



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING FORWARD

WAYNESBORO AREA YMCA

SPRING SESSION:
April 22–June 15

SUMMER SESSION:
June 17–August 10
Registration Dates:
Members: May 28
NonMembers: June 3



**LOOK
INSIDE**



WAYNESBORO AREA YMCA
waynesboroymca.org
810 East Main Street
Waynesboro, PA 17268
717-762-6012

PLAN FOR YOUR SUMMER TODAY!
Check out our Summer Day Camp and
Sports Camps inside this brochure.

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.

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.

- Summer Camp is available every weekday from 8:30am to 5:30pm beginning June 3 - August 16.
- Campers may choose to attend all 11 weeks or select weeks.
- Extended morning care (7-8:30am) options are available.*
- A non-refundable \$30 registration fee per camper is due at the time of registration.

2024 Y SUMMER CAMP WEEKLY RATE

Member Rate	Non Member Rate
\$175.00	\$225.00

Please register your camper by the grade they are going into in the fall.

Campers must have completed kindergarten to participate.

***Extended Care** operates from 7-8:30am. 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.

Sibling Discount For every additional child per household there is a \$10 discount per week.

Field Trips are a fun part of the Summer Camp Experience! Field trips will include local adventures and educational opportunities.

Sites for the camps will be Summitview Elementary and the Waynesboro Area YMCA. Your camper's site will be determined after registration but prior to the first week of camp.

Contact the Y for more info! 717-762-6012

Week	Dates	Themes
Week 1	6/3-6/7	Welcome Summer!
Week 2	6/10-6/14	We Love Sports
Week 3	6/17-6/21	Outdoor Explore
Week 4	6/24-6/28	Animal Planet
Week 5	7/1-7/3	Stars and Stripes
Week 6	7/8-7/12	Fun in the Sun
Week 7	7/15-7/19	Wacky Science
Week 8	7/22-7/26	Dino Adventures
Week 9	7/29-8/2	Wet and Wild
Week 10	8/5-8/9	Around the World
Week 11	8/12-8/16	School is Cool



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! Contact the Y: 717-762-6012 or whitney@waynesboroymca.org for more information.

	Dates/ Time	Age/Grade	Price
Pickleball Camp	June 10-14: 8:30-10:30AM	12-17 years	\$60/Member \$80/Non Member
Field Hockey Camp (Girls)	June 10-14: 3-5PM @WASH Turf Field	5-7th grades	\$60/Member \$80/Non Member
Running Camp	June 18-20: 9AM-12PM	6-14 years	\$40/Member \$60/Non Member
All Sports Camp	June 24-27: 9-11AM	1st-5th grades	\$60/Member \$80/Non Member
Soccer Camp	July 8-11: 9-11AM	7-12 years	\$60/Member \$80/Non Member
Basketball Camp	July 8-11: 9-11AM	K-1st grades	\$60/Member \$80/Non Member
Basketball Camp	July 15-18: 9-11AM	2-3rd grades	\$60/Member \$80/Non Member
Basketball Camp	July 29-August 1: 9-11AM	4-6th grades	\$60/Member \$80/Non Member
Flag Football	July 19-22: 9AM-1PM w/DA Sports	Contact Coach Dell: 240-318-4494	
Softball Camp (Girls)	July 22-25: 9AM-12PM @Memorial Park	7-12 years	\$60/Member \$80/Non Member
Lacrosse Camp	July 29-August 1: 3:30-5:00PM	K-9th grades	\$60/Member \$80/Non Member
Volleyball Camp	August 5-8: 9-11AM	2nd-5th grades	\$60/Member \$80/Non Member

SCHOOL AGED CHILDCARE

2023-2024 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.

2024 SCHOOL'S OUT CLUB & SNOW DAY CLUB

Grades K-5th School's Out Club is offered on most weekdays WASD is not in session. Register for as many days as you need. In case of inclement weather, and schools close, registration opens for Snow Day care at 7am following the announcement of WASD school closure. We offer games, crafts, swimming and snack. Bring a packed lunch, swimsuit, and towel. School's Out and Snow Day are separate registration from BASC.

	Time	Member per day	NonMember per day
School's Out Club	7AM-5:30PM	\$32	\$38
Snow Day Club	8AM-5:30PM	\$32	\$38

2024-2025 Registration information will be available at Healthy Kids Day, April 20th. For more info contact

**Amy Donald or Sarah Santangelo
P: 717.762.6012
E: amy.d@waynesboroymca.org
sarah@waynesboroymca.org**



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 Instructors
- ◆ AquaFit Instructors
- ◆ Before and After Care Staff
- ◆ Summer Camp Counselors

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

PARENTS' NIGHT OUT!

FRIDAY, May 10th, 5:00-8:30 pm
Drop Off starts at 4:50pm | Ages 3 months to 10 years
Drop Off and Pick Up at The Childcare Classroom

Enjoy a night out while we entertain the children

- * Craft * Group Activities * Active Play time
- Pizza and snack provided for ages 2 and up
- Members: \$25/1st Child; \$10 each additional child
- Non-Members: \$35/1st Child; \$15 each additional child
- Register by noon on Friday, May 10th

waynesboroymca.org • 717-762-6012

SWIM LESSONS

FYI: POOL 1 is a large lap pool. POOL 2 is a small warmer pool.

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 at swimlessons@waynesboroyymca.org **Parents accompany children in Level A & B for children 6 month-3yrs .

SPRING 1

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$54	\$85
Level B**	Tues/Thurs	8:30-9:00a	\$96	\$128
	Saturday	9:00-9:30a	\$54	\$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	9:00-9:40a	\$54	\$85
	Saturday	9:40-10:20a	\$54	\$85
	Saturday	10:20-11:00a	\$54	\$85
YOUTH LEVEL 3/4	Saturday	10:20-11:00a	\$54	\$85
YOUTH LEVEL 3/4/5	Mon/Wed	7:15-7:55p	\$96	\$128
YOUTH LEVEL 5	Saturday	10:20-11:00a	\$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
Mon./Wed./Fri	12:30-1:30a	\$26.00	\$52.00

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 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

WAVES SWIM TEAM: SUMMER

Summer Team Practice: May 13-July 22

Info and packets are available to the member service desk. Contact Sarah@waynesboroyymca.org for more information.

WAVES SWIM TEAM ROOKIE CAMP

5-18years 4 day program is for anyone who is interested in the Waves Swim Team. Participants must be able to:

- » swim a 25 meter lap with their face in the water
- » 25 meter lap on their back
- » float on their front and back.

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.

@ Waynesboro Area YMCA

Day	Time	
May 6-9	5:45-6:30P	FREE

GYMNASTICS & RECREATION

TUMBLING TOTS

Walking-4 years old This program is designed to get kids active while building friendships and having fun. 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	Wed.	6:00-6:30p	\$40	\$75
KINDERGYM	Sat.	9:00-9:30a	\$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

PICK-UP BASKETBALL

ages 15 and older Basketball play for any player.

Day	Time	Member
Mon.-Fri.	12-2:30p	FREE
Mon. & Wed.	6-9:00p	FREE

PICKLEBALL LESSONS

4 lesson pack: \$75
6 lesson pack: \$90
Private lesson: \$20/lesson (each lesson= 45 minutes)
Register at the Y
Nonmembers will need to purchase a guest pass for each visit or join the Y.



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

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 6-12	Wed.	5:00-6:00p	\$54	\$95
INSTRUCTIONAL GYMNASTICS Ages 6-12	Saturday	8:00-9:00a	\$54	\$95

YOUTH VOLLEYBALL CLINICS

2-5th grade Bump, set and spike your way to fun in our youth volleyball clinics! Registration opens March 1st. SUNDAYS April 14 & 21

GRADES	DAY(S)	TIME	FEE
2nd & 3rd grades	Sunday	1:30-2:30p	\$10 per clinic/child
4th & 5th grades	Sunday	2:30-3:30p	\$10 per clinic/child

SUMMER WOMEN'S VOLLEYBALL LEAGUE

ages 15 and over Season runs: June 11-August 15
Registrations & Team Roster Deadline: 6/3

Days	Time	Member	Non-Member
Tues. & Thurs.	Games: at 6 & 7p	\$40 per league	\$55 per league Substitutes \$5 game

PICK-UP VOLLEYBALL

Volleyball play for any player.

Day	Time	Member
Tues. & Thurs.	6-9:00p	FREE

THE POWER OF PARTNERSHIPS
WHERE PEOPLE COME FIRST.
Welcome to the Y...Like No Other Community.
BE PART of the ANNUAL CAMPAIGN
DONATE & FUEL THE POWER!



SCAN ME



Our members and friends call us THEIR Y. We call them OUR greatest resource—the thousands of people who work alongside us and support our work to help our neighbors learn, grow and thrive.

DONATE TODAY!

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

BODY BALANCE

A combination of stretch and balance increasing a functional lifestyle. Beginner/Intermediate/Advanced

BUTTS & GUTS

Interval training for 30 minutes 20sec/10sec followed by a 30 minute floor work focusing on these 2 key areas! Beginner/Intermediate/Advanced

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.



Updating and improving to keep pace with all your fitness steps!
+PLUS this area is available with the
AFTER HOURS ACCESS to workout on your schedule!

GROUP EXERCISE CLASSES ARE FREE TO MEMBERS!

\$5 Program Drop-In Pass available for non-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
60/30 minute packages.	60 min	\$45.00
	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!

UPCOMING EVENTS:

YARD SALE:

Saturday, May 11, 8AM-12 NOON
Y Front Lawn



Rental Fee: \$25 per space/\$10 extra spaces.
Registration at the Y or waynesboroymca.org

FREE SHRED EVENT
with OSI:
9AM-12NOON



Blood Drive

Waynesboro Area YMCA

810 East Main Street, Waynesboro

Tuesday, May 28th
10:30AM-4:00PM

Please call 1-800-RED CROSS
(1-800-733-2767) or visit RedCrossBlood.org
to schedule an appointment.



Give Something that Means Something®



Scan to schedule
an appointment.

Saturday, June 8th
9th Annual
Strokes, Spokes & Strides
Triathlon
Waynesboro Area YMCA
Waynesboro, PA

REGISTRATION IS OPEN!
<https://runsignup.com/Race/PA/Waynesboro/StrokesSpokesandStrides>

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 22-June 15
Summer 1: June 17-August 10
Registration Dates:

Members: May 28
NonMembers: June 3



WORK OUT ON YOUR SCHEDULE WITH
AFTER HOURS ACCESS TO THE Y.
Contact Member Services for more
information or call 717-762-6012.

STAFF DIRECTORY

Executive Director, Dr. Kim Eaton
kim.e@waynesboroymca.org

Finance Director, Beth Cool
beth.c@waynesboroymca.org

Outreach and Development Director, Kathy Bostic
kathy@waynesboroymca.org

Facility Director, Mike Decker
mike@waynesboroymca.org

Youth Development Director, Amy Donald
amy.d@waynesboroymca.org

Aquatics Director, Sarah Santangelo
sarah@waynesboroymca.org

Sports and Fitness Director, Whitney Wolf
whitney@waynesboroymca.org

5-1-2024