

Juniata Valley YMCA

F A L L 2 0 2 0

SPECIAL POINTS OF INTEREST:

- Youth Rec Basketball
- Y Swim team
- Rec Gymnastics
- Men's League Basketball
- Adult Volleyball
- Judo

YOUTH REC BASKETBALL LEAGUE REGISTRATION FOR FALL SESSION OPEN!

Youth Recreational Fall Basketball League is now accepting registrations. This league practices once weekly and plays games on either Saturday or Sundays. League is for boys and girls and is divided into the following age groups:

Preschool & K

Grades 1 & 2

Grades 3 & 4

Grades 5 & 6

This is a recreational, FUNdamentals league and registration is individual.

Practice start the week of October 31st and games begin weekend of November 6/7.

Game dates:

Nov. 6/7 Nov. 13/14

Nov. 20/21

Dec. 4/5

Dec. 11/12

Dec. 18/19

Cost: Early bird through Sept. 30 \$31/members & \$62 nonmembers

Regular registration \$41/members & \$72/nonmembers

Session 2 registration will begin in December with games in Jan. & Feb.



Y STINGRAYS REGISTERING!

The Y Stingrays Swim team is accepting registration for the 2021-22 swim season.

You can try it out and get a jump on the competition with our Fall Stroke Clinic. Clinic is set for T/TH Oct. 19, 21, 26 & 28 from 5:30-6:30p.m. Cost is

\$22 for a Y member and \$30 for a nonmember

Stingray registration opens Oct. 1. Season officially begins Nov. 1 and runs through Feb. All Stingrays must be a Y member per the National Y and

competitive rules. Meets will be held Saturdays at the other Y's in our league. Cost for the entire season is just \$175 per swimmer. Team will be coached by Aj Shepherd & Wendy Stuck

JUDO / JUIJITSU

Judo returns to the YMCA Mondays starting in October!

Youth (ages 6-9) will meet Mondays 6:00-7:00p.m.

Adults & Youth ages 10 & up will meet 6:00-7:30p.m.

Sensei Dave will be instructing.

Contact the Y for pricing as it varies monthly depending on the # of Mondays in the month.



GROUP EXERCISE CLASSES

Our Group Exercise classes are a dynamic, fun filled way to get fit!

Get your day off to a great start with the morning classes Mon/Wed/Fri at 8:30a.m.

At work? Busy in the morning? Not a morning person at all? The check out our evening workout classes. Classes are posted on FB .

Round out your week with a Saturday morning class! Great way to start your weekend!

Keep an eye on facebook for the return of our EARLY morning workout classes!

Pay by the class or purchase a monthly pass and attend as many classes as you want!



SILVER SNEAKERS

Silver Sneakers classes are designed for the young at heart. Classes are held M-F 10:00-10:45a.m. in our air conditioned group exercise room. Classes are open to any Y member regardless of age.

Over 65? Check and see if your insurance helps or provides a Y membership!

R E C G Y M N A S T I C S / T U M B L I N G

Our recreational tumbling/gymnastics program is back! years old.

We are excited to begin our recreational tumbling/gymnastics program after a year long hiatus. We are offering the beginner classes on Tuesday nights and hope to add the more advanced Monday classes in as staffing allows.

Tuesday

6:00-6:45p.m. Rollers Ages 4-6 years old

Swingers 7:00-8:00p.m. Ages 7-10

Cost :

Rollers -\$28/6 week session/member and \$56/6 week session for nonmembers

Swingers-\$31/6 week session and \$62/6 week session for nonmembers



A D U L T V O L L E Y B A L L L E A G U E

Looking for a fun activity with your friends? Build teamwork in your employees? Look no further. The Y Adult Volleyball League plays Thursdays starting in October. League is an 8 week season. Teams are mixed male/female. Play with max of 6 on a court at any time but you may have more on your roster and rotate in on the serves. Session 1 season—Oct.

21, 28, Nov. 4, 11, 18, Dec. 2, 9 & 16

Deadline to register for first session is October 7.

Session 2—Jan. 6, 13, 20, 27, Feb. 3, 10, 17 24.

Cost is \$160/team /session

Space is limited so register your team to guarantee a spot.

Games are Thursdays between 6-8p.m. each week.

A D U L T M E N ' S B A S K E T B A L L L E A G U E

Fall Men's Basketball League registration open through September 20th. Games are Wed or Thurs between 6:00 and 8:00p.m. Cost is \$258/6 week season per team.



Juniata Valley YMCA
105 First Avenue
Burnham, PA 17009
(717)248-5019
jvymca@comcast.net

P O L A R P L U N G E

The Y Polar Plunge is set to happen January 15, 2022!

Plunge will be held at balmy Greenwood Furnace State Park on Saturday, January 15, 2022 . Time TBA. Suggested donation is \$50/adult to plunge and \$25 for the little Dippers (ages 12 & under)

All proceeds benefit the Y Youth Programming.

For more information, contact the YMCA at (717)248-5019

