

# WAYNESBORO AREA YMCA

2026 SPRING BROCHURE: March 2–April 26

Registration Dates: Members: February 2

NonMembers: February 9



# NO PLACE

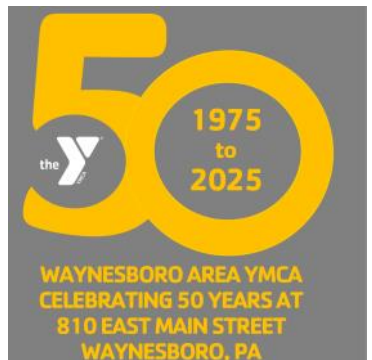


## *Like This Place*

2026 marks the 175th anniversary that the YMCA has been operating in the US. Collectively known as the Movement, YMCAs throughout the country have been helping people and communities learn, grow, and thrive since 1851.

- From the invention of basketball and volleyball, to group swim lessons the YMCA has helped shape our interests and our communities and we're excited to celebrate this milestone with YMCAs near and far.
- At the same time, WAYNESBORO AREA YMCA is celebrating another important milestone —our 50TH YEAR anniversary at 810 EAST MAIN STREET.

We are so excited that we can celebrate the ways the YMCA has shaped both our community and our country and hope you'll join 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)        | \$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!

## PAY THE DAY

IT'S NEVER BEEN EASIER TO FIND YOUR Y

| JANUARY 2026 |      |      |      |      |      |      |  |  |  |  |  |  |  |
|--------------|------|------|------|------|------|------|--|--|--|--|--|--|--|
| Su           | Mo   | Tu   | We   | Th   | Fr   | Sa   |  |  |  |  |  |  |  |
|              |      |      |      |      | \$2  | \$3  |  |  |  |  |  |  |  |
| \$4          | \$5  | \$6  | \$7  | \$8  | \$9  | \$10 |  |  |  |  |  |  |  |
| \$11         | \$12 | \$13 | \$14 | \$15 | \$16 | \$17 |  |  |  |  |  |  |  |
| \$18         | \$19 | \$20 | \$21 | \$22 | \$23 | \$24 |  |  |  |  |  |  |  |
| \$25         | \$26 | \$27 | \$28 | \$29 | \$30 | \$31 |  |  |  |  |  |  |  |

The day of the month is the amount you pay for your **FIRST** month's membership!

\*NEW Perpetual Memberships ONLY\*

WAYNESBORO AREA YMCA  
717-762-6012  
WWW.WAYNESBOROYMCA.ORG

**For a better us.®**

**JAN 2nd- JAN 31st!**

## SHOW YOUR LOVE

*Order your shirt at the front desk for only \$12!*  
*Order deadline Feb 28th*



## 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 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](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
- 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](http://waynesboroyymca.org) or call 717-762-6012 or e-mail [kathy@waynesboroyymca.org](mailto:kathy@waynesboroyymca.org)



# 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              |



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

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

### 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                |

## 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.**

## VALENTINE'S DATE NIGHT OUT:

**Friday, February 6: 5:00-8:30PM**

3 months-10 years

Enjoy a night out while we entertain the children

Craft \* Fun Activities \* Active Play Time,

Movie and snack provided for ages 2 and up

Members: \$30/1st child; \$12 each add. child

NonMembers: \$40/1st Child; \$17 each add. child

Register by noon the day of the event.

Drop Off starts at 4:50pm:

Ages 3 months-4 year drop off @ Child Watch

Ages 5-10 years drop off @ Sprout's Classroom

Parents' Night Out 2026 Dates:

February 6, March 27



# 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@waynesboroyymca.org](mailto:swimlessons@waynesboroyymca.org) \*\*Parents accompany children in Level A & B for children 6 month-3yrs .

## POOL 1: SPRING1 (8 weeks)

YOUTH: AGES 6-15

| LEVEL             | DAY(S)   | TIME         | MEMBER | NM    |
|-------------------|----------|--------------|--------|-------|
| YOUTH LEVEL 1     | Mon/Wed  | 6:35-7:15p   | \$106  | \$169 |
|                   | Saturday | 9:00-9:40a   | \$53   | \$106 |
| YOUTH LEVEL 2     | Mon/Wed  | 6:35-7:15p   | \$106  | \$169 |
|                   | Saturday | 9:40-10:20a  | \$53   | \$106 |
| YOUTH LEVEL 3/4/5 | Mon/Wed  | 7:15-7:55p   | \$106  | \$169 |
|                   | Saturday | 10:20-11:00a | \$53   | \$106 |

### 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 | \$32.00 | \$71.00   |

### 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 | \$22.00 | \$62.00   |

### 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 | \$22.00 | \$62.00   |

## POOL 2: SPRING1 (8weeks)

PRESCHOOL: AGES 3-5

| LEVEL                | DAY(S)   | TIME         | MEMBER | NM    |
|----------------------|----------|--------------|--------|-------|
| Level A**            | Saturday | 8:30-9:00a   | \$71   | \$111 |
| Level B**            | Saturday | 9:00-9:30a   | \$71   | \$111 |
| PRE-SCHOOL LEVEL 1   | Mon/Wed  | 5:30-6:00p   | \$141  | \$176 |
|                      | Tue/Thur | 9:00-9:30a   | \$141  | \$176 |
|                      | Saturday | 9:30-10:00a  | \$71   | \$111 |
|                      | Saturday | 10:30-11:00a | \$71   | \$111 |
|                      | Saturday | 11:00-11:30a | \$71   | \$111 |
| PRE-SCHOOL LEVEL 2-3 | Mon/Wed  | 6:00-6:30p   | \$141  | \$176 |
|                      | Saturday | 10:00-10:30a | \$71   | \$111 |

### 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 | \$22.00 | \$62.00   |
| Tues./Thurs. | 1:00p-2:00p | \$22.00 | \$62.00   |

### 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 | \$45.00 | \$93.00   |
| Mon./Wed./Fri. | 12:40-1:40p  | \$32.00 | \$71.00   |

### 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. | 11:35a-12:35p | \$32.00 | \$71.00   |

## LIFEGUARDING:

- MARCH: 7<sup>TH</sup> & 8<sup>TH</sup>
- MAY: 2<sup>ND</sup> & 3<sup>RD</sup>

TIME: 8 AM - 7:30 PM  
COST: \$290.00

## LIFEGUARDING

### RECERTIFICATION:

- MARCH: 8<sup>TH</sup>
- MAY: 3<sup>RD</sup>

TIME: 8 AM - 7:30 PM  
COST: \$165.00

**CERTiGUARD**  
+ Safety Training, LLC.

### REGISTER:

[www.certiguardsafetytraining.com](http://www.certiguardsafetytraining.com)

Click "Current Class Listings"



# 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 | 8:00-12:00p | FREE   |

## LEARN TO PLAY PICKLEBALL

For beginners: learn the skills, techniques & basics of game play. Reg. ends March 1

| DAY       | TIME         | MEMBER | NM   |
|-----------|--------------|--------|------|
| Thursdays | 10:00-11:00a | \$60   | \$80 |

## YOUTH VOLLEYBALL CLINIC

Volleyball skills practice & play.

Youth grades 2nd-5th grade

March 8th-April 26: Registration Deadline March 6

| DAY     | TIME      | MEMBER | NM   |
|---------|-----------|--------|------|
| Sundays | 1:30-2:30 | \$65   | \$95 |

## SOCCER SHOTS: MARCH 19-MAY 7

Soccer program for ages 2-8

| THURSDAYS | TIME       |
|-----------|------------|
| Mini      | 5:00-5:30p |
| Classic   | 5:40-6:15p |
| Premier   | 6:25-7:05p |



SCAN ME

## PROGRAM SPONSORS:



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/](http://www.bluegoosemarkethancock.com/)

## LIVES CHANGED BY CHRIST

Address: 13450 Midvale Rd, Waynesboro PA

Contact (717) 749-3451 [waynesboro@lcbcchurch.com](mailto:waynesboro@lcbcchurch.com)



## SUMMER 2026 WEEKLY SPORTS CAMPS JUNE-AUGUST (DATES/TIMES TBA)

Basketball  
All Sports  
Running  
Pickleball  
Youth Fitness  
Field Hockey  
Softball  
Soccer  
Volleyball



## 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](http://waynesboroymca.org) If you have questions, please contact [kathy@waynesboroymca.org](mailto:kathy@waynesboroymca.org) We rely on our generous donors for this assistance, please make a donation at [waynesboroymca.org](http://waynesboroymca.org)

## 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   |
|----------|------------|--------|------|
| Mondays. | 5:00-5:30p | \$40   | \$75 |

## INTRODUCTORY GYMNASTICS

6-10 years old Basic tumbling program focusing on teaching basic skills on beam, vault and floor.

| DAY(S)  | TIME       | MEMBER | NM   |
|---------|------------|--------|------|
| Mondays | 4:00-5:00p | \$45   | \$80 |

## TUMBLE TIME

5 years and younger Gym 2 will be set up for free play time for your child. Adult supervision required.

| DAY       | TIME  | MEMBER | NM          |
|-----------|-------|--------|-------------|
| Mon.-Fri. | 9a-1p | FREE   | Adults: \$7 |

Youth: \$3 & Under 2 yrs: FREE

## 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 |

# 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 & 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 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.

## SIMPLE CYCLE \*NEW\*

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

**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.

## 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.

## 2026 MONTHLY NUTRITION SEMINARS

With Wellspan Waynesboro Hospital Clinical Dietitian- Leslie Stine RD LDN

February: Thursday the 19th at 1pm- Heart Healthy Eating for Longevity

Effects on BP and weight  
Label reading for sodium  
Lean protein sources including plant-based  
examples Salt free alternatives  
Fiber - daily goals  
Effects on cholesterol and digestion  
Soluble vs insoluble  
Examples of high fiber foods



March: Wednesday the 18th at 6pm- Kid Nutrition 101

Balanced Meals and building a  
healthy plate Healthy snacking  
Hydration and beverages  
Picky eaters  
Family-friendly meals

**FREE monthly seminars for members and the  
community starting in 2026  
focusing on different aspects of nutrition.  
Participants who attend one seminar will receive a  
FREE 30 minute private consultation with Leslie.  
See the front desk to sign up!**

## 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!





Your paver will be personalized with your custom inscription—a unique way to:  
**Dedicate a paver to a loved one.**  
**Honor a Y friend.**  
**Celebrate Your Family's Y story.**

**Leave your mark.**  
**Complete the circle.**  
**Support the Y.**

Pavers will be placed around the flagpole, creating a lasting tribute to those who make our Y strong. Info is available at the Member Service desk or [onlinewaynesboroyymca.org](http://onlinewaynesboroyymca.org)

## WAYNESBORO AREA YMCA SENIOR STRENGTH CHALLENGE



### T-SHIRT INCLUDED FOR ALL PARTICIPANTS!

**MEMBERS ONLY:** Men & Women in the following age groups

- 60-69 yrs
- 70-79 yrs
- 80-89 yrs
- 90+ yrs

#### EXAMPLE/FORMULA:

Strength Score = (Weight Lifted/Body Weight) x 100

#### THE CHALLENGE:

- Incline Press, Shoulder Press, Decline Press, Smith Machine Shoulder Press, Row, Pull Down, Leg Press. Choose any or all of the selected equipment to qualify, complete 1 rep for each chosen machine, and compare your weight lifted to your body weight.
- Compare your starting percentage to your ending percentage!

Register at the Front Desk: \$25 February 4<sup>th</sup> – April 8<sup>th</sup>  
**WEDNESDAYS 9-10am**

# HEALTHY KIDS DAY

Free To The Public!

## 175 YEAR ANNIVERSARY

**APRIL 18th 10a-1p**

WAYNESBORO AREA YMCA  
717-762-6012 [waynesboroyymca.org](http://waynesboroyymca.org)

## YOUR WELLNESS CONNECTION

### A COMMUNITY HEALTH EXPO

WAYNESBORO AREA YMCA

JOIN US!

A community wellness event bringing together local holistic practitioners, wellness providers, and community partners to share mind-body health tools, resources, and education

**MINI BREAKOUT SESSIONS**

**INTERACTIVE DEMOS**

**COMMUNITY CONNECTIONS**

**LOCAL HOLISTIC PRACTITIONERS & SERVICES**

**WELLNESS GIVEAWAYS & RAFFLES**

**HEALTH-FORWARD FOOD TRUCKS**

**EVERYONE IS WELCOME TO ATTEND!**

**MARCH 28<sup>TH</sup> 2026**  
**10:00 AM-3:00 PM**

810 East Main Street  
717-762-6012 (phone)  
717-762-4368 (fax)  
[www.waynesboroyymca.org](http://www.waynesboroyymca.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 |
| Friday           | 8:30a– 11:00a               |
| Saturday         | 8:00a– 11:00a               |
| Sunday           | CLOSED                      |

### »2026 WINTER SESSION:

January 5–March 1

Registration open to all

### »2026 SPRING 1 SESSION:

March 2–April 26

Registration Dates:

Members: February 2

NonMembers: February 9



**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**  
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**Programs Director, Whitney Wolf**  
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1-27-26