

JUNIATA VALLEY YMCA

FALL 2024 NEWSLETTER



YMCA PROGRAMS

- Youth Rec Basketball
- YMCA Swim team
- Rec Gymnastics
- Adult Volleyball
- Judo/Karate
- Pickleball
- Line Dancing

Youth Rec Basketball League Ages 3-8th Grade

Youth Recreational Fall Basketball League registration is now open! Age 3-1st grade practice for 30 min and play a game for 30 min on Sundays. Grades 2nd-8th will practices one time per week and plays games on either Saturday or Sundays. This league is for both boys and girls.

This is a recreational, FUNDamentals league to learn and have fun! Team t-shirt included!

Practice starts the week of October 28th and games begin weekend of November 9th

COST:

Early bird-September 22nd

\$40 members & \$70 nonmembers

Regular registration September 23rd-October 19th

\$50 members \$80 nonmembers



**DEADLINE TO REGISTER
SATURDAY OCTOBER 19TH**

SESSION 2 Registration will begin in December

YMCA EVENTS

TAYLOR SWIFT PARTY
October 25th 5:30-7:30

PRINCESS PARTY
Date:TBD

MOVIE IN THE POOL
November 15th 6:00-?

TAYLOR SWIFT PARTY

**FRIDAY, OCTOBER 25TH
5:30 - 7:30**

Kindergarten-5th Grade \$40 per kid

Join us for swiftie inspired friendship bracelets, games, polaroid photos, bejeweled make-up, karaoke, and crafts



YMCA SWIM TEAM



The Y Stingrays Swim team is accepting registration for the 2024-2025 swim season. Season officially begins Nov. 4th 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 8 and under- Monday-Thursday 5:30-6:00pm

Ages 9-12 Monday-Thursday 6:00-7:00pm

Ages 13+ Monday-Thursday 5:30-7:00pm

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

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 & 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

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- Contact the YMCA to see when the next session begins
Classes run in 6 week sessions

Jellybeans-Ages 18 months- 3 years old 5:15-5:45pm

Rollers-Ages 4-6 6:00-6:45pm

Swingers- Ages 7-10 7:00-8:00pm

Jellybeans \$30 Members & \$40 Nonmembers

Rollers: \$40 Members & \$70 Nonmembers

Swingers: \$40Members & \$70 Nonmembers



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 October-December

Deadline to register for first session is October 13th

Cost is \$200 per team

LEAGUE BEGINS ON THURSDAY, OCTOBER 31ST

Session 2 runs from January-March



LINE DANCING WITH CLAUDINE

EVERY TUESDAY FROM 10:45-11:45AM

RUNS FOR 5 WEEKS

\$10 PER PERSON FOR THE 5 WEEK SESSION

SESSION 1 -STARTS OCTOBER 15TH

SESSION 2-STARTS NOVEMBER 19TH



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 and 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.

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

ALL CLASSES ARE FREE WITH MEMBERSHIP OR \$5 PER CLASS FOR A NON-MEMBER

AQUA FITNESS CLASSES

MONDAY/WEDNESDAY/THURSDAY/FRIDAY

11:00am-12:00pm SPLISH SPLASH

TUESDAY/THURSDAY

9:00AM-AQUA ZUMBA

WEDNESDAY

9:00AM- PATTY'S WATER WORKOUT

TUESDAY/THURSDAY/FRIDAY

1:15PM-3:00PM ACTIVE OLDER ADULTS
(Water Volleyball & Aqua Fitness Class)



SENIORS GROUP FITNESS CLASSES

CLASSES ARE MONDAY-FRIDAY FROM 10:00AM-11:00AM

*Grab a schedule at the beginning of each month to see what classes are on what days

*****Over 65? Check and see if your insurance pays for your YMCA membership!**

Princess Party

DATE TO BE DETERMINED

Come dressed in your princess attire and be prepared to be pampered for the afternoon. This event will include a meet and greet with our princesses, hair, makeup, nails, a tea party, and crown and sash decorating, and much more!



Kindergarten-5th grade

\$40.00 per child

Float & a Flix in the Pool

DATE TO BE DETERMINED

Sit back and relax while watching our feature movie in the pool!
 YMCA Members FREE, non-members \$5 for a single person, \$15 per family (Up to 5 members), \$5 for each additional person!

HOME SCHOOL SWIM AND GYM

RUNS NOVEMBER-MARCH

During Homeschool Gym & Swim Time, youth will enjoy one hour of free time in the gym time followed by one hour of free time in the pool, or vice versa. The entire family is welcome. Children must be accompanied by an adult. Any child under 5 the adult needs to be in the pool with them.



**HOMESCHOOL
GYM & SWIM TIME**

**Every Wednesday 1:00-3:00pm
\$3.00 per child or \$10.00 per family**

(Family includes 1 adult and only children living in that adults house)

PLEASE PRE-REGISTER EACH WEEK FOR THIS PROGRAM

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.

MEMBERS \$25.00

***DATES COMING SOON**

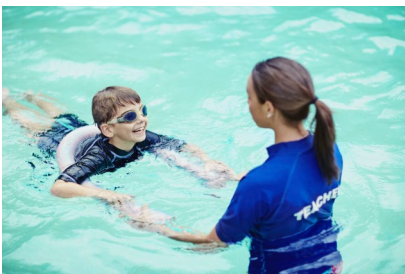
NON-MEMBERS- \$35.00

SWIMMING LESSONS

PRIVATE LESSONS

Our private swimming lessons are 30 minute, 1 to 1 lessons with an experienced swim instructor.

Pass of 5 Lessons: Member \$65 Non Member \$90



GROUP SWIM LESSONS

Group swimming lessons is in a group setting. This program will run for 3 weeks

Member \$25 Non Member \$35

Contact Megan for more info ypoolmanager@gmail.com

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

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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