

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

- Polar Plunge

Men's Basketball League

Games will be played Wednesday and/or Thursdays between 6:00-9:00pm for six weeks,.

Cost: \$300 per team

START DATE TO BE DETERMINED





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.

Practice Times: Ages 5-8 Monday-Thursday 5:30-6:00pm

Ages 9-18 Monday-Thursday 6:00-7:00pm

Martial Arts at the YMCA

JUDO / JUJITSU

This class meets Mondays & is instructed by sensei

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

Ages 10+ 7:00-8:30pm

KARATE

This class meets Tuesday's and is instructed by sensei

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

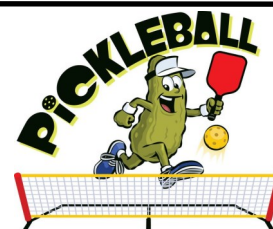
Deadline to register for first session is October 19th

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! We have paddles available to use!

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

YMCA POLAR PLUNGE

The 12th Annual Polar Plunge will be held Saturday, January 21, 2023 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.

Suggested Donation
 \$50 Ages 13+
 \$25 Ages 8-12



There are several ways to help!

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

See Stacey for details!



WEEKLY CORNHOLE TOURNAMENT

Wednesday Nights at the Juniata Valley YMCA
OCTOBER 12TH & OCTOBER 19TH
NOVEMBER 16TH, 23RD, & 30TH

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



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 11:00am TAI-CHI 6:00pm BODY BLAST
WEDNESDAY	5:15am INSTRUCTORS CHOICE 8:30am INSTRUCTORS CHOICE
THURSDAY	5:15am TABATA 6:00pm PIYO 7:30pm TAI-CHI
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
M-F 8:00-10:00AM & M-Th 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

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 (717) 248-5019