



**THE FIRST STEP  
IS THE BEST STEP**

**IT'S TIME  
to let  
them  
shine!**



**IT'S  
TIME  
to take a  
moment  
for you!**



**Time to take the  
next step!  
Your Y is waiting  
for YOU!**



**It's time to register for  
swimming, fitness, and  
programs!**

**FALL 1:  
August 30-October 24  
8 weeks!  
Members: August 2  
Non-members: August 9**



**WAYNESBORO AREA YMCA  
Waynesboro, PA  
waynesboroymca.org  
717-762-6012**

# 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

Membership cancellations must be in writing and require a two-weeks 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. All outstanding balances must be paid prior to 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) for a maximum of two consecutive weeks.

**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 with a physician's note. 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; then simply stop by the Y to present photo ID and insurance card. Once information is collected, our staff will contact you within 24-48 hours to confirm eligibility at our Y.

**Nationwide Membership (NWM):** Members will be allowed access via NWM providing he/she has a current active membership with an NWM participating YMCA. Please bring your photo ID and YMCA ID to Member Services. Kindly note that a visiting NWM member must visit their home branch 51% or more each month; or, they will be asked to join our Waynesboro Area YMCA. Program-only participants (including Silver Sneakers, Silver & Fit, Active & Fit, Renew Active or other like programs) are not eligible for NWM access.

# LIVESTRONG<sup>®</sup> AT THE YMCA



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.

A new LIVESTRONG the YMCA program will begin **September 13th, held Monday/Wednesdays 11AM--12:30PM** please contact Sarah@waynesboroymca.org for more info.

## 7TH GRADE MEMBERSHIP

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.

Registration for our 7<sup>th</sup> Grade Initiative program will begin in mid August and 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. **The 2021-2022 7th Grade Membership Initiative will begin on August 25, 2021.**



### A BETTER US STARTS WITH U

A job can be so much more than a paycheck. When you work for the Y, you're helping to empower young people, improve health and well-being, and inspire action in our community.

We currently have openings:

- ◆ Lifeguards
- ◆ Swim Instructors
- ◆ Child Care Workers
- ◆ Gymnastics Instructor
- ◆ Customer Service Representatives/Member Services

The Y is the leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. Apply today! #ABetterUsStartsWithU

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:

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

- 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.

**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**



## WE ARE HIRING FOR THE SCHOOL YEAR!

Are you able to work just a few short hours in the morning and/or afternoon to provide quality care and peace of mind for our Franklin County families?

**JOIN THE Y TEAM!  
APPLY TODAY!**

# 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.

## FALL 1

PRESCHOOL: AGES 3-5

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

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

<b>Member</b>	<b>Non- Member</b>
\$68.00	\$92.00

# 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. We are offering a full payment plan, or a monthly draft option. We are slotted for a six-month season. First or full payment is due upon enrollment.

### Practice Schedule starting September 7th:

Level 1: Currents (\$42/month)  
Monday, Tuesday, Thursday 5:45-6:30pm

Level 2: Riptides (\$54/month)  
Monday-Thursday 5:30-6:30pm

Level 3: Tsunamis (\$72/month)  
Monday-Thursday 4:15-5:30pm

Level 4: Junior/Senior (\$92/month)  
Monday-Friday 4:15-5:45pm

For more information contact Head Swim Team Coach:  
Cassidy@waynesboroyymca.org

# 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. Parents will participate with their tumbling tots.

LEVEL	DAY(S)	TIME	MEMBER	NM
TUMBLING TOTS Walking-2yrs.	Tues.	9:30-10:00a	\$20	\$40
TUMBLING TOTS 2-3 years	Tues.	10:00-10:30a	\$20	\$40

## KINDERGYM

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

LEVEL	DAY(S)	TIME	MEMBER	NM
KINDERGYM	Mon./ Wed.	4:30-5:00p	\$30	\$66
KINDERGYM	Sat.	8:30-9:00a	\$25	\$60
KINDERGYM	Sat.	9:00-9:30a	\$25	\$60

# 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.

Classes will begin September 13, 2021

LEVEL	DAY(S)	TIME	MEMBER	NM
TAE KWON DO ALL levels	Mon/Wed	7:00-7:45p	\$30	\$60

# SOCCER CLINICS

## GET READY FOR SOCCER!

Knock off the rust and get ready for the soccer season! Players should bring a soccer ball, water, shin guards, and soccer shoes. Goal keepers: gloves are recommended.

CLINIC	AGES	DAY/TIME	MEMBER	NM
KNOCK OFF THE RUST	7-14	Sat. Sept. 4 9:00-10:15a	\$35	\$48
GOAL KEEPER CLINIC	9-14	Sat. Sept. 4 10:30-11:45a	\$35	\$48

## 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.

LEVEL	DAY(S)	TIME	MEMBER	NM
INSTRUCTIONAL GYMNASTICS Ages 6-18	Mon./Wed.	4:00-5:00p	\$48	\$85
INSTRUCTIONAL GYMNASTICS Ages 6-18	Saturday	8:30-9:30a	\$30	\$70

## YMCA GYMNASTICS TEAM

6-18 years old, must be a member of the Y.

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. For more information, please contact Denzel Davis.

- The season runs from August 30-May
- Must have a perpetual membership to be on the team
- The full payment is \$520
- Monthly drafts are \$65
- Practices are Monday, Wednesday, and Friday.
- Mondays and Wednesdays practices are from 5-7p
- Fridays practices are from 4-6p



# 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](http://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

# TRUNK OR TREAT!



October 23rd  
3-5PM  
FREE to ALL!

## TRUNKS NEEDED!

Best decorated Trunk will win a Y  
FAMILY MEMBERSHIP for a YEAR!!  
Trunk Registration is required at  
the member service desk.

## RENTALS

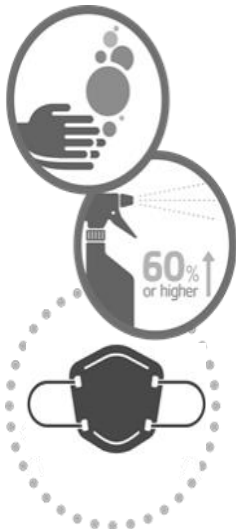
### Celebrate your next special occasion at the Y!

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](mailto:kathy@waynesboroyymca.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.

We remain committed to kindness, inclusion and safety. Please respect others in their choice of wearing or not wearing a mask.

9-1-2021

810 East Main Street  
717-762-6012 (phone)  
717-762-4368 (fax)  
[www.waynesboroyymca.org](http://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

Fall 1: August 30-October 24  
Fall 2: October 25-December 19

#### CLOSED HOLIDAYS

Labor Day, Monday, September 6th

#### Waynesboro Area YMCA Blood Drive



American  
Red Cross

Tuesday,  
October 26  
10:30AM-4PM

## STAFF DIRECTORY

### Executive Director, Amanda Gietka

[Amanda@waynesboroyymca.org](mailto:Amanda@waynesboroyymca.org)

### Senior Program Director, Sarah Santangelo

[Sarah@waynesboroyymca.org](mailto:Sarah@waynesboroyymca.org)

### Outreach and Development Director, Kathy Bostic

[kathy@waynesboroyymca.org](mailto:kathy@waynesboroyymca.org)

### Aquatics Director, Cassidy Brandes

[cassidy@waynesboroyymca.org](mailto:cassidy@waynesboroyymca.org)

### Finance Director, Beth Cool

[beth.c@waynesboroyymca.org](mailto:beth.c@waynesboroyymca.org)

### Sports and Recreation Director, Denzel Davis

[denzel@waynesboroyymca.org](mailto:denzel@waynesboroyymca.org)

### Facility Director, Mike Decker

[Mike@waynesboroyymca.org](mailto:Mike@waynesboroyymca.org)

### Membership Director, Jill Hoko

[jill@waynesboroyymca.org](mailto:jill@waynesboroyymca.org)

### Youth Development Director, Karen Walker

[Karen.w@waynesboroyymca.org](mailto:Karen.w@waynesboroyymca.org)