

WAYNESBORO AREA YMCA



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE ACTIVE BELONG

MEMBERSHIP & PROGRAM BROCHURE

WINTER 1: January 6–March 2
Registration is open to ALL!

WAYNESBORO AREA YMCA
810 East Main Street
Waynesboro, PA 17268
waynesboroymca.org
717-762-6012



Join today and start your life-changing Y EXPERIENCE!

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 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 this Awesome Membership Special & Program to support your goals!

the Y

PAY THE DAY

IT'S NEVER BEEN EASIER TO FIND YOUR Y

JANUARY						
Su	Mo	Tu	We	Th	Fr	Sa
\$5	\$6	\$7	\$8	\$2	\$3	\$4
\$12	\$13	\$14	\$15	\$16	\$17	\$18
\$19	\$20	\$21	\$22	\$23	\$24	\$25
\$26	\$27	\$28	\$29	\$30	\$31	

The day of the month is the amount you pay for your **FIRST** month's membership!

JAN 2nd- JAN 31st!

WAYNESBORO AREA YMCA
717-762-6012
WWW.WAYNESBOROYMCA.ORG

For a better us.®

the Y

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!

For a better us.®

717-762-6012
www.waynesboroymca.org

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.
- Receive your AFTER HOURS magnetic card (\$10 fee).

LIVESTRONG[®] 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 and/or contact Sarah@waynesboroymca.org more info.



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.

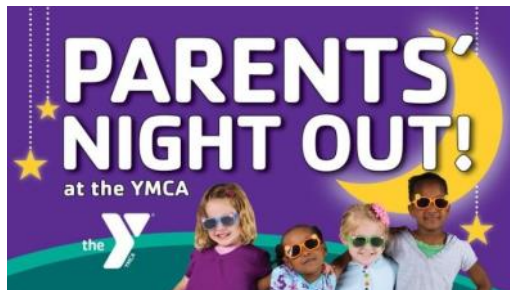
Here's how you can go B.I.G.: GO to waynesboroymca.org for more information

- ☐ **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, January 10: 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:

January 10, February 5, 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 **Parents accompany children in Level A & B for children 6 month-3yrs .

WINTER 1

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	6:00-6:30p	\$105	\$135
	Saturday	10:00-10:30a	\$60	\$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

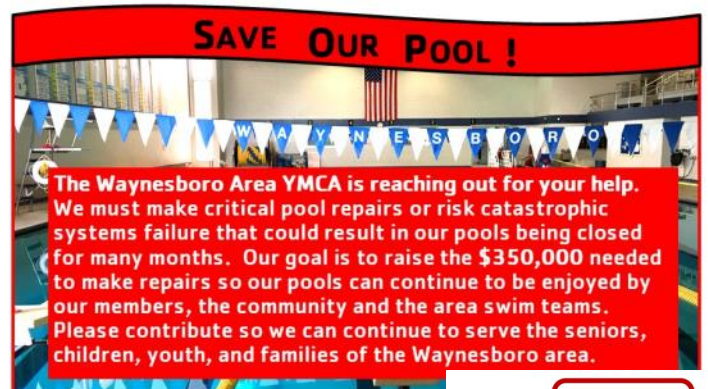
SilverSneakers SPLASH!

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 by March 9!
- Fee: \$25.00 Register at the Member Service Desk.
- Contact jon@waynesboroyymca.org for more info.



DONATE TODAY!



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
Mon.-Fri.	12-2:30p	FREE

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

Melisa.m@waynesboroymca.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)

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

LEARN TO PLAY THE LIVERPOOL WAY



International Academy Maryland

- Winter Indoor Soccer Skills Clinics
- Starts 2/25
- 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
Call: 240-469-4386

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.

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.

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
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

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!

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!

the Y

PAY THE DAY

IT'S NEVER BEEN EASIER TO FIND YOUR Y

JANUARY

Su	Mo	Tu	We	Th	Fr	Sa
				\$2	\$3	\$4
\$5	\$6	\$7	\$8	\$9	\$10	\$11
\$12	\$13	\$14	\$15	\$16	\$17	\$18
\$19	\$20	\$21	\$22	\$23	\$24	\$25
\$26	\$27	\$28	\$29	\$30	\$31	

The day of the month is the amount you pay for your **FIRST** month's membership!

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JAN 2nd- JAN 31st! ➔

BLOOD DRIVE

Tuesday, January 14th • 10:00 am - 6:00 pm

Waynesboro Area YMCA

810 E. Main Street, Waynesboro 17268

In the Teen Room

Everyone will receive:

- 2 FREE admission vouchers to the Pennsylvania Auto Show
- FREE Pint of Ice Cream from Scoops on the Square
- \$5 Giant gift card
- Blood Donor T-Shirt

3 ways to schedule your donation appointment:

- go to 717GiveBlood.org & click on
- call 1-800-771-0059
- scan the QR Code



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

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

Registration Dates: Open to ALL

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 Director, Jon Mata
jon@waynesboroymca.org

Sports and Fitness Director, Whitney Wolf
whitney@waynesboroymca.org

1-6-25