



WAYNE COUNTY YMCA

Winter Programs 2021

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA MEMBERSHIP

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

Family \$424 (Couple only)

Adult \$361 (18 years and above)

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

Youth \$65 (Birth -12 years)

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

Join our Family to keep yours healthy!

WAYNE COUNTY YMCA

105 Park Street
Honesdale, PA 18431

wcymca.com
570-253-2083



Hours of Operation

Temporary new hours

Mon, Wed & Fri 5:30AM-8:00PM
Tues & Thurs 7:00AM-8:00PM
Sat 8:00AM-2:30PM
Sun 8:00AM-12:00PM

Y WELLNESS 24/7

New virtual fitness for Y Members!

The platform offers over 130 fitness class options per week. Personal goal setting and more. Here's a chance to meet other Y Fitness Staff and try classes that aren't offered in our community. 26 Y's are participating. Join us for showcase classes in our Y Gymnasium.

If you are a Y member call the desk to get registration steps.

WAYNE COUNTY STRONG!

Your YMCA continues our mission to serve our community offering innovative programs to all.

A Community Blood Drives were held on Nov 25, Dec 16, and Jan 21 the American Red Cross has lost many of it's locations for blood drives so the Y has increased our events.

Edu-Care Child Care program was offered for the community when the schools closed for virtual learning.

Our Health Center continues to serve our members only. We limit the number of users and continue to check temperatures and follow CDC guidelines for safety.

Appointments must be made for fitness classes and open gym. Plus we have added Y Wellness 24/7!

We appreciate all who have continued to support us during this time. Watch the Y website and our facebook page for updates and changes.

HEALTH AND WELLNESS

Call for information on all these programs.

Diabetes Prevention Program FREE program offers you the support and small, measureable changes that can reduce your risk of Diabetes. Let us help you. Zoom class offered starting mid Feb. Call for info.

Matter of Balance FREE program to help older adults who have concerns about falling & restricting their activities. The program emphasizes practical strategies to manage falls. Zoom class mid Feb. Call for info.

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. 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!



ELECTRONIC RECYCLING

SAT., APRIL 24 & SEPTEMBER 25, 2021.

Wayne County Fair Grounds 9:00 AM—2:00 PM
\$20/car (\$20 /air conditioner, dehumidifier & humidifiers)

See Flier for details. Funds raised benefit the
YMCA Financial Assistance Program.

Thank You!



7th Grade Initiative: a FREE Y membership to all 7th graders. 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, volunteerism events, and more.

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

Youth Sports Programs

Pre school Sports: 3-5 year olds

Basketball—1/29-3/5
Mixed Sports—3/12-4/23 no class 4/2
Time: Friday 5:00-5:45 PM
Y Members: \$20.00/session
Non Y Members: \$30.00/session

Indoor Soccer: K-4th Graders

Session: 1/27-3/03 Time: Wed 6:30-7:30
Y Members: \$20.00 Non Y Members: \$35.00

Youth Basketball: K-4th Graders

Session: 1/29-3/5 Time: Friday 6:00-7:00
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 are 6 weeks long unless noted.

We practice safe protocols. Masks are required.

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

Karate Ages 6 - adult

Mon: 6:45-7:45 PM Monthly sessions
Cost/Month: \$25.00 Y Member: \$20.00

BLOOD DRIVE

MAY 19, 2021

Lose 500 Calories by donating blood to save a life. Make appointments on redcrossblood.org.

Fitness Class Schedule (appointments needed)

Wait until you hear about our new virtual option starting 1/20/2021



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

Yoga: Friday 10:00-10:45AM

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

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

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

Pickleball

Regular Play: Tues:6:45-7:45PM & Sun:8:30—11:30AM

Tournament: February 21st starts at 12:00. Singles and doubles divisions. \$25.00/player. Register by: 2/17.

Corn Hole

Tournament: Saturday, February 13th at 12:00.

Doubles Divisions. Call for details.

Register By: February 10th.

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.