

ADULT PAINT & CRAFT CLASS

Tuesdays 12:00-1:00 PM
Starts September 13, 2022 call for info.

BLOOD DRIVE

SEPTEMBER 21, 2022

12:00-5:00 PM

Lose 500 Calories by donating blood to save a life. Make appointments on www.redcrossblood.org (if you need help see YMCA Desk Staff)

Y WELLNESS 24/7

Virtual fitness for YMCA Members! The platform offers over 130 fitness class options per week. Personal goal setting and more. Meet other Y Fitness Staff and try classes that aren't offered in our community. Over 26 Y's are participating. If you are a Y member call the desk to get registration steps.

Special Events

Sat, Sept 10 YMCA 5K Run/Walk
Sat. Sept 17 Electronic Recycling Event
Call for details or to register.

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.

Fitness Class Schedule

X-Fit: Mon & Wed 9:00-9:45AM
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
Beginner Yoga: Wed 11:00AM-12:00PM
Simply Strength: Tues. & Thurs. 5:30-6:30PM
Body Fit: Mon. & Wed. 5:00-6:00PM
NEW THIS FALL!
Walking Program: Tues & Fri 9:00-10:00AM
Active Adults Play Ball: Fri 10:00-11:00AM
Pound: Wed 11:00AM-12:00 PM
Pound & Lift: Wed 6:30-7:30 PM
Spinning: TBD Mon. & Wed. 5:15-6:00PM
YMCA MEMBERS: Group Fitness Classes FREE (excludes specialty classes)
ONE MONTH FITNESS MEMBERSHIP: \$35.00
NON-MEMBERS 45 min. class \$7.00
1 hr. or more \$10.00

Join us for Pickleball later this fall

2023 WEIGHT NO MORE

Details coming soon! We want to continue to motivate our community to lose weight and get healthy together.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WAYNE COUNTY YMCA

Fall 2022

Hours of Operation

Mon—Fri 5:30AM-8:30PM
Saturday 8:00AM-3:00PM
Sunday 8:00AM-1:00PM

WAYNE COUNTY YMCA

105 Park Street
Honesdale, PA 18431

570-253-2083 wcyymca.com



YMCA MEMBERSHIP

Family \$500 (Couple, kids under 18 or full-time college students under 23 years)

Family \$434 (Couple only)

Adult \$374 (18 years and above)

Sr. Youth \$182 (13-18 yrs or in college)

Youth \$70 (Birth -12 years)

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

Join our Family to keep yours healthy!

YMCA Youth Programs

Lego Mania: 3rd-5th Graders

Session: 9/15-10/20 Time: Thurs. 4:30-5:30
Y Members: \$20.00 Non Y Members: \$35.00

Pre School Sports: 3-5 year olds

Soccer—09/16-10/21

Mixed Sports—10/28- 12/9 No class 11/25
Time: Friday 4:45-5:30 PM

Y Members: \$20.00/session
Non Y Members: \$30.00/session

Outdoor Soccer: K-4th Graders

Session: 9/14-10/19 Time: Wed 5:30-6:30
Y Members: \$20.00 Non Y Members: \$35.00

Youth Basketball: K-4th Graders

Session: 9/16-10/21 Time: Friday 5:30-6:30
Y Members: \$20.00 Non Y Members: \$35.00

Homeschool Stem & Crafts : K-8th Graders

Session: 9/13-10/18 Time: Tues 10:00-11:00
Y Members: \$20.00 Non Y Members: \$35.00

Homeschool Gym: K-8th Graders

Session: 9/13-10/18 Time: Tues 11:00-12:00
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, Edu-Care and Holiday/ Summer Camp are excluded.)*

Program sessions—6 wks long unless noted.

Must Pre-register. \$5.00 sibling discount for full sessions

New Program's this fall

Meet & Treat: 5yrs. & Up with an adult

Learn to make healthy food & make new friends.

Session: 9/15-10/20 Time: Thurs. 5:30-6:30
Y Members: \$25.00 Non Y Members: \$45.00

MY CLUB : 6-8th graders

Enjoy games, crafts, field trips & more

Session: 9/15-10/20 Time: Thurs. 6:30-7:30
Y Members: \$20.00 Non Y Members: \$35.00

Wayne County YMCA

FREE HEALTH AND WELLNESS

Start your year off getting healthier!

FREE Diabetes Prevention Program offers you the support and small, measureable changes that can reduce your risk of Diabetes. Year long program includes a free Y Membership & 26 sessions.

Starts: Sat, Oct 1 from 9:00-10:00 AM
or Mon, Oct 3 from 5:30-6:30 PM

FREE Matter of Balance Program to help older adults who have concerns about falling & restricting their activities. The program emphasizes practical strategies to manage falls. This 8 week program includes a 2 month Free Y Membership and 8 Sessions.

Starts: Mon, Oct 3 from 10:00-12:00
or Wed, Oct 5 from 10:30-12:30

Your health is important! Let us help you!

Pre Registration is a must because class size is limited!

Licensed After School Camp: K-5th grade

At: Wallenpaupack Primary School

From: Sept. 6, 2022—June 16, 2023

Mon—Fri from 2:30-5:30 PM

Cost/Day: \$15.00 or \$70/week

Y Member: \$10.00 or \$45/week

You must pre register & fill out calendars.

Ask about our 7th Grade Initiative:

The YMCA gives a FREE YMCA membership to all 7th graders.

A-Team Program

This program is for adults 18 and older or youth under 18 with a parent, who are on the autism spectrum. Make friends, enjoy social time, hang out and more!

Meet Fri Nights 6:30-8:00 for sports, crafts, parties, games, swimming and more. A monthly schedule is posted and you can attend all or some of the scheduled events.

Sept 16 & 23, Oct 7 & 28
Nov 4 & 18, Dec 2 & 9

Call for details. This program is supported by a grant from the AllOne Foundation.

Book Your Birthday Party!

Saturday or Sunday!!

Themes: Sports, Obstacle Course, Super Nerf, Creative Art, Dance Party DJ's, Gymnastics & Bouncy House parties too!!

Call the Y for more details.



Karate Ages 6 - adult

Mon: 6:45-7:45 PM Monthly sessions

Cost/Month: \$25.00 **Y Member: \$20.00**