

# JUNIATA VALLEY YMCA

## FALL 2023 NEWSLETTER



### YMCA FALL PROGRAMS

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

### Youth Rec Basketball League

Youth Rec Fall Basketball League registration will open September 11th! Grades 2-8 will practice 1 time per week and play 1 game on either Saturday or Sunday. 4 year old, K, and 1st grade will practice and play on 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 23rd and games begin November 4th & 5th

#### GAMES DATES:

Nov. 4-5

Nov. 11-12

Nov. 18-19

NO GAMES Nov. 24-25

Dec. 2-3

Dec. 9-10

Dec. 16-17



#### COST:

**Early bird-Sept. 11-30**

**\$40 members**

**\$70 nonmembers**

**Regular registration**

**\$50 members**

**\$80 nonmembers**

#### DEADLINE TO REGISTER

**OCTOBER 13TH**

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

### MEN'S BASKETBALL LEAGUE

Games will be Wednesday evenings



**Cost: \$350 per team**

**Start date: Wed. Nov. 1st**

**Deadline to register: OCTOBER 20TH**



## YMCA SWIM TEAM

The Y Stingrays Swim team is accepting registration for the 2023-2024 swim season. Stingray registration will begin October 2nd. Season officially begins Nov. 6 and runs through mid 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 YMCA'S in our league.

**BABY RAYS** (8 & under) Monday-Thursday 5:30-6:00pm

**STINGERS** (9-12) Monday-Thursday 6:00-7:00pm

**STING RAYS** (13+) Monday-Thursday 5:30-7:00pm

Cost for the entire season is \$200 per swimmer.



## SWIM CLINIC

Want to try it out to see if you would like swim team, or are you a swim team member who wants to get a jump on the competition. Come to our fall swim clinic!!!

**Beginners (Age 6,7,8)**

**Starts the week of October 9th**

Tuesday/Thursday 5:00-5:30pm

**and will run for 4 weeks**

Members \$25 Nonmembers \$35

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

**Must be preregistered**

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

**for this clinic.**

Members \$55 Nonmembers \$75

## 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.

## RECREATION GYMNASTICS/TUMBLING

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

Must preregister for this program

in 6 week sessions

**Rollers**—Ages 4-6 Monday's 6:00-6:45pm

**Rollers:** \$35 Members & \$65 Nonmembers

**Tumblers**- Ages 7-10 Monday's 7:00-8:00pm

**Tumblers** \$40 Members & \$70 Nonmembers



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## Jellybean Beginner Tumbling Class

The Perfect activity for children 18 months old to 3 years old to teach the basics of tumbling/gymnastics. Must be preregistered for this class.

AN ADULT MUST ACCOMPANY AND INTERACT WITH THE CHILD

Runs every Monday 5:15-5:45pm for 6 weeks

Session 1 begins Monday, September 18th

Members: \$25 Nonmembers: \$35

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## 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.

Registration opens on October 9th and will

Begins October 26th and will run until December 21st

Cost is \$185 per team



**DEADLINE TO REGISTER— FRIDAY, OCTOBER 13TH**

# 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!

## OCTOBER-MAY

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

Free to members and nonmembers must purchase a day pass



## WEEKLY CORNHOLE TOURNAMENT

**Every other Wednesday Night at the YMCA**  
**START DATE : TBD**

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 7:00pm ZUMBA
TUESDAY	5:15am INTERVALS 6:00pm BODY BLAST
WEDNESDAY	5:15am INSTRUCTORS CHOICE 6:00pm YOGA 8:30am INSTRUCTORS CHOICE
THURSDAY	5:15am TABATA 6:00pm PIYO
FRIDAY	8:30am INTERVALS
SATURDAY	8:30am INSTRUCTORS CHOICE 10:00 YOGA

## AQUA FITNESS CLASSES

### MONDAY/WEDNESDAY/THURSDAY/FRIDAY

11:00am-12:00pm SPLISH SPLASH

### TUESDAY/THURSDAY

9:00AM-10:00AM AQUA 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 YMCA membership!**

# 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.

**\*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
    - Benefits at other YMCA's—National YMCA

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

\*Military Veterans discount 15%

## 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**  
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