



HAPPY
CAMPERS



WAYNESBORO AREA YMCA

MEMBERSHIP & PROGRAM BROCHURE

SPRING 1: APRIL 28-JUNE 22
Registration Dates: Members: March 31
NonMembers: April 7

MEMBERSHIP INFORMATION: JOIN TODAY!

SUMMER CAMP: June 2-August 15
Grades: Entering K thru 6th

SWIMMING LESSONS & AQUA FIT CLASSES

**SUMMER SPORTS CAMPS: A NEW
SPORT TO TRY EACH WEEK!**

**ADULT GROUP EXERCISE CLASSES
INCLUDED IN YOUR MEMBERSHIP!**

FINANCIAL ASSISTANCE AVAILABLE

**Y Members Get More! Exclusive
Discounts & Early Registration!**

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

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

Check out this **SPRING** Membership Promotion!

Spring
INTO THE
WAYNESBORO
AREA YMCA

**NEW MEMBERS
RECEIVE 20% OFF A
1 YEAR ANNUAL
MEMBERSHIP!**

Offer valid March - April 30th
Register at the Front Desk

the Y
810 E. Main St. Waynesboro, PA 17268
(717) 762-6012

Welcome Spring



2025 Summer Camp

**UNLEASH THEIR
BEST SUMMER EVER.**

Come Join the Adventure!
Waynesboro Area YMCA



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

BEGINNING MAY 1ST: MAC (Men)/WAC (Women): \$10/month; all Locker rentals: \$5/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 fob \$25 fee

HOPE STARTS HERE Cancer Support Program

Cancer affects the whole family. The Waynesboro Area YMCA is here to help families who are dealing with a cancer diagnosis in the family. The Y is offering a variety of programs and support for the family.

- Memberships, 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.

PARENTS' NIGHT OUT: Friday, May 9: 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. Register by noon on Friday, of the scheduled date.

Members: \$25/1st child; \$10 each add. Child: NonMembers: \$35/1st Child; \$15 each add. child

Drop Off starts at 4:50p: Ages 3 months-4 year drop off @ Child Watch & Ages 5-10 years drop off @ Youth Center

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

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 waynesboroyymca.org

Time	Member per day	NonMember per day
7AM-5:30PM	\$32	\$38

WAYNESBORO AREA YMCA SUMMER CAMP

Summer Camp is just around the corner, and the Y has an exciting summer in store! It's a place where youth can build lifelong friendships and unforgettable memories. Each week, campers will swim, embark on adventures, create works of art and be entertained through hands-on activities in science, cooking, and nature.

Summer Camp is available every weekday from 8:30 am to 5:30 pm beginning June 2 through August 15.

Campers may choose to attend all 11 weeks or select specific weeks.

Extended morning care options are available (7-8:30am).

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

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

•**Entering Kindergarten:** Kinder Camp offers your camper the chance to build friendships and boost confidence in a fun, group setting focused on learning through play.

•**Entering 1st-2nd grades:** For our younger campers, we will spark your child's imagination and allow endless creativity. Arts and crafts activities will encourage your child to express themselves.

•**Entering 3rd-4th grades:** Campers engage in fun experiences filled with creative activities, and team building games, building confidence in a safe and supportive environment.

•**Entering 5th-6th grades:** Your camper will embark on a summer adventure through activities that build character and promote responsibility. Activities include art, science, swimming, cooking, gaming, and community projects.

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 parks, pools, 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 Amy Donald at amy.d@waynesboroyymca.org for more information. 717-762-6012

Forms are available at the Member Service Desk & waynesboroyymca.org

SUMMER CAMP

Full-Time: \$175 Member
\$225 Non-Member
Part-Time: \$120 Member
\$130 Non-Member

Week	Dates	Themes
Week 1	June 2-6	Under the Big Top
Week 2	June 9-13	Sports Safari
Week 3	June 16-20	Outdoor Explorers
Week 4	June 23-27	Mad Scientist
Week 5	June 30-July 3 *	Party in the USA
Week 6	July 7-11	Under the Sea
Week 7	July 14-18	Christmas in July
Week 8	July 21-25	Crafty Cooks in the Making
Week 9	July 28- August 1	Around the World and Beyond
Week 10	August 4-8	Y's Got Talent
Week 11	August 11-15	Rewind and Celebrate Summer

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 .

SPRING 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 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	9:00-9:40a	\$60	\$95
YOUTH LEVEL 2	Mon/Wed	6:35-7:15p	\$105	\$135
	Saturday	9:40-10:20a	\$60	\$95
YOUTH LEVEL 3/4/5	Mon/Wed	7:15-7:55p	\$105	\$135
	Saturday	10:20-11:00a	\$60	\$95

YOUTH: AGES 6-15

PRIVATE SWIM LESSONS

Private swimming lessons are offered on a limited basis. Please complete a lesson registration form and return it with payment to the member service desk. Price includes four-30 minutes lessons based on available pool time. Aquatics office will contact you to schedule lessons. Cancellations must be made 24 hours in advance or you will be charged for the missed session.
Member: \$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

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

POOL 2 WILL BE CLOSED APRIL 28-MAY 4 FOR RENOVATIONS. ALL CLASSES IN POOL 2 WILL BEGIN THE WEEK OF MAY 5.

CERTIGUARD RED CROSS LIFEGUARD CERTIFICATIONS:

Register: www.certiguardsafetytraining.com Contact: admin@certiguardsafetytraining.com for more info

Course	Day	Cost
Lifeguarding	May 2-4	\$285
Lifeguard Instructor	May 2-4	\$350
Lifeguard Recertification	May 4	\$150

SWIM TEAM ROOKIE CAMP

5-18 years Anyone interested in the WAVES Swim Team. Participants will get the swim team experience & end of the week, coaches will make recommend a swim team level or swim lessons. Must be able to swim 1 pool length on both their front and back.

Day	Time	Registration is Necessary
June 2-5	5:00a-5:45p	FREE

SPORTS & RECREATION

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. Spring 1 will run April 28-May 28th

LEVEL	DAY(S)	TIME	MEMBER	NM
ALL LEVELS	Mon/Wed	7:00-8:00p	\$75	\$115

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

FIELD HOCKEY CLINIC

Grades 2nd-7th grade girls Join WAMS Coach Bakner for a fun and exciting skills clinic for players of all levels. Mowrey Elementary Field, Registration deadline April 11 Program runs April 15-June 3. Contact whitney@waynesboroyymca.org or marah_bakner@wasdpa.org for more info.

DAY(S)	TIME	MEMBER	NM
Tuesdays	5:00-7:00pm	\$70	\$100

SUMMER WOMENS VOLLEYBALL LEAGUE

League runs June 3-August 14 @Memorial Park Team Roster Deadline: May 26 Payment Deadline: June 3 first game E-mail rosters: whitney@waynesboroyymca.org

DAY(S)	TIME	MEMBER	NM
Tues/Thurs	6:00 & 7:00pm	\$40	\$55
		Sub fee: \$5 game	

SUMMER SPORTS CAMPS

Participating in sports at the Y is about building the whole child, from the inside out. Our core values of respect, responsibility, honesty and caring are a part of every sport camp we offer.

Camp	Dates/ Time	Age
Field Hockey Camp (Girls)	June 9-12: 4-6PM @WASH	5th-7th grades
Running Camp	June 10-12: 9AM-12PM	6-12 years
All Sports Camp	June 16-19: 9-11AM	1st-5th grades
Basketball Skills/Drills Camp	June 23-26: 9-11AM June 30-July 3: 9-11AM July 14-17: 9-11AM	2-3rd grades 4-6 grades K-1 grades
Soccer Camp	July 7-10: 9-11AM	7-12 years
Lacrosse Camp	July 7-10: 4:30-6PM	K-9th grades
Volleyball Camp	July 21-24: 9-11AM	2-5th grades
Softball Camp (Girls)	July 28-31: 9-11AM	7-12 years

Members: \$65 per child/camp
NonMembers: \$95 per child/camp

Contact Whitney@waynesboroyymca.org for 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, Community Room, Activity & Meeting Hub, Kitchen and Pavilion Stop at the Y Member Services desk and fill out the Facility Rental Request Form (also on our website waynesboroyymca.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.



10th Annual
Strokes, Spokes & the
Strides Triathlon



Saturday, June 14, 2025

at the Waynesboro Area YMCA

Sprint Triathlon, Duathlon, Aquavelo
& Relays Options

This is a USA Triathlon
Sanctioned Event



Register today! For \$10 off, use Discount Code: **YMCA2025**
<https://runsignup.com/Race/PA/Waynesboro/StrokesSpokesandStrides>

**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

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** YMCA

HEALTHY KIDS DAY®

APRIL 26
FREE TO THE PUBLIC!
ymca.org/hkd

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

National Sponsor
PEANUTS

THANK YOU to our GREAT SPONSORS:



THANK YOU to our AWESOME SUPPORTER:

The **M&T** Charitable Foundation

Pool 2 (small pool)
will be **CLOSED**
April 28-May 4
for routine maintenance.

BLOOD DRIVE

Tuesday, May 13th • 10:00 am - 6:00 pm

Waynesboro Area YMCA

810 E. Main Street, Waynesboro 17268
In the Teen Room

Everyone will receive 1 Harrisburg Senators ticket voucher, good for any 2025 regular season home game & a \$10 off \$40 or more certificate from Hoss's Steak & Sea House!



3 ways to schedule your donation appointment:

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



A form of ID is **REQUIRED** to donate



- We kindly suggest you schedule an appointment to donate blood. Appointments help us improve your donation experience.
- Walk-Ins are welcome; however, donors with appointments will be taken first and this may result in a significant wait time.



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 2: March 3–April 27
Spring 1: April 28–June 22
Registration 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

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4-23-25