



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WAYNESBORO AREA YMCA

**NO PLACE
LIKE THIS
PLACE**

**2026 WINTER BROCHURE
WINTER SESSION: 1/5-3/1**

waynesboroymca.org

**WAYNESBORO AREA YMCA
717-762-6012**

**810 E. Main Street
Waynesboro, PA**

MEMBERSHIP FOR ALL



BECAUSE UNLOCKING YOUR POTENTIAL
MEANS EVERYTHING



FOR YOUTH DEVELOPMENT®
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Membership

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



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

JAN 2nd- JAN 31st!



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

For a better us.®



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 • Activity 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.

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



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,

Pizza 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.

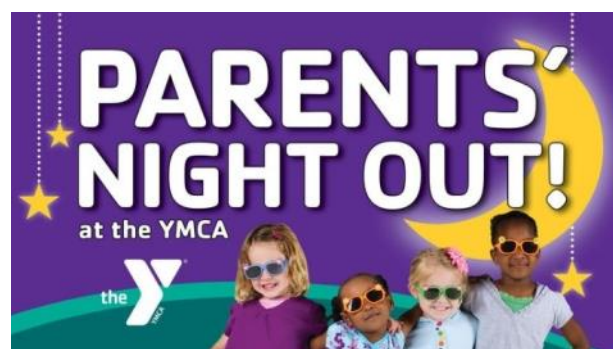
Drop Off starts at 4:50pm:

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 **Parents accompany children in Level A & B for children 6 month-3yrs .

POOL 1: WINTER 1 (8 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. NOT held Winter 1

POOL 2: WINTER 1 (8weeks)

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$70	\$110
Level B**	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	11:00-11:30a	\$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

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.	12:40-1:40p	\$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.	11:35a-12:35p	\$31.00	\$70.00

100 MILE SWIM CLUB

- Join the club-take the challenge to swim 100 Miles at our Y!
- All ages welcome, members & non-members.
- Go at your own pace: November 3-March 22
- Track your progress in the binder on the pool deck.
- All those who complete will be rewarded T-shirt.
- Fee: \$30.00 Register at the Member Service Desk.



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 THE LIVERPOOL WAY

WAYNESBORO AREA YMCA

- Winter Indoor Soccer Skills Clinics
- Tuesdays 12/2-1/20
- Boys & Girls
- 5-13 years old
- Licensed Coaches
- LFC Professional Curriculum
- Spaces Limited



For upcoming course dates

Visit: www.lfcinternationalacademymd.com/rdc

Call: 240-469-4386

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

THANK YOU 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/



LIVES CHANGED BY CHRIST
Address: 13450 Midvale Rd
Waynesboro PA 17268
Contact (717) 749-3451

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: 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

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 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.

SIMPLE CYCLE *NEW*

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

WINTER MOOD RESET: 2-PART SEASONAL AFFECTIVE DISORDER

MINI SERIES With Nurse Practitioner Heather Tillman. Open to members and the community. It is essential for all attendees to sign up beforehand. Invite a friend and take advantage of this opportunity to gain insights into wellness.

- Monday: January 12 & 19th: 5-6PM
- 1/12: Understanding SAD, Light Therapy, But-Brain Connection & Daily Rhythm
- 1/19: Nutrition, Supplements, Hormones, Stress & Sleep for Winter Mood Support
- Held in the Y's community room
- FREE! Scan the QR code to register!
or visit: <https://buff.ly/jq11YmX>

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!



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

BLOOD DRIVE

Friday, January 16, 10AM-6PM

REGISTER TODAY and donate your blood to help people in need and get REWARDS!

- 2 FREE Admission Vouchers to the Pennsylvania Auto Show
- FREE pint of ice cream from Scoops on the Square
- Blood Donor T-SHIRT

AT Waynesboro Area YMCA
 FOR MORE INFO GO TO www.waynesboroyymca.org

SCAN TO REGISTER!

A FORM OF ID IS REQUIRED TO DONATE

NUTRITION SEMINARS

With Wellspan Waynesboro Hospital Clinical Dietitian—Leslie Stine RD LDN



January: Tuesday the 13th at 6pm— Portion Control and Meal Planning

- Protein, carbs and healthy fats
- Portion size examples, visual cues, pre-portion foods
- How to build a balanced plate
- Label reading for serving sizes, fat, carbs and protein
- Meal planning, batch cooking, healthy swaps

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!

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

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@waynesboroyymca.org

Finance Director, Beth Cool

beth.c@waynesboroyymca.org

Aquatics Director, Shaun Atencio

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Facility Director, Mike Decker

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Youth Development Director, Amy Donald

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Programs Director, Whitney Wolf

whitney@waynesboroyymca.org

1-5-26