



**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 in the New Year 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.



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

**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:** Jan 19  
Saturday 10:00-11:00AM

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

**Spinning:** Fri 5:15-6 PM  
Mon. & Wed. 5:30-6:30PM

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

**\*Tai Chi: Session: Jan 7**  
Must pre register. There is a fee for this program. Call for details on the morning class.  
Wed. & Fri. 12:15-12:50PM

**Watch for new programs:**  
The American Lung Associations: Diabetes Prevention Program and The Matter of Balance Program. Also watch for Rock Steady Boxing

**Weight No More: Starts Jan 10**

**Pickleball**

**Court times: Free to Y Members**

TUES: 1:30-3PM & 6:30-8:30PM

THURS: 3:30 -5:00PM

FRI: 6:00-8:00AM

SUN: 8:30-11:30AM

**Watch for upcoming tournaments!**

**Pickleball for Beginners**

Monthly Sessions

Starts: January 5

Saturday 2:30-3:30 PM

Cost/Month: \$25.00

**Y Member: \$20.00**

### 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 I: Jan 11th

Session II: Feb 22nd

Cost/6 Weeks: \$35.00

**Y Member: \$20.00**

**Indoor Soccer:**

K-3rd Grade 10:30-11:30AM

4th-6th Grade: 11:30-12:30PM

Session: Sat, January 12th

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:** Jan 11th

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**

**Indoor Tennis:** Jan 12th

2nd-6th gr. Sat 1:00-2:00PM

Cost/6 Weeks: \$35.00

**Y Member: \$20.00**

## CARING HONESTY RESPECT RESPONSIBILITY WINTER 2019 YOUTH PROGRAMS



**Home School Gym Class:** K-8th gr.

Tues: 2:30-3:30 Starts: Jan. 8

Cost/6 Weeks: \$35.00

**Y Member: \$20.00**

**Pre-K Sports:** 3-5 yrs.

Friday: 4:00-4:45PM

Session I: Jan 11th (Soccer)

Session II: Feb 22nd (Mixed Sports)

Cost/6 Weeks: \$30.00

**Y Member: \$20.00**

**Calming Kids Yoga:** K-6

Wednesday: 4:15-5:15PM

Session I: Jan 9th

Session II: Feb 20th

Cost/6 Weeks: \$30.00

**Y Member: \$20.00**

### **Youth Gymnastics**

**Session I: Jan 8th-Feb 12th**

**Session II: Feb 26th-Apr 2nd**

**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.

### **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.

**Book Your Birthday Party:**

Sat 5:00-7:00PM

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



details.

**Sunday Family Fun Days:**

Spend quality family time and have fun while playing! Enjoy Kan Jam, Cornhole, Bowling, Nerf Madness and bouncing in the bouncy house!  
Dates: Jan 13, Feb 10 & Mar 17  
Times: 1:00PM-2:30PM

Cost/Day: \$10.00 per family

**Y Family Members: FREE**

### WATCH FOR 2 NEW PROGRAMS

**Robot Mania:** 4th-8th graders enjoy working with robotic equipment engaging in engineering concepts and fun!

**Nature & Me:** 1st-8th graders engage in outdoor adventures learning about our local environment and natural resources. Hiking, digging & more!

Get your name on the waiting lists.