



WAYNESBORO AREA YMCA

2023 SUMMER CAMP & PROGRAMS

Summer 1: June 19 – July 29

Registration Dates:

Members: May 30

Non-Members: June 5

Summer 2: July 31– Sept. 9

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

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)

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.

SUMMER VIBES

2023 SUMMER DAY CAMP

Grades 1st—5th (Grade refers to the grade entering into in the 23/24 School Year)

Full Week: \$170 Member, \$210 Non-Member
\$30 registration fee per camper required

Partial Week: \$110 Member, \$155 Non-Member

Monday-Friday: 8:30am-5:30pm Extended Care starting at 7AM: Member: \$30 Non-Member \$65

WEEKLY DATES & THEMES

Week #1	Jun 12-16 Sun & Fun
Week #2	Jun 19-23 Animal Planet
Week #3	Jun 26-30 Sports Spectacular
Week #4	Jul 3-7* Lost in Space
Week #5	Jul 10-14 Prehistoric Times
Week #6	Jul 17-21 Disney Days:
Week #7	Jul 24-28 Around the World
Week #8	Jul 31-Aug 4 Wet & Wild
Week #9	Aug 7-11 Outdoor Explore
Week #10	Aug 14-18 Sun & Fun

Field trips, guest presenters and daily experiences are all part of what makes camp fun! Camps will travel to local attractions and explore all the history and adventures of our area. Catoctin Wildlife Preserve, Whitiker Center, Sky Zone, Roll "R" Way and MORE! All trips add to our weekly theme but are subject to change based on weather and availability.

*Summer day camp will NOT be held on July 4th

For more info/questions, contact

School-Aged Child Care Director: Haley Allshouse
haley.a@waynesboroyymca.org

DISCOVERY CAMPS

Ages 3-5 years Monday-Friday: 9:30am-12:30pm (Bring a packed lunch daily)

Member: \$85 Non-Member: \$100

June 19-23	Wacky Science
June 26-30	Art Safari
July 17-21	Dinosaur Dig
July 24-28	STEM Explorations
July 31-August 4	Fairytale Forest
August 7-11	Kindergarten Bootcamp

If you are looking for summer enrichment for your preschool aged child these camps are for THEM!. Discovery camp activities for preschoolers will include learning, playing, and exploring all summer!

For more info/questions, contact Youth Development Director: Karen Walker,
karen.w@waynesboroyymca.org



Participating in sports at the Y is about building the whole child, from the inside out. We leverage the excitement and passion around recreational and competitive programming to create a healthy outlet for children to gain new skills, develop a sense of team and connect with positive role models. Improve your skills, make new friends, and learn to love a sport at the Y!

	Dates/ Time	Age	Price
All Sports Junior	June 12-14: 8am-12pm	6-9 years	\$55/Member \$75/Non Member
Basketball Basics	June 26-29: 9-11am	5-7 years	\$55/Member \$75/Non Member
Gymnastics Camp	June 19-22: 4-7p and July 17-21: 4-7p	6-17 years	\$60/Member/Per Week \$85/Non Member/Per Week
Running Camp	June 20-22: 9a-12p	6-14 years	\$25/Member \$40/Non Member
Soccer Camp	July 10-13: 9-11AM	7-12 years	\$55/Member \$75/Non Member
Football Skills/Drills	July 17-19: 9-11AM	7-10 years	\$55/Member \$75/Non Member
Basketball Camp	July 24-26: 8:30-11:30AM	8-12 years	\$55/Member \$75/Non Member
All Sports Camp	July 31-Aug 2: 8a-12p	10-13years	\$55/Member \$75/Non Member
Volleyball Camp	August 7-9: 8:30-10:30a AT WASH5	7-12 years	\$40/Member \$65/Non Member

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 \$50 registration fee. 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 School-Aged Child Care Director, Haley Allshouse
 P: 717.762.6012 ext 105
 E: haley.a@waynesboroyymca.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 .

SUMMER 1

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$40	\$64
Level B**	Tue/Thur Saturday	8:30-9:00a 9:00-9:30a	\$80 \$40	\$112 \$64
PRE-SCHOOL LEVEL 1	Mon/Wed	9:00-9:30a	\$80	\$112
	Mon/Wed	5:30-6:00p	\$80	\$112
	Tue/Thur	9:00-9:30a	\$80	\$112
	Saturday	9:30-10:00a	\$40	\$64
	Saturday	10:30-11:00a	\$40	\$64
	Saturday	11:30-12:00p	\$40	\$64
PRE-SCHOOL LEVEL 2-3	Mon/Wed	6:00-6:30p	\$80	\$112
	Saturday	10:00-10:30a	\$40	\$64
	Saturday	11:00-11:30a	\$40	\$64

LEVEL	DAY(S)	TIME	MEMBER	NM
YOUTH LEVEL 1	Mon/Wed	6:35-7:15p	\$80	\$112
	Saturday	9:00-9:40a	\$40	\$64
	Saturday	9:40-10:20a	\$40	\$64
YOUTH LEVEL 2	Mon/Wed	6:35-7:15p	\$80	\$112
	Saturday	10:20-11:00a	\$40	\$64
YOUTH LEVEL 3	Mon/Wed	7:15-7:55p	\$80	\$112
	Saturday	11:00-11:40a	\$40	\$64
YOUTH LEVEL 4/5	Mon/Wed	7:15-7:55p	\$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 sarah@waynesboroyymca.org

American Red Cross Blended Lifeguard Course WAYNESBORO AREA YMCA

American Red Cross
Blended Learning
Lifeguard Certification lasts
2 years and includes
First Aid & CPR along with a
Lifeguard book and mask.
Fee: Members: \$225
Non-Members: \$295

June 9-11

Friday & Sat.: 12-6pm

Sunday: 9:30am-6pm

(times subject to change)

To register for the class or more information:
waynesboroyymca.org 717-762-6012
Contact: sarah@waynesboroyymca.org

Lifeguard Recertification Course:

June 12: 9:00am-6:00pm

Members: \$95 Non-Members: \$140

To register for the class or more information & contact Sarah: sarah@waynesboroyymca.org.

Y current staff must contact Sarah for employee pricing.

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

MUSIC & ME



3-5 years old Join us as we play music, sing, and move to the beat! Learn to play various instruments and explore different types of music. Parents may stay throughout the class but are not required to attend with their child.

DAY(S)	TIME	MEMBER	NM
Thursdays	4:30-5:00p	\$25	\$40

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



STEM EXPLORATIONS

NEW!!

3-8 years old Explore, question, experiment, and find answers with STEM (Science, Technology, Engineering, Math) skills. Each session will provide a new opportunity to explore and make inquiries about the world around us and bring us to new discoveries. Parents may stay throughout the class but are not required to attend with their child.

DAY(S)	TIME	MEMBER	NM
3-5 years: Mondays	4:30-5:00p	\$30	\$45
Completed grades K-2 Mondays	5:10-5:50p	\$35	\$50



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.

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

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

ZUMBA

Combining latin and international music and dance to create a dynamic calorie-burning form of workout. This class features aerobic training that is a fusion of slow and fast rhythms to tone and sculpt your body. Beginner/Intermediate/Advanced

SOUND BATH CLASS

Give your mind a break from the noise, your body relaxed and your energy calm with a Sound Bath experience. Where you lie down or sit comfortably while you listen to resonant sounds. It encourages you to go into a therapeutic state of mind and is great for relieving body tension, stress and anxiety. Beginner/Intermediate/Advanced

NEW!: SUMMER BOOT CAMP

Join our certified Personal Trainers as they take you through a series of both strength training and cardio full body interval circuits that'll have you sweating and your muscles burning! Feel strong, powerful and accomplished leaving our summer boot camp sessions! Includes InBody Scan to show a true assessment of your body composition at the start and end of the Boot Camp Session. Ages 16 and older & Held OUTDOORS!! 3 weeks/2 times per week: 6 classes! Session 1: June 13-29 Session 2: July 11-27

DAY(S)	TIME	MEMBER	NM
Tues. & Thurs.	8:30-9:30a	\$50/per session	\$75/per session

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.

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	60 min	\$45.00
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!

We have expanded the Wellness Center and invested in new equipment, 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! +PLUS get AFTER HOURS ACCESS to workout on your schedule!**

WELLNESS CENTER



AFTER HOURS ACCESS

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

AFTER HOURS is a membership add-on that gives adult members access to the Wellness Center, Spin Room, Weight 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.

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 & review the special instruction brochure.
- Receive your AFTER HOURS magnetic card (\$10 fee).

Visit The Clubhouse

The Clubhouse features, climbing and crawling structures, a puppet theater, life-size foam blocks for building. Children move around the room with their accompanying adult at their own pace. The Clubhouse runs on kid power! Welcome, stay and play!

HOURS:

Mon.-Fri.: 8:30AM-2PM & 5:30-8:30PM

**Closed Mon. & Wed. 9:30-10:30 for class*

Saturday: 8:30AM-3:30PM

Sunday: 1-4:30PM

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:

Spring 1: April 24-June 17

Summer 1: June 19-July 29

Registration dates:

Members: May 30

NonMembers: June 5



May 30th from 10:30AM to 4PM

WAYNESBORO AREA YMCA

MAKE THE APPOINTMENT TO HELP SAVE LIVES!

Visit RedCrossBlood.org or

call 1-800-RED CROSS.

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

Sports and Fitness Director, Whitney Wolf

whitney@waynesboroymca.org

Youth Development Director, Karen Walker

Karen.w@waynesboroymca.org

5-23-2023