



JUNIATA VALLEY YMCA



Winter 2021-2022

YMCA POLAR PLUNGE

The 11th Annual Polar Plunge will be held Saturday, January 15, 2022 at Greenwood Furnace State Park. Plunge will be held as part of the Friends of Greenwood Winter Fest & 5 Mile Snowfest Trail Race. Plunge time is set for 2:30p.m.

All proceeds for the plunge benefit the YMCA Youth Programs and activities.

There are several ways to help!

You can :

- A. Sponsor a plunger!
 - B. Come & cheer!
 - C. Take the plunge with us!!
 - D. All of the above
- See Stacey for details!



Suggested donation is \$50 for ages 13 & up and \$25 for ages 8-12

Adult Volleyball League

Looking for a fun activity with your friends? Build teamwork in your employees? The Y adult volleyball league plays Thursdays evenings for 8 weeks. Session 2 begins January 6th! Teams are mixed male/female. Play with a max of 6 on the court at one time but you may have more on the roster and rotate in on the serves. Session 2 Jan. 6- Feb. 24. Cost is \$160/team/8 weeks. Register by January 3rd.



What's in this newsletter:

- Polar Plunge
- Adult Volleyball League
- Men's Basketball League
- Pickleball
- Session 2 Rec Basketball
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- Indoor Soccer
- Group Exercise
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Youth Rec Basketball League Registration

Youth Recreational Winter Basketball League is now accepting registrations. This league practices once weekly and plays games 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

BOYS Grades 7-12

This is a recreational, Fundamentals league and registration is individual. Practices start the week of Jan.

9th with games beginning Jan. 15/16 weekend. Cost: Early bird through December 13 \$31/members & \$62/nonmembers Regular registration through Jan. 3 is \$41/members & \$72/nonmembers

Elementary Competitive Basketball

Competitive Basketball League is TEAM registration only. Teams play games here on Fri/Sat/Sun depending on division. Six week season beginning Jan. 14/15/16 through Feb. 18/19/20

Divisions:

Girls 3-4th Grade

Boys 3-4th Grade

Girls 5-6th Grade

Boys 5-6th Grade

Cost for a six game schedule is \$258/team.

Deadline to register a team is December 18th! Contact Stacey for more details or to register.

Men's League Basketball

Men's Basketball Winter Mini Session- Jan. 6 - Feb. 3 Mini Winter Session plays a six game season. Games are Wed or Thurs evenings between 5:50-9p.m. Six game season is \$258/team. Space limited to first 6 teams for this mini session.



Contact Stacey to register



Pickleball

Pickleball is a paddleball sport that combines elements of badminton, table tennis and tennis.

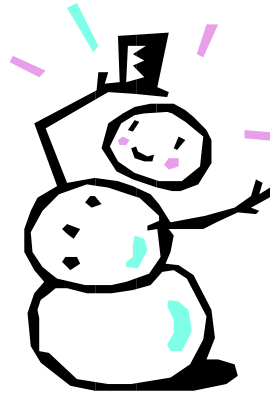
Pickleball is open to anyone, come join us for a fun time!

Mondays 8:30-10:30a.m.

Wednesdays 5:00-7:00p.m.

Thursdays 8:00-10:00a.m.

Fridays 8:30-10:30a.m.



Free to members and nonmembers must purchase a day pass

Indoor Rec Soccer

Our indoor rec soccer program offers kids a great place to learn skills, improve coordination and encourage fair play, positive attitude and teamwork! No prior soccer experience needed.

Games are Sunday afternoons.

We offer the following age groups:

Boys & Girls

Ages 4 & 5

Ages 6, 7 & 8

Ages 9, 10 & 11

Early bird registration Jan. 10- Feb. 7 Members \$31 and Nonmembers \$62

Regular registration Feb. 1-13. members \$41 & Nonmembers \$72.

Practices begin week of Feb. 21 and games Feb. 27.

Recreational Gymnastics

Beginners rec tumbling/gymnastics classes are a movement educational class that provides progressive instruction in the basics of gymnastics. Classes are Tuesdays

Rollers—Ages 4-6 6-6:45p.m.

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

Classes run in 6 week sessions. Costs : Rollers \$28 Members & \$56 Nonmem-

bers/6 week session

Swingers members \$31 & Nonmembers \$62/6 week session



Martial Arts

JUDO / JUJITSU

This class meets Mondays & is instructed by sensei Dave

6:00-7:00p.m. Ages 6-9

6:00-7:30p.m. Ages 10+

KARATE

This class is instructed by sensei Joe

Ages 6-12 6:00-7:00p.m.

Ages 13 + 7:00-8:45p.m.

CLASSES ARE ONGOING-YOU CAN SIGN UP AND START AT ANY TIME

Costs vary monthly depending on the # of classes offered that month.



CLIMBING WALL

The YMCA Climbing wall will open on December 6th!

Wall is open every Monday from 6-8pm

Members are free and nonmembers must purchase a day pass.

PERSONAL TRAINING

Whether you are just getting started on your fitness journey, need to increase your mobility, endurance, or flexibility, want to lose weight, or simply want a little extra coaching and motivation, our certified personal trainer, Jodee S. will empower you to reach your health and fitness goals.

YMCA Personal Training Fee

Single Session: \$25

5 Sessions: \$100

YMCA Buddy Training Fees (2 people)

Single Session: \$40

5 Sessions: \$160



GROUP FITNESS CLASSES

Our Group Exercise classes are a dynamic, fun filled way to get fit! Get your day off to a great start with the EARLY morning classes (M-TH @ 5:15a.m.) , or sleep in a bit and catch the 8:30a.m. class M/W/F . At work? Busy? Not a morning person? Then check out our evening classes. (M/T/TH @ 6p.m.) Round out your week with a Saturday morning class at 8:30pm. Great way to start your weekend!

Pay by the class (\$5) or purchase a monthly pass and attend as many classes as you want! (members \$25 & nonmembers \$45/monthly pass)

***CHILD CARE BEGINS IN JANUARY-FREE WITH A MEMBERSHIP!**

AQUA FITNESS CLASSES

MONDAY/WEDNESDAY/FRIDAY

8:15am-9:15am JACKIE'S CLASS
11:00am-12:00pm SPLISH SPLASH

TUESDAY/THURSDAY

9:00AM-10:00AM ZUMBA
1:15PM-3:00PM ACTIVE OLDER ADULTS



SENIORS

Over 65? Check and see if your insurance pays for your YMCA membership!

Activities for Seniors

- Classic Silver Sneakers
- Zumba
- Yoga
- Pool Volleyball
- Silver Sneakers Circuit
- Jackie's Class
- Splish Splash

JUNIATA VALLEY YMCA MEMBERSHIP RATES

Membership Type	Initiation Fee	Monthly Fee	Yearly Fee
2 Adult Household	\$50.00	\$57.75	\$693.00
1 Adult Household	\$50.00	\$47.75	\$573.00
Adult (19-64)	\$30.00	\$39.75	\$477.00
Senior (65+)	\$30.00	\$26.25	\$315.00
College Student	\$20.00	\$18.25	\$219.00
Youth (6-18)	0	\$13.75	\$165.00
Child (0-5)	0	\$9.00	\$108.00

** 2 Adult Household: Two adults and any children 18 or younger or a full time college student 24 and younger living in the same household.

*1 Adult Household: One adult and any children 18 or younger or a full time college student 24 and younger living in the same household.

Membership Benefits



- ♦ Full use of 6-Lane Olympic style pool (Schedule)
- ♦ Full use of 2-Full size gymnasiums (Schedule)
 - ♦ Free use of 2-Racquetball courts
- ♦ Full use of Fitness Center with free weight and cardio equipment
 - ♦ Clean changing facilities (men's, women's, and family)
 - ♦ Free Land Aerobic classes for Adults (Schedule)
 - ♦ Member rates for classes
 - ♦ Free Childcare (Starting in January)
 - ♦ Benefits at other YMCA's—National YMCA

*Financial Assistance is available to all individuals!

Ask the front desk for an open door application

HOURS

MONDAY-FRIDAY 6:00AM-9:00PM

SATURDAY 7:00AM-5:00PM

SUNDAY 1:00PM-7:00PM