



JUNIATA VALLEY YMCA



Winter 2024-2025

YMCA POLAR PLUNGE JANUARY 20TH @ 2:30PM

The 14th Annual Polar Plunge will be held Saturday, January 18, 2025 at Greenwood Furnace State Park.



Plunge time is set for 2:30pm
Registration starts at 12:00pm

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

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

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 28TH

HELP US FILL ALL 100 ENVELOPES!!!

YMCA PROGRAMS

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

YMCA FUNDRAISERS

- POLAR PLUNGE
- ENVELOPE FUNDRAISER



United Way
of Mifflin-Juniata



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. 3 & 4 year olds, K, & 1st grade will practice and play on Sundays.

This league is for boys and girls and is divided into the

following age groups:

- 3 & 4 year olds
- Kindergarten & 1st
- Grades 2 & 3
- Grades 4 & 5
- Grades 6, 7 & 8

Practices start the week of Jan. 6th with games beginning January 11th & 12th

COST:

Early Bird-Dec. 2-15

Member: \$40.00

Non Member: \$70.00

After December 15th

Member: \$50.00

Non Member: \$80.00

**DEADLINE TO REGISTER
DECEMBER 29th**

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 16th**

Games begin the weekend of January 4th, 5th, 6th

COST: \$350 per team

Men's League Basketball

Games will be played on Friday nights for 6 weeks
League begins end of February



Cost: \$350 per team



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 3, 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.

We offer the following age groups:

Ages 3, 4, & 5

Ages 6, 7 & 8

Ages 9, 10 & 11



DEADLINE TO REGISTER
FEBRUARY 16th

COST:

January 13th -26th

Member: \$40.00 Non Member: \$70.00

After January 26th

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 \$200 per team

DEADLINE TO REGISTER: JANUARY 5th
League Begins Thursday, January 16th





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.



RECREATION GYMNASTICS/TUMBLING

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

Classes are offered Monday & Tuesday's- 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

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



Jellybeans \$30 Members & \$40 Nonmembers

Rollers: \$40 Members & \$70 Nonmember

Twisters: \$40Members & \$70 Nonmembers



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



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 LAND 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!**



LINE DANCING WITH CLAUDINE

EVERY TUESDAY FROM 10:45-11:45AM
RUNS FOR 5 WEEKS
\$10 PER PERSON FOR THE 5 WEEK SESSION

SESSION 3 -STARTS JANUARY 7th



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



POOL PARTY

FRIDAY, JANUARY 17TH

6:00-9:00 PM

Come out for a fun night of fun in the YMCA pool!
Glo Sticks, games, treats, music dancing,
and a movie in the pool!!



\$5 PER PERSON- MUST PRE REGISTER LIMITED # SPOTS



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

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.

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 ***DATES COMING SOON**

JUNIATA VALLEY YMCA MEMBERSHIP RATES

Valid until February 28, 2025

There will be a small rate increase as of March 1, 2025

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)

105 1st Ave. Burnham, PA 17009 (717) 248-5019

www.jvymca.org