



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



**YMCA MEMBERSHIP**

**Family \$465** (Couple, children under 18 or full-time college students under 23 years)

**Adult \$340** (18 years and above)

**Sr. Youth \$160** (13-18 yrs or f-time college)

**Jr. Youth \$60** (6-12 years)

**Pre-k \$40** (birth -5 years)

**Nationwide Membership is included!**

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

**HEALTH AND WELLNESS**

**Health Coach:**

Book an appointment to learn how to attain health & lifestyle goals with the support & information you need to make life changes. See our flier for details.

**Personal Training:**

Book your sessions today. Professional assistance to increase your strength, flexibility, endurance, posture, balance, coordination, and cardiovascular health and fitness.

Choose: 3, 6 or 12 session packages. Choose: 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.



**Wayne County YMCA**

105 Park Street  
Honesdale, PA 18431

www.wcymca.com 570-253-2083

**Hours of Operation:**

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

**Fitness Class Schedule**

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

**Chair Yoga:** Thurs 10-10:45AM

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

**Golden Gang:**  
Tues & Thurs. 9-9:45AM

**Hatha Yoga:**  
Tues & Thurs. 10:30AM-12PM &  
Thurs 5:15-6:30PM

**Silver Sneakers:**  
Mon, Wed & Fri 10:00-10:45AM

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

**X-Fit:** Mon & Wed 9:00-9:45AM  
**Zumba:** Fri 9:00-9:45AM &  
Wednesday 6:00-7:00PM

**Strong By Zumba:** Sat 9-10:00AM  
& Mon 6:00-7:00 PM

**Parkinson's Spin Class:**  
Sat 10:00-11:00AM

**Ultra Beg. Line Dance:**  
Tues 10:00-10:45AM

**Spinning:** Fri 5:15-6:00 PM

**Mat Pilates: 4 week sessions**  
Mon. 6:00-7:00PM  
Tues. 11:00AM-12:00PM

**\*Tai Chi: Session: May 15**  
Must pre register. There is a fee for this program. Call for details  
Wed. & Fri. 12:15-12:50PM

**New FREE programs:**  
**Diabetes Prevention Program:** For people with Prediabetes's who want to prevent becoming diabetic.  
**Matter of Balance:** If you have concerns about falling or have trouble keeping your balance, this program is for you.  
Call for details on these programs.

On-going Fitness Classes are FREE to members.  
NON-MEMBERS: 45 min. class \$5.00  
1 hr. or more \$7.00  
Sign up for REMIND for the latest fitness news.  
TEXT: TO: 81010 MESSAGE: @wycm

**Pickleball**

**Court times**

TUES: 6:30-8:30PM  
THURS: 3:30 -5:00PM  
SUN: 8:30-11:30AM

**Free to Y Members  
\$5.00 Per Day Non Member**

**EVENTS**

**Electronic Recycling: Sat 4/27**

**Health Kids Day: Sat 4/27**

**Drive for Your Y: Sat 5/11**

**Camp is in the Bag: Wed 5/15**

**Blood Drive: Wed 5/22**

### Program Information

Youth programs are free for those with a Wayne County YMCA Family Membership.

*(Special Events, Afterschool and Holiday/ Summer Camp 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.
- \* \$5.00 sibling discount for full sessions

**After School Camp:** K-5th grade  
Wallenpaupack Primary School  
2:30-5:30 PM

Cost/Day: \$10.00 or \$45/week  
**Y Member: \$7.50 or \$35/wk.**

**Lego Mania:** 2nd-4th grade  
Friday: 4:45-5:30 PM

Session : April 12th  
Cost/6 Weeks: \$35.00  
**Y Member: \$20.00**

**Junior Basketball: April 13th**  
K-2nd Grade 10:30-11:30AM  
3rd-6th Grade: 11:30-12:30PM  
Session: Sat, April 13th  
Cost/6 Weeks: \$35.00  
**Y Member: \$20.00**

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

**NERF Madness: April 12th**  
2nd-4th gr.: Fri. 5:30-6:15PM  
5th-8th gr.: Fri. 6:15-7:00PM  
Cost/Night: \$5.00  
Cost/6 Weeks: \$30.00  
**Y Member: \$20.00**

**Snag Golf: 1st-3rd grade**  
Saturday: 1:00-2:00PM  
Session: April 13  
Cost/6 Weeks: \$30.00  
**Y Member: \$20.00**

## CARING HONESTY RESPECT RESPONSIBILITY Spring 2019 YOUTH PROGRAMS



**Home School Gym Class:** K-8th gr.  
Tues: 3:00-3:45 Starts: April 16th  
Cost/6 Weeks: \$35.00  
**Y Member: \$20.00**

**Pre-K Sports:** 3-5 yrs.  
Friday: 4:00-4:45PM  
Session I: April 12th (T-Ball)  
Cost/6 Weeks: \$30.00  
**Y Member: \$20.00**

**Calming Kids Yoga:** K-6  
Wednesday: 4:15-5:15PM  
Session I: April 17th  
Pre Registration Required  
Cost/6 Weeks: \$30.00  
**Y Member: \$20.00**

**Youth Gymnastics**  
Session: Apr 16th- May 21st

**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/6 Weeks: \$41.00  
**Y Member: \$32.00**

### FINANCIAL ASSISTANCE

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

### **7<sup>th</sup> 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.

**Track and Field: K-6th Grade**  
Wednesday 5:15-6:15 PM  
Session: April 17th- May 22nd  
Cost/6 Weeks: \$30.00  
**Y Member: \$20.00**

**Robot Mania: 4th-8th Grade**  
Monday: 5:30-6:30 PM  
Session: April 29-May 20  
This program is free.  
Preregistration required.  
Limit 12 participants.

**Nature & Me: 1st-8th Grade**  
Tuesday: 5:30-6:30 PM  
Session: May 7th-28th  
This program is free  
Preregistration required  
Limit 20 participants.

**Summer Day Camp: K-9th Grade**  
Wayne Highlands Camp kicks off Monday, June 17.  
Wallenpaupack Camp kicks off Monday, June 24.  
See our Camp Flier for details.

**Book Your Fall Birthday Party:**  
Sat 5-7:00PM or Sun 3-5:00 PM  
Many Theme Choices Available:  
Call the Y for more details.

