

# JUNIATA VALLEY YMCA

FALL 2022 NEWSLETTER



## YMCA PROGRAMS

- Youth Rec Basketball
- Men's Basketball League
- YMCA Swim Clinic
- YMCA Swim team
- Rec Gymnastics
- Adult Volleyball
- Judo/Karate
- Pickleball
- Weekly Cornhole Tournaments

## Youth Rec Basketball League

Youth Recreational Fall Basketball League registration is now open! This league practices one time per week and plays games on either Saturday or Sundays. This league is for boys and girls and is divided into the following age groups:

**4 year old's, Kindergarten, 1st Grade**

**Grades 2 & 3**

**Grades 4 & 5**

**Grades 6,7, & 8**

This is a recreational, FUNdamentals league to learn and

have fun!

Practice starts the week of October 31st and games begin weekend of November 5th

### GAMES DATES:

Nov. 5-6

Nov. 11-12

Nov. 18-19

Dec. 3-4

Dec. 10-11

Dec. 16-17

### COST:

Early bird through October 6th

**\$35/members & \$65 non-members**

**Regular registration \$45/members & \$75/nonmembers**

### DEADLINE TO REGISTER

**Thursday, October 20th**

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



## YMCA FUNDRAISERS

- Chicken BBQ

## Men's Basketball League

Games will be played Wednesday and/or Thursdays between 6:00-9:00pm for six weeks, starting on September 21st

**Cost: \$300 per team**

**DEADLINE TO REGISTER: SEPTEMBER 14TH**





# YMCA SWIM TEAM

The Y Stingrays Swim team is accepting registration for the 2022-2023 swim season. Stingray registration beginning October 3rd. Season officially begins Nov. 1 and runs through Feb. All Stingrays must be a YMCA member per the National Y and competitive rules. Meets will be held Saturdays at the JV YMCA as well as other Y's in our league.

Cost for the entire season is \$185 per swimmer.

## FALL SWIM CLINIC



You can try it out and get a jump on the competition with our fall swim clinic.

Clinic will be held for 4 weeks-Beginning October 3rd & 4th

AGES K-10 MONDAY & WEDNESDAY 5:30-6:30pm

AGES 11+ TUESDAY & THURSDAYS 5:30-6:30pm

Cost is \$45 for a YMCA member and \$62 for a nonmember

## Martial Arts at the YMCA

### JUDO / JUJITSU

This class meets Mondays & is instructed by sensei Dave

Ages 6-9 7:00-8:00pm

Ages 10+ 7:00-8:30pm

### KARATE

This class meets Tuesday's and 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.

## RECREATION GYMNASTICS/TUMBLING

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

Classes are every Monday– Starting Monday, September 19th

Rollers—Ages 4-6 6:00-6:45pm

Swingers- Ages 7-10 7:00-8:00pm

Rollers: \$30 Members & \$60 Nonmembers

Swingers: \$35 Members & \$65 Nonmembers

Classes run in 6 week sessions



## VOLLEYBALL LEAGUE

The YMCA Volleyball League plays for 8 weeks on Thursday nights between 6:00-9:00pm. 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 runs from November-December

Deadline to register for first session is October 19th

Cost is \$175 per team

**LEAGUE BEGINS ON THURSDAY, NOVEMBER 3RD**



## PICKLEBALL



Pickleball is a paddleball sport that combines elements of badminton, table tennis and tennis. Pickleball is open to anyone ages 16+, come join us for a fun time! Beginners are always welcome!

**BEGINNING IN OCTOBER**

**Monday, Thursday, & Friday 8:30-10:30am**

**Wednesdays 5:00-7:00pm**

Free to members and nonmembers must purchase a day pass

# FUNDRAISERS

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## YMCA CHICKEN BBQ SATURDAY, OCTOBER 1ST \$7.00 per half

Pick up @ YMCA between 12:00pm-2:00pm

Bake Sale & sides available for purchase the day you pick up your chicken.

Pre-purchase your tickets at the front desk



## WEEKLY CORNHOLE TOURNAMENT

Wednesday Nights at the Juniata Valley YMCA  
**STARTING IN NOVEMBER**

These are blind draw tournaments. We will utilize 2-3 games of Scoreholio to set partners for a double elimination tournament. The number of rounds of Scoreholio will be determined by the number of players. Due to time constraints, we will limit this tournament to the first 24 players.

**REGISTRATION/WARMUPS** will be from 5:45-6:20pm.

Registration will close promptly at 6:20.

You must be at the venue and have paid your registration fee by 6:20.  
Bags will fly at 6:30.

Entry fee \$15.00 for non YMCA members & \$10.00 for YMCA members.  
Winners get cash!

Grab your bags, and a friend, and come out for some good competition  
All skill levels welcome.



## GROUP FITNESS CLASSES

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

Every class is geared towards ALL fitness levels!

MONDAY	8:30am CARDIO SCULPT 6:00pm KETTLEBELL AMP
TUESDAY	5:15am INTERVALS 6:00pm BODY BLAST
WEDNESDAY	5:15am INSTRUCTORS CHOICE 8:30am INSTRUCTORS CHOICE 6:00pm STEP
THURSDAY	5:15am TABATA 6:00pm INTERVALS/PIYO (ALTERNATE WEEKS STARTING JUNE)
FRIDAY	8:30am INTERVALS
SATURDAY	8:30am INSTRUCTORS CHOICE

ALL CLASSES ARE FREE WITH MEMBERSHIP OR \$5 PER CLASS FOR A NON-MEMBER  
**FREE CHILDCARE WITH MEMBERSHIP IS FROM JANUARY-APRIL & OCTOBER-DECEMBER  
 8:00-10:00AM & 5:30-7:30PM**

## AQUA FITNESS CLASSES

### MONDAY/WEDNESDAY/FRIDAY

8:15am-9:15am JACKIE'S CLASS

### MONDAY/WEDNESDAY/THURSDAY/FRIDAY

11:00am-12:00pm SPLISH SPLASH

### TUESDAY/THURSDAY

9:00AM-10:00AM ZUMBA

### Tuesday/Thursday/Friday

1:15PM-3:00PM ACTIVE OLDER ADULTS  
 (Water Volleyball & Aqua Fitness Class)



## SENIORS GROUP FITNESS CLASSES

MONDAY	10:00am CLASSIC SILVER SNEAKERS
TUESDAY	10:00am CIRCUIT OR YOGA (ALTERNATES WEEKS)
WEDNESDAY	10:00am CLASSIC SILVER SNEAKERS
THURSDAY	10:00am CIRCUIT
FRIDAY	10:00am YOGA

**\*\*\*Over 65? Check and see if your insurance pays for your**

# 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

- ♦ Full use of 2-Full size gymnasiums
- ♦ 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
  - ♦ Member rates for classes and programs
  - ♦ **Free Childcare October-December & January-May**
  - ♦ Benefits at other YMCA's—National YMCA

\*Financial Assistance is available to all individuals! Ask the front desk for an open door application

## SUMMER HOURS

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

SATURDAY 7:00AM-1:00PM

SUNDAY 1:00PM-5:00PM

(JUNE-OCTOBER)

## WINTER HOURS

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

SATURDAY 7:00AM-5:00PM

SUNDAY 1:00PM-7:00PM

(NOVEMBER-MAY)

Juniata Valley YMCA 105 1ST Avenue Burnham, PA 17009

[www.jvymca.org](http://www.jvymca.org) (717) 248-5019