



**WILKES-BARRE FAMILY YMCA**  
FALL 2019 PROGRAM GUIDE

Est. 1863

[www.wbymc.org](http://www.wbymc.org)



**FALL INTO  
FUN!**

# ALWAYS WELCOME IN EVERY COMMUNITY

## NATIONWIDE MEMBERSHIP

- Nationwide Membership **enables Y members to visit any participating YMCA** in the United States
- Valid for active, full facility YMCA members
- Nationwide member visitors must use their home Y **at least 50% of the time**
- Program-only participants are not eligible for nationwide membership
- Special memberships (group homes, other agencies, etc.) are not eligible



Find a participating Y,  
go to [ymca.net](http://ymca.net) for locations.

**WILKES-BARRE FAMILY YMCA**  
40 West Northampton Street  
Wilkes-Barre, PA 18702

## WELCOME TO THE Y!

The Y is a cause for strengthening community. That's why we're here working with you every day, making sure that you, your family and community have the resources and support you need to learn, grow and thrive.

Financial assistance is offered to individuals and families who cannot afford membership or programs.

With a focus on developing the potential of kids, improving individual health and well-being, and giving back and supporting our neighbors, your membership will bring about meaningful change not just within yourself, but in your community, too.

When you join the Y, you belong to a place where:

- Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
- Families come together to have fun and spend quality time with each other.
- Children and teens play, learn who they are and what they can achieve, and are accepted.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.

The Y is a nonprofit like no other. Be a member of something special!

### BUILDING HOURS

Monday-Friday	5:30AM-9:00PM
Saturday	7:00AM-5:00PM
Sunday	8:00AM-3:00PM

### CHILD WATCH HOURS

Monday-Friday	9:00AM-1:00PM
Monday-Thursday	4:00PM-8:00PM
Saturday	8:00AM-12:00PM



## MEMBERSHIP MEANS MORE AT THE Y

As the leading **CHARITY** for youth development, healthy living, and social responsibility, the Y works side-by-side with our **NEIGHBORS** every day to make sure that **EVERYONE**, regardless of age, income, or background, has the **OPPORTUNITY** to learn, grow, and thrive. When **YOU** support the Y, you help bring about lasting personal and social **CHANGE**. Whether you want to **NURTURE** the potential of children and teens, **IMPROVE** you or your family's health and well-being, or **GIVE BACK** and support your neighbors, your involvement with the Y will **POSITIVELY** impact those in your **COMMUNITY**.

## MEMBERSHIP OPTIONS

TYPE	JOINERS FEE	MONTHLY DRAFT PLAN	ANNUAL PAYMENT PLAN
YOUTH (0-12)	\$0	N/A	\$84
TEEN (13-18)	\$25	\$15	\$180
YOUNG ADULT (19-22)	\$50	\$35	\$420
ADULT (23-62)	\$100	\$48	\$576
FAMILY	\$100	\$65	\$780
ACTIVE OLDER ADULT FAMILY	\$100	\$57	\$684
ACTIVE OLDER ADULT (63+)	\$100	\$42	\$504

1. Full-time "dependent" college students may stay on family memberships until age 23
2. **ALL ADULTS ARE REQUIRED TO PRESENT** a Drivers License or State ID upon registering
3. Joiners fee is a one-time fee upon joining, unless you let your membership lapse more than 30 days.
4. **LOCKER ROOM SERVICES:** To rent a locker add \$10/month for a half locker OR \$15/month for a full locker. To add towel and laundry service with your locker rental add an additional \$5/month.
5. **Guest Fee:** We welcome guests to our Y for a \$10 fee per visit.

### FINANCIAL ASSISTANCE

The Y is for everyone. If you are living on a fixed or limited income, you may be eligible for financial assistance for a Y membership and/or program fees through the Y's Financial Assistance program. Assistance is determined on level of income, family size, and circumstances.

Funds are made available thanks to the generosity of our donors and funding partners. To apply, simply complete the scholarship application and submit it with any necessary supporting documents to the Wilkes-Barre Family YMCA. All information provided is kept confidential.

The Y's Financial Assistance program is supported by contributions to the Annual Support Campaign.

## STAY CONNECTED!

PHONE  
570 823 2191



ONLINE  
wbymca.org

### TEXT ALERTS

Sign up for our text alert system to receive alerts, cancellations and general Y information.



- Text FILLMEIN to 84483 to receive General Facility Alerts
- Text YCHILDCARE to 84483 to receive Child Care Alerts
- Text POOLALERTS to 84483 to receive Mericle Pool Alerts
- Text GROUPEX to 84483 to receive Group Exercise Alerts
- Text WBYCW to 84483 to receive Child Watch Alerts
- Text WBFAM to 84483 to receive Family/Youth Programs Alerts
- Text WBKIDS to 84483 to receive School Age Program Alerts

## STRONGER FAMILIES

At the Y, we believe that when a family stays together they are stronger. We help promote positive and healthy family time with programs that develop relationships, fosters community and allows each person to grow and thrive in their own way.

Family members receive a multitude of **FREE** programs for the whole family and individuals alike. Please check our seasonal program guide for more information and program offerings.

### CHILD WATCH

Children will enjoy time in our dedicated child watch area supervised by qualified and enthusiastic staff! They will play, color, draw, watch movies and so much more! Check us out today!

## HOLIDAY HOURS

THANKSGIVING - Thursday, November 28  
↪ YMCA CLOSED

# AQUATICS



## GROUP SWIM LESSONS

**SWIM STARTERS** Accompanied by a parent/guardian, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parent/guardians learn about water safety, drowning prevention and the importance of supervision.

### WATER DISCOVERY / STAGE A

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

AGES: 6-17 months

CLASS TIMES: Tuesdays 5:55pm - 6:25pm  
Saturdays 9:00am - 9:30am

### WATER EXPLORATION / STAGE B

In stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

AGES: 19 months - 3 years

CLASS TIMES: Tuesdays 6:30pm - 7:00pm  
Saturdays 9:35am - 10:05am

**SWIM BASICS** Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: 1. Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit; 2. Jump, push, turn, grab

### WATER ACCLIMATION / STAGE 1

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

### WATER MOVEMENT / STAGE 2

In stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

### WATER STAMINA / STAGE 3

In stage 3, students learn how to swim to safely from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

### CLASS SCHEDULE - SWIM BASICS ALL STAGES

AGES: Preschool (3-5 years)

CLASS TIMES: Tuesdays 4:00pm - 4:30pm  
Thursdays 5:00pm - 5:30pm  
Saturdays 10:45am - 11:15am

AGES: Youth (5-12 years)

CLASS TIMES: Tuesdays 4:35pm - 5:05pm  
Thursdays 5:35pm - 6:05pm  
Saturdays 10:45am - 11:15pm

**SWIM STROKES** Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

### STROKE INTRODUCTION / STAGE 4

Student in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

### STROKE DEVELOPMENT / STAGE 5

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

### STROKE MECHANICS / STAGE 6

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming in to a healthy lifestyle.

### CLASS SCHEDULES - SWIM STROKES ALL STAGES

AGES: Youth (5-12 years)

CLASS TIMES: Tuesdays 5:10pm - 5:50pm  
Thursdays 6:10pm - 6:50pm  
Saturdays 8:15am - 8:55am

### ADULT/TEEN LESSONS

For ages 13 and older

CLASS TIMES: Tuesdays 7:00pm - 7:30pm

### PRIVATE SWIM LESSONS

Pricing is PER SWIMMER/PER LESSON.

PRIVATE LESSONS: Family Member: \$30  
Member: \$40  
Non-member: \$50

SEMI-PRIVATE LESSONS: Family Memb.: \$20  
Member: \$25  
Non-member: \$35

## GROUP SWIM LESSONS SESSION DATES

FALL I: September 2nd - October 19th

FALL II: November 5th - December 21st

### REGISTRATION DATES

FALL I: Members - August 15, 2019  
Non-members - Aug. 22, 2019

FALL II: Members - October 14, 2019  
Non-Members: October 21, 2019

### PRICING

Family Members - \$42  
Members - \$56  
Non-members - \$91

### FREE LEVEL EVALUATIONS

Saturdays 11:15am - 11:30am

# SWIM TEAM

## STROKE CLINIC

### Session 1: New to 1-2 years swim Team experience

For those new to competitive swimming or with 1-2 years of competitive swimming who are still learning the competitive swimming strokes & turns for Freestyle, Backstroke, Breaststroke & Butterfly.

Mondays & Wednesdays 6:00-7:00

August 28th-Sept. 18th

Members: \$30

Non-members: \$50

### Session 2: Experienced Competitive Swimmers

For those with 3 or more years of competitive swimming experience and who are competent in all four competitive strokes (Freestyle, Backstroke, Breaststroke & Butterfly) and the competitive starts and turns.

Mondays & Wednesdays 7:00-8:00pm

August 28th-Sept. 18th

Members: \$30

Non-Members: \$50



Contact Suzanne Youngblood ([Heartbc@hotmail.com](mailto:Heartbc@hotmail.com)) or Samantha Reinhardt ([sam.reinhardt@wbymca.org](mailto:sam.reinhardt@wbymca.org)) for any additional details.

# IT'S TIME TO CELEBRATE

## WIBIT SWIM PARTIES

This option includes 1 hour in the pool on our NEW WIBIT Inflatable Play Structures & 45 minutes in a party area.

## GYM PARTIES

This party includes 1 hour in the gym & 1 hour in a party area. School aged children will enjoy skills, drills and fun games with their choice of basketball, soccer, dodgeball, kickball, t-ball, floor hockey or our sports wall. Pre-school children will participate in a variety of traditional games such as duck duck goose, musical chairs, red light-green light, as well as other favorite pre-school games.

## WHAT'S INCLUDED

- 2 trays of 18 Cut Sicilian pizza OR 4 trays of Large Round pizza (additional pizza is available at an additional fee)
- Juice boxes & Water
- Paper products (table clothes, plates, forks, napkins, candles)

## PARTY FEES

- The first 20 children & 10 adults are included in the package price. Each additional child or adult is \$5.00. (An additional tray of pizza will be included for every 5 additional children/adults)
- \$230 - YMCA Member (birthday child must be a member to receive this rate)
- \$270 - Non-Member

Contact our Aquatic Department at 570-970-5051 for more information and to make reservations.

# CHILDHOOD DEVELOPMENT



## DAY CARE

### INFANT & TODDLER PROGRAMS

The Wilkes-Barre Family YMCA Day Care is open from 7:00am to 6:00pm Monday through Friday, 52 weeks per year. The Day Care is officially closed on the following holidays: New Year's Day, Good Friday, Memorial Day, July 4th, Labor Day, Thanksgiving, the day after Thanksgiving, and Christmas.

We offer the following programs:

- Infants: 6 weeks to 12 months
- Young Toddlers: 13 months to 24 months
- Older Toddlers: 25 months to 26 months

Our mission for our Day Care program is to provide the best early learning environment for children through support of social/emotional development, cognitive development, physical development, nutritional skills, swimming lessons, and language development.

Tuition rates are available upon request. Scholarship opportunities are also available for those who may not be able to afford to full tuition.

## PRESCHOOL

The Wilkes-Barre Family YMCA Preschool Program runs from September through May. It is designed for children ages three, four and five who are completely potty-trained. The program meets two, three or five times per week, for four or five hours each day, with options for a full day. Our program is designed to create an atmosphere where your child will feel safe, emotionally secure and have a sense of belonging. Our focus is a whole-child approach, where we focus on age appropriate developmental milestones. We strive to help your child develop social skills, which teaching life skills that will lead to academic success.

Our mission for our Preschool program is to provide the best early learning environment for children through support of social/emotional development, cognitive development, physical development, nutritional skills, swimming lessons, and language development.

### CLASS SCHEDULE AND TUITION RATES

- 5 DAY FULL DAY - \$160/week  
7:00am - 6:00pm
- 5 DAY, 4 HOUR PROGRAM - \$385/month  
9:00am - 1:00pm
- 3 DAY, 5 HOUR PROGRAM - \$335/month  
9:30am - 2:30pm
- 3 DAY, 4 HOUR PROGRAM - \$255/month  
9:45am - 1:45pm
- 2 DAY, 5 HOUR PROGRAM - \$270/month  
9:30am - 2:30pm
- 2 DAY, 4 HOUR PROGRAM - \$215/month  
9:45am - 1:45pm

Some sections are reserved for children entering Kindergarten in September 2020.

## SCHOOL AGE PROGRAM

The Wilkes-Barre Family YMCA After School Program was created to support families and children outside of school time. The After School Program provides homework assistance, a healthy snack and dinner, active play/swim lessons, social interactions with peers and adults in a safe environment. The program is designed to keep kids active and engaged in activities that support learning and growth in and out of the classroom. The Y program provides the building blocks to succeed by incorporating the 4 core values of the Y into our program everyday of caring, honesty, respect and responsibility.

OUR STAFF MEMBERS AT THE Y ARE TRAINED AND CERTIFIED IN CPR/AED AND FIRST AID. STAFF MEMBERS ALSO HAVE OBTAINED CRIMINAL BACKGROUND AND CHILD ABUSE CLEARANCES. THE Y IS A KEYSTONE STAR 3 AND DPW LICENSED FACILITY.

We service the following schools:

- Kistler Elementary
- Dan Flood Elementary
- Solomon Elementary
- Dodson Elementary
- Heights Elementary
- Dana Street Elementary
- Bear Creek Charter School

Transportation is provided for both Before Care and After School Care to these participating schools.

Our program includes:

- Homework Assistance
- Supervised Athletic Play/Organized Games and Activities
- Weekly Swim Lessons
- Arts, Crafts, STEM
- STEAM daily Activities
- Healthy Snack and Dinner Daily

Tuition assistance is available. We accept Coordinated Child Care. Scholarships are also available to help offset the costs of tuition.

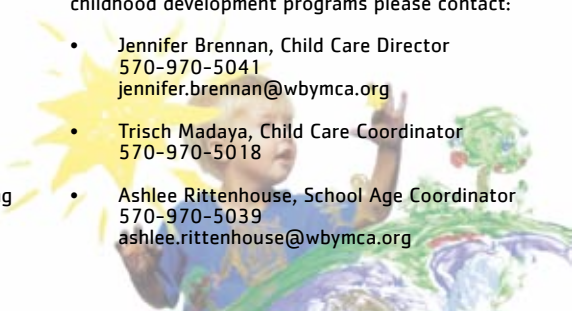
The School Age Program is available Monday through Friday. Also included with the below tuition is any half days or any delays/early dismissals/snow days.

Before care begins at 7:00am and after care closes at 6:00pm.

- 5 DAYS A WEEK - \$90/week
- 3 DAYS A WEEK - \$65/week

For information regarding any of our early childhood development programs please contact:

- Jennifer Brennan, Child Care Director  
570-970-5041  
jennifer.brennan@wbymca.org
- Trisch Madaya, Child Care Coordinator  
570-970-5018
- Ashlee Rittenhouse, School Age Coordinator  
570-970-5039  
ashlee.rittenhouse@wbymca.org





## FAMILY AND YOUTH PROGRAMMING

**YMCA STORY TIME**- Kids will enjoy a half hour reading children's favorite stories books. At the end of the reading the children will complete an activity related to the book! **(A \$5 activity charge will be added to program fee)**

Age: 3-5  
Time: 4-4:30pm  
Day: Mondays

**LET'S PLAY WITH PLAY-DOUGH!** - Our three to five year olds will have fun playing with play dough and cookie cutters to create their own fun! **(A \$5 activity charge will be added to program fee)**

Age: 3-5  
Time: 4-4:30pm  
Day: Tuesdays

**MESSY ART**- Your little ones will enjoy getting messy with finger paints and water colors and you don't have to worry about the cleanup! Kids will enjoy a half hour of fun filled art and crafts related activities that will have them exploring their messy side! **(A \$5 activity charge will be added to program fee)**

Age: 3-5  
Time: 4-4:30pm  
Day: Wednesdays

**WELCOME TO THE YMCA ZOO!** - Toddlers will enjoy playing and learning all about the different animals you will find at the zoo!

Age: 3-5  
Time: 4-4:30pm  
Day: Thursdays

**YMCA LEGO CLUB!** - Kids will create and build all types of Lego structures!

Age: 5-8  
Time: 5-5:30pm  
Day: Mondays

**KIDS CAFÉ** - Basic hands-on cooking recipes that are fun, easy and ready to eat! **(A \$5 activity charge will be added to program fee)**

Age: 5-8  
Time: 5:00-5:30pm  
Day: Tuesdays

Age: 9-12  
Time: 6-6:30pm  
Day: Tuesdays

**NERF MANIA!** - Kids will enjoy having nerf wars in the gym and creating forts with the imaginations playground! **(A \$5 activity charge will be added to program fee)**

Age: 5-8  
Time: 6-6:45pm  
Day: Wednesdays  
Age: 9-12  
Time: 6-6:45pm  
Day: Wednesday

**SLIME YA LATER!** - Each week kids will enjoy making ooey gooy slime in all different colors and textures!

Age: 5-8  
Time: 5-5:30pm  
Day: Thursdays

**YOUNG ARTISTS**- Kids will enjoy creating beautiful canvases using different types of materials! **(A \$5 activity charge will be added to program fee)**

Age: 9-12  
Time: 6-6:30pm  
Day: Mondays

**CAN YOU CODE IT?** - Each week youth will learn how to code using Ozobots!

Age: 9-12  
Time: 6-6:30pm  
Day: Thursdays

**YOUNG BUILDERS** - kids will enjoy building with duplo blocks, foam blocks, wooden blocks and cups!

Age: 3-5  
Time: 9:00-9:30am  
Day: Saturdays

**WHAT'S PUZZLING YOU?** - Kids of all ages will enjoy putting their brains to test as they try to complete all different types of puzzles!

Age: 5-8  
Time: 10-10:30am  
Day: Saturdays

**Jewelry Club**- kids will learn how to make friendship bracelets, necklaces and bracelets! **(A \$5 activity charge will be added to program fee)**

Age: 9-12  
Time: 11:00-11:30a.m.  
Day: Saturdays

**OH WHAT A MAZE!** - Children will enjoy a half hour of creating marble mazes using different types of tubes and cylinders!

Age: 9-12  
Time: 11:00-11:30a.m.  
Day: Saturday



## REGISTRATION INFORMATION

**FALL I: September 3 - October 20, 2019**

**Member Registration:** August 12, 2019

**Non-member Registration:** Aug. 19, 2019

**FEES:** Family Member - FREE

Member - \$20

Non-member - \$70

**FALL II: October 21 - December 6, 2019**

**Member Registration:** September 30, 2019

**Non-member Registration:** Oct. 7, 2019

**FEES:** Family Member - FREE

Member - \$20

Non-member - \$70

# SPECIAL EVENTS

## FLOATING PUMPKIN PATCH

October 20, 2019

11AM - 2PM

Come experience our unique pumpkin patch in our pool! Kids will have a chance to dive in to find that perfect pumpkin. There will also be Halloween themed activities, a photo wall and light refreshments!

Registration: October 1 - October 16

Non-member: \$3 per child,

\$2 per adult

Member: \$2 per child

\$1 per adult



## BUILD A SCARECROW

November 17

12PM - 2PM

Let's get ready for fall and create your own personalized scarecrow. We will have everything you need to design your own scarecrow, we ask that you bring your own clothing to dress them up!

Registration: November 1 - November 15

Fee: \$15.00 per scarecrow

## BREAKFAST WITH SANTA

December 8, 2019

9AM - 11AM

It's the most wonderful time of the year! What better way to get ready for the holiday season than having breakfast with Santa! We will serve light breakfast and have holiday themed activities for the kids. Plus a special visit from Santa!

Registration open November 18, 2019

\$ 5.00 per person- Member

\$ 6.00 per person- Non- member

## PARENTS NIGHT OUT

Parents' Night Out is a break for both the child and parent. Kids will have fun with gym activities and snacks will be provided. Children will be supervised by our trained child care staff. Participants must be a member of the facility and must be potty trained.

AGES: 4-12

FEES: FAMILY MEMBERS: \$15

MEMBERS: \$30

UPCOMING DATES AND TIMES:

September 21st: 6-10pm OR 4-8pm

October 12th: 6-10pm OR 4-8pm

November 29th: 9-12pm OR 2-6pm

December 21st: 6-10pm OR 4-8pm

## TEEN NIGHT

Our teen nights are a great way for friendships to form and fun to have!

Teen nights offer open gym time, supervised access to the wellness center and other teen activities.

AGES: 12-17

FEES: Members: \$5 per teen

Non members: \$10 per teen

UPCOMING DATES AND TIMES:

September 13th: 6-8:30pm

October 5th: 6-8:30pm

November 15th: 6-8:30pm

December 13th: 6-8:30pm



# HEALTH & WELLNESS



## STUDIO X

STUDIO X is a small group cross training utilizing exclusive equipment. **New for fall 2019 now offering MyZone heart rate tracking to maximize results, monitor effort, see caloric burn and so much more!**

### Studio X Commitment:

- We pride ourselves on offering diverse options
- We cater to all fitness levels
- We believe everyone deserves to be successful
- We use weight and resistance to challenge and assist
- We sprinkle in cardio and HIIT training
- We play games and have friendly competitions
- We are team environment
- We create accountability and forge friendships

### STUDIO X CLASS SESSIONS:

#### FALL I (8 weeks):

September 3 – October 27

Registration Opens - Members: August 12

Non-Members: August 19

#### FALL II (8 weeks):

October 28 – December 22

Registration Opens - Members: September 30

Non-Members: October 7

Session Cost: Family Members: \$16 | Members: \$24  
Non-Members: \$80

#### \*Class Times

##### Traditional Classes

Mon & Thurs – 12pm

Mon, Wed, Thurs & Fri – 5pm

Mon – 7pm

Sat – 8am

##### Level One Classes

Tues – 12pm & 5pm

\*You may register for multiple class times

## PICK-UP BASKETBALL

Monday, Tuesday & Thursday

11:30am – 1pm

Join our lunch crowd for a great game! Relieve stress, get exercise and make some new friends!

## MEDITATION

Sundays at 11am

### FALL I (8 weeks):

September 3 – October 27

Registration Opens - Members: August 12

Non-Members: August 19

### FALL II (8 weeks):

October 28 – December 22

Registration Opens - Members: September 30

Non-Members: October 7

Session Costs: Family Members: \$40  
Members: \$50  
Non-Members: \$80

## YMCA WELLNESS GET STARTED PROGRAM

Our Get Started Consult is a complimentary appointment designed to support you in pursuit of your health and wellness goals. A wellness representative will meet with you to discuss your needs and interests and together you will develop an achievable plan for success. They will provide you with a body composition analysis, instruction on cardio equipment and how to use and track weight selectorized resistance training machines.

**WHAT IT'S NOT:** Your Get Started consult is not a cookie-cutter workout or one-sized fits all program; it is different for everyone. We help you understand what the Y has to offer and where you will be most comfortable and successful.

**WHO SHOULD ATTEND:** Everyone! Whether you're new to exercise, have dabbled in it your whole life, or are comfortable in your regular program, we will help you make the most of your Y membership. The Get Started experience is an opportunity for us to create your personalized road map for success.

**WHY IT'S IMPORTANT:** Members who attend our Get Started appointment within the first two weeks of joining the Y are 6X more likely to achieve their goals, whatever they may be. Let's make sure you're one of them! Please schedule your appointment at our welcome center today!

## PICKLEBALL OPEN COURT/PICK-UP PLAY

Play is fee for Members. Non-Members \$5/visit

Monday, Wednesday and Fridays: 9am – 11am – All Levels

Mondays: 6pm – 9pm – Intermediate/Advanced

Tuesdays & Thursdays: 2pm – 4pm – Beginners

Saturdays: 10am – 12pm – All Levels

Sundays: 12pm – 2pm – All Levels

## PICKLEBALL BEGINNER LESSONS

By Appointment Only; please call 570-823-2191 to schedule. Lessons are Free for Members and Non-Members \$5/lesson.

## PERSONAL TRAINING, STUDIO X PERSONAL TRAINING & AQUATIC PERSONAL TRAINING

Personal Training with our certified trainers is a great way to get in shape safely, efficiently and effectively. They provide motivation, fitness testing, personalized programming and accountability. Our trainers are certified and qualified to train clients with a wide variety of goals.

Aquatic Personal Training is a one-on-one experience with a trainer under lifeguard supervision. The buoyancy of the water decreases the stress on the body that can be experienced during general weight lifting. The viscosity of the water creates a different form of resistance great for strengthening muscles without the use of weights.

Studio X coaches are now accepting clients for personal and duo training outside of class times. This type of training is intense and designed to push those at moderate to high levels of fitness. Ideal of athletes of all ages, sports performance training and those with specific goals surrounding body fat percentages and heart rate.

# YOUR NURSE

Your Nurse is a program staffed with our in-house RN and a team of certified personal trainers. Together they help you reach your fitness goals.

# ENROLL

Program Details

**YMCA Members:** \$20 monthly

**Non-Members:** \$40 monthly

Registration covers 60 minute initial one-on-one evaluation with nurse.

Your nurse program is held mainly Monday, Wednesday and Friday.

All appointments are scheduled.



WILKES-BARRE FAMILY YMCA

# FALL PICKLEBALL TOURNAMENT



**WHEN:** NOVEMBER 9 & 10

**ENTRY:** \$25 per person per event

**EVENT OPTIONS:** Men's Advanced Division (4.0+)  
Men's Intermediate Division (2.5 - 3.5)  
Mixed Advanced Division (4.0+)  
Mixed Intermediate Division (2.5 - 3.5)

## SCHEDULE OF EVENTS

Saturday, November 9

7:00am - Check-in/Warm up

8:00am - Men's Advanced Division (8 team maximum)

1:30pm - Men's Intermediate Division (8 team maximum)

Women's Division (8 team maximum)

Sunday, November 10

8:00am - Check-in/Warm up

9:00am - Mixed Advanced Division (8 team maximum)

12:00pm - Mixed Intermediate Division (8 team maximum)

**PLAYER INFO** - All players must register individually for each event they wish to participate in. Please designate your partner's name during registration. Register by Monday, October 28 to receive a T-shirt.

**TOURNAMENT Ball** - Onix Fuse Indoor

**FORMAT** - Round Robin followed by playoffs

**TO REGISTER:** 570-823-2191 • [wbymca.org](http://wbymca.org) • visit our front desk



# YMCA CAMP KRESGE

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Est. 1953

[www.wbymc.org/camp-kresge](http://www.wbymc.org/camp-kresge)



**ADVENTURE  
AWAITS!**

## CHILDREN'S HALLOWEEN CAMP

October 4-6, 2019

Age: 7-16

2019 Fees: Y Members \$90 | Non Members: \$100

Summer Camp has ended, we miss all the campers and staff, so YMCA Camp Kresge is excited to offer our Children's Halloween Camp! This weekend is filled with a variety of camp programs, with a Halloween twist. It's a perfect time for new campers to test out YMCA Camp Kresge's overnight programs, and for returning campers to reconnect with campers, staff, and Kresge Tradition. Programs include camp classics like archery, climbing tower, hikes, campfires and boating, along with Halloween Activities like trick or treating and pumpkin carving. This all-inclusive weekend includes: great-tasting healthy meals, staff-led programs and a lodging in a cabin with other campers and staff.

## WOMEN'S GETAWAY WEEKEND

2019 WGW DATES: SEPTEMBER 13-15

Y MEMBER \$75 | NON MEMBER \$90

UPGRADED CABIN: ADDITIONAL \$35

Enjoy a fun and relaxing weekend with your friends!

YMCA Camp Kresge is proud to host a Women's Getaway Weekend September 13-15. This retreat weekend is for women 21 years old and up to get away, relax, and enjoy all the fun that Kresge has to offer. Program offerings include wine & cheese social, archery, guided hikes, crafts, climbing tower, high ropes, campfires, private massages and more.



## POLICIES

### RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE THE YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to negligence of releasees or otherwise while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA. THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Pennsylvania and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**PHOTO RELEASE:** I grant to the YMCA the right to take photographs of me and my family, its assigns and transferees to use and publish the same in print and/or electronically. I agree that the YMCA may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, AS WELL AS PHOTO RELEASE AGREEMENT and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.



# YMCA'S CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all individuals are asked to act appropriately at all times when in our facility or participating in our programs.

**NON-DISCRIMINATION POLICY:** The YMCA, in keeping with its mission to help all people realize their fullest potential, encourages and supports the participation of all in YMCA programs regardless of gender, race, color, nationality, religion, ethnicity, disability or language. Whether an individual is non-disabled or has special needs, consideration is given to the individual needs of everyone and the ability of the program to meet those needs.

We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our YMCA's Code of Conduct outlines prohibited actions. The actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs:

- Using or possessing alcohol or illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA-sponsored programs
- Smoking on YMCA property - the YMCA and its property is a smoke-free environment
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person
- Inappropriate, immodest, or sexually revealing attire
- Theft or behavior that results in the destruction or loss of property
- Loitering within or on the grounds of the YMCA
- Use of social networking web sites in a manner that is contrary to the YMCA's mission, is detrimental to the community or is in violation of the law

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff member.

YMCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if assistance is needed.

In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked.

The Chief Executive Officer (CEO) of the YMCA will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the CEO if in his/her discretion a violation of the YMCA's Code of Conduct has occurred. Suspension or termination of YMCA membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

## MEMBERSHIP DUES AGREEMENT

I understand that all changes affecting my monthly draft, (i.e. billing information, holds, downgrades, termination) require a 15 day written notice before my next draft date. The YMCA draft is a continuous membership plan. I understand that this membership will remain in effect until properly terminated with the YMCA. The YMCA Board of Directors may, at their discretion, adjust the monthly membership rate applicable to my category of membership. I understand that I will receive at least a 30 day notice of the change before a debit occurs at the new rate.

## CHILD PROTECTION

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

## MEMBERSHIP CARDS

Upon joining, members are required to have their photograph taken for identification purposes and will receive a membership scan card. You must present it each time you enter the building for access to the facility. Lost membership cards should be reported to the Welcome Center. Replacement cost for a lost membership card is \$5.00. Membership cards are to be used by the assigned member only; your membership privileges are at risk if you allow others to use your card. You may be asked to present photo identification at any time to verify your membership.

## PAYMENT FOR CLASSES/PROGRAMS

Most classes offered at the YMCA are included with your membership; however, some classes have additional fees that require payment at the time of registration. Cash, check, money order, Visa, MasterCard, Discover, or American Express are accepted at most locations.

## RETURNED PAYMENTS

A \$30 returned payment fee will be applied for any item returned by a financial institution.

## MEMBERSHIP PAYMENT OPTIONS

- **BANK DRAFT** – Monthly dues are automatically withdrawn from your checking or savings account each month. Outstanding balances must be reconciled upon rejoining. Fifteen (15) days written notice, prior to your next membership draft, is required for bank draft changes.
- **CREDIT CARD DRAFT** – Monthly dues are automatically withdrawn from your credit or debit card each month. Outstanding balances must be reconciled upon rejoining. Fifteen (15) days written notice, prior to your next membership draft, is required for credit card changes.
- **ANNUAL PAYMENTS** – Payments are equal to the total of twelve monthly payments.

## REFUND ON FEE-BASED CLASSES

If a class is cancelled by the YMCA, then a full refund will be given.

If the participant has to withdraw due to sickness/injury and has a medical excuse, then a full refund will be given.

If the participant withdraws from the class for other reasons, the following policy is in place:

- 14 days or longer before the start of the class 100% refund
- 7-13 days before the start of class 75% YMCA Credit
- 1-6 days before the start of class 50% YMCA Credit
- Start of class or later No refund

## CANCELLATION OF MEMBERSHIP

As a member of the Y, you do not have to sign a membership contract and you may end your membership at any time with 15 days written notice, prior to your next scheduled membership draft. All members wishing to terminate need to do so in person by completing the termination form and surrendering membership cards. Terminations will not be accepted by the phone. If you are terminating due to financial reasons, please ask to speak with our one of member services team members about financial assistance through the scholarship program. The YMCA is unable to issue refunds or credits for non-usage of the facility or for cancellations that after the 15 days notice requirement for cancellation. For annual memberships refunds will occur if: 1) A note from the doctor explaining why you cannot use your membership; or 2) Verification of residency 50+ miles outside of Dunmore. Memberships are non-transferrable.

## REQUEST FOR MEMBERSHIP HOLD

We offer Membership Holds to our members who, due to medical need, financial reasons, or other unforeseen circumstances, are not able to use their membership. There is a 15-day notice needed to stop the bank draft. Membership will automatically resume after the hold ends.

## GUEST POLICY

Members are encouraged to bring guests. All guests must present valid ID upon entering the YMCA. Current guest pass rates are available at the Welcome Center. A guest waiver must be signed before using any facility or program of the YMCA. Guests must follow all policies of the Y. If any guest is found in violation of the YMCA's policies they will be asked to leave the premises without a refund.

## ACCIDENT, INJURY OR INCIDENT

We do our best to keep you safe, but if an accident, injury or unusual incident does occur, please report it to the Director or Supervisor on duty or the Member Services staff immediately. The Y recommends all members and participants consult a physician prior to starting an exercise program. The Y assumes no responsibility for injuries incurred while participating in YMCA activities; it is expected that all members who use YMCA facilities carry their own medical insurance.

## CHILD SAFETY

Children age 13 and above may be in YMCA facilities without a parent. Please see the Welcome Center at your Y for specific rules and regulations for children in your local facility.

## CAMERA USE

Use of cameras and cell phones are not allowed in the locker room or bathroom areas.

## VIDEO SURVEILLANCE

The YMCA utilizes video technology to protect all persons. Cameras are installed in open/public areas only and not in private areas such as locker rooms, rest rooms, etc.

## LOST/STOLEN ITEMS

Please safeguard your belongings while on YMCA premises. The Y is not responsible for lost or stolen items.

## INCLEMENT WEATHER

In the event of inclement weather, the YMCA will make every effort to continue services at our branches and throughout our programs. However, in certain conditions when safety becomes a concern, branch closures and program cancellations may be necessitated. Information regarding cancellations will be publicized through YMCA website, social media sites and our text alert system.



# 2019 YEAR END APPEAL CAMPAIGN

Like you, we believe that every child deserves a chance to run, play, learn and grow as an individual. It is this belief that makes the Wilkes-Barre Family YMCA the heart of our community. Thanks to generous donors like you, we are able to provide opportunities for all children to connect with others and contribute positively to our community.

"My daughter Lilly started off this summer in the Power Scholars Academy Program. In the beginning of it, she was very shy and didn't really take too well to people. She had a little bit of issues with her reading and wasn't really too happy about school. She went through the program and as the weeks went by, you could tell she was coming out of her shell. It wasn't just me that noticed, it was all of my family members. It just turned out to be such an awesome thing. It was great. Best experience I think she could probably have ever had, especially at a young age. I'm hoping that it comes up next year too because it was such a blessing. Thank you very much!" – 'Jane', parent of Power Scholars Academy Program participant Lilly

Gifts to the Wilkes-Barre Family YMCA made this story possible. The 2019 Annual Support Campaign is your chance to help low-income and underserved children, adults and families experience all the YMCA has to offer. 100% of every dollar you give stays right here in the greater Wilkes-Barre community. To give, visit [www.wbymca.org](http://www.wbymca.org).

**GIVE TODAY. FOR A BETTER US.**

