

1 YR MEMBERSHIP = 3 YMCA'S
WAYNE COUNTY Y MEMBERS MAY USE THE
CARBONDALE AND SCRANTON Y'S!
CHECK OUT OUR NEW PROGRAMS!
 Youth Dodgeball, Indoor Tennis, Indoor Soccer,
 Bootcamp, Chair Yoga, AND Drums Alive!

Youth

INDOOR SOCCER – K-6th graders. Practices & games on
 Sat. 1/14-2/18. Registrations through Jan. 13.
 Y Members: \$20.00 Non Y Members: \$35.00

INDOOR TENNIS – K-6th graders. Practice & games are each
 Sat. 1/14 – 2/18. Registrations through Jan. 13
 Y Members: \$27.00 Non Y Members: \$37.00

DODGEBALL – 2nd-7th graders. Games on Friday.
Session I: 1/13-2/17 **Session II: 2/24-3/30**

Y Members: \$20.00 Non Y Members: \$35.00

BASKETBALL – K-6th graders. Practice & games will be held
 Sat. 3/3 – 4/14. Registrations through Mar. 2.
 Y Members: \$20.00 Non Y Members: \$35.00

YOUTH STRENGTH – 9-12 yr olds. Basic strength training.
 Thurs. 6:30-7:15 PM. **Session I: 1/12** **Session II: 2/23**
 Y Members: \$24.00 Non Y Members: \$36.00

PRESCHOOL SPORTS – 3-5 Year olds. 6 wk sessions
Session I: Floor Hockey- 1/12 - 2/16 or 1/14 - 2/18
Session II: T-Ball- 2/23 - 3/29 or 2/25 - 3/31

Thurs. 4:30-5:15 PM or Sat. 10:15-11:00 AM
 Y Member: \$27.00 Non Member: \$36.00

KARATE – 6 yr olds to adults. Monthly sessions offered.
 Cost/Session: Y Members: \$20.00 Non Y Members: \$25.00

MIDDLE SCHOOL SPORTS NIGHTS– 6-8th Gr. 7:00-9:00 PM
 1/21, 2/18, 3/17, 4/21, 5/19

GYMNASTICS – Pre K & up-6 wk sessions starts 1/10

Mommy & Me: (18 months – 3 years)
 Tues 10:30-11:00 AM or Tues 6:00-6:30 PM
 Y Members: \$20.00 Non Y Members: \$26.00

Pre-School Gymnastics: Tues 11:00-11:45
 Tues 12:00-12:45 (Teacher placement only)
 Y Members: \$30.00 Non Y Members: \$39.00

Beginner: Tues 3:30-4:30 (all new students & returning beginners)
 Y Member: \$36.00 Non Member: \$45.00

Advanced Beginner: Tue 4:30-5:30 (Teacher placement only)
 Y Member: \$36.00 Non Member: \$45.00

Intermediate: Tue 4:30-6:00 (Teacher placement only)
 Y Member: \$49.00 Non Member: \$67.00

BIRTHDAY PARTIES – 4 yrs. & up call about themes!

WE NOW HAVE A BOUNCY HOUSE FOR YOUR PARTY!

Please call for details as birthday format has changed.

WALLENPAUPACK AFTER SCHOOL– Call for details

Adult

MORNING HOOPS – 30 yr olds & Up M, W & F 6:00AM

Y Members: Free Non Member: \$5.00/day

ADULT TENNIS– TBA - Low Impact Quickstart Tennis

Y Members: Free Non Member: \$7.00

CAPTURING MEMORIES – learn to share your past w/ local
 Author Christine San Jose. 1st Tues of the month 10 -11:00

IN THE CARDIAC DIRECTION – Health & Wellness
program! Assessment & exercise program set up by Sara
 Spoerri, RN and an eating plan for you by a Dietician.
 Call for cost and details. Program runs monthly.

Take off Pounds Sensibly (T.O.PS) Wt loss group meets
 Wed. – 6:00 weigh in. \$26.00 to join & a \$1.25 wkly fee.

FITNESS CLASSES - All Classes FREE to YMCA Members
 Non Members \$5/45 min. class – \$7/1 hr & up

Fitness Mix Mon & Fri 9:00-9:45 AM

Drums Alive Tues 6:45-7:30 PM & Wed 9:00-9:45 AM

Golden Gang Tues & Thurs 9:00-9:45 AM

Silver Sneakers Mon & Wed 10:00-10:45 AM

Step & Strength Mon & Wed 5:15-6:45 PM

Chair Yoga Mon 11– 11:45 & Thurs 10-10:45 AM

Zumba & Abs Mon & Wed 6:00-7:00 PM

Zumba Fri 10:00-11:00 & Sat 9:00-10:00 AM

Yoga Tues 10:00-11:30 AM & Thurs 5:15-6:15 PM

TBC & B (Total Body Circuit & Balance) Tues 5:30-6:30 PM

Bootcamp Thurs 6:00-7:00 PM

If you are new to a class - call to check the schedule

Membership Rates – Jan. - Dec. 2012

Family	New	\$415.00	Renewing	\$395.00
Adult	New	\$310.00	Renewing	\$290.00
Sr. Youth	13 - 18 years of age			\$140.00
Jr. Youth	6 - 12 years of age			\$ 50.00
Pre K	Birth to 5 years of age			\$ 40.00
Monthly: Adult \$40/month Family \$60/month				

Payment Plan Options: Bank Draft or Electronic Funds
 Transfer (EFT) or pay In full or ½ for 2 consecutive months
 (Financial assistance available for program & membership)
 All new members receive one free personal training session.
FOR YOUTH DEVELOPMENT, FOR HEALTHY LIVING, FOR SOCIAL RESPONSIBILITY

