

# WAYNESBORO AREA YMCA

Join today and  
start your  
life-changing  
Y EXPERIENCE!

## MEMBERSHIP & PROGRAM BROCHURE

**WINTER 2: March 3–April 27**

**Registration Dates:**

**Members: February 3**

**NonMembers: February 10**



**810 East Main Street  
Waynesboro, PA 17268  
waynesboroymca.org  
717-762-6012**



# MEMBERSHIP FOR ALL



## BECAUSE UNLOCKING YOUR POTENTIAL MEANS EVERYTHING



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

<b>Membership</b>	<b>Monthly</b>
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 submits membership cancellation in writing and received two-weeks in advance of the monthly draft.

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.

ANNUAL: Member pays for membership in FULL at time of registration.

**Check out these Awesome Membership Specials and Please Share the Love of the Y!**

## SHARE THE LOVE!

BRING A GUEST FOR FREE  
FEBRUARY 1ST-28TH!

**Members:**  
Share the Y with a friend!  
If they join, referring member  
receives a FREE month on their  
current membership!



**1 Referral Per  
Current  
Membership**

\*\*Member must be present when the guest joins in  
order to receive free month reward\*\*



810 E. MAIN ST  
WAYNESBORO, PA 17268

WWW.WAYNESBOROYMCA.ORG



## An Offer You Will LOVE...

**ONE DAY ONLY 2/14/25**

**Join the Waynesboro YMCA on Valentines Day!  
\$14 for your FIRST month membership!**

**FREE T- SHIRT INCLUDED!**

Waynesboro Area YMCA 810 E Main St.  
Waynesboro, PA 17268

## 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): \$8/month; Locker rental: \$3/month

**Rental Lockers:** Also available in General Locker rooms at \$3/month

**Financial Assistance:** Financial assistance may be awarded for memberships, programs, BASC and summer day camps.

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 FitOn, 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.

**Cancellation Policy:** Membership cancellations must be in writing and require a two-weeks advanced notice of the draft date to avoid being charged for the next month's draft. 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. All outstanding balances must be paid prior to cancellation.



## 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 card (\$10 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
- Summer Camp, Sport camps & Leagues
- Before & After School Care

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

## 2024-2025 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 Church of the Brethren.
- 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 Open Doors Financial Assistance Program.

## 2024-2025 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
School's Out Club	7AM-5:30PM	\$32	\$38



### Donate to the Y and Go B.I.G.!

At the Waynesboro Area YMCA, we believe in the potential of every child. By donating to our youth programs, you can help inspire the next generation to dream big, achieve more, and make a difference in our community.

Believe in our youth. Inspire their growth. Give them the tools to succeed.

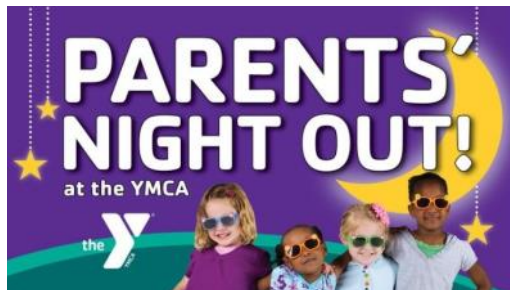
Here's how you can go B.I.G.: GO to waynesboroymca.org for more information

- Clean out your cupboards:** Donate items from our Amazon Wish List.
- Give gift cards:** Help us purchase the supplies and equipment we need.
- Donate money:** Your financial support directly funds our programs.
- Donate time:** Volunteer with us and make a hands-on impact.

### Explore our Wish List and Donation Options:

Every item you purchase goes directly to supporting our programs, ensuring that all kids have the resources they need to learn, grow, and thrive. Your generosity today will make a lasting impact tomorrow.

2024-2025 Registration information is available, contact  
Amy Donald  
P: 717.762.6012  
E: amy.d@waynesboroymca.org



### PARENTS' NIGHT OUT:

Friday, February 7: 5:00-8:30PM

3 months-10 years

Enjoy a night out while we entertain the children  
Craft \* Group Activities \* Active Play time,  
Pizza and snack provided for ages 2 and up

Members: \$25/1st child; \$10 each add. child  
NonMembers: \$35/1st Child; \$15 each add. child  
Register by noon on Friday, December 13th

Drop Off starts at 4:50pm:

Ages 3 months-4 year drop off @ Child Watch

Ages 5-10 years drop off @ Youth Center

Parents' Night Out 2025 Dates:

February 7, March 7, April 11, May 9

## A BETTER US STARTS WITH U

A job can be so much more than a paycheck. When you work for the Y, you're helping to empower young people, improve health and well-being, and inspire action in our community.

We currently have openings:

- +Certified Lifeguards
- +Experienced Swimming Instructors
- +AquaFit Instructors
- +Before and After Care Staff

The Y is the leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other. **FREE Y MEMBERSHIP! Apply today!**

SCAN ME



# 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. Students begin with and build upon skills they are ready to learn, helping them to celebrate their successes, build self-confidence, and enjoy learning to swim and water safety. 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 .

## WINTER 2

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$60	\$95
Level B**	Tues/Thurs Saturday	8:30-9:00a 9:00-9:30a	\$105 \$60	\$135 \$95
PRE-SCHOOL LEVEL 1	Mon/Wed	5:30-6:00p	\$105	\$135
	Tue/Thur	9:00-9:30a	\$105	\$135
	Saturday	9:30-10:00a	\$60	\$95
	Saturday	10:30-11:00a	\$60	\$95
	Saturday	11:00-11:30p	\$60	\$95
PRE-SCHOOL LEVEL 2-3	Mon/Wed Saturday	6:00-6:30p 10:00-10:30a	\$105 \$60	\$135 \$95

LEVEL	DAY(S)	TIME	MEMBER	NM
YOUTH LEVEL 1	Mon/Wed	6:35-7:15p	\$105	\$135
	Saturday	9:40-10:20a	\$60	\$95
YOUTH LEVEL 2	Mon/Wed	6:35-7:15p	\$105	\$135
	Saturday	10:20-11:00a	\$60	\$95
YOUTH LEVEL 3/4/5	Mon/Wed	7:15-7:55p	\$105	\$135
	Saturday	9:00-9:40a	\$60	\$95

YOUTH: AGES 6-15

## AQUAFIT/ADULT AQUA

### 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	Non- Member
Mon.-Fri.	10:30-11:30a	\$44.00	\$88.00
Mon./Wed./Fri.	12:30-1:30p	\$33.00	\$66.00

### ACTIVE AQUATIC ADULTS (ACTIVE OLDER ADULTS)-POOL 2

15 years & older Aquatic class provides a lower impact aerobic workout which improves flexibility and cardiovascular strength.

Day	Time	Member	Non- Member
Mon./Wed./Fri.	11:30a-12:30p	\$33.00	\$66.00

### 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	Non- Member
Mon./Wed./Fri.	9:30-10:30a	\$33.00	\$66.00

### DEEP WATER-POOL 1

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

Day	Time	Member	Non- Member
Tues./Thurs.	9:30a-10:30a	\$22.00	\$44.00

### AQUAFIT-POOL 2

15 years & older A low impact but high intensity water aerobics class. Exercises are performed to lively, motivation music and are effective and easy to follow.

Day	Time	Member	Non- Member
Mon.	6:30p-7:30p	\$15.00	\$30.00

### 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: \$88.00 NonMember: \$155.00

### 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	Non- Member
Mon./Wed.	7:30a-8:30a	\$22.00	\$44.00
Tues./Thurs.	6:30p-7:30p	\$22.00	\$44.00


## CERTIGUARD

+ Safety Training, LLC.


### LIFEGUARD CERTIFICATION COURSE

**WHERE?**  
Waynesboro Area YMCA  
810 E Main St, Waynesboro, PA 17268


**COST?**  
\$285



**WHEN?**  
February 15th (8am-7pm)  
February 16th (8am-7pm)



admin@certiguardsafetytraing.com



Licensed Training Provider

www.certiguardsafetytraing.com

# GYMNASTICS & RECREATION

## KINDERGYM

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

LEVEL	DAY	TIME	MEMBER	NM
KINDERGYM	Wed.	5:00-5:30p	\$45	\$80

## INTRODUCTORY GYMNASTICS

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

LEVEL	DAY(S)	TIME	MEMBER	NM
INTRODUCTORY GYMNASTICS	Wed.	4:00-5:00p	\$60	\$100

## PICK-UP BASKETBALL

ages 15 and older Basketball play for any player.

Day	Time	Member
Monday-Friday	12:00-2:30p	FREE

## PICK-UP PICKLEBALL

Pickleball play for any player.

Day	Time	Member
Monday-Friday	8:00-11:00a	FREE

## SPRING COED VOLLEYBALL LEAGUE

League runs April 10-June 19  
Team Roster Deadline: March 31  
Payment Deadline: April 10th/first game  
E-mail rosters: whitney@waynesboroymca.org

DAY(S)	TIME	MEMBER	NM
Thursdays	6:00pm	\$40	\$55

Sub fee: \$5 game

## TUMBLE TIME

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

LEVEL	DAY	TIME	MEMBER
TUMBLE TIME	Tues. & Thurs.	10a-12p	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	\$135

## LACROSSE INSTRUCTIONAL CLINICS

Grades K-5th Boys and girls will learn the basic skills, game concepts and rules of the game with positions and light scrimmage play. No protective equipment is required. Players are encourage to bring their own stick but not necessary. March 11th-May 1st

DAY(S)	TIME	MEMBER	NM
Tues/Thurs	5:00-6:30p	\$80	\$125

## D.A.SPORTS FLAG FOOTBALL SPRING 2025

8-17 years Participants will learn the fundamental skills through practices and games.  
Season Dates: 03/29 to 06/29  
Registration closes on March 1  
Registration only through D.A.SPORTS:  
leagues.bluesombrero.com/dasports

LEVEL	DAY(S)	TIME	FEE
ALL LEVELS	Saturdays	8:00a-1:00p	\$115



COMING SOON: REGISTRATION FOR SUMMER SPORTS CAMPS OPENS APRIL 1ST

## RENT THE Y FACILITIES



Whether you have a birthday or a group that just wants to get together and have fun, we have the places for you. The Y offers several rental options of various rooms within our facility, including:  
2 pools, 2 gyms, Teen center, Pavilion  
Stop at the Y Member Services desk and fill out the Facility Rental Request Form (also on our website waynesboroymca.org).  
Have more questions about rentals?  
Please contact the Y: 717-762-6012

# 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 AND GROOVE

Add some fun to your workout, by mixing step aerobics and easy groove vibes. By utilizing the step for leg and cardio training, and fun dance moves with low and high impact options, you'll step and groove your way to improved fitness!

## 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.

## 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.

## TRAINER TALK: TUESDAYS & THURSDAYS

Our certified Personal Trainers will be available to answer your questions, give fitness advice, perform InBody Scans, and provide wellness center orientations.

Stop by for Trainer Talk Tuesdays & Thursdays!

### Tuesdays:

Ray- 8:00am-10am  
Lydia- 11:00am-1:00pm  
Sarah- 2:30pm-5:30pm

### Thursdays:

Ray- 9am-11am  
Madison- 4pm-5:30pm



EVERY TUESDAY  
& THURSDAY

» FREE FOR  
MEMBERS

Can't make it Tuesday or Thursdays?  
Schedule a FREE consultation with one of our  
trainers at the front desk!

**GROUP EXERCISE CLASSES ARE  
FREE TO MEMBERS (Ages 13+)!  
\$5 Program Drop-In Pass available  
for non-members.**

**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.

## SilverSneakers SPLASH!\*

A fun, shallow-water exercise class that uses a splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

\*In Pool 2

# PERSONAL TRAINING

Working with a trainer provides support, motivation, and accountability. Schedule a consult with a certified trainer to help develop realistic

	Rates	Member
long and short term goals!	60 min	\$45.00
Sessions are available in 60/30 minute packages.	30 MIN	\$35.00

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!

**WAYNESBORO AREA YMCA**  
**FREE & OPEN TO THE PUBLIC**



**SPRING SENIOR WELLNESS DAYS**

**WELLNESS VENDOR DAY**  
**WEDNESDAY, APRIL 2nd**  
**9:00-11:00AM**

**WELLNESS SEMINAR DAY**  
**WEDNESDAY, APRIL 9th**  
**8:00AM-12:00PM**



**HEALTHY KIDS DAY** APRIL 26  
**FREE TO THE PUBLIC!**  
 ymca.org/hkd

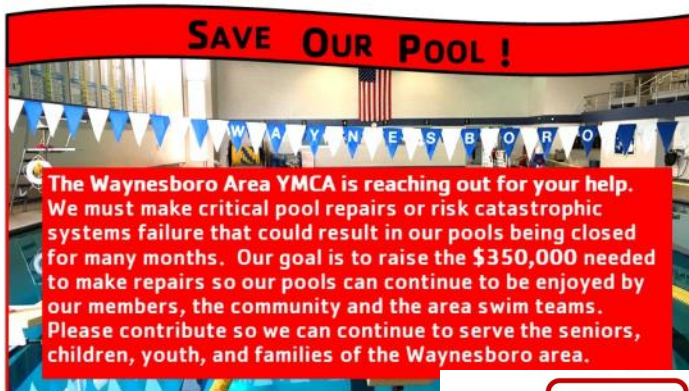
**FIND A SAFE, HEALTHY & FUN SUMMER AT THE Y!**



**INCLEMENT WEATHER INFORMATION**

**Winter is here!**  
 In case of Inclement weather effecting our Y schedules, please check our Facebook page for updates. Waynesboro Area YMCA or our website: waynesboroymca.org

**SAVE OUR POOL!**



The Waynesboro Area YMCA is reaching out for your help. We must make critical pool repairs or risk catastrophic systems failure that could result in our pools being closed for many months. Our goal is to raise the \$350,000 needed to make repairs so our pools can continue to be enjoyed by our members, the community and the area swim teams. Please contribute so we can continue to serve the seniors, children, youth, and families of the Waynesboro area.

**DONATE TODAY!**



810 East Main Street  
 717-762-6012 (phone)  
 717-762-4368 (fax)  
 www.waynesboroymca.org

**BUILDING HOURS:**

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

**MEMBER SERVICES DESK:**

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

**CHILD WATCH:**

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

**SESSION DATES:**

Winter 1: January 6–March 2  
 Winter 2: March 3–April 27

**Registration Dates:**

Members: February 3  
 NonMembers: February 10

**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@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
- Aquatics Coordinator, Shaun Atencio**  
shaun@waynesboroymca.org
- Sports and Fitness Director, Whitney Wolf**  
whitney@waynesboroymca.org

**1-31-25**