



GREAT SUMMERS

START AT THE Y!

2021 SUMMER PROGRAM GUIDE



810 EAST MAIN STREET
WAYNESBORO, PA 17268
717-762-6012
WWW.WAYNESBOROYMCA.ORG

SUMMER 2: JULY 5-August 28

For A Better Us.

WAYNESBORO AREA YMCA

MEMBERSHIP FOR ALL



BECAUSE UNLOCKING YOUR POTENTIAL
MEANS EVERYTHING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Membership

Monthly

Youth (6-12 yrs)	\$12.00
Teen (13-18yrs)	\$15.00
Young Adult (19-23 yrs)	\$24.00
Adult (24-61 yrs)	\$35.00
One Adult Family	\$44.00
Two Adult Family	\$59.00
Senior (62+yrs)	\$31.50
Senior Couple	\$53.10

Children Under 6 yrs old: must be associated with a family membership or pay non-member prices 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. Proof of college attendance is required.

PAYMENT OPTIONS

MONTHLY DRAFT/PERPETUAL: Membership fees will be deducted directly from credit card or a specified bank account each month on the same day. This payment is perpetual and will continue until the billing member submits membership cancellation in writing or in-person.

TERMED: These memberships have a fixed fee which is paid in FULL at time of registration. Member can purchase 3-month or 6-month membership options.

ANNUAL: these memberships are NON-refundable. Member pays for membership in FULL at time of registration.

CANCELLATION POLICY

Memberships cancellations require a two-week advanced notice of the draft date to avoid being charged for the next month's draft. Please note that we are not a drop-in facility, monthly membership fee covers the entire month. Member will be charged regardless of facility usage visits unless member requests cancellation.

PARTICIPATING 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.

Adult:\$7 Young Adult:\$6 College Student (w/college ID):\$5 Teen:\$4 Youth:\$3 (must be accompanied by an adult)

Active Duty Military: free access for the day (must present military ID)

Athletic Club Locker Room: Open to adult members ages 19 years and older. Features include lockers for rent, sauna and steam room, and towel service. MAC (Men)/WAC (Women): \$8/month; Locker rental: \$3/month

Rental Lockers: Also available in General Locker rooms at \$3/month

Medical Membership Hold: In the event of a medical emergency, the Y can place your membership on hold. Please contact Jill Hoko, Membership Director, if you have questions regarding a medical hold.

'Open Doors' Financial Assistance: Financial assistance scholarships can be awarded for general membership, adult/youth programs, child care and summer day camps. If you have questions, please contact Kathy Bostic, Outreach and Development Director.

Insurance Paid Memberships: We currently participate with SilverSneakers, Silver&Fit and Renew Active. Contact your insurance provider to get a confirmation number before you join (present photo ID and membership card).

Nationwide Membership (NWM): Members will be allowed access via NWM as long as their membership is active and in good standing with their local YMCA. Please bring your photo ID and YMCA ID to Member Services. Program-only participants (including Silver Sneakers, Silver & Fit, Active & Fit, RenewActive or other like programs) are *not* eligible for NWM access.

SUMMER DAY CAMP

All camps require registration and other information available at the member service desk or online www.waynesboroymca.org

COME JOIN THE ADVENTURE! Summer Camp is here again and the Y has an exciting summer planned for campers! Summer Camp is a place for youth to create lifelong friendships and memories. Each week, campers will swim, enjoy the sights on field trip adventures, create works of art and be amazed and entertained through activities that focus on science, cooking and nature. Campers will learn, explore, and create lifelong friendships and memories.

FULL TIME (4+days/week)	\$130/Member/Per Week \$175/Non Member/Per Week
PART TIME (1-3days/week)	\$90/Member/Per Week \$140/Non Member/Per Week

**TWO locations in Waynesboro: weekly June 6-August 20
Fairview Avenue School and Summitview School!
NEW location in Greencastle: weekly June 1-August 13
Greencastle-Antrim Elementary School!**

Campers may choose to attend all weeks or select weeks. Full-time and part-time options are available. A non-refundable \$25 registration fee is due at the time of registration. Parent's Guide and other helpful information can be downloaded online at www.waynesboroymca.org.

SPARK (1st -3rd grades) For our youngest campers, this camp will spark your child's imagination and allow endless creativity. *Campers who are 5 years old but have NOT completed kindergarten should register for our Discovery Camp Program.

ADVENTURE CAMP (4th- 6th grades) Your camper will embark on a summer adventure through activities that build character and strengthen our community. Activities include art, science, swimming, cooking, gaming and community service projects. Campers will get to see how they can impact their community and experience the joy of giving back!

EXTENDED CARE will be offered for families needing to drop off before the start of the regularly scheduled camp day. The extended care operates from 7:00 am—8:30 am. This is an optional service that can be added to the week's registration at the rate of \$30 per week for members and \$65 per week for non-members. School's Out Club will be offered in August.

SPECIALTY SPORTS CAMPS

Improve your skills, make new friends, be active with other kids and learn to love a sport at the Y!

	Dates/ Time	Age	Cost
Gymnastics Camp	June 14-17: 5-7p and July 22-26: 5-7p	6-14 years	\$55/Member/Per Week \$75/Non Member/Per Week
Running Camp	June 22-24: 9a-12p	5-14 years	\$20/Member \$40/Non Member
Soccer Camp	July 5-8: 9-11:30a	7-12 years	\$55/Member \$75/Non Member
Volleyball Camp	August 9-11th: 8:30-10:30a *HELD at WASHS	6-14 years	\$35/ Member \$55/ Non Member

DISCOVERY CAMPS

Discovery Camp activities include games, stories, outdoor play, crafts, special guests at the Y. Registration opens May 24th

	Dates/ Time	Age	Cost
Culinary Adventures	June 7-11: 9a-12:30p	3-4 years	\$85/Member \$105/Non Member
Full STEAM Ahead!	June 14-18: 9a-12:30p	3-4 years	\$85/Member \$105/Non Member
Culinary Adventures	June 21-25: 9a-12:30p	Entering Kindergarten	\$85/Member \$105/Non Member
Full STEAM Ahead!	June 28-July 2: 9a-12:30p	Entering Kindergarten	\$85/Member \$105/Non Member
Kindergarten Boot Camp 1	Aug 2-6: 9a-3p	Entering Kindergarten	\$125/Member \$150/Non Member
Kindergarten Boot Camp 2	Aug 9-13: 9a-3p	Entering Kindergarten	\$125/Member \$150/Non Member

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





PRESCHOOL

GENESIS LEARNING CENTER

Ages 3-5 The Genesis Learning Center at the Waynesboro Area YMCA is open Monday-Friday, 7:00 am -5:30 pm (with the exception of holidays and in-service/conference day closures).

Weekly tuition includes a morning and afternoon snack provided by the YMCA (lunch is provided by the family), and daily classroom activities guided by our caring staff. Weekly tuition is due the Friday prior to the week of care regardless of attendance or closure in order to retain your child's space in the program.

There is a one-time fee of \$25 due at the time of registration. Financial assistance is available through the Y's Open Doors Financial Assistance Program.

All information and registration forms for Genesis are NOT available online or at member service, all registration must be through Youth Development Director, Karen Walker, karen.w@waynesboroymca.org 717.762.6012 ext 131

SCHOOL AGED CARE

BEFORE & AFTER SCHOOL PROGRAM

K-5th grade. Our Before and After School Care 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 program runs from dismissal until 6:00pm

- WASD location is the elementary school the child attends.
- GCASD location is the Greencastle Church of the Brethren.
- BASC care is only held on days the school district is open for in-person child instruction
- Daily tuition includes an afternoon snack (after school care only), crafts and activities, and supervision of your child by the Y staff. Daily tuition is charged for the days a child is enrolled, regardless of child's attendance, in order to retain your child's space in the program.
- There is a \$25 registration fee for each program. This fee holds a child-care space for your child or a place on the waiting list.
- Financial assistance is available through the Y's Open Doors Financial Assistance Program.

School Closure Days:

School's Out Club @ YMCA in Waynesboro 7:00 am - 5:30 pm	Member Daily Rate	\$30.00
	Non-Member Daily Rate	\$36.00
Snow Day Club @ YMCA in Waynesboro 8:00 am - 5:30 pm	Member Daily Rate	\$30.00
	Non-Member Daily Rate	\$36.00

We are nearing the close of another school year which means it is time to register for Before and After School Care for the 2021-22 school year. Currently enrolled students have first preference to register.

**Registration forms for these Youth Development programs are not available online or at member service. All registration must be through Youth Development Director, Karen Walker
P: 717.762.6012 ext 131
E: karen.w@waynesboroymca.org**



the  **FOREVER LEARNING**

- School's Out Club hours are 7:00 am - 5:30 pm. Registration closes 1 week prior to the program date. Students should bring a packed lunch. There is a minimum enrollment for School's Out Club to be held.
- Snow Day Club is held on days the district closes due to inclement weather. Registration opens at 7:00 am, or when the closure of school is announced.

SWIM LESSONS

The YMCA Swim Lesson Curriculum is a core group of aquatic skills every person needs to be safe around water. Students begin with and build upon skills they are ready to learn, helping them to celebrate their successes, build self-confidence, and enjoy learning to swim and water safety. Level information is posted on the website, any questions, can be directed to Senior Program Director, sarah@waynesboroyymca.org **Parents accompany children in Level A & B.

SUMMER 2

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$26	\$52
Level B**	Tue/Thur Saturday	8:30-9:00a 9:00-9:30a	\$50 \$26	\$96 \$52
PRE-SCHOOL LEVEL 1	Mon/Wed	5:30-6:00p	\$50	\$96
	Tues/Thurs	9:00-9:30a	\$50	\$96
	Saturday	10:00-10:30a	\$26	\$52
	Saturday	11:00-11:30a	\$26	\$52
PRE-SCHOOL LEVEL 2-3	Mon/Wed	6:00-6:30p	\$50	\$96
	Tue/Thur	11:30a-12p	\$50	\$96
	Saturday	9:30-10:00a	\$26	\$52
	Saturday	10:30-11:00a	\$26	\$52
PRE-SCHOOL LEVEL 4-5	Saturday	11:00-11:40a	\$26	\$52

LEVEL	DAY(S)	TIME	MEMBER	NM
YOUTH LEVEL 1	Mon/Wed	10:40-11:20a	\$50	\$96
	Mon/Wed	6:30-7:10p	\$50	\$96
	Saturday	9:00-9:40a	\$26	\$52
	Saturday	10:20-11:00a	\$26	\$52
YOUTH LEVEL 2-3	Mon/Wed	6:30-7:10p	\$50	\$96
	Saturday	9:40-10:20a	\$26	\$52
	Saturday	11:00-11:40a	\$26	\$52
YOUTH LEVEL 4-5	Mon/Wed	7:10-7:50p	\$50	\$96
	Saturday	9:00-9:40a	\$26	\$52
	Saturday	10:20-11:00a	\$26	\$52
YOUTH LEVEL 6+	Saturday	9:40-10:20a	\$26	\$52

YOUTH: AGES 6-15

AQUAFIT/ADULT AQUA

ROM (RANGE OF MOTION) AQUATICS- POOL 2

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

Day	Time	Member	Non- Member
Mon.-Fri.	10:30-11:30a	\$32.00	\$64.00

ACTIVE AQUATIC ADULTS (ACTIVE OLDER ADULTS)-POOL 2

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

Day	Time	Member	Non- Member
Mon./Wed./Fri.	11:30a-12:30p	\$24.00	\$48.00

POWER HOUR-POOL 1

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.

Day	Time	Member	Non- Member
Mon./Wed./Fri.	9:30-10:30a	\$24.00	\$48.00

DEEP WATER-POOL 1

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!

Day	Time	Member	Non- Member
Tues./Thurs.	9:30a-10:30a	\$16.00	\$32.00

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
\$68.00	\$92.00



SWIM TEAM

ROOKIE CAMP ages 5-18 Anyone who is interested in the WAVES swim team! Participants will get the full swim team experience! FREE! Registration is necessary.

Day	Time	Member	Non- Member
June 1-4	5:30-6:30	FREE	FREE

GYMNASTICS & RECREATION

KINDERGYM

3– 5 years old Beginner gymnastics for preschoolers. Children will get familiar with the apparatus while learning stretches and age appropriate skills.

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.

TUMBLING

6–18 years old Calling all cheerleaders, gymnasts, or those who want to get better at their tumbling skills, this class gives you the chance to learn new tumbling skills in our gymnastic facility. Taught by our gymnastic coaches tumbling is for both boys and girls.

LEVEL	DAY(S)	TIME	MEMBER	NM
KINDERGYM Ages 3-5	Saturday	8:30-9:00a	\$25	\$60
INSTRUCTIONAL GYMNASTICS Ages 6-18	Saturday	8:30-9:30a	\$30	\$70
TUMBLING	Mon/Wed	4:00-5:00p	\$30	\$60

ADULT LEAGUES

WOMEN'S SUMMER VOLLEYBALL

ages 15 and over Two divisions are available Competitive (A) and Non-Competitive (B). Games will be held at both Memorial and Northside Park. Register as an individual. Substitutes \$4 per game. Games begin the week of June 7th. Registration ends June 17th.

Day	Time	Member	Non-Member
Div. A: Mon./Wed.	6:30-8:30	\$35.00	\$50.00
Div. B: Tues./Thurs.	6:30-8:30	\$35.00	\$50.00

SUMMER BASKETBALL LEAGUE

ages 16 and over Competitive basketball league is an opportunity to be active and social while reconnecting with the game you love. Registration ends May 19th with a draft on May 20th. Games will be held at the Y.

Day	Time	Member	Non-Member
Tues./Thurs.	6:00-9:00	\$60.00	\$95.00

RENTALS

Celebrate your next special occasion at the Y!

Whether you have a birthday or a group that just wants to get together and have fun, we have the place for you.

The Y offers several rental options of various rooms within our facility, including 2 pools, 2 gyms and our teen center or pavilion! Stop at the Y Member Services desk and fill out the Facility Rental Request Form (also on our website).

Have more questions about rentals?

Please contact kathy@waynesboroyymca.org



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



GROUP EXERCISE

GROUP POWER

Blast all your muscles with this hour long, high-rep weight training workout. Using an adjustable barbell, weight plates, and bodyweight, Group Power combines squats, lunges, curls and presses with a variety of functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Ages 13 and older. Beginner/Intermediate/Advanced

Max Burn

An interval cardio workout where your inner athlete is unleashed. Timed intervals of cardio, conditioning and core will push you as you burn your way through calories to superior cardiovascular fitness. Ages 13 and older. Beginner/Intermediate/Advanced

Boot Camp/Bodyweight Blast

Keep your body guessing and the results coming with this unique blend of cardio intervals, resistance training, and core integration. Each class is different based on the instructor. Ages 13 and older. Beginner/Intermediate/Advanced

Strong Nation

Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. Ages 13 & older. Beginner/Intermediate/Advanced

Bars & Bands

We've crafted a workout to keep you focused on the bottom line – your bottom half! Posterior chain activation is crucial for athletic performance, balance, strength, and yes, sculpting a truly envious bottom half. In this 30 minutes class, you will use mini bands and weights to activate, recruit, and sculpt the muscles in the posterior chain, while our instructor provides motivation and fun! Ages 13 & older. Beginner/Intermediate/Advanced

POUND

Instead of listening to music, you become the music in this exhilarating full-body workout that 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. Designed for all fitness levels, the workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Ages 13 & older. Beginner/Intermediate/Advanced

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. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Ages 13 & older. Beginner/Intermediate/Advanced

Cardio & Core

Each class is a unique blend of cardiovascular training and core integration. The specific class format will change depending on the instructor. Ages 13 and older. Beginner/Intermediate/Advanced

YOGA

Yoga can assist in managing stress and illness, increasing flexibility, and promoting relaxation. Our instructors give options and modifications to meet the needs of brand new health seekers and experienced yogis. Ages 13 and older. Beginner/Intermediate/Advanced

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. Ages 13 and older. Beginner/Intermediate/Advanced

**GROUP EXERCISE CLASSES ARE
FREE TO MEMBERS!**

**Schedules are available at member
services and on our website:
www.waynesboroymca.org**

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.

PERSONAL TRAINING

Working with a trainer provides support, motivation, and accountability. Schedule a consult with a certified trainer to help develop realistic long and short term goals!

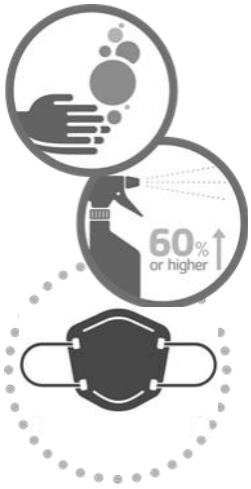
Sessions are	Rates	Member
available in	60 min	\$45.00
60/45/30		
minute packages.	30 MIN	\$35.00

To help our clients track their progress, we offer a complimentary InBody scan with every 5 session package purchased.

Package rates are available online. Ask your trainer how the InBody scan helps you dial in your training and diet, and keeps you motivated!

To schedule a consultation, contact Sarah@waynesboroymca.org

Health and safety of our members and staff remain our top priority!



Members must maintain minimum of 6 feet distance.

Members must disinfect equipment before and after use.

Fully vaccinated people may forgo wearing a mask in the Y. If you not considered fully vaccinated, you are required to wear a mask at the Y.

Strokes, Spokes & Strides Triathlon (sprint distance)

Distance: 300 meter swim, 13 mile bike, 3.1 mile run

Date/Time: Saturday, June 12, 2021 – race begins at 8 a.m.

Location: Waynesboro Area YMCA

Age: 15 & up.

* Aquavelo (Swim+Bike only): 300 meter swim, 13 mile bike

**Duathlon (Run+Bike+Run):

1.5 mile run, 13 mile bike, 3 mile run



For more information and to register for this year's event, go to <https://runsignup.com/Race/PA/Waynesboro/StrokesSpokesandStrides>

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

SUMMER BUILDING HOURS:

Monday– Thursday	5:00a– 9:00p
Friday	5:00a– 6:00p
Saturday	7:00a– 4:00p
Sunday	1:00p– 5:00p

MEMBER SERVICES DESK:

Monday– Thursday	7:00a– 8:30p
Friday	7:00a– 5:30p
Saturday	7:00a– 3:30p
Sunday	1:00p– 4:30p

CHILD WATCH:

Monday– Thursday	8:30a– 10:30a & 4:30p–7:30p
Friday	CLOSED
Saturday	8:00a– 11:00p
Sunday	CLOSED

SESSION DATES

Summer 1: May 3–June 26

Summer Interim: June 27–July 3

Summer 2: July 5–August 28

Registration dates: Summer 2:

Members: June 7

Non-Members: June 14

CLOSED HOLIDAYS

Memorial Day, Monday, May 31

July 4th, Sunday, July 4th

Labor Day, Monday, September 6th

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



Waynesboro Area YMCA



Waynesboro Area YMCA



Waynesboro Area YMCA
@WaynesboroY



waynesboroyymca



Our website:
Waynesboro Area YMCA
waynesboroyymca.org

STAFF DIRECTORY

Executive Director, Amanda Gietka

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Senior Program Director, Sarah Santangelo

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Outreach and Development Director, Kathy Bostic

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Facility Director, Mike Decker

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Membership Director, Jill Hoko

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Youth Development Director, Karen Walker

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6-2-2021