



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



**JUNIATA VALLEY YMCA Fall Winter Guide 2019-20**



## WELCOME TO THE Y!

The Y is made up of people of all ages and from every walk of life, all working side-by-side to ensure that everyone, regardless of age, income or background, has the opportunity to live life to its fullest.

More than just a place to exercise, the Y is focused strongly on our mission to put Christian principles into practice by providing youth, adult, senior and family programs that build healthy body, mind and spirit for all.

At the Y, strengthening community is our cause.

Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn and grow. The Y is committed to strengthening communities—it's what we have been doing for more than 160 years. At the Y, we view participation in our programs and services as a means to a greater end. We hope to tell our story to help more kids reach their potential, help more families and individuals achieve better health outcomes, and encourage everyone to get involved and make their community a better place.

every child and teen.

- **Healthy Living: Improving the nation's health and well-being.**
- **Social Responsibility: Giving back and providing support to our neighbors.**

### **ALWAYS HERE FOR OUR COMMUNITY.**

With a mission to put Christian principles into practice through programs that build a healthy spirit, mind and body for all, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child and when a community comes together for the common good.

**Welcome to the Y, a nonprofit organization dedicated to strengthening the community. With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your participation will bring about meaningful change not just within yourself, but in your community, too.**

**When you join the Y, you join a community organization that offers more health, more hope, more opportunity:**

- **Parents find a safe, nurturing environment for their children to stay active, be engaged and learn positive values.**
- **Families come together to have fun and spend quality time with each other.**
- **Children and teens play, develop self-confidence and know they are accepted.**
- **Adults connect with friends, pursue interests and learn how to live healthier.**
- **People from all backgrounds and walks of life come together to volunteer and help our community become stronger.**
- **We all build relationships that further our sense of belonging and purpose.**





# YOUR Y – Membership

MEMBERSHIP TYPE	INITATION FEE	MONTHLY PAYMENT
2 ADULT HOUSEHOLD	\$50.00	\$57.75
1 ADULT HOUSEHOLD	\$50.00	\$47.75
ADULT (19-64)	\$30.00	\$39.75
SENIOR CITIZEN (65+)	\$30.00	\$26.25
COLLEGE STUDENT	\$20.00	\$18.25
YOUTH (6-18)	\$0.00	\$13.75
CHILD (0-5)	\$0.00	\$9.00

**\*2 ADULT HOUSEHOLD**—two adults living in the same household, including dependent children through age 23

**\*1 ADULT HOUSEHOLD**—one adult living in the same household including dependent children through age 23

A membership application must be completed and signed at the Member Service Desk located inside the Juniata Valley Y. Authorization will be required for those opting for the monthly membership. Questions regarding membership accounts should be directed to a Member Service Staff member during business hours.

## JOIN US TODAY!



The Juniata Valley YMCA offers a great place to increase health, have fun and meet new friends. Providing a variety of programs for every body and every level of fitness, the YMCA continues to help participants improve their health and well being while building a stronger sense of community.

### Membership Payment:

Membership can be paid monthly with automatic withdraw or with annual payment. Monthly payment occurs on the 5th of every month automatically withdrawn from the member's checking, savings or credit card account. When joining, members pay the initiation fee plus a pro-rated amount for the first month. Cancellation notices are required prior to the 20th of the month when canceling. Those opting for annual will make one payment yearly on the membership anniversary date. Reminders are sent one month in advance. When joining, members will pay the initiation fee plus the yearly membership rate in full.

### Day Passes:

Student, College Student & Senior Citizen (ages 65+)  
\$15/3 day pass  
Adult \$30/3 day pass

### Card Scanning:

All members of the facility will receive a member card. Members are required to bring their card and check in at each visit.

***The Y is a family oriented facility, therefore we will not tolerate profanity of any kind, smoking on any Y premises, violent behavior or spitting. Appropriate dress is expected in all areas of the Y. Shirts and shoes must be worn. Children 8 and younger must be accompanied by a parent or adult at all times. Members are required to present their membership cards to be scanned, verifying a current membership, name and photograph for identification.***

# YOUR Y – Information

## MEMBERSHIP BENEFITS

With the Y you're not just a member of a facility; you're part of a cause with a shared commitment to nurturing the potential of kids, improving health and well-being, and giving back and supporting your neighborhood. Our activities, which range from health and fitness to sports, swimming and much more, give you and your family the opportunity to be healthier and happier.

### BENEFITS of Membership:

- Unlimited access to the facility (when activity schedules permit)
- Unlimited use of cardiovascular and strength equipment (age appropriate)
- Reduced rates on classes, programs and child watch
- Earliest class and program registration dates
- Free fitness orientation
- Open gym time (based on schedule)
- Open swim time (based on schedule)
- A safe environment for kids to learn good values, social skills and behavior.
- Families have fun and spend quality time together.
- Kids learn what they can achieve and are accepted for who they are.
- Adults connect with friends, have fun, and learn how to live healthier.

### HOURS OF OPERATION

*\*All facility hours are subject to change pending needs of the community*

#### Summer / Fall—(June-October)

Monday - Friday 5 AM - 10 PM

Saturday 7 AM - 1:30 PM

Sunday 1 PM - 5 PM

#### Winter / Spring—(November-May)

Monday - Friday 5 AM - 10 PM

Saturday 7 AM - 5 PM

Sunday 1 PM - 7 PM

**\* Desk staffed M-F 7:00a.m.-10:00p.m. & weekend operating hours**

**The Facility is closed** New Year's Day, Easter Sunday, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and Christmas Day.

### Y GENERAL FACILITY RULES & GUIDELINES

Our concern is for your safety! Please obey the following safety rules while in the facility:

- Lock up your valuables!
- No tobacco products allowed in the facility.
- No littering, spitting, or open drink containers. Throw your trash in the cans provided.
- No excessively loud yelling. No profane language.
- No fighting, wrestling or horseplay.
- Stay off the gymnastics mats and equipment.
- Clean up after your group/party.
- Stay off basketball rims and nets.
- YMCA basketballs stay in the gyms. No footballs, softballs or baseballs.
- No public display of affection. No laying on the couches or chairs.

**Be respectful to all and enjoy  
your time at the YMCA.**

# YOUR Y – Benefits

## WELLNESS CENTER

The Wellness Center is open for use during all hours that the YMCA is in operation. A full line of cardio, strength training machines and free weights are available. Anyone 14 or older may use the Center while those 11-13 must be accompanied by an adult who must be with the child at all times. No children under 11 are permitted in the Wellness Center for safety reasons. An orientation is required for youth 11-13 and highly recommended for all others. Staff is available for your assistance throughout the weekdays.

***Note: If you intend to use the YMCA Wellness Center, it is important that you understand we are not a rehabilitation center; nor are we licensed or equipped to provide diagnosis, exercises or equipment normally found in a rehab setting. People using our center need to be prepared for independent exercise and must be ambulatory. If you have questions about your ability to safely use our facility, please contact the Executive Director and discuss your medical condition.***

## 2 FULL COURT GYMNASIUMS

Courts are open for use pending availability. Gyms are used for basketball, soccer, walking, gymnastics, etc. Gyms may be rented by the hour. Contact STACEY at (717)248-5019 for information.

## RACQUETBALL

**Reserved Court Time** - May call to reserve a court one day ahead of play time—\$2 per hour per person to reserve court.

**Open Court Time** - No charge if court is not reserved or in use. Players may be asked to leave if a paying player arrives.

**Equipment** - Equipment is available at the front desk for use. There is a \$2 deposit when signing equipment out. Once all equipment has been returned, borrower will get \$2 back.

**Please Note:** Only non-marking shoes may be worn on courts. Eye goggles must be worn at all times. Nonmembers must purchase a day pass to play.

## INDOOR POOL

- Average Water Temperature—84 degrees
- Average Air Temperature—86 degrees
- Pool Length—25 yards; 72 lengths = 1 mile
- Pool depth is 3 ft 6 inches to 7 ft deep end
- Shower is required prior to entering pool area
- Ramp Access / Water Wheelchair are available
- Swim diapers are **REQUIRED**
- No recreational diving allowed
- Children 5 & under must be accompanied in the water—8 & under must be accompanied in the pool area always
- Inflatable floatation devices are prohibited.
- No snorkels or masks – goggles only.
- Food and drink are **NOT** allowed in the pool area.
- LIFEGUARD IS ALWAYS ON DUTY

## Y CODE OF CONDUCT

All individuals using the Y facilities are expected to conduct themselves in a manner consistent with the character, welfare, best interest and policies of the Juniata Valley Y. Failure to do so will result in an immediate dismissal from the premises and may result in revocation of membership and/or usage privileges.

## Y LOST & FOUND

If you lose an item, please inquire at the front desk. The YMCA is not responsible for lost or stolen items.

## Y AGE POLICY

When Mifflin and Juniata County School Districts are in session, school aged children may be at the Juniata Valley Y under the supervision of a parent or a responsible adult identified by the parent.

# PROGRAM REGISTRATION

## **OPEN DOOR POLICY FINANCIAL ASSISTANCE**

Everyone belongs at the YMCA. The Y is made up of people of all ages and from every walk of life, all working side-by-side to ensure that everyone, regardless of age, income or background, has the opportunity to live life to its fullest. More than just a place to exercise, the Y is focused strongly on our mission to put Christian principles into practice by providing youth, adult, senior, and family programs that build healthy body, mind and spirit for all.

The Open Door Policy is here for those needing help with financial funding of a membership. The Y believes a strong sense of ownership and pride is developed if those receiving assistance contribute to the cost of their Y involvement. Pending financial status, a small portion may be expected of the recipients.

Funding for the Open Door Policy is made possible through the generosity of our members and donors. If you have any questions about the application process, please contact the YMCA at 717.248.5019

## **REGISTRATION METHODS:**

The Y offers registration in person at the Y Front Desk or over the phone with a credit card (Visa, MasterCard, or Discover)

## **MEMBER RATE:**

To receive the membership program rate, your membership must remain active during the program you are currently enrolled in. If the membership lapses during the class, the difference between the member and nonmember rate must be paid.

## **PAYMENTS:**

Program Fees must be paid in full at the time of the registration. Payment may be made by cash, check, or credit card.

## **PROGRAM CANCELLATIONS:**

In the event of insufficient enrollment, the Y may need to cancel a class. If this occurs and you have registered, you will be contacted.

## **Y INCLIMENT WEATHER PROGRAM CANCELLATIONS:**

The Y may cancel programs in the event of a weather warning. All cancellations will be posted on FACEBOOK & submitted to WCHX radio & MERF Storm Center. General rule of thumb—when Mifflin County School District does not have school, there are NO PROGRAMS (Youth OR Adult) If MCSD has a two hour or three hour delay, programs that occur before 10 AM are cancelled. If MCSD dismisses early, all afternoon and evening programs are cancelled. If MCSD is closed, all programs are cancelled for the day.

## PRESCHOOL Gym & Swim

What makes our YMCA Preschool something special?

We strive to develop the whole child and to provide a relaxed environment for preschoolers to learn, gain self-confidence, make new friends and respect others. In addition to in classroom learning, we also offer gym or swim time each class day! We offer a 3 year old class which meets T/TH and a 4 & 5 year old class that meets M/W/F. Give us a call more information!

Call today for  
more information!



## Gymnastics

The YMCA offers recreational gymnastics programs for kids ages 3 & up.



**Rollers** (ages 3-5) Tues. 6:00-6:45p.m.

**Swingers** (ages 6 & up) Tues. 7:00-8:00p.m.

**Tumblers** (instructor placement only) Mon. 6:00-7:00p.m.

**Flyers** (instructor placement only) Mon. 6:00-7:30p.m.)

We currently are running a waiting list on our beginner programs.

Please contact the YMCA if you wish to have your child placed on the waiting list.

## Halloween at the Y

Save the Date!

Thurs. Oct. 24  
4:30-6:00p.m.

Games, crafts & activities  
Kids ages 12 & under are  
invited to attend with parent  
or guardian.

No charge for the event!





# YOUTH DEVELOPMENT

## Nurturing the potential of every child and teen.

The Y nurtures the potential of children through the YMCA's Youth Sports programming by strengthening character in our youth, engaging families and building lasting relationships. Participants in these programs build skills, learn about teamwork, and focus on sportsmanship. Families are presented with second to none volunteer opportunities as coaches, team parents, and committee members. Youth learn new skills, make new friends, and develop essential character traits. They set individual and team goals. This improves self-confidence, promotes diversity, increases self-esteem and improves physical conditioning. The positive time with family and friends in this environment strengthens our communities. Youth sports put emphasis on healthy relationships between adults and youth, as well as family, with a goal to build social skills and sport skills with all participants for the future.

### **KARATE—Youth (ages 6 & up)**

"This style of karate is traditional of Okinawa. It consists of Kata (a series of sequential movements, teaching proper positioning, timing and technique) It includes self defense techniques, sparring (exchange of self defense moves as in a tournament match), weapons for adult class, discipline with history and vocabulary. All of these are components of competition technique."

**Instructed by Joe Lebert**

**Tuesdays & Thursdays 7:15-8:15 PM**

**Registration is by the month. Cost depends on number of classes in that month.**

### **YOUTH JUDO—Boy & Girls Ages 6 and UP**

Our martial arts programs offer you the opportunity to build self-confidence, learn self-defense, safety awareness, self-discipline and respect all while having fun. A small group setting offers maximum learning.

**Mondays– 7:15-8:15p.m.**

**Registration is by the month. Cost depends on number of classes in that month.**

**New students are welcome any time!**

**Youth Basketball League– Session 1–** Early bird registration September 11-30. Late registration Oct. 1-15.  
\*\* Practices will begin week of Nov. 3. Games begin weekend of Nov. 9/10 & conclude on December 21/22.

#### **Age groups:**

Ages 4 & 5 (Sun. games)  
Grades 1 & 2 (Sun. games)  
Grades 3 & 4 (Sat. games)  
Grades 5 & 6 (Sat. games)

League games begin weekend of Nov. 9/10, 16/17, 23/24, Dec. 7/8, Dec. 14/15 & Dec. 21/22

**Members** \$31 \* includes uniform tee  
**Nonmembers** \$62 \* includes uniform tee  
\*\* Late registration add \$10

# YMCA Group Swim Lessons

## Pool & Gym Rentals

Did you know that the Y is available for birthday parties, volleyball rentals & family parties? We have rental slots available Friday evenings and Saturday afternoons. The pool, gym & when available, climbing wall are available for rental.

Pool (up to 50 people) \$85/hr  
1/2 Gym \$40/hr  
Full Gym \$ 70/hr  
1/2 gym w/VB net \$45  
Full gym w/VB \$75/hr

A minimum of **four weeks** is requested to schedule a rental. All payment is due two weeks prior to the rental date. A separate \$10 cleaning deposit is due two weeks prior. That will be returned to you on the night of your party as long as you clean up any major messes and put your trash in the dumpster.

\*Please note\* All rentals are on the hour. Please do not ask to come early to set up or stay past your reserved time. Other parties may follow you in or be ahead of you. If you wish to reserve set up time please add that on to your reservation.



The Y offers programs for youth ages 4 to 18 years of age promoting healthy spirit, mind and body through intellectual, social and recreational activities. The objective is to provide tools and resources that enhance children's individual skills and talents as well as teach young people cultural diversity and understanding of all people.

### **PRESCHOOL Swim Lessons 3-5 years**

We begin with water acclimation, observing students strengths and basic skill to allow for progress in swimming. Consistent breathing control, swimming on front and back, water safety and benchmarks.

### **SCHOOL AGE Swim Lessons 5-12 years**

Older children who already understand and possess basic water skills, we focus on safety and technique. The technique will introduce rhythmic breathing and integrated arm and leg action to improve stroke technique.

Above all, our goal is to enforce safety first and give your child the confidence to swim and know what to do in water in case of an emergency.



**Safe swimming and having fun. That's what it's all about at the Y.**

# AQUATICS continued

## ONE-ON-ONE Swim Lesson Instruction

Scores of individuals have benefited from private swim lessons with qualified instructors. If you want to learn to swim, enhance swim strokes, improve endurance or meet other personal goals, then one-on-one swim lessons are for you!

Our certified instructors are familiar with the need to adjust with certain disabilities. Have you had past negative experiences in the water? We can help you overcome your fears. Lessons may include practice, technique builders, discussions, observations and use of a variety of equipment such as kickboards, pull buoys, gloves, etc.

Lessons are scheduled for 30 minutes. Although one-on-one is offered to everyone, we would suggest that participants be at least 2½ years of age.

**Cost is Per Person Per 30 minute Lesson**  
**Private M \$12 NM \$17**

### Want to save money?

Semi-private lessons are available at a reduced rate per swimmer. Best for siblings or friends, semi-private participants must be close in ability or neither swimmer will be able to fully benefit from the lessons. **For more information or to arrange for one-on-one instruction, contact Jon in Aquatics at 248-5019.**



**Cost is Per Person Per 30 minute Lesson**  
**Semi-Private M \$9 NM \$14**

## FAMILY SWIM SUNDAYS

Sundays are designated as Family Swim Day. This is a great afternoon activity for the entire family. Families need not only come on Sundays. Anytime that is marked Open Swim on the pool schedule can be family time in the YMCA pool.

## RED CROSS LIFEGUARD CERTIFICATIONS

Offering both first time and recertification courses throughout the year. Certifications include CPR, First Aid, Water Safety and Lifeguarding. Contact Jon in Aquatics for more information.

## Preseason Stroke Clinic

Excellent opportunity for experienced swimmers to get a jump start on their

swim season! Two options:

Mini's 5:30-6:15p.m. M/W 10/7-10/30/2019 (\$22M/\$27NM)

Regular 5:30-6:15p.m. T/TH 10/8-10/31/2019 (\$22M/\$27NM)

## Stingrays Swim Team

Coached by Ann Bonson & AJ Shepherd

~~Pre-Team~~ is a great way to introduce young athletes to competitive swimming. Practice includes drills and games to improve swimming technique while having fun in the water. Perfect for swimmers who are not quite ready to swim laps for an hour-long swim team practice! Pre-Team session one runs 11/11-12/19/19.

Deadline to register is Nov. 11.

Monday & Wednesday 6:45pm-7:30pm (\$72/session)



**Stingray Swim Team**— Join the swim team for a fun, competitive season! Any swimmer who can swim the length of the pool and is ready to learn new swimming techniques is welcome! Start date November 4. through Feb.



M-TH 5:30-6:30p.m. (\$143/season)

Call or stop in at the YMCA to register.

All swimmers must have current YMCA memberships to register for swim team.

**Questions?** Contact Coach Ann Bonson, 717-363-7317 call or text, or email [mabonson@gmail.com](mailto:mabonson@gmail.com)

# AQUA FITNESS

**Water Fitness is for everyone.** Water is great for those recovering from an injury or for those just getting started in fitness for a healthy lifestyle. Water can be used in addition to your land based exercise routine for cross training to allow for increased range of motion, flexibility, and reduced soreness. Classes can be adjusted to everyone's individual fitness level.

## **ADDITIONAL INFORMATION:**

All water fitness classes must have sufficient participation each time for the Y to continue to offer the class.

## **SPLISH SPLASH**

Strictly shallow water only to help improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Class uses a kickboard to develop strength, balance and coordination. New participants may join at any time. FREE for all YMCA Members – Silver Sneakers – All others will need to purchase a day pass. This class runs year round.

**Monday, Wednesday and Friday  
11:15 AM - NOON**

## **AOA POOL TIME**

Three times a week, pool time is designated for those over 60 years of age. Join in on water volleyball, volunteer led class exercise or socialize in the deep end. Lap lanes are not available during this time. New participants may join at any time. No prior registration is required. FREE for all YMCA Members – Silver Sneakers – All others will need to purchase a three day pass. Pool Time runs year round.

**Tuesday, Thursday and Friday  
1:15 - 3 PM**

## **JACKIE'S CLASS**

Basic water exercise class, mainly in shallow water. No swimming ability is required. Designed to work your sore joints, improve your flexibility and improve your range of motion in a relaxed environment and easy going pace. Good class for people that want to relieve some soreness, or people that want a low impact workout. NEW participants may try a (1) class for free. New participants may join at any time. Water Pass Required. This class runs year round.

**Monday, Wednesday and Friday  
8:15 - 9:15 AM**

## **AQUA ZUMBA**

Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief. With traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. All Participants are suggested to wear Water Shoes & Bring bottled water to every class!!!! Once the first sessions begin, unless the class is sold out, participants may try a (1) class for free. Water Pass Required or pay by the class. Classes run through May - then break until Fall.

**Tuesday and Thursday  
9 - 10 AM**





# Child Watch

Let our YMCA "Child Watch" be one of your child's first YMCA experiences. Toddlers, preschoolers, and children 10 and under will look forward to coming to the YMCA to join in activities in a safe and secure atmosphere. The YMCA "Child Watch" staff offer a warm and fun environment along with a sense of belonging.

**Y Child Watch users must purchase a  
"Child Watch" Pass.  
M \$10 NM \$20**

**Monday - Friday Mornings: 8:30 - 10 AM  
Evening hours vary- see Front Desk for details**

Absolutely no pay as you go!!! All children 10 years and under who are in the Child Watch area will be charged for the service. Children over 10 years may not remain in area! An hour service is 60 minutes and anything over 75 minutes will be charged another hour of service. Example: A member signs up for services at 8:00 AM and does not pick up the child until 9:20 AM. The member will be charged 2 hours of service. (We will no longer acknowledge quarter and half hour payments. Everything will run by the hour.)

To Register for Child Watch: Register at front desk 24 hours before time of service.

\*If not, please call for openings.

- **Everyone using Child Watch MUST sign in log when leaving children.**
- Parents/guardians must remain in the YMCA.
- Child watch care givers do not change diapers.
- If not registered by 9 PM for morning or 3 PM for evening-not guaranteed a sitter available.
- Cancellations after 3 PM will be charged amount registered.

- Arriving and not signed up--charge is double.
- The Juniata Valley YMCA reserves the right to change or alter all or any Child Watch hours.
- Child watch hours may be cancelled if low or no sign-ups are registered .
- Please remember to sign-up for this service!!



## ORIENTATION

New to the Y? The Y offer's a FREE Wellness Center Orientation for all new members with our certified healthy lifestyles staff. This will give an overview of the cardiovascular and strength training equipment. Sign-up at the Member Service Desk and one of the staff will be in touch.

### GROUP EXERCISE

For those who don't want to exercise alone, the group setting is perfect for getting a great workout, meeting new friends, and building relationships as well as muscle. Our instructors will see that you understand the exercises and get a great workout all while feeling welcomed and challenged. We have a variety of classes to choose from so you pick the ones that best suit your fitness goals.

Group Exercise passes must be purchased monthly. All of our group exercise classes & indoor cycling are included for one price! Members \$25/month & NM \$45/month. Walk-ins are \$5/class as space permits.

**MEMBER BENEFIT - the following classes are FREE for Y Members:**

**AOA (ACTIVE OLDER ADULTS)** - for those in the AAA program, Y Members or Silver Sneakers—similar to Silver Sneakers land fitness classes.

\*

See AOA or Silver Sneakers for more info.

**CARDIO SCULPT** - cardio workout using the Reebok Step, hand-held weights and other fitness tools to get your heart rate up while toning your muscles - suits anyone's fitness levels.

**Mondays 8:30 - 9:30 AM**

**INSTRUCTOR'S CHOICE** - fitness workout includes step, kickboxing, fitball, or many other formats depending on the instructor - surprise you each time.

**Wednesdays 8:30-9:30 AM**

**INTERVAL TRAINING** - athletic circuit workout that includes plyometrics, agility training, boot camp type conditioning and functional fitness.

**Fridays 8:30 - 9:30 AM**



## INDOOR CYCLING-

Looking for an incredible workout? With no complicated moves to learn, a motivational group setting enthusiastic instructors and invigorating music, you will find yourself having a blast while you ride your way to a leaner, stronger body. You will get a heart pounding, yet low impact workout, regardless of your fitness level, while maintaining the ability to go at your own pace.

**Monthly cycling pass available—  
M \$15 & NM \$30**

Walk-ins \$5/class as space permits.

Classes also included in Group Exercise Monthly pass.

**M&W 6:00-7:00p.m.**

# Active Older Adults

We know that older adults are seeking more than physical benefits when they exercise. They also want a sense of community and to strengthen social ties. Our Silver Sneakers classes offers you the opportunity to increase your level of physical activity and motivate you to continue to exercise. Socializing has positive effects on your health, and exercise has proven to promote mental agility in addition to longevity and good health. Come and meet new friends in a fun, supportive, low-pressure format customized to a variety of fitness levels.

## LAND FITNESS CLASSES

### CLASSIC

10-10:45 AM Monday & Wednesday

### CIRCUIT

10-10:45 AM Tuesday

### YOGA

10-10:45 AM Friday

## AOA POOL TIME

Three times a week, pool time is designated for those over 60 years of age. Join in on water volleyball, volunteer led class exercise or socialize in the deep end. Lap lanes are not available during this time. New participants may join at any-time. No prior registration is required. Pool time runs year round.

### Tuesday, Thursday and Friday

1:15-3:00 PM

\*\*Free with membership or Purchase 3-day-pass

## SPLISH SPLASH

Runs Year Round

FREE for all YMCA Members—Strictly shallow water only to help improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Class uses a kick-board to develop strength, balance and coordination.

### MONDAY/WEDNESDAY/FRIDAY

11:15 AM—NOON

\*\*Free with membership or Purchase 3-day-pass



We are a Silver Sneakers & Silver & Fit participating agency.

# AQUATIC EXERCISE

## WATER FITNESS

Water Fitness is for everyone. Water is great for those recovering from an injury or for those just getting started in fitness for a healthy lifestyle. Water can be used in addition to your land based exercise routine for cross training to allow for increased range of motion, flexibility, and reduced soreness. Classes can be adjusted to everyone's individual fitness level.

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**MONDAY/WEDNESDAY/FRIDAY  
8:15-9:15 AM**

**\*\*8 class pass  
M-\$15 & NM-\$34**

## AQUA ZUMBA

Integrating the Zumba formula and philosophy...with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief. All Participants are suggested to wear Water Shoes & Bring bottled water to every class!!!! Once the first sessions begin, unless the class is sold out, participants may try a (1) class for free. Water Pass Required or pay by the class.

**Class runs September through May.**

**Tuesday, Thursday  
9:00- 10 :00 AM**

**\*\*8 class pass  
M-\$28 & NM-\$41  
Or \$6 per class**

**"You will never always be motivated, so you must learn to be disciplined. "**



## Adult Recreational Volleyball League



Looking for a fun evening activity? Need something to do to beat the upcoming winter blues? Look no further! You and five of your friends plus volleyball adds up to one fun evening! Six players on a court at a time. May have more on roster and sub!

Session 1: Oct. 17-Dec. 19

Session 2: Jan. 9- Feb. 27

Session 3: Mini Session March 5,12,19 & 26 \*

Thursdays, between 6:00-10:00p.m.

October 17, 24, Nov. 7,14,21 Dec. 5,12,19

No games Oct. 31 or Nov. 28

Deadline to register for session 1 is October 3rd!

Cost is \$150/team and is due at registration

\* Mini Session cost \$75



## “Y” Not Play Dodgeball YMCA– WCHX/WVNW/WKVA Fundraising Event

**Sat. November 2nd**

10:00a.m. Check-in & 11:00a.m. Start time

Cost is \$60/6 person team

### Divisions:

Coed Jr High

Coed High School

Corporate Adult

Coed Adult

**Register by October 21st!**

## Tai Chi

Welcome to Tai Chi for Beginners

Tai Chi Chuan is an ancient Chinese form of exercise originally created as a fighting art. Today, Tai Chi is practiced by millions of people around the world. It is an excellent form of daily exercise that uses breathing, visualization, and movement to benefit the entire body. Regular Tai Chi practice develops relaxation, balance, health longevity, and internal strength.

The Chen Man-ch'ing Short Form Our 10-week class meets for one hour each Wednesday and will introduce you to the Chen Man-ch'ing Short Form. There are videos on YouTube to aid your practice, but be sure to search only for videos of the Chen Man-ch'ing Short Form. I highly recommend seeing the rare video of Chen Man-chi'ng demonstrating the form. Another helpful video is Cheng Man-chi'ng Tai Chi: Step by Step by Sifu Mike Pekor. He breaks down every movement into detailed lessons. Classroom attire Please wear loose clothing and comfortable shoes with cloth soles. You can purchase Tai Chi shoes from Amazon for under \$15. Be sure to look for Tai Chi or Kung Fu shoes that have a cotton sole.

### **Monday**

7:00-8:00p.m.

(Sept. 23-Dec. 9)

Cost per session

\$25members

\$50 nonmembers

### **Wednesday**

1:00-2:00p.m. Beginner Class

2:00-3:00p.m. Intermediate Class

3:00-4:00p.m. Advanced Class

Cost per session

\$25members

\$50 nonmembers

Class dates (Sept. 25-Dec. 11)

Class is instructed by Brenda Foster

# YOUR Y – Give

With a focus on youth development, healthy living and social responsibility, strengthening communities is our cause. At the Y, we believe that lasting personal and social change happens when we all work together. Every day we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to be healthy, confident, connected and secure.

When you give to the Y, you are funding life-changing programs that help thousands of children, adults and families right here in our community to learn, grow and thrive.

## **Your support helps the Y deliver on our commitment:**

- To nurture the potential of youth through building confidence at camp, academic enrichment in safe afterschool programs, or foundational skills and values in our child care programs
- To improve the nation's health and well-being through combating obesity and chronic disease by providing the support and resources people need to make positive change
- To give back and support our neighbors by empowering people with the resources to improve their lives and connect and contribute to the community, such as with job training, housing, newcomer services and opportunities to advocate for social change
- To offer programs and services to children, adults and families who need financial assistance

## **Did you know...**

- There are an estimated 110,000 visits to the JV YMCA annually (members and guests).
- Annually, members log in excess of 6,000 visits to the JV YMCA each month.
- There are more than 100 sessions or programs offered at the JV YMCA annually.
- The Juniata Valley YMCA's economic impact is estimated



to be over \$700,000 annually.

## **The YMCA mission in action, embracing the commitment to...**

**Improve Lives** - Currently over 2,600 local citizens, including youth, adults and seniors, enhance their health through active involvement at the Juniata Valley YMCA.

**Children and Youth** - More than 524 Youth under the age of 18 engage in a wealth of enriching YMCA activities.

**Families** - Serving over 396 family units, the JV YMCA is helping to strengthen families, connect them with community resources and reinforce Christian principles and responsible citizenship.

**Health & Well-Being** - On average, 48,500 visits are logged in the Wellness Center per year and more than 32,500 visits are recorded for the aquatic programs.

**Communities** - Through the Open Door Policy, support from the United Way and contributions from YMCA members and others, the YMCA is accessible to all.

The Juniata Valley YMCA's reach and impact is evident in the lives touched by its programs each year. At every stage of life, the Juniata Valley YMCA is here to help children, families, seniors and individuals reach their full potential, and to do so in a caring, supportive and Christian environment.

# YOUR Y – Get Involved

## GET INVOLVED AS A Y VOLUNTEER – WE NEED YOU!

The Y is a cause for strengthening communities, committed every day to youth development, healthy living and social responsibility. **When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood.**

Each of our volunteers helps deliver the benefits of good health, strong connections, greater self-confidence and a sense of security to all who seek it. Everyone has something to give – whether it's time, wisdom, talent, financial support or caring!

Please consider becoming a Y volunteer, we have volunteer opportunities in the following areas:

**Fund-Raising Volunteers** – the Y never turns anyone away due to inability to pay, and as a result we have a Strong Kids campaign each year that helps to subsidize programming, childcare and memberships for those who need assistance. Without the help of our dedicated fundraising volunteers, we would struggle to assist as many individuals and families that we do.

**Support/Administrative Volunteers** – these are people who help us keep the Y running by helping out in the office.

**Program Volunteers** – people who have direct contact with members who help deliver programs and services such as Youth Sports, Swimming Lessons, Teen Programs and Special Events.

**The Y is a nonprofit like no other. Take an active role in strengthening your community.**

## BOARD OF DIRECTORS

Our Board of Directors is made up of dedicated community leaders who use their diverse talents to help define the Y's long-range Strategic Plan. Many board members actively

serve on the committees that implement the plan throughout our programs. Our board firmly believes that the Y plays a vital role in shaping children, supporting families, and providing people of all ages and abilities in our community with programs that can help them realize their full potentials.

**Matthew Soccio** President  
**Cher Harpster** Vice President  
**Dan Patterson** Treasurer  
**Matt Kwiterovich** Secretary

## YMCA DIRECTORS

**We are here for you! Please feel free to contact our staff at any time.**

**John McCullough**  
**Executive Director**  
**exedir\_jvymca@comcast.net**

**Stacey**  
**Program Director**  
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**Jane**  
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**Aquatics Director**  
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**717.248.5019  
JVYMCA.ORG  
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## **2019-20 Holidays**

**Labor Day—September 2 (Facility Closed)**

**Thanksgiving—November 28 (Facility Closed)**

**Christmas Eve— December 24 (Facility closes @ noon)**

**Christmas— December 25 (Facility Closed)**

**New Year's Eve— December 31- (Facility closes @5:00p.m.)**

**New Year's Day— January 1 (Facility Closed)**



**MORE CONFIDENCE**  
**The Y. So Much More™**