



## **WAYNESBORO AREA YMCA**

**2023 FALL PROGRAM GUIDE: Sept. 11–Nov. 4**

**Registration Dates: Members: August 21**

**NonMembers: August 28**

**810 E. Main Street » [waynesboroymca.org](https://waynesboroymca.org) » 717-762-6012**



**FIND YOUR PURPOSE.  
FIND YOUR Y.**

**For a better us.®**

# MEMBERSHIP FOR ALL



BECAUSE UNLOCKING YOUR POTENTIAL  
**MEANS EVERYTHING**



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Membership

## Monthly

Youth (6-12 yrs)	\$16.00
Teen (13-18yrs)	\$19.00
Young Adult (19-23 yrs)	\$30.00
Adult (24-61 yrs)	\$44.00
One Adult Family	\$54.00
Two Adult Family	\$69.00
Senior (62+yrs)	\$39.00
Senior Couple	\$60.00

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 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.

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

**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.

For 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).

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**We are so excited to provide you with 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!

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## **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:

- ◆ Certified Lifeguards
- ◆ Experienced Swimming & AquaFit Instructors
- ◆ Before and After Care Staff
- ◆ Volleyball and Basketball Referees



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



# 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.

<b>School's Out Club</b> @ YMCA in Waynesboro 7:00 am – 5:30 pm	Member Daily Rate	\$32.00
	Non-Member Daily Rate	\$38.00
<b>Snow Day Club</b> @ YMCA in Waynesboro 8:00 am – 5:30 pm	Member Weekly Rate	\$32.00
	Non-Member Weekly Rate	\$38.00

Registration forms for these Youth Development programs are available online or at the member service desk.

For more info contact  
**School-Aged Child Care Director,**  
**Haley Allshouse**  
**P: 717.762.6012 ext 105**  
**E: haley.a@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  
 Teen center  
 Pavilion  
 The Clubhouse  
 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 717-762-6012

**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 .

## FALL 1

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$54	\$85
Level B**	Tues/Thurs Saturday	8:30-9:00a 9:00-9:30a	\$96 \$54	\$128 \$85
PRE-SCHOOL LEVEL 1	Mon/Wed	9:00-9:30a	\$96	\$128
	Mon/Wed	5:30-6:00p	\$96	\$128
	Tue/Thur	9:00-9:30a	\$96	\$128
	Saturday	9:30-10:00a	\$54	\$85
	Saturday	10:30-11:00a	\$54	\$85
	Saturday	11:30-12:00p	\$54	\$85
PRE-SCHOOL LEVEL 2-3	Mon/Wed	6:00-6:30p	\$96	\$128
	Saturday	10:00-10:30a	\$54	\$85
	Saturday	11:00-11:30a	\$54	\$85

LEVEL	DAY(S)	TIME	MEMBER	NM
YOUTH LEVEL 1	Mon/Wed	6:35-7:15p	\$96	\$128
	Mon/Wed	7:15-7:55p	\$96	\$128
	Saturday	9:00-9:40a	\$54	\$85
	Saturday	9:40-10:20a	\$54	\$85
YOUTH LEVEL 2	Mon/Wed	6:35-7:15p	\$96	\$128
	Saturday	9:40-10:20a	\$54	\$85
	Saturday	10:20-11:00a	\$54	\$85
YOUTH LEVEL 3	Mon/Wed	7:15-7:55p	\$96	\$128
	Saturday	10:20-11:00a	\$54	\$85
YOUTH LEVEL 3/4/5	Mon/Wed	7:15-7:55p	\$96	\$128
	Saturday	11:00-11:40a	\$54	\$85

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	\$40.00	\$80.00

### 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	\$26.00	\$52.00

### 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	\$26.00	\$52.00

### 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	\$18.00	\$36.00

### 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	\$12.00	\$28.00

### 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
\$80.00	\$140.00

## SWIM TEAM

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



# GYMNASTICS & RECREATION

## TUMBLING TOTS

Walking-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
TUMBLING TOTS	Tues./Thurs.	10:30-11:00a	\$80	\$128

## 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.	4:30-5:00a	\$80	\$128
KINDERGYM	Sat.	8:30-9:00a	\$40	\$75

## 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	\$84	\$128

## 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	\$96	\$128
INSTRUCTIONAL GYMNASTICS Ages 6-18	Saturday	8:00-9:00a Beginner	\$54	\$95
INSTRUCTIONAL GYMNASTICS Ages 6-18	Saturday	9:00-10:00a Intermediate/ Advanced	\$54	\$95



## FLAG FOOTBALL

ages 8-13 The Y has teamed up with D.A.SPORTS to bring Flag Football to the Y Sept. 5-Oct. 24. Players learn skill development, new ideas and concepts, balance and movement. REGISTRATION ONLY thru Dell Anthony: 240-318-4494 or D.A.Sports34@gmail.com

Days	Time	Price
Tuesday	6:00-7:00p	\$140 per league

# ADULT LEAGUES

## PICK-UP BASKETBALL

ages 15 and older Basketball play for any player.

Day	Time	Member
Mon.-Fri.	12-3	FREE
Mon./Wed.	6:00-9:00	FREE

## CITY LEAGUE BASKETBALL

ages 16 and older Register as an individual; all skills are welcome to join. Players are drafted into teams before the season begins (Nov. 27). Each player must read and sign the rule sheet.

Registration ends Nov. 1

Practices start Nov. 8, games begin Nov. 27

Day	Time	Member	Non-Member
Mon./Wed.	6:00-9:00	\$65	\$100*

\*FREE Pick-up Pass included



## CO-ED & WOMEN'S VOLLEYBALL LEAGUES

ages 15 and over All games held at the YMCA, season begins Sept. 5.

Register as an individual. Registration deadline is Aug. 25.

Days	Time	Member	Non-Member
Tues.	Games start at 6:30p	\$20 per league	\$30 per league

Substitutes: \$5 per game



# 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



Lessons with  
Melissa Murray  
Certified Pickleball Instructor

## PICKLEBALL LESSONS starting 10/2

4 lesson pack: \$75

6 lesson pack: \$90

Private lesson: \$20/lesson  
(each lesson= 45 minutes)

Register at the Y

Lessons offered Monday-Friday  
between 8am- 12pm or  
Upon instructor/customer availability,  
for more information contact  
Melissa: cyclewithme@yahoo.com

**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
60/30		
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. Ask your trainer how the InBody scan helps you dial in your training and diet, and keeps you motivated!

# WELLNESS CENTER

We have expanded the Wellness Center, Functional Training Room and Weight Room to be in one central location (and open with AFTER HOURS ACCESS)! Featuring 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.





# 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!

## FALL HOURS:

Mon.-Fri.: 8:30AM-8:30PM

Saturday: 8:30AM-3:30PM

Sunday: 1-4:30PM

CHILDREN MUST BE WITH AN ADULT

Ages 2-8 years with an adult.

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

Fall 1: September 11-November 4

Fall 2: November 6-December 23

## Registration Dates:

Members: October 16

NonMembers: October 23

**Saturday**  
**October 21, 2023**  
**3:00-5:00PM**



**TRUNKS NEEDED!**

**2-3PM: Trunk or Treat Set up**  
**VOLUNTEERS NEEDED!**

**3-5:00 PM: Trunk or Treat**

## TRUNK or TREAT

is a fun, safe way to trick or treat for Halloween. Volunteer parents (or groups/organizations) will decorate the trunk of their vehicle, and distribute candy to participants. The event is free! All you need to do is come dressed in your best costume and leave the rest to us!

**Best decorated trunk (by a family) will win a FREE family membership for one year!**  
**Best decorated trunk (by group) will win a \$100 CASH prize!**

**Waynesboro Area YMCA**  
**CRAFT SHOW**



Do your Christmas shopping at the  
Waynesboro Area YMCA at our  
Holiday Craft Show.

Many local vendors will be on hand to showcase  
their crafty creations and products.

**Saturday, December 2nd, 9:00am-3:00pm**

**The Craft Show is FREE & OPEN TO THE PUBLIC**



**Donate today to support their Memories!**

## STAFF DIRECTORY

**Interim Director, Beth Cool**

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

**School-Aged Child Care Director, Haley Allshouse**

[haley.a@waynesboroymca.org](mailto:haley.a@waynesboroymca.org)

**Outreach and Development Director, Kathy Bostic**

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

**Facility Director, Mike Decker**

[mike@waynesboroymca.org](mailto:mike@waynesboroymca.org)

**Aquatics Director, Sarah Santangelo**

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

**Youth Development Director, Karen Walker**

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

**Sports and Fitness Director, Whitney Wolf**

[whitney@waynesboroymca.org](mailto:whitney@waynesboroymca.org)

**9-15-2023**