



JUNIATA VALLEY YMCA



Winter 2023-2024

YMCA POLAR PLUNGE

The 13th Annual Polar Plunge will be held Saturday, January 20, 2024 at Greenwood Furnace State Park.

Plunge time is set for 2:30p.m.

All proceeds for the plunge benefit the YMCA Youth Programs and activities.

Ways to help:

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

See Sarah for details!

If we get \$1,000 in our bucket at the YMCA our new program director Sarah will take the plunge!



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

YMCA PROGRAMS

- Adult Volleyball League
- Men's Basketball League
- Youth Rec Basketball
- Youth Competitive Basketball
- Youth Indoor Soccer
- Judo & Karate
- Pickleball
- Cornhole

YMCA ENVELOPE FUNDRAISER



100 WAYS TO LOVE THE YMCA



CHOOSE A DONATION 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 29TH

HELP US FILL ALL 100 ENVELOPES!!!

YMCA FUNDRAISERS

- POLAR PLUNGE
- ENVELOPE FUNDRAISER

United Way





Youth Rec Basketball Session 2 Registration

Session 2 Rec basketball league will start in January! 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 years old, kindergarten, & 1st
- Grades 2 & 3
- Grades 4 & 5
- Grades 6, 7 & 8

Practices start the week of Jan. 8th with games beginning January 13th & 14th

COST:

Early Bird-Nov. 27-Dec 10
Member: \$40.00
Non Member: \$70.00

After December 10th
Member: \$50.00
Non Member: \$80.00

**DEADLINE TO REGISTER
DECEMBER 22nd**

Elementary Competitive Basketball

Competitive Basketball League is TEAM registration only. Teams will play games for 6 weeks on either Friday evening, or 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



**DEADLINE TO REGISTER:
DECEMBER 15th**

Games begin the weekend of January 5th, 6th, 7th

COST: \$350 per team

Men's League Basketball

Games will be played every other Wednesday for 6 weeks.
Session 2 will start February 7th



Cost: \$350 per team
DEADLINE TO REGISTER: JANUARY 19th



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

Free to members and nonmembers must purchase a \$5 day pass

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. Ages 4&5 will practice and play on Friday or Sunday. Ages 6+ will practice one day per week and play on either Friday or Sunday. Practice starts the week of February 19th.

We offer the following age groups:

Ages 4 & 5

Ages 6, 7 & 8

Ages 9, 10 & 11



DEADLINE TO REGISTER
FEBRUARY 11TH

COST:

January 15th-28th

Member: \$40.00 Non Member: \$70.00

January 29th-February 11th

Member \$50.00 Non Member: \$80.00

ADULT VOLLEYBALL 2ND SESSION

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

Cost is \$185 per team

DEADLINE TO REGISTER: DECEMBER 29TH
League Begins Thursday, January 11th





Martial Arts

JUDO/JUJITSU

This class meets Mondays & is instructed by sensei Dave

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

Ages 10+ 7:00-8:30pm

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.



WEEKLY CORNHOLE TOURNAMENT



Every other Wednesday Night
Dec 6, 20, Jan 3, 17, 31, Feb 14, 28

You will be guaranteed 6 games. We will run a 4 round switch to set partners (different partner each round), followed by a double elimination tournament.

REGISTRATION/WARMUPS will be from 5:45-6:30pm.

Registration will close promptly at 6:30.

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



WE OFFER PERSONAL TRAINING SESSIONS!

AQUA FITNESS CLASSES

MONDAY/WEDNESDAY/THURSDAY/FRIDAY
11:00am-12:00pm SPLISH SPLASH

TUESDAY/THURSDAY
9:00AM-10:00AM AQUA ZUMBA

WEDNESDAY
9:00AM-9:45AM AQUA FIT

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

Valid until December 31, 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.

*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

Child Watch for November & December

Tue. Thurs. 8:00-10:00AM

Mon. Tues. Wed. 5:30-8:00PM

*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)