

# FIND YOUR Y FIND YOUR COMMUNITY

**SPRING 2022**  
April 25–June 11

## **PROGRAM GUIDE:**

**Membership**  
**Summer Camps**  
**Child Care**  
**Swimming Lessons**  
**Aqua Fit**  
**Sports & Recreation**  
**Group Exercise**  
**Events**



**WAYNESBORO AREA YMCA**  
810 East Main Street, Waynesboro, PA 17268

**717-762-6012**  
[waynesboroymca.org](http://waynesboroymca.org)

# MEMBERSHIP FOR ALL



BECAUSE UNLOCKING YOUR POTENTIAL  
MEANS EVERYTHING



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Membership

## Monthly

Youth (6-12 yrs)	\$13.00
Teen (13-18yrs)	\$16.00
Young Adult (19-23 yrs)	\$25.00
Adult (24-61 yrs)	\$37.00
One Adult Family	\$46.00
Two Adult Family	\$62.00
Senior (62+yrs)	\$33.00
Senior Couple	\$55.00

Children Under 6 yrs old: must be associated with a family membership or pay non-member prices to participate in programs.

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)

Effective 1/3/22 We WILL NOT be selling Teen Guest Passes from school dismissal time through 5PM.

**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

**Wellness Center:** Open to ages 13 years and older.

**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,

# SUMMER DAY CAMP

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.

Day Camp is available every weekday from 8:30 am to 5:30 pm beginning June 6 through August 19, 2022. Campers will swim weekly, enjoy the sights on a 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. Please register your camper by the grade they are going into in the fall.

<b>FULL TIME (4+days/week)</b>	<b>\$150/Member/Per Week \$195/Non Member/Per Week</b>
<b>PART TIME (1-3days/week)</b>	<b>\$95/Member/Per Week \$140/Non Member/Per Week</b>

3 locations:  
YMCA  
Summitview Elementary School  
Greencastle-Antrim Elementary School!

Campers may choose to attend all 11 weeks or select weeks. Full-time options are available. A non-refundable \$25 registration fee is due at the time of registration. Part-time registration will be available starting on April 4th. Parent's Guide and other helpful information can be downloaded online at [www.waynesboroyymca.org](http://www.waynesboroyymca.org).

>1st –3rd grades: For our youngest campers, we will spark your child's imagination and allow endless creativity. Arts and crafts activities will encourage your child to express themselves. \*Campers who are 5 years old but have NOT completed kindergarten should register for our Discovery Camp Program. More information will be released soon!

>4th– 6th grades: Your camper will embark on a summer adventure through activities that build character and promote responsibility. Activities include art, science, swimming, cooking, gaming, and projects.

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 6:30 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. If you register for eight weeks of Full-time summer camp and extended care, the cost of extended care will be included with your camp fee.

# 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 13-16: 4-7p and July 18-21: 4-7p	6-14 years	\$60/Member/Per Week \$85/Non Member/Per Week
Running Camp	June 21-23: 9a-12p	5-14 years	\$22/Member \$45/Non Member
Soccer Camp	July 11-14: 9-11:00a	7-12 years	\$55/Member \$75/Non Member
All Sports Camp	July 26-28 9-11:30AM	7-13 years	\$55/Member \$75/Non Member
Volleyball Camp	August 8-10: 8-10a AT WASHS GYM	7-12 years	\$40/Member \$65/Non Member

# DISCOVERY CAMPS

Theme: Around the World  
Ages 3-5  
9:00 am-12:30 pm  
Week 1: July 11-15  
Week 2: July 18-22  
Rates Per Week:  
• Member: \$90  
• Non-Member: \$110

**KINDERGARTEN  
BOOTCAMP**  
For children entering  
Kindergarten Fall 2022  
9:00 am-2:00 pm  
July 25-29  
Rate Per Week:  
• Member: \$130  
• Non-Member: \$160



Discovery Camps will be held at the Y. For more info, contact the Y: 717-762-6012  
[Karen.w@waynesboroyymca.org](mailto:Karen.w@waynesboroyymca.org)





# 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

- 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!

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 Swim Lesson Coordinator swimlessons@waynesboroyymca.org \*\*Parents accompany children in Level A & B.

## SPRING

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$28	\$56
Level B**	Tue/Thur	8:30-9:00a	\$52	\$98
	Saturday	9:00-9:30a	\$28	\$56
PRE-SCHOOL LEVEL 1	Mon/Wed	5:30-6:00p	\$52	\$98
	Tues/Thurs	9:00-9:30a	\$52	\$98
	Saturday	10:00-10:30a	\$28	\$56
	Saturday	10:30-11:00a	\$28	\$56
	Saturday	11:00-11:30p	\$28	\$56
PRE-SCHOOL LEVEL 2-3	Mon/Wed	6:00-6:30p	\$52	\$98
	Saturday	9:30-10:00a	\$28	\$56
	Saturday	11:30a-12:00	\$28	\$56

LEVEL	DAY(S)	TIME	MEMBER	NM
YOUTH LEVEL 1	Mon/Wed	6:30-7:10p	\$52	\$98
	Saturday	9:00-9:40a	\$28	\$56
	Saturday	9:40-10:20a	\$28	\$56
	Saturday	10:20-11:00a	\$28	\$56
YOUTH LEVEL 2	Mon/Wed	6:30-7:10p	\$52	\$98
	Saturday	9:00-9:40a	\$28	\$56
	Saturday	9:40-10:20a	\$28	\$56
YOUTH LEVEL 3/4	Mon/Wed	7:10-7:50p	\$52	\$98
	Saturday	10:20-11:00a	\$28	\$56
	Saturday	11:00-11:40a	\$28	\$56
YOUTH LEVEL 5+	Mon/Wed	7:10-7:50p	\$52	\$98
	Saturday	11:00-11:40a	\$28	\$56

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 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.

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

### AQUAFIT-POOL 2

15 years & older A low impact but high intensity water aerobics class. Exercises are performed to lively, motivation music and are effective and easy to follow.

Day	Time	Member	Non- Member
Mon./Wed.	6:30p-7:30p	\$16.00	\$24.00

## 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

You're invited to Rookie Camp!  
Get the swim team experience!

This 4 day program is for anyone age 5-18 who is interested in the Waves Swim Team, but not sure if they're ready to join. At the end of the week, the coaching staff will recommend a swim team level or swim lessons. There is no fee for Rookie Camp, BUT each participant must be registered.

@ The Waynesboro YMCA - May 9-12 5:30pm - 6:15pm

Spring Conditioning and Summer Swim Team info available at the Member Service Desk. For more information contact Senior Program Director: sarah@waynesboroyymca.org

## Strokes, Spokes & Strides Triathlon (sprint distance)

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

**Date/Time:** Saturday, June 11-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

# 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.

LEVEL	DAY(S)	TIME	MEMBER	NM
KINDERGYM	Mon./Wed.	4:30-5:00p	\$40	\$72
KINDERGYM	Sat.	8:30-9:00a	\$30	\$65
KINDERGYM	Sat.	9:00-9:30a	\$30	\$65

## 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 Sarah Santangelo.

## 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, for both boys and girls.

LEVEL	DAY(S)	TIME	MEMBER	NM
INSTRUCTIONAL GYMNASTICS Ages 6-18	Mon./Wed.	4:00-5:00p	\$50	\$85
INSTRUCTIONAL GYMNASTICS BEGINNERS Ages 6-18	Saturday	8:00-9:00a	\$35	\$75
INSTRUCTIONAL GYMNASTICS INTERMEDIATE/ ADVANCED Ages 6-18	Saturday	9:00-10:00a	\$35	\$75

# 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(S)	TIME	MEMBER	NM
TAE KWON DO ALL levels	Mon/Wed	7:00-7:45p	\$35	\$65

## WOMEN'S SUMMER VOLLEYBALL

ages 15 and over Recreational/Non-Competitive Division 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 May 31st.

Day	Time	Member	Non-Member
Rec/Non.Competitive Tues./Thurs.	6:30-8:30	\$35.00	\$50.00



**CHECK OUT our virtual wellness platform, available anytime from anywhere: Y Wellness 24/7**

**Y Wellness 24/7 is available exclusively to our members, free with their Waynesboro Area YMCA membership.** Y Wellness 24/7 is a virtual wellness platform providing access to hundreds of live and on-demand group exercise classes, sports and play programs led by YMCA instructors. Additionally, the platform also includes access to thousands of on-demand classes from instructors nationwide - including classes in training, mindfulness, nutrition, stress management, and more.

Members who experience this brand-new engagement can choose from a large array of options including cycling, Tai Chi, dance jam, country heat, bootcamp plus - new classes for seniors such as Zumba® Gold,

## HOW IT WORKS?

**Visit our website and click on the YWellness24/7 Button to get started.**

First-time users will create their own platform login; returning users simply login and start browsing for classes! The primary screen will feature the instructors and teachers of other YMCA associations participating on our platform as well as access to classes from other instructors, nationwide. Be sure to join the Y Wellness 24/7 Facebook Group to stay connected to other wellness enthusiasts!

# 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

## 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

## POUND

Instead of listening to music, you become the music in this exhilarating full-body workout. 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. 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

## 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 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.

## L1FT

L1FT workouts involve high repetitions of relatively low weights (**bar and weight plates or dumbbells**), which reduces the chance of injury but still allows you to access the many benefits of resistance training. Beginner/Intermediate/Advanced

# WELLNESS CENTER

We have expanded the Wellness Center and invested in new equipment like the S-Drive: a truly unique piece of training equipment that combines the benefits of a user-driven treadmill, weighted sled and resistance parachute in one space-saving footprint. Try the Ultra Series single station strength equipment with a space saving design, built in rep counters, ergonomic grip, and a sleek design in our Wellness Center, and the transformation of our Weight Room into a space for strength and power enthusiasts.

**Updated and improved to keep pace with all your fitness steps!**



## MATRIX Ultra Series



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

**Schedules are available at member  
services and on our website:  
[www.waynesboroyymca.org](http://www.waynesboroyymca.org)  
Keep up-to-date with  
the Facebook Group:  
Waynesboro YMCA  
Group 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.

# 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@waynesboroyymca.org

# Waynesboro Area YMCA

## YARD SALE

Saturday, May 14th, 8AM-12Noon  
ON THE Y FRONT LAWN



### WAYNESBORO AREA YMCA BLOOD DRIVE

Tuesday, May 31, 2022  
10:30AM-4:00PM



### Y COOK WEDNESDAYS?

Join us every Wednesday throughout the summer where a different food truck will be available in our parking lot.

Starts June 1st- 4:30-7:30pm



### The Waynesboro Area YMCA INDOOR TURF TUNNEL

The Turf Tunnel will offer a full-size batting cage with baseball/softball pitching machines, designated tee area with nets, pitching and L screen. This NEW Turf Tunnel is available for reservations. Visit our website for more info!

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

#### 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- 11:00a & 4:30p-7:30p
Friday	CLOSED
Saturday	8:00a- 11:00p
Sunday	CLOSED

#### SESSION DATES:

Spring 1: April 25-June 11  
Summer 1: June 12-July 23  
Summer 2: July 25-Sept 3

Closed: Memorial Day Monday, May 30th

FOLLOW US!  
LIKE US!  
STAY  
CONNECTED!



### 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)

#### 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)

5-9-2022