



# SPRING FLING

Vendor/Craft/Flea Market



**SATURDAY, APRIL 29th**

**9:00am-2:00pm**



**Mark your calendars for the 2nd Annual JV YMCA Spring Fling vendor/craft/flea market.**

**Event will be held in the YMCA Red gymnasium.**

**Cost is \$25 per spot (12x12 spot)**

**Vendor must provide their own table & chair**

**Vendor's may set-up Saturday starting at 8:00am**

*\*The YMCA will be accepting donations during the week of April 24-28.*

- YMCA PROGRAMS**
- SUMMER DAY CAMP
  - SUMMER BASKETBALL
  - SWIM CLINIC
  - PARENT/CHILD SWIM
  - MARTIAL ARTS  
JUDO & KARATE
  - LIFEGUARDING  
CERTIFICATION
  - LIFEGUARDING  
RE-CERTIFICATION
  - WEEKLY CORNHOLE  
TOURNAMENTS

## YMCA EVENTS:

- SPAGHETTI DINNER
- SPRING FLING
- CHICKEN BBQ
- CORNHOLE TOURNAMENT

# YMCA CHICKEN BBQ

**SATURDAY, APRIL 29th**

**\$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**



# **JV YMCA BENEFIT CORNHOLE TOURNAMENT**

**SATURDAY, APRIL 15th**

**REGISTRATION/WARM UPS 10:00-10:45**

**BAGS FLY @ 11:00AM**

**\$20 PER PERSON-TEAMS OF 2**

**THIS TOURNAMENT IS OPEN TO THE PUBLIC AND ALL  
SKILL LEVELS OF PLAYERS ARE ENCOURGAED TO  
COMEPETE!**

**CASH PRIZES-\$1,000 PURSE**

Competitive Bracket-1st, 2nd, and 3rd

Social Bracket-1st, 2nd, and 3rd

**6 GAME GUARANTEE**



\*This will be a bring your own bag style tournament, if you don't have bags there will be bags available to use. NO CORN FILLED BAGS

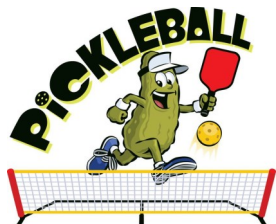
AIRMAIL CHALLENGE \$5- LAST MAN STANDING

50/50, CONCESSION STAND

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## **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

## LIFEGUARD CERTIFICATION

**This is an American Red Cross course. You must attend all 3 days, complete the online blended learning portion, and pass the prereq tests to be fully certified.**

### FULL CERTIFICATION CLASS

**CLASS #1 APRIL 13, 20, 28, 29, 30**

**CLASS #2 MAY 15, 17,18 (DAYTIME HOURS)**

**YMCA MEMBERS-\$150 NON-MEMBERS \$200**

### RECERT CLASS-1 DAY 8:00-5:00

**SATURDAY, MARCH 25**

**SATURDAY, MAY 13**

**YMCA MEMBERS-\$90 NON-MEMBERS \$130**



## 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 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.

## YMCA SUMMER DAY CAMP



On the surface, summer day camp is a fun getaway for kids to help fill the time during summer break, but on a deeper level, it's so much more. Summer camp is a supportive, creative, nurturing environment where kids will grow physically, emotionally, and improve self-esteem. Kids will also make new friends. Campers will bond through fun activities and challenges, helping them make memories that will last a lifetime. The YMCA offers a summer experience packed with games, craft, activities, swimming, field trips, and more.



**Any child K-6th grade**  
**Camp runs Monday-Friday from**  
**8:30am-5:30pm**

**YMCA MEMBERS-\$165 NON-MEMBERS- \$200**

WEEK 1 JUNE 5-9

WEEK 6 JULY 17-21

WEEK 2 JUNE 12-16

WEEK 7 JULY 24-28

WEEK 3 JUNE 19-23

WEEK 8 JULY 31-AUGUST 4

WEEK 4 JUNE 26-30

WEEK 9 AUGUST 7-11

**NO CAMP-JULY 3-7**

WEEK 10 AUGUST 14-18

WEEK 5 JULY 10-14

WEEK 11 AUGUST 21-25

## SUMMER BASKETBALL LEAGUES

**6 GAMES \$320 PER TEAM  
ENTERING THESE GRADES**

3RD & 4TH GRADE

5TH & 6TH GRADE

7TH & 8TH GRADE

JV

VARSITY

MEN & WOMEN ALUMNI

**DEADLINE TO REGISTER:  
MAY 26TH**

**BEGINS:  
WEEK OF JUNE 12**



**MALE TEAMS PLAY TUESDAY/THURSDAYS**

**FEMALE TEAMS PLAY MONDAY/WEDNESDAY**

## SWIM CLINIC-April 3-May 11

**Beginners: (Ages 6,7,8) \*Space Limited to 12 kids**

**Tuesday/Thursday 5:00-5:30pm**

**Members: \$20 Non-Members: \$40**

**Prior Swim Team (Ages 9+)**

**Monday/Tuesday/Wednesday/Thursday 5:30-6:30**

**Members: \$50 Non-Members: \$70**

## PARENT-CHILD SWIM CLASSES

**This is a parent-child water introduction program to help the parent and the child get used to the water and see the pool as fun.**

**The parent-child classes are offered for children ages  
6 months – 36 months**

**A parent/family member must accompany the child in the water.**

**Babies and toddlers who are not toilet trained must wear a swim diaper.**

**March 28 & 30**

**April 4& 6**

**MEMBERS \$20.00**

**NON-MEMBERS- \$32.00**



## 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\$\$**

## PROGRAMS TO LOOK FORWARD TO IN THE FALL:

<b>Jelly Bean Tumbling</b>	<b>18 month-3 year old</b>
<b>Gymnastics</b>	<b>Ages 4-10</b>
<b>Recreational Basketball</b>	<b>4 year old to Grade 8</b>
<b>Men's Basketball</b>	
<b>YMCA Swim Team</b>	<b>Ages 5-18</b>
<b>Adult Volleyball</b>	

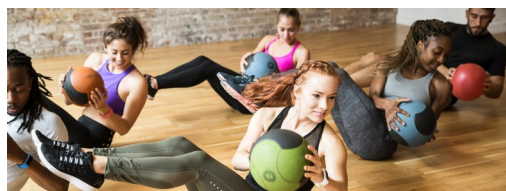


## GROUP FITNESS CLASSES

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
THURSDAY	5:15am TABATA 6:00pm PIYO
FRIDAY	8:30am INTERVALS
SATURDAY	8:30am INSTRUCTORS CHOICE



## AQUA FITNESS CLASSES

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)



## SENIOR LAND FITNESS CLASSES

MONDAY	10:00am CLASSIC SILVER SNEAKERS
TUESDAY	10:00am CIRCUIT OR YOGA
WEDNESDAY	10:00am CLASSIC SILVER SNEAKERS
THURSDAY	10:00am CIRCUIT OR YOGA
FRIDAY	10:00am CIRCUIT OR YOGA

**\*Grab a schedule at the beginning of each month**

# JUNIATA VALLEY YMCA MEMBERSHIP RATES

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.

**\*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**

♦ **Free Childcare (January-April)**

♦ **Benefits at other YMCA's—National YMCA**

## WINTER HOURS

(NOVEMBER-MAY)

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

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

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

## SUMMER HOURS

(JUNE-OCTOBER)

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

**SATURDAY 7:00AM-1:00PM**

**SUNDAY 1:00PM-5:00PM**