



# SPRING/SUMMER

## YMCA PROGRAMS

SUMMER DAY CAMP

SUMMER BASKETBALL

SWIM LESSONS  
PRIVATE  
GROUP

MARTIAL ARTS  
JUDO & KARATE

PRE SCHOOL  
ACTIVITY TIME  
3 YEAR OLD CLASS  
4 YEAR OLD CLASS

LIFEGUARDING  
CERTIFICATION

### YMCA EVENTS:

- Chicken BBQ
- YMCA Benefit Dinner



# YMCA CHICKEN BBQ

## SATURDAY, APRIL 26th

### \$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



## SAVE THE DATE

### YMCA BENEFIT DINNER & AUCTION

### THURSDAY, AUGUST 14TH

### @ BURNHAM LIONS CLUB

MEAL, BASKET RAFFLE, SILENT AUCTION, 50/50, & MORE

## OUR BIGGEST FUNDRAISER OF THE YEAR FOR THE YMCA!!!

Tickets will be available in July

# SUMMER BASKETBALL LEAGUES

**6 GAMES \$350 PER TEAM  
ENTERING THESE GRADES**

**3RD & 4TH GRADE**

**5TH & 6TH GRADE**

**7TH & 8TH GRADE**

**JV**

**VARSITY**

**MEN ALUMNI**

**WOMEN ALUMNI**



**DEADLINE TO REGISTER—JUNE 2ND  
LEAGUES WILL BEGIN THE WEEK OF JUNE 16TH**

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## YMCA PRE-SCHOOL ACTIVITY TIME

What makes our YMCA Preschool Swim & Gym unique? Children will have the opportunity to learn in a positive, creative environment while also enjoying time in the gym and swimming pool! Runs from September-end of MCSD school year  
**SIGN UP NOW LIMITED NUMBER OF SPOTS**

### **3 YEAR OLD CLASS**

**Tuesdays & Thursdays**

**10:00am-1:00pm**

**8 class sessions**

#### **Cost**

**Members - \$65**

**Non-Members - \$95**

### **4 YEAR OLD CLASS**

**Monday, Wednesday & Friday**

**10:00am-1:00pm**

**12 class sessions**

#### **Cost**

**Members-\$95**

**Non-Members-\$140**

# LIFEGUARD CERTIFICATION

**This is an American Red Cross course. You must attend all 4 days of class, complete the online blended learning portion, and pass the prereq tests to be fully certified. All days will be 9am-4pm**

## FULL CERTIFICATION CLASS

**CLASS #1-MAY 30, MAY 31, JUNE 1**

**CLASS #2 JUNE 2, JUNE 3, JUNE 4**

**\$150 Members**

**\$200 Nonmembers**

**Call or Email Meg to sign up  
ypoolmanager@gmail.com**



# 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 Hanshi 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-5th grade**

**Camp runs Monday-Friday from  
8:30am-5:30pm**

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

WEEK 1 JUNE 2-6

WEEK 2 JUNE 19-13

WEEK 3 JUNE 16-20

WEEK 4 JUNE 23-27

WEEK 5 JUNE 30-JULY 3

WEEK 6 JULY 7-11

WEEK 7 JULY 14-18

WEEK 8 JULY 21-25

WEEK 9 JULY 28- AUGUST 1

WEEK 10 AUGUST 4-8

WEEK 11 AUGUST 11-15

WEEK 12 AUGUST 18-20

Get the Party Started

Bring on the Team Spirit

Imagine, Create, Shine

Mad Scientist

Stars, Strips, Fun

Into the Wild

Full Steam Ahead

All Start Sports

Down on the Farm

Make a Splash

Camp YMCA

The Last Hurrah



United Way  
of Mifflin-Juniata

# GROUP SWIMMING LESSONS

At the Y, we believe everyone should learn to swim! It's why we introduced group swimming lessons over 100 years ago. Swimming skills are progressive, so it's important to pick the right level for you. Our YMCA-trained and certified instructors cover swimming skills, stroke technique, and water safety in a friendly and encouraging environment. We offer 7 levels of swimming lessons.

To learn about group lessons and the different levels please reach out to Meg.  
(717) 248-5019  
ypoolmanager@gmail.com

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## SWIMMING LESSONS

### Private Lessons

Our private swimming lessons are 30 minute, 1 to 1 lessons with an experienced swim instructor. Lessons are designed specifically for your swimmer's needs and can be scheduled at a time that is convenient for you.

**Pass of 5 Lessons: Member \$65 Non Member \$92**  
**Contact Meg for more information**



## **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>Youth Recreational Basketball</b>	<b>3 year old to Grade 8</b>
<b>YMCA Swim Team</b>	<b>Ages 5-18</b>
<b>Adult Volleyball</b>	<b>Anyone ages 16+</b>
<b>YMCA Themed Pool Parties</b>	

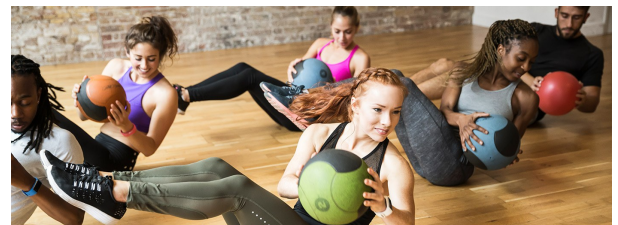


## GROUP FITNESS CLASSES

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 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



## AQUA FITNESS CLASSES

MONDAY/WEDNESDAY/THURSDAY/FRIDAY

11:00am-12:00pm SPLISH SPLASH

TUESDAY/THURSDAY

9:00AM-10:00AM AQUA ZUMBA WITH PATTY

WEDNESDAY

9:00AM-10:00AM WATER WORKOUT CLASS

7:15PM- AQUA ZUMBA WITH GEOVY

TUESDAY/THURSDAY/FRIDAY

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



## SENIOR LAND FITNESS CLASSES

MONDAY-FRIDAY 10:00-11:00am

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

# JUNIATA VALLEY YMCA MEMBERSHIP RATES

Membership Type	Initiation Fee	Monthly Fee	Yearly Fee
2 Adult Household	\$50.00	\$60.00	\$720.00
1 Adult Household	\$50.00	\$50.00	\$600.00
Adult (19-64)	\$30.00	\$42.00	\$504.00
Senior (65+)	\$30.00	\$28.00	\$336.00
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 2-Full size gymnasiums
- ◆ Full use of 6-Lane Olympic style pool
- ◆ Free use of 2-Racquetball courts
- ◆ Full use of Fitness Centers-Weight Room & Cardio Room
- ◆ Clean changing facilities (men's, women's, and family)
  - ◆ Free Land Aerobic classes
  - ◆ Member rates for programs

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

## 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**