



WAYNE COUNTY YMCA Winter Programs 2020

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Indoor Soccer: Jan 11
K-2nd: 10-11AM/3-5th: 11-12PM
Cost: \$35.00
Y Member: \$20.00

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

NERF & Dodgeball: Jan. 10
2nd-4th: Fri. 5:30-6:15PM
5th-8th: Fri. 6:15-7:00PM
Cost/Night: \$5.00
Cost/6 Weeks: \$30.00
Y Member: \$20.00

Youth Gymnastics: Jan 7
Tuesday: 4:15-5:15PM
Cost/Session: \$41.00
Y Member: \$32.00

Tennis: Jan 18
1st-6th gr. Sat 1:00-2:00PM
Cost: \$35.00
Y Member: \$20.00

Pre-K Sports: 3-5 yrs.
Friday: 4:00-4:45PM
Jan 10 Indoor Soccer
Feb 21 Mixed Sports
Cost/6 Weeks: \$30.00
Y Member: \$20.00

Mom & Me Gymnastics: 3-5 yrs.
Thursday: 11:15AM-12:00PM
First Session: Jan 9
Cost/6 Weeks: \$30.00
Y Member: \$20.00

Family Fun Day: Jan 19 & Feb 23
Enjoy Corn hole, Bowling, Bouncy house, music & fun 1:00 -2:30.
Cost: \$10.00/Family
Y Family Members: FREE

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



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

Program Information

Youth programs are free for those with a Wayne County YMCA Family Membership. *(Special Events, Afterschool 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.
There is a \$5.00 sibling discount for full sessions

Put a Bounce in your winter!

Saturdays Jan 11- Feb 29
9:00-9:45 Bouncy House, balls & more. For 3-5 year olds
Cost/Day: \$7.00
Y Members: \$5.00

Coming in the Spring!

Youth Basketball K-6th
Track & Field K-6th
Flag Football K-6th
Pre K Sports T-Ball 3-5 yrs.



A Touch of Preschool: 3-5 yr olds
Preschoolers learn about taking turns, playing with others and enjoying physical activity. Counting, colors and more! Starts: Jan 9
Day: Thursday 9:30AM-12:00PM
Cost/Month: \$55.00
Y Member: \$40.00

7th Grade Initiative: a FREE Y membership to all 7th graders. The program meets the 3rd Wed of each month at 5:30 to work on projects, events, volunteerism and more.



Book Your Birthday Party:

Sat 5-7:00 PM or Sun 3-5:00 PM

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

Safe At Home by SafeSitter

4th -6th graders. Mon. Jan 13, Feb 24 or Mar 23 from 4:00-5:30 PM. You Must pre register.

Cost: \$30.00 **Y Member: \$25.00**

Safe Sitter Essentials with CPR

6-8th Graders—Bring bag lunch
Sat, Jan 18, Feb 22 or Mar 21 from 9:00-3:30. You must pre register
Cost: \$70.00 **Y Member: \$65.00**

Pickleball

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

Cornhole

THURS: 7:00-8:30 PM
Watch for tournaments!



WAYNE COUNTY YMCA



Join us in 2020 for your health!

Membership Type	Joiner Fee	Monthly Draft	New Rate & Joiner Fee
Pre K (Birth-5 yrs.)	\$5.00	N/A	\$45.00
Jr. Youth (6-12 yrs.)	\$5.00	N/A	\$65.00
Sr. Youth (13-18 yrs or full time College student)	\$15.00	\$13.00 Monthly Draft	\$171.00
Adult (over 18 yrs.)	\$40.00	\$26.75 Monthly Draft	\$361.00
Family (Couple & children under 18 yrs. or full time college student up to 23 years)	\$40.00	\$37.25 Monthly Draft	\$487.00

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

Fitness Class Schedule

On-going Group Fitness Classes are FREE to Y members.

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

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

Yoga:

Tuesday 6:00-7:00 PM
Friday 10:00-11:00 AM

Silver Sneakers:

Monday, Wednesday & Friday
10:00-10:45AM

Simply Strength:

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

X-Fit:

Mon & Wed 9:00-9:45 AM

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:

Wed. 11:00AM-12:00PM

Parkinson's Spin:

Saturday 10:00-11:00AM

Ultra Beg. Line Dance:

Tues 10:00-10:45AM

Spinning:

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



NEW

Calming Kids Yoga: K-6th Gr.

Start Jan 7. Tues 3:30-4:15
Cost/Session: \$30.00
Y Member: \$20.00

HEALTH AND WELLNESS

Diabetes Prevention Program Are you at risk for Type 2 Diabetes? Let us help you make small changes that can reduce your risk and help you live a happier life!

Matter of Balance Do you have concerns about falling or restricting activities? The program emphasizes practical strategies to manage falls. Fridays 9:30-11:30 Jan 17.

Health Coach: Learn to attain health & lifestyle goals with the support & information you need to make life changes.

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.

Call for more details or for the fliers on these programs. **You must pre register.**

ELECTRONIC RECYCLING EVENT

Sat, April 25 Wayne County Fair Grounds 9:00 AM—2:00 PM \$20/car (\$20 /air conditioner, dehumidifier & humidifiers) See Flier for details. Funds raised from events benefit the Y Financial Assistance Program. Thank You!



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 our Member Service Desk or on our website.