



STRONGER TOGETHER

**WAYNESBORO AREA YMCA
FALL 2 2018**



717-762-6012 www.waynesboroymca.org

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

FALL 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– 12:30p
Sunday	CLOSED

SESSION DATES

Fall 2	Oct. 15–Dec. 2
Winter Interim	Dec. 3–Jan. 1
Winter 1	Jan. 2–Feb. 17

Waynesboro Area YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.



thehub
ANYWHERE. ANY DEVICE

Members can manage their account online!

- Join online
- Renew membership
- Make weekly child care payments
- Re-print receipts
- Register for fitness classes
- Use your smart phone to scan into our Y

STAFF DIRECTORY

Executive Director, Amanda Gietka

Amanda@waynesboroymca.org

Member Experience Associate, Kathy Bostic

Kathy@waynesboroymca.org

Facility Director, Mike Decker

Mike@waynesboroymca.org

Membership Director, Wanda Fuller

Wanda@waynesboroymca.org

Aquatics Director, Emily Miller

Emily@waynesboroymca.org

Finance Director, Donna Poffenberger

Donna@waynesboroymca.org

Health and Wellness Director, Sarah Santangelo

Sarah@waynesboroymca.org

Youth Development Director, Karen Walker

Karen.w@waynesboroymca.org

Sports and Recreation Director: TBA

@waynesboroymca.org

MEMBERSHIP RATES

(effective 5/1/2013)

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



*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 pay non-member prices 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 Kathy Bostic, Member Experience 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 National 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.

***BAKER'S DOZEN: gives you an extra month FREE! All annual adult and family memberships get a month FREE! Plus, no association fee for extra savings! 13 months for the price of 12!**

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.

+20/20: you and your friend commit to the Y together, you both enjoy an exclusive 20% member-ship savings off the standard adult or family membership rate each month (see back page for more info).

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 Kathy Bostic, Member Experience 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 Director.

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& updates... follow us here!



SCHOOL AGED CARE

WAYNESBORO CARE CLUB– BEFORE SCHOOL

K– 5th Grade Our DHS licensed before school CARE program provides a safe environment for elementary school students between 6:30am until the start of school (Monday– Friday, days school is in session). 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*, Mowrey and Hooverville. This program ends on the last day of school. All CARE participants must pay by monthly bank withdrawal (beginning 8/15/18) . *During delays, Summitview students will be dropped off at the Y.

Non– Refundable Registration Fee: Members \$20, Non-Members \$25
2018–2019 Rates:

# of Days/Week	Member Monthly Rate	Non Member Monthly Rate
5 days/ week	\$99.00	\$149.00
4 days/ week	\$80.00	\$122.00
3 days/ week	\$63.00	\$93.00
2 days/ week	\$43.00	\$64.00
1 day/ week	\$23.00	\$32.00

WAYNESBORO CARE CLUB– AFTER SCHOOL

K– 5th Grade Our DHS licensed after school CARE program provides a safe environment for elementary school students after school dismissal until 6:00pm (Monday– Friday, days school is in session). 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, Mowrey and Hooverville. This program ends on the last day of school. All CARE participants must pay by monthly bank withdrawal (beginning 8/15/18).

Non– Refundable Registration Fee: Members \$20, Non-Members \$25
2018–2019 Rates:

# of Days/Week	Member Monthly Rate	Non Member Monthly Rate
5 days/ week	\$121.00	\$182.00
4 days/ week	\$99.00	\$148.00
3 days/ week	\$76.00	\$114.00
2 days/ week	\$55.00	\$77.00
1 day/ week	\$27.00	\$40.00

SNOW DAYS: WASD/GASD:

When there is a SNOW DAY closing for WASD, we will provide the SNOW DAY CARE for parents to bring their children to the Y. You do not have to be a member to enroll. GASD students are welcome to participate on snow days when WASD has a snow day at the Y. Children should arrive at the Y no later than 8:45am with a packed lunch and swimsuit. Afternoon snack is provided. Must Pay at Enrollment/dropping off child.
7:00am–6:00pm

Member: \$22.00/ day Non-Member: \$26.00/ day

GREENCASTLE ANTRIM BEFORE SCHOOL CARE CLUB

K– 5th Grade Our DHS licensed before school CARE program provides a safe environment for elementary school students between 6:30am until the bus pick-up (Monday– Friday, days school is in session). 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 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 8/15/18).

Non– Refundable Registration Fee: Members \$20, Non-Members \$25
2018–2019 Rates:

# of Days/Week	Member Monthly Rate	Non Member Monthly Rate
5 days/ week	\$106.00	\$154.00
4 days/ week	\$86.00	\$125.00
3 days/ week	\$67.00	\$95.00
2 days/ week	\$46.00	\$65.00
1 day/ week	\$24.00	\$33.00

GREENCASTLE ANTRIM AFTER SCHOOL CARE CLUB

K– 5th grade Our DHS licensed after school CARE program provides a safe environment for elementary school students after school dismissal until 6:00pm (Monday– Friday, days school is in session). 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 Greencastle Church of the Brethren located at 36 South Carlisle St. Program runs from the bus drop off to 6:00pm. This program ends on the last day of school. All CARE participants must pay by monthly bank withdrawal (beginning 8/15/18).

Non– Refundable Registration Fee: Members \$20, Non-Members \$25
2018–2019 Rates:

# of Days/Week	Member Monthly Rate	Non Member Monthly Rate
5 days/ week	\$159.00	\$199.00
4 days/ week	\$130.00	\$162.00
3 days/ week	\$99.00	\$123.00
2 days/ week	\$69.00	\$84.00
1 day/ week	\$36.00	\$44.00

**ENRICHING
KIDS
INSIDE & OUT**
Before & After School Programs
NOW REGISTERING!



SCHOOL'S OUT CLUB

WASD/GASD SCHOOL'S OUT CLUB (SOC)

The YMCA provides all day care for students when the WASD/GASD is closed. Field trips, swimming, games, crafts, movies and more will be planned during SOC days. Children must arrive by 8:45am 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.

Time	Member	Non- Member
6:30a- 6:00p	\$22.00/day	\$26.00/ day



<u>WASD</u>	<u>GASD</u>	<u>Last Day to Register</u>
Monday, August 20, 2018	<i>GASD in session</i>	August 17, 2018
Tuesday, August 21, 2018	<i>GASD in session</i>	August 18, 2018
<i>WASD in session</i>	Friday, August 24, 2018	August 21, 2018
Friday, October 5, 2018	<i>GASD in session</i>	October 2, 2018
Monday, October 8, 2018	Monday, October 8, 2018	October 5, 2018
Monday, November 12, 2018	<i>GASD in session</i>	November 9, 2018
Monday, November 26, 2018	Monday, November 26, 2018	November 23, 2018
Tuesday, November 27, 2018	Tuesday, November 27, 2018	November 24, 2018
<i>WASD in session</i>	Wednesday, November 28, 2018	November 25, 2018
Monday, December 24, 2018 (6:30 am – 4:00 pm)	Monday, December 24, 2018 (6:30 am – 4:00 pm)	December 21, 2018
Wednesday, December 26, 2018	Wednesday, December 26, 2018	December 23, 2018
Thursday, December 27, 2018	Thursday, December 27, 2018	December 24, 2018
Friday, December 28, 2018	Friday, December 28, 2018	December 24, 2018
Monday, December 31, 2018 (6:30 am – 4:00 pm)	Monday, December 31, 2018 (6:30 am – 4:00 pm)	December 28, 2018



All kids have enormous potential. At the Y, we work every day to help children and teens set and achieve their personal and educational goals in settings where they can have a sense of belonging and feel comfortable exploring new interests and passions. Waynesboro Area YMCA is proud to partner with the Pennsylvania State Alliance of YMCAs in promoting the **7th Grade Membership Initiative**, which provides a **FREE membership to all 7th Graders** in the area.

The **7th Grade Membership Initiative** is an opportunity for the Y to engage, cultivate and connect with youth at a time that is most crucial to their development.

Registration for our 7th Grade Initiative program is easy. **Students simply need to bring proof of 7th Grade status (a roster or report card), along with a parent or guardian to the Waynesboro Area YMCA.**

Upon completion of the application process, the FREE membership will be awarded. Membership must be redeemed while student is a current 7th grader or entering their 7th grade year. All 7th grade memberships expire at the end of the school year.

PRESCHOOL

GENESIS LEARNING CENTER

A DHS licensed program for 3-5 year olds. Our all-day preschool program offers developmentally appropriate activities including physical education, Bible time, educational activities and more! Morning and afternoon snacks are provided. The GLC operates from 6:30a- 6:00p. Payment will be auto-drafted on Fridays. Families interested in registering for the program should contact Karen Walker Youth Development Director at 717-762-6012.



GRACE & FAITH CLASSROOMS (AGES 3 - 5 YEARS)

Non- Refundable Registration Fee: Members \$20, Non-Members \$25
2018-2019 Rates:

# of Days/ Week	Member Weekly Rate	Non Member Weekly Rate
5 days/ week	\$109.00	\$131.00
4 days/ week	\$89.00	\$107.00
3 days/ week	\$69.00	\$83.00
2 days/ week	\$49.00	\$59.00
1 day/ week	\$26.00	\$30.00

CREATING HAPPY, DAILY



Meet our Staff



Youth Development Director: Karen Walker

Karen oversees the Y's youth development and enrichment programs. She also ensures that our facility is compliant with all DHS standards. Karen's certifications include bachelor degrees in Arts and Science with Spanish and Music Education. Karen is also very active in her church's Worship Team.

From our preschoolers in the Genesis Learning Center and Discovery camp to our school age programs, Karen and her staff are engaging our youngest members all year round.

Faith Classroom Lead Teacher: Melody Gober

Melody loves teaching children and mentoring parents. Melody has been teaching for 25 years with 21 of those years at the Y and was the 2017 Strong Kids Award recipient. Melody is thankful that God has placed her here at the Y.



Grace Classroom Lead Teacher: Diana Johnson

Diana loves working with children and watching them blossom! She is in her 3rd year of teaching preschool. She received teaching degree and a masters degree in Christian Education. When not shaping young minds, Diana and her husband are active with several local churches.



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!

FOR THE FAMILY

PARENT'S NIGHT OUT

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
Nov 9th	5:00– 9:00p	\$3.00	\$4.00
Dec 14th	5:00– 9:00p	\$3.00	\$4.00
Jan 11th	5:00– 9:00p	\$3.00	\$4.00
3+ Children Flat Hourly Rate		\$12.00	\$16.00

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 drop off to be sure your child is clean & dry. If your child is being potty training, have them use the restroom first.
- 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.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The Y . For a better us .

**Endless possibilities for cancer survivors.
LIVESTRONG AT THE Y**

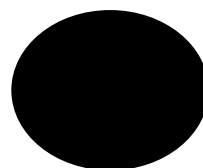
**Quality family time
HOUSEHOLD MEMBERSHIPS**

**Safety around the Water
SWIMMING LESSONS**

**Early childcare experience
GENESIS**

**Connecting with Youth
7TH GRADE INITIATIVE**

**Healthy Living
SILVERSNEAKERS**



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& updates... follow us here!



GYMNASTICS & YOUTH & RECREATION

TUMBLING TOTS

Walking-3 years old This program is designed to get kids active while building friendships and having fun. Learn to perform a very basic hands-on approach to gymnastics. It's a great way to get your child moving.

Date	Time	Member	Non-Member
Tues.	Walking -2yrs: 9:30- 10:00a	\$10.00	\$25.00
Tues.	2-3 years: 10:00- 10:45a	\$10.00	\$25.00

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	4:30-5:00p	\$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	\$38.00	\$84.00
Sat.	8:30- 9:30a	\$25.00	\$62.00
Sat.	9:30- 10:30a	\$25.00	\$62.00

YMCA GYMNASTICS TEAM

6-18 years old The summertime gives our gymnastics team the chance to improve through training and skill development.

On our competitive gymnastics team we pride ourselves in offering the opportunity to have our gymnasts compete in the XCEL level program throughout USA Gymnastics. Our XCEL gymnastics have proven to be very successful in their respective levels with 4 of our gymnastics qualifying for the state meet this past year with amassing numerous top 3 finishes in the meets they have participated in.

XCEL is an alternative USA Gymnastics competitive program offering individual flexibility to coaches and gymnasts. The goal of XCEL is to provide gymnasts of varying abilities and commitment levels the opportunity for a rewarding gymnastics experience. XCEL consists of 5 levels in increasing difficulty starting at Bronze, Silver, Gold, Platinum, and Diamond.

Day	Time	Members
Mon. & Wed.	5:15- 7:00p	\$60.00/month
Friday	4:15-7:15pm	

PRIVATE GYMNASTICS

A great way for gymnasts to gain more individualized instruction for gymnastics. Parents will be paired with an instructor and will be contacted on date and time availability. Available for both boys and girls. Ages 6-18. The cost covers 4, 1 hour sessions. When fourth session is completed the gymnast is then allowed to pay for 4 more sessions.

Member	Non- Member
\$60.00	\$100.00



ADULT LEAGUES

PICK-UP BASKETBALL

ages 15 and older Basketball play for any player. Games are played at the Y. Contact Jacob@waynesboroyymca.org for more info.

Day	Time	Member	Non- Member
Mon./Wed.	6:00-9:00	FREE	\$10.00/month

CITY LEAGUE BASKETBALL

ages 16 and older Register as an individual; all skills are welcome to join. Players are drafted into teams before the season begins (Nov 14th). Each player must read and sign the rule sheet. Begins November 26th.

Day	Time	Member	Non-Member
Mon./Wed.	6:00-9:00	\$50.00	\$85.00

WOMEN'S WINTER VOLLEYBALL

ages 15 and over Two divisions are available Competitive (A) and Non-Competitive/Pick-up (B). Games will be held at the Y.

(A) Competitive Team: Register as a team, pay as an individual. Substitutes \$5 per game. League Games: Nov 20-Feb 19

Day	Time	Member	Non- Member
Tuesday	6:00-7:30p	\$25.00	\$40.00

(B) CO-ED Non-Competitive/Pick-up Team: No determined teams, pick-up. Program runs: Nov 20-March 19

Day	Time	Member	Non- Member Pass/day
Tuesday	7:30-9:30p	\$25.00/season	\$5.00/per person
Saturday	3:00-6:30p		

PICKLE BALL

PICKLEBALL

Pickleball 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. Pickleball is a cross between badminton, tennis, and ping-pong.

- Gameplay will be taught regardless of skill level
- Make sure you wear comfortable clothes and sneakers
- Equipment is available to use
- It is a great time to exercise and socialize!

Day	Time
Mon./Wed./Fri.	9:00-11:00a & 12:45-2:00p
Tues./Thurs.	6:00-7:30p
Sunday	1:15-4:45

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.

Tuesday/ Thursday 6:00-8:00p

MARTIAL ARTS

Tae Kwon Do

5 years and Older Tae Kwon Do for youth and adults. The core principles of this Korean martial arts training is self-discipline and a high code of personal conduct with an emphasis on kicking techniques.

Level	Day	Time	Member	Non- Member
Beginner	Mon./ Wed.	7:00-8:00p	\$20.00	\$40.00
Intermediate/ Advanced	Mon./Wed.	8:00- 9:00p	\$23.00	\$42.00

WHERE WORK IS PLAY

DISCOVER YOUR PASSION AT THE Y

The YMCA is one of the oldest and largest charities in the country, and together, we are a cause aimed to strengthen community. We live our cause every day by nurturing the potential of all youth and teen, improving the nation's health and well-being and giving back to support our neighbors.

Why we need You

As our communities expand, so do the needs of the people in these communities. The Y is dedicated to delivering our promise to serve more people through programs that build healthy mind, body and spirit. We are looking for caring, honest, responsible and respectful people to help us provide a fun, engaging and welcoming atmosphere where all people are welcome.

What you can expect when you join our team

- A positive and welcoming environment with great people.
- We are team-oriented and support the work of our teams.
- A free YMCA membership! And Access to group wellness classes, including Cycling, Zumba, Yoga and more.
- Discounts on a variety of YMCA programs.
- A Flexible schedule with a variety of shifts to choose from.

Open Positions

- Swim Instructors
- Before/After School Counselors
- Child Care Team Members
- Gymnastics Instructor
- Personal Trainers

Interested candidates can stop by our Member Services Desk to complete an application.

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



SWIM LESSONS

Y-USA has identified the need to upgrade the Y's Aquatic programs. Swim Lessons are the backbone of Aquatics at the Y. We understand that emphasizing skills is essential to ensuring that students and their families understand the Swim Lessons. In an effort to emphasize skills and identify classes, the names of the Swim Lessons have been changed to skill-based Levels. Class names will underscore the skills being taught in the program and the foundation of water safety emphasized in the beginning stages. When students can talk about and demonstrate a skill they've mastered, they feel a sense of achievement and their families feel confident that students are learning and progressing. We are fully enveloped in the new Swim Lesson Program. Below is a sheet of all the skills your child will learn in each level.

Any questions, please ask your instructor or email Emily Miller, Aquatics Director, emily@waynesboroyymca.org

PRESCHOOL: AGES 3-5 1/2	WATERBABIES	LEVEL	DAY(S)	TIME	MEMBER	NON-MEMBER
		Level A**	Saturday	9:00-9:30a	\$15.00	\$43.00
		Level B**	Fridays	9:45-10:30a	\$22.00	\$64.00
			Saturday	8:30-9:00a	\$15.00	\$43.00
			Saturday	11:30a-12:00p	\$15.00	\$43.00
		PRESCHOOL LEVEL 1 (PIKE)	Mon/Wed	9:00-9:30a	\$33.00	\$85.00
			Mon/Wed	5:30-6:00p	\$33.00	\$85.00
			Tues/Thurs	5:30-6:00p	\$33.00	\$85.00
			Saturday	9:30-10:00a	\$17.00	\$43.00
			Saturday	10:30-11:00a	\$17.00	\$43.00
		PRESCHOOL LEVEL 2-3 (EEL)	Mon/Wed	9:30-10:00a	\$33.00	\$85.00
			Mon/Wed	6:00-6:30p	\$33.00	\$85.00
			Tues/Thurs	6:00-6:30p	\$33.00	\$85.00
			Saturday	10:00-10:30a	\$17.00	\$43.00
		PRESCHOOL LEVEL 4-5 (RAY/STARFISH)	Saturday	11:00-11:30a	\$17.00	\$43.00
			Tues/Thurs	6:45-7:15p	\$33.00	\$85.00

YOUTH: AGES 6-14/15	LEVEL	DAY(S)	TIME	MEMBER	NON-MEMBER
	YOUTH LEVEL 1-2 (POLLIWOG)	Mon/Wed	6:45-7:25p	\$38.00	\$87.00
		Tues/Thurs	6:45-7:25p	\$38.00	\$87.00
		Saturday	9:40-10:20a	\$20.00	\$48.00
		Saturday	10:20-11:00a	\$20.00	\$48.00
		Saturday	11:00-11:40a	\$20.00	\$48.00
	YOUTH LEVEL 3-4 (GUPPY)	Mon/Wed	6:45-7:25p	\$38.00	\$87.00
		Tues/Thurs	6:45-7:25p	\$38.00	\$87.00
		Saturday	9:40-10:20a	\$20.00	\$48.00
		Saturday	10:20-11:00a	\$20.00	\$48.00
	YOUTH LEVEL 5-6 (MINNOW/FISH)	Mon/Wed	7:25-8:05p	\$38.00	\$87.00
		Saturday	8:50-9:30a	\$20.00	\$48.00
	LITTLE RIPPLES	Tues/Thurs	5:30-6:00p	\$32.00	\$84.00

PRIVATE SWIM 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

HOMESCHOOL GROUP LESSONS

3-15 years old The Homeschool Swim Lesson Program strives to build long lasting swimming skills with an emphasis on water safety, while creating a fun atmosphere. Classes are held in Pool 1. Children should be swim-tested before registering, please contact Emily Miller, Aquatics Director.

AGE	DAY	TIME	MEMBER	NON MEMBER
Under 6	Tues.	10:00- 10:30a	\$17.00	\$43.00
Under 6	Wed.	10:00- 10:30a	\$17.00	\$43.00
6 & over	Tues.	11:20- 12:00a	\$20.00	\$48.00
6 & over	Tues.	10:40-11:20a	\$20.00	\$48.00
6 & over	Wed.	10:40-11:20a	\$20.00	\$48.00



STAGE DESCRIPTIONS

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.



A / WATER DISCOVERY
Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION
In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

AQUA FITNESS

ROM (RANGE OF MOTION) AQUATICS

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

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

AQUACISE

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

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

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

CLASS	DAY(S)	TIME	MEMBER	NON-MEMBER
AQUACISE	Mon/Wed/Fri	7:30-8:30a	\$12.00	\$42.00
DEEP WATER	Tues/Thurs	9:00-10:00a	\$9.00	\$31.00
	Tues/Thurs	7:30-8:30p	\$9.00	\$31.00
RANGE OF MOTION (ROM)	Mon/Tues/Wed/TR/Fri	10:35-11:30a	\$14.00	\$49.00
	Mon/Tues/Wed/TR/Fri	12:35-1:30p	\$14.00	\$49.00
ACTIVE AQUA ADULTS (AAA)	Mon/Tues/Wed/TR/Fri	11:35-12:30p	\$14.00	\$49.00
POWER HOUR	Mon/Wed/Fri	9:00-10:00a	\$12.00	\$42.00

SILVERSNEAKERS



Lose weight. Increase your energy. Improve your overall well-being. All of this is possible with Healthways SilverSneakers Fitness Program. Your SilverSneakers membership allows you access to the Y with a membership that includes all the basic amenities plus group exercise classes geared specifically towards the active older adult. To get you started, we need a little information from you, please bring your SilverSneakers card to the member services desk and we'll help you get started. We focus on fitness, friends and fun! AND you do not have to have a SilverSneakers membership to participate in our SilverSneakers programs.

WAVES SWIM TEAM

FALL/WINTER SWIM TEAM

The Waves Swim Team encompasses all ages and levels of ability, from beginners through national qualifiers. The program is structured to provide careful development and steady progression through the stages of competitive swimming. All participants must be active YMCA members in good standing. Payment plans are available. Contact Jonathan Holmes, 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. \$225

Season begins Tuesday, September 4th
Mon, Tues, Thurs, Fri: 6:00-6:45pm

RIPTIDES: Swimmers continue to develop their motor skills and competitive stroke techniques for freestyle, backstroke, breaststroke and butterfly. Swimmers practice drills, stroke mechanics and basic diving techniques. \$245

Season begins Tuesday, September 4th
Mon, Wed, Thurs, Fri: 5:40-6:45pm
(5:40-5:55 dryland, 5:55-6:45 pool)

TSUNAMI: Swimmers continue to develop their motor skills and competitive stroke techniques for all strokes, as well as engage in more intensive basic sets. Swimmers also practice drills, refine stroke mechanics and basic diving techniques. Competitive finishes and turns are reviewed and practiced. \$325

Season begins Tuesday, September 4th
Mon, Tues, Thurs, Fri: 5:15-6:45pm
(5:15-5:30 dryland, 5:30-6:45 pool)

JUNIORS: 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. \$375

Season begins Monday, August 27th
Mon - Fri: 3:45-5:30pm
Saturday Morning: 7:45-9:35am
Mon & Wed: 6:00-6:45pm (Optional dryland starting 9/10)

SENIORS 1 & 2: Swimmers participate in a challenging balance of advanced training and drills to prepare them to achieve their goals. A high level of commitment to the team is expected at this level. \$405

Senior 1 & 2 group placement is determined by Head Coach.
Mon, Wed, Fri: 3:55-6:00 pm (3:55-4:15 dryland, 4:15-6:00 pool)
Tues, Thurs: 3:30-6:00 pm (3:00-4:15 dryland, 4:15-6:00 pool)
Saturday Morning: 7:45-9:35am
Mon & Wed: 6:00-6:45pm (Optional dryland starting 9/10)



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	\$32.00	\$84.00



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FACILITY RENTALS



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 for you. The Y offers several rental options of various rooms within our facility, subject to availability.

Gymnasium: Two full gyms for your use to play basketball, volleyball, and other games of our choice.

Large Pool: Enjoy our spacious pool for your group up to 75 people. Lifeguard(s) provided for your safety.

Small Pool: Our warm water pool is perfect for small groups [maximum 25 people].

Teen Center: Two large rooms great for teenagers and adults (Maximum 30 people)

Climbing Wall: Huge, 20 ft. climbing wall with self-belay stations for two climbers. Trained and certified staff must be present. No outside equipment permitted. Climbers must be at least 66 pounds to climb.

Kidz' Zone: Vertical indoor playground with plenty of space for youngsters. Ages 3-12. Parents must be with children at all times. (free with rental)

Lock-Ins

Overnight lock-ins available upon request. Contact the Y for details.

Basic Pool Rental Safety Rules

- Please have one(1) adult in pool area at all times who know children in your party.
- One(1) adult must be in water with any and all children requiring floatation assistance devices.
- Any children under the age of six(6) must be accompanied by an adult in the water.

To check rental room availability, you must fill out the Facility Rental Request form available at Member Services on our website: www.waynesboroyymca.org

You will be notified if your request is approved and deposits are paid at the time of booking to "hold the spot". The total rental amount is due two weeks prior to the rental date. The contract and waiver forms must be completed and signed by the person who is responsible for the rental. Please return these forms to the YMCA prior to the rental date. The forms can be e-mailed to kathy@waynesboroyymca.org or brought to the Member Services desk.

FITNESS & WELLNESS

Strive Wellness Center

13 years and older. Our spacious Strive Wellness Center features 15 stations of Strive adjustable weight resistance equipment (including the 8 station- 17 minute Express Line for those members in a rush); 2 upright bikes; 2 recumbent bikes; 10 variable speed/incline treadmills; 5 ellipticals; 5 ascent trainers; 3 stair climbers; 1 Stair Master; 1 rowing ergometer; plus five HD flat screen TVs (bring your own FM headphone radios to tune in sound); and stretching area.

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 percentage, 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	Non-Member
FREE	\$25.00

Free Weight Room

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

PERSONAL TRAINING

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!

Our personal trainers will motivate you to do better. They will give you the push you need to reach your personal goals. **FREE consultation with the purchase of a training session!**

GROUP EXERCISE SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15-6:15am BODY PUMP \$X	5:15-6:15am BODY COMBAT X	5:15-6:15am BODY PUMP \$X	5:15-6:15am INDOOR CYCLING *	5:15-6:00am BODY ATTACK \$X	7:00-8:00am BODY COMBAT X
9-9:50am SILVER SNEAKERS: CLASSIC X	9:00-10:15am YOGA X		9:00-10:15am YOGA X		8:00-9:00am BODY PUMP \$X
10:00-11:00am SILVER SNEAKERS: CIRCUIT X	9:10-10:10am INDOOR CYCLING *	10:00-11:15am HOLY YOGA: X ASHTANGA FLOW	9:10-10:10am INDOOR CYCLING *		9:00-10:00am INDOOR CYCLING *
	10:10-11:10am CARDIO & CORE *		10:10-11:10am CARDIO & CORE *	10-11am CYCLING & STRENGTH*	9:15-10:30am YOGA X
	10:15-11:15am SILVER SNEAKERS: CLASSIC X		10:15-11:15m SILVER SNEAKERS: CLASSIC X		
	11:15-12:15am SILVER SNEAKERS: YOGA X		11:15-12:15am SILVER SNEAKERS: YOGA X		
4:30-5pm CXWORX X		4:30-5pm CXWORX X			
5:00-6:00pm INDOOR CYCLING *		5:00-6:00pm INDOOR CYCLING *			
6:00-7:00pm BODY PUMP \$X		6:00-7:00pm BODY PUMP \$X	6:00-7:00pm BODY ATTACK \$X		
6:30-7:30pm WWT #	6:30-7:30pm YOGA X	6:30-7:30pm WWT #	6:30-7:30pm YOGA *		
7:00-7:30pm BODY COMBAT		7:00-7:30pm BODY COMBAT X	7:00-8:00pm Zumba X		



Stop by Member Services for a complete schedule of where the classes are held.



LIVESTRONG

FOUNDATION

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and 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.

Participants work with Y staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength; increasing flexibility and endurance, and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind, and body.

Waynesboro Area YMCA

810 East Main St. Waynesboro, PA

LIVESTRONG Program Info:

12 weeks with two 90 minute sessions per week

August 13–November 1

Mondays & Thursdays
9:30–11:00AM

717-762-6012 (p)

717-814-3171 (f)

FREE for all cancer survivors

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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.

Indoor Cycling

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
Tues.	9:10– 10:10
Wed.	5:00–6:00p
Thurs.	9:10– 10:10a
Sat.	9:00– 10:00a

SilverSneakers 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.	9:00– 9:50a
Wed.	9:00– 9:50a

SilverSneakers Circuit

13 years & older Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. Participants should be able to stand for 45 minutes.

Day	Time
Mon.	10:00– 11:00a

SilverSneakers Yoga

13 years & older SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Day	Time
Tues.	11:15a– 12:15p
Thur.	11:15a– 12:15p

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. Families welcomed and children may attend if they can participate!

Day	Time
Thurs.	7:00–8:00p
Sat.	10:30–11:30

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

Holy Yoga: Ashtanga Flow

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.	10:00–11:15a

Yoga

13 years and older 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./Thurs.	9:00–10:15a
Tues./Thurs.	6:30–7:30p
Sat.	9:15–10:15a

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. Beginner/ Intermediate/ Advanced

Day	Time
Mon.	7:00-7:30p
Tues.	5:15-6:15a
Wed.	7:00- 7:30p
Sat.	7:00-8:00a

LES MILLS BODY ATTACK \$

13 years and older A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. A LES MILLS™ instructor will pump out energizing tunes and lead you through the workout – challenging your limits in a good way, burning up to 730 calories* and leaving you with a sense of achievement.

*EXPRESS IS A 30 MINUTE CLASS

DAY	TIME	MEMBER	NON MEMBER
Thurs.	6:00-7:00p	\$12.00	\$52.00
Fri.	5:15-6:15a	\$12.00	\$52.00

\$Please note, Body Pump, Body Attack are premium programs which require an additional fee.

CARDIO and CORE

13 years and older A one-hour class designed to increase your heart rate through traditional cardio and aerobic exercises, coupled with exercise designed to strengthen, tighten and tone the midsection.

Day	Time
Tues	10:10-11:10a
Thurs.	10:10-11:10a

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	\$12.00	\$52.00
Mon.	6:00- 7:00p	\$12.00	\$52.00
Wed.	5:15- 6:15a	\$12.00	\$52.00
Wed.	6:00-7:00p	\$12.00	\$52.00
Sat.	8:00-9:00a	\$12.00	\$52.00

CXWORX –CORE

13 years & older CXWORX-CORE 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.	4:30-5:00p
Mon.	7:00-7:30p
Wed.	4:30-5:00p

INDOOR CYCLING & STRENGTH

13 years and older. The first half is filled with high intensity/ low impact cycling to improve cardiovascular fitness followed by creative and fun total body strengthening exercise.

Day	Time
Fri	10:00-11:00a



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FALL 2018 Gym Schedules

GYM 1

GYM 2

DAY/TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
5:00AM	Open Gym 5:00 AM-6:30 AM	Open Gym 5:00 AM-6:30 AM	Open Gym 5:00 AM-6:30 AM	Open Gym 5:00 AM-6:30 AM	Open Gym 5:00 AM-6:30 AM	Y Opens @ 6:30 AM	
6:00 AM							
7:00 AM	BASC 6:30 AM-8:30 AM	BASC 6:30 AM-8:30 AM	BASC 6:30 AM-8:30 AM	BASC 6:30 AM-8:30 AM	BASC 6:30 AM-8:30 AM		
8:00 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							
11:00 AM	Genesis Learning 10:15 AM-11:30 AM	Genesis Learning 10:15 AM-11:30 AM	Genesis Learning 10:15 AM-11:30 AM	Genesis Learning 10:15 AM-11:30 AM	Genesis Learning 10:15 AM-11:30 AM		
12:00 PM	Open Gym 11:30 AM-12:30 PM	Open Gym 11:30 AM-12:30 PM	Open Gym 11:30 AM-12:30 PM	Open Gym 11:30 AM-12:30 PM	Open Gym 11:30 AM-12:30 PM	Open Gym 6:30 AM-5:00 PM	
1:00 PM	Genesis Learning 12:30 PM-1:30 PM	Genesis Learning 12:30 PM-1:30 PM	Genesis Learning 12:30 PM-1:30 PM	Genesis Learning 12:30 PM-1:30 PM	Genesis Learning 12:30 PM-1:30 PM		
2:00 PM	Open Gym 1:30 PM-2:30 PM	Open Gym 1:30 PM-2:30 PM	Open Gym 1:30 PM-2:30 PM	Open Gym 1:30 PM-2:30 PM	Open Gym 1:30 PM-2:30 PM		
3:00 PM	Teen Activities 2:30 PM-3:30 PM	Teen Activities 2:30 PM-3:30 PM	Teen Activities 2:30 PM-3:30 PM	Teen Activities 2:30 PM-3:30 PM	Teen Activities 2:30 PM-3:30 PM		Open Gym 1:00 PM-5:00 PM
4:00 PM							
5:00 PM	BASC 3:30 PM-6:00 PM	BASC 3:30 PM-6:00 PM	BASC 3:30 PM-6:00 PM	BASC 3:30 PM-6:00 PM	BASC 3:30 PM-6:00 PM		
6:00 PM							
7:00 PM							
8:00 PM	Pick-Up Basketball 6:00 PM-10:00 PM	Open Gym 6:00 PM-10:00 PM	Pick-Up Basketball 6:00 PM-8:00 PM	Open Gym 6:00 PM-10:00 PM	Rentals 6:00 PM-8:30 PM	Rentals 7:00 PM-8:30 PM	
9:00 PM							
10:00 PM	The YMCA closes @ 10:00 PM Monday through Thursday					YMCA closes at 9:30PM	
						YMCA closes at 8:30PM	

	MON	TUES	WED	THUR	FRI	SAT	SUN
5:00 AM						YMCA Opens @ 6:30 AM	
6:00 AM							
7:00 AM	Open Gym 5:00 AM-9:00 AM	Open Gym 5:00 AM-9:00 AM	Open Gym 5:00 AM-9:00 AM	Open Gym 5:00 AM-9:30 AM	Open Gym 5:00 AM-9:00 AM	Gymnastics 6:30 AM-11:00 AM	
8:00 AM							
9:00 AM							
10:00 AM	Pickleball 9:00 AM-11:00 AM	Tumbling Tots 9:00 AM-11:00 AM	Pickleball 9:00 AM-11:00 AM	LiveStrong 9:30 AM-11:30 PM	Pickleball 5:00 AM-11:00 PM		
11:00 AM							
12:00 PM	Open Gym 11:00 AM-12:45 PM	Open Gym 11:00 AM-12:00 PM	Open Gym 11:00AM-12:45PM	Open Gym 11:30 AM-12:00 PM	Open Gym 11:00 AM-12:45 PM	Open Gym 11:00 AM-7:00 PM	
1:00 PM	Pickle Ball 12:45PM-2:30PM	Noon Basketball 12:00 PM-2:00 PM	Pickle Ball 12:45PM-2:30PM	Noon Basketball 12:00 PM-2:00 PM	Pickle Ball 12:45PM-2:30PM		
2:00 PM							
3:00 PM	Open Gym 2:30 PM-3:30 PM		Open Gym 2:30 PM-3:30 PM		Open Gym 2:30 PM-3:30 PM		
4:00 PM		Open Gym 2:00 PM-6:00 PM		Open Gym 2:00 PM-6:00 PM			
5:00 PM	Gymnastics 3:30 PM-7:00 PM		Gymnastics 3:30 PM-7:00 PM		Gymnastics 3:30 PM-7:00 PM		
6:00 PM							
7:00 PM		Pickleball 6:00 PM-8:00PM		Pickleball 6:00 PM-8:00 PM	Open Gym 7:00 PM-8:00 PM		Rentals 7:00 PM-8:30 PM
8:00 PM	Tae Kwon Do 7:00 PM-9:00 PM		Tae Kwon Do 7:00 PM-9:00 PM		Rentals 8:00 PM-9:30 PM		
9:00 PM	Open Gym 9:00 PM-10:00 PM	Open Gym 8:00 PM-10:00PM	Open Gym 9:00 PM-10:00 PM	Open Gym 8:00 PM-10:00PM			The Y closes @ 8:30
10:00 PM					The Y closes @ 9:30PM		
	The Y closes @ 10:00 PM						

Schedules are available at member services and on-line at www.waynesboroyymca.org

FALL 2018 Pool Schedules

POOL 1

POOL 2

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	3: TRAIN & MAINTAIN	3: SWIM TEAM	3: TRAIN & MAINTAIN	3: SWIM TEAM		POOL CLOSED	Y CLOSED
6:00AM	3: LAP SWIM/JOG	3: LAP SWIM/JOG	3: LAP SWIM/JOG	3: LAP SWIM/JOG		5:30-6:30	
6:30AM	5:30-6:45	5:30-6:45	5:30-6:45	5:30-6:45			
7:00AM					LAP SWIM/ AQUA JOG	LAP SWIM 6:30-8:50	
7:30AM	LAP SWIM/ AQUA JOG	LAP SWIM/ AQUA JOG	LAP SWIM/ AQUA JOG	LAP SWIM/ AQUA JOG			
8:00AM	6:45-8:55	6:45-8:55	6:45-8:55	6:45-8:55		4: SWIM TEAM 7:45-9:30 2-3: LESSONS 8:50-9:30	
8:30AM							
9:00AM	4: POWER HOUR	2: DEEP WATER	4: POWER HOUR	2: DEEP WATER	4: POWER HOUR		
9:30AM	2: LAP SWIM	4: LAP SWIM/JOG	2: LAP SWIM	4: LAP SWIM/JOG	2: LAP SWIM		
10:00AM		LAP SWIM/ AQUA JOG	LAP SWIM/ AQUA JOG			SWIM LESSONS	
10:30AM		10:00-10:40	10:05-10:40			9:30-11:45	2: OPEN SWIM 4: LAP SWIM 1:00-4:00
11:00AM							
11:30AM		3: HOMESCHOOL	2: HOMESCHOOL				
12:00PM		10:40-12:00	10:40-11:30			LAP SWIM 11:45-1:00	
12:30PM	LAP SWIM/ AQUA JOG			LAP SWIM/ AQUA JOG	LAP SWIM/ AQUA JOG		
1:00PM	10:05-3:00			10:05-3:00	10:05-3:00		
1:30PM		LAP SWIM/ AQUA JOG	LAP SWIM/ AQUA JOG				
2:00PM		12:00-3:00	11:30-3:00				
2:30PM						4: LAP SWIM	
3:00PM						2: OPEN SWIM	
3:30PM			2: TEEN SWIM				Y CLOSING AT 5:00
4:00PM			4: LAP SWIM				
4:30PM			3:00-4:00				
5:00PM	SWIM TEAM	SWIM TEAM		SWIM TEAM	SWIM TEAM		
5:30PM	3:00-6:45	3:00-6:45	SWIM TEAM	3:00-6:45	3:00-6:45		
6:00PM							
6:30PM						RENTALS	
7:00PM	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	3: LAP SWIM		
7:30PM	6:45-7:50	6:45-7:30	6:45-7:50	6:45-7:30	3: OPEN SWIM		
8:00PM	3: TRAIN & MAINTAIN	2: DEEP WATER	LAP SWIM	2: DEEP WATER	RENTALS		
8:30PM	3: LAP SWIM	4: LAP SWIM	LAP SWIM	4: LAP SWIM	7:30-9:00		
9:00PM	7:50-9:00	7:30-9:00		7:30-9:00			
10:00PM	Y CLOSING AT 10:00					Y CLOSING AT 9:30	

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM							Y CLOSED
6:00AM							
6:30AM							
7:00AM	POOL CLOSED		POOL CLOSED		POOL CLOSED	POOL CLOSED	
7:30AM	AQUACISES		AQUACISES		AQUACISES	7:00-8:30	
8:00AM		ADULT SWIM		ADULT SWIM			
8:30AM	POOL CLOSED	7:00-10:00	POOL CLOSED	7:00-10:30	POOL CLOSED		
9:00AM							
9:30AM	SWIM LESSONS		SWIM LESSONS		SWIM LESSONS		
10:00AM		HOMESCHOOL				SWIM LESSONS	
10:30AM	ROM	ROM	ROM	ROM	ROM		Y CLOSING AT 8:00
11:00AM	10:35-11:30	10:35-11:30	10:35-11:30	10:35-11:30	10:35-11:30		
11:30AM	ACTIVE AQUA	ACTIVE AQUA	ACTIVE AQUA	ACTIVE AQUA	ACTIVE AQUA		
12:00PM	11:35-12:30	11:35-12:30	11:35-12:30	11:35-12:30	11:35-12:30		
12:30PM	ROM	ROM	ROM	ROM	ROM		
1:00PM	12:35-1:30	12:35-1:30	12:35-1:30	12:35-1:30	12:35-1:30		
1:30PM	POOL CLOSED		ADULT SWIM		POOL CLOSED		
2:00PM	1:30-2:30	ADULT SWIM	1:30-2:30	ADULT SWIM	1:30-3:00		
2:30PM							
3:00PM		POOL CLOSED		POOL CLOSED			
3:30PM	OPEN SWIM	3:00-3:30	OPEN SWIM	3:00-3:30	OPEN SWIM		Y CLOSING AT 8:30
4:00PM	2:30-5:00	3:30-4:30	2:30-5:00	3:30-4:30	OPEN SWIM		
4:30PM		POOL CLOSED		POOL CLOSED			
5:00PM	POOL CLOSED		POOL CLOSED				
5:30PM							
6:00PM	SWIM LESSONS	4:50-6:30	SWIM LESSONS	4:50-6:30	POOL CLOSED		
6:30PM					5:30-6:00		
7:00PM							
7:30PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	RENTALS		
8:00PM	6:35-8:00	6:35-8:00	6:35-8:00	6:35-8:00	6:00-9:00		
8:30PM	ADULT SWIM	POOL CLOSING AT 8:00	ADULT SWIM	POOL CLOSING AT 8:00			
9:00PM							Y CLOSING AT 9:30
10:00PM	Y CLOSING AT 10:00						

FUN DAY

Saturday, October 20th
12 noon-5PM

12-2 PM: Open House, Pool
& Gyms, Fall Treats,
Ice Cream & Games

2-3:00 PM: Cars roll in for
Trunk or Treat

3-5:00 PM: Trunk or Treat



TRUNK or TREAT

is a fun, safe way to trick or treat for Halloween. Volunteer parents (or groups) will decorate the trunk of their vehicle, and distribute candy to participants. The event is free! All you need to do is come dressed in your best costume and leave the rest to us!

Trunks Needed!

If you are able to decorate a truck for the event, as a volunteer, please register with Member Services & complete the information below.

Volunteers must arrive, park & set up between 2:00-2:45PM and stay until 5PM. Please provide candy/treats (for approx. 250) to distribute.

**Best decorated trunk will win a
free family membership for one year!**

-Return to member services- ----- (cut here) _

Name: _____

Phone: _____

E-mail: _____

Trunk Theme: _____

FAMILY TRICKS & TREATS FUN DAY

Saturday, October 20th
12 noon-5PM



Our Y will open its doors to
everyone for a day of fall fun!
It's ALL FREE!

Our Wellness Center & Weight
Room will be open for your
workout too! Come in and
find out all we have to offer
your family at the
Waynesboro Area YMCA.

12-2 PM: Open House, Pool
& Gyms, Hot dogs,
Ice Cream & Fall treats

2-3:00 PM: Cars roll in for
Trunk or Treat

3-5:00 PM: Trunk or Treat

GET
FIT FOR
FALL

MEMBERSHIP
INCENTIVES

NO ASSOCIATION FEE

FREE ORIENTATION

NEW MEMBER SAVINGS!

This special offer is available on
FUN DAY, OCTOBER 20th



Our Annual Giving Back

will begin in November

**Coat Drive for Waynesboro
Community and Human Services**

**Household Supplies & Personal
Care Items for New Hope Shelter**

**Supply donations for the
Antietam Humane Society**

**Food donations for the
Waynesboro Community and
Human Services**

**GIVING THANKS
BY GIVING BACK**



CRAFT SHOW

Do your Christmas shopping at the
Waynesboro Area YMCA with our
19th Annual Holiday Craft Show.
Many local vendors will be on hand to showcase
their crafty creations and products.

Saturday, December 1st, 9:00am-3:00pm
Waynesboro Area YMCA
810 East Main Street, Waynesboro, PA 17268



Interested Vendors can contact
Kathy Bostic 717-762-6012
Kathy@waynesboroymca.org
www.waynesboroymc.org

**FREE & OPEN
TO THE PUBLIC**



Waynesboro Area YMCA
810 East Main Street
Waynesboro, PA 17268

Session	Dates	Member Registration	Non-Member Registration
Fall 2	Oct 15– Dec 2	Sept 24	Oct 3
Winter Interim	Dec 3–Jan 1	N/A	N/A
Winter 1	Jan 2–Feb 17	Dec 10	Dec 26

FALL BUILDING HOURS:

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

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

10-16-18



Waynesboro YMCA Member Referral Program

Your goal to live a healthier, more active life is set by you, not anyone else – but, that doesn't mean that you're in it alone either. When you and your friend commit to the Y together, you both **enjoy an exclusive 20% membership savings*** off the standard adult or family membership rate each month. Current Y members may buddy with a non-member or two non-members may join together— either combination returns a 20% savings* for each of you on your Y membership!

HERE'S HOW IT WORKS

I'M A Y MEMBER

Bring in a new Y member and both receive up to 20% savings on your adult or family membership as long as you both remain members of the Y.

I'M NOT A Y MEMBER

Find a friend that is a Y member and buddy-up OR
find a friend that wants to join the Y and buddy-up
– either way you both receive a 20% savings on your membership as long as you both remain members of the Y.

FOR ALL MEMBERS PARTICIPATING IN 20/20 FitFriends

If one of you leaves the Y, the remaining member has 30 days to find a new non-member in order to keep the 20/20 rate.
Some restrictions may apply. See our website for more information.

