



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WAYNE COUNTY YMCA
105 Park Street
Honesdale, PA 18431
wcmca.com
570-253-2083



Hours of Operation:
Mon-Fri 5:30AM-9:00PM
Sat 8:00AM-5:00PM
Sun 8:00AM-2:30PM

Y Financial Assistance:

As a community-based organization, the YMCA believes programs and membership should be available to everyone. We offer a financial assistance program based on sliding scale fees. Applications are available at the Member Services Desk or on our website.



Pickleball

Starting Sept 16
TUES: 6:30-8:30PM
THURS: 3:30 -5:00PM
FRI: 6:00-8:00AM
SUN: 8:30 - 11:30AM

ANNUAL 5K RUN / WALK

SATURDAY, SEPTEMBER 15, 2018

WELCOME RUNNERS & WALKERS OF ALL LEVELS 

Location: Wayne Highlands School District Track & Field Complex

Terrain: On and Off Road Race

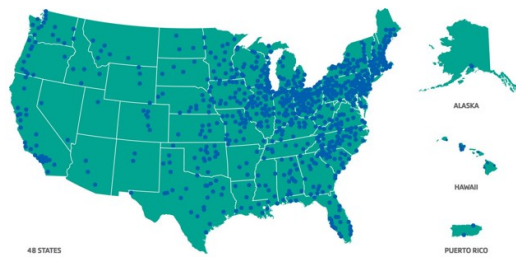
Registration: 7:30-8:45 am

Race Start: 9:00 am

Checks Payable: Wayne County YMCA

Registration: \$20.00

T-Shirts given to the first 100 registered



Ask about Nationwide Membership!

HEALTH AND WELLNESS

Health Coach:

Learn to attain health & lifestyle goals with the support & information you need to make life changes. See our flier for details.

Personal Training:

Professional assistance to increase your strength, flexibility, endurance, posture, balance, coordination, and cardiovascular health and fitness. Choose from 3, 6 or 12 session packages. You can also choose from One on One, Training with the Trainer, Duo Training with a partner or Small Group Training with 3-4 of your friends. Our trainer can assist you in choosing the right package for your needs. See our special Personal Training Flier for more information.

Fitness 

On-going Group Fitness Classes are FREE to members.

NON-MEMBERS
45 min. class \$5.00
1 hr. or more \$7.00

***Must preregister for Tai Chi (requires additional payment)**



Class Schedule 

- Body Fit:**
Mon. & Wed. 5:00-6:00PM
- Chair Yoga:**
Thursday 10:00 -10:45AM
- Enhance Fitness:**
Monday, Wednesday & Friday
11:00AM-12:00PM
- Golden Gang:**
Tues. & Thurs. 9:00-9:45AM
- Hatha Yoga:**
Tuesday 10:30AM-12:00PM
Thursday 5:15-6:30PM
Friday 10:00 -11:00AM
- Silver Sneakers:**
Monday, Wednesday & Friday
10:00-10:45AM
- Simply Strength:**
Tues. & Thurs. 5:30-6:30PM
- X-Fit**
Mon & Wed 9:00-9:45AM

- Zumba:**
Friday 9:00-9:45AM
Wednesday 6:00-7:00PM
- Strong By Zumba:**
Saturday 9:00-10:00AM
Monday 6:00-7:00 PM
- Mat Pilates:** Sept 10
Mon. 6:00-7:00PM
Tues. 11:00AM-12:00PM
- Parkinson's Spin:** Sept 22
Saturday 10:00-11:00AM
- Damascus Fitness:**
Tuesdays 3:00 PM
Location: Damascus Church
- Ultra Beg. Line Dance:** Oct 2
Tues 10:00—10:45AM
- Spinning:** Session Starts Nov. 5
Mon. & Wed. 5:30-6:30PM
- *Tai Chi:** Session Starts Sept. 11
Tues. & Thurs. 8:00-9:00AM
Wed. & Fri. 12:15-12:50PM

CARING HONESTY RESPECT RESPONSIBILITY Fall 2018 YOUTH PROGRAMS

After School Camp:
K-5th grade Sept. 5th - Oct 31
Wallenpaupack Primary School
2:30-5:30 PM
Cost/Day: \$10.00 or \$45/week
Y Member: \$7.50 or \$35/week

Lego Mania: 2nd-4th grade
Friday: 4:45-5:30 PM
Session I: Sept. 14th
Session II: Oct. 26th
Cost/Session: \$35.00
Y Member: \$20.00

Outdoor Soccer:
3-5 years: 10:00-11:00AM
K-3rd: 11:00-12:00PM
Session: Sat, Sept. 8th
Cost/Session: \$35.00
Y Member: \$20.00

Karate: Ages 6 through adult
Monday: 7:00-8:00PM
Monthly sessions
Cost/Month: \$25.00
Y Member: \$20.00

Dodgeball: Sept. 14th
2nd-4th grade: Fri. 5:30-6:15PM
5th-8th grade: Fri. 6:15-7:00PM
Cost/Night: \$5.00
Cost/6 Weeks: \$30.00
Y Member: \$20.00

Floor Hockey: Nov 3rd
K-3rd gr. Sat 10:30-11:30AM
4-6th gr. Sat 11:30AM-12:30PM
Cost/Session: \$35.00
Y Member: \$20.00

Jr. Basketball: Oct 20th
K-3rd grade Sat 1:00-2:00PM
4-6th grade Sat 2:00-3:00PM
Cost/Session: \$35.00
Y Member: \$20.00

Holiday Camp: K-6th Grade
Dec 26-28 7:30AM -5:30PM
See special flier.

Program Information

Youth programs are free for those with a Wayne County Y Family Membership. *(Special Events, After-school and Holiday/ Summer Camp are excluded.)*

Members from other Y's that register for youth programs pay member rates.

Program sessions are 6 weeks long unless otherwise noted.

Pre-registration required.

\$5 sibling discount for full sessions



7th Grade Initiative:

a FREE YMCA membership to all students in the 7th grade. The goal of the initiative is to inspire youth to develop a healthy lifestyle, and gain the assets needed to avoid risky behaviors and succeed in school and life. Participants meet the 3rd Wednesday of each month at 5:30 to work on projects, events, volunteerism and more.

Pre-K Sports: 3-5 yrs.
Friday: 4:00-4:45PM
Session I: Sept. 14th Sport Skills
Session II: Oct. 26th Floor Hockey
Cost/6 Weeks: \$30.00
Y Member: \$20.00

Calming Kids Yoga: K-6
Wednesday: 4:15-5:15PM
Session I: Sept. 12th
Session II: Oct. 24th
Cost/Session: \$30.00
Y Member: \$20.00

Youth Gymnastics

Session I: Sept. 11-Oct 16
Session II: Oct. 30-Dec 4

Pre-K Gym & Play : 3-5 yrs.
Tuesday: 4:00-4:45PM
Cost/Day: \$5.00
Cost/6 Weeks: \$30.00
Y Member: \$25.00

Beginner Gymnastics:
New & Returning beginners
Tuesday: 5:00-6:00PM
Cost/Session: \$41.00
Y Member: \$32.00

Sunday Family Fun Days:
Dates: Nov 4 & Dec 9 1:00-2:30

Ghoul School: Sat. Oct. 27th
4-10 yrs.: 10:30-11:30AM
Cost :\$12.00
Y Member: \$10.00

Elf School: Fri. Nov 23rd
4-10 yrs:10:30-11:30AM
Cost: \$12.00
Y Member: \$10.00

Book Your Birthday Party:
Sat 5:00-7:00PM

Theme Choices: Sports, Obstacle Course, Super Nerf, Princess, Creative Art, Dance Party DJ's, Gymnastics & Bouncy House parties too! Call the Y for more details.

