



WAYNE COUNTY STRONG!

Your YMCA has worked hard to serve our community during these difficult times.

Emergency Blood Drives were held March 26 & April 29. Our Drive was held May 20 at the Armory. We will assist the American Red Cross in offering these community events.

May 4 - July 24 Essential Day Care was provided to children and from June 15—August 28 we offered our **Summer Day Camp** too. We served between 20-50 children each week while following CDC guidelines.

Our **Health Center** opened June 12 with Covid 19 protocols in place. We limited the number of members in the health center and only allow Y Members to use the facility. **Come see our updated equipment!**

This fall we are rolling out new **social distance programs** and opportunities for families to do things together safely. Fitness schedules have been scaled back to allow proper cleaning. **Appointments must be made for fitness classes and open gym.**

We appreciate those who have supported us throughout our years and ask that you continue to help us serve our community.



Wayne County YMCA Fall Programs 2020

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WAYNE COUNTY YMCA

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



Hours of Operation

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

EDU-CARE PROGRAM

Day Care program for K-5th grade students who are doing on-line education. Program includes supervision of on-line education, physical activities and games. This program is limited to 20 students.

Early Care: 7:15AM—8:15AM

Edu-care: 8:15AM—4:00 PM

After Care: 4:00 PM-5:00PM

There is a \$15.00 discount for siblings in the program.

Edu-care Cost: \$110.00/Week

Early Care Cost: \$10.00/Week

After Care Cost: \$10.00/Week

Full Care Cost: \$125.00/Week

A-Team Program

This program is for youth on the autism spectrum. Make friends, enjoy social time, hang out and more! Program will begin later this year. Call for details. This program is supported by a grant from the AllOne Foundation.

7th Grade Initiative: a FREE YMCA membership to all students in the 7th grade. The goal 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 are encouraged to do projects, events, volunteerism and more.

Pre school Sports: 3-5 year olds
Indoor Soccer—9/18-10/23
Basketball—11/6-12/18 (not 11/27)
Time: Friday 5:30-6:15
Y Members: \$20.00/session
Non Y Members: \$30.00/session

Outdoor Soccer: K-3rd Graders
Session: 9/16-10/21
Time: Wednesday 5:15-6:15
Y Members: \$20.00
Non Y Members: \$35.00

Youth Basketball: K-3rd Graders
Session: 9/18-10/23
Time: Friday 6:15-7:15
Y Members: \$20.00
Non Y Members: \$35.00

Program Information
Youth programs are free for those with a Wayne County YMCA Family Membership. (*Special Events, Afterschool and Holiday/ Summer Camp are excluded.*)
Program sessions are 6 weeks long unless otherwise noted.

We will practice safe protocols. Masks are required.

Pre-registration required.
There is a \$5.00 sibling discount for full sessions

Safe At Home by SafeSitter for 4th -6th graders & **Safe Sitter Essentials with CPR** for 6-8th Graders can be offered. Please call for details.



ELECTRONIC RECYCLING EVENT

SAT., SEPT 26, 2020 Wayne County Fair Grounds
9:00 AM—2:00 PM \$20/car (\$20 /air conditioner,
dehumidifier and humidifiers) See Flier for details.
Funds raised from events benefit the YMCA
Financial Assistance Program.
Thank You!



YOUR FAMILIES NIGHT OUT

Do you need to get out of the house and do something together? This program is for families to enjoy activities with each other. Book your night and chose from Bowling, Corn Hole, Can Jam, Basketball, Soccer or Floor Hockey.
Fridays: 7:30-8:45 PM
Cost Y Families: \$10.00
Cost Non Y Families: \$25.00

HEALTH AND WELLNESS

Diabetes Prevention Program

If you are at risk for Type 2 Diabetes, you can make small, measureable changes that can reduce your risk and help you live a happier life! Let us help you. This year long program provides a free Y membership. Call for information. We may do this virtually.

Matter of Balance

Many Older adults have concerns about falling and restricting their activities. The program emphasizes practical strategies to manage falls. Call for information.

Personal Training:

Professional assistance to increase your strength, flexibility, endurance, posture, balance, coordination, and cardiovascular health & fitness. Choose from 3, 6 or 12 session packages. You can also choose from One on One Training, with a 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 Personal Training Flier for more information.

Your health is important! Let us help you!

9/11 BLOOD DRIVE 12:30-5:30

Donate blood in honor of those who lost their lives that day. Make your appointment on redcrossblood.org.

Fitness Class Schedule (appointments only starts 9/14)

X-Fit: Mon & Wed 9:00-9:45AM

Chair Yoga: Tues 9:00-10:00 AM

Silver Sneakers: Mon & Wed 10:00-10:45AM

Enhance Fitness: Mon & Fri 11:00AM-12:00PM

Hatha Yoga: Tues 10:30AM-12:00PM Thurs 5:15-6:30PM

Yoga: Friday 10:00-10:45AM & Saturday 8:30-9:15AM

Simply Strength: Tues. & Thurs. 5:30-6:30PM

Body Fit: Mon. & Wed. 5:00-6:00PM

Mat Pilates: Wed. 11:00AM-12:00PM

Spinning: Call for start dates Mon. & Wed. 5:30-6:30PM

On-going Group Fitness Classes are FREE to Y members. You must reserve your spot to take a class. Only one class per day is allowed at this time and only Y Members are allowed to take classes. When we start to allow guests the following fees apply:

NON-MEMBERS 45 min. class \$7.00 1 hr. or more \$10.00



Karate

Ages 6 - adult
Mon: 7-8 PM
Monthly sessions
Cost/Month: \$25.00
Y Member: \$20.00

Pickleball

Starting Sept 15
TUES: 6:30-8:30PM
Must reserve your time

YMCA MEMBERSHIP

Family \$487 (Couple, children under 18 or full-time college students under 23 years)

Adult \$361 (18 years and above)

Sr. Youth \$171 (13-18 yrs or f-time college)

Jr. Youth \$65 (6-12 years)

Pre-k \$45 (birth -5 years)

Nationwide Membership is included!
Silver Sneakers, PRIME & Silver & Fit are accepted here. Check your insurance.

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.