



SUMMER 2016

Waynesboro Area YMCA

810 East Main Street

Waynesboro, PA 17268

717-762-6012 waynesboroymca.org

Waynesboro Area YMCA

810 East Main Street
717-762-6012 (phone)
717-762-4368 (fax)
www.waynesboroymca.org

SPRING BUILDING HOURS EFFECTIVE THROUGH JUNE 5TH

BUILDING HOURS:

Monday– Thursday	5:00a– 10:00p
Friday	5:00a– 9:30p
Saturday	6:30a– 8:30p
Sunday	1:00p– 5:00p

MEMBER SERVICES DESK:

Monday– Thursday	7:00a– 9:30p
Friday	7:00a– 9:00p
Saturday	7:00a– 8:00p
Sunday	1:00p– 4:30p

CHILD WATCH:

Monday– Thursday	8:30a– 8:30p
Friday	8:30a– 7:00p
Saturday	9:00a– noon
Sunday	CLOSED

HOLIDAY CLOSINGS:

Memorial Day	Monday, May 30
Independence Day	Monday, July 4

SUMMER BUILDING HOURS: EFFECTIVE JUNE 6TH

Monday– Thursday	5:00a– 10:00p
Friday	5:00a– 8:30p
Saturday	6:30a– 5:00p
Sunday	1:00p– 5:00p

MEMBER SERVICES DESK:

Monday– Thursday	7:00a– 9:30p
Friday	7:00a– 8:00p
Saturday	7:00a– 4:30p

MAINTENANCE AND FACILITY CLOSINGS :

Gym 1 & 2: Closed 8/15–21, reopen 8/22
Pool 1 (Large Pool): closed 8/15–28, reopen 8/29
Pool 2 (Small Pool): closed 5/30–6/5, reopen 6/6
Racquetball Court: closed 8/22–28, reopen 8/29
Group Fitness Room: closed 8/22–28, reopen 8/29

STAFF DIRECTORY

Executive Director

Alan Smith,
AlanSmith@waynesboroymca.org

Member Experience Associate

Kathy Bostic
Kathy@waynesboroymca.org

Maintenance Director

Mike Decker
Mike@waynesboroymca.org

Membership Administrative Associate

Wanda Fuller
Wanda@waynesboroymca.org

Aquatics Director & Swim Coach

Ashley Gardner
Ashley@waynesboroymca.org

Senior Program & Membership Director

Amanda Gietka
Amanda@waynesboroymca.org

Child Care Director

Zach Horn
Zach@waynesboroymca.org

Sports and Recreation Director

Jacob Kocher
Jacob@waynesboroymca.org

Sports & Fitness Director

Shannon Lee
Shannon@waynesboroymca.org

Finance Director

Donna Poffenberger
Donna@waynesboroymca.org



Our Mission

The YMCA puts Christian principles into practice through programs that build healthy spirit, mind, and body for all.

For Youth Development

The Y provides youth development programs before and after school at the Y and in three sites; prepares early learners for kindergarten; promotes the benefits and love of lifelong physical activity to hundreds of children in our tennis, aquatics, and youth sports programs.

For Healthy Living

Healthy living becomes real at the Y for people of all ages. Programs focused on seniors help them reclaim or maintain their health with better balance, relief from arthritis restrictions, and social interaction. Encouraging all members to be active, to practice proper nutrition, and maintain healthy relationships is the core of our healthy living programs.

For Social Responsibility

We are building a stronger community through supporting charitable giving and advocacy for healthy living and youth development. We enable people from all walks of life and neighborhoods to come together at the Y for a common cause and to build healthier relationships.

MEMBERSHIP RATES

(effective 5/1/2013)

Membership	Monthly	Annually	Assoc. Fee*
Youth (6– 12 yrs)	\$11.00	\$132.00	\$20.00
Teen (13– 18 yrs)	\$14.00	\$168.00	\$25.00
Young Adult (19– 23 yrs)	\$23.00	\$276.00	\$30.00
Adult (24 yrs+)	\$34.00	\$408.00	\$50.00
One Adult Family	\$43.00	\$516.00	\$50.00
Two Adult Family	\$58.00	\$696.00	\$95.00

*Association Fee is a one time fee applied to new members which allows the Y to replace, repair and upgrade equipment and other facility projects as needed to better serve members. This is a one time fee provided membership continues without interruption.

Children Under 6 yrs old: must be associated with an family membership or individual program pass in order to participate in programs.

Senior Citizens: Adults age 62 or older receive a 10% discount on membership.

Full Time College Students: Undergraduate college students may remain on a family membership until the age of 24.

"Silver Sneakers" Partnership: Participants of the Silver Sneakers program should contact Wanda Fuller, Membership Administrative Associate for info concerning membership benefits.

AWAY Memberships: Visiting AWAY members (including Hagerstown & Chambersburg) are welcome to use the Waynesboro Area YMCA and participate in programs. We participate in the Pennsylvania Reciprocity Program, bring your membership card and photo ID and enjoy free access to almost every Y in Pennsylvania. AWAY members must register and pay the non-member fee for programs. Participating YMCAs have the right to limit use and privileges at their facility. Contact the YMCA you will be visiting for details.

PAYMENT OPTIONS

1. **Annual:** Annual membership is in effect for one year from date joining. Annual members receive a renewal notice approximately one month before membership expires.
2. **Monthly:** Upon completion of a Electronic Authorization Form (EFT), your monthly membership dues will be deducted directly from a specified account on or after the 15th of every month. This form of payment is perpetual and payments will continue until the billing member submits a membership cancellation form. This account can be a checking, savings or credit account.
3. **Monthly Pay @ Member Services:** Members who wish to pay for membership on a month to month basis may do so at our Member Services Desk. There will be a \$2.00 fee assessed for those members who take advantage of this payment option. Member must be continually active in order to avoid repaying the Association Fee.

RETURNED PAYMENT POLICY FOR ELECTRONIC COLLECTION: All returned items will be forwarded to a non-affiliated party (E-Cash Flow) for electronic collection from your bank account. In addition, E-Cash Flow will debit \$30.00 service fee directly from your bank account. The YMCA will also charge \$25.00 fee for returned items.

PARTICIPATION OPTIONS

Full Memberships: Full membership permits all YMCA privileges and full uses of facilities (some areas are restricted by age)

Guest Pass: Valid for one day recreational use of facility. Swim passes valid for 2 days. Some restrictions apply– See Member Services for details. Youth: \$4.00– Must be accompanied by an adult, Teen/ Young Adult: \$7.00, Adult: \$12.00

Athletic Club Locker Room: Open to adult members ages 19 years and older. Features personal lockers for rent, sauna and steam room and private controlled entrance. Individual Member: \$8/ month, Young Adult Member: \$5/ month

Rental Lockers: Available in both general locker rooms and the Athletic Clubs. \$3/ month (\$36 annually)

Membership Hold: In the event of a medical emergency, the Y can place your membership on hold or extend your annual membership. Please try to provide notice in advance or during absence. Please contact Wanda Fuller, Membership Administrative Associate if you have questions regarding a medical hold.

'Open Doors' Financial Assistance: These financial assistance scholarships can be awarded for general membership, adult or youth programs, child care and summer day camps. If you have questions about how to apply, please contact Wanda Fuller, Membership Administrative Associate.

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DAY CAMP

COME JOIN THE ADVENTURE! Summer Camp is here again and the Y has an exciting summer planned for campers! Camp is a place for youth to create lifelong friendships and memories.

Day Camp is available every weekday from 6:30a to 6:00p beginning May 31 through August 12, 2016. Each week, campers will swim (3 days/week), enjoy the sights on two field trip adventures, create works of art and be amazed and entertained through activities that focus on science, cooking and nature. Campers will learn, explore, and create lifelong friendships and memories.

Campers may choose to attend all 11 weeks or select individual weeks. Full and part time camp options are available. When registering, you may choose to pay in full, or establish a weekly bank draft for easy and efficient installment payments. A \$25 fee is required for bank draft set-up.

FULL TIME CAMP (4+ Days/ week)

Member Rate	Non Member Rate
\$105.00	\$150.00

PART TIME CAMP (1-3+ Days/ week)

Member Rate	Non Member Rate
\$81.00	\$120.00

SPARK (1st grade) For our youngest campers, this camp will spark your child's imagination and allow endless creativity. Arts and crafts activities will encourage your child to express themselves. *Campers who are 5 year olds but have NOT completed kindergarten should register for our Discovery Camp Program

SPIRIT (2nd- 3rd grades) If only we could be kids again! Unleash your campers inner spirit and let the fun begin!

Campers are sure to stay active as counselors plan each day to ensure campers are engaged and entertained. Activities include art, science, swimming, cooking, gaming and one camp out: All-Star night!

EXPLORER (4th- 5th grades) Just like Lewis & Clark, your child can explore and discover this summer! This camp will help campers build friendships and create a fun journey throughout the summer. In addition to swimming, science, crafts and other camp activities, EXPLORER CAMP will embark on nature hikes and study the world around them.

TEEN ADVENTURE CAMP (6th- 8th grades) Your teen will embark on a summer adventure through activities that build character and strengthen our community. Activities include art, science, swimming, cooking, gaming and community service projects. Teens will get to see how they can impact their community and experience the joy of giving back!

	Dates	Explorer & TAC Field Trips (Trips on Mon./ Wed./ Fri.)	Spark & Spirit Field Trips (Trips on Tues./ Thurs./ Fri.)
Week 1	June 1-June 3	Cowan's Gap/Northside Pool	Cowan's Gap/Caledonia Pool & Park
Week 2	June 6-10	Lake Tobias/Fuller Lake/Caledonia Pool & Park	Lake Tobias/Fuller Lake/Northside Pool
Week 3	June 13-17	Ice & Sports Complex/Cosmic Skate/Northside Pool	Ice & Sports Complex/Cosmic Skate/Caledonia Pool & Park
Week 4	June 20-24	Mountain Lake Camp*/Cowan's Gap/Caledonia Pool & Park	Mountain Lake Camp*/Cowan's Gap/Northside Pool
Week 5	June 27-July 1	Water Golf on City Island/Fuller Lake/Northside Pool	Water Golf on City Island/Fuller Lake/Caledonia Pool & Park
Week 6	July 5-8	Hersheypark/Caledonia Pool & Park	Northside Pool/Dutch Wonderland
Week 7	July 11-15	Indian Echo Caverns/Cowan's Gap/Northside Pool	Indian Echo Caverns/Cowan's Gap/Caledonia Pool & Park
Week 8	July 18-22	Waynesboro Theatre/Fuller Lake/Caledonia Pool & Park	Waynesboro Theatre/Fuller Lake/Northside Pool
Week 9	July 25-29	Carlisle Pool/War Memorial Pool/Northside Pool	Carlisle Pool/War Memorial Pool/Caledonia Pool & Park
Week 10	August 1-5	Cowan's Gap/Frederick Keys/Caledonia Pool & Park	Cowan's Gap/Frederick Keys/Northside Pool
Week 11	August 8-12	Fuller Lake/Sky Zone/Northside Pool	Sky Zone/Fuller Lake/Caledonia Pool & Park

DISCOVERY CAMPS

Summer is a time to discover! Discovery Camps will give preschoolers an opportunity to explore many different areas of interest. Each week brings a new age appropriate adventure that will have campers learning and laughing throughout the summer. Activities and lessons will focus on the weekly theme so children immerse themselves into their particular interest. Register for a few or come to every week! Camp themes vary from physical activity to science, and history to art... there is a camp for every preschooler (ages 3-6 year olds)!

Registration is OPEN
Space is limited,
please reserve your campers space now!

Member Weekly Rate	Non Member Weekly Rate
\$45.00	\$65.00

	9 AM-12 Noon Date:	Description
MUSICAL ADVENTURES	June 6-10	A worldwide musical tour where senses will be awakened through songs, instruments, rhythm and movement.
FARM SHOW	June 13-17	Whether a future farmer or an animal lover, this week is all about animals and agriculture.
WACKY SCIENCE	June 20-24	From creepy crawlers and volcanoes to moon waves and feathered friends, discover how science affects our everyday world.
TUMBLE TIME	June 27-July 1	Music and movement accompany amateur learning on bars, beam, and floor.
SPORTS VARIETY	July 5-8	Sample a variety of sports to excite the athlete in us all, from soccer to basketball, and more.
THEATRE WORKS	July 11-15	An introduction to drama and movement. Take part in fun-filled theatre exercises and movement games.
ART SAFARI	July 18-22	Your child will enjoy creating artwork using a wide variety of art techniques as they venture into the world of arts and crafts!
MOVIN' & GROOVIN'	July 25-29	Your child will discover the world of dance including ballet, jazz, hip hop, acrobat and musical theater.
FUN & FITNESS	August 1-5	Fitness is fun!!! Your child will learn the basics of exercise in a fun, safe and relaxed atmosphere.
THE SAFETY ZONE	August 8-12	A fun week of swim lessons and other important life safety skills as we dive into fire, water safety and more.

SPECIALTY CAMPS

	Dates/ Time/ Location	Age	Cost	Description
Running Camp	June 28-30 9:00a- 12:00p YMCA	5-14 years	\$12/ Member \$15/ Non Member	During the course of 3 days, we will cover many FUNda-mental topics of running through demonstrations, drills and games. No experience needed- just an interest in running!
Golf Camp	July 12-28 Tues. & Thurs. Waynesboro Municipal	Ages: 5-8 (10-11am) Ages: 9-12 (11-12pm)	\$40/ Member \$65/ Non Member	Learn the basic techniques, rules of the game and golfing etiquette. Guided by a golf professional, DanBaker, campers will experience a sport that is rich in tradition.
Gymnastics Camp	July 11-14 9:00a- 2:00p YMCA	5-18 years	\$30/ Member \$50/ Non Member	A great camp for anyone just discovering the sport of gymnastics as well as those gymnasts looking to expand upon existing skills. Routines and skills will be taught on all apparatus.
Volleyball Camp	August 2-4 9:00a-12p YMCA	5-14 years	\$21/ Member \$32/ Non Member	Players will learn the fundamentals of volleyball as well as how to improve the skills of the game. Players of all skill levels are encouraged to participate.

CHILD CARE

WAYNESBORO CARE CLUB– BEFORE SCHOOL

K– 6th Grade Our PA licensed before school CARE program provides a safe environment for elementary school students between 6:30am until the start of school (Monday– Friday school days only). Partial week attendance is available. Children will play games, make crafts, have free time in the gym and can get help with their school work. This program is offered onsite at Fairview, Summitview and at the Y which services Summitview and St. Andrew’s. This program ends on the last day of school. All CARE participants must pay by monthly bank withdrawal (beginning 8/15/16) or pay 5 months at the time of registration.

Non– Refundable Registration Fee: Members \$20, Non-Members \$25

# of Days/Week	Member Monthly Rate	Non Member Monthly Rate
5 days/ week	\$95.00	\$144.00
4 days/ week	\$77.00	\$117.00
3 days/ week	\$60.00	\$89.00
2 days/ week	\$41.00	\$61.00
1 day/ week	\$21.00	\$31.00

WAYNESBORO CARE CLUB– AFTER SCHOOL

K– 6th Grade Our PA licensed before school CARE program provides a safe environment for elementary school students after school dismissal until 6:00pm (Monday– Friday on school days including days with early dismissal). Partial week attendance is available. Children will play games, make crafts, have free time in the gym and can get help with their school work. This program is offered onsite at Fairview, Summitview and at the Y which services Summitview and St. Andrew’s. This program ends on the last day of school. All CARE participants must pay by monthly bank withdrawal (beginning 8/15/16) or pay 5 months at the time of registration.

Non– Refundable Registration Fee: Members \$20, Non-Members \$25

# of Days/Week	Member Monthly Rate	Non Member Monthly Rate
5 days/ week	\$116.00	\$176.00
4 days/ week	\$95.00	\$143.00
3 days/ week	\$73.00	\$109.00
2 days/ week	\$50.00	\$74.00
1 day/ week	\$26.00	\$38.00

WAYNESBORO SCHOOL’S OUT CLUB (SOC)

The YMCA provides all day care for students when the WASD is closed. Field trips, swimming, games, crafts, movies and more will be planned during SOC days. Children must arrive by 9am and bring a packed lunch, swim suit and a towel unless noted. Snacks will be provided in the afternoon. Due to the rising cost for transportation, there will be an additional \$5.00 fee for most field trips. PRE-REGISTRATION required 48 hours in advance. Dates TBA

Time	Member	Non– Member
6:30a– 6:00p	\$21.00/ day	\$25.00/ day

GREENCASTLE ANTRIM BEFORE SCHOOL CARE CLUB

K– 5th Grade Our PA licensed before school CARE program provides a safe environment for elementary school students between 6:30am until the start of school (Monday– Friday school days only). Partial week attendance is available. Children will play games, make crafts, have free time in the gym and can get help with their school work. This program is offered at First Greencastle Church of the Brethren located at 36 South Carlisle St. This program ends on the last day of school. All CARE participants must pay by monthly bank withdrawal (beginning 8/15/16) or pay 5 months at the time of registration.

Non– Refundable Registration Fee: Members \$20, Non-Members \$25

# of Days/Week	Member Monthly Rate	Non Member Monthly Rate
5 days/ week	\$102.00	\$128.00
4 days/ week	\$83.00	\$104.00
3 days/ week	\$64.00	\$79.00
2 days/ week	\$44.00	\$54.00
1 day/ week	\$22.00	\$28.00

GREENCASTLE ANTRIM AFTER SCHOOL CARE CLUB

K– 5th grade Our PA licensed after school CARE program is offered to Greencastle Antrim Elementary and Primary Schools. Time will be available for crafts, outdoor activities, and homework assistance. Program runs from the end of school to 6:00p. This program ends on the last day of school. All CARE participants must pay by monthly bank withdrawal (beginning 8/15/16) or pay 5 months at the time of registration.

Non– Refundable Registration Fee: Members \$20, Non-Members \$25

# of Days/Week	Member Monthly Rate	Non Member Monthly Rate
5 days/ week	\$153.00	\$192.00
4 days/ week	\$125.00	\$156.00
3 days/ week	\$96.00	\$119.00
2 days/ week	\$66.00	\$81.00
1 day/ week	\$34.00	\$42.00

GREENCASTLE SCHOOL’S OUT CLUB (SOC)

The YMCA provides all day care for students when the GASD is closed. Field trips, games, crafts, movies and more will be planned during SOC days. Children must arrive by 9am and bring a packed lunch. Snacks will be provided in the afternoon. Due to the rising cost for transportation, there will be an additional \$5.00 fee for most field trips. PRE-REGISTRATION required 48 hours in advance. Must have 8 students registered or the program will be held at the Waynesboro Area YMCA. Dates TBA

Time	Member	Non– Member
6:30a– 6:00p	\$21.00/day	\$25.00/ day

Y'S NEST PRESCHOOL PROGRAM

Children ages 3 and 4 years old will participate in developmentally appropriate activities while learning to work in groups and relate to people outside of the home. Includes physical education, Bible time, swimming and educational activities. Y's Nest is a 9 month program that follows the Waynesboro Area School District schedule for holidays and closings. On September 1st, the child must be 3 years old to enter the 3 year old program or 4 years old for the 4 year old program.

3 Year Old Y's Nest

Tues./ Thurs. 9:00a– 11:30a OR Tues./ Thurs. 12:30p–3:00p

Non– Refundable Registration Fee: Members \$20, Non-Members \$25

	Member Rate	Non Member Rate
Monthly	\$70.00	\$120.00
Annual	\$630.00	\$1080.00

4 Year Old Y's Nest

**Mon./ Wed./ Fri. 9:00a– 11:30a OR
Mon./ Wed./ Fri. 12:30p–3:00p**

Non– Refundable Registration Fee: Members \$20, Non-Members \$25

	Member Rate	Non Member Rate
Monthly	\$84.00	\$144.00
Annual	\$756.00	\$1296.00

Payment Options:

1. Annual Fee paid by 9/1/16
2. Half Pay by 9/1/16, balance due by 1/15/17
3. Monthly EFT beginning 8/15/16

CHILD WATCH– FREE FOR MEMBERS

Infants– 6th Grade: For child of adults who are in the building/ participating in a Y program.

Monday– Friday: 8:30a– 8:30p
Friday 8:30a– 7:00p
Saturday 9:00a– 12:30p
Sunday CLOSED

Member	NON MEMBER/ AWAY
FREE	\$2.00

Please review a full list of Child Watch guidelines online and posted in the Child Watch room. Here a few things to know before coming to the program.

- Parents/guardians must be in the YMCA or participating in a YMCA program to leave their children in the Child Watch room. If you leave the building for a run/walk you MUST provide a cell phone number and location.
- The YMCA is not responsible for personal items brought into the Child Watch room.
- Please check your child's diaper/pull-up before dropping off your child to be sure your child is clean & dry. Children potty training should use the bathroom before being dropped off. Parents must supply diapers/pull-ups, wipes, change of clothing and snacks.
- Choose your snacks carefully...we have several children with peanut allergies that attend our program. An updated list of approved snacks is available in the room.
- Parents will be asked to come and pick up their child if they have been crying longer than 15 minutes.
- Children who are ill may not stay in the Child Watch room.

ALL DAY CHILD CARE

A DPW licensed program for 3–5 year olds including Summitview Kindergartners. Families interested in registering for the program should contact Zach Horn, Child Care Director. Our program offers developmentally appropriate activities including physical education, Bible time, educational activities and more! Morning and afternoon snacks are provided. Both All Day and Kindergarten Care operate from 6:30a– 6:00p.

Non– Refundable Registration Fee: Members \$20, Non-Members \$25

# of Days/ Week	Member Weekly Rate	Non Member Weekly Rate
5 days/ week	\$104.00	\$126.00
4 days/ week	\$86.00	\$103.00
3 days/ week	\$66.00	\$79.00
2 days/ week	\$46.00	\$55.00
1 day/ week	\$24.00	\$28.00

KINDERGARTEN CARE

Non– Refundable Registration Fee: Members \$20, Non-Members \$25

# of Days/ Week	Member Weekly Rate	Non Member Weekly Rate
5 days/ week	\$89.00	\$107.00
4 days/ week	\$73.00	\$88.00
3 days/ week	\$57.00	\$68.00
2 days/ week	\$39.00	\$46.00
1 day/ week	\$21.00	\$24.00

Parent's Night Out

Infants– 6th Grade Parents will have the opportunity every month to use our babysitting services for an evening out. Snacks will be provided and swimming will be available for children 6 yrs and older (must be able to pass a swim test and swim on their own). Please provide enough time to complete the necessary contact info prior to your departure. FORMS ARE AVAILABLE ONLINE for your convenience.

Pre– Registration is required by noon the day of: No Exceptions! Cancellations must be made by noon for a full refund.

Day	Time	Member Hourly Rate per child	Non Member Hourly Rate per child
May 13th	5:00– 9:00p	\$3.00	\$4.00
June 10th	5:00– 9:00p	\$3.00	\$4.00
July 8th	5:00– 9:00p	\$3.00	\$4.00
Aug. 12th	5:00– 9:00p	\$3.00	\$4.00
3+ Children Flat Hourly Rate		\$9.00	\$12.00

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GYMNASTICS

KINDERGYM

3– 5 years old Beginner gymnastics for preschoolers. Children will get familiar with the apparatus while learning stretches and age appropriate skills. Parents are invited to the first and last class.

Day	Time	Member	Non– Member
Mon./Wed	4:45–5:15p	\$29.00	\$65.00
Sat.	8:30– 9:00a	\$19.00	\$55.00
Sat.	9:00– 9:30a	\$19.00	\$55.00

INSTRUCTIONAL GYMNASTICS

6–18 years old Progressive instructional gymnastics program focusing on teaching basic, intermediate and advanced skills on bars, beam, vault and floor. Instruction is progressive and divided into four levels Roller, Tumbler, Swinger and Kipper. For both boys and girls.

Day	Time	Member	Non– Member
Mon./ Wed.	4:15– 5:15p	\$31.00	\$84.00
Sat.	8:30– 9:30a	\$21.00	\$61.00

YMCA GYMNASTICS SUMMER TEAM

6–18 years old After completing our instructional program, gymnasts are invited to try-out for the competitive gym team. Brush up on your gymnastics and improve this summer through our gymnastic team summer sessions running from June–August.

GYMNASTS MUST HAVE AN ACTIVE YMCA MEMBERSHIP.

Day	Time	Member
Mon./ Wed.	5:15– 7:00p	\$40.00

YOUTH & TEEN

RUNNING CAMP

ages 5–14. Coach Angie Fuss is with us for yet another summer of running camp. Through this camp participants will learn how to improve their running as well as valuable lessons on healthy living and nutrition. Campers will meet at the Waynesboro YMCA.

June 28–30, 9 am –12 noon, \$12.00 (members) \$15.00 (non-member)

GOLF CAMP

ages 5–14. Come and get golf lessons with PGA Pro Daniel Baker. Dan and his staff are ready to teach the technique and etiquette needed to play the sport. Held at Waynesboro Municipal Golf Course, clubs can be provided. A \$120 value.

July 12–28, Tuesdays and Thursdays, 10 am–11 am (ages 5–8)
11 am –12 noon (ages 9–12) \$40.00 (member) \$65.00 (non-member)

GYMNASTIC CAMP

ages 5–18. Learn how to safely tumble and perform gymnastics. Taught and trained by our qualified staff, campers can experience four different events in gymnastics as well as have the opportunity to meet others who share a passion for the sport. Held at the Waynesboro YMCA.

July 11–14, 9 am– 2pm, \$30.00 (member) \$50.00 (non-member)

VOLLEYBALL CAMP

ages 5–14. Come experience volleyball at a camp level. Players will be split into age groups and will learn the fundamentals of volleyball as well as how to improve the skills of the game. Players of all skill levels are encouraged to participate. Held at the Waynesboro YMCA.

Aug. 2–4, 9 am – 12 noon, \$21.00 (member) \$32.00 (non-member)



Adult Sports & Leagues



Adult Golf Lessons ages 16 and older Learn putting, chipping, and driving techniques in this 5 week session from a qualified instructor at the Waynesboro Country Club. Golf clubs can be provided by the Country Club Country Club and Dress Code Applies (No Jeans Please) contact Jake Kocher, Sports & Recreation Director, jacob@waynesboroyymca.org
May 4–June 1, Wednesdays, 6–7 pm \$80 Members \$100 Non-Member

Summer Leagues (Registration begins May 16th, league play begins June 6th)

- **Evening Court Basketball** ages 15 and older Register as a team. Outdoor Basketball league intended for any player. Games are played at Memorial Park on Mon/Tues/Wed & (Thursdays are make-up days) 6 pm and 7pm, \$400 per team
- **Women's Volleyball** ages 15 and over Two divisions are available Competitive (A) and Non-Competitive (B). Games will be held at both Memorial Park and at Northside Park. If inclement weather prevents games from being held outside games will be held at the YMCA. Mon/Wed (A), Tues/Thurs (B) 6:15pm, 7:15 pm \$30/member; \$40/non-member.

FOR THE FAMILY

PARENT'S NIGHT OUT

Infants– 6th Grade Parents will have the opportunity every month to use our babysitting services for an evening out. Snacks will be provided and swimming will be available for children 6 yrs and older (must be able to pass a swim test and swim on their own). Please provide enough time to complete the necessary contact info prior to your departure. FORMS ARE AVAILABLE ONLINE for your convenience. **Pre- Registration is required by noon the day of. No Exceptions!** Cancellations must be made by noon for a full refund.

Day	Time	Member Hourly Rate per child	Non Member Hourly Rate per child
June 10th	5:00– 9:00p	\$3.00	\$4.00
July 8th	5:00– 9:00p	\$3.00	\$4.00
Aug 12th	5:00– 9:00p	\$3.00	\$4.00
3+ Children Flat Hourly Rate		\$9.00	\$12.00

THE ROCK: INDOOR CLIMBING WALL

20 foot indoor climbing face with various levels of difficulty as set by our trained staff. Self belay system requires climbers to weigh between 66–330 lbs. Waiver must be signed for all members who want to climb. Youth under the age of 13 must have a parent present. Available for party rental.

Monday/ Wednesday	4:30–6:30p
Tuesday/ Thursday	6:00–8:00p

KIDZ ZONE Indoor Playground:

Vertical indoor playground with plenty of space for youngsters. Ages 3–12. Parents must be with children at all times. Open anytime the building is open!

CELEBRATE WITH US: RENT OUR FACILITIES

Celebrate your next special occasion at the Waynesboro Area YMCA! Whether you have a birthday or a group that just wants to get together and have fun, we have the party place for you. The Y offers several rental options of various rooms within our facility, subject to availability. Our facility is open to rentals on Fridays and Saturdays only. To check rental room availability, stop in or call the Y Member Services at 717-762-6012, or fill out the Facility Rental Request Form.

Pickle Ball: Pickle ball was created with one thing in mind: fun! It was designed to be easy to learn and play whether you're five, eighty-five or somewhere in between. Played with a paddle in the gym. Pickle ball is a cross between badminton, tennis, and ping-pong.

Free Play:

Monday, Wednesday, Friday 8:45–10:15 am
Tuesday & Thursday 6–8pm
Sunday 1:15–4:45pm

- Show up to Play
- Basic rules & game play will be taught
- Equipment provided
- Wear comfortable clothes & sneakers
- Focus on fun, fellowship & exercise
- Guest equipment is available at the Y



CHILD WATCH– FREE FOR MEMBERS

Infants– 6th Grade: For children of adults who are in the building/ participating in a Y program.

Monday– Thursday:	8:30a– 8:30p
Friday	8:30a– 7:00p
Saturday	9:00a– 12:30p
Sunday	CLOSED

Member	NON MEMBER/ AWAY
FREE	\$2.00

Please review a full list of Child Watch guidelines online and posted in the Child Watch room. Here are a few things to know before coming to the program.

- Parents/guardians must be in the YMCA or participating in a YMCA program to leave their children in the Child Watch room. If you leave the building for a run/walk you MUST provide a cell phone number and location.
- The YMCA is not responsible for personal items brought into the Child Watch room.
- Please check your child's diaper/pull-up before dropping off your child to be sure your child is clean & dry. Children potty training should use the bathroom before being dropped off. Parents must supply diapers/pull-ups, wipes, change of clothing and snacks.
- Choose your snacks carefully...we have several children with peanut allergies that attend our program. An updated list of approved snacks is available in the room.
- Parents will be asked to come and pick up their child if they have been crying longer than 15 minutes.
- Children who are ill may not stay in the Child Watch room.

PICKLEBALL

IT'S A BIG DILL



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SWIM LESSONS

WATERBABIES I

3– 18 months Child will learn water adjustment skills, safety and more while singing songs and playing in the water. Great for those new to the water. This class is designed to make the child comfortable in the water at an early age. One parent must be in the water with the swimmer.

Day	Time	Member	Non– Member
Sat.	9:00– 9:30a	\$10.00	\$30.00

WATERBABIES II

18 months– 3 years old Children will be working to gain independence in the water while beginning to learn the skills needed to transition to preschool swim lessons. Swimmers will be acclimated to the sights and sounds of the pool. Skills such as kicking, blowing bubbles, floating and general water movement will be introduced. One parent must accompany child in the water. Waterbabies I not a pre-requisite.

Day	Time	Member	Non– Member
Fri.	9:45– 10:30a	\$15.00	\$45.00
Sat.	11:30a– 12:00p	\$10.00	\$30.00

PIKE

3–5 years old For the child who may be apprehensive in the water as well as the child who is comfortable, but has not mastered Pike skills. This class introduces to the basic skills of swimming: kicking, paddling and putting their face in the water. These skills will be gradually learned to perform these skills independently before moving up to Eel. Swimmers continue to use personal floatation devices at this level.

Day	Time	Member	Non– Member
Mon./ Wed.	9:00–9:30a	\$22.00	\$59.00
Mon./ Wed.	5:30–6:00p	\$22.00	\$59.00
Tues./ Thurs.	9:00–9:30a	\$22.00	\$59.00
Tues./ Thurs.	5:00–5:30p	\$22.00	\$59.00
Sat.	9:30– 10:00a	\$12.00	\$30.00
Sat.	10:30– 11:00a	\$12.00	\$30.00

EEL

3–5 years old For the preschool swimmer who is well adjusted to the water and eager to learn more! Swimmers will continue to build upon Pike skills, are introduced to rhythmic breathing, floating independently for longer and swimming longer distance with their face in the water. Pre-requisite: Pike class or be able to swim width of the pool on their front and back with a floatation device.

Day	Time	Member	Non– Member
Mon./ Wed.	9:30–10:00a	\$22.00	\$59.00
Mon./ Wed.	6:00–6:30p	\$22.00	\$59.00
Tues./ Thurs.	9:30–10:00a	\$22.00	\$59.00
Tues./ Thurs.	5:30–6:00p	\$22.00	\$59.00
Sat.	10:00– 10:30a	\$12.00	\$30.00
Sat.	11:00– 11:30a	\$12.00	\$30.00

RAY

4–5 years old Ray swimmers are ready to begin developing endurance and improve stroke skills. They swim without the aid of a floatation device and are introduced to rotary breathing. Pre-requisite: Pass Eel class or be able to swim the length of the small pool on their front and back without a floatation device.

Day	Time	Member	Non– Member
Tues./ Thurs.	6:45– 7:15p	\$22.00	\$59.00
Wed.	6:00–6:30p	\$12.00	\$30.00
Sat.	11:00a– 11:30a	\$12.00	\$30.00

STARFISH

4–5 years old This is a new level for the swimmer who has passed the Ray level but is not old enough for Polliwog or Guppy. Swimmers will continue to build on their skills from Ray along with treading, breaststroke, dolphin kick and water safety.

Day	Time	Member	Non– Member
Wed.	5:30–6:00p	\$12.00	\$30.00

POLLIWOG

6–14 years old For the child who may be apprehensive in the water as well as the swimmer who is comfortable, but has not mastered rhythmic breathing. This class teaches skills such as proper kicking, front & back crawl, treading, and putting their face in the water.

Day	Time	Member	Non– Member
Mon./Wed.	10:00– 10:40a	\$26.00	\$60.00
Thurs.	9:00– 9:40a	\$13.00	\$30.00
Thurs.	10:20–11:00a	\$13.00	\$30.00
Tues./Thurs.	6:45–7:25p	\$26.00	\$60.00
Sat.	9:40– 10:20a	\$13.00	\$30.00
Sat.	10:20– 11:00a	\$13.00	\$30.00
Sat.	11:00– 11:40a	\$13.00	\$30.00

ADAPTED POLLIWOG

6–14 years old Our Y is pleased to offer this new class for members with special needs and is designed to help them learn adaptive tools and strategies to swim safely, increase strength and mobility through aquatic movement. Through instruction all participants will learn that the water can be a fun and safe environment. Contact the Aquatics Office for more information.

Day	Time	Member	Non– Member
Mon./Wed.	5:00–5:30p	\$22.00	\$59.00

GUPPY

6–14 years old For the school age swimmer who is ready to learn rotary breathing. Guppy swimmers continue to build endurance swimming on their front and back, learn the breaststroke and be introduced to dolphin kick. Pre-requisite: Pass Polliwog class or swim 25 yards on the front with rhythmic breathing and 25 yards on their back.

Day	Time	Member	Non– Member
Mon./Wed.	7:10–7:50p	\$26.00	\$60.00
Tues.	9:40–10:20a	\$13.00	\$30.00
Wed.	10:40–11:20p	\$13.00	\$30.00
Sat.	9:40–10:20a	\$13.00	\$30.00
Sat.	10:20– 11:00a	\$13.00	\$30.00

MINNOW

6–14 years old Swimmers continue to build their endurance and distance while improving stroke and breathing skills. Child will continue to work on their front crawl, backstroke, and breaststroke, while learning the basics of butterfly kick, sidestroke and flip turns. Pre-requisite: pass Guppy class or swim 25 yards each front crawl with rotary breathing, back crawl, elementary backstroke, and breaststroke.

Day	Time	Member	Non– Member
Mon.	6:30–7:10p	\$13.00	\$30.00
Tues.	9:00–9:40a	\$13.00	\$30.00
Thurs.	9:40–10:20a	\$13.00	\$30.00
Sat.	8:50–9:30a	\$13.00	\$30.00

FISH

6–14 years old This new level will perfect swimmers' techniques in all strokes and further increase their endurance and speed. Fish will continue to learn butterfly, side-stroke and flip turns and racing dives.

Day	Time	Member	Non– Member
Tues.	9:00–9:40a	\$13.00	\$30.00
Thurs.	9:40–10:20a	\$13.00	\$30.00
Sat.	8:50– 9:30a	\$13.00	\$30.00

WAVES SWIM TEAM

SUMMER SWIM TEAM

Swim team runs from May to July. Starting June 1, there will be a morning practice offered for all groups at the Waynesboro Country Club. There will be a night practice option for every group at the YMCA. Contact Ashley Gardner, Aquatics Director/ Head Swim Team Coach for more information.

Currents: Swimmers begin to develop their motor skills and competitive stroke techniques for freestyle, backstroke, breaststroke and butterfly. Swimmers also practice drills, refine stroke mechanics and basic diving techniques \$130.

Tsunami: Swimmers continue to develop their motor skills and are practicing advanced competitive stroke techniques and sets. Swimmers also practice advanced competitive diving starts, turns and finishes. \$160

Typhoons: Swimmers continue to develop their motor skills and are practicing advanced competitive stroke technique and sets. Swimmers also practice competitive diving starts, turns, and finishes. \$210

Cyclones: Our Cyclone swimmers participate in a challenging balance of advanced training and drills to prepare them for competition. A high level of commitment to the team is expected at this level. \$285



AQUATIC TRAINING

Lifeguard Training

15 years & older Red Cross Lifeguarding Program trains prospective guards with the skills and knowledge necessary to help patrons of the aquatic facilities. This program includes the lifeguard course with aquatic specific First Aid, CPR and AED training. The course includes a book and resuscitation mask. All students must be at least 15 years of age by last day of the course—no exceptions. Attendance at all classes is required for certification. Contact Ashley Gardner for more info.

May 13- 15	Fri: 4p-9p	Sat: 9a-6p	Sun: 12p-6p
		Member: \$175	Non-member \$250

Lifeguard Review

This course is a review course that includes certification in American Red Cross lifeguarding, First Aid, CPR and AED training. All students must be at least 15 years of age by last day of the course and hold a current Lifeguard, CPR/AED and First Aid certification—no exceptions. Please contact Ashley Gardner, ashley@waynesboroyymca.org

Day	Time	Member	Non- Member
Sunday, May 15th	12:00a- 6:00p	\$80	\$100

SPRING TRAINING with WAVES SWIM TEAM

Rookie Camp

For the swimmer who is not sure if they're ready for swim team, this camp will give you the full swim team experience. Free but you must register in advance.

Days	Time	Member
May 9-13 Mon., Tues., Thurs., Fri.	6:00- 6:45p	FREE

Stroke Clinic

Open to anyone interested in swim team. Swimmers' focus is on technique and preparation for the summer season. For Current, Riptide and Tsunami level swimmers.

Day	Time	Member
March 28-May 13 Mon., Tues., Thurs., Fri.	5:30-6:45p	\$6 weekly or \$42 for all 7 weeks

Spring Training

Open to anyone interested in swim team. WAVES swim team members who are ready to jump start their summer season. For Typhoon and Cyclone level swimmers.

Day	Time	Member
March 28-May 13 Mon. - Fri. and Saturday	4:00-5:45p 7:00-9:00a	\$8 weekly or \$56 for all 7 weeks

College Training

For anyone who is a college swimmer and wants to continue their training over the summer. Swimmers will be with the "Cyclone" group. Contact Ashley Gardner, Aquatics Director/ Head Swim Team Coach for more information. \$50

LITTLE RIPPLES

4-8 years old Not quite ready to make waves on the swim team? Come make LITTLE RIPPLES!! This program is designed to prepare swimmers to be able to join our competitive swim team. Learn to dive, gain endurance and develop motor skills. Pre- reqs: Be able to put face in the water, blow bubbles, swim a minimum of 25 meters (Stopping a max of 3 times), kick 25 meters with a kick board and 15 meters on their back.

DAY	TIME	MEMBER	Non- Member
Tues./Thur	5:30- 6:00p	\$22.00	\$59.00

PRIVATE LESSONS

Private swimming lessons are offered on a limited basis. Please complete a lesson registration form and return it to the Aquatics office for approval. Price includes four-30 minutes lessons which are based on available pool time. Lessons are paid for in advance. Cancellations must be made 24 hours in advance or you will be charged for the missed session.

Member	Non- Member
\$60.00	\$80.00

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& updates... follow us here!



AQUA FITNESS

ROM (RANGE OF MOTION) AQUATICS

15 years & older Our ROM class helps relieve stiffness, increase flexibility and overall mobility. POOL 2

Day	Time	Member	Non- Member
Mon.- Fri.	10:35- 11:30a	\$15.00	\$40.00
Mon.- Fri.	12:35-1:30p	\$15.00	\$40.00

ACTIVE AQUATIC ADULTS (ACTIVE OLDER ADULTS)

15 years & older Aquatic class provides a lower impact aerobic workout which improves flexibility and cardiovascular strength. POOL 2

Day	Time	Member	Non- Member
Mon.- Fri.	11:35- 12:30p	\$15.00	\$35.00

AQUACISE

15 years & older One hour class of shallow water exercise includes warm up, flexibility and cardio exercise and a cool down. POOL 2

Day	Time	Member	Non- Member
Mon./ Wed./ Fri.	7:30- 8:30a	\$9.00	\$35.00

DEEP WATER

15 years & older One hour of deep water exercise includes warm up, flexibility and intense cardio exercises and a cool down. Ideal for those with knee or back pain! POOL 1

Day	Time	Member	Non- Member
Tues./ Thurs.	9:00- 10:00a	\$6.00	\$23.00
Tues./ Thurs.	7:30- 8:30p	\$6.00	\$23.00

POWER HOUR

15 years & older One hour of high intensity aqua fitness to help you lose weight and tone up those trouble areas. Program includes 30 minutes of cardio guaranteed to increase your heart rate and increase strength conditioning. POOL 1

Day	Time	Member	Non- Member
Mon./ Wed./ Fri.	9:00- 10:00a	\$9.00	\$32.00

Aqua Boot Camp

New class!!! Aqua Boot Camp is an upbeat aerobic workout using intense water cardio exercises to give you a great workout. If you have enjoyed our Power Hour class and are looking to take it to the next level, this class is for you! POOL 1

Day	Time	Member	Non- Member
Tues./ Thurs.	10:15- 11:15a	\$6.00	\$23.00

Train & Maintain

18 years & older If you are interested in training for triathlons in the off season this program is for YOU! You will receive training from the WAVES Coaching staff that will focus on technique, race strategy and overall endurance. Participants do not need formal swimming experience. POOL 1

Day	Time	Member	Non- Member
Mon./ Tues./ Thurs. &	6:45-8:00p	\$15.00	\$48.00
Mon. & Wed.	5:30-6:45a	\$15.00	\$48.00

Spring 2016 Pool Schedules

POOL 1

April-June 2016

POOL 2

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM						POOL CLOSED 5:30-6:30	
6:00 AM	LAP SWIM / AQUA JOGGING 5:30 - 8:55	LAP SWIM / AQUA JOGGING 5:30 - 8:55	Train and Maintain 5:30-6:45	LAP SWIM / AQUA JOGGING 5:30 - 8:55	LAP SWIM / AQUA JOGGING 5:30 - 8:55	Swim Team 7:00-9:00	
7:00 AM			LAP SWIM / AQUA JOGGING 5:30 - 8:55			LAP SWIM / AQUA JOGGING 6:30-8:45	
8:00 AM							Y CLOSED
9:00 AM	POWER HOUR 9:00-9:55	DEEP WATER 9:00-9:55	POWER HOUR 9:00-9:55	DEEP WATER 9:00-9:55	LAP SWIM 9:00-9:55	POWER HOUR 9:00-9:55	
10:00 AM						Swim Lessons 8:50-11:40	
11:00 AM							
12:00 PM	LAP SWIM / AQUA JOGGING 10:00-4:00	LAP SWIM / AQUA JOGGING 10:00-4:00	LAP SWIM / AQUA JOGGING 10:00-4:00	LAP SWIM / AQUA JOGGING 10:00-4:00	LAP SWIM / AQUA JOGGING 10:30-4:00		
1:00 PM						Lap Swim 11:45-4:30	OPEN SWIM 1:00-4:00
2:00 PM						OPEN SWIM 1:00-4:30	
3:00 PM							
4:00 PM	SWIM TEAM 4:00-6:45	SWIM TEAM 4:00-6:45	SWIM TEAM 4:00-5:30	SWIM TEAM 4:00-6:45	SWIM TEAM 4:00-6:45		
5:00 PM							Y CLOSING AT 5:00
6:00 PM	Swim Lessons 6:45-7:25	Swim Lessons 6:45-7:15	Swim Lessons 5:30-7:25	Swim Lessons 6:45-7:25	Lap Swim 6:45-7:30	Open Swim 6:45-7:30	
7:00 PM	Train and Maintain 7:30-8:45	Lap Swim 7:30-9:00	Train and Maintain 7:30-8:45	Train and Maintain 7:30-8:45	Deep Water 7:30-8:45	RENTALS 7:30-9:00	
8:00 PM							
9:00 PM							

DAY/TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM	AQUACISE 7:30-8:25	ADULT SWIM 7:00-8:55	AQUACISE 7:30-8:25	ADULT SWIM 7:00-8:55	AQUACISE 7:30-8:25	POOL CLOSED 7:30-9:00	
9:00 AM	Swim Lessons 9:00-10:30	Swim Lessons 9:00-10:00	Swim Lessons 9:00-10:00	Swim Lessons 9:00-10:30	Swim Lessons 9:00-10:30	Swim Lessons 9:00-12:00	
10:00 AM	ADULT SWIM 10:00-10:30	ADULT SWIM 10:00-10:30	ADULT SWIM 10:00-10:30	ADULT SWIM 10:00-10:30	ADULT SWIM 10:00-10:30		
11:00 AM	ROM/ARTHRITIS 10:35-11:30	ROM/ARTHRITIS 10:35-11:30	ROM/ARTHRITIS 10:35-11:30	ROM/ARTHRITIS 10:35-11:30	ROM/ARTHRITIS 10:35-11:30		
12:00 PM	ACTIVE AQUATIC ADULTS 11:35-12:30	ACTIVE AQUATIC ADULTS 11:35-12:30	ACTIVE AQUATIC ADULTS 11:35-12:30	ACTIVE AQUATIC ADULTS 11:35-12:30	ACTIVE AQUATIC ADULTS 11:35-12:30		
1:00 PM	ROM/ARTHRITIS 12:35-1:30	ROM/ARTHRITIS 12:35-1:30	ROM/ARTHRITIS 12:35-1:30	ROM/ARTHRITIS 12:35-1:30	ROM/ARTHRITIS 12:35-1:30	RENTALS 12:00 - 1:30	
2:00 PM	Pool Closed 1:30-2:30	ADULT SWIM 2:00-3:00	POOL CLOSED 1:30-2:30	Swim Lessons 1:30-2:30	POOL CLOSED 1:30-2:30		
3:00 PM	OPEN SWIM 2:30 - 4:00	POOL CLOSED 3:00-5:30	POOL CLOSED 3:00-5:30	ADULT SWIM 4:00-5:00	OPEN SWIM 2:00-5:30	OPEN SWIM 1:00-5:30	
4:00 PM	POOL CLOSED 4:00 - 5:30	POOL CLOSED 4:00 - 5:30	POOL CLOSED 4:00 - 5:30	ADULT SWIM 4:00-5:00	POOL CLOSED 4:00 - 5:30		
5:00 PM	Swim Lessons 5:30-6:30	Swim Lessons 5:30-6:30	Swim Lessons 5:30-6:30	Swim Lessons 5:30-6:30	Swim Lessons 5:30-6:30	RENTALS 5:30 - 8:00	Y CLOSING AT 5:00
6:00 PM	OPEN SWIM 6:35-8:00	OPEN SWIM 6:30-8:30	OPEN SWIM 6:35-8:00	OPEN SWIM 6:30-8:30	OPEN SWIM 6:30-8:30		
7:00 PM	ADULT SWIM 8:00-9:00	ADULT SWIM 8:00-9:00	ADULT SWIM 8:00-9:00	ADULT SWIM 8:00-9:00	ADULT SWIM 8:00-9:00		
8:00 PM							
9:00 PM							

LAP SWIM & AQUA JOG: Open to anyone 7th grade and older. Swimmers must swim laps or aqua jog. At times, additional activities may share the pool during low demand times.

OPEN SWIM: Open to anyone! 5th grade and younger must be supervised by an adult. Children under age 6 and non-swimmers must be accompanied by an adult in the water.

POOL RULES:

- * Please shower before entering the pool
- * Proper swim attire is required (no cut-offs)
- * Children who are not potty trained need to wear a swim diaper
- * Food, drink and gum are not permitted in the pool area
- * Diving is only permitted in Pool 1 at 9 feet or deeper
- * Lifeguards are required and will enforce all pool rules

FITNESS & WELLNESS

Strive Wellness Center

13 years & older Our spacious Strive Wellness Center features 15 stations of Strive adjustable weight resistance equipment including 3 computerized bikes, 2 recumbent bikes, 10 variable speed/ incline treadmills, 10 Precor EFX elliptical cross trainers, 5 stair masters and an 8 station Express Line for those in a rush. The Express Line consist of 8 stations that can be completed in 17 minutes! The Wellness Center has multiple HD flat screens for your viewing pleasure and you can tune to the FM station for sound. Each machine is designed to take you to complete muscle fatigue in three quick sets. Each set targets a group of muscle fibers which provides you with greater and quicker gains in strength and endurance.

Wellness Center Orientation

13 years & older All members are encouraged to schedule an orientation which allows the member to consult directly with trained Wellness Center staff. They will provide expert guidance in the use of equipment, proper seating and technique. Our staff will also conduct a comprehensive health screening which includes blood pressure, resting heart rate, body fat percentage, weight and flexibility measurements and more. Schedule your orientation with Member Services. Please allow 1 hour and preferably one person at a time. Health assessment form required prior to orientation. **MEMBERS FREE**

Fitness Analysis

13 years & older An overall fitness test is performed: body fat percent-age, blood pressure, resting heart rate, flexibility and weight measurements. Personal recommendations are made based on your personal fitness goals. Schedule your appointment at Member Services.

MEMBER FREE
Non-Member \$25.00

Free Weight Room

13 years & older The weight room features 1200 square feet of equipment and free weights.

Y' All Walkers

Indoor walking program provides safe, climate controlled area for walking from September 14- May 27.

DAY Mon.- Fri. **TIME** 8:45- 10:15a **MEMBER** FREE **Non-Member** FREE

**HAVE FUN
MAKE FRIENDS
GET FIT**



Spring 2016 Gym Schedules

GYM 1

April-June 2016

GYM 2

DAYTIME	MON	TUES	WED	THUR	FRI	SAT	SUN
5:30AM						Y Opens @ 6:30 AM	
6:00 AM	Open Gym 5:00 AM-7:30 AM	Open Gym 5:00 AM-7:30 AM	Open Gym 5:00 AM-7:30 AM	Open Gym 5:00 AM-7:30 AM	Open Gym 5:00 AM-7:30 AM		
7:00 AM							
8:00 AM	School Aged Care 7:30 AM-8:30 AM	School Aged Care 7:30 AM-8:30 AM	School Aged Care 7:30 AM-8:30 AM	School Aged Care 7:30 AM-8:30 AM	School Aged Care 7:30 AM-8:30 AM	Open Gym 6:30-10:00 AM	
9:00 AM	Y'ALL Walkers 8:45 AM-10:15 AM	Y'ALL Walkers 8:45 AM-10:15 AM	Y'ALL Walkers 8:45 AM-10:15 AM	Y'ALL Walkers 8:45 AM-10:15 AM	Y'ALL Walkers 8:45 AM-10:15 AM		
10:00 AM	All Day Child Care 10:15 AM-10:45 AM Y's Nest 10:45 AM-11:15 AM	All Day Child Care 10:15 AM-10:45 AM Y's Nest 10:45 AM-11:15 AM	All Day Child Care 10:15 AM-10:45 AM Y's Nest 10:45 AM-11:15 AM	All Day Child Care 10:15 AM-10:45 AM Y's Nest 10:45 AM-11:15 AM	All Day Child Care 10:15 AM-10:45 AM Y's Nest 10:45 AM-11:15 AM	Youth Sports 10AM-12 PM	
11:00 AM		Open Gym		Open Gym			
12:00 PM	Open Gym 11:15 AM-2:15 PM	Open Basketball 12:00 PM-2:00 PM	Open Gym 11:15 AM-2:15 PM	Open Basketball 12:00 PM-2:00 PM	Open Gym 11:15 AM-2:15 PM	Open Gym 12:00-2:00 PM	
1:00 PM							
2:00 PM	Y's Nest 2:15 PM-2:45 PM	Y's Nest 2:15 PM-2:45 PM	Y's Nest 2:15 PM-2:45 PM	Y's Nest 2:15 PM-2:45 PM	Y's Nest 2:15 PM-2:45 PM		
3:00 PM	Open Gym 2:45 PM-4:00 PM	Open Gym 2:45 PM-4:00 PM	Open Gym 2:45 PM-4:00 PM	Open Gym 2:45 PM-4:00 PM	Open Gym 2:45 PM-4:00 PM	Open Volleyball Pick-up 2:00-5:00 PM	Open Gym 1:00 PM-5:00 PM
4:00 PM	School Aged Care 4:00 PM-5:00 PM	School Aged Care 4:00 PM-5:00 PM	School Aged Care 4:00 PM-5:00 PM	School Aged Care 4:00 PM-5:00 PM	School Aged Care 4:00 PM-5:00 PM		
5:00 PM	Open Gym 5:00 PM-6:00 PM	Open Gym 5:00 PM-6:00 PM	Open Gym 5:00 PM-6:00 PM	Open Gym 5:00 PM-6:00 PM	Open Gym 5:00 PM-6:00 PM	Open Gym 5:00-7:00 PM	
6:00 PM	Zumba 6:00 PM-7:00 PM						
7:00 PM	City League Pick-up Basketball 7:00 PM-10:00 PM	Open Gym 6:00 PM-10:00 PM	City League Pick-up Basketball 6:00 PM-10:00 PM	Open Gym 6:00 PM-10:00 PM	Rentals 6:00 PM-8:30 PM	Rentals 7:00-9:30 PM	YMCA closes at 5:00PM
8:00 PM							
9:00 PM							
10:00 PM	The YMCA closes @ 10:00 PM Monday through Thursday				YMCA closes at 9:30PM		

DAYTIME	MON	TUES	WED	THUR	FRI	SAT	SUN
5:00 AM						YMCA Opens @ 6:30 AM	
6:00 AM	Open Gym 5:00 AM-7:30 AM	Open Gym 5:00 AM-7:30 AM	Open Gym 5:00 AM-7:30 AM	Open Gym 5:00 AM-7:30 AM	Open Gym 5:00 AM-7:30 AM		
7:00 AM						Open Gym 6:30 AM-7:30 AM	
8:00 AM	School Aged Care 7:30 AM-8:30 AM	School Aged Care 7:30 AM-8:30 AM	School Aged Care 7:30 AM-8:30 AM	School Aged Care 7:30 AM-8:30 AM	School Aged Care 7:30 AM-8:30 AM		
9:00 AM	Pickle Ball 8:45 AM-10:15 AM	Open Gym 8:45 AM-10:15 AM	Pickle Ball 8:45 AM-10:15 AM	Open Gym 8:45 AM-10:15 AM	Pickle Ball 8:45 AM-10:15 AM	Gymnastics 7:30-10:00 am	
10:00 AM		Tumbling Tots 10:00-11:00 AM					
11:00 AM	Open Gym 10:15-12:00pm	Open Gym 11:00-12:00pm	Open Gym 10:15-12:00pm	Open Gym 10:15-12:00pm	Open Gym 10:15-12:00pm	Open Gym 10AM-11:00am	
12:00 PM	All Day Child Care 12:00-12:45pm	All Day Child Care 12:00-12:45pm	All Day Child Care 12:00-12:45pm	All Day Child Care 12:00-12:45pm	All Day Child Care 12:00-12:45pm	Pickle Ball 11AM-2PM	
1:00 PM	Pickle Ball 12:45-2:00pm		Pickle Ball 12:45-2:00pm		Pickle Ball 12:45-2:00pm		Open Gym 1:00-2:00pm
2:00 PM							
3:00 PM	Open Gym 2:30-3:30pm	Open Gym 12:45-5:30 pm	Open Gym 2:30-3:30pm	Open Gym 12:45-5:30pm	Open Gym 2:30-3:30pm	Open Basketball 2:00 PM-5:00 PM	Pickle Ball 2:00-4:00pm
4:00 PM							
5:00 PM	Gym Team 3:30 PM-7:00 PM		Gym Team 3:30 PM-7:00 PM		Gymnastics 3:30-7:15 pm		Open Gym 4:00-5:00pm
6:00 PM		Pickle Ball 5:30-8:00PM		Pickle Ball 5:30-8:00PM		Pickle Ball 5:00-7:00 PM	
7:00 PM	Tao Kwon Do 7:00 PM-8:30 PM		Tao Kwon Do 7:00 PM-8:30 PM		Open Gym 7:15-8:00PM	Rentals 7:00 PM-8:30 PM	
8:00 PM	City League Pick-up Basketball 8:00 PM-10:00 PM	Volleyball Open Play	City League Pick-up Basketball 8:00 PM-10:00 PM	Volleyball Open Play	Rentals 8:00 PM-9:30 PM		
9:00 PM							
10:00 PM	The Y closes @ 10:00 pm				The Y closes @ 9:30PM	YMCA CLOSING AT 8:30PM	

Gym Rules:

- * Only non-marking shoes are allowed (No Heelies)
- * Food and drinks are not permitted in the gym areas
- * Please check with Member Services for approval to use outside equipment

GROUP EXERCISE

The general group exercise classes below as well as CXWorx, Combat and SH'BAM are included in membership. Members do not have to register for these group exercise classes— JUST DROP IN!!! Classes are open for your convenience and will operate on a "first come, first serve basis" for classes where space is limited

Spinning

13 years & older Forty-five minutes of high intensity / low impact cycling to improve cardiovascular fitness. Limited bikes! Beginner/ Intermediate/ Advanced

Day	Time
Mon.	5:00– 6:00p
Thurs.	7:00– 8:00a
Sat.	9:00– 10:00a

Women's Weight Training

16 years & older Learn the basics of resistance training in a small group setting. Performance of this style exercise can assist in improving bone density which can ward off osteoporosis. Beginner/Intermediate/ Advanced

Day	Time
Mon.	6:30– 7:30p
Wed.	6:30– 7:30p

Yoga

Unite your mind and spirit, increase your flexibility, feel the relaxation, and improve your posture and asana by participating in this one hour class. Yoga has also been found to manage chronic stress and illness. Beginner/ Intermediate/ Advanced

Day	Time
Tues	9:15–10:30a
Tues.	6:30–7:30p
Thurs.	9:15–10:30a
Thurs	6:30–7:30p
Sat.	9:15–10:30a

360 Blast

Get an excellent full body workout in just 30 minutes of High Intensity Interval Training (HIIT). HIIT style workouts are an excellent form of exercise when trying to lose weight. This class can be modified and is available to all levels of fitness. Beginner/ Intermediate/ Advanced

Day	Time
Mon.	4:30– 5:00p
Wed.	4:30– 5:00p

Silver Sneakers Classic

13 years & older Chair exercise class that allows participants to work on basic strengthening exercises from the seated position. The focus will be strengthening muscle and increasing range of motion without impact or overexertion.

Day	Time
Mon.	8:45– 9:45a
Tues.	8:15– 9:15a
Tues.	10:30– 11:30a
Thurs.	10:30– 11:30a

Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be 'FUN AND EASY TO DO' in order for Zumba participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is not only great for the body, but it is also great for the mind. It is a 'feel happy' workout.

Day	Time
Mon.	6:00– 7:00p



Holy Yoga

13 years & older Gentle: Soft and slow exploration of postures and breath. Some movement, great for beginners or just as an opportunity to let God's grace in. All levels welcome. Slow Flow: Introspective slow movements linking breath with motion. Focus is on breath work and reliance on God through meditation. Slow enough for all levels while giving the most advanced student the opportunity for growth.

Day	Time
Wed.	10:15–11:15am
Fri.	10:15–11:15am

Holy Yoga Levels 1 & 2

13 years & older Levels 1 & 2: Fundamental postures in a more up-beat class with an emphasis on strength, alignment and perseverance. Some yoga experience recommended. This is great for athletes!

Day	Time
Fri.	5:15–6:15a

LES MILLS FITNESS

Les Mills BODY COMBAT

13 years & older
Empowering cardio workout where you are totally unleashed! This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness. Beginner/ Intermediate/ Advanced



Day	Time
Tues.	5:50-6:50a
Tues.	6:30- 7:30p
Thurs.	5:50-6:50a
Sat.	7:00-8:00a

SH'BAM

13 years & older
A fun-loving, insanely addictive dance workout. SH'BAM™ is an ego-free zone – no dance experience required. All you need is a playful attitude and a cheeky smile so forget being a wallflower – even if you walk in thinking you can't, you'll walk out knowing you can do it!

Day	Time
Wed.	7:00- 8:00p

LES MILLS GRIT*

GRIT is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, build lean muscle, make you perform like an athlete, increase speed, and cardiovascular fitness. This workout uses a combination of barbell, weight plate and body weight exercises to blast all major muscle groups, a bench and combines jumping exercises with agility training to increase explosiveness and to build a lean and athletic body, and a variety of body weight exercises that provides the challenge and intensity you need to get results fast.

LES MILLS GRIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

DAY	TIME	MEMBER	NON MEMBER
Mon.	7:00- 7:30p	\$8.00	\$48.00
Wed.	8:30-9:00a	\$8.00	\$48.00

Les Mills CXWORX

13 years & older CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

Day	Time
Mon.	8:30- 9:00a
Tues.	5:15- 5:45a
Tues.	6:00- 6:30p
Thurs.	5:15- 5:45a
Thurs.	8:30a-9:00a

Les Mills BODY PUMP*

13 years & older Strengthens your entire body and challenges your major muscle groups by using weight room exercises like squats, presses lifts and curls. Great music and your choice of weights will inspire you to the results you desire. Beginner/ Intermediate/ Advanced

DAY	TIME	MEMBER	NON MEMBER
Mon.	5:15- 6:15a	\$10.00	\$50.00
Mon.	6:00- 7:00p	\$10.00	\$50.00
Wed.	5:15-6:15a	\$10.00	\$50.00
Wed.	9:00-10:00a	\$10.00	\$50.00
Wed.	6:00-7:00p	\$10.00	\$50.00
Fri.	9:00-10:00a	\$10.00	\$50.00
Sat.	8:00-9:00a	\$10.00	\$50.00

*Please note, Body Pump and GRIT are premium programs which requires an additional fee.

MARTIAL ARTS

Tae Kwon Do

5 years & Older Tae Kwon Do for youth and adults. Monday and Wednesday class is for Adults. Wednesday class is for both Adults and Youth. Intermediate/ Advanced

Level	Day	Time	Member	Non- Member
Beginner	Mon./ Wed.	7:00-8:00p	\$21.00	\$45.00
Intermediate (Blue, Green & Orange Belts)	Wed.	7:30- 9:00p	\$12.00	\$24.00
Advanced (Brown & Black Belts)	Mon.	7:30- 9:00p	\$12.00	\$24.00

For the latest news
& updates... follow us here!



Personal Training Program

Waynesboro YMCA Personal Training Program

Are you searching for that new and improved you? Come try the redesigned Waynesboro Y Personal Training Program today.

Why Personal Training?

- Work with certified trainers to help develop realistic long and short term goals
- Have a program that's designed specifically for you
- Personal trainers can help maximize your workout time
- Consistent, non-judgmental support
- Individual and Group Training (5 max)
- Results!



Jesse Tyler
Certified Personal
Trainer



Michelle Benshoff
Certified Personal
Trainer

Our personal trainers will motivate you to do better. They will give you the push you need to reach your personal goals.



WHAT'S INCLUDED? HOW DO I GET STARTED?

- ◆ Your Personal Training Program starts with completing the Personal Training Request Form available at the Member Services Desk.
- ◆ You will provide your trainer with your information so he/she will have an idea on how to structure your personalized program.
- ◆ When signing up for personal training, you will receive a voucher for each session that you purchase.
- ◆ At the start of each session you will give your trainer the voucher card to show that you paid for that session.

Session Types

- ◆ 30-minute Individual
- ◆ 45-minute Individual
- ◆ 1-hour individual
- ◆ 1-hour group (max of 5 per group)



IMPROVING THE NATION'S HEALTH AND WELL-BEING

Health and well-being are all about balance. That's why we help people and families build and maintain healthy habits for spirit, mind and body in their everyday lives. By helping kids, adults, families and seniors from all backgrounds improve their health and well-being, we build a stronger community.

SUMMER 1 SCHEDULE

GROUP EXERCISE SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer 1: June 6-July10						
Summer 2: July 11-Aug 14	5:15-6:15am BODY PUMP\$	5:15-5:45am CXWORX	5:15-6:15am BODY PUMP\$	5:15-5:45am CXWORX	5:15- 6:15am HOLY YOGA: LEVEL 1&2	
*Class held in community room		5:50-6:50am BODY COMBAT		5:50-6:50am BODY COMBAT		
# Class held in free weight room				7-8am SPIN*		7:00-8:00am BODY COMBAT
^ Class held in Gymnasium	8:30-9:00am CXWORX	8:15-9:15 SILVER SNEAKERS	8:30-9:00am GRIT\$	8:30-9:00am CXWORX		8:00-9:00am BODY PUMP\$
\$ Premium class - requires registration and fee	8:45-9:45am SILVER SNEAKERS	9:15- 10:30am YOGA	9:00-10:00am BODY PUMP\$	9:15- 10:30am YOGA	9:00-10:00am BODY PUMP\$	9:00-10:00am SPIN*
		10:30- 11:30am SILVER SNEAKERS	10:15- 11:15am HOLY YOGA: GENTLE/SLOW	10:30- 11:30am SILVER SNEAKERS	10:15- 11:15am HOLY YOGA: GENTLE/SLOW	9:15-10:30am YOGA
	4:30-5:00pm 360 BLAST		4:30-5:00pm 360 BLAST			
	5:00-6:00pm SPIN*					
	6:00-7:00pm BODY PUMP\$	6:00-6:30pm CXWORX	6:00-7:00pm BODY PUMP\$			
	6:00-7:00pm ZUMBA^	6:30-7:30pm BODY COMBAT				
	6:30-7:30pm WWT#	6:30-7:30pm YOGA*	6:30-7:30pm WWT#	6:30-7:30pm YOGA*		
	7:00-7:30pm GRIT\$		7:00-8:00pm SH'BAM			



Stay up-to-date and be inspired! Join the Facebook Waynesboro YMCA Group Fitness page! Receive group exercise class changes via text or e-mail by sending a text@wayfitgen to the number 81010 or 717-839-5209 or send an email to wayfitgex@mail.remind.com



Facility Access Policy (a copy of our full policy is available at member services)

GYMS	Adult Programs	Open Gym	Youth Programs
< 6 months	No	**with adult	In program
6 months - 5 yrs	No	**with adult	In program
6 yrs - 6th grade	No	**with adult	In program
7th - 8th grade	**with adult	Yes	Yes
9th - 12th grade	Yes	Yes	Yes
Adults	Yes	Yes	Yes

LOCKER ROOMS	Athletic Club^	Boys/Girls	Family
< 6 months	No	*with 9th grd or older	**with adult
6 months - 5 yrs	No	*with 9th grd or older	**with adult
6 yrs - 6th grade	No	*with 9th grd or older	**with adult
7th - 8th grade	No	Yes	***special needs
9th - 12th grade	Must be 19	Yes	***special needs
Adults	Yes	Yes	***special needs

GENERAL	Balcony	Lobby	Lounge
< 6 months	*with 9th grd or older	*with 9th grd or older	*with 9th grd or older
6 months - 5 yrs	*with 9th grd or older	*with 9th grd or older	*with 9th grd or older
6 yrs - 6th grade	*with 9th grd or older	*with 9th grd or older	*with 9th grd or older
7th - 8th grade	Yes	Yes	Yes
9th - 12th grade	Yes	Yes	Yes
Adults	Yes	Yes	Yes

POOLS	Adult Swim	Family Swim	Lap Swim	Open Swim
< 6 months	No	**with adult	No	**with adult
6 months - 5 yrs	No	**with adult	No	**with adult
6 yrs - 6th grade	No	**with adult	No	**with adult
7th - 8th grade	No	*with 9th grd or older	Yes**	Yes
9th - 12th grade	18+	Yes	Yes	Yes
Adults	Yes	Yes	Yes	Yes

FITNESS AREAS	Aerobics Studio	Nautilus-Weight Room	Racquetball Court	Wellness Center
< 6 months	No	No	No	No
6 months - 5 yrs	Program	No	Program	No
6 yrs - 6th grade	Program	No	Program	No
7th - 8th grade	Program	Yes (see #15)	Yes	Must be 13
9th - 12th grade	Program	Yes	Yes	Must be 13
Adults	Program	Yes	Yes	Yes

CHILD/YOUTH AREAS	Child Watch	Computer Lab	Playground	Teen Center
< 6 months	Yes	No	*with 9th grd or older	Yes**
6 months - 5 yrs	Yes	No	*with 9th grd or older	Yes**
6 yrs - 6th grade	Yes	No	*with 9th grd or older	Yes**
7th - 8th grade	No	Yes (see #6)	Yes	Yes
9th - 12th grade	No	Yes (see #6)	Yes	Yes
Adults	No	Yes (see #6)	Yes	Yes

* Must be accompanied by an individual in the 9th grade or older

** Must be accompanied by an adult

*** Special needs or circumstances

^ Members only

Staff must be on duty to access Climbing Wall

THE Y... FOR ALL, FOREVER



Waynesboro Area YMCA Memorial Paver Campaign

YMCA Memorial Garden pavers will be at the northeast corner of our YMCA. Each paver will be personalized with your custom inscription. Dedicate your paver to a loved one, honor a Y friend or purchase a paver to remember your time at the Y. Purchase your paver before June 30th and you will be a part of the initial display.

Paver Options

Each paver may be customized with names, quotes, dates or any message of your choice. Please see reverse side for character and spacing details.

4"x8" Paver	\$100 Contribution
12"x12" Paver	\$200 Contribution
8"x 12" Wall Block	\$500 Contribution
18"x18" Paver	\$1000 Contribution



Complete the order form on the reverse side and submit to Member Services (attention Amanda Gietka). Call 717-762-6012 or email Amanda@waynesboroyymca.org with questions.



WAYNESBORO AREA YMCA

810 East Main Street, Waynesboro Pennsylvania 17268 717-762-6012 www.waynesboroyymca.org



UPCOMING EVENTS

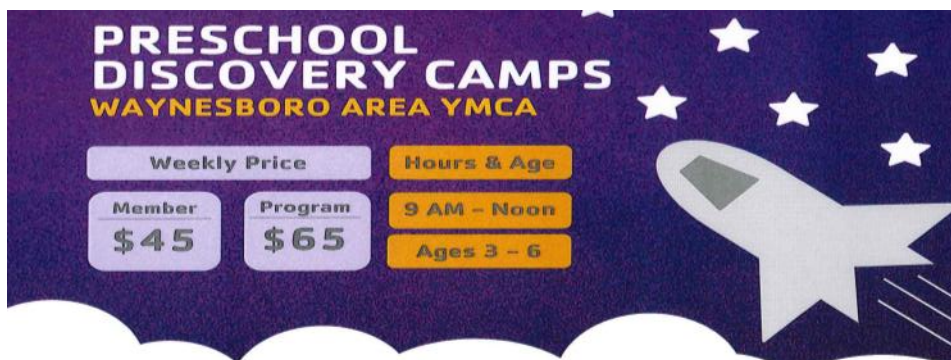
Adventure Awaits this Summer at the Waynesboro Area YMCA!

Summer Day Camp Member Registration is underway!

Summer Day Camp has a variety of activities to keep your child (grade 1st-8th grades) interested and entertained all summer long. Activities may include sports, games, recreational swimming, arts and crafts.

Summer Camp Town Hall parent meeting will be held Tuesday, May 31 at 7:30pm. Our annual summer camp parent's meeting is an opportunity to learn about everything that is camp! Our counselors and director will be hand to meet and answer your camp questions.

Preschool Discovery Camps are themed weekly adventures for children ages 3-6. Each camp is 3 hours in duration (9am-12 noon) with a field trip on Friday and swimming on Tuesday and Thursday. Your camper will learn, play, and grow in a safe environment.



MASON DISC'N ULTIMATE TOURNAMENT

When: Saturday June 4th, start time: 9am

Where: Otterbein Community Recreation Park
13375 Welty Road, Waynesboro Pa

Cost: \$200/team

****Register by May 23rd****

- All players registered by May 23rd receive a free t-shirt!
- All teams receive lunch & concessions will be available
- The tournament format will be 7vs7, with either a 5-2 or 6-1 ratio (dictated by offense at the beginning of each point).
- Tournament will start with mini pool play. Play-off brackets will then be set up for single elimination. Finalist in both brackets will play in the championship game.

Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of Ultimate is played by two seven-player squads with a high-tech plastic disc on a field similar to football. The object of the game is to score by catching a pass in the opponent's end zone.





Waynesboro Area YMCA
810 East Main Street
Waynesboro, PA 17268

return services requested

Non- Profit
Organization
U.S. POSTAGE
PAID
Waynesboro, PA
Permit No. 200

2016 Upcoming Events



- Preschool and School Aged Programs Registration:
May 2nd-8th (Currently Enrolled)
May 9th / Open to Members
May 16th / Open Enrollment
- Summer Swim Team Starts: May 9th
- 2nd Annual Sprint Triathlon: May 29th

Registration Dates

Session	Dates	Member Registration	Non- Member Registration
Spring 1	Apr 11– May 29	Mon. Mar 21	Wed. Mar 30
Summer Interim	May 30-June 5	None	none
Summer 1	June 6 - July 10	Mon. May 16	Wed. May 25
Summer 2	July 11– Aug.14	Mon. May 16	Wed. May 25

Group Exercise Classes are open to members-
No registration required. (excludes Body Pump and GRIT)



**TAKE TIME TO TRAIN &
THEN TRI SOMETHING NEW**

2nd Annual Sprint Triathlon

This sprint distance includes 300 meter swim, 13 mile bike ride and 5K run. Individual & team relay categories offered for athletes of all ages and abilities! GIVE IT A TRY!



Sunday, May 29, 2016 [Register NOW on imATHLETE](#)

WAYNESBORO AREA YMCA