



**JUNIATA VALLEY YMCA**



Winter 2022-2023

# **YMCA POLAR PLUNGE JANUARY 21ST @ 2:30PM**

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 Snow Fest 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. Take the plunge with us!!
- C. Come & cheer!
- D. All of the above



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

## **YMCA PROGRAMS**

- Adult Volleyball League
- Men's Basketball League
- Rec Basketball
- Competitive Basketball
- Indoor Soccer
- Martial Arts
- Pickleball
- Cornhole

## **YMCA FUNDRAISERS**

- POLAR PLUNGE
- ENVELOPE FUNDRAISER

## **YMCA ENVELOPE FUNDRAISER**



**100 WAYS TO LOVE THE YMCA**



**CHOOSE YOUR DONATION AMOUNT ENVELOPE ON THE YMCA WALL, PUT THAT AMOUNT OF MONEY INTO THE ENVELOPE AND GIVE TO THE FRONT DESK WORKER**

AFTER YOU TURN IN YOUR DONATION ENVELOPE, PLEASE WRITE YOUR NAME ON A **HEART** TO BE DISPLAYED THROUGHOUT OUR LOBBY AREA!

THIS FUNDRAISER WILL RUN FROM FEBRUARY 1ST TO FEBRUARY 28TH

**HELP US FILL ALL 100 ENVELOPES!!!**

**United  
Way**





## Youth Rec Basketball League Registration

Youth Recreational Winter Basketball League is now accepting registrations. This league practices one day per week and plays one game per week either Saturday or Sunday.

This League is for boys and girls and is divided into the following age groups:

- 4 years old, kindergarten, & 1st Grade
- Grades 2 & 3
- Grades 4 & 5
- Grades 6, 7 & 8

Practices start the week of Jan. 9th with games beginning January 14 or 15

**COST:**

**Before December 18th**

Member: \$35.00

Non Member: \$65.00

**After December 18th**

Member: \$45.00

Non Member: \$75.00

**DEADLINE TO REGISTER**

**DECEMBER 28th**

## Elementary Competitive Basketball

Competitive Basketball League is TEAM registration only. Teams will play games for 6 weeks on Saturday between 8:00am-4:00pm or Sunday between 1:00-6:00pm .

**Divisions:**

Girls 3-4th Grade

Boys 3-4th Grade

Girls 5-6th Grade

Boys 5-6th Grade

**COST:** \$320 per team

**DEADLINE TO REGISTER:**

**DECEMBER 28TH**

Games begin January 14th or 15th



## Men's League Basketball

Games will be played Thursday or Friday evenings between 6:00-9:00pm for six weeks.

Session 2 will run from March-April



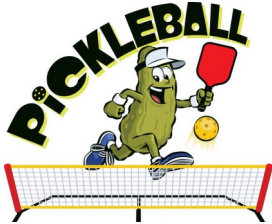
**Cost: \$300 per team**

**DEADLINE TO REGISTER: FEBRUARY 22ND**



# 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!



**Monday, Thursday, & Friday 8:30-10:30am**  
**Wednesdays 5:00-7:00pm**

Free to members and nonmembers must purchase a day pass

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# 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. Ages 4&5 will practice and play on Sundays, Ages 6+ will practice one day per week and play on Sunday's.

Starts the week of February 20th

We offer the following age groups:

Ages 4 & 5

Ages 6, 7 & 8

Ages 9, 10 & 11



**DEADLINE TO REGISTER**  
**FEBRUARY 17TH**

**COST:**

**Before February 2nd**

Member: \$35.00 Non Member: \$65.00

**After February 2nd**

Member \$45.00 Non Member: \$75.00

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# ADULT VOLLEYBALL

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 2 runs from January- February

Deadline to register for first session is January 5th

Cost is \$175 per team

League Begins Thursday, January 12th





# Martial Arts

## JUDO / JUJITSU

This class meets Mondays & is instructed by sensei Dave

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

6:00-7:30pm Ages 10+

## KARATE

This class meets Tuesday's & is instructed by sensei Joe

Ages 6-12 6:00-7:00pm

Ages 13+ 7:00-8:45pm

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 5th!

Climbing Wall is open every Monday from 6-8pm

Members are free and nonmembers must purchase a day pass.



## WEEKLY CORNHOLE TOURNAMENT

Wednesday Nights at the Juniata Valley YMCA

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!



# 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<br>6:00pm KETTLEBELL AMP          |
| TUESDAY   | 5:15am INTERVALS<br>6:00pm BODY BLAST                  |
| WEDNESDAY | 5:15am INSTRUCTORS CHOICE<br>8:30am INSTRUCTORS CHOICE |
| THURSDAY  | 5:15am TABATA<br>6:00pm PIYO                           |
| FRIDAY    | 8:30am INTERVALS                                       |
| SATURDAY  | 8:30am INSTRUCTORS CHOICE                              |

**\*WE OFFER  
PERSONAL TRAINING  
SESSIONS**



ALL CLASSES ARE FREE WITH MEMBERSHIP OR \$5 PER CLASS FOR A NON-MEMBER  
**FREE CHILDCARE WITH MEMBERSHIP IS FROM JANUARY-APRIL 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 WATER 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

Effective January 1, 2023

| Membership Type   | Initiation Fee | Monthly Fee | Yearly Fee |
|-------------------|----------------|-------------|------------|
| 2 Adult Household | \$50.00        | \$58.00     | \$696.00   |
| 1 Adult Household | \$50.00        | \$48.00     | \$576.00   |
| Adult (19-64)     | \$30.00        | \$40.00     | \$480.00   |
| Senior (65+)      | \$30.00        | \$27.00     | \$324.00   |
| College Student   | \$20.00        | \$20.00     | \$240.00   |
| Youth (6-18)      | 0              | \$15.00     | \$180.00   |
| Child (0-5)       | 0              | \$10.00     | \$120.00   |

\*\* 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.

\*\* Child and Youth memberships must be a 3 month commitment.

## 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
- ♦ Free Childcare (January-April)
- ♦ Benefits at other YMCA's—National YMCA

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

## WINTER HOURS

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

**SATURDAY 7:00AM-5:00PM**

**SUNDAY 1:00PM-7:00PM**

Juniata Valley YMCA 105 1ST Avenue Burnham, PA 17009  
www.jvymca.org (717) 248-5019