the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EVERY SUMMER HAS A STORY

Summer Camp/Program Guide 2017

Lebanon Valley Family YMCA

MEMBERSHIP

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MISSION AND VISION

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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.

SUMMER PROGRAM REGISTRATION

Program Start Date May 1, 2017

Member Sign up, April 10, 2017
Non-Member Sign up, April 17, 2017

June 19 – Make-up date for Memorial Day

Program Start Date June 26, 2017

Member Sign up June 5, 2017
Non-Member Sign up June 12, 2017

August 15 - Make-up date for July 4th

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

April 16, 2017	Easter ..... Closed
May 29, 2017	Memorial Day ..... Closed
July 4, 2017	Independence Day ..... Closed
September 4, 2017	Labor Day ..... Closed

SUMMER CAMP REGISTRATION

Registration for all summer camps opens on March 11, 2017

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)

Available FREE for Family Membership Category

Kids Korner offers free childcare, for our Family Membership Category, while you work out, attend fitness classes or just come to play some ball or take a swim. 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:	**Family Membership**	**FREE**

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SUMMER CAMP 2017

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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LEAP INTO THE WILD 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
6/5-6/9			✓		5/30/17
6/12-6/16	✓	✓	✓		6/6/17
6/19-6/23	✓	✓	✓		6/13/17
6/26-6/30	✓	✓	✓	✓	6/20/17
7/3-7/7	✓	✓			6/27/17
7/10-7/14	✓	✓	✓	✓	7/3/17
7/17-7/21	✓	✓	✓	✓	7/11/17
7/24-7/28	✓	✓	✓		7/18/17
7/31-8/4	✓	✓		✓	7/25/17
8/7-8/11	✓	✓		✓	8/1/17
8/14-8/18	✓	✓			8/8/17
8/21-8/25	✓	✓			8/15/17

TO REGISTER YOUR CHILD FOR CAMP

- **Registration for all summer camps opens on March 11, 2017**
- **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

LET'S GET WILD WITH SACC SUMMER CAMP!

We are wild about summer! Join us this summer as we leap into the wild. Each week we will focus on various educational areas while making them wildly fun and interactive! Your child's WILD summer adventure starts here at the YMCA! Come join us.

June 12–June 16, 2017 ~ Wild About Science

Join us on an adventure through the land of science, as we kick off our wild summer camp. Every day we will be doing new and exciting science experiments that will be teaching your child all about the wonderful world of science. What kind of wild concoctions will our campers come up with? We are going to find out, because we are wild about science!

June 19–June 23, 2017 ~ Wild About Crafts

Are you a creator by nature? During this week campers will explore the inner creator within themselves and create art that should be in a museum. Campers will be encouraged to design, create, and show their talent with 3-D project creations. This week will demonstrate the campers' abilities to be creative and have fun!

June 26–June 30, 2017 ~ Wild About Animals

This week we will be exploring the wild world of animals. From farm animals to wild animals, we will learn about why these creatures are so important to our Earth. Let us not forget our pets – children will also have an opportunity to share with other campers about their own pets. It is bound to be a roarin' good time!

July 3–July 7, 2017 ~ Wild N' Wacky

This week we are going to prove that sometimes it is fun to be all out wacky! Dig out those crazy socks, funky pajamas and those clothes that seriously do not match and come join us for a wild and wacky time this week. Oh - don't forget those ugly Christmas sweaters!

July 10–July 14, 2017 ~ Wild About Water

Summer got you too hot? We have just the week to cool you down! Submerse yourself in the wonderful world of water! Splash and explore this week while learning about the wonders of water, the creatures of the sea, and our amazing blue planet! Get ready to have a wonderfully wet water week!

July 17–July 21, 2017 ~ Wild About Space

Space – the final frontier. Join us this week as we go on a wild journey beyond our planet, and frolic amongst the stars. Campers will learn about the science of the stars and planets, as well as engage their creative sides, by imagining what it would be like to encounter an alien. The sky is no longer the limit!

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July 24–July 28, 2017 ~ Wild About Cooking

Calling all chefs! This week we are learning about safety in the kitchen, and most importantly, getting hands-on experience that will teach nutrition and how fun it is to cook. We will get to make several items and taste test those items! This is going to be a wildly delicious – and FUN – week!

July 31–August 4, 2017 ~ Wild About Show Biz

Lights, Camera, Action! Whether you yearn to perform on a stage or use your talents behind the scenes, this week we will learn all about show biz. From set designs to storylines, we will take a look at movies, television and musical productions. Our journey will begin on Broadway and head to Hollywood, as our campers earn their own star on the Walk of Fame at the camp talent show. The stars will be shining brightly during this fun-filled week!

August 7–August 11, 2017 ~ Wild About Sports

Are you tired of playing the same ole' sports? Throughout sports week the campers will try new games from other countries and have fun while learning. They will also be encouraged to create their own game and teach it to other campers. Take sports from the past, present, USA, and other countries and combine a sport to represent who you are!

August 14–August 18, 2017 ~ Wild About The Rainforest

Have you ever seen a leaf as big as an umbrella or a frog the size of your fingernail? Join us under the canopy, where you'll learn all about the rain forests and their amazing biodiversity! Campers will learn about the layers of the rain forest – the forest floor, under story, canopy and the emergent layer. We talk about the animals and plants that work together at each layer to make up this unique ecosystem and help to keep the forest healthy.

August 21–August 25, 2017 ~ Wild About Reading

Once upon a time... we were whisked away on a magical journey to another land. Join us as we focus on the importance of literacy for children of all ages. This week we will explore the magic of reading and discover new worlds, page by page as they develop their own stories. Campers will invent memorable characters, create new worlds and listen as the stories unfold to discover their own happily ever after.

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

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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 6/1/17.

June 5–June 9 ~ 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 12–June 16 ~ Go, Go, Go!

How we get from one place to another is what this week of camp is all about. There are so many forms of Transportation in our world. Your child will learn all about the different types of transportation and why they are important to us. We will discuss transportation on the land, in the air and on the water.

June 19 – June 23 ~ Meet me at the Pond

A pond may be a "small body of still water", but it is swarming with activity- crickets chirping, frogs leaping, fish swimming and turtles sunning. We will make the pond come to life as we explore the life cycle of a frog, learn how beavers make dams and discuss which animals live on, around or in the pond.

June 26–June 30 ~ Under the Big Top

Ladies and Gentleman, Boys and Girls, step right up for the greatest show in Preschool – the Circus! Join us under the big top for some high flying circus activities. Your child will learn how to walk on a tightrope with the greatest of ease and will imagine what it is like to be on a flying trapeze. We will also learn all about the stars of the circus, from acrobats twirling to clowns performing!

July 10–July 14 ~ 3-2-1 Blast Off!

Calling all Astronauts! Come join us for an out of this world experience, so let's blast off into outer space to explore the universe. Campers will learn all about the planets, stars, moon and much more. They will also learn how astronauts move in space and why Earth is the only place for us.

July 17 – July 21 ~ Pets, Pets, Everywhere!

Children love pets. They love watching them, touching them, holding them, caring for them and learning about them. Many different animals can become pets. During this camp, the children will learn which animals will make good pets and that every pet needs love, care, food and shelter.

July 24 – July 28 ~ 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 6/1/2017

Fees: Members — $60
Non-members — $90

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

SPORTS

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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 26-29 (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 10-13 (ages 5-8).....9:00 a.m. – 12:00 p.m.
July 17-20 (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.

July 31-Aug 3 (ages 5-8) .....9:00 a.m. – 12:00 p.m.
August 7-10 (ages 9-12) .....9:00 a.m. – 12:00 p.m.

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

COMMUNITY

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The City of Lebanon and the Lebanon Valley Family YMCA present:

HEALTHY COMMUNITY SUMMER PROGRAMS

DANCING IN THE PARK

Our Saturday 9:15 AM Dance Party class takes it outside during the month of June, and possibly the rest of the summer! Come join the dance fun outside at Coleman's Memorial Park and participate in Zumba, CIZE, LaBlast or Salsa with one of our awesome dance instructors. Classes will be held in the parking lot adjacent to the pool entrance. In case of inclement weather, class will be held at the YMCA.

WALK WITH THE MAYOR

In an effort to promote health and wellness to the Lebanon Community, Mayor Sherry Capello will lead one mile fun walks in different sectors of the City. The walks will be held once-a-month during June, July and August. All participants will receive a free pedometer, information on a walking program and health tips from a YMCA Health Coach. Locations, dates and times TBA.

Lebanon
THE PLACE TO GROW

WALK WITH A COP

Lebanon Police Chief will lead fitness walks with youth ages 12 and under once-a-month during the months of June, July and August. During the walk, the police chief will teach safety, such as street crossing, etc. All youths that participate in the walk will receive a free t-shirt and a healthy snack. All walks will begin at the YMCA. Dates and times TBA. Registration will be required.

COPS FOR A CURE

A 5-K run/walk race and a 1 mile fun walk will be held at South Hills Park on Saturday, September 30th at 9 AM to end the summer and kick off Breast Cancer Awareness month. Participants will receive a free t-shirt, healthy refreshments and a chance at several door prizes. Registration is required, with $25 pre-entry fee for the 5-K, $30 entry fee the day of the event and $20 pre-entry fee for the 1 Mile Fun Walk, $25 entry fee the day of the event. All proceeds will benefit the YMCA Pink Complete Program for Breast Cancer Survivors.

For more information call 376-1391

YOUTH AQUATICS

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SWIM LESSONS

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. The YMCA Swim Lessons Program is designed to help build a lifelong interest in swimming for recreation, competition, and/or leadership, challenge young minds and provide role models for children to use in determining their own values. Please visit our website at www.lebanonymca.org for more information on 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 7 weeks, once a week classes.

SESSION BEGINS THE WEEK OF:

May 1, 2017	Member Sign up April 10 Non-Member April 17
June 26, 2017	Member Sign up June 5 Non-Member Sign up June 12

SWIM STARTERS – PARENT/CHILD CLASSES

(Ages 6 months-3 years)

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. The class meets once a week for 7 weeks for 30-minutes. Pre-registration is required. Please contact the YMCA at the VA for details at 273-2046.

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

WATER DISCOVERY

(Ages 6 months-3 years)

This Parent-Child class introduces infants and toddlers to the aquatic environment through games, songs, and independent work. Milestones include encouraging parents to set appropriate expectations for their children, introducing and emphasizing basic water safety, building relationships between parents and children, and providing a positive family aquatic experience. On-going water experiences build self-confidence, water enjoyment, and aquatic education.

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

WATER EXPLORATION

(Ages 6 months - 3 years)

The Parent-Child classes helps promote water enrichment and aquatic readiness activities for children and their parent or other trusted adult. This class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. Milestones include encouraging children to move purposefully through water in response to verbal and visual cues, and using toys and flotation devices, emphasizing basic aquatic safety to parents, and building relationships between parents and children by providing opportunities for fun and interaction in the water.

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

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SWIM BASICS (SAFETY AROUND THE WATER)

This program offers children their first experience in the pool with instructional assistance. Students will learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim and jump, push turn grab. A swim instructor teaches the 30 or 40 minute class. The preschool program includes children ranging from ages 3 to 5 years old. The school age program includes children ranging from 5 to 12 years old. The class will meet once a week for 7 weeks. Pre-registration is required.

WATER ACCLIMATION

In this first stage, water comfort increases with underwater exploration and basic self-rescue skills are introduced and performed with assistance. Milestones include exploring the aquatic environment and personal skills with instructor help, developing basic skills to propel and glide through the water with instructor help, and learning basic aquatic safety.

Preschool Classes (ages 3-5 years/30 minutes):

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

Monday ..... 6:00 pm or 6:30 pm
Monday ..... 7:00 pm [VA]
Tuesday ..... 10:00 am or 12:15 pm
Wednesday ..... 6:00 pm or 6:30 pm
Thursday ..... 12:15 pm
Thursday ..... 7:00 pm [VA]
Saturday ..... 9:00 am or 9:30 am

Youth Classes (ages 5-12 years/40 minutes)

FEES:	**Family Members**	**$10**
	Youth Members	**$40**
	Non-Members	**$80**

Monday 6:00pm
Wednesday 6:00pm
Saturday 9:00am

WATER MOVEMENT

The second stage encourages forward movement in water and basic self-rescue skills performed independently. Prerequisites include being comfortable in the water and able to fully submerge, with the face underwater. Milestones include exploring the aquatic environment and personal skills without instructor help, developing basic skills to propel and glide through the water without instructor help, learning basic aquatic safety, and accepting some of the responsibility for safe practices. By the end of this level, children should be able to swim unassisted for short distances.

Preschool Classes (ages 3-5 years/30 minutes):

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

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

Youth Classes (ages 5-12 years/40 minutes)

FEES:	**Family Members**	**$10**
	Youth Members	**$40**
	Non-Member	**$80**

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

WATER STAMINA

The third stage develops intermediate self-rescue skills performed at longer distances than the previous stages. Prerequisites include being able to swim and float completely unassisted as well as able to swim short distances without assistance. Milestones include integrating arm action, leg action, and rhythmic breathing in back and front glides, developing forward movement on the front and back, and practicing skills and safety techniques in deep water.

Preschool Classes (ages 3-5 years):

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

Monday ..... 6:00 pm
Tuesday ..... 11:30 am
Wednesday ..... 6:00 pm
Thursday ..... 11:30 am
Saturday ..... 9:00 am

Youth Classes (ages 5-12 years)

FEES:	**Family Members**	**$10**
	Youth Members	**$40**
	Non-Members	**$80**

Monday ..... 7:30 pm
Wednesday ..... 7:30 pm
Saturday ..... 10:30 am

YOUTH AQUATICS

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SWIM STROKES

(Ages 5-12 years)

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. Each skill level builds the preceding level, with each level covering the strokes, diving fundamentals, and safety skills. These classes are 40 minutes in length and meet once a week for 7 weeks. Pre-registration is required.

FEES:	Family Member	$10
	Youth Member	$40
	Non-Member	$80

Stoke Introduction

The fourth stage introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Prerequisites include being able to swim 15 meters on the front and back without assistance. Milestones include developing the front crawl and back crawl, introducing components of the breaststroke and butterfly, and practicing safety techniques in deep water.

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

Stroke Development

The fifth stage introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. Prerequisites include able to swim front crawl with rotary breathing and back crawl proficiently and knowledge of the fundamentals for breaststroke and butterfly. Milestones include developing stamina in the front crawl and back crawl, developing the breaststroke and butterfly and building endurance techniques for deep-water safety.

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

SPRING STROKE IMPROVEMENT CLINIC

Begins April 17-May 12

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 .....6:15 pm-7:00 pm

Fees:	Members	$50
	Non-Members	$60

GROUP B

(Ages 11 and up)

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

Monday at Cedar Crest .....6:15 pm-8:15 pm
Tuesday and Thursday at YMCA .....6:45 pm-8:00 pm
Wednesday at Cedar Crest .....6:15 pm- 7:30 pm

Fees:	Members	$65
	Non-Members	$75

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

AQUATICS

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LIFEGUARDING COURSE

Lifeguarding Course includes CPR for professional rescuer, first aid and lifeguard certification. Prerequisites: minimum age 15 years, swim 300 yards continuously demonstrating proficiency in freestyle and breaststroke, tread water for 2 minutes with hands under the armpits, and 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 25 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 2017

(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 Coleman's Park. There will be morning and evening practices.

Program begins May 22 through Summer Championships (end of July). There will be evening practice until local schools let out for the summer. Approximately June 12th is the first day of morning practices.

There will be a $25.00 maintenance fee per swimmer due at the time of registration.

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

Tuesday and Thursday at YMCA.....5:30 pm-6:15 pm
Friday at Cedar Crest .....9:15 am-10:00 am

			Two Season Payments of*
FEES:	**Family Members**	**$105**	**$60.00**
	Youth Members	**$130**	**$72.50**

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 .....8:30 am-9:45 am
Tuesday and Thursday at YMCA.....6:15 pm-7:30 pm
Friday at Cedar Crest .....8:30 am-9:30 am

			Two Season Payments of*
FEES:	**Family Members**	**$145**	**$80.00**
	Youth Members	**$170**	**$92.50**

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: Gold swimmer's can make up practice in the evenings @ YMCA on Tuesday and Thursday nights from 5:30 – 7:30 pm. They must be able to work independently.

Monday and Wednesday at Cedar Crest .....7:30 am-9:30 am
Tuesday and Thursday at Coleman's Park.....7:30 am-9:30 am
Friday at Cedar Crest.....8:00 am-9:45 am

			Two Season Payments of*
FEES:	**Family Members**	**$170**	**$92.50**
	Youth Members	**$205**	**$110.00**

*** First payment is due at registration and the second payment is due by July 3.**

AQUATICS

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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.

Ai-Chi

Slow coordinated movements with deep breathing. Combining Mind and Muscle. ***Beginner/Intermediate* (Shallow Water) YMCA - 30 Minutes**

AquaFusion

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

Aqua Pilates

Improve your posture, increase range of motion, strengthen muscles all by using the water's buoyancy. ***Beginner* (Shallow Water) YMCA - 30 Minutes**

Aqua Tabata

Intense exercises followed by short rest periods! ***Advanced* (Shallow End of Pool) YMCA - 45 minutes**

Aqua Warrior

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

Aqua Zumba

A Party in the Pool! **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**

Move Class

A class designed by VETS for VETS to promote health, weight loss and an active lifestyle. However, this class welcomes ALL YMCA MEMBERS.

***Moderate Intensity* VA**

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**

Water Walking

Traveling forwards/backwards/sideways to gain endurance & balance ***BEGINNER CLASS* (Shallow Water) YMCA – 30 Minutes, VA - 45 Minutes. (Class is offered at both locations)**

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

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.

CHILD CARE

the YMCA

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FOR SOCIAL RESPONSIBILITY

INFANT, TODDLER AND PRESCHOOL CHILDCARE CENTERS

EDWARD AND JEANNE ARNOLD EARLY LEARNING CENTER

Providing the highest level of quality care is our priority at the YMCA's Edward and Jeanne Arnold Early learning 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. This center 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®
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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.

Care is always available at either the main YMCA or one of our School Age locations on in-service days, parent/teacher conference 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.

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

ELCO

Ft. Zellers	Kindergarten – 2nd Grade	at Intermediate School
Intermediate School	3rd – 5th Grade	6:30 am-9:00 am 3:30 pm-6:00 pm
Jackson	Kindergarten – 2nd Grade	at Intermediate School

* Ft.Zellers and Jackson SACC will be held at the Intermediate School with transportation provided by the school district.

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.

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.

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

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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 2017-2018 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 2017-2018 school year begins for current participants on March 20, 2017 and for new participants on March 27, 2017.

YOUTH ACTIVITIES

the YMCA

FOR YOUTH DEVELOPMENT®
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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!

Events:

Summer's End Splashfest & Back-To-School Barbecue - Soak in the last drops of summer and join us for a BBQ cookout, slip n' slide kickball, water balloon fight and more. Date and Time TBD.

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 17th 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 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 12)

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®
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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.

CIZE

A revolutionary new dance workout created by Shaun T., the creator of Insanity and a team of professional dance choreographers. Easy to follow dance routines set to the hottest music! 45 or 60 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 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.

Insanity®

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

Jab It Body Works

A combo of Kickboxing and Insane Body Weight Exercises will get your heart pumping and your body chiseled. 60 minutes.

Jump It

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

Just Move

A beginner class for the active older adult 60 minutes.

Kickboxing

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

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!! (45 or 60 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-minutes.

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-minutes.

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.

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.

Quigong (VA Only)

A holistic system of coordinated body posture and movement, breathing and meditation used for health, spirituality and martial arts training. 60 minutes.

Saturday Dance Party

Take your dance fun outside during the month of June, and possibly the entire summer with DANCING IN THE PARK! Our dance party will be held outside in Coleman's Park in the parking lot adjacent to the pool on Saturdays at 9:15 AM. CIZE, ZUMBA, LABLAST AND SALSA will rotate weekly. In case of inclement weather, class will be held at the YMCA. 45 or 60 minutes.

Senior Yoga*

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

Start Movin'

A beginner class geared to individuals struggling with weight loss issues. 60 minutes

TABATA

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

Totally Step

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

Zumba

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

*Appropriate for beginners; however, all levels welcome!

ADULT WELLNESS

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OPEN PICKLEBALL [YMCA AND 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.

VA Schedule

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)

A.L. Hanford YMCA Schedule

Monday .....8:00 am–11:00 am (beginner)
Tuesday .....8:00 am-11:00 am (intermediate/advanced)
Thursday .....10:00 am–2:00 pm (intermediate/advanced)
Friday.....8:00 am–11:00 am (beginners/open)

*Open Pickleball is subject to being cancelled due to weather and program needs. Program needs will be posted prior to any schedule changes. Weather cancellations will be posted on Facebook.

EQUIPMENT WILL BE PROVIDED.

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

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

YMCA DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program is a one year program that helps adults at high risk of developing type 2 diabetes, reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. Research by the National Institute of Health has shown that programs like the YMCA Diabetes Prevention Program can reduce the number of new cases by 58%, and 71% in adults over age of 60.

WHO QUALIFIES:

- Adults 18+
- Overweight (BMI>25)
- At risk for or have been diagnosed with Pre-Diabetes – Confirmed via one of 3 blood tests or previously diagnosed with gestational diabetes
- A qualifying risk score.

Monday .....6:30 pm

Class Start Date .....TBD

FEES: Members and non-members	$429*

*Insurances may cover some of the cost of the program fee.

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

ADULT WELLNESS

the YMCA

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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

BEST SUMMER EVER!

Friendship, Accomplishment, Belonging

Ages 6-16

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

YMCACampShand.org

A Branch of the
Lancaster Family YMCA

CAMP SHAND