



**Discover fun, fitness, and community—  
JOIN the Y today!**

**JULY 7–AUGUST 17: POOL 1 WILL BE CLOSED FOR REPAIRS**

**Current Session:**

**Summer 1: Pool 1: June 23–July 6 (2 weeks)**

**Summer 1: Pool 2: June 23–August 2 (6 weeks)**

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**Summer 2: Pool 1: August 18–September 13 (4 weeks)**

**Summer 2: Pool 2: August 4–September 13 (6 weeks)**

**REGISTRATION DATES: MEMBERS: July 14**

**NONMEMBERS: July 21**

**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)	\$18.00
Teen (13-18yrs)	\$21.00
Young Adult (19-23 yrs)	\$32.00
Adult (24-61 yrs)	\$46.00
One Adult Family	\$56.00
Two Adult Family	\$71.00
Senior (62+yrs)	\$41.00
Senior Couple	\$62.00

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 cancels the membership.

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 to coincide with your favorite programs.

ANNUAL: Member pays for membership in FULL at time of registration & RECEIVE A 5% DISCOUNT!

## SUMMER 1 SESSION:

Pool 1: June 23-July 6 (2 weeks)  
Pool 2: June 23-Aug. 2 (6 weeks)

## JULY 7-AUGUST 17:

**POOL 1 WILL BE CLOSED FOR REPAIRS**

## SUMMER 2 SESSION:

Pool 1: Aug. 18-Sept. 13 (4 weeks)  
Pool 2: Aug. 4-Sept. 13 (6 weeks)

## REGISTRATION DATES:

**MEMBERS:** July 14

**NONMEMBERS:** July 21

JOIN THE WAYNESBORO



**THIS JULY!**

NEW PERPETUAL OR ANNUAL  
MEMBERSHIPS WILL RECEIVE A  
FREE RED OR BLUE T-SHIRT!

Register at the front desk! July 1st-31st

WAYNESBORO AREA YMCA  
810 E. MAIN ST. WAYNESBORO PA, 17268



**THIS JULY!**

Current Members - purchase  
a shirt for \$12. Place your  
order now!

Show your **LOVE** for the  
Y and America this July  
with a **red** or **blue** shirt.  
Orders accepted until  
July 31.



## PARTICIPATING OPTIONS

**Full Memberships:** Full membership permits all YMCA privileges and full use of facilities (some areas are restricted by age).

**Day 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 Day 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): \$10/month; Locker rental: \$5/month

**Rental Lockers:** Also available in General Locker rooms at \$5/month

**Financial Assistance:** Financial assistance may be awarded for memberships, programs, BASC and summer day camps.

We believe that no one should be denied access to the Y based on their ability to pay. Applications are available at the member service desk or online: [waynesboroyymca.org](http://waynesboroyymca.org) If you have questions, please contact [kathy@waynesboroyymca.org](mailto:kathy@waynesboroyymca.org)

**Insurance Paid Memberships:** We currently participate with FitOn, 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 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 FitOn, 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.

**Manage your membership online:** whether you need to make changes to your membership, update your information, review your billing details, or cancel your membership, visit [waynesboroyymca.org](http://waynesboroyymca.org) You can contact our member service desk via phone: 717-762-6012 or e-mail: [service@waynesboroyymca.org](mailto:service@waynesboroyymca.org)

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.



## 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 18 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 fob \$25 fee

## HOPE STARTS HERE Cancer Support Program

Cancer affects the whole family. The Waynesboro Area YMCA is here to help families who are dealing with a cancer diagnosis in the family. The Y is offering a variety of programs and support for the family.

- Memberships, LIVESTRONG at the YMCA
- Personal Training
- Swim Programs including swim lessons for all ages
- Summer Camp, Sport camps & Leagues
- Before & After School Care

Let us know your family's needs so we can design a wellness program for you! This program is partially funded by the Waynesboro Area Gala Cancer Auction. For more information: visit [waynesboroyymca.org](http://waynesboroyymca.org) or call 717-762-6012 or e-mail [kathy@waynesboroyymca.org](mailto:kathy@waynesboroyymca.org)



# WAYNESBORO AREA YMCA SUMMER CAMP

Summer Camp is in full swing, and the Y has an exciting summer in store!  
It's a place where youth can build lifelong friendships and unforgettable memories.  
Summer Camp is available every weekday from 8:30 am to 5:30 pm through August 15.  
Campers may choose to attend specific weeks.  
Extended morning care options are available (7-8:30am).  
A non-refundable \$30 registration fee is due at the time of registration.

## SUMMER CAMP

Full-Time: \$175 Member  
\$225 Non-Member  
Part-Time: \$120 Member  
\$130 Non-Member

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

- **Kindergarten:** Kinder Camp offers your camper the chance to build friendships by learning through play.
- **1st-2nd grades:** We will spark your child's imagination and encourage your child to express themselves.
- **3rd-4th grades:** Campers engage in fun experiences building confidence in a supportive environment.
- **5th-6th grades:** Campers will embark on adventures that build character and promote responsibility.

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

**Field Trips:** Field trips will include local parks, pools, and educational opportunities.

**Sites:** 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 Amy Donald at [amy.d@waynesboroyymca.org](mailto:amy.d@waynesboroyymca.org) for more information. 717-762-6012

Forms are available at the Member Service Desk & [waynesboroyymca.org](http://waynesboroyymca.org)



Week	Dates	Themes
Week 6	July 7-11	Under the Sea
Week 7	July 14-18	Christmas in July
Week 8	July 21-25	Crafty Cooks in the Making
Week 9	July 28- August 1	Around the World and Beyond
Week 10	August 4-8	Y's Got Talent
Week 11	August 11-15	Rewind and Celebrate Summer

## SCHOOL AGED CHILDCARE

### 2025-2026 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 Everyone is Welcome Financial Assistance Program.

2025-2026 Registration information  
is available, contact  
Amy Donald  
P: 717.762.6012  
E: [amy.d@waynesboroyymca.org](mailto:amy.d@waynesboroyymca.org)

### 2025-2026 SCHOOL'S OUT 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. We offer games, crafts, swimming and snack. Bring a packed lunch, swimsuit, and towel. School's Out Club is a separate registration from BASC. School's Out Dates are available at [waynesboroyymca.org](http://waynesboroyymca.org)

Time	Member per day	NonMember per day
7AM-5:30PM	\$35	\$41

# SWIM LESSONS

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

## JULY 7-AUGUST 17: POOL 1 (big lap pool) WILL BE CLOSED FOR REPAIRS

Pool 2 will remain open>Summer Sessions will be affected: Summer 2 Session: Aug. 18-Sept. 13  
REGISTRATION DATES: MEMBERS: July 14 & NONMEMBERS: July 21

### POOL 1: SUMMER 2: Aug. 18-Sept 13 (4 Weeks)

YOUTH: AGES 6-15

LEVEL	DAY(S)	TIME	MEMBER	NM
YOUTH LEVEL 1	Mon/Wed	6:35-7:15p	\$60	\$96
	Saturday	9:00-9:40a	\$30	\$60
YOUTH LEVEL 2	Mon/Wed	6:35-7:15p	\$60	\$96
	Saturday	9:40-10:20a	\$30	\$60
YOUTH LEVEL 3/4/5	Mon/Wed	7:15-7:55p	\$60	\$96
	Saturday	10:20-11:00a	\$30	\$60

### PRIVATE SWIM LESSONS

Private swimming lessons are offered on a limited basis. Please complete a lesson registration form and return it with payment to the member service desk. Price includes four-30 minutes lessons based on available pool time. Aquatics office will contact your to schedule lessons. Cancellations must be made 24 hours in advance or you will be charged for the missed session.  
Member: \$90.00 NonMember: \$160.00

## AQUAFIT/ADULT AQUA

### 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	NonMember
Mon./Wed./Fri.	9:30-10:30a	\$18.00	\$40.00

### DEEP WATER-POOL 1

15 years & older One hour of deep water exercise includes warm up, flexibility and intense cardio exercises & a cool down.

Day	Time	Member	NonMember
Tues./Thurs.	9:30a-10:30a	\$12.00	\$36.00

## PRIVATE AQUA THERAPY SESSIONS

### AQUA THERAPY SESSIONS: JUNE-AUGUST: 1 HOUR SESSIONS

Private aqua therapy sessions can be a great choice if you're dealing with arthritis, chronic pain or wanting to improve your fitness in a low-impact environment.

Phoebe Meehan, certified instructor.

MEMBERS: \$50.00 NONMEMBERS: \$70.00

### POOL 2: SUMMER 2: Aug. 4-Sept. 13 (6 weeks)

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$60	\$95
Level B**	Tues/Thurs	8:30-9:00a	\$120	\$150
	Saturday	9:00-9:30a	\$60	\$95
PRE-SCHOOL LEVEL 1	Mon/Wed	5:30-6:00p	\$120	\$150
	Tue/Thur	9:00-9:30a	\$120	\$150
	Saturday	9:30-10:00a	\$60	\$95
	Saturday	10:30-11:00a	\$60	\$95
	Saturday	11:00-11:30p	\$60	\$95
PRE-SCHOOL LEVEL 2-3	Mon/Wed	6:00-6:30p	\$120	\$150
	Saturday	10:00-10:30a	\$60	\$95

### SilverSneakers SPLASH! (in Pool 2)

A fun, shallow-water exercise class that uses a splash-board to increase movement and intensity options. Suitable for all skill levels and is safe for non-swimmers.

Days	Time	Member	NonMember
Mon./Wed.	7:30a-8:30a	\$19.00	\$53.00
Tues./Thurs.	6:30p-7:30p	\$19.00	\$53.00

### 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	NonMember
Mon.-Fri.	10:30-11:30a	\$38.00	\$79.00
Mon./Wed./Fri.	12:30-1:30p	\$27.00	\$60.00

### 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	NonMember
Mon./Wed./Fri.	11:30a-12:30p	\$27.00	\$60.00

### 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	NonMember
Mon.	6:30p-7:30p	\$14.00	\$28.00



# SPORTS & RECREATION

## PICK-UP BASKETBALL

ages 15 and older Basketball play for any player.

Day	Time	Member
Monday-Friday	12:00-2:30p	FREE

## PICK-UP PICKLEBALL

Pickleball play for any player.

Day	Time	Member
Monday-Friday	8:00-11:00a	FREE

## FALL SOCCER SHOTS

Season: Aug. 27-Oct. 15th  
Wednesdays 4-7:05PM  
Scan the QR code to register



**TAE KWON DO & GYMNASTICS**  
WILL RETURN SEPTEMBER 15TH

## FALL ADULT BASKETBALL LEAGUE

Practice begins: Sept. 8-24. Games Begin: Sept. 29  
Registration deadline: Mon. Sept. 1 Interested Team Captains must be able to attend draft on Sat. Sept. 6 at 9AM.  
contact: whitney@waynesboroyymca.org

DAY(S)	TIME	MEMBER	NM
Mon/Weds.	6:00 - 9:00p	\$110	\$170*

\*Pick up pass included

## FALL BALL COED VOLLEYBALL LEAGUE

Season: Sept. 4-Nov. 20. Games Begin: Sept. 4  
Team Roster deadline: Aug. 25  
Registration/payment deadline: Sept. 4  
contact: whitney@waynesboroyymca.org

DAY(S)	TIME	MEMBER	NM
Thursdays	6PM	\$45	\$65

Substitutes \$5 per game

# SUMMER SPORTS CAMPS

Participating in sports at the Y is about building the whole child, from the inside out. Our core values of respect, responsibility, honesty and caring are a part of every sport camp we offer.

Camp	Dates/ Time	Age
Volleyball Camp	July 21-24: 9-11AM	2-5th grades
Softball Camp (Girls) at Memorial Park	July 28-31: 9-11AM	7-12 years

Members: \$65 per child/camp NonMembers: \$95 per child/camp  
Contact Whitney@waynesboroyymca.org for more info.



# 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, Community Room, Activity & Meeting Hub, Kitchen and Pavilion  
Stop at the Y Member Services desk and fill out the Facility Rental Request Form (also on our website waynesboroyymca.org).  
Have more questions about rentals?  
Please contact the Y: 717-762-6012

## Everyone is Welcome Financial Assistance Program:

Financial assistance may be awarded for memberships, programs, BASC and summer day camps. We believes that no one should be denied access to the Y based on their ability to pay. Applications are available at the member service desk or online: waynesboroyymca.org If you have questions, please contact kathy@waynesboroyymca.org  
We rely on our generous donors for this assistance, please make a donation at waynesboroyymca.org

## EVERYONE IS WELCOME

Membership and Program Financial Assistance Program



**the Y MAKING MEMBERSHIP POSSIBLE FOR ALL**

# 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.

## 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!

## 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.

## INSTRUCTIONAL YOGA

A combination of stretch and balance increasing a functional life-style. You'll experience flexibility, balances and core strength.

## 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.

## QIGONG "Chee Gong"

Practice of slow, repetitive movements coordinated with breath and meditation, to open energy pathways. The practice is beneficial for people of all ages. It can be done standing up or sitting.

## CYCLE

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.

## PRIVATE YOGA SESSIONS WITH ROBIN

Personalized experience tailored to meet your specific needs, goals, and abilities.

Single 45-minute session: \$40

Package of 5: \$190

Package of 10: \$380

Complete the request form at the member service desk.

NEW  
COMING SOON

## WHOLE-BODY RESET SERIES

With Heather Tillman, NP  
Functional Medicine & Weight Loss Specialist  
Mondays in September starting September 8th.

- 15 Darn Things Keeping You Fat
- Movement that Heals
- Lifestyle & Micronutrients- the Missing Metabolism Fixers
- Meal Planning, Elimination Diet & Fueling your Body Right
- Mondays 5-6PM
- Held in the Y's community room
- Scan the QR code to register!



Free!

For Members and the Community!  
Registration REQUIRED to Attend.  
Scan Here to Register



GROUP EXERCISE CLASSES ARE  
FREE TO MEMBERS (Ages 13+)!

Schedules are available at member  
services and on our website:  
[www.waynesboroymca.org](http://www.waynesboroymca.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 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 60/30	60 min	\$50.00
minute packages.	30 MIN	\$40.00

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!



## JULY 7-AUGUST 17: POOL 1 WILL BE CLOSED FOR REPAIRS

This will effect our upcoming Summer Sessions:

Summer 1: Pool 1: June 23-July 6 (2 weeks)

Summer 1: Pool 2: June 23-August 2 (6 weeks)

Summer 2: Pool 1: August 18-September 13 (4 weeks)

Summer 2: Pool 2: August 4-September 13 (6 weeks)

REGISTRATION DATES: MEMBERS: July 14

NONMEMBERS: July 21



## POOL 1 CLOSED: JULY 7-AUGUST 17

**Critical repairs to our pool will begin on July 7th.**

» Pool 2 (small warm pool) will remain open.

» Y Members will have use of the Waynesboro Country Club pool for FREE LAP SWIMMING (ONLY) on Mon., Wed., & Fri. from 9-11AM, July 7th-August 15th.

### Plan ahead!

With Nationwide Membership, Y members can access participating YMCAs across the US.

» **Insurance-based memberships are not eligible for Nationwide Membership and may require a guest fee.**

»YMCA of Hagerstown Maryland:

301-739-3990 [ymcahagerstown.org](http://ymcahagerstown.org)

»Chambersburg Memorial YMCA:

717-263-8508 [chbgq.org](http://chbgq.org)

For more information, including FAQ, please visit our website [waynesboroymca.org](http://waynesboroymca.org)

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



### SUMMER BUILDING HOURS JUNE 9-AUG. 31:

Monday- Thursday	5:00a- 9:00p
Friday	5:00a- 7:00p
Saturday	7:00a- 1:00p
Sunday	CLOSED

### MEMBER SERVICES DESK:

Monday- Thursday	7:00a- 8:30p
Friday	7:00a- 6:30p
Saturday	7:00a- 12:30p
Sunday	CLOSED

### JULY 4: CLOSED FOR 4TH OF JULY

### POOL 1 CLOSED: JULY 7-AUGUST 17

### CHILD WATCH:

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



**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](mailto:kim.e@waynesboroymca.org)

**Finance Director, Beth Cool**  
[beth.c@waynesboroymca.org](mailto:beth.c@waynesboroymca.org)

**Aquatics Director, Shaun Atencio**  
[shaun@waynesboroymca.org](mailto:shaun@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)

**Youth Development Director, Amy Donald**  
[amy.d@waynesboroymca.org](mailto:amy.d@waynesboroymca.org)

**Programs Director, Whitney Wolf**  
[whitney@waynesboroymca.org](mailto:whitney@waynesboroymca.org)

6-30-25