FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE SUMMER COMES TO LIFE

Summer Camp/Program Guide 2016

Lebanon Valley Family YMCA

MISSION AND VISION

the YMCA

FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR VISION

To be the leading, cause driven organization providing programs, services and facilities that positively impact the lives of all people from infant to seniors within our service area by creating a healthy, nurturing, learning environment that fosters positive development in all aspects of life.

LOCATIONS

Lebanon Valley Family YMCA

A.L. Hanford Center
201 North 7th Street, Lebanon, PA 17046
717-273-2691 • Fax: 717-273-6752
lebanonymca.org

Hours:

Monday-Thursday ..... 4:30 am-9:30 pm
Friday ..... 4:30 am-9:00 pm
Saturday ..... 6:00 am-6:00 pm
Sunday ..... 8:00 am-5:00 pm

YMCA at the VA

Building 24, 1700 S. Lincoln Avenue,
Lebanon, PA 17042
717-273-2046

Hours:

Monday-Thursday ..... 5:00 am-8:00 pm
Friday ..... 5:00 am-6:00 pm
Saturday ..... 7:00 am-1:00 pm

Pool hours vary — please call for available times.

HOLIDAY HOURS

March 27, 2016	Easter	Closed
May 30, 2016	Memorial Day	Closed
July 4, 2016	Independence Day	Closed
September 5, 2016	Labor Day	Closed

SUMMER PROGRAM REGISTRATION

Program Start Date June 13, 2016

Member Sign up, May 23, 2016
Non-Member Sign up, May 31, 2016

July 18 – Make-up date for July 4th

Program Start Date July 25, 2016

Member Sign up July 5, 2016
Non-Member Sign up July 11, 2016

SUMMER CAMP REGISTRATION

Registration for all summer camps opens on March 12, 2016

MEMBERSHIP

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MEMBERSHIP RATES

Memberships	Joiners Fee	Monthly Bankdraft	Annual Payment
Youth (Ages 0-15)	$0	$14.25	$171
Youth Adult (16-23)	$0	$34.00	$408
Adult (24-61)	$50	$44.50	$534
Senior (62+)	$50	$39.25	$471
Senior Couples	$50	$59.50	$714
Single Parent Family	$50	$59.50	$714
Family	$50	$69.75	$837

MONTHLY PAYMENT PLAN

For your convenience, the YMCA utilizes an automatic monthly payment plan. With your bank authorization, the YMCA withdraws membership payment directly from your checking or savings account on the 15th of each month. If you sign up before or after this date, a prorated amount will be due. It's convenient and simple!

Visa, MasterCard, Check or Cash Accepted. **Those who wish to pay month to month must pay a minimum of 3 months at a time.** All membership rates are based on sign up on the 15th of the month.

First Year $50 Non-refundable Joiner's Fee will be added to all new Adult, Single Parent Family, Family & Senior category memberships.

All rejoining who have been cancelled longer than 60 days must pay the joiner fee of $50.

GUEST FEES

Daily Youth Guest Fee: $3.50 (Youth guests must be accompanied by a Y member 18 years or older -3 visits max.)

Daily Adult Guest Fees: $5
(if accompanied by a Y member - 3 visits max.)

Individual Day Pass: $10; Family Day Pass: $15

*Guests must provide a valid I.D.

SHORT TERM GUEST MEMBERSHIP

If circumstances do not warrant a traditional plan, Short-term memberships are available on a month-to-month basis.

FEES:	Adult	$65
	Senior	$55
	Family	$85

MY Y IS EVERY Y

Now, full facility/full privilege members will have access rights to all YMCAs in Pennsylvania. Members should bring their YMCA ID card and a photo ID card to access a partner Y. Some restrictions may apply depending on the YMCA, so members are encouraged to check with the Y they plan to visit ahead of time to learn the specifics.

PARTNERSHIP MEMBERSHIP

United Way

Anyone, regardless of ability to pay may be eligible to become a YMCA member or program participant thanks in part to United Way funding and the YMCA Annual Campaign. Partnership applications are available at all YMCA facilities.

KIDS' KORNER

(Ages 2 months - 9 years) Free member babysitting.

Kids Korner offers free childcare while you work out, attend fitness class or just come to play some ball or take a swim. This is available to parents who are YMCA members and is designed for children ages 2 months to 9 years of age. Kids Korner offers your child a safe place to be while you focus on your health.

- **Children ages 2 months to 1 year are limited to 2 hours a day in kids korner**
- **Children ages 1 year to 9 years are limited to 3 hours a day in kids korner**

Monday-Thursday .....8:30 am-1:30 pm and 3:30 pm - 8:30 pm
Friday .....8:30 am-1:30 pm & 3:30 - 7:30 pm
Saturday.....9:00 am -12:00 pm

FEES:	Members	FREE

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SUMMER CAMP 2016

BENEFITS TO PARENTS AND FAMILIES...

- Weekly Themes offer campers a variety of options. Games, crafts, and special events match weekly themes. Enrollment available to members and nonmembers for any or all weekly camp sessions.
- Camps for children ages 3–12. Campers enjoy weekly swimming and theme-related activities.
- Experienced and caring adult staff implement curriculum and serve as role models for your camper. Low camper-to-staff ratios ensure that safety comes first.
- Well-trained staff attend trainings on child development, safety, healthy discipline, positive reinforcement, games, and child abuse prevention. All staff must also pass three background checks.
- Age-appropriate curriculum is designed to emphasize emotional growth, physical activity, and character development.
- Children are given the opportunity to learn in an environment that is appropriate for their age and culturally appropriate for meeting the needs of each child.
- Children will be exposed to a stimulating learning environment that engages their curiosity of the world around them
- Children are given many opportunities to learn and develop through the integration of literacy into their daily activities
- Our program provides activities based on the Pennsylvania Early Learning Standards.
- Children in our program will learn through intentionally planned activities that enable them to construct knowledge through real life connections.

FINANCIAL ASSISTANCE POLICY

"The Lebanon Valley Family YMCA programs and activities are designed to benefit persons of all backgrounds, and fees are based on the cost of providing each program. While participants are expected to pay their fair share, when financial assistance dollars are available, the YMCA will assist any individual or family that wants to participate but cannot afford the fee."

Financial Assistance (FA) applicants are required to complete a one-page Financial Assistance application, provide proof of household income—tax return, two pay stubs or bank statements of all household earners, and write a statement of need letter.

Registration fees for YMCA summer camps is $25 per family. The registration fee and the fee for the first week of camp is due at the initial registration. Registration fees and camp fees are non-refundable. Camp fees are transferable.

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EVERY SUMMER IS AN ADVENTURE WITH YMCA SUMMER CAMP

Changing weekly themes offer campers a variety of options. Games, crafts, and special events match weekly themes. Enrollment is open to members and nonmembers for any or all weekly camp sessions. Register for 1 week or all 11 weeks!

VARIOUS CAMPS AVAILABLE FOR CHILDREN AGES 3-12

Our **School Age Camp** is a full day of fun and learning and is offered at the Y and various locations throughout Lebanon County.

Our **Preschool Camp** provides hands-on educational activities. Preschoolers will be engaged in learning centers and many activities that encourage positive growth and development. Preschool camp runs for 7 weeks starting the week of June 6. This camp is held at the Y.

Sports Camps will encompass skills, conditioning, and an opportunity to play games each day. Campers can choose between evening and daytime hours.

Camp Dates	Camp @ YMCA	Camp @ County Schools	Preschool Camp	Sports Camp	Payment Dates
6/6-6/10			✓		5/31/16
6/13-6/17	✓	✓	✓		6/7/16
6/20-6/24	✓	✓	✓	✓	6/14/16
6/27-7/1	✓	✓	✓		6/21/16
7/4-7/8	✓	✓			6/28/16
7/11-7/15	✓	✓	✓	✓	7/5/16
7/18-7/22	✓	✓	✓	✓	7/12/16
7/25-7/29	✓	✓	✓		7/19/16
8/1-8/5	✓	✓		✓	7/26/16
8/8-8/12	✓	✓		✓	8/2/16
8/15-8/19	✓	✓			8/9/16
8/22-8/26	✓	✓			8/16/16

TO REGISTER YOUR CHILD FOR CAMP

- **Registration for all summer camps opens on March 12, 2016**
- **Please see the front desk for the appropriate registration paperwork**
- **Once your registration form, $25 registration fee and first week of camp fees are paid, your child will be registered**
- **Payments are due on Tuesday by 6:00pm for the next week of camp**

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SCHOOL-AGE CAMP

GRAB YOUR PASSPORT TO ADVENTURE WITH SACC SUMMER CAMP!

This summer, SACC Summer Camp will be going on an adventure! Each week we will explore a different fun-filled destination. So grab your passport and join us on our journey to Far, Far, Away, visit the Olympics in Rio de Janiero, have a bite to eat at the Y Café, and many more thrilling destinations along the way. Your adventure begins here!

Week of June 13- June 17, 2016 ~ Destination: Invention-Ville

Our first destination will be in the town of Invention-Ville, where our junior inventors will be given the opportunity to explore the amazing creations that their minds are capable of creating. Throughout the week we will learn about the scientific method of problem solving, practice our engineering skills, and learn about other junior inventors who have made a difference in our world. Grab your thinking caps and get ready, because this week will be both kid-tested AND approved!

Week of June 20 – June 24, 2016 ~ Destination: Far, Far Away

Dragons, and fairies, and Ogres, oh my!! It's time to let your imagination run wild! Whether you are a princess waiting for your happily ever after, or a pirate waiting to scour the seas in search of treasure, you are sure to make some memories this week that will last a lifetime.

Week of June 27 – July 1, 2016 ~ Destination: The Great Outdoors

Why is the sky blue? What makes a leaf green? What makes it rain? We spend every day outside, and now it's time to learn about the science. Our Junior Scientists will research, hypothesize and experiment their way through the Great Outdoors!

Week of July 5 – July 8, 2016 ~ Destination: Y Café

Time to get out your passport to culinary bliss! We are going to spend this week exploring different food and recipes from around the world, as well as learning about nutrition and kitchen safety. We also have a food donation competition to help those in need of food in our community. Have a family favorite recipe? We'd love to put it in our SACC cookbook. Join us as we become Master Chef Campers!

Week of July 11 – July 15, 2016 ~ Destination: Cirque de YMCA

Hop aboard the circus train, and get ready to experience the thrills of joining the show! Do you have what it takes to be a clown? What is it like working with the different animals in the circus? Are you a practiced acrobat? This week we will learn about all of the acts that go into making a circus, culminating in our very own summer camp circus. This is bound to be an exciting week, filled with tons of clowning around!

Week of July 18 – July 22, 2016 ~ Destination: Outer Space

A long time ago, in a galaxy far, far away, SACC summer camp took a journey into the deepest depths of Outer Space. The mission of these young Padawans was to learn to use the light side of the Force to one day become proper Jedi, as well as to explore our stars and planets along the way. Is the force strong with your camper? Come to summer camp this week to find out!

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Week of July 25 – July 29, 2016 ~ Destination: Zootopia

Are you ready to monkey around? From farms to oceans, from jungles to mountains, join us this week where we will discover the wonderful world of animals. Campers will learn how to help animals in their own community and share with each other all about the animals in their lives - pets!

Week of August 1 – August 5, 2016 ~ Destination: Hollywood

The red carpet has been rolled out and is waiting for your big entrance! Destination: Hollywood week is all about showing the world the amazing things you can do! We are looking for you to bring your songs, jokes, and dance moves to our 3rd annual Camp Talent Show.

Week of August 8 – August 12, 2016 ~ Destination: Rio de Janeiro

The 2016 Olympic games have arrived in Rio and so has the Y Summer Camp! Are you the next Michael Phelps or Gabby Douglas? Do you thrive on friendly competition? This week campers will "dive" into Olympic history, create their own Olympic games, and learn what it takes for an athlete to "torch" the competition.

Week of August 15 – August 19, 2106 ~ Destination: Renaissance Festival

Travel back to a time of olde, to a land of knights and ladies, peasants and nobility. Will you be a famous merchant, wheeling and dealing your way to fame and fortune? Or a brave knight, and win great victories in the big tournament? Perhaps you have what it takes to be a king or queen, and rule the realm of SACC summer camp. Come to the Faire this week to find out!

Week of August 22 – August 26, 2016 ~ Destination: Tropical Beach

Are you ready to do some surfing in the sun? We will be wrapping up our 2016 SACC Summer Camp with a journey to a tropical beach, where we will have tons of fun, soaking in the water and the sun! This week we will be focusing on all things tropical, and will learn all about our vast oceans. And what is a trip to the beach without a little fun in the water? Come prepared to get soaked!

Registration Fee: $25 registration per family. Call the registration office for information on our early bird discounts on registration 717-376-1384.

Locations: Ebenezer Elementary School
Union Canal Elementary School
Harding Elementary School
...and The YMCA
Jonestown Elementary School
Lingle Avenue Elementary School
South Lebanon Elementary School

Ages: Completed Kindergarten through age 12

Fees: Family Members — 5 days of camp $120; 3 days of camp $100
Youth or Non-members — 5 days of camp $150; 3 days of camp $130

Hours: 6:30 am to 6:00 pm Monday through Friday

SUMMER CAMP

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PRESCHOOL SUMMER CAMP

Looking for something fun and exciting for your preschooler to do this summer? The YMCA Preschool Summer Camps provide hands-on educational activities. Your child will engage in learning centers, art activities, music, movement, gym time and much more. Each week will include swimming and story time at the library. All children MUST be potty trained to attend summer camps. Camps are for children ages 3-5. Children must be minimum age by 6/1/16.

June 6-June 10 — KIDS IN THE KITCHEN 1*

Calling all chefs and bakers! We would love to have your little one join us for a hands-on experience that will teach nutrition, kitchen safety and basic cooking techniques. Your child will be able to experiment, measure and mix while making delicious creations. Yummy!

*Not for children with food allergies as we will be cooking with many different ingredients!

June 13-June 17 — COMMOTION IN THE OCEAN

Let's travel 20,000 leagues under the sea to the ocean floor! Your child will be introduced to different types of sea life such as jellyfish, seahorses, starfish and much more. He/she will also learn why the ocean has waves and why the water tastes like salt.

June 20 – June 24 - DOWN ON THE FARM

What do big red barns, rumbling tractors, mooing cows and oinking pigs have in common? Kids are fascinated by them! With farms in our own backyard, what better way to learn about them then to spend a week of barnyard fun! Put on your best pair of overalls and kick up some hay as we learn about all the animals that live on the farm. The children will explore why farming is such an important part of our world while learning about growing fruits and vegetables and even doing planting of our own!

June 27-July 1 – RED, WHITE & BLUE

We will have a star-spangled week of fun as we celebrate America and the Fourth of July! Join in the fun by participating in activities that include making patriotic crafts, singing patriotic songs, talking about the American Flag and Uncle Sam and much more.

July 11- July 15 — SUPER STORY ADVENTURES

Created to help your child connect with a great book!! A different children's book will be explored each day. We will do hands-on activities such as art work, snacks and singing to make this a fun-filled week full of stories. Come join us on our journey to reading!

July 18 - July 22 — A PIRATE'S LIFE FOR ME

Ahoy there matey, time to hoist the sails and prepare for some rip roaring fun. Put on your eye patches and climb aboard ready to sail the seas. We will follow a treasure map and discover some exciting new places. Be on the lookout for the eye patches, parrots, pirate's hats and treasures!

July 25 – July 29 — KIDS IN THE KITCHEN 2*

It's Back!!! If you missed the first week of Kids in the Kitchen or your child just loves to cook, then you will be thrilled to know we are offering another week of cooking. Madness in our kitchen, not yours! Come join us while we cook up some fun edible delights.

*Not for children with food allergies as we will be cooking with many different ingredients!

Registration: $25 per family

Locations: The YMCA
201 North 7th Street
Lebanon, PA 17046

Ages: 3 to 5 years old. Child must turn age 3 by 6/1/2016

Fees: Members — $60
Non-members — $90

Hours: 9:00 to 12:00 Monday through Friday

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SPORTS CAMPS!

The Y is a great place to continue learning and practicing the sports you love, develop new skills and agility and make new friends!!

Camps are 3 hour morning sessions that develop skills, strategy and sports specific conditioning required to learn and improve campers' skills. Ball movement, strategic positioning and drills assist campers in developing their overall performance with sportsmanship and team work at the root of the sessions.

The YMCA's Sports Camps are run Monday through Thursday.

Contact Darin Pickles for details at
(717) 376-1383 or dpickles@lebanonymca.org

Sports Agility & Conditioning Camp

This camp will work on conditioning and agility required of all major sports. Special attention will be placed on body awareness, stability training, speed and eye hand coordination in a fun specifically designed form of games to enhance overall performance. Excellent for any athlete looking to better their game.

June 20-23 (ages 9-12) .....9:00 a.m. – 12:00 p.m.

Basketball

Dribbling, passing, shooting, ball control and movement are the focus of camp for the sport invented by the YMCA.

July 11-14 (ages 5-8).....9:00 a.m. – 12:00 p.m.
July 18-21 (ages 9-12).....9:00 a.m. – 12:00 p.m.

Soccer

Dribbling, passing, trapping, kicking, ball control and strategy are the hallmarks of our soccer camp. Campers will hone the skills used in the worlds most popular sport.

August 1-4 (ages 5-8) .....9:00 a.m. – 12:00 p.m.
August 8-11 (ages 9-12) .....9:00 a.m. – 12:00 p.m.

FEES:	**Family Members**	**$25/week**
	Youth Members	**$45/week**
	Non-Members	**$65/week**

YOUTH AQUATICS

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SWIM LESSONS

Please visit our website at www.lebanonymca.org for dates, times and pricing.

All Swim Lessons are at the Hanford Center YMCA location unless noted with 'VA' after the scheduled time.

*These sessions are 5 weeks, once a week classes.

SESSION BEGINS THE WEEK OF:

June 13, 2016	Member Sign up May 23 Non-Member May 31
July 25, 2016	Member Sign up July 5 Non-Member Sign up July 11

PARENT/CHILD CLASSES

(Ages 6 months-3 years)

Swim skills are taught through songs, games, and interactive techniques. The object is to get both the parent and child comfortable in the water. The child will become aware of the difference between moving through water and on dry land, while the parent will become aware of how to teach his or her child to be the safest in the water. The class meets once a week for 5 weeks. Pre-registration is required. Please contact the VA YMCA for details at 273-2046.

FEES:	**Family Members**	**$10**
	Youth Members	**$22**
	Non-Members	**$42**

SHRIMP

(Ages 6 months-2 years)

The Parent-Child class is an introduction to the aquatic environment for parents and child. Swimmers learn water orientation through games, songs, and independent work. Ongoing water experiences build self-confidence, water enjoyment and aquatic education.

Monday .....6:00 pm [VA]

Thursday .....6:00 pm [VA]

PERCH

(Ages 2- 3 years)

The Parent-Child classes helps promote water enrichment and aquatic readiness activities for children and their parent or other trusted adult. Swimmers will begin with a floatation device and learn water safety, paddling, and water games geared towards swimming skills. Ongoing water experiences build self-confidence, water enjoyment and aquatic education.

Monday .....6:30 pm [VA]

Thursday .....11:15 am or 6:30 pm [VA]

PRESCHOOL SWIM LESSONS

(Ages 3-5 years)

This program offers children their first experience in the pool with instructional assistance. The children are taught the basic skills that are the building blocks of swimming. They also learn pool safety and the use of personal floatation devices. A caring swim instructor teaches the 30 minute class. The preschool program includes children ranging from ages 3 to 5 years old. The class will meet once a week for 5 weeks. Pre-registration is required.

FEES:	**Family Members**	**$10**
	Youth Members	**$22**
	Non-Members	**$42**

PIKE

Beginner Level

(Ages 3-5 years)

This level helps children develop safe pool behavior, adjust to the water, and develop independent movement in the water. It is designed for new swimmers with minimal to no experience in the water. It teaches basic paddle strokes and kicking skills, pool safety, and comfort with holding the face in the water while blowing bubbles and swimming.

Monday .....11:45 am, 6:00 pm, 6:30 pm or 7:00 pm [VA}
Tuesday .....10:00 am or 10:30 am
Wednesday .....11:45 am, 6:00 pm or 6:30 pm
Thursday .....10:30 am, 11:45 am or 7:00 pm [VA]
Saturday .....9:00 am or 9:30 am

EEL

Intermediate Level

This advanced beginning level reinforces Pike skills. It is for children who are comfortable in the water and can swim unassisted for a short distance. They are taught to kick, dive, float, and perform the progressive paddle strokes. Children can swim across the pool without assistance by the end of the level.

Monday .....12:15 pm, 7:00 pm or 7:30 pm
Tuesday .....11:00 am
Wednesday .....12:15 pm, 7:00 pm or 7:30 pm
Thursday.....12:15 pm
Saturday .....10:00 am or 10:30 am

YOUTH AQUATICS

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STARFISH

Advanced Level

This is an advanced level for children who are comfortable in the water and can swim 25 meters on their front and back without assistance. Emphasis is placed on stroke development (freestyle, backstroke, breaststroke, and elementary backstroke), personal safety, and rescue skills

Monday ..... 12:45 pm or 6:00 pm
Tuesday ..... 11:30 am
Wednesday ..... 12:45 pm or 6:00 pm
Saturday ..... 9:00 am

PROGRESSIVE SWIM LESSONS

(Ages 6-12 years)

The YMCA Swim Lessons Youth Program is designed to help build a lifelong interest in swimming for fitness, challenge young minds and provide role models for children to use in determining their own values. Each skill level builds the preceding level, with each level covering all the strokes, diving fundamentals, and safety skills. These classes are 45 minutes in length and meets once a week for 5 weeks. Pre-registration is required.

FEES:	**Family Members**	**$10**
	Youth Members	**$30**
	Non-Members	**$60**

POLLIWOG

Beginner Level

This is the beginning level. It gets children acquainted with the pool, the use of floatation devices, and floating. By the end of this level, the child should know the front, back, and side paddle stroke. Children can swim across the pool without assistance at end of this level.

Monday ..... 6:00 pm or 6:45 pm
Wednesday ..... 6:00 pm
Saturday ..... 9:00 am

GUPPY

Advanced Beginner Level

This advanced beginner level is for children that can swim one length of the pool on their front, back, and side of 25 yards without assistance. The children continue to practice and build upon basic skills. They are introduced to the lead up strokes to the freestyle and backstroke, sidestroke, breaststroke, and elementary backstroke. Children are introducing to diving skills.

Monday ..... 7:30 pm
Wednesday ..... 6:45 pm or 7:30 pm
Saturday ..... 9:45 am or 10:30 am

MINNOW

Initial Intermediate Level

This initial intermediate level is for children who can swim 25 yards of the pool on their front and back. Students will further refine freestyle and backstroke rotary breathing and flutter kicking. They will also work on elementary, breast and sidestrokes. They will increase their endurance, diving skills, and personal safety. Children should be able to swim 1 length of the pool using refined front and back crawl and be comfortable diving, treading water, and floating.

Monday ..... 6:30 pm
Wednesday ..... 6:30 pm
Saturday ..... 9:30 am

FISH

Swimmers should know rhythmic breathing and be comfortable diving, treading water, and floating. The swimmer at this level can swim several lengths of the pool. The children work to refine the crawl and perform elementary backstroke, sidestroke, and turns. They are introduced to the butterfly stroke and should do 25 yards with fins and 10 yards without. Students should be able to perform 50 yards each of crawl stroke, breaststroke, elementary backstroke, backstroke and sidestroke.

Monday ..... 7:15 pm
Wednesday ..... 7:15 pm
Saturday ..... 10:15 am

PRIVATE LESSONS

(Age 3 and up)

Private lessons consist of 6 classes that are a ½ hour in length. It is for individuals who need different times from the regular group swim lesson schedule or who prefer one on one lessons with an instructor. Private lessons can be available up to 2 swimmers at a time.

FEES:	**Family Members**	**$100**
	Non-Members	**$175**

VA POOL RENTALS

Rent the YMCA at the VA pool for your next party. Space is available to set up your refreshments and gift opening. Certified lifeguard on duty at all times. Rental times are available on Friday evening, Saturday, & Sunday afternoons. Contact the YMCA at the VA at 273-2046 for more information.

A.L. HANFORD POOL RENTALS

Rent the pool at the A.L. Hanford Center for your next party. Space is available to set up your refreshments and gift opening. Certified lifeguard on duty at all times. Contact the YMCA at 273-2691 for more information.

AQUATICS

NEW!

SPRING STROKE IMPROVEMENT CLINIC

Begins May 2-May 19

GROUP A

(Ages 7-10)

Able to swim freestyle and backstroke. Practices 3 days a week.

Tuesday and Thursday at YMCA.....6:00 pm-6:45 pm

Wednesday at Cedar Crest.....5:30 pm-6:15 pm

Fees:	**Members**	**$35.00**
	Non-Members	**$45.00**

GROUP B

(Ages 11 and up)

Previous competitive swim experience. Knowledge of all 4 strokes. Practices 4 days a week.

Monday at Cedar Crest.....6:00 pm-7:15 pm

Tuesday and Thursday at YMCA 6:45 pm-8:00pm

Wednesday at Cedar Crest .....6:15 pm- 7:30 pm

Fees:	**Members**	**$50.00**
	Non-Members	**$65.00**

Note: Placement of clinic group will be at coaches discretion.

LIFEGUARDING COURSE

ARC Lifeguarding Course includes CPR for professional rescuer, first aid and lifeguard certification. Prerequisites: Minimum age 15 years, swim 300 yards continuously, tread water for 2 minutes with hands above head, complete a timed event within 1 minute and 40 seconds, surface dive to a depth of 7-10 feet to retrieve a 10-pound object and exit the water without using a ladder or steps. This is a 26 hour course. Contact the Aquatics Department at 717-376-1387 for more information as well as class availability.

FEES:	**Family Members**	**$225**
	Non-Members	**$275**

FSC-LEBY SWIM CLUB OF LEBANON YMCA SUMMER 2016

(Ages 5-18 years)

A competitive swim team that competes in a winter and summer local swim league as well as a YMCA league. Weekly practices will focus on stroke proficiency, endurance, speed, starts, and finishes.

Practices will be held at Cedar Crest High School, the Lebanon Valley Family YMCA, A. L. Hanford Center and a third place to be determined. There will be morning and evening practices.

Program begins May 23 through Summer Championships (end of July)

BRONZE TEAM (Beginner) Younger swimmers still working on and developing stroke technique.

Tuesday and Thursday at YMCA.....5:30 pm-6:15 pm
Wednesday at Cedar Crest.....5:00 pm-6:00 pm

		Season	Two Payments of*
FEES:	**Family Members**	**$95**	**$50.00**
	Youth Members	**$120**	**$62.50**

SILVER TEAM (Intermediate) Must be able to perform 3 of the 4 strokes and be able to focus and listen to directions. Expected to attend 3 practices a week.

Monday and Wednesday at Cedar Crest .....6:00 pm-7:15 pm
Tuesday and Thursday at YMCA.....6:15 pm-7:30 pm

		Season	Two Payments of*
FEES:	**Family Members**	**$135**	**$70.00**
	Youth Members	**$160**	**$82.50**

GOLD TEAM (Advanced) Must be able to swim all 4 strokes, tell time on a pace clock and be able to understand a practice given in a lane.. Expected to attend 4 practices a week.

Note: Morning Practices will be offered 3-4 times a week. Place and time will be announced at a later date.

Monday and Wednesday at Cedar Crest .....6:00 pm-7:45 pm
Tuesday and Thursday at YMCA.....6:15 pm-8:00 pm

		Season	Two Payments of*
FEES:	**Family Members**	**$160**	**$82.50**
	Youth Members	**$195**	**$100**

MINI SWIMMERS

Ages 4-6 Begins June 7 through July 13

Must be able to put face in the water and swim 1/2 way across the pool. Focus will be on the developmental stages of the 4 strokes. They will not be competing in dual meets. Practice is 2 days a week.

Monday and Wednesday at Cedar Crest .....5:15 pm-6:00 pm

FEES:	**Family Members**	**$45**
	Youth Members	**$55**

*** First payment is due at registration and the second payment is due by July 1.**

Registration for Summer Swim Team will be held April 27 from 5:30 pm-7:30 pm at the Y.

AQUATICS

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ADULT WATER FITNESS CLASSES

Thank you for considering our Water Fitness Program. Classes range from "BEGINNER" to "CHALLENGING" to "ADVANCED". Please read descriptions carefully.

All classes are 45 minutes unless otherwise noted. Non- swimmers welcomed in most classes! All classes are **FREE** to members. Please visit our website at lebanonymca.org for dates and times.

AquaFusion

Combination of intense cardio with recovery & resistance interval training. ***Challenging* (Shallow End of Pool) YMCA**

Aqua Warrior

High Energy Cardio Class w/Weights & Noodles **VA**

Aqua Zumba

A Party in the Pool! **YMCA and VA**

Deep Ease

Light & Social. Easy on Joints. Great for Beginners. ***Easy* – (Deep End of Pool) YMCA & VA**

Deep Intervals

Combine high and low intensity intervals to achieve maximum cardiovascular strength and endurance. Great class for those who crave the deep water and are seeking a harder workout without impact on your joints. ***Moderate Intensity* YMCA**

Hi-Lo – As You Go

A shallow water exercise experience that offers 2 levels. High Energy or Low Impact. YOU pick your pace! Great for Beginners and Seniors. ***Easy to Moderate* (Shallow End of Pool) *Moderate Intensity* YMCA**

Kick It Bootcamp

Extreme Cardio training using kickboards & fins & dumbbells. Geared to increase stamina. ***ADVANCED* (Must be able to swim 50 meters) YMCA**

Power Hour

Combination of Deep/Shallow Water Class. Best of both worlds! One GREAT workout! ***Moderate to Challenging* YMCA – 60 Minutes**

Silver Sneakers Splash

A specifically designed program working on balance, strength and coordination. **(Shallow Water) YMCA - 45 Minutes**

Smooth Moves

A light, fun, social workout geared towards beginners that takes it easy on the joints. ***Easy* (Shallow end of Pool) YMCA & VA**

Splash Dash

A low impact/moderate intensity workout focusing on endurance strengthening. ***Easy* (Deep & Shallow Water Combination) YMCA**

Walk & Tone

A STEP AHEAD OF WATER WALKING. Don't be intimidated, just slightly more challenging than Water Walking. ***Moderate Intensity* YMCA – 30 minutes**

Water Walking

Traveling forwards/backwards/sideways to gain endurance & balance ***BEGINNER CLASS* (Shallow Water) YMCA – 30 Minutes**

Water Yoga

Gentle moves to improve flexibility. Great for seniors. ***Easy* VA – 60 Minutes**

Feel free to speak to an INSTRUCTOR to find a class that suits your needs.

ADULT AND PEDIATRIC FIRST AID/CPR/AED COURSE

The Adult and Pediatric First Aid/CPR/AED Course teaches students to recognize and care for a variety of first aid emergencies and how to respond to breathing and cardiac emergencies to help victims of any age. Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for 2 years. Contact the Aquatics Department at 717-376-1387 for more information as well as class availability.

FEES:	**Family Members**	**$90**
	Non-Members	**$110**

BABYSITTERS TRAINING COURSE

To provide youth with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training covers leadership skills, developing a babysitting business, safety, behavior and basic first aid. The recommended age for the course is 11-15 years of age. Contact the Aquatics Department at 376-1387 for more information.

FEES:	**Family Members**	**$65**
	Non-Members	**$85**

CHILD CARE

the YMCA®

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INFANT, TODDLER AND PRESCHOOL CHILDCARE CENTERS

EDWARD AND JEANNE ARNOLD EARLY LEARNING CENTER

Quality care is the priority here at our YMCA's brand new childcare center. The Edward and Jeanne Arnold Early Learning Center is located at 152 North 8th Street directly behind the YMCA on 7th Street. Licensed by the Department of Human Services and rated a STAR 4 facility, this center offers care for children ages 6 weeks old to age 5. This center also offers a Pennsylvania Pre-K Counts program. This state funded program offers income eligible families a high quality Pre-K program taught by a Pennsylvania Certified teacher. This program will ensure your child enters school ready to thrive in the educational environment.

This center participates in the Child and Adult Food Care Program through the USDA. This allows us to serve a healthy, well balanced breakfast, lunch and afternoon snack to every child, every day. This is at no additional fee to families.

Hours of operation .....6:30 am to 6:00 pm

EBENEZER CHILDCARE CENTER

Ebenezer Childcare Center takes education to a whole new level in this center which is located inside Ebenezer Elementary School at 1600 Colonial Circle, off of Sandhill road in North Lebanon Township. Licensed by the Department of Human Services and rated a STAR 4 facility this center offers care for toddlers ages 1 through children in 5th grade. With care for toddlers, preschool age children as well as a before and after school program this center is bound to fit all of your needs.

Toddlers and Preschool age Children enrolled in this program have the option of purchasing the school lunch during the school year for an additional fee. Children can also bring a lunch from home. The center provides a morning and afternoon snack.

Hours of operation .....6:30 am to 6:00 pm

*Both Centers utilize Teaching Strategies GOLD curriculum in conjunction with the Pennsylvania Early Learning Standards to provide a program that enriches children in all areas of development.

Stop by either of our facilities for a tour or call the YMCA childcare office at 717-376-1384 for more information.

CHILD CARE

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SCHOOL AGE CHILD CARE–S.A.C.C.

The Lebanon YMCA's Childcare mission is to provide the highest quality of care in a safe, supportive, nurturing and positive environment. All YMCA school age programs follow a lesson plan that is linked to the Pennsylvania Early Learning Standards and include activities such as art, science, reading, music, and games. The activities are geared to nurture the physical, emotional, social and spiritual growth of each and every child.

Before and after school care is offered for children in kindergarten through 6th grade. Care is always available at either the main YMCA or one of our School Age locations on in-service days, parent teacher days, snow days and non-major holidays.

*All school age sites are licensed by the Department of Human Services and are enrolled in the Pennsylvania Keystone STARS program.

Registrations and additional information for all programs is available by calling 717-376-1384.

LEBANON CITY

Harding	Kindergarten – 5th Grade	6:30 am-9:00 am 3:30 pm-6:00 pm
Henry Houck	Kindergarten – 5th Grade	6:30 am-9:00 am 3:30 pm-6:00 pm
Lebanon Catholic	Kindergarten – 6th Grade	2:30 pm-6:00 pm
Southwest	Kindergarten – 5th Grade	6:30 am-9:00 am 3:30 pm-6:00 pm
Southeast	Kindergarten – 5th Grade	6:30 am-9:00 am 3:30 pm-6:00 pm

PALMYRA

Forge Road	1st-5th Grade	6:30 am-9:00 am 3:30 pm-6:00 pm
Pine Street	1st-5th Grade	at Forge Road*
Northside	1st-5th Grade	at Forge Road*
Lingle Avenue	1st-5th Grade	at Forge Road*
Lingle Avenue	Kindergarten only	6:30 am-1:00 pm

*Northside, Lingle Ave, and Pine Street 1st-5th grade S.A.C.C. will be held at Forge Road with transportation provided by the school district.

CORNWALL-LEBANON

Cornwall	Kindergarten – 5th Grade	6:30 am-9:00 am 11:30 am-6:00 pm
Ebenezer	Kindergarten – 5th Grade	6:30 am-6:00 pm
South Lebanon	Kindergarten – 5th Grade	6:30 am-9:00 am 11:30 am-6:00 pm
Union Canal	1st – 5th Grade	6:30 am-9:00 am 3:30 pm-6:00 pm

NORTHERN-LEBANON

Jonestown	1st – 5th Grade	6:30 am-8:45 am 2:50 pm-6:00 pm
Fredricksburg	1st – 5th Grade	at Jonestown
Lickdale	1st – 5th Grade	at Jonestown
East Hanover	1st – 5th Grade	at Jonestown

*Fredricksburg, Lickdale and East Hanover 1st -5th Grade S.A.C.C. will be held at Jonestown with transportation provided by the school district.

ANNVILLE-CLEONA

Annville	1st – 6th Grade	6:30 am-9:00 am 3:00 pm-6:00 pm
Cleona	Cleona before/after school transportation provided to Annville	

ON-SITE PRESCHOOL

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

The philosophy of our program is to offer children a safe and nurturing environment that will encourage physical, emotional and cognitive development. This program provides an opportunity for children to socialize, feel comfortable in group settings and to experiment with interesting and challenging materials and equipment. Our theme related curriculum will engage your child in a rich learning environment.

This is a school year long program (September – May) which includes nine sessions. Each session is 4 weeks long. Payments are due on or before the first day of each session. Pre-registration is required with a one time, non-refundable registration fee of $25. Spaces are limited. Children must be minimum age by September 1st. This is a member only program.

TINY EXPLORERS

(2 years old)

Welcome to a one of a kind preschool experience for your 2 year old. This class will open your child's eyes to a world of learning, communicating, sharing, taking turns and exploring. Fine motor and gross motor development are highlighted. Activities include art, active games, stories, singing, tumbling activities and much more.

Tuesday & Thursday ..... 9:00 am–11:00 am

FEES:	**Each 4-week session**	**$99**

DISCOVERING ME

(3 years old)

This class will provide children with hands-on learning in a stimulating environment that promotes positive social interaction. Our theme-based curriculum offers children age-appropriate activities that introduce letters and numbers as well as promotes fine and gross motor development.

Monday, Wednesday, & Friday ..... 9:00 am-12:00 pm

FEES:	**Each 4-week session**	**$169**

READY, SET, GO...

(4 years old)

This class is a kindergarten readiness program with emphasis on letters, numbers, writing, rhyming, colors, shapes and much more. Fine motor and gross motor development is reinforced. This class includes small group instruction, independent play in an organized atmosphere and whole group activities. Positive social interaction and respect for others is stressed.

Monday through Friday ..... 9:00 am-12:00 pm

FEES:	**Each 4-week session**	**$239**

Preschool prices are effective for the 2016-2017 school year.

Financial assistance is available.

Registrations are taken at the membership desk of the YMCA. Additional information is available by calling 717-273-2691 or direct at 717-376-1386.

Registration for the 2016-2017 school year begins for current participants on March 21, 2016 and for new participants on March 28, 2016.

YOUTH ACTIVITIES

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Please visit our website at lebanonymca.org for youth program dates, times, and pricing.

FREER FAMILY COMMUNITY YOUTH CENTER

School is out, but the Youth Center is IN!

Summer is here, and so is the Y! Come join your friends at the FREER FAMILY COMMUNITY YOUTH CENTER! We offer loads of fun games, sports, and activities, as well as exciting events,field trips, and enrichment workshops – plus it's just a great place to cool off or hang out with friends.

The Youth Center is a FREE program for teens entering 6th through 12th grade.

We hope to see you there!

Summer Hours

Monday - Friday.....12:00pm-4:00pm

Family Hours

The Youth Center is open to ALL members (age 10 and up) after Youth Center programming ends†. Come enjoy time with your "tween" playing a game of pool, ping pong, air hockey, or battling it out on the Wii!

(10- to 12-year-olds MUST be accompanied by an adult.)

Monday-Thursday 4:00pm-9:30pm
Friday 4:00pm-9:00pm

SKATE PARK

Ride the biggest ramps around and catch plenty of air. The skate Park is open to roller bladers, skateboarders, bikers and razor scooters. All riders must have a signed parental consent form. HELMETS ARE MANDATORY.

Park will open April 18th weather permitting.

Monday, Wednesday, and Friday .....4:00 pm–7:00 pm
Saturday .....1:00 pm–5:00 p.m

FENCING

(Ages 6-Adult) **YMCA at the VA only.**

Improve mechanics and technique. Equipment provided.

Saturdays..... 9:00 am-12:00 pm

FEES:	**Members**	**$5/class**
	Non-Members	**$7/class**

THE NEW RICHARD "LEFTY" HALLMAN CENTER

(Ages 8-12)

Drop in daily after school! The Hallman Youth Center is a safe, supervised space where kids can hang out, do homework, and play games. Fully equipped with pool, foosball, air hockey, and a Wii, the Hallman Youth Center is a great option for your preteen. Check it out today!

Monday-Thursday .....3:30 pm-8:30 pm
Friday .....3:30 pm-7:30 pm
Saturday .....9:00 am-12:00 pm

FEES: YMCA Members **FREE**

Summer Hours (Beginning June 6)

Monday - Thursday .....8:30 am-1:30 pm & 3:30 pm-8:30 pm

Friday .....8:30 am-1:30 pm & 3:30 pm-7:30 pm
Saturday .....9:00 am-12:00 pm

GROUP EXERCISE

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FREE Unlimited Classes for Members!

Group fitness schedules are available at the YMCA. Please stop by the front desk to pick up a group exercise schedule.

Boot Camp

This military style class is sure to take your fitness to the next level. Intervals, pushups, running, kickboxing, agility drills, sit-ups and much more! 60 minutes.

Senior Yoga*

A Yoga class geared for beginners and seniors that utilizes the chair. 45 minutes.

Cycle

A great cardio workout — from hill climbing and sprinting to pedaling at different tensions. Beginners can modify easily. *The number beside Cycle indicates the length of the class – 30, 40, 45 or 60 minutes "+ABS" indicates an AB workout after the Cycle class.

Cycle Fusion*

A fusion of Cycle-30 and lightweight strength training. 60 minutes.

Cycle Lite*

A Cycle class for beginners and seniors with a longer warm up and cool down. 30 minutes.

Gentle Yoga*

Yoga designed for the beginning and intermediate participant. Ideal for improving balance, flexibility and strength, plus reducing stress through relaxation. 60 minutes.

Get Fit*

A class designed for active seniors and beginners. Strength training that will target every muscle group plus low impact cardio. 60 minutes.

Hip Hop Dance

You will move and groove in this hip hop style dance class! 60-min.

Insanity®

High intensity MAX interval training. Most insane 30-minute workout ever! 30 minutes.

Jump It

An interval jump rope class that combines jumping rope and body weight exercises. 30 minutes.

Kickboxing

Get ready to kick, jab and cross punch for a great cardio workout! 45 minutes.

Kids Summer Dance

Mondays and Wednesdays - 9:15 - 10:15 AM. Kids ages 6-13 will learn a variety of dances, have fun and get fit. This is a free group exercise class taught by an experienced dance instructor with a degree in dance. Class begins Monday, June 27 and ends Wednesday, August 17. Kids can drop in any of the classes.

LaBlast

A dance fitness program based on the dances you see in "Dancing with the Stars." It is partner free and uses a wide variety of music. You will have a blast in this low-impact, easy to follow class. Get ready to Disco dance, Salsa dance and much more!!

Laughing Yoga

You will laugh and be silly while doing low impact exercise!! Join the fun, improve your mood and lift your spirits. This is not a Yoga class, but it will incorporate Yoga breathing. 45-minutes

Lower Body Blast

A lower body workout focusing on hips, thighs and buns. 30 minutes.

Lunchtime Boot Camp

No time to workout before or after work? Lunchtime boot camp is the perfect answer. Get in, get out and get it done! 45-min.

Meditation*

Total relaxation, total de-stressing. Calming the mind and relaxing the body through guided meditation. 30 minutes.

Megamix

Get it all in this exciting mega workout - STEP, strength training, Abs, and a taste of Boot Camp. 60 minutes.

Muscle Pump

Bands, bars and dumbbells to pump muscles to their max. 50 minutes.

On-the-Ball

A total body workout using the stability ball. 30-min.

Pilates Mat

A popular mat exercise class that is based on the principles of Pilates, that will include classical, modern and upbeat mat exercises that focus on creating a super strong **CORE**, overall body toning, flexibility and balance. 45 minutes.

Pilates Strength

Power, Strength and Pilates in this class designed to burn calories and chisel your body! Strength training plus Pilates. 45 minutes.

Piloxing

A fusion of Boxing, Dancing and Standing Pilates. 60-min.

Power Yoga

A Vinyasa Flow Power Yoga class for the intermediate and advanced participant. You will be challenged to build strength & flexibility in this unique class! Powerful, challenging and energizing. 60 minutes.

Silver and Fit*

This class is designed for our senior participants and beginners. Easy to follow aerobic movements, plus strength and balance. Many of the moves are done from a chair! 60 minutes.

Silversneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. For the active older adult. 60 minutes.

Silversneakers® Circuit

Combine fun with fitness to increase cardiovascular, muscle endurance and power with a standing circuit workout. For the active older adult. 30 minutes.

TABATA

Dynamic High Intensity Interval Training (HIIT). 20 seconds of challenging high intensity followed by 10 seconds of recovery! 45 minutes.

Tai-Chi*

A gentle physical exercise designed to reduce stress, increase flexibility & balance and improve agility, strength and stamina. 45 minutes.

Totally Step

You will be totally steppin' in this fun, creative and challenging cardio workout using the STEP. 45-min.

Yoga Express*

A 30-minute yoga class focusing on relaxation. A perfect way to reduce stress and rejuvenate over your lunch hour. A great class for seniors and the beginning participant. 30 minutes.

Zumba

Fun, high energy Latin inspired dance fitness class. 45 or 60 minutes.

*Appropriate for beginners; however, all levels welcome!

ADULT WELLNESS

OPEN PICKLEBALL [VA]

This is a court sport best described as a combination of tennis, badminton and ping-pong. Join a group of enthusiasts for a fun time. We have days and times for the Beginner, Intermediate and Advanced levels. Please choose a day and time that best fits your skill level.

YMCA at the VA only.

Monday.....9:00 am-12:00 pm (advanced)
Monday .....1:00 pm-3:00pm (beginner)
Tuesday.....1:00 pm-3:00 pm (intermediate)
Wednesday.....9:00 am-12:00 pm (open)
Wednesday .....6:00 pm- 8:00 pm (advanced)
Thursday .....10:00 am-12:00 pm (beginner)
Friday .....9:00 am-12:00 pm (open)
Friday.....1:00 pm-3:00 pm (intermediate)
Saturday .....7:00 am-9:00 am (open)

FEES:	**Members**	**FREE**
	Non-Members	**$5/meeting**

RACQUETBALL COURTS

Open play available by the hour. Schedule court time at the Membership Desk.

FEES:	**Members**	**FREE**
	Non-Members	**$10/hour**

OPEN VOLLEYBALL

Open play every Monday .....7:30 pm-9:00 pm
Open play every Friday .....6:00 pm-8:45 pm
Open play every Saturday .....3:00 pm-5:45 pm

FEES:	**Members**	**FREE**
	Non-Members	**$10/session**

FENCING [VA]

(Ages 6-Adult) YMCA at the VA only

Improve mechanics and technique. Equipment provided.

Saturday..... 9:00 am-12:00 pm

FEES:	**Members**	**$5/class**
	Non-Members	**$7/class**

NOON BASKETBALL

Pick up games for adult members ONLY (age 20 and over)!

Games played in Gym C/D at the Hanford Center.

Monday-Friday.....12:00 pm-1:30 pm

FEES:	**Members**	**FREE**

VA GYMNASIUM RENTALS

The VA is a great space for play. Contact the Membership Desk at the Y at the VA at 273-2046 for available times and fees.

OPEN BADMINTON [VA]

YMCA at the VA only

Join a group of enthusiasts for the fastest growing racquet sport.

Tuesday .....6:00 pm-8:00 pm

FEES:	**Members**	**FREE**
	Non-Members	**$5/meeting**

FITNESS CONSULTATIONS

One of the benefits of your membership to the YMCA is 3 free meetings with a Fitness Coach. Our Fitness Coaches will sit down with you and help develop an exercise program based off your goals, time, experiences and present condition. Our goal is to provide our members with a safe effective exercise program that gets the maximum benefits. Ask either a Fitness Coach or the Membership Staff how to schedule your appointment.

PERSONAL TRAINING

If you have a fitness goal, like the idea of looking and feeling better, or are constantly getting bored with the same routine, then you need a YMCA Personal Trainer. YMCA Personal Trainers will assist you in attaining your own fitness goals, whether it's training for a marathon, fitting into last years pants or increasing your flexibility.

FEES:	**1 Session — $35**
	6 Sessions — $199.50 ($33.25 per session)
	12 Sessions — $386.40 ($32.20 per session)

30 minutes sessions available. Contact the membership desk for details.

POST-REHAB WELLNESS PROGRAM

Our exercise science professionals provide services to individuals with diagnosis such as but not limited to: Diabetes, Cardiovascular Disease, Pulmonary Disease, Obesity, etc. The emphasis is on safety when exercising and proper progression to obtain maximum benefits. **YMCA at the VA.**

FEES:	**Two Session per week**
	Tues/Thurs 8:30-9:30 a.m. or 10:30 – 11:30 a.m. $30/mo.
	Three Sessions per week
	Mon/Wed/Fri 8:30-9:30 a.m. or 3:30-4:30 p.m. $35/mo.

Lebanon Valley Family YMCA

A.L. HANFORD CENTER

201 North 7th Street
Lebanon, PA 17046
Phone: 273-2691

YMCA at the VA

Building 24
South Lincoln Avenue
Lebanon, PA 17042
Phone: 273-2046

lebanonymca.org

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A Branch of the
Lancaster Family YMCA

Ages 6-16

- Resident Camp
- Base Camp
- Stay Over Weekends
- Resident Camp Lite
- Resident Extreme
- Service Camp
- Counselor in Training

CAMP SHAND

3-16