

WAYNESBORO AREA YMCA  
**FALL & WINTER  
PROGRAMS**



# EXPERIENCE THE Y!

**FALL 2: October 20–December 21  
Registration Open to All**

**Craft Show: December 7, 9AM–2PM  
Swim with Santa: December 15, 2–4PM**

**WAYNESBORO AREA YMCA  
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.

## 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: waynesboroymca.org If you have questions, please contact kathy@waynesboroymca.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.

## Y Wellness 24/7 our virtual wellness platform, available anytime from anywhere!



Y Wellness 24/7 is available exclusively to our members, free with their Waynesboro Area YMCA membership. Y Wellness 24/7 is a virtual wellness platform providing access to hundreds of live and on-demand group exercise classes, sports and play programs led by YMCA instructors. Additionally, the platform also includes access to thousands of on-demand classes from instructors nationwide - including classes in training, mindfulness, nutrition, stress management, and more.

### HOW IT WORKS? Visit our website and click on the YWellness24/7 Button to get started.

First-time users will create their own platform login; returning users simply login and start browsing for classes! The primary screen will feature the instructors and teachers of other YMCA associations participating on our platform as well as access to classes from other instructors, nationwide. Be sure to join the Y Wellness 24/7 Facebook Group to stay connected to other wellness enthusiasts!

## LIVESTRONG<sup>®</sup> AT THE YMCA

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The Y and the LIVESTRONG Foundation have joined together to create LIVESTRONG at the YMCA, a research-based physical activity and well-being program designed to help adult cancer survivors reclaim their total health. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind, and body. This program is funded by the Waynesboro Area Gala Cancer Auction. Visit [waynesboroymca.org](http://waynesboroymca.org) and/or contact Sarah@waynesboroymca.org more info.



## 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](http://waynesboroymca.org)).  
Have more questions about rentals?  
Please contact the Y: 717-762-6012

# 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. 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
Snow Day Club	8AM-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.

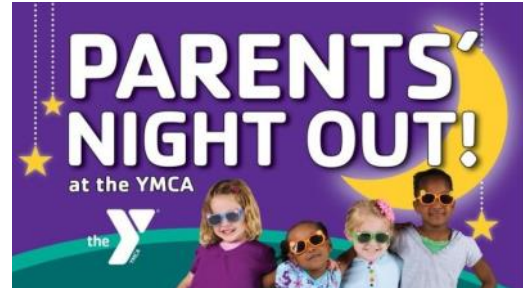
Here's how you can go B.I.G.: GO to waynesboroymca.org for more information

- ☐ **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, November 15: 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, November 15th

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 2024 Dates:

December 13

## 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 .

## FALL 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 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. Member: \$88.00 NonMember: \$155.00

### WAVES SWIM TEAM:

Join the WAVES team!

Team season runs: September 2-March 10. Info is available to the member service desk. Contact the Y: [jon@waynesboroyymca.org](mailto:jon@waynesboroyymca.org) for more information.

### 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. \*In Pool 2

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

### 100 MILE SWIM CLUB

- Join the club-take the challenge by aiming to swim 100 Miles at our Y!
- All ages welcome, members & non-members.
- Go at your own pace: October 20-March 9
- Track your progress in the binder on the pool deck.
- All those who complete the 100 mile goal will be rewarded a prize!
- Prize info will be posted with a weekly leader board on the pool deck.
- Fee: \$25.00 Register at the Member Service Desk.
- Contact [jon@waynesboroyymca.org](mailto:jon@waynesboroyymca.org) for more info.

How far is 100 Miles?

1 length = 25 meters • 64 lengths = 1 mile  
1 lap (2 lengths) = 50 meters • 32 laps = 1 mile  
3200 laps = 100 MILES!

# 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	Sat.	9:00-9:30a	\$40	\$75

## 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	Saturday	8:00-9:00a	\$54	\$95

## 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	\$84	\$128

## WOMENS RECREATIONAL VOLLEYBALL LEAGUE

ages 15 and over Season runs: Dec. 5–March 6  
Team Roster Deadline: November 29  
Registration/payment Deadline: December 5

DAY	TIME	MEMBER	NONMEMBER
Thursdays	6:00p	\$40	\$55
Substitutes \$5 game			

## PICK-UP PICKLEBALL

Pickleball play for any player.

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

## PICKLEBALL LESSONS

Lessons offered Monday–Friday between 8am–12pm or upon availability, for more info contact  
Melissa.m@waynesboroyymca.org  
Register at the Y: Nonmembers will need to purchase a guest pass for each visit or join the Y.

### PICKLEBALL LESSONS

4 lesson pack: \$75  
6 lesson pack: \$90  
Private lesson: \$20/lesson  
(each lesson= 45 minutes)

## YOUTH BASKETBALL

Youth League (coed) January 4th– March 8th (Saturdays)  
\*January 4th, Player evaluation day: Teams will be made on the 4th, & schedules will be released.  
8:00-9:00: K-1st grade  
9:00-10:00: 2nd-3rd grades  
10:00-11:00: 4th-6th grades

Youth Competitive League:  
Grades 2nd –3rd & 4th-6th  
Team Practices: January 11th & 18th  
Competitive Games Start on January 25th

Youth Instructional League  
Grades K-1: 30 min. of instruction & 30 min. game play

Registration deadline December 30th  
Members: \$90 Non-Members \$130

Coaches needed! Questions? Contact Whit Wolf, Sports and Fitness Director whitney@waynesboroyymca.org

## CITY LEAGUE BASKETBALL

ages 16 and older Register as an individual; all skills are welcome to join. Players are drafted into teams before the season begins (Nov. 25). Each player must read and sign the rule sheet. Registration Sept. 16–Oct. 28

Day	Time	Member	Non-Member
Mon./Wed.	6:00-9:00	\$120	\$170*

\*FREE Pick-up Pass included

## 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

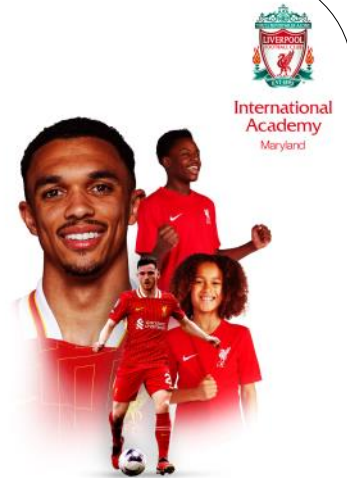
## LEARN TO PLAY THE LIVERPOOL WAY

WAYNESBORO AREA YMCA  
Winter Indoor Skills Clinics

- 2 Winter Sessions
- Session 1: Starts 11/5
- Boys & Girls
- 5 -13 years old
- Licensed Coaches
- LFC Professional Curriculum

Spaces Limited, Register Today!

For upcoming course dates  
Visit: [www.lfcinternationalacademy.md.com/rdc](http://www.lfcinternationalacademy.md.com/rdc)  
Call: 240-469-4386



# 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.

## GROUP CORE

Your athletic 360-degree firm foundation builder that will make you stronger, quicker, and faster in all you do. The 30-minute workout will strengthen your body, shoulders to hips, front to back, and side to side, which improves athletic performance but can also reduce back pain and help you move with ease in real life.

## 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.

## BODY BALANCE

A combination of stretch and balance increasing a functional life-style. You'll experience flexibility, balances and core strength.

## BUTTS & GUTS

1 hour of interval training with floor work and cardio focusing on these 2 key areas!

## 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.

## NEW! MOVEMENT FUSION

Explore natural and functional movement fused with yoga inspired stretches and mind body connection.

**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.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 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.

## NEW! 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!



## Men's & Women's Athletic LOCKER ROOM RENOVATIONS

Renovations in Locker Areas are underway. Due to an issue with the locker company, the locker room will remained closed. Renovations will be completed ASAP.

Showers, steam rooms, saunas and bathrooms will be available for use through the pool deck doors EXCEPT when pool closed:  
M-F: 2-3PM, Sat. 2-4PM, Sun. 4:30-5PM

## Waynesboro Area YMCA CRAFT SHOW



Do your Christmas shopping at the  
Waynesboro Area YMCA at our  
Holiday Craft Show.

Many local vendors will be on hand to showcase  
their crafty creations and products.

**Saturday, December 7th 9:00am-2:00pm**  
**The Craft Show is FREE & OPEN TO THE PUBLIC**

### VENDORS NEEDED

Reserve space today to display and sell your crafts  
and products. All fees are used to support the  
Waynesboro Area YMCA "Partner with Youth".  
Applications available at the member services desk.

VENDOR SPACE IS 8' X 10' FOR \$40;  
TABLE AND 2 CHAIRS ADDED FOR ADDITIONAL \$10



## SWIM WITH SANTA SAVE OUR POOL! FUND DRIVE SUNDAY, DECEMBER 15: 2-4PM

Wear your swimsuit and celebrate a  
uniquely tropical festivity while Santa  
takes a holiday before his biggest day of  
the year! Loads of fun to be had by all, in  
and out of the water. Kids and families  
will enjoy a variety of games, movies,  
photo ops, raffles, crafts and more!

- Bring the family to enjoy a holiday event at the Y!
- Pool 1 (large pool) will be open swim 2-4 with Santa's helpers:  
Santa in pool 1: 3:30-4:00PM
  - Pool 2 (small pool has limited capacity): pick your time frame:  
Santa in pool 2: 2:00-2:30PM or 2:40-3:20PM
- Register at the Y: Fee: \$15per person

Be sure to bring your jolly Christmas spirit!  
This fun event is open to the community and children of all ages.  
All children under six years of age and all non-swimmers must have an adult in the water  
within arm's reach at all times.

**DONATE TODAY TO SAVE OUR POOL!**  
Stop at the Member Service Desk or visit: [waynesboroymca.org](http://waynesboroymca.org)

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

Fall 2: October 21-December 21

### Registration Dates:

Members: September 30  
NonMembers: October 7



WORK OUT ON YOUR SCHEDULE WITH  
**AFTER HOURS ACCESS TO THE Y.**  
Contact Member Services for more  
information or call 717-762-6012.



## Blood Drive

At the Y  
**November 19th**  
**10:30A-4:00P**

### STAFF DIRECTORY

**Executive Director, Dr. Kim Eaton**  
[kim.e@waynesboroymca.org](mailto:kim.e@waynesboroymca.org)

**Finance Director, Beth Cool**  
[beth.c@waynesboroymca.org](mailto:beth.c@waynesboroymca.org)

**Outreach and Development Director, Kathy Bostic**  
[kathy@waynesboroymca.org](mailto:kathy@waynesboroymca.org)

**Facility Director, Mike Decker**  
[mike@waynesboroymca.org](mailto:mike@waynesboroymca.org)

**Youth Development Director, Amy Donald**  
[amy.d@waynesboroymca.org](mailto:amy.d@waynesboroymca.org)

**Aquatics Director, Jon Mata**  
[jon@waynesboroymca.org](mailto:jon@waynesboroymca.org)

**Sports and Fitness Director, Whitney Wolf**  
[whitney@waynesboroymca.org](mailto:whitney@waynesboroymca.org)

11-1-24