

WAYNESBORO AREA YMCA

2026 SPRING BROCHURE: March 2-April 26

Registration OPEN TO ALL!



175^{YEAR ANNIVERSARY}

NO PLACE

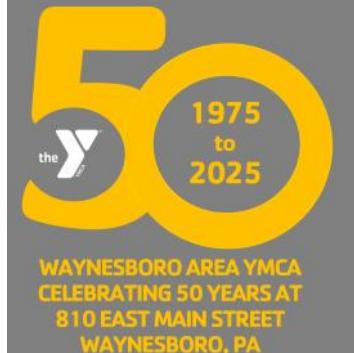


Like This Place

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



Membership	Monthly
Youth (6-12 yrs)	\$18.00
Teen (13-18 yrs)	\$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!



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: waynesboroymca.org If you have questions, please contact kathy@waynesboroymca.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 waynesboroymca.org You can contact our member service desk via phone: 717-762-6012 or e-mail: service@waynesboroymca.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 waynesboroymca.org or call 717-762-6012 or e-mail kathy@waynesboroymca.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

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

GREENCASTLE-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.

PARENT'S NIGHT OUT: Friday, March 27, 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



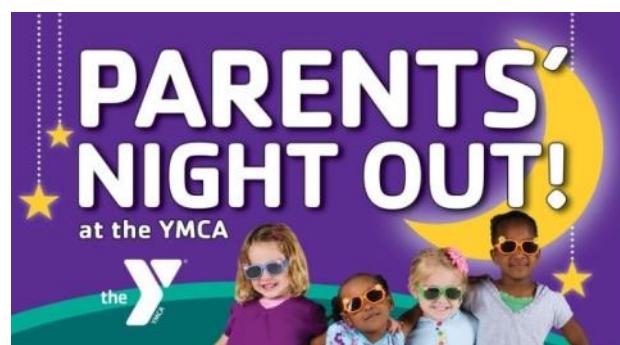
Your middle schooler will have: social time, physical fitness, engaging activities, technology lab, teen intramural activities.

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



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: SPRING1 (8 weeks)				
LEVEL	DAY(S)	TIME	MEMBER	NM
YOUTH LEVEL 1	Mon/Wed Saturday	6:35-7:15p 9:00-9:40a	\$106 \$53	\$169 \$106
YOUTH LEVEL 2	Mon/Wed Saturday	6:35-7:15p 9:40-10:20a	\$106 \$53	\$169 \$106
YOUTH LEVEL 3/4/5	Mon/Wed Saturday	7:15-7:55p 10:20-11:00a	\$106 \$53	\$169 \$106

YOUTH: AGES 6-15

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

POOL 2: SPRING1 (8 weeks)				
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 Tue/Thur Saturday Saturday Saturday	5:30-6:00p 9:00-9:30a 9:30-10:00a 10:30-11:00a 11:00-11:30a	\$141 \$141 \$71 \$71 \$71	\$176 \$176 \$111 \$111 \$111
PRE-SCHOOL LEVEL 2-3	Mon/Wed Saturday	6:00-6:30p 10:00-10:30a	\$141 \$71	\$176 \$111

PRESCHOOL: AGES 3-5

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



REGISTER:

www.certiguardsafetytraining.com.

Click "Current Class Listings"

LIFEGUARDING:

- MARCH: 7TH & 8TH
- MAY: 2ND & 3RD

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

LIFEGUARDING RECERTIFICATION:

- MARCH: 8TH
- MAY: 3RD

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

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	8:00-12:00p	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

SOCER 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



LIVES CHANGED BY CHRIST

Address: 13450 Midvale Rd, Waynesboro PA

Contact (717) 749-3451 waynesboro@lcbcchurch.com

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 lorim@waynesboroymca.org We rely on our generous donors for this assistance, please make a donation at 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

NFL FLAG FOOTBALL: STARTS APRIL 12TH

PROGRAM WITH D.A. SPORTS

Early sign ups \$90 per participant
Late registration: \$115



DAY	TIME
Sunday	11AM

SCAN ME

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

Basketball

All Sports

Running

Pickleball

Youth Fitness

Field Hockey

Softball

Soccer



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!

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 DIETICIAN PROGRAM WITH CLINICAL DIETICIAN LESLIE STINE

Just like Personal Training, our new Dietitian Services offer one-on-one, personalized support to help you reach your health goals. Whether you're looking to improve overall wellness, manage a medical condition, fuel your workouts, or build healthier habits, our licensed clinical dietitian, Leslie

Stine, provides expert guidance tailored specifically to you. This is another valuable resource available to our Y members — designed to support healthy spirit, mind, and body.

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

Schedules are available at member services and on our website: 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

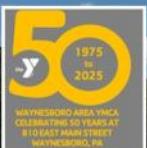
Complete the request form at the member service desk.

PERSONAL TRAINING

Working with a trainer provides support, motivation, and accountability. Schedule a consult with a certified trainer to help develop realistic long and short term goals! Sessions are available in 60/30 minute packages.

	Rates	Member
To help our clients track their progress, we offer a complimentary InBody scan with every 5 session package purchased.	60 min	\$50.00
	30 MIN	\$40.00

**WAYNESBORO AREA YMCA
COMMEMORATIVE CIRCLE**



WAYNESBORO AREA YMCA,
CELEBRATING 50 YEARS AT
810 EAST MAIN STREET
WAYNESBORO, PA

**BE A PART OF THE Y'S
COMMEMORATIVE CIRCLE!**

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 onlinewaynesboroymca.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!

the **Y** Register at the Front Desk: \$25 **February 4th - April 8th** **WEDNESDAYS 9-10am**

HEALTHY KIDS DAY
Free To The Public!



APRIL 18th 10a-1p
WAYNESBORO AREA YMCA
717-762-6012 waynesboroymca.org

PEANUTS LOWER SUGAR

**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
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.**

YOUR WELLNESS CONNECTION
A COMMUNITY HEALTH EXPO

WAYNESBORO AREA YMCA

JOIN US!

MINI BREAKOUT SESSIONS LOCAL HOLISTIC PRACTITIONERS & SERVICES

INTERACTIVE DEMOS WELLNESS GIVEAWAYS & RAFFLES

COMMUNITY CONNECTIONS HEALTH-FORWARD FOOD TRUCKS

EVERYONE IS WELCOME TO ATTEND!

MARCH 28TH 2026
10:00 AM-3:00 PM

STAFF DIRECTORY

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

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

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

Facility Director, Mike Decker
mike@waynesboroymca.org

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

Programs Director, Whitney Wolf
whitney@waynesboroymca.org