



FALL PROGRAM SESSION
September 15 - November 1
Registration open to ALL



WAYNESBORO AREA YMCA 810 East Main Street, Waynesboro, PA 17268
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
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!

RENT THE Y FACILITIES



Celebrate & Gather at the Y

Whether you're planning a birthday party, team celebration, a fun get-together or a meeting, the Waynesboro Area YMCA has the perfect space for you. We offer several rental options within our facility, including: Two swimming pools • Two full gyms • Community Room • Activity & Meeting Hub • Kitchen • Outdoor Pavilion. To reserve your space, stop by the Y Member Services desk and complete a **Facility Rental Request Form**. For more details or to discuss your event, call us at 717-762-6012.

PINK OUT WORKOUT

SWEAT FOR A CAUSE



Join the Waynesboro AREA YMCA on Saturday October 25th for a series of workouts to show your support for those affected by breast cancer. Proceeds benefit our Cancer Support Program helping cancer survivors in reclaiming their health.

Order your shirt & show your support by
October 15th!



We're a
drop-off
location for
**BRAS FOR
A CAUSE!**



Shirts on
sale for \$20
See the
front desk
to order



GROUP
POWER
@ 8:00am

ZUMBA
@ 9:00am

QIGONG
OR
SIMPLE CYCLE
@ 10:00am

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 If you have questions, please contact kathy@waynesboroyymca.org

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 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.

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 You can contact our member service desk via phone: 717-762-6012 or e-mail: 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
- Programs

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 or call 717-762-6012 or e-mail kathy@waynesboroyymca.org

EMPOWER & RESTORE

6-week Wellness Series for Cancer Survivors
60 minute session with a focus on rebuilding strength, improving flexibility, reducing fatigue and fostering emotional well-being.

Join cancer survivor Milissa Sibley starting 9/16

DAY(S)	TIME	Members
Tuesdays	5:15-6:15p	FREE

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 First Assembly of God.
- 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 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 waynesboroymca.org

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

BEFORE & AFTER SCHOOL CARE RATES 2025-2026

WAYNESBORO AREA SCHOOL DISTRICT

(at Fairview, Hooverville, Mowrey, & Summitview Elementary Schools)

Before School Care (6:30 am-Start of school day)

Member Daily Rate: \$8.00

Non-Member Daily Rate: \$12.00

After School Care (School Dismissal-6:00 pm)

Member Daily Rate: \$14.00

Non-Member Daily Rate: \$21.00

GREENCASCADE-ANTRIM SCHOOL DISTRICT

(at Greencastle First Assembly of God for Greencastle Primary & Elementary Schools)

Before School Care (6:30 am-Start of school day)

Member Daily Rate: \$9.00

Non-Member Daily Rate: \$14.00

After School Care (School Dismissal-6:00 pm)

Member Daily Rate: \$16.00

Non-Member Daily Rate: \$22.00

Two-day care minimum per program.

There is a non-refundable \$50 per child registration fee due at the time of enrollment.



NEW MIDDLE SCHOOL ENGAGEMENT

Middle school students can stay active, learning, and engaged during their time out of school—a critical time for youth—with plenty of fun, friendship, and hands-on experiences along the way! This program made possible through the generous donation of the United Way of Franklin County.

Time	Member per month	NonMember per month
After school-5:30PM	\$40	\$60

Your middle schooler will have:
social time, physical fitness, engaging activities,
technology lab, teen intramural activities.

For more information contact: amy.d@waynesboroymca.org

EVERYONE IS WELCOME

Membership and Program Financial Assistance Program



Everyone is Welcome Financial Assistance Program:

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: waynesboroymca.org If you have questions, please contact kathy@waynesboroymca.org We rely on our generous donors for this assistance, please make a donation at waynesboroymca.org

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. Level information is posted on the website, any questions, can be directed to Swim Lesson Coordinator at swimlessons@waynesboroymca.org **Parents accompany children in Level A & B for children 6 month-3yrs .

POOL 1: FALL 1 (7 weeks)

YOUTH: AGES 6-15

LEVEL	DAY(S)	TIME	MEMBER	NM
YOUTH LEVEL 1	Mon/Wed	6:35-7:15p	\$105	\$168
	Saturday	9:00-9:40a	\$52	\$105
YOUTH LEVEL 2	Mon/Wed	6:35-7:15p	\$105	\$168
	Saturday	9:40-10:20a	\$52	\$105
YOUTH LEVEL 3/4/5	Mon/Wed	7:15-7:55p	\$105	\$168
	Saturday	10:20-11:00a	\$52	\$105

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	\$31.00	\$70.00

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	\$21.00	\$61.00

AQUA ZUMBA-POOL 1

15 years & older Water-based exercise class that combines the fun and energy of Zumba with the benefits of aquatic fitness.

Day	Time	Member	NonMember
Mon.	10:30a-11:30a	\$20.00	\$35.00

POOL 2: FALL 1 (7 weeks)

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$70	\$110
Level B**	Tues/Thurs	8:30-9:00a	\$140	\$175
	Saturday	9:00-9:30a	\$70	\$110
PRE-SCHOOL LEVEL 1	Mon/Wed	5:30-6:00p	\$140	\$175
	Tue/Thur	9:00-9:30a	\$140	\$175
	Saturday	9:30-10:00a	\$70	\$110
	Saturday	10:30-11:00a	\$70	\$110
	Saturday	11:00-11:30p	\$70	\$110
PRE-SCHOOL LEVEL 2-3	Mon/Wed	6:00-6:30p	\$140	\$175
	Saturday	10:00-10:30a	\$70	\$110

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	\$21.00	\$61.00
Tues./Thurs.	1:00p-2:00p	\$21.00	\$61.00
Tues./Thurs.	6:30p-7:30p	\$21.00	\$61.00

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	\$44.00	\$92.00
Mon./Wed./Fri.	12:30-1:30p	\$31.00	\$70.00

ACTIVE AQUATIC ADULTS (AAA)-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	\$31.00	\$70.00

REGISTER certiguardsafetytraining.com CLICK current class listing

CERTIGUARD
Safety Training, LLC.

LIFEGUARDING CLASS: AT THE Y
October 18TH & 19TH: 8AM-7:30PM
COST: \$290.00



admin@certiguardsafetytraining.com



www.certiguardsafetytraining.com

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

LEARN TO PLAY PICKLEBALL

Learn to play pickleball from the pros!

Adults & youth welcome: ages 10-15 w/adult

7 week program: Sept. 16-Oct. 28

6-7PM Learn to Play: new to beginners

7-8PM Shot of the Day: beginners and above

Registration: Aug. 15-Sept. 10 Space is limited!

TUESDAYS	TIME	MEMBER	NM
Learn to Play	6:00-7:00p	\$175	\$200
Shot of the Day	7:00-8:00p	\$175	\$200

YOUTH VOLLEYBALL CLINIC

2-5 grades Sept. 20-Nov. 1

Clinic is designed to teach players the fundamentals of the game in a fun, supportive environment. Kids will build skills, teamwork, and confidence.

DAY(S)	TIME	MEMBER	NM
Sat.	11:00a-12:00p	\$65	\$95

WOMENS WINTER VOLLEYBALL LEAGUE

Season begins December 11th

Team Roster deadline: November 24

Registration fee due by the first game.

contact: whitney@waynesboroymca.org

DAY(S)	TIME	MEMBER	NM
Thursdays	6PM	\$40	\$65
Substitutes \$5 per game			

KINDERGYM

3- 5 years old Beginner tumbling for preschoolers. Children will get familiar with the apparatus while learning stretches and age appropriate skills.

DAY	TIME	MEMBER	NM
Sat.	9:30-10:00a	\$40	\$75

INTRODUCTORY GYMNASTICS (CANCELLED FOR FALL 1)

6-12 years old Basic tumbling program focusing on teaching basic skills on beam, vault and floor.

DAY(S)	TIME	MEMBER	NM
Mon/ Wed.	4:00-5:00p	\$90	\$140

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	\$90	\$140

D.A. SPORTS YOUTH FLAG FOOTBALL

4-14 years Sept. 14-Nov. 9 Fast-paced version of football that builds teamwork, agility, and fun.

Register ONLY through Dell Anthony: 240-318-4494
leagues.bluesombrero.com/DaSports (not through the Y)

DAY(S)	TIME	Price	Late Registration
Sundays	11:00a-1:00p	\$90	\$125

YOUTH BASKETBALL

2nd-6th Games/Practices begin week of January 5th.

Schedule /Times TBA

(Monday or Wednesday Evenings & Saturday mornings)

Members: \$100 NonMembers: \$150

K-1st- Saturdays ONLY Practice/Games starting January 10th. Schedule/Times TBA.
Members: \$90 NonMembers: \$130

Please complete the Player Registration Form and return to the Member Service Desk when registering.

Coaches, Score Keepers, Referees needed! Questions?
Contact Whit Wolf: whitney@waynesboroymca.org

THANK YOU PROGRAM SPONSOR:



Shop the Blue Goose Market and Gift Shop!
Custom Floral Designs, Gourmet Foods & Candies, Amish Fudge, Honey, Ciders, Jams, Bakery with 30 Flavors of Gourmet Pies.
Located in Hancock, Maryland
www.bluegoosemarkethancock.com/

COMMUNITY PARTNERS

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 & GROOVE / STEP & SWEAT/ STEP & CORE

Add some fun to your workout! STEP, SWEAT, & GROOVE by utilizing the step for leg and cardio endurance, and fun dance moves with low and high impact options. Step & Groove is 45 mins, Step & Core is 30 mins of step/30 mins of core work, and Step & Sweat is a quick 30 mins of jam packed cardio!

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 lifestyle. 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.

SENIOR CYCLE *NEW*

This 45 minute low impact spin class caters to the senior population or anyone who is a beginner rider! Ride through the decades while working on your cardio! Class size is limited.

SIMPLE CYCLE *NEW*

Keeping it simple with this short 45-minute ride! CHOOSE your level of intensity and ride along to some great music!

WHOLE-BODY RESET SERIES

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

- 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 or go to:
- <https://link.shepcrm.com/widget/form/lkT5VPg0oFTkPMXGpS2I>



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.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 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.

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.

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!

BLOOD DRIVE

Monday, October 6th • 10:00 am - 6:00 pm

Waynesboro Area YMCA

810 E. Main Street, Waynesboro 17268

In The Hub

Everyone will receive a
certificate for a FREE Pint
of Ice Cream from Scoops
on the Square!



3 ways to schedule your donation appointment:

- go to 717GiveBlood.org & click on **DONATE NOW**
- call 1-800-771-0059
- scan the QR Code



FOLLOW US ON SOCIAL MEDIA

A form of ID is
REQUIRED to donate

- We kindly suggest you schedule an appointment to donate blood. Appointments help us improve your donation experience.
- Walk-Ins are welcome; however, donors with appointments will be taken first and this may result in a significant wait time.



810 East Main Street
717-762-6012 (phone)
717-762-4368 (fax)

www.waynesboroymca.org

BUILDING HOURS

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

MEMBER SERVICES DESK:

Monday– Thursday	7:00a– 8:30p
Friday	7:00a– 6:30p
Saturday	7:00a– 3:30p
Sunday	1:00p– 4:30p

CHILD WATCH:

Monday– Thursday	8:30a– 12:00p & 4:30p– 7:30p
Monday– Thursday	8:30a– 11:00a & 4:30p– 7:30p
Friday	8:30a– 11:00a
Saturday	8:00a– 11:00a
Sunday	CLOSED

»FALL 1 SESSION:
September 15–November 1

»FALL 2 SESSION:
November 2–December 20
Registration Dates:
Members: October 13
NonMembers: October 20

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



Contact Member
Services for more
information or call
717-762-6012.

CERTiGUARD

+ Safety Training, LLC.



CLASSES OCT. 18TH-19TH AT
THE WAYNESBORO AREA YMCA!

LIFEGUARDING:

OCTOBER: 18TH & 19TH
8AM - 7:30PM

COST: \$290.00



Licensed Training Provider

WHERE:

Waynesboro Area YMCA
810 East Main Street
Waynesboro, PA 17268

REGISTER:

www.certiguardsafetytraining.com
Click "Current Class Listings"



admin@certiguardsafetytraining.com



www.certiguardsafetytraining.com

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10-1-25