER HOW!

Fitness Events and Challenges

3/7 & 3/8 LESMILLS Spring Launch | Sinking Spring
Experience the newest Les Mills releases over two action-packed days! Bring your friends, feel the beat, and kick off the Egg Hunt Hustle Fitness Challenge in style.

3/7 - 4/6 Egg Hunt Hustle Fitness Challenge | Association-Wide
Collect colorful eggs when you attend group fitness classes or complete the daily fitness challenge to win one of three epic Easter baskets filled with surprises.



Scan for more info on fitness at the Y.

NEW!

TEXT ALERTS

Never miss an update, sign up for text alerts through Y GameTime to get instant notifications when classes are canceled or for pool and weather closures. You choose which lists you subscribe to, so you only receive the updates you care about. Stay connected and up to date wherever you are. Opt-in today! Standard text messaging rates may apply.



WORKOUT PLANNER



MONTH/YEAR:

FOCUS AREA:

MY GOAL:

MY WHY:

WORKOUT TRACKER	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
EXERCISE / CLASS	WEIGHT/REPS	WEIGHT/REPS	WEIGHT/REPS	WEIGHT/REPS	WEIGHT/REPS

CARDIO TRACKER	CARDIO	DURATION	SPEED	DISTANCE
WEEK 1				
WEEK 2				
WEEK 3				
WEEK 4				
WEEK 5				

WATER TRACKER	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
SUNDAY					
MONDAY					
TUESDAY					
WEDNESDAY					
THURSDAY					
FRIDAY					
SATURDAY					

Splash into Confidence.

Private Swim Lesson
Reading YMCA



Swim Lessons @ Reading YMCA

From first splashes to stroke refinement, our swim lessons are designed for all ages and skill levels. Certified instructors focus on water safety, confidence, and fun in every class, whether your child is just starting out or ready to level up. We offer private lessons and small group sessions, ensuring plenty of practice and personalized attention.

Scan for information and to register for private and group swim lessons.



Aqua Group Fitness Classes

A fun, low-impact workout for every fitness level! Build strength, balance, and endurance while enjoying the water and great company at Reading YMCA.



AquaFit
Aqua Zumba
Aquacise
Scan for class days and times

American Red Cross Lifeguard Class



Our American Red Cross Lifeguard Certification courses train you to respond confidently to emergencies in and around the water.

- 📖 Certification Class
- 📖 Recertification Class
- 📖 CPR Certification



Scan for more info and to register for upcoming classes.

2026 100-Mile Swim Challenge



The Y's 100-Mile Swim Challenge is back! Whether you're swimming for fitness or friendly competition, now's the time to set big goals, stay active, and earn your bragging rights (and maybe a few prizes).

Winners will be announced and contacted January 2, 2027!



Scan for official rules and to register for the 2026 100-Mile Swim Challenge!



Tennis at the Y

It's not too late to get in the game! Our youth tennis clinics teach fundamentals, coordination, and confidence, all through fun, active play. Whether your child is new to the court or building on their skills, Y instructors help every player grow at their own pace.

Ongoing clinics and private lessons available, register today to keep your child swinging strong!



Scan the QR for more information on Tennis Clinics and Private Lessons.

Racquet Sports

Member Night 1/9 | 5-9 PM

Serve up some fun with snacks, exclusive registration discounts, and a preview of upcoming racquet sports programs (Jan-Mar). Meet our coaches, connect with players, and enjoy open play time on the courts.

Pickleball & Open Play

Pickleball is booming at the Y, and for good reason! We've got leagues, multiple clinics options, and open play happening all season long, with dedicated courts and a community that's always ready for a good match. It's the perfect mix of cardio, strategy, and connection in a fast-paced, accessible game. Whether you're a first-timer or a seasoned pro, grab a paddle, meet new people, and find your groove.



Open Play at Your Branch

Sinking Spring

Reserve your Open Play time with the CourtReserve app with live updates on six courts. Check our web site for direction on signing up with Court Reserve.

Tri Valley

Open Play times are Wednesdays 6-9 PM and Sundays 10:30 AM – noon. Reserve your time on the Team Reach app. Check our web site for direction on signing up with Team Reach.

Adamstown, Mifflin & Reading

Please contact the Welcome Center for the best times, dates, and to register.



Scan the QR for more info on Pickleball at the Y and to register for clinics and leagues.

CHILDCARE

A Proud Partner of



STRONG STARTS BEGIN HERE

At the YMCA Early Learning Centers, we believe early childhood is where curiosity blooms and confidence begins. Our licensed programs for children ages 6 weeks to 5 years combine hands-on learning, creative play, and supportive guidance to help each child grow socially, emotionally, and academically.

All ages follow a developmentally and age-appropriate curriculum, ensuring your child learns at the right pace and in the right way. The Y also offers Wrap-Around Care with early drop-off and late pick-up options, so your child's care fits your schedule, not the other way around.

With experienced educators and a safe, nurturing environment, we're here to support your family every step of the way. Because when it comes to childcare, the Y has you covered.

Early Learning Center (ELC) Locations:

Richmond YMCA ELC
14432 Kutztown Road
Fleetwood, PA 19522

Reading YMCA ELC
631 Washington Street
Reading, PA 19601

ACTIVATE PRESCHOOL SUPERPOWERS

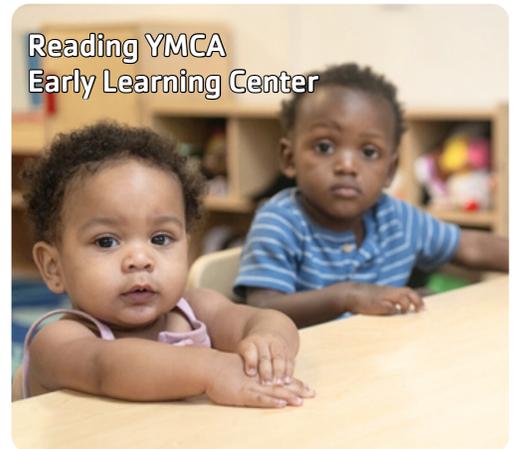
Enroll your super kids into full-day preschool in one of our convenient locations. Find out if you qualify for free or discounted programs (ELRC or Pre-K Counts).

LEARN WHY PRE-K COUNTS

Preschool should be a place where every child feels safe, supported, and excited to learn, and that's exactly what Pre-K Counts at the Reading YMCA provides. This free, full-day preschool program is available to financially eligible families with children ages 3–5, offering a nurturing, high-quality learning experience that builds confidence, curiosity, and kindergarten readiness.

Our certified teachers use developmentally appropriate, play-based curriculum tailored to support each child's social, emotional, and academic growth. Funded by Pennsylvania's Pre-K Counts initiative and proudly rated STAR 4 by Keystone STARS, the program includes lunch and two snacks each school day.

To support working families, we also offer Wrap-Around Care with early drop-off and late pick-up options, all on-site. At the Y, we're more than childcare, we're a community where children thrive and families feel supported.



Reading YMCA
Early Learning Center



YMCA Early Learning Center
at Richmond
Preschool Graduation

Scan for more information on YMCA childcare for all ages.



PARENTING PATHWAYS

THE FIRST YEARS OF LIFE LAST A LIFETIME.

Parenting Pathways is a free six-week workshop that helps parents (or role models) support early development and build school readiness for lifelong success. The first five years shape how kids learn, communicate, and grow.



Scan for more information on the benefits of Parenting Pathways and to register for upcoming classes.

BEFORE & AFTER SCHOOL PROGRAMS

Homework Help
Games, Sports & STEAM Activities
Nutritious Snack

BEFORE & AFTER SCHOOL CARE THAT WORKS FOR YOU, AND WORKS FOR THEM



Research shows that kids who participate in afterschool programs are more successful in school, healthier, and show more positive behaviors, and that's exactly what we aim for in our YMCA Before & After School programs.

Designed for children in kindergarten through sixth grade, our programs offer a safe, supportive space to learn, play, and grow while you're at work. Our trained staff lead enriching activities that support both academic and social development, so while it may be just a few hours, we make every minute count.

From homework help and STEAM projects to games, sports, and healthy snacks, your child will stay engaged, active, and connected with their peers. It's more than child care, it's a community that helps them thrive.

SCHOOL'S OUT PROGRAM AT THE Y

Our School's Out program offers full and half-day care for students in grades K-6 when school is closed but parents have to work. These days are built for fun, friends, and hands-on learning. We keep kids active and engaged through games, creative projects, STEAM activities, and more.

Parents like the reliable care and peace of mind knowing their children are safe and well cared for.



Because every day off school should still be a great day for your child.

Scan to register for School's Out and save your spot today!



Scan to find a Before & After School Program location near you!

KIDS NIGHT OUT

Parents deserve a break and kids deserve a night that feels made just for them. Kids Night Out gives you a few hours to yourself while they burn off energy with friends, games, crafts, snacks, and fun themed activities.

Kids are welcome to bring a friend and non-members can join the fun too. Waivers signed by a parent or guardian are required. Our next event is January 9 at Sinking Spring Y with a Winter Wonderland theme.

CHILD WATCH AT SINKING SPRING Y

While the adult is away, the children will play! The Kid Zone is open for play for ages 3-12 while their parents enjoy 90 minutes of gym time.

- Monday 4:30-7:30 PM
- Tuesday 4:30-7:30 PM
- Wednesday 4:30-7:30 PM
- Thursday 4:30-7:30 PM
- Saturday 8:00-10:30 AM



Scan for info on date, time, cost and location. Sign up for fun!



Fightin' Phils Field Trip '25

Get ready to unplug and make this your best summer yet!



Scan or visit YMCArbc.org for locations, program details, and to register for the best summer ever.

The Y's Summer Unplugged Day Camp are where adventure, creativity, and connection come to life. Each week brings exciting new themes, field trips, and pool days that keep kids engaged and eager for what's next. This summer is all about stepping away from screens, trying new things, and making memories that last long after the sun sets. Your child will discover, play, and grow with the Y all season long because the best summer stories start here.

SUMMER CAMPS FULL-DAY

- › Adamstown
- › Mifflin
- › Reading
- › Sinking Spring
- › Tri Valley

PLAYGROUND PROGRAMS HALF-DAY

- › Leesport
- › Kutztown
- › Willow Glen
(Ontelaunee Township)
- › Topton

NO SCREENS. JUST SUNSHINE, LAUGHTER, AND ADVENTURE.

Turn Wi-Fi Off. Turn Adventure On.

Weekly Themes & Field Trips

1. 6/8-12 "Camp Pep Rally"
On-site Field Trip
2. 6/15-19 "Treasure Hunt"
Field Trip: Crystal Cave
3. 6/22-26 "The Amazing Y Race"
Field Trip: NOVA Trampoline Park
4. 6/29-7/3 "Wet, Wild & Messy"
Field Trip: Monster Mini Golf
5. 7/6-10 "Camp's Got Talent"
Field Trip: Dutch Apple Dinner Theatre
6. 7/13-17 "Superhero Academy"
Field Trip: TBD
7. 7/20-24 "Holiday Hoopla"
Field Trip: Body Zone Ice Skating
8. 7/27-31 "Game On"
Field Trip: TBD
9. 8/3-7 "Where Dreams Come True"
Field Trip: Top Golf
10. 8/10-14 "Best of Camp Week"
Field Trip: Franklin Institute
11. 8/17-21 "Color Frenzy"
Field Trip: On-site

Foam Party
Tri Valley YMCA Summer Camp



Voted BEST Summer Camp in Berks

Families trust the YMCA for a safe, fun and meaningful summer experience that keeps kids active, creative and connected. We are proud to be recognized by Berks County Living and the community for the work we put into making each summer unforgettable.



What Makes Y Camp the Best

Character First

Our camps are rooted in the Y core values of Caring, Honesty, Respect and Responsibility. Every activity builds teamwork, leadership and confidence.

Rewards That Matter

Campers earn Y Bucks for positive choices that can be used in the Camp Store. It keeps them motivated, engaged and proud of their accomplishments.

Family Connection All Summer

We use ClassDojo to keep parents in the loop with photos, updates and real-time communication. Families love being part of their child's day.

Built to Improve Every Year

Our staff, parents and campers complete surveys each season, and our leadership team meets year-round to plan new themes, field trips, activities and surprises that make camp bigger and better every summer.

Designed for Growth

We study what kids need at each age and build experiences that support social, emotional and physical development in a safe, supportive environment.

Tell Us Your Y

Everyone who walks through the doors of the YMCA has a unique personal experience and journey that has been impacted by the organization, whether it's learning to swim as a child, finding a community as an adult, or overcoming a personal challenge with the support of the Y programs. We want to hear your story!



Scan to share your story.



Got a Minute? Tell Us What You Think!

Help us keep growing stronger, just like you do every day at the Y! Leave us a Google review and/or take a minute to fill out our membership survey. Your feedback helps us improve and continue serving our community the best way we can.



**Adamstown | Mifflin | Reading
Sinking Spring | Tri Valley**

A Proud Partner of United Way of Berks County