



BUILDING HOURS OF OPERATION

Monday—Thursday
5:00AM–9:00PM

Friday
5:00AM–6:00PM

Saturday
7:00AM–4:00PM

Sunday
1:00pm–5:00pm

Member Services Desk Hours

Monday–Thursday:

7:00AM–8:30PM

Friday: 7:00AM–5:30PM

Saturday: 7:00AM–3:30PM

Sunday: 1:00PM–4:30PM

Visit our website at www.waynesboroymca.org for updates

YOUNG ADULT, ADULT AND SENIOR ADULT & DEPENDANTS AGE 13–18 MEMBERSHIP BENEFITS

Strive Wellness Center

15 stations of Strive adjustable weight resistance equipment and cardio machines

Group Exercise Classes

Spinning, Yoga, Silver Sneakers Classes, MOSSA cardio and strength classes, just to name a few

2 Indoor heated pools

Large pool: 25-meter, 6-lane pool with lap swimming

Small pool: 3' to 5' depth, water temp is 90 degrees

2 Gymnasiums

Scheduled Picketball times, Open gym times for basketball

Racquetball Court

Reservations required

Nautilus/Free Weight Room

1200 square feet of equipment and free weights

Gyms, pools, and class schedules are available online and updated frequently
www.waynesboroymca.org

Our YMCA has been a part of the WAYNESBORO Area for over 105 years. As we navigate through these unprecedented times, our commitment to the safety and well-being of our community is stronger than ever!

CURRENT PROGRAMS:

GENESIS LEARNING CENTER:

Our early learning DHS licensed program is for children ages 3–5 years old. Our program has achieved a STAR 2 designation and is a full-day, year-round program. Operates 6:30AM–6:00PM, Monday thru Friday. Contact Youth Development Director, Karen Walker for more information
karen.w@waynesboroymca.org

OPEN DOORS FINANCIAL ASSISTANCE

Finance assistance scholarships can be awarded for general membership, programs, and child care.

SLIVERSNEAKERS

Your SilverSneakers Fitness Program allows you access to the Y with a membership at no cost to you. Please bring your SilverSneakers card to the member service desk to get started.

AQUAFIT CLASSES

Power Hour, Range of Motion, Active Aquatic Adults are currently being held Monday–Friday. Registration is required.

YOUTH PROGRAMS

We will continue to add youth programs and activities as we can safely do so, please visit our website for updates:
www.waynesboroymca.org

Updated 4.01.21

