



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# SAY HELLO TO SUMMER!

2024 SUMMER MEMBERSHIP & PROGRAM GUIDE  
SUMMER SESSION: June 17-August 10

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

# MEMBERSHIP FOR ALL



BECAUSE UNLOCKING YOUR POTENTIAL  
**MEANS EVERYTHING**



FOR YOUTH DEVELOPMENT®  
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## Membership

## Monthly

Youth (6-12 yrs)	\$16.00
Teen (13-18yrs)	\$19.00
Young Adult (19-23 yrs)	\$30.00
Adult (24-61 yrs)	\$44.00
One Adult Family	\$54.00
Two Adult Family	\$69.00
Senior (62+yrs)	\$39.00
Senior Couple	\$60.00

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.

## PARTICIPATING OPTIONS

**Full Memberships:** Full membership permits all YMCA privileges and full use of facilities (some areas are restricted by age).

**Guest 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)

Active Duty Military: free access for the day (must present military ID) for a maximum of two consecutive weeks.

**Teen Guest Passes ARE NOT AVAILABLE from school dismissal time through 6PM.**

**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

**'Open Doors' Financial Assistance:** Financial assistance scholarships can be awarded for general membership, adult/youth programs, child care and summer day camps. If you have questions, please contact Kathy Bostic, Outreach and Development Director.

**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 within 24-48 hours 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.

# COME JOIN THE ADVENTURE!

Summer Camp is here again and the Y has an exciting summer planned for campers! Summer Camp is a place for youth to create lifelong friendships and memories.

- Summer Camp is available every weekday from 8:30am to 5:30pm beginning June 3 - August 16.
- Campers may choose to attend all 11 weeks or select weeks.
- Extended morning care (7-8:30am) options are available.\*
- A non-refundable \$30 registration fee per camper is due at the time of registration.

2024 Y SUMMER CAMP WEEKLY RATE	
Member Rate	Non Member Rate
\$175.00	\$225.00

**Please register your camper by the grade they are going into in the fall.**

**Campers must have completed kindergarten to participate.**

\***Extended Care** operates from 7-8:30am. This is an optional service that can be added to the week's registration at the rate of \$30 per week for members and \$65 per week for non-members.

**Sibling Discount** For every additional child per household there is a \$10 discount per week.

**Field Trips** are a fun part of the Summer Camp Experience! Field trips will include local adventures and educational opportunities.

**Sites** for the camps will be Summitview Elementary and the Waynesboro Area YMCA. Your camper's site will be determined after registration but prior to the first week of camp.

Contact the Y for more info! 717-762-6012

Week	Dates	Themes
Week 1	6/3-6/7	Welcome Summer!
Week 2	6/10-6/14	We Love Sports
Week 3	6/17-6/21	Outdoor Explore
Week 4	6/24-6/28	Animal Planet
Week 5	7/1-7/3	Stars and Stripes
Week 6	7/8-7/12	Fun in the Sun
Week 7	7/15-7/19	Wacky Science
Week 8	7/22-7/26	Dino Adventures
Week 9	7/29-8/2	Wet and Wild
Week 10	8/5-8/9	Around the World
Week 11	8/12-8/16	School is Cool



Participating in sports at the Y is about building the whole child, from the inside out. We leverage the excitement and passion around recreational and competitive programming to create a healthy outlet for children to gain new skills, develop a sense of team and connect with positive role models. Improve your skills, make new friends, and learn to love a sport at the Y! Contact the Y: 717-762-6012 or whitney@waynesboroymca.org for more information.

	Dates/ Time	Age/Grade	Price
Pickleball Camp	June 10-14: 8:30-10:30AM	12-17 years	\$60/Member \$80/Non Member
Field Hockey Camp (Girls)	June 10-14: 3-5PM @WASH Turf Field	5-7th grades	\$60/Member \$80/Non Member
Running Camp	June 18-20: 9AM-12PM	6-14 years	\$40/Member \$60/Non Member
All Sports Camp	June 24-27: 9-11AM	1st-5th grades	\$60/Member \$80/Non Member
Soccer Camp	July 8-11: 9-11AM	7-12 years	\$60/Member \$80/Non Member
Basketball Camp	July 8-11: 9-11AM	K-1st grades	\$60/Member \$80/Non Member
Basketball Camp	July 15-18: 9-11AM	2-3rd grades	\$60/Member \$80/Non Member
Basketball Camp	July 29-August 1: 9-11AM	4-6th grades	\$60/Member \$80/Non Member
Flag Football	July 19-22: 9AM-1PM w/DA Sports	Contact Coach Dell: 240-318-4494	
Softball Camp (Girls)	July 22-25: 9AM-12PM @Memorial Park	7-12 years	\$60/Member \$80/Non Member
Lacrosse Camp	July 29-August 1: 3:30-5:00PM	K-9th grades	\$60/Member \$80/Non Member
Volleyball Camp	August 5-8: 9-11AM	2nd-5th grades	\$60/Member \$80/Non Member

# 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 & SNOW DAY 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. In case of inclement weather, and schools close, registration opens for Snow Day care at 7am following the announcement of WASD school closure. We offer games, crafts, swimming and snack. Bring a packed lunch, swimsuit, and towel. School's Out and Snow Day are separate registration from BASC.

	Time	Member per day	NonMember per day
School's Out Club	7AM-5:30PM	\$32	\$38
Snow Day Club	8AM-5:30PM	\$32	\$38



**Our virtual wellness platform, available anytime from anywhere: Y Wellness 24/7.**

**Y Wellness 24/7 is available exclusively to our members, free with their Waynesboro Area YMCA membership.** Y Wellness 24/7 will provide live and on-demand group exercise, and sports and play programs. The platform also includes access to 1000s of on-demand classes from instructors nationwide including classes in training, mindfulness, nutrition, stress management, and more.

- Our virtual wellness platform will celebrate a brand new engagement experience providing over
- 150 live classes per week, and
  - 100s of classes on-demand led by over 120 nurturing and motivating YMCA instructors.
  - Weekly live classes will now include NEW choices such as cycling, Tai Chi, dance jam, country heat, bootcamp.
  - 20 NEW senior classes per week such as ZUMBA GOLD, Better Balance, Senior Circuit, and more!

### HOW IT WORKS?

**Visit our website and get started: [waynesboroymca.org/YWellness247Information](http://waynesboroymca.org/YWellness247Information)**  
**You'll find all the info and website links and tutorial to get started.**

**2024-2025 Registration information is available, contact**  
**Amy Donald**  
**P: 717.762.6012**  
**E: [amy.d@waynesboroymca.org](mailto:amy.d@waynesboroymca.org)**



## 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!  
**#ABetterUsStartsWithU**

# 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 .

## SUMMER

PRESCHOOL: AGES 3-5

LEVEL	DAY(S)	TIME	MEMBER	NM
Level A**	Saturday	8:30-9:00a	\$54	\$85
Level B**	Tues/Thurs Saturday	8:30-9:00a 9:00-9:30a	\$96 \$54	\$128 \$85
PRE-SCHOOL LEVEL 1	Mon/Wed	5:30-6:00p	\$96	\$128
	Tue/Thur	9:00-9:30a	\$96	\$128
	Saturday	9:30-10:00a	\$54	\$85
	Saturday	10:30-11:00a	\$54	\$85
	Saturday	11:00-11:30p	\$54	\$85
PRE-SCHOOL LEVEL 2-3	Mon/Wed	6:00-6:30p	\$96	\$128
	Saturday	10:00-10:30a	\$54	\$85

LEVEL	DAY(S)	TIME	MEMBER	NM
YOUTH LEVEL 1	Mon/Wed	6:35-7:15p	\$96	\$128
	Saturday	9:40-10:20a	\$54	\$85
YOUTH LEVEL 2	Mon/Wed	6:35-7:15p	\$96	\$128
	Saturday	9:00-9:40a	\$54	\$85
	Saturday	10:20-11:00a	\$54	\$85
YOUTH LEVEL 3/4/5	Mon/Wed	7:15-7:55p	\$96	\$128

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	\$40.00	\$80.00

### 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	\$26.00	\$52.00

### 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	\$26.00	\$52.00

### 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	\$18.00	\$36.00

### 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	\$12.00	\$28.00

### PRIVATE SWIM LESSONS

Private swimming lessons are offered on a limited basis. Please complete a lesson registration form and return it to the Aquatics office for approval. Price includes four-30 minutes lessons based on available pool time. Lessons are paid for in advance. Cancellations must be made 24 hours in advance or you will be charged for the missed session.

<b>Member</b>	<b>Non- Member</b>
\$80.00	\$140.00

### WAVES SWIM TEAM: SUMMER

Summer Team Practice: May 13-July 22

Info and packets are available to the member service desk. Contact [Sarah@waynesboroyymca.org](mailto:Sarah@waynesboroyymca.org) for more information.

## 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). Have more questions about rentals? Please contact the Y 717-762-6012

# GYMNASTICS & RECREATION

## KINDERGYM

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

LEVEL	DAY(S)	TIME	MEMBER	NM
KINDERGYM	Sat.	9:00–9:30a	\$40	\$75

## SUMMER WOMEN'S VOLLEYBALL LEAGUE

ages 15 and over Season runs: June 11–August 15  
Registrations & Team Roster Deadline: 6/3

Days	Time	Member	Non– Member
Tues. & Thurs.	Games: at 6 & 7p	\$40 per league	\$55 per league Substitutes \$5 game

## PICK-UP VOLLEYBALL

Volleyball play for any player.

Day	Time	Member
Tues. & Thurs.	6–9:00p	FREE

## PICK-UP BASKETBALL

ages 15 and older Basketball play for any player.

Day	Time	Member
Mon.–Fri.	12–2:30p	FREE
Mon. & Wed.	6–9:00p	FREE

## INSTRUCTIONAL GYMNASTICS

6–18 years old Progressive instructional gymnastics program focusing on teaching basic, intermediate and advanced skills on bars, beam, vault and floor. Instruction is progressive and for both boys and girls.

LEVEL	DAY(S)	TIME	MEMBER	NM
INSTRUCTIONAL GYMNASTICS	Saturday	8:00–9:00a	\$54	\$95
Ages 6–12				



Register at the Y: Nonmembers will need to purchase a guest pass for each visit or join the Y.

Lessons offered Monday–Friday between 8am–12pm or upon instructor/customer availability, for more information contact Melissa Murray, certified pickleball instructor: [cyclewithme@yahoo.com](mailto:cyclewithme@yahoo.com)

THE POWER OF PARTNERSHIPS   
**WHERE PEOPLE COME FIRST.**  
Welcome to the Y...Like No Other Community.  
BE PART of the ANNUAL CAMPAIGN  
DONATE & FUEL THE POWER!

Our members and friends call us THEIR Y.

We call them OUR greatest resource—the thousands of people who work alongside us and support our work to help our neighbors learn, grow and thrive.

**DONATE TODAY!**

SCAN ME



## WELLNESS CENTER

We have expanded the Wellness Center, Functional Training Room and Weight Room to be in one central location (and open with AFTER HOURS ACCESS)! Featuring new equipment, the new Ultra Series single station strength equipment with a space saving design, built in rep counters, ergonomic grip, and a sleek design in our Wellness Center, and the transformation of our Weight Room into a space for strength and power enthusiasts.



Updating and improving to keep pace with all your fitness steps!  
+PLUS this area is available with the **AFTER HOURS ACCESS** to workout on your schedule!

# 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. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat, and push you to a personal best! Ages 13 and older. Beginner/Intermediate/Advanced

## 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! Ages 13 and older. Beginner/Intermediate/Advanced

## 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. Ages 13 and older. Beginner/Intermediate/Advanced

## SPIN

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. Ages 13 and older. Beginner/Intermediate/Advanced

## 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. Beginner/Intermediate/Advanced

## BODY BALANCE

A combination of stretch and balance increasing a functional life-style. Beginner/Intermediate/Advanced

## BUTTS & GUTS

Interval training for 30 minutes 20sec/10sec followed by a 30 minute floor work focusing on these 2 key areas! Beginner/Intermediate/Advanced

## QIGONG "Chee Gong"

Practice of slow, repetitive movements coordinated with breath and meditation, to open energy pathways. Slow mindful movement brings energy to the body to help aid in breaking up stagnation to improve general health, depression, stress, sleep, and much more. The practice is beneficial for people of all ages. It can be done standing up or sitting down.



**GROUP EXERCISE CLASSES ARE FREE TO MEMBERS!**

**\$5 Program Drop-In Pass available for non-members.**

**Schedules are available at member services and on our website:**

**[www.waynesboroyymca.org](http://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 complete 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.

# PERSONAL TRAINING

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

	<b>Rates</b>	<b>Member</b>
develop realistic 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!

**the Y** **SUMMER FOOD & CONCERT EVENTS**  
at the **WAYNESBORO AREA YMCA**



Food trucks, music, playground and yard games will be available. Join at Cookie's Corner Pavilion!

**Wednesdays: 4:30-7:30pm**

**July 17** Cracken Catering & Chillin' Out Snowballs  
CVSM presents music by: Calamity and Justus  
**PLUS: United Way of Franklin County will be collecting school supplies for their "STUFF THE BUS" annual school supply drive!**



For some families, camp can feel out of reach. Already stretched budgets make it difficult to afford the care they need for their children during the long summer months.

**You can make camp possible.**

**Your gift provides support to families to ensure their kids can attend the Waynesboro Area YMCA Summer Day Camp.**



**WAYS TO GIVE**

In-person: Stop by our front desk.  
Online: Scan the QR code or go to [waynesboroyymca.org](http://waynesboroyymca.org)

810 East Main Street  
717-762-6012 (phone)  
717-762-4368 (fax)  
[www.waynesboroyymca.org](http://www.waynesboroyymca.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:**

Summer 1: June 17-August 10  
Fall 1: August 26-October 19

**Registration Dates:**

Members: August 5  
NonMembers: August 12



**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](mailto:kim.e@waynesboroyymca.org)  
**Finance Director, Beth Cool**  
[beth.c@waynesboroyymca.org](mailto:beth.c@waynesboroyymca.org)  
**Outreach and Development Director, Kathy Bostic**  
[kathy@waynesboroyymca.org](mailto:kathy@waynesboroyymca.org)  
**Facility Director, Mike Decker**  
[mike@waynesboroyymca.org](mailto:mike@waynesboroyymca.org)  
**Youth Development Director, Amy Donald**  
[amy.d@waynesboroyymca.org](mailto:amy.d@waynesboroyymca.org)  
**Aquatics Director, Jon Mata**  
[jon@waynesboroyymca.org](mailto:jon@waynesboroyymca.org)  
**Sports and Fitness Director, Whitney Wolf**  
[whitney@waynesboroyymca.org](mailto:whitney@waynesboroyymca.org)

**7-3-2024**