FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUR SUMMER ADVENTURE HAPPENS HERE

Summer Camp/Program Guide 2018

Lebanon Valley Family YMCA

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MISSION AND VISION

the YMCA

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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 June 11
7-week session (Runs through July 28)
Registration Opens – May 21, 2018
Registration Closes – June 8, 2018

Program Start Date August 6
4-week session (Runs through August 31)
(2 classes per week)
Registration Opens – July 16, 2018
Registration Closes – August 3, 2018

LOCATIONS

Lebanon Valley Family YMCA
A.L. Hanford Center
201 North 7th Street, Lebanon, PA 17046
Phone: 717-273-2691 • Fax: 717-273-6752
www.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
Phone: 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 1, 2018 Easter	Closed
May 28, 2018 Memorial Day	Closed
July 4, 2018 Independence Day	Closed
September 3, 2018 Labor Day	Closed

Summer Camp Registration

Registration for all summer camps open on March 10, 2018

MEMBERSHIP

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MEMBERSHIP RATES

Memberships	Joiners Fee	Monthly Bankdraft	Annual Payment
Youth (Ages 0-15)	$0	$14.25	$171
Young 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 Nationwide. Members should bring their YMCA ID card and a photo ID card to access another Y. Some restrictions may apply depending on the YMCA and membership category such as youth and seniors. 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 pm - 7:30 pm
Saturday ..... 9:00 am -12:00 pm

FEE:	YMCA Family Membership	FREE

SUMMER CAMP

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SUMMER CAMP 2018

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 fee 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.

SUMMER CAMP

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JOIN THE 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 4. This camp is held at the Y.

Sports Camps will encompass skills, conditioning, and an opportunity to play games each day. Camp runs Monday through Thursday.

Camp Dates	Camp @ YMCA	Camp @ County Schools	Preschool Camp	Sports Camp (Mon. -Thurs.)	Payment Dates
6/4-6/8			X		5/29/18
6/11-6/15	X	X	X		6/5/18
6/18-6/22	X	X	X	X	6/12/18
6/25-6/29	X	X	X		6/19/18
7/2-7/6	X	X			6/26/18
7/9-7/13	X	X	X	X	7/3/18
7/16-7/20	X	X	X		7/10/18
7/23-7/27	X	X	X	X	7/17/18
7/30-8/3	X	X		X	7/24/18
8/6-8/10	X	X		X	7/31/18
8/13-8/17	X	X			8/7/18
8/20-8/24	X	X			8/14/18

TO REGISTER YOUR CHILD FOR CAMP

- Registration for all summer camps opens on March 10, 2018
- Please see the front desk for the appropriate registration paperwork
- Once your registration form is completely filled out, $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
- Email childcare@lebanonymca.org for more information on School-Age Summer Camps

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SCHOOL-AGE CAMP

JOIN THE ADVENTURE WITH SACC SUMMER CAMP!

Your child's summer adventure starts here at the YMCA! Each week we will focus on various educational areas while making them adventurously fun and interactive! Come join us.

June 11 - June 15, 2018
Camp Spirit Week

Begin your summer adventures by doing all things camp! Get together to show your camp spirit by making a banner, creating your name tag, minute to win it challenges, crazy relays and more! Start your friendship circle with Camp Spirit!

June 18 - June 22, 2018
Animal Adventures

We will dive into the depths of the ocean, cross the deserts and the mountains to learn about all animals in the kingdom! We will create a mini habitat and craft animals from different environments.

June 25 - June 29, 2018
Food Frenzy

A dash of this and a pinch of that! Love food? Learn how to make butter, chocolate crunch bars, creative Rice Krispy treats, smore's mug cake and more!

July 2 - July 6, 2018
Celebration of the Nations

Grab your camp passport as we go around the world! Each day we will explore a game, craft and food from a different country. We will bring it home by playing a game and making a craft as the Native American's did in the United States!

July 9 - July 13, 2018
Nothing but Nature

Get excited as we explore the wonders of nature! We'll hike along paths to discover woods, and wetlands. Kids learn to identify tree and plant differences. Each day focuses on a new topic of mammals, ponds, insects and birds. A trip to YMCA Camp Shand will be the place to explore the wonders of nature.

July 16 - July 20, 2018
Mad Science

Tap into your inner mad scientist! Take a walk on the wild side of sleuth science. Have a ton of fun as we whip up potions and experiment with all kinds of chemical reactions, including, making sidewalk chalk, plastic from milk and bouncing balls! Mix it up as we experiment with molecular madness, radical reactions and "fizz"-ical and chemical reactions.

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SCHOOL-AGE CAMP, continued

July 23- July 27, 2018
Farm to Table
We live in a farming community. Learn how animals, foods and crops are grown here. Use those local ingredients to make some delicious foods like ice cream! A field trip to the Lebanon Fair will make this week complete!

July 30- Aug 3, 2018
Connecting the Dots
Are you an innovator, a problem solver or a gamer changer? Build a bridge, transport water and find out more about STEM. Don't limit the challenges, challenge the limits with this awesome program!

Aug 6- Aug 10, 2018
Artful Antics
Dare to be creative! Painting, sculpturing and origami are just a few of the artistic talents you will tap into. Create your own crayons and wrap up the week with a tye-dyed memory!

Aug 13- Aug 17, 2018
YMCA's Got Talent
Unite as a team, gather your talents to prepare and practice funny skits, camp songs and a theatrical performance. Take on the challenge as everyone comes to the YMCA to showcase their skills! Parents are invited and encouraged to attend.

Aug 20 - Aug 24, 2018
Celebrate the Summer
As summer winds down, let's rise and showcase what we have accomplished this summer! We will take a look at our summer memories, play games, run relays and enjoy our new friendships.

Registration Fee:
$25 per family. Registration Opens Saturday, March 10th

Locations:

Ebenezer Elementary School	Lingle Avenue Elementary School
Harding Elementary School	South Lebanon Elementary School
Jonestown Elementary School	The YMCA Day Camp*

***YMCA Day Camp offers a 5 day only program**

Ages: Completed Kindergarten through age 12

Hours: 6:30 am to 6 pm, Monday - Friday

FEE:	FAMILY MEMBERS	YOUTH OR NON-MEMBERS
	3 days of camp, $105	3 days of camp, $140
	*5 days of camp, $125	*5 days of camp, $160

SUMMER CAMP

the YMCA

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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 6/1/18.

June 4 – June 8, 2018
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 11– June 15, 2018
Let's Go To The Beach

Calling all Beachcombers! Grab your sand buckets and shovels and join us for an exciting week learning all about the beach. We will look at the differences between seashells, build sand castles, learn about beach life and much more. You just might hear the roar of the ocean when you pass our classroom!

June 18 – June 22, 2018
Dinosaur Dig

Take a trip back in time to when dinosaurs ruled the earth and then suddenly they disappeared! What happened to them? Your little one will become a paleontologist as we learn about the word extinct and the different types, sizes and habitats of dinosaurs. We will also learn the difference between herbivores and carnivores.

June 25 – June 29, 2018
A Camping We Will Go!

Over the river and through the woods!! Let's take a hike into the forest to discover the wonderful world of creatures that live in the trees. We will make s'mores, pitch a tent and explore the sounds of nature.

July 9 – July 13, 2018
It's A Zoo Out There

Who belongs at the Zoo? Join us as we learn about different animals found at the zoo and their habitats. We will learn about animal attributes and talk about the kinds of foods zoo animals eat. We will also discover all the jobs a zookeeper does to make sure the animals are taken care of properly.

July 16 – July 20, 2018
Princesses & Knights

Hear ye, hear ye! Welcome to the royal family. Have your preschooler join us and be crowned a knight or a princess this week. We will make our own castles, coat of arms, swords, princess wands and more.

July 23 – July 27, 2018
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 Fee:	$25 per family.
Location:	The YMCA, 201 North 7th Street Lebanon, PA 17046
Ages:	3 to 5 years old. Child must turn age 3 by 6/1/2017
Hours:	9:00 to 12:00 Monday through Friday

FEES:	**Family Member**	$60
	Non-Member	**$90**

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T-BALL CLINICS

(Ages 4-5 co-ed)

The Y T-ball clinic is a great opportunity for kids to be exposed to the game. There will be 7 weeks of instructional lessons where youth will get introduced to developmental skills. Towards the end of clinics, players will be introduced to more game like settings. Players will receive a shirt for their participation!

Tuesday, April 24 - June 5 ..... 5:15 pm-6:00 pm

T-BALL LEAGUES

Ages 5 & 6 – T-BALL

Ages 7 & 8 – COACHES PITCH

The Y T-ball league emphasizes on having fun and developing team camaraderie, and not worrying about the score. This league is coached by volunteers and parents. The league is seven weeks in length. Practices are held once a week and games will take place on Saturday mornings. Dates and times are listed below.

April 25, Parent Meeting ..... 6:00 pm - 6:30 pm

and Coaches Meeting ..... 6:30 pm - 7:00 pm

The parent and coaches meeting will be a time to discuss and distribute information pertaining to the T-ball league. Saturday, April 28, Players Clinic & Team designation!

5 & 6 year olds – T-Ball ..... 9:00 am

7 & 8 year olds – Coaches Pitch ..... 10:00 am

The players clinic and team designation will be a time for coaches to observe players skills, interact, and determine teams and practice nights. Parents, players, and coaches are required to be present during the designated times.

Saturday, May 5, First Game ..... TBD

Saturday, June 9, Last Game ..... TBD

FEES:	Family Member	$15
	Youth Member	$30
	Non-Member	$45

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 18 - 21 (ages 9 -12) ..... 9:00 am – 12:00 pm

Basketball

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

July 9 -12 (ages 5 - 8) ..... 9:00 am – 12:00 pm

July 23 - 26 (ages 9 - 12) ..... 9:00 am – 12:00 pm

Soccer

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

July 30 - Aug 2 (ages 5 - 8) ..... 9:00 am – 12:00 pm

August 6 - 9 (ages 9 - 12) ..... 9:00 am – 12:00 pm

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

CITY MOVES

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

CITY MOVES

JUNE FIT AND FUN IN THE PARK

The City of Lebanon and the Lebanon Valley Family YMCA partner to offer FREE fun-filled fitness activities at Coleman Memorial Park every Saturday at 9:00 AM during the month of June. You will never get bored, as something different is offered each week – Boot Camp, WALK WITH THE MAYOR + nutrition tips from a registered dietitian, LaBlast, Salsa! In case of rain, the activity will be held at the Lebanon Valley Family YMCA. Schedule TBA! For more information contact, Michelle Remlinger at 717-272-6611

WALK WITH THE MAYOR

The Lebanon community is invited to WALK WITH THE MAYOR this summer! Lebanon Mayor Sherry Capello will walk in our City streets and parks and talk about Lebanon history. A great way to learn about Lebanon, connect with your Mayor and add healthy steps into your day. Free pedometers while supplies last. REGISTRATION REQUIRED. Schedule TBA! For more information, contact: Michelle Remlinger at 717-272-6611

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 29th 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

WALK WITH A COP

The City of Lebanon and the Lebanon Valley Family YMCA invite kids ages 6 -12 to join Police Chief Todd Breiner on a fitness walk through the City while learning health and safety tips. All kids will receive a FREE neon colored t-shirt that says, "I Walked the Beat", a safety book, a healthy snack and a bottle of water. REGISTRATION REQUIRED. The walk is limited to the first 30 kids. In case of rain, the walk will be held at the indoor track of the Lebanon Valley Family YMCA. For more information contact: Michelle Remlinger at 717-272-6611

Lebanon
THE PLACE TO GROW

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.

SESSIONS BEGIN THE WEEK OF:

July 11 - July 28 (7-week session)	**Registration Opens – May 21, 2018** **Registration Closes – June 8, 2018**
August 6 – August 31 (2 classes per week)*	**Registration Opens – July 16, 2018** **Registration Closes – August 3, 2018**

***Days and Times to be announced at a later date**

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 Member**	**$15**
	Youth Member	**$30**
	Non-Member	**$60**

WATER DISCOVERY

(Ages 6 months-18 months)

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 19 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)

Monday ..... 6:00 pm or 6:30 pm
Monday ..... 7:00 pm [VA]
Tuesday ..... 10:30 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

FEES:	Family Member	$15
	Youth Member	$30
	Non-Member	$60

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

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

FEES:	Family Member	$15
	Youth Member	$40
	Non-Member	$80

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)

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

FEES:	Family Member	$15
	Youth Member	$30
	Non-Member	$60

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

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

FEES:	Family Member	$15
	Youth Member	$40
	Non-Member	$80

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/30 minutes)

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

FEES:	Family Member	$15
	Youth Member	$30
	Non-Member	$60

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

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

FEES:	Family Member	$15
	Youth Member	$40
	Non-Member	$80

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**	**$15**
	Youth Member	**$40**
	Non-Member	**$80**

STROKE 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 Member**	**$100**
	Non-Member	**$175**

SPRING STROKE IMPROVEMENT CLINIC

Begins April 16 - May 12

GROUP A

(Ages 7-10)

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

Time and location will be announced later.

FEES:	**Family Member**	**$50**
	Non-Member	**$60**

GROUP B

(Ages 11 and up)

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

Time and location will be announced later.

FEES:	**Family Member**	**$65**
	Non-Member	**$75**

Note: Placement of clinic group will be at coach's discretion.

AQUATICS

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 Member	$225
	Non-Member	$275

FSC-LEBY SWIM CLUB OF LEBANON YMCA Summer 2018

(Ages 4 -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 and the Lebanon Valley Family YMCA, A.L. Hanford Center. There will be morning and evening practices. Program begins May 14 through Summer Championships (end of July). There will be evening practice until local schools let out for the summer. Approximately June 11th is the first day of morning practices. There will be a $25.00 maintenance fee per swimmer due at the time of registration. If choosing to pay the 2 season payments, the first payment is due at the time of registration and the second payment is due by June 18th.

BRONZE TEAM (Beginner) Ages: 4 - 8 Younger swimmers still working on and developing stroke technique. They will have the option to practice 3 days a week.

Time and location will be announced later.

FEES:	Season	2 Season Payments of*
Family Member	$105	$60
Youth Member	$130	$72.50

SILVER TEAM (Intermediate) Ages: 9 -11 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. They will have the option to practice 5 days a week.

Time and location will be announced later.

FEES:	Season	2 Season Payments of*
Family Member	$145	$80
Youth Member	$170	$92.50

GOLD TEAM (Advanced) Ages: 12-18 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 swimmers 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.

Time and location will be announced later.

FEES:	Season	2 Season Payments of*
Family Member	$170	$92.50
Youth Member	$205	$110

*All placement for practice groups will be at the discretion of the coaches.

Summer registration will be held at the YMCA April 14, 11:00 am - 2:00 pm and April 17, 5:00 pm - 7:00 pm.

AQUATICS

FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

ADULT WATER FITNESS CLASSES

Thank you for considering our Water Fitness Program. Classes range from "BEGINNER" to "EASY" 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.

50's Friday
It's a Splash Party! Special Day dedicated to a great water workout in the shallow end to the beats of the 50's. ***Challenging* – YMCA**

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

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

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. ***Challenging* – VA**

Aqua Zumba
A Party in the Pool! ***Easy* – VA**

Deep HIIT
High Intensity Interval Training – building strength and cardio endurance with this non impact class, held in the deep end. ***Advanced* – YMCA**

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

HydroGym
Moving station to station performing exercises designed to challenge and condition the entire body. ***Challenging* – YMCA**

Into The Deep
Deep Water Class using flotation belts, noodles, barbells & balls. Complete body workout. ***Moderate Workout* – YMCA & VA – 45 minutes**

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**

Ripples & Waves
A shallow water exercise experience that offers 2 levels. High Energy or Low Impact. YOU pick your pace! Great for Beginners. ***Easy to Challenging* (Shallow End of Pool) – YMCA**

Rise & Shine
Great way to start the day! Fun cardio moves mixed with strength training and abdominals. ***Easy* – YMCA**

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**

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

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
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 Care Food 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.

***As a STAR 4 facility, we provide the highest quality programming and highest quality staff for our early childhood centers through the PA Keys- Keys to Quality, Pennsylvania Early Learning program.**

Interested in a tour? Please stop by or call the YMCA Childcare office at 717-376-1384 or email childcare@lebanonymca.org

CHILD CARE

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 to children in Kindergarten (K5)-6th grade. During school closures, care may be provided at either the main YMCA or at the School Age location.

*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.

SUMMER CAMP 2018! Your child is sure to have an extreme amount of fun at summer camp at the YMCA! Registration opens March 10th!

CORNWALL-LEBANON

Cornwall	Kindergarten – 5th Grade	6:30 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

FOR YOUTH DEVELOPMENT®
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FOR SOCIAL RESPONSIBILITY

ON-SITE PRESCHOOL

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 2018 – 2019 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 2018-2019 school year begins for current participants on March 19, 2018 and for new participants on March 26, 2018.

YOUTH ACTIVITIES

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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. August 25 at 4:30 pm.

Summer Hours

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

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 ..... 4:00 pm - 9:30 pm

Friday ..... 4:00 pm - 9:00 pm

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

FEE:	YMCA Members	FREE

Summer Hours (Beginning June 11)

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

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 21st weather permitting.

Monday, Wednesday, and Friday ..... 4:00 pm - 7:00 pm

Saturday ..... 1:00 pm - 5:00 pm

***Sponsorships available.** Contact Darin Pickles for more information at 717-376-1383 or dpickles@lebanonymca.org

FENCING

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

Improve mechanics and technique. Equipment provided.

Saturday ..... 9:30 am - 12:00 pm

Lessons ..... 9:30 am - 10:15 am

Practice Time ..... 10:15 am - 12:00 pm

FEE:	YMCA Members	$5/class
	Non-Members	$7/class

* Additional fee to join fencing club which allows participants to participate in tournaments

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.

Cardio + Abs
Cardio/Abs combo class. 30 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.

Hatha Yoga
Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Beginner/Intermediate Class - VA Only

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.

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.

Kids Cycle
A fun cycle class specifically for kids ages 6 - 12, taught by a certified youth cycle instructor. 30 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.

P90X
Combining body weight exercises with strength training. The "X" is for Extreme! 60 minutes.

Pound®
Come ready to sweat, make noise, have fun and release your inner rock star! A rockout workout that includes drumming with light weight Ripstix will provide a total body workout. 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.

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

Strong By Zumba
High Intensity Interval Training driven by the science of synced music motivation. The music specifically matches every move in this total body workout. 55 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 SPORTS

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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:	Member	FREE
	Non-Member	$5/meeting

RACQUETBALL COURTS

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

FEES:	Member	FREE
	Non-Member	$10/hour

FENCING [VA]

(Ages 6-Adult) YMCA at the VA only

Improve mechanics and technique. Equipment provided.

Saturday ..... 9:30 am -12:00 pm
Lessons ..... 9:30 am -10:15 am
Practice Time ..... 10:15 am - 12:00 pm

FEES:	Member	$5/class
	Non-Member	$7/class

*Additional fee to join fencing club which allows participants to participate in tournaments

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:	Member	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:	Member	FREE
	Non-Member	$5/meeting

OPEN VOLLEYBALL

Open play every Monday ..... 7:00 pm -9:00 pm
Open play every Saturday ..... 3:00 pm -5:30 pm

FEES:	Member	FREE
	Non-Member	$10/hour

ADULT WELLNESS

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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 year's 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:	**$30/mo. 2 Sessions per week**
	Tues/Thurs 8:30-9:30 am or 10:30 – 11:30 am
	$35/mo. 3 Sessions per week
	Mon/Wed/Fri 8:30-9:30 am or 3:30-4:30 pm

WELLNESS MEMBER OF THE MONTH

Everyone has a story. Many people have faced adversity head on with a great attitude and are winning. These are the people we want to recognize. Know a member who has lost a lot of weight or faced physical limitation with exercise and a positive attitude? Let a Fitness Coach know so we can recognize that individual so that we can all take a little motivation from them.

33RD LEBANON COUNTY SENIOR GAMES

If you are 50+ and have that competitive spirit, come join us Monday, May 14 – Friday, May 18 for the Lebanon County Senior Games. Test your skills and abilities in your choice of over 16 different sports and activities from golf and basketball to bocce and pickleball. We will have the best competition in the county! Contact Brian Wolfe at bwolfe@lebanonymca.org for details or call 717-273-2046.

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:	**Member and non-member**	**$429***

*Insurances may cover some of the cost of the program fee. Contact Darin Pickles at 376-1383 or dpickles@lebanonymca.org for details.

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Ages 6-16

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A Branch of the Lancaster Family YMCA

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Lebanon Valley Family YMCA

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201 North 7th Street
Lebanon, PA 17046
Phone: 717-273-2691

YMCA at the VA
Building 24, South Lincoln Avenue
Lebanon, PA 17042
Phone: 717-273-2046

www.lebanonymca.org