



The Y & the **LIVESTRONG** Foundation have joined together to create **LIVESTRONG** at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

March 5— May 23  
 Mon. & Wed. 6-7:30pm  
**FREE** for all cancer survivors.  
 FUNDED BY SUMMIT ENDOWMENT

**2018 Session Dates:**

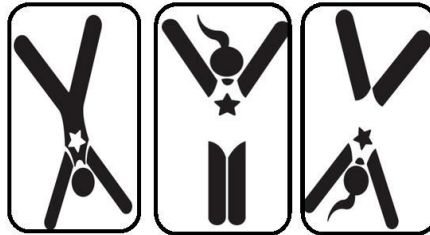
Winter 1: Jan. 2-Feb. 18  
 Winter 2: Feb. 19-April 8

**Registration for Winter 2:  
 NOW Open to Members!**

**WINTER HOURS:**  
**Monday– Thursday**  
 5:00a– 10:00p  
**Friday** 5:00a– 9:30p  
**Saturday** 6:30a– 8:30  
**Sunday** 1:00p– 5:00p  
 MEMBER SERVICES DESK CLOSES  
 30 MINUTES BEFORE BUILDING  
 PRIOR TO BUILDING CLOSING

### 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	\$38.00	\$84.00
Sat.	8:30– 9:30a	\$25.00	\$62.00
Sat.	9:30– 10:30a	\$25.00	\$62.00

### Weather/Cancellation Policy

We follow WASD to determine our weather delays/closures for programs. Unless our building closes, facilities will remain open for recreational use. Updated information and cancellations are posted on our website and YMCA Facebook page.

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Our Winter program and membership guide has all the information you need to keep your family busy this winter season. Registration is open for members for Winter 2 and open for non-members February 7th.



### SNOW DAYS: WASD/GASD:

When there is a SNOW DAY closing for schools, we will provide the SNOW DAYCARE for parents to bring their children (7:00am-6:00pm). You do not have to be a member to enroll. Children should arrive to the Y no later than 8:45am with a packed lunch and swimsuit, afternoon snack is provided. Parents must pay at enrollment/dropping of child. 7:00am-6:00pm

The Waynesboro Area YMCA is excited to host the fourth annual **STROKES, SPOKES & STRIDES** Triathlon.

Register at [www.imATHLETE.com](http://www.imATHLETE.com).

This sprint distance triathlon includes:

- 300 meter swim
- 13 mile bike ride
- 5K run

**Saturday, June 9, 2018**

**Race Instruction @ 7:30am**  
**Race begins @ 8:00am**