



FOR YOUTH DEVELOPMENT*
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL INTO A BETTER YOU!

Become a part of our YMCA community,
together we are better



FALL 2 2019
Activities & Programs

WAYNESBORO AREA YMCA
810 East Main Street, Waynesboro, PA 17268
717-762-6012 www.waynesboroyymca.org

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

FALL/WINTER 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– 1:00p & 3:00p– 8:30p
Friday	8:30a– 1:00p 3:00p– 7:00p
Saturday	9:00a– 12:30p
Sunday	CLOSED

SESSION DATES

Fall 1	Aug 26 – Oct 13
Fall 2	Oct 14 – Dec 22

CLOSED HOLIDAYS

Thanksgiving, Thurs., November 28th
Christmas Day, Wed., December 25th
New Years Day, Wed., January 1st

WELCOME TO OUR YMCA!



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 four sites; prepares early learners for kindergarten; promotes the benefits and love of lifelong physical activity to hundreds of children in our gymnastics, 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.

STAFF DIRECTORY

Executive Director, Amanda Gietka

Amanda@waynesboroymca.org

Member Experience Associate, Kathy Bostic

Kathy@waynesboroymca.org

Finance Director, Beth Cool

Beth.c@waynesboroymca.org

Sports and Recreation Director, Denzel Davis

Denzel@waynesboroymca.org

Facility Director, Mike Decker

Mike@waynesboroymca.org

Membership Director, Wanda Fuller

Wanda@waynesboroymca.org

Aquatics Director, Emily Miller

Emily@waynesboroymca.org

Health and Wellness Director, Sarah Santangelo

Sarah@waynesboroymca.org

Youth Development Director, Karen Walker

Karen.w@waynesboroymca.org

MEMBERSHIP RATES

(effective 9/1/2019)

Membership	Monthly	Annually	Assoc. Fee*
Youth (6– 12 yrs)	\$12.00	\$144.00	FREE
Teen (13– 18 yrs)	\$15.00	\$180.00	FREE
Young Adult (19– 23 yrs)	\$24.00	\$288.00	\$25.00
Adult (24 yrs+)	\$35.00	\$420.00	\$25.00
One Adult Family	\$44.00	\$528.00	\$50.00
Two Adult Family	\$59.00	\$708.00	\$50.00
Senior	\$31.50	\$378.20	\$25.00



*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 full-time college students may remain on a family membership until the age of 24.

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 2-4 weeks 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. **Perpetual:** Upon completion of a Electronic Authorization Form (EFT), your monthly membership dues will be deducted directly from a specified account 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% membership 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 checks 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 \$35.00 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 use 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: \$2.00– Must be accompanied by an adult, Teen/ Young Adult: \$3.50, Adult: \$6.00, Athletic Club Locker Room: \$3.00 (19 years or older).

Drop-In Pass: Valid for one time drop-into an activity. Adults: \$6

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.



PRESCHOOL

GENESIS LEARNING CENTER

Genesis Learning Center (GLC) is a high quality early learning DHS licensed program for 3-5 year old children. This year our program has achieved a STAR 2 designation! Our full-day, year-round program offers developmentally appropriate activities following the Creative Curriculum and using active play centers. Other features include swim lessons and Bible time. Morning and afternoon snack is provided. The GLC operates from 6:30 am – 6:00 pm Monday through Friday. Scholarships are available and we accept CCIS. Families interested in registering for the program can contact Karen Walker, Youth Development Director at 717-762-6012.



GRACE & FAITH CLASSROOMS (AGES 3 - 5 YEARS)

Non- Refundable Registration Fee: Members \$25, Non-Members \$30
2019-2020 Rates: effective 9-1-19

# of Days/ Week	Member Weekly Rate	Non Member Weekly Rate
5 days/ week	\$110.00	\$133.00
4 days/ week	\$90.00	\$109.00
3 days/ week	\$70.00	\$85.00
2 days/ week	\$50.00	\$61.00
1 day/ week	\$27.00	\$32.00

CHILD WATCH

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

***** New Hours:

Monday- Thursday: 8:30a- 1:00p & 3:00p-8:30p
Friday 8:30a- 1:00p & 3:00p-7:00p
Saturday 8:00a- 12:00p
Sunday CLOSED

Members-3 hour time limit:
Up to 2 hours: FREE 3rd hour: \$1 per hour each child
Non-Members- 3 hour time limit
\$2 per hour each child

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 trained, 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.

Meet our Staff

Genesis Curriculum Coordinator: Melody Gober

Melody loves teaching children and mentoring parents. Melody has been teaching for 26 years with 22 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.

Faith Classroom Lead Teacher: Bridget Holland

Bridget has worked with children for over ten years specializing in early childhood. She especially loves the ages of three to five because of their sense of humor and love of learning! She is very excited to be a part of the Genesis Learning Center Team.



Learning Happens Here



SCHOOL AGED CARE

WAYNESBORO BEFORE & AFTER SCHOOL PROGRAM

K– 5th Grade Our DHS licensed before & after school program provides a safe environment for elementary school students. The before school program runs between 6:30am until the start of school and the after school programs runs from 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 participants must pay by WEEKLY bank withdrawal. Families interested in registering for the program should contact Gretchen Robinson, Youth Development Coordinator at 717-762-6012.

Non– Refundable Registration Fee: Members \$25, Non-Members \$30
2019-2020 School-Year Rates:

2019-2020 School Year Rates	Member Daily Rate	Non Member Daily Rate
Before School Program	\$5.15	\$7.75
After School Program	\$6.30	\$9.50

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, pick-up is at 6pm. 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. Registration closes 1 week prior to the SOC date. 2019-2020 Rates:

Time	Member	Non– Member
6:30a– 6:00p	\$23.00/day	\$27.00/ day

WASD	GASD	Last Day to Register
Friday, October 11, 2019 @ YMCA only	GASD in Session	Friday, October 4, 2019
Monday, November 11, 2019 @ YMCA only	Monday, November 11, 2019 @ YMCA only	Monday, November 4, 2019
Monday, December 2, 2019 @ YMCA only	Monday, December 2, 2019 @ YMCA only	Monday, November 25, 2019
Tuesday, December 3, 2019 @ YMCA only	Tuesday, December 3, 2019 @ YMCA only	Tuesday, November 26, 2019
Monday, December 23, 2019 @ YMCA only	Monday, December 23, 2019 @ YMCA only	Monday, December 16, 2019
Tuesday, December 24, 2019 @ YMCA only	Tuesday, December 24, 2019 @ YMCA only	Tuesday, December 17, 2019
Thursday, December 26, 2019 @ YMCA only	Thursday, December 26, 2019 @ YMCA only	Thursday, December 19, 2019
Friday, December 27, 2019 @ YMCA only	Friday, December 27, 2019 @ YMCA only	Friday, December 20, 2019
Monday, December 30, 2019 @ YMCA only	Monday, December 30, 2019 @ YMCA only	Monday, December 23, 2019
Tuesday, December 31, 2019 @ YMCA only	Tuesday, December 31, 2019 @ YMCA only	Tuesday, December 24, 2019
WASD in session	Thursday, January 2, 2020 GASD only	Thursday, December 26, 2019

GREENCASTLE ANTRIM BEFORE & AFTER SCHOOL PROGRAM

K– 5th Grade Our DHS licensed before & after school program provides a safe environment for elementary school students between 6:30am until the bus pick-up and the after school program runs from 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 at Greencastle Church of the Brethren located at 36 South Carlisle St. This program ends on the last day of school. All participants must pay by WEEKLY bank withdrawal.

Non– Refundable Registration Fee: Members \$25, Non-Members \$30
2019-2020 School-Year Rates:

2019-2020 School-Year Rates:	Member Daily Rate	Non Member Daily Rate
Before School Program	\$5.60	\$8.40
After School Program	\$8.15	\$10.55

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 More information will be available closer to the start of the 2019-2020 school year.

Time	Member	Non– Member
6:30a– 6:00p	\$28.00/day	\$33.00/ day

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	Non Member
Sept 13	5:00– 9:00p	\$12.00	\$16.00
Oct 11	5:00– 9:00p	\$12.00	\$16.00
Nov 8	5:00– 9:00p	\$12.00	\$16.00



GYMNASTICS & 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	\$13.00	\$28.00
Tues.	2-3 years: 10:00- 10:45a	\$13.00	\$28.00
Tues.	2-3 years: 10:45- 11:30a	\$13.00	\$28.00

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	\$39.00	\$75.00
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	\$48.00	\$94.00
Sat.	8:30- 9:30a	\$25.00	\$62.00
Sat.	9:30- 10:30a	\$25.00	\$62.00

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

WOMEN'S FALL/WINTER VOLLEYBALL

ages 15 and over Recreation B women's league with games held at the YMCA. Register as an individual. Substitutes \$3 per game. Games begin the week of September 26, Registration deadline is September 19th.

Day	Time	Member	Non- Member
Thurs.	6:30-9:00	\$25.00	\$35.00

**Saturday, December 7th and 21st Kindergym and Instructional Gymnastics WILL NOT be held.
December 7th join us for our Craft Show!
December 21st come see the WAVES swim team!**

YMCA GYMNASTICS TEAM

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 gymnasts have proven to be very successful in their respective levels with 4 of our gymnasts 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.

For more information, please contact Denzel Davis. Payment plans are available at registration.

Day	Time	Members
Mon. / Wed./ Fri	4:15- 7:00p	\$540.00



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
All Levels	Mon./ Wed.	7:15-8:15p	\$34.00	\$66.00



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 (Oct. 29th). Each player must read and sign the rule sheet. Registration begins September 9th. Games begins November 4th.

Day	Time	Member	Non-Member
Mon./Wed.	6:30-9:30	\$60.00	\$95.00

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.



Day	Time
Mon.-Fri.	3:30-6:30p

KIDZ ZONE Indoor Playground:

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

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.	9:00-10:30a & 12:45-2:00p
Tues./Thurs.	6:00-7:30p
Sunday	1:15-4:45



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 or 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 lori@waynesboroyymca.org or brought to the Member Services desk.

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



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

FALL 2: October 14-December 22

PRESCHOOL: AGES 3-5 1/2	WATERBABIES	LEVEL	DAY(S)	TIME	MEMBER	NON-MEMBER
		Level A**	Saturday	9:00-9:30a	\$21.90	\$55.30
		Level B**	Saturday	8:30-9:00a	\$21.90	\$55.30
			Saturday	11:30a-12:00p	\$21.90	\$55.30
		PRESCHOOL LEVEL 1	Mon/Wed	9:00-9:30a	\$47.15	\$121.45
			Mon/Wed	5:30-6:00p	\$47.15	\$121.45
			Tues/Thurs	5:30-6:00p	\$44.80	\$115.40
			Saturday	9:30-10:00a	\$21.90	\$55.30
			Saturday	10:30-11:00a	\$21.90	\$55.30
		PRESCHOOL LEVEL 2-3	Mon/Wed	9:30-10:00a	\$47.15	\$121.45
			Mon/Wed	6:00-6:30p	\$47.15	\$121.45
			Tues/Thurs	6:00-6:30p	\$44.80	\$115.40
			Saturday	10:00-10:30a	\$21.90	\$55.30
			Saturday	11:00-11:30a	\$21.90	\$55.30
		PRESCHOOL LEVEL 4-5	Tues/Thurs	6:45-7:15p	\$44.80	\$115.40
			Saturday	11:00-11:30a	\$21.90	\$55.30
		HOMESCHOOL	Tuesday	10:00-10:30a	\$24.30	\$61.45
			Thursday	10:00-10:30a	\$21.90	\$55.30

YOUTH: AGES 6-14/15		LEVEL	DAY(S)	TIME	MEMBER	NON-MEMBER
		YOUTH LEVEL 1-2	Mon/Wed	6:45-7:25p	\$54.30	\$124.30
			Tues/Thurs	6:45-7:25p	\$51.60	\$118.10
			Saturday	9:40-10:20a	\$25.80	\$61.75
			Saturday	10:20-11:00a	\$25.80	\$61.75
			Saturday	11:00-11:40a	\$25.80	\$61.75
		YOUTH LEVEL 3-4	Mon/Wed	6:45-7:25p	\$54.30	\$124.30
			Tues/Thurs	6:45-7:25p	\$51.60	\$118.10
			Saturday	9:40-10:20a	\$25.80	\$61.75
			Saturday	10:20-11:00a	\$25.80	\$61.75
		YOUTH LEVEL 5-6	Mon/Wed	7:25-8:05p	\$54.30	\$124.30
			Saturday	8:50-9:30a	\$25.80	\$61.75
		HOMESCHOOL	Tuesday	10:40-11:20a	\$28.60	\$68.60
			Thursday	10:40-11:20a	\$25.75	\$61.75

FALL 2: OCTOBER 14TH- DECEMBER 22ND (10 Weeks)
SATURDAYS WILL ONLY BE 9 WEEKS DUE TO A SWIM MEET ON THE 21ST

CLASS	DAY(S)	TIME	MEMBER	NON-MEMBER
AQUACISE	Mon/Wed/Fri	7:30-8:30a	\$17.15	\$60.00
DEEP WATER	Tues/Thurs	9:00-10:00a	\$12.20	\$42.10
	Tues/Thurs	7:30-8:30p	\$12.85	\$44.30
RANGE OF MOTION (ROM)	Mon/Tues/Wed/TR/Fri	10:35-11:30a	\$23.80	\$70.00
	Mon/Wed/Fri	12:35-1:30p	\$14.30	\$50.00
ACTIVE AQUA ADULTS (AAA)	Mon/Tues/Wed/TR/Fri	11:35-12:30p	\$23.80	\$70.00
POWER HOUR	Mon/Wed/Fri	9:00-10:00a	\$17.15	\$60.00

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

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

ADAPTIVE SWIM LESSONS

Every child is unique, and swimming lessons for those with special needs helps children learn new skills, learn to relax, and build muscle and stamina through exploration & play. All while increasing their self-esteem, confidence & awareness to water safety. Skills are taught based on each child's individual ability and focus on basic water skills & water adjustment. Participants will gain confidence in the water & improve swimming ability that promotes success mixed with fun & play. Pool 2

DAYS	TIME	MEMBER	NON MEMBER
Tues. & Thurs	4:30- 5:10p	\$38.00	\$87.00

ADAPTIVE FITNESS

Every child is unique, for those with special needs helps children learn new skills, learn to relax, and build muscle and stamina through exploration & play. All while increasing their self-esteem, and confidence. Pool 2

DAYS	TIME	MEMBER	NON MEMBER
Tues. & Thurs	3:45- 4:30p	\$14.00	\$49.00

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 Sarah Stains, Interim Swim Team Coach for more information.

CURRENTS (LEVEL 1): 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.

RIPTIDES (LEVEL 2): 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.

TSUNAMI (LEVEL 3): 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.

JUNIORS (LEVEL 4): 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.

SENIOR (LEVEL 5): Our Senior 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.

Discover Scuba Experience

Have you always wondered what it's like to breathe underwater? If you want to try scuba diving, but aren't quite ready to take the plunge into a certification course, Discover Scuba Diving is for you. While not a scuba certification course, Discover Scuba Diving is a quick and easy introduction to what it takes to explore the underwater world.

<u>Ages:</u>	10 & up
<u>Cost:</u>	\$50

When:
October 23rd 6-9:30pm

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



8



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.

LIVESTRONG Program Info:

12 weeks, two 90 minute sessions per week

New cohort begins September 8, times TBA

FREE for all cancer survivors - Call for details!

LIVESTRONG[®]
AT THE YMCA



LIVESTRONG[®]
FOUNDATION



Fitness & Wellness

Our Strive Wellness Center (ages 13 & up) features 15 stations of Strive adjustable weight resistance equipment, a variety of cardio equipment encircling 5 HD flat screen TVs, and a stretching area. In the adjoining room members can train using a variety of tools, including medicine balls, kettlebells, free weights, and a TRX system. Foam rollers and High-roller recovery tools, as well as yoga mats and blocks, are available to assist recovery and performance.

Our Free Weight Room (ages 13 & up) features 1200 square feet of equipment and free weights for strength training.

Wellness Center Orientation

A free orientation for members, led by experienced Wellness Center staff. Members can expect to learn the proper use of the Strive equipment, have wellness markers measured, and gain insight into how the equipment and programs offered at the YMCA can help them reach their fitness goals.

Personal Training

Schedule a consult with a certified trainer to help develop realistic long and short term goals! Have a program that's designed specifically for you to maximize your workout time and get results.

<u>1 hour</u>	Member	Non-member
1 session	\$35	\$70
5 sessions	\$165	\$340
<u>45 minutes</u>		
1 session	\$30	\$60
5 sessions	\$140	\$290
<u>30 minutes</u>		
1 session	\$25	\$50
5 sessions	\$120	\$245



LES MILLS

LES MILLS BODYPUMP

This original barbell class challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for- and fast!

Limited class size.

NEW!! Bodypump and Cardio 30/30!

30 minutes of Bodypump followed by 30 minutes of Instructor's choice cardio training. The best of both worlds!

Registration required.

Members \$10

Non-members \$70

LES MILLS BODYATTACK

BODYATTACK™ is a high-energy fitness class with moves that cater from total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

BODYATTACK is available as either a 55 or 45 minute workout.

LES MILLS BODYCOMBAT

BODYCOMBAT™ is the 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.

BODYCOMBAT is available as either a 55 or 45 minute workout.

Mind & Body



Yoga

Unite your mind and spirit, enjoy greater flexibility and improved posture, and practice stress reduction in this asana based class. Appropriate for all levels.

Pilates Core/Core Essentials

These classes fuse the principals of Pilates with the science of core training for a unique results-driven core workout.

Spin & SmallGroup Training Triple Threat

Keep your body guessing and the results coming with this unique blend of cardio intervals, resistance training, and core integration.

Spin/Spin Intervals

Choose the classic hour long ride, or challenge yourself with shorter, more intense interval training! Spin is low-impact calorie scorching cardio for all levels. Class size is limited.

Zumba!

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.



Instead of listening to music, you become the music. This exhilarating full-body workout combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

SilverSneakers®
FITNESS



SilverSneakers Classic

Chair exercise class that allows participants to work on basic strengthening exercises from the seated position. The focus is on strengthening muscles and increasing range of motion without impact or overexertion.

SilverSneakers Circuit

Similar to the classic class, with the option for more vigorous movement. Participants should be able to stand for 45 minutes.

SilverSneakers Yoga

SilverSneakers Yoga will move your whole body through a complete series of seated and standing poses with chair support as needed. Restorative breathing exercises will promote relaxation while a variety of poses increase flexibility, balance, and range of motion.

Peak Performance Bootcamp



Improve your athleticism, increase your cardiovascular capacity, and ignite your metabolism with this heart-rate based bootcamp! Twice-weekly bootcamp classes led by a certified Personal Trainer. The classes will consist of 45 minutes of strength, cardio, and core training

*Heart rate monitors are required for this bootcamp.

Registration required

Members \$28

Non-members \$84

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& updates... follow us here!



10



Waynesboro Area YMCA

FALL 2: OCT. 14-DEC. 22 (10 WEEKS)

Group Exercise Schedule – Classes Held in Group Ex Room

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a-6:00a LES MILLS BODYATTACK		5:15a-6:15a LES MILLS BODYPUMP		5:15a-6:15a LES MILLS BODYPUMP	
					8:00-9:00am LES MILLS BODYPUMP
9:00-10:00am LES MILLS BODYPUMP	9:00-10:15am Yoga	9:00-10:00am LES MILLS BODYPUMP	9:00-10:15am Yoga	9:00-10:00am LES MILLS BODYPUMP	9:15-10:30a Yoga
10:15-11:15a SilverSneakers Circuit	10:15-11:15a SilverSneakers	10:15a-11:15a SilverSneakers	10:15-11:15a SilverSneakers		
	11:15am-12:15p SilverSneakers Yoga		11:15a- 12:15p SilverSneakers Yoga		
	4:30-5:30p LES MILLS BODYPUMP		4:30-5:30p LES MILLS BODYPUMP		
6:00-7:00pp LES MILLS BODYPUMP	6-6:30p Pilates Core	6:00-7:00p LES MILLS BODYPUMP	6:00p-6:45p LES MILLS BODYATTACK		
7:00-7:45p LES MILLS BODYCOMBAT	6:30-7:30p Yoga	7:00-8:00pm ZUMBA	6:45-7:45p Yoga		

Small Group Training (Community Room) and Spin Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6a-6:45a Spin Intervals		5:15a-6a Spin Intervals		8-9a Peak Performance Bootcamp
	9:30-10:15a Spin Intervals		9:30-10:15a Spin Intervals		9-10a Spin
10:15-11:15a POUND	10:15-11:15a Triple Threat 	10:15-11:15a POUND	10:15-11:15a Triple Threat 		
5:00-6:00p Spin			5:30-6:30p Peak Performance Bootcamp		
	6:30-7:15p Spin Intervals		7:00p-8:00p POUND		

*Shaded classes require registration. All classes are for ages 13 & older.



2019 GYM SCHEDULES

Gym 1 Schedule Sept 23rd- Oct 31st

Gym 1 Schedule Sept 23rd- Oct 31st								
Day/Time	MON	TUES	WED	THUR	FRI	SAT	SUN	
5:00 AM	Open Gym 5:00 AM-8:00 AM	Open Gym 5:00 AM-8:00 AM	Open Gym 5:00 AM-8:00 AM	Open Gym 5:00 AM-8:00 AM	Open Gym 5:00 AM-8:00 AM	Y Opens @ 6:30 AM	Y OPENS @ 1:00	
6:00 AM								
7:00 AM								
8:00 AM	GENESIS 8:00 AM-8:45 AM	GENESIS 8:00 AM-8:45 AM	GENESIS 8:00 AM-8:45 AM	GENESIS 8:00 AM-8:45 AM	GENESIS 8:00 AM-8:45 AM	OPEN GYM 6:30 AM-7:00 PM		
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 10:15 AM-11:30 AM	GENESIS 10:15 AM-11:30 AM	GENESIS 10:15 AM-11:30 AM	GENESIS 10:15 AM-11:30 AM	GENESIS 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			
1:00 PM	GENESIS 12:30 PM-1:30 PM	GENESIS 12:30 PM-1:30 PM	GENESIS 12:30 PM-1:30 PM	GENESIS 12:30 PM-1:30 PM	GENESIS 12:30 PM-1:30 PM			OPEN GYM 1:00 PM-5:00 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-4:30 PM	TEEN ACTIVITIES 2:30 PM-4:30 PM	TEEN ACTIVITIES 2:30 PM-4:30 PM	TEEN ACTIVITIES 2:30 PM-4:30 PM	TEEN ACTIVITIES 2:30 PM-4:30 PM			
4:00 PM								
5:00 PM	OPEN GYM 4:30 PM-10:00 PM	OPEN GYM 4:30 PM-10:00 PM	OPEN GYM 4:30 PM-6:30 PM	WOMEN'S VOLLEYBALL LEAGUE 6:00 PM-8:00 PM	OPEN GYM 4:30 PM-6:00 PM	RENTALS 5:30 PM-8:30 PM		
6:00 PM								
7:00 PM					PICK-UP BASKETBALL 6:30 PM-10:00 PM		RENTALS 6:00 PM-9:30 PM	Y CLOSING @ 5:00 PM
8:00 PM								
9:00 PM								
10:00 PM	Y CLOSING @ 10:00 PM				Y CLOSING @ 9:30 PM	Y CLOSING @ 8:30 PM		

Gym 2 Schedule Sept 23rd-Oct 31st

Gym 2 Schedule Sept 23rd-Oct 31st							
Day/Time	MON	TUES	WED	THUR	FRI	SAT	SUN
5:00 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-12:00 PM	OPEN GYM 5:00 AM-9:00 AM	Y OPENS @ 6:30 AM	Y OPENS @ 1:00 PM
6:00 AM						GYMNASTICS 6:30 AM-11:00 AM	
7:00 AM							
8:00 AM							
9:00 AM	PICKLEBALL 9:00 AM-11:00 AM	PICKLEBALL 9:00 AM-11:00 AM					
10:00 AM	PICKLEBALL 9:00 AM-11:00 AM	TUMBLING TOTS 9:00 AM-11:45 AM	PICKLEBALL 9:00 AM-11:00 AM	OPEN GYM 11:00 AM-12:45 PM			
11:00 AM	OPEN GYM 11:00 AM-12:45 PM	OPEN GYM 12:00 PM-2:30 PM	OPEN GYM 11:00 AM-12:45 PM	NOON BASKETBALL 12:00 PM-2:00 PM	OPEN GYM 11:00 AM-12:45 PM		
12:00 PM	OPEN GYM 11:00 AM-12:45 PM		PICKLEBALL 12:45 PM-2:00 PM		PICKLEBALL 12:45 PM-2:00 PM		
1:00 PM	PICKLEBALL 12:45 PM- 2:00 PM	OPEN GYM 2:30 PM-6:00 PM	OPEN GYM 2:30 PM-3:30 PM	OPEN GYM 2:00 PM-6:00 PM	OPEN GYM 2:00 PM-3:30 PM	Open Gym 11:00 AM-5:30 PM	PICKLEBALL 1:00 PM - 5:00 PM
2:00 PM	OPEN GYM 2:00 PM-3:30 PM		OPEN GYM 2:30 PM-3:30 PM		OPEN GYM 2:00 PM-3:30 PM		
3:00 PM		GYMNASTICS 3:30 PM-7:00 PM	GYMNASTICS 3:30 PM-7:00 PM	PICKLEBALL 6:00 PM-7:30 PM	GYMNASTICS 3:30 PM-7:00 PM	RENTALS 5:30 PM-8:30 PM	
4:00 PM	TAE KWON DO 7:15 PM - 9:00 PM	PICKLEBALL 6:00 PM-7:30 PM	TAE KWON DO 7:15 PM - 9:00 PM				
5:00 PM		OPEN GYM 7:30 PM-10:00 PM	OPEN GYM 7:30 PM-10:00 PM	OPEN GYM 7:30 PM-10:00 PM			
6:00 PM	OPEN GYM 7:30 PM-10:00 PM		OPEN GYM 9:00 PM-10:00 PM				
7:00 PM	OPEN GYM 9:00 PM - 10:00 PM	Y CLOSES @ 10:00 PM			Y CLOSES @ 9:30 PM	Y CLOSES @ 8:30 PM	
8:00 PM							
9:00 PM							
10:00 PM							

GYM RULES

Open Basketball:

Open to members, 9th grade and older.

Open Gym:

Open to anyone, members younger than 7th grade must be accompanied by an adult or a 9th grade or older. Open gym times may vary for Schools Out Club.

Adult Pickup Basketball:

Adult pick-up basketball is held Mon. & Wed. 6:30-10PM

Please refer to our **Facility Access Policy** for details of our participant age requirements.

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



Waynesboro Area YMCA



Waynesboro Area YMCA



Waynesboro Area YMCA @WaynesboroY



waynesboroymca



Our website:
Waynesboro Area YMCA
waynesboroymca.org

2019 POOL SCHEDULES

Pool 1 Schedule - August 26th - December 1st

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

Pool 2 Schedule - August 26th - December 1st								
TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30AM	POOL CLOSED 5:00-7:00							
6:00AM								
6:30AM								
7:00AM	POOL CLOSED 7:00-7:30	ADULT SWIM 7:00-10:00	POOL CLOSED 7:00-7:30	ADULT SWIM 7:00-10:00	POOL CLOSED 7:00-7:30	POOL CLOSED 7:00-8:30	Y CLOSED	
7:30AM	AQUACISES 7:30-8:30		AQUACISES 7:30-8:30		AQUACISES 7:30-8:30			
8:00AM								
8:30AM	POOL CLOSED 8:30-8:45		POOL CLOSED 8:30-8:45		POOL CLOSED 8:30-8:45			
9:00AM								
9:30AM	SWIM LESSONS 8:45-10:30		SWIM LESSONS 8:45-10:30		SWIM LESSONS 8:45-10:30	SWIM LESSONS 8:30-12:00		
10:00AM		HOMESCHOOL 10:00-10:30		HOMESCHOOL 10:00-10:30				
10:30AM								
11:00AM	ROM 10:35-11:30	ROM 10:35-11:30	ROM 10:35-11:30	ROM 10:35-11:30	ROM 10:35-11:30			
11:30AM	ACTIVE AQUA ADULTS 11:35-12:30	ACTIVE AQUA ADULTS 11:35-12:30	ACTIVE AQUA ADULTS 11:35-12:30	ACTIVE AQUA ADULTS 11:35-12:30	ACTIVE AQUA ADULTS 11:35-12:30			
12:00PM						RENTALS 12:00-1:30		
12:30PM	ROM 12:35-1:30	ADULT SWIM 12:35-2:00	ROM 12:35-1:30	ADULT SWIM 12:35-2:00	ROM 12:35-1:30			
1:00PM							OPEN SWIM 1:00-3:00	
1:30PM	POOL CLOSED 1:30-2:30		ADULT SWIM 1:30-2:30		POOL CLOSED 1:30-2:30			
2:00PM		OPEN SWIM 2:00-3:15		OPEN SWIM 2:00-3:15				
2:30PM	OPEN SWIM 2:30-5:00	POOL CLOSED 3:15-3:45	OPEN SWIM 2:30-5:00	POOL CLOSED 3:15-3:45	OPEN SWIM 2:30-5:30	OPEN SWIM 1:30-5:30		
3:00PM								
3:30PM		ADAPTED FITNESS & ADAPTED LESSONS 3:45-5:15					ADAPTED FITNESS & ADAPTED LESSONS 3:45-5:15	
4:00PM								
4:30PM								
5:00PM	POOL CLOSED 5:00-5:30		POOL CLOSED 5:00-5:30					
5:30PM		SWIM LESSONS 5:15-6:30		SWIM LESSONS 5:15-6:30			Y CLOSING AT 5:00	
6:00PM	SWIM LESSONS 5:30-6:30		SWIM LESSONS 5:30-6:30		SWIM LESSONS 5:30-6:30	POOL CLOSED 5:30-6:00		
6:30PM						RENTALS 5:30-8:00		
7:00PM								
7:30PM	OPEN SWIM 6:35-8:00	OPEN SWIM 6:35-8:00	OPEN SWIM 6:35-8:00	RENTALS 6:00-9:00				
8:00PM								
8:30PM	ADULT SWIM 8:00-9:00	POOL CLOSING AT 8:00	ADULT SWIM 8:00-9:00		POOL CLOSING AT 8:00	Y CLOSING AT 8:30		
9:00PM								
10:00PM	Y CLOSING AT 10:00				Y CLOSING AT			



BASKETBALL CLINIC

AGES 6-11

October 26TH

WAYNESBORO AREA YMCA GYM

11:30 A.M.-1:30 P.M.

Registration begins September 9th

Members \$20 Non-Members \$30



ADULT CITY LEAGUE BASKETBALL

Mondays and Wednesdays

6:30-9:30 PM

Games begin **Nov. 4th**

Members: \$60 Non-Members: \$95

Draft style format (Draft will be Tuesday, Oct. 29th)

Regular Season begins on **Nov. 4th**

Playoffs starts on **Feb. 3rd**

Registration begins on **Monday, Sept. 9**

Last day to register is **Monday, Oct. 28**

Players must fill out Player form and
Signing our Rules & Regulation form
at the time of registration

Waynesboro Area YMCA CRAFT SHOW



Do your Christmas shopping at the
Waynesboro Area YMCA at our
20th Annual Holiday Craft Show.
Many local vendors will be on hand to showcase
their crafty creations and products.

Saturday, December 7th, 9:00am-3:00pm

The Craft Show is **FREE & OPEN TO THE PUBLIC**

VENDORS NEEDED

Reserve space today to display and sell your crafts
and products. All fees are used to support the
Waynesboro Area YMCA "Partner with Youth".
Applications available at the member services desk.

VENDOR SPACE IS 8' X 10' FOR \$25;
TABLE AND 2 CHAIRS ADDED FOR ADDITIONAL \$10



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.

To check rental room availability, you must fill
out the Facility Rental Request form available at
Member Services or on our website:
www.waynesboroyymca.org The forms can be
e-mailed to lori@waynesboroyymca.org or
brought to the Member Services desk.



Waynesboro Area YMCA
810 East Main Street
Waynesboro, PA 17268

FALL/WINTER BUILDING HOURS:

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

Session	Dates	Member Registration	Non-Member Registration
Fall 1	Aug 26– Oct 13	Aug 5	Aug 14
Fall 2	Oct 14—Dec 22	Sept 23	Oct 2
Winter Interim	Dec 23– Jan 5	NA	NA
Winter 1	Jan 6– Feb 23	Dec 9	Dec 18

ALERT to Activities Schedule Changes:
Saturday, December 7th and 21st
Check with your instructors!
December 7th Craft Show both gyms in use.
December 21st WAVES swim team meet:
gyms and pools in use!

10-11-19



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!



Waynesboro Area YMCA CRAFT SHOW

Saturday, December 7, 9am–3pm

VENDORS NEEDED

Reserve space today to display and sell your crafts and products. All fees are used to support the Waynesboro Area YMCA "Partner with Youth". Applications available at the member services desk.

VENDOR SPACE IS 8' X 10' FOR \$25;
TABLE AND 2 CHAIRS ADDED FOR ADDITIONAL \$10