

WARM UP YOUR WINTER AT THE YMCA



WINTER 2 2023 PROGRAM GUIDE
February 27-April 22



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



MEMBERSHIP FOR ALL



BECAUSE UNLOCKING YOUR POTENTIAL
MEANS EVERYTHING



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Membership

Monthly

Effective 9/15

Youth (6-12 yrs)	\$14.00
Teen (13-18yrs)	\$17.00
Young Adult (19-23 yrs)	\$26.00
Adult (24-61 yrs)	\$39.00
One Adult Family	\$48.00
Two Adult Family	\$65.00
Senior (62+yrs)	\$35.00
Senior Couple	\$58.00

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 23. 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 and received two-weeks in advance of the monthly draft.

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: Member pays for membership in FULL at time of registration.

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)

Teen Guest Passes ARE NOT AVAILABLE from school dismissal time through 6PM.

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

'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.

Medical Membership Hold: In the event of a medical emergency, the Y can place your membership on hold with a physician's note.

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.



AFTER HOURS ACCESS TO THE Y!

WORK OUT ON YOUR SCHEDULE WITH AFTER HOURS ACCESS TO THE Y.

HOW IT WORKS:

AFTER HOURS is a membership add-on that gives adult members access to the Wellness Center, Spin Room, and Functional Training Room during hours when the facility is closed. This includes late night, and early morning hours, extended hours on the weekends, holidays, and potentially during inclement weather closures.

Adult members in good standing and 21 years or older. Qualifying members must have an annual paid membership OR have a perpetual monthly draft associated with their account. This membership amenity is available to corporate membership types.

Facilities will be monitored AFTER HOURS with state of the art surveillance equipment and equipped with two emergency beacons.

HOW TO PARTICIPATE

- Those with qualifying membership types must activate their AFTER HOURS membership at the Member Service Desk.
- Agree to the AFTER HOURS access waiver
- Update your profile picture and review the special instruction brochure.
- Receive your AFTER HOURS magnetic card (\$10 fee).

NEW EQUIPMENT!

The Matrix Endurance Series gives you options with premium LED screens: making it easy for anyone to get started while satisfying the needs of true exercise enthusiasts looking for challenging workouts.



**When you can't make it into the Y:
We have 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.

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!

SCHOOL AGED CHILDCARE

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 107
 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!**



RENT THE Y FACILITIES

Whether you have a birthday or a group that just wants to get together and have fun, we have the places for you. The Y offers several rental options of various rooms within our facility, including 2 pools, 2 gyms and our teen center, pavilion or TURF TUNNEL!

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 the Y.

Members can use the turf tunnel anytime for free, non-members can reserve the tunnel for \$30/50 minutes.

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 for children 6 month-3yrs .

WINTER 2

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$40	\$64
Level B**	Tue/Thur	8:30-9:00a	\$80	\$112
	Saturday	9:00-9:30a	\$40	\$64
PRE-SCHOOL LEVEL 1	Mon/Wed	9:00-9:30a	\$80	\$112
	Mon/Wed	5:30-6:00p	\$80	\$112
	Saturday	9:30-10:00a	\$40	\$64
	Saturday	10:30-11:00a	\$40	\$64
	Saturday	11:30-11:30p	\$40	\$64
PRE-SCHOOL LEVEL 2-3	Mon/Wed	6:00-6:30p	\$80	\$112
	Saturday	10:00-10:30a	\$40	\$64
	Saturday	11:00a-11:30	\$40	\$64

LEVEL	DAY(S)	TIME	MEMBER	NM
YOUTH LEVEL 1	Mon/Wed	6:50-7:30p	\$80	\$112
	Mon/Wed	7:30-8:10p	\$80	\$112
	Saturday	9:00-9:40a	\$40	\$64
	Saturday	9:40-10:20a	\$40	\$64
YOUTH LEVEL 2	Mon/Wed	6:50-7:30p	\$80	\$112
	Saturday	9:00-9:40a	\$40	\$64
YOUTH LEVEL 3/4/5	Mon/Wed	7:30-8:10p	\$80	\$112
	Saturday	11:00-11:40a	\$40	\$64

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	\$38.00	\$76.00

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.	6:30p-7:30p	\$10.00	\$26.00

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
\$76.00	\$100.00

SWIM TEAM

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

LEARN TO SCUBA AT THE Y

Scuba diving is unlike any other activity you can participate in. If you've always wanted to learn how to scuba dive, to experience unparalleled adventure or see the amazing beauty beneath the waves, this is where it all starts!

Blue Marble Divers, register on their website: www.bluemarbledivers.com
301-714-4873
PADI Open Water start dates:
March 4 & April 15
Saturdays 10AM-2PM
All inclusive price: \$500.00

For more information contact Senior Program Director: sarah@waynesboroyymca.org



We dive "Planet Ocean"

GYMNASTICS & RECREATION

TUMBLING TOTS

A: Walking-2 years old

B: 3-4 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
A: TUMBLING TOTS	Tues./Thurs.	10:00-10:30a	\$64	\$98
B: TUMBLING TOTS	Tues./Thurs.	10:30-11:00a	\$64	\$98

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	\$64	\$98
KINDERGYM	Sat.	8:00-8:30a	\$32	\$65
KINDERGYM	Sat.	8:30-9:00a	\$32	\$65

YOUTH BASKETBALL

Youth Competitive League (coed)
January 7th- March 11th

Grades 2-3: Saturdays: Game Play weeks 4-10
Grades 4-6: Saturdays: Game Play weeks 4-10

Youth Instructional League: Grades K-1: Saturdays:
(30 minutes of instruction & 30 minute game play)

ADULT LEAGUE

CITY LEAGUE BASKETBALL

ages 16 and older Register as an individual; all skills are welcome to join. Each player must read and sign the rule sheet. Season starts Nov. 28

Day	Time	Member	Non-Member
Mon./Wed.	6:00-9:00	\$60.00	\$95.00

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 for both boys and girls.

LEVEL	DAY(S)	TIME	MEMBER	NM
INSTRUCTIONAL GYMNASTICS Ages 6-18	Mon./Wed.	4:00-5:00p	\$80	\$112
INSTRUCTIONAL GYMNASTICS Ages 6-18	Saturday	8:00-9:00a Beginner	\$40	\$80
INSTRUCTIONAL GYMNASTICS Ages 6-18	Saturday	9:00-10:00a Intermediate	\$40	\$80

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. For more information, please contact sarah@waynesboroyymca.org

- The season runs from August 29-May 5
- Must have a perpetual membership to be on the team
- The full payment is \$765
- Monthly drafts are \$95.62
- Practices are Monday, Wednesday, and Friday.

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
ALL levels	Mon/Wed	7:00-8:00p	\$40	\$64

This is a monthly draft.



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

STEP AND GROOVE

Add some fun to your workout, by mixing step aerobics and easy groove vibes. By utilizing the step for leg and cardio training, and fun dance moves with low and high impact options, you'll step and groove your way to improved fitness!

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 new health seekers and experienced yogis. Ages 13 and older. Beginner/Intermediate/Advanced

SPIN

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.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.

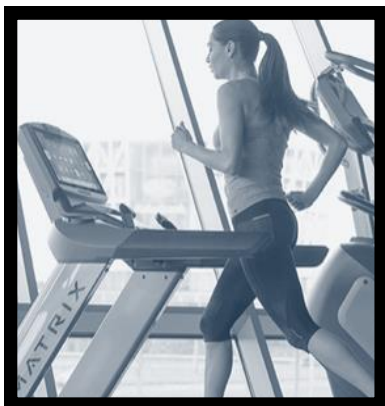
SilverSneakers Yoga

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.

WELLNESS CENTER

Have you noticed the recent changes to our Wellness Center and Weight Room? 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. And more improvements are on the way! Look for the new 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.

Updating and improving to keep pace with all your fitness steps!



INVESTING IN YOU!

**NEW EQUIPMENT
IS HERE FOR YOU!**

**INDOOR CYCLES
TREADMILLS
ELLIPTICALS
ASCENT TRAINERS
BACK EXTENSION MACHINE
INNER/OUTER THIGH MACHINE**

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



AFTER HOURS ACCESS
WORK OUT ON YOUR SCHEDULE WITH
AFTER HOURS ACCESS
TO THE Y.

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Room during hours when the facility is closed. This includes late night, and early morning hours, extended hours on the weekends, holidays, and potentially during inclement weather closures.

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- Agree to the AFTER HOURS access waiver
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- Receive your AFTER HOURS magnetic card (\$10 fee).

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

BUILDING HOURS:

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

MEMBER SERVICES DESK:

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

CHILD WATCH:

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

SESSION DATES:

Winter 1: January 2–February 25
 Winter 2: February 27–April 22
 Registration Dates:
 Members: February 6
 NonMembers: February 13

WAYNESBORO AREA YMCA ANNUAL CAMPAIGN
BE SOMEBODY'S HERO...

Everyone has a **SuperHERO** within them waiting to be discovered...
 Your gift today helps develop today's youth into the HEROs of tomorrow!

In 2022 the Y impacted more than 1000 people in our communities by giving nearly \$50,000 in scholarships. This would not have been possible without the direct support of our members, businesses and the community.

At the Y everyone can be a SuperHERO.
Your gift makes a difference.
Together, we help people of all ages
discover their inner SuperHERO!

WAYS TO GIVE

By mail: Send a check
 In-person: Stop by our front desk.
 Online: Scan the QR code
 or go to waynesboroymca.org



Will you be our valentine?

JOIN US Tuesday, February 14th
As we take a day, to say we appreciate
each and everyone of you
involved at the
Waynesboro Area YMCA!

- *Refreshments
- *Health screenings
- *Raffle
- *Treats



STAFF DIRECTORY

- Executive Director, Amanda Gietka**
Amanda@waynesboroymca.org
- Senior Program Director, Sarah Santangelo**
Sarah@waynesboroymca.org
- School-Aged Child Care Director, Haley Allshouse**
haley.a@waynesboroymca.org
- Outreach and Development Director, Kathy Bostic**
kathy@waynesboroymca.org
- Finance Director, Beth Cool**
beth.c@waynesboroymca.org
- Facility Director, Mike Decker**
mike@waynesboroymca.org
- Youth Development Director, Karen Walker**
Karen.w@waynesboroymca.org