

EMPOWERING YOUTH TO REACH THEIR POTENTIAL

PURPOSE

The Wayne County YMCA is pleased to offer 7th grade students a free membership to support and encourage youth to live healthy lifestyles and make responsible choices

WHY 7TH GRADERS?

Research shows that 7th grade is a critical time in a young person's life when exposure to risk factors greatly increases. Risk factors are conditions or influences that have been shown to increase the likelihood for unhealthy behaviors including substance abuse, delinquency, teen pregnancy, school drop-out and violence. It is also during the early teen years that youth begin to distance themselves from family and positive support systems.



Meetings are held at the
Wayne County YMCA

Facility Hours

Monday – Friday	5:30 AM to 8:30 PM
Saturday	8:00 AM to 3:00 PM
Sunday	8:00 AM to 1:00 PM

Fitness Classes Offered

**X-Fit, Body Fit, Enhance Fitness™,
Yoga, Hatha Yoga, Beginner Yoga, Silver
Sneakers, Spin and Simply Strength.**

**VIRTUAL CLASSES ARE
OFFERED!**

Registration info at the desk.



105 Park Street
Honesdale, PA 18431
(570) 253-2083
www.wcymca.com



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FUN FITNESS FREE

**FREE 7TH GRADE
MEMBERSHIP**



HOW TO JOIN

1. 7th graders may join the Y for free at any time during their 7th grade year.

Membership will expire at the start of their 8th grade school year. 6th graders may join the summer before they start 7th grade.

2. The membership begins when all paperwork is completed.

3. To receive a membership, each 7th grader must:

- Come to the Wayne County YMCA with a parent or guardian

- Present a valid school ID or proof of grade (roster or schedule)

- Complete the Wayne County YMCA membership application

- Complete the 7th Grade Parent Agreement

- Must complete One Teen Leader Club meeting per month

4. Each 7th grade member will receive a membership card. Membership cards must be presented every time 7th graders use the facility.

5. Membership is subject to The Wayne County YMCA membership and program policies.

6. Membership can be suspended or revoked if staff deems member behavior has violated YMCA policies.

YMCA Facility Access

- Your YMCA membership comes with lots of benefits; youth programs, fitness classes, open gym and access to other YMCAs in Pennsylvania!
- The YMCA also allows access to its health center for members age 13 and over.
- All 7th Graders must schedule a free appointment with a personal trainer before they can go downstairs to use the health center. Our trainers will show you how to use the equipment and can help you create personal fitness goals and a plan to help you meet them.
- All youth are required to be actively engaged in a program or activity while at the YMCA.

What to Bring

- Wear comfortable clothing, socks and sneakers.
- Bring a lock to secure belongings in the locker room. Locks must be removed on a daily basis. The YMCA is not responsible for lost, stolen or broken items.
- Bring a water bottle to re-hydrate. There are water fountains throughout the building and water is also available in the vending area.



Staff

Member safety is the YMCA's top priority. YMCA staff must successfully complete a fingerprint check, criminal background and reference checks prior to being hired. Program staff are CPR and First Aid certified.

Program Rules & Discipline Policy

YMCA staff strives to create a positive atmosphere with an emphasis on our four core values of caring, honesty, respect and responsibility. Our youth and teen activities are designed to be fun with active inclusion of all members. Proper participation and conduct is expected. Membership can be suspended or terminated if staff deems that members are behaving in a way that is contrary to the YMCA character values.