

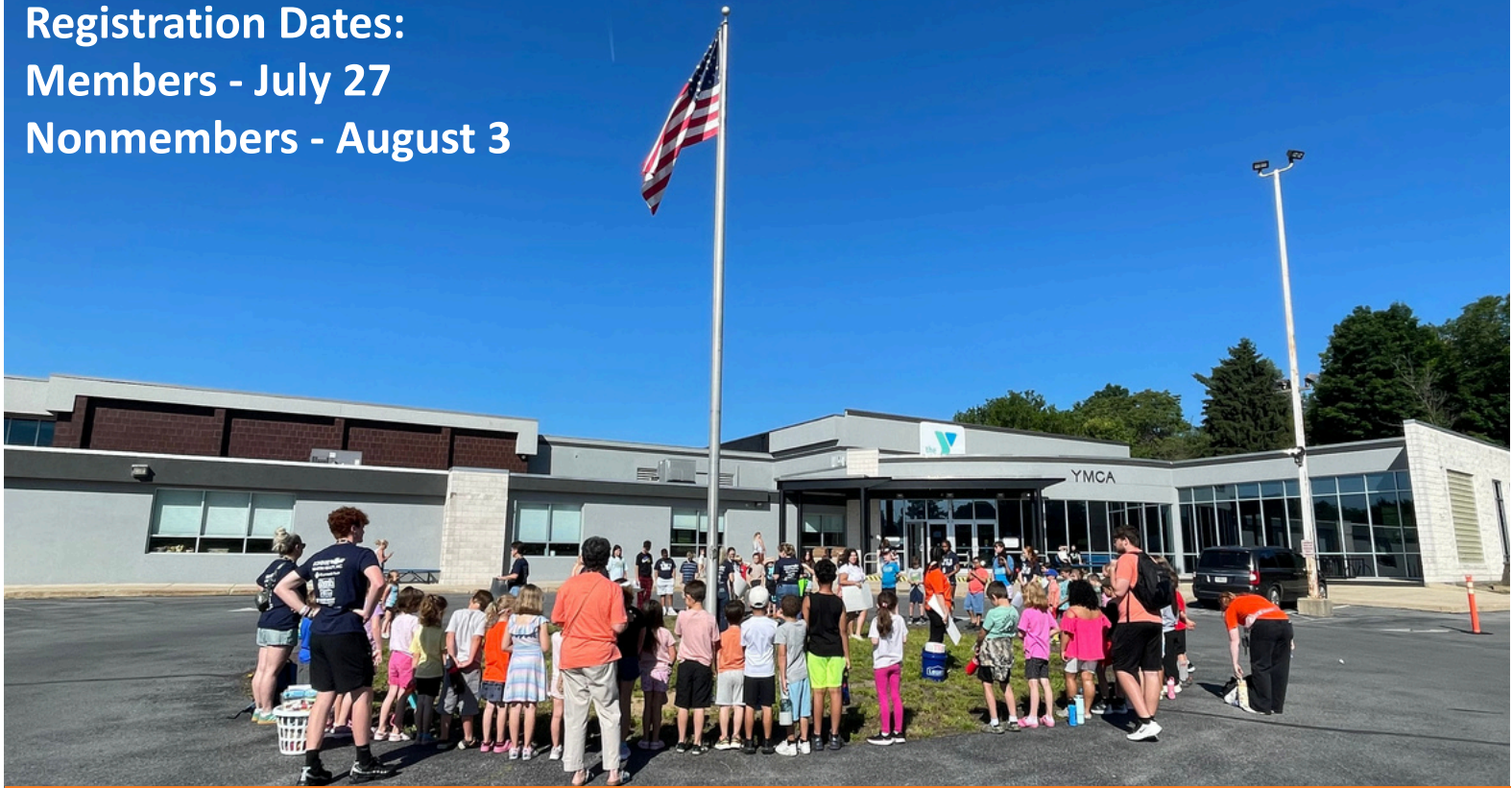
2026 FALL 1 BROCHURE: August 17–October 11

WAYNESBORO AREA YMCA

Registration Dates:

Members - July 27

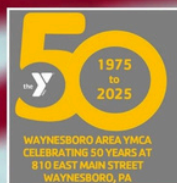
Nonmembers - August 3



**MEMBERSHIP • CHILDCARE • AQUATICS
SPORTS & REC • GROUP EXERCISE**

**LAST CHANCE.
LASTING LEGACY.**

★
PURCHASE YOUR
COMMEMORATIVE PAVER
BEFORE SEPTEMBER 1ST



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.

Waynesboro Area YMCA
(717) 762-6012
810 E. Main Street
Waynesboro, PA 1728



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!

CREDIT CARD PROCESSING FEE: Beginning 6/20/26 a credit card processing fee will be applied. There will be no fees for Debit or EFT payments.

NEW EQUIPMENT SPOTLIGHT

We are excited to announce the addition of our new NuStep T6 Recumbent Cross Trainer!

Thank you to the Franklin County Senior Community Grant, funded by the John H. Shook Foundation and the Greater Chambersburg Chamber Foundation, we received \$9,800 to purchase the NuStep for our Wellness Center.

Designed for older adults, individuals with mobility limitations, and those continuing their wellness journey after rehabilitation, the NuStep provides a safe, low-impact, full-body workout that helps improve cardiovascular health, strength, and mobility.

Complete 50,000 steps or 10 hours on the NuStep before November 30th to earn a free t-shirt. Participation in this wellness challenge is recorded via the tracking sheet on the podium next to the NuStep in the Wellness Center.

NUSTEP T6 RECUMBENT CROSS TRAINER



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

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. Members must have a photo associated with their account in order to use NWM. Please see the Member Services desk if you have not had your photo taken.

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.



AFTER HOURS ACCESS TO THE Y!

WORKOUT 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 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
- Personal Training and Programs
- Swim Programs including swim lessons for all ages

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 ian@waynesboroyymca.org



SCHOOL AGED CHILDCARE

2026-2027 Before & After School Program

Our BASC program provides a safe place for elementary school students between 6:30am and 6:00pm, when school is in session.

- WASD location is the elementary school the child attends.
- GCASD location is the Greencastle First Assembly of God.
- Two-day care minimum per program.
- There is a non-refundable \$50 per child
- Registration fee due at the time of enrollment.
- Financial assistance is available through the Y
- Everyone is Welcome Financial Assistance Program.
- Subsidized Child Care is available through Child Care Works

2026-2027 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. Bring a packed lunch, swimsuit, and towel. School's Out Club is a separate registration from BASC. School's Out Dates will be available at waynesboroymca.org

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

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 experience! This program is made possible through the generous donation of the United Way of Franklin County.

Time	Member/Monthly	NonMember/Monthly
After school 5:30PM	\$40	\$60

BEFORE & AFTER SCHOOL CARE RATES 2026-27

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

SUMMER CAMP 2026

Summer Camp is almost over! Summer Camp is available every weekday from 8:30am to 5:30pm until August 13. Campers may choose to attend all 11 weeks or select specific weeks. Extended morning care options are available (7-8:30am).

Full-Time: \$175 Member / \$225 Non-Member

Part-Time: \$125 Member / \$145 Non-Member

Extended morning care: \$30 Member / \$65 Non-Member

Sibling Discount: \$10 each week for the 2nd & additional children

Non-refundable \$30 registration fee is due at the time of registration.

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

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

Financial assistance is available through the Y's Everyone is Welcome Financial Assistance Program.

Contact Amy Donald at amy.d@waynesboroymca.org for more information. 717-762-6012 ext. 107

Week	Dates	Themes
Week 1	June 3-5	Under the Big Top
Week 2	June 8-12	Y Sports & Talent Week
Week 3	June 15-19	Outdoor Explorers
Week 4	June 22-26	Backyard Scientist
Week 5	June 29-July 2	Red, Y-hite, Boom!
Week 6	July 6-10	Getting Messy in the Splash Zone
Week 7	July 13-17	What's on the Chopping Block
Week 8	July 20-24	Christmas in July Where the Y-ild things are!
Week 9	July 27-31	Spy Kids
Week 10	August 3-7	Superhero Pep Rally
Week 11	August 10-13	End of Summer Y-Olympics

THANK YOU TO OUR SUPPORTERS:

The **M&T** Charitable Foundation

PATRIOT FEDERAL CREDIT UNION

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: FALL 1 (8 weeks)

YOUTH: AGES 6-15	LEVEL	DAY(S)	TIME	MEMBER	NM
	YOUTH LEVEL 1	Mon/Wed Saturday	6:35-7:15p 9:00-9:40a	\$110 \$55	\$175 \$110
	YOUTH LEVEL 2	Mon/Wed Saturday	6:35-7:15p 9:40-10:20a	\$110 \$55	\$175 \$110
	YOUTH LEVEL 3/4/5	Mon/Wed Saturday	7:15-7:55p 10:20-11:00a	\$110 \$55	\$175 \$110

POOL 2: FALL 1 (8 weeks)

PRESCHOOL: AGES 3-5	LEVEL	DAY(S)	TIME	MEMBER	NM
	Level A/B	Saturday	9:00-9:30a	\$75	\$115
	PRE-SCHOOL LEVEL 1	Mon/Wed Saturday Saturday	5:30-6:00p 9:30-10:00a 10:30-11:00a	\$145 \$75 \$75	\$180 \$115 \$115
	PRE-SCHOOL LEVEL 2-3	Mon/Wed Saturday	6:00-6:30p 10:00-10:30a	\$145 \$75	\$180 \$115

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 you to schedule lessons. Cancellations must be made 24 hours in advance or you will be charged for the missed session. Member: \$100.00 NonMember: \$160.00

SKILLS & DRILLS W/ COACH PEACH

One-on-one 15 minute private lessons with Coach Deb Peach (45 years' experience teaching and coaching swim of all levels specializing in stroke mechanics, individuals with special needs, and beginner to advanced swimmers). Classes sold in packages of four.

AQUAFIT/ADULT AQUA

DEEP WATER-POOL 1

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

Day	Time	Member	NonMember
Tuesday	9:30a-10:30a	\$20.00	\$50.00

POWER HOUR-POOL 1

15 years & older one hour of high intensity aqua fitness program.

Day	Time	Member	NonMember
Wednesday	9:30a-10:30a	\$35.00	\$75.00

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.	7:30-8:30a	\$25.00	\$65.00
Tues./Thurs.	7:30-8:30a	\$25.00	\$65.00

ROM (RANGE OF MOTION) AQUATICS - Pool 2

15years&older OurROMclasshelpsrelievestiffness, increase flexibility and overall mobility. POOL 2

Day	Time	Member	NonMember
Mon.-Fri.	10:30-11:30a	\$50.00	\$95.00
Mon./Wed./Fri.	12:40-1:40p	\$35.00	\$75.00
Tues./Thurs.	10:30-11:30a	\$25.00	\$65.00

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
Wednesday	11:35a-12:35p	\$20.00	\$50.00

MONDAY EVENING AQUAFIT-POOL 2

Enjoy a fun, low-impact workout that improves aerobic fitness, muscular endurance, and flexibility.

Day	Time	Member	NonMember
Monday	6:30p-7:30p	\$20.00	\$50.00



SPORTS & RECREATION

PICK-UP BASKETBALL

Ages 15 and older Basketball play for any player.

DAY	TIME	MEMBER
Monday-Friday	12:00p-2:30p	FREE

PICK-UP PICKLEBALL

Pickleball play for any player.

DAY	TIME	MEMBER
Monday-Friday	8:00a-12:00p	FREE

BEGINNER PICKLEBALL LEAGUES (LIMITED SPACE)

Scheduled play for beginner/intermediate players Oct. 13-Dec. 1. Register by October 5.

DAY	TIME	MEMBER	NM
Tue Morning:	10:00a-12:00p	\$100	\$140
Tue Evening:	6:00p-8:00p		

INTRO TO PICKLEBALL CLASS (LIMITED SPACE)

Learn Pickleball fundamentals through skills and drills in a beginner friendly environment. Tuesday classes will take place Aug. 18-Oct 6. Thursday classes will take place Aug. 20-Oct. 8.

DAY	TIME	MEMBER	NM
Thursdays:	10:00a-11:00a	\$65	\$95

MIDDLE SCHOOL INSTRUCTIONAL PICKLEBALL CLINIC

DAY	TIME	MEMBER	NM
Mondays	3:00p-4:00p	\$65	\$95

HIGH SCHOOL INSTRUCTIONAL PICKLEBALL CLINIC

DAY	TIME	MEMBER	NM
Wednesdays	3:00p-4:00p	\$65	\$95

ADULT BASKETBALL LEAGUE

Practice begins Sept.14-30, with league play taking place Oct. 5-Nov. 18. Captains MUST be able to attend draft on Saturday, Sept. 12 at 9:00 a.m. Registration deadline - Friday Sept. 11.

DAY	TIME	MEMBER	NM
Mon. & Wed.	6:00p-9:00p	\$115	\$175

PROGRAM SPONSORS :

LIVES CHANGED BY CHRIST

Address: 13450 Midvale Rd, Waynesboro PA
Contact (717) 749-3451 waynesboro@lcbcchurch.com



BLUE GOOSE MARKET AND GIFT SHOP

Located in Hancock, Maryland
www.bluegoosemarkethancock.com



Soccer Shots

Introduce your child to the game of soccer in an encouraging, environment this fall.

REGISTER TODAY!



CO-ED VOLLEYBALL LEAGUE

Our co-ed volleyball league will take place Sept. 10-Nov. 19. Team rosters are due Friday, Sept. 4. \$5 per sub.

DAY	TIME	MEMBER	NM
Thursdays	6:00p-9:00p	\$45	\$65

INTRODUCTORY GYMNASTICS

Basic tumbling program focusing on beginner skills and movements. Ages 6-12 years.

DAY	TIME	MEMBER	NM
Mondays	4:30p-5:30p	\$65	\$95

KINDERGYM

Beginner tumbling for preschoolers. Ages 3-5 years.

DAY	TIME	MEMBER	NM
Mondays	5:30p-6:00p	\$45	\$80

TAE KWON DO

Martial arts for all ages five and up. Sept. 12- Oct. 7

DAY	TIME	MEMBER	NM
Mon. & Wed.	7:00p-8:00p	\$50	\$80

For more details on Sports and Recreation programs contact our Programs and Aquatics Operations Director, Whitney Wolf:
whitney@waynesboroyymca.org



RAINBOW GYMNASTICS

71 W Main St, Waynesboro, PA
www.rainbowgymnasticspa.com

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.

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.

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.

PERSONAL DIETITIAN PROGRAM WITH CLINICAL DIETITIAN LESLIE STINE

Just like Personal Training, our new Dietitian Services offer one-on-one, personalized support to help you reach your health goals.

Rates	Members	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.
60 min	\$50	
30 MIN	\$40	

RRCA CERTIFIED LEVEL 1 ADULT DISTANCE RUNNING COACH DAWN BERGQUIST:

Individual running coaching on road or trail for beginners or runners that have a specific health or running goal. Training plans, guidance on running form, shoes, support and accountability.

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 muscle 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. 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.

To help our clients track their progress, we offer a complimentary InBody scan with every 5 session package purchased.

Rates	Member
60 min	\$50.00
30 min	\$40.00

COMING SOON!

LEARN MORE!



Everyone is Welcome Financial Assistance Program:

Financial assistance may be awarded for memberships, pro-grams, 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

CALLING ALL ARTISANS

2026 Holiday Craft Show vendor
registration is now open!



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-1:00p
Sunday	CLOSED

MEMBER SERVICES DESK:

Monday-Thursday	5:00a-8:30p
Friday	5:00a-6:30p
Saturday	7:00a-12:30p
Sunday	CLOSED

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 FALL 1 SESSION:

August 17-October 11

Registration Dates:

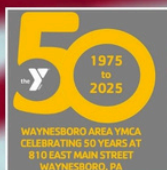
- Members: July 27
- NonMembers: August 3

2026 FALL 2 SESSION:

October 12-December/6

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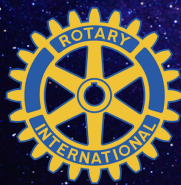
★
PURCHASE YOUR
COMMEMORATIVE PAVER
BEFORE SEPTEMBER 1ST



BATTLE OF THE MINDS

SEPT
4

TRIVIA | AUCTIONS | COCKTAIL HOUR | DINNER



X



*Register
Now*



STAFF DIRECTORY

Executive Director, **Dr. Kim Eaton**

kim.e@waynesboroymca.org

Finance Director, **Beth Cool**

beth.c@waynesboroymca.org

Facility Director, **Mike Decker**

mike@waynesboroymca.org

Youth Development Director, **Amy Donald**

amy.d@waynesboroymca.org

Programs and Aquatics Director, **Whitney Wolf**

whitney@waynesboroymca.org

Marketing and Development Director, **Ian Sherlock**

ian@waynesboroymca.org



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Last updated: 7/26/2026

