

# EMPOWERING YOUTH TO REACH THEIR POTENTIAL

## PURPOSE

The Wayne County YMCA is pleased to offer 7<sup>th</sup> grade students a free membership to support and encourage youth to live healthy lifestyles and make responsible choices

## WHY 7<sup>TH</sup> GRADERS?

Research shows that 7th grade is a critical time in a young person's life when exposure to risk factors greatly increases. Risk factors are conditions or influences that have been shown to increase the likelihood for unhealthy behaviors including substance abuse, delinquency, teen pregnancy, school drop-out and violence. It is also during the early teen years that youth begin to distance themselves from family and positive support systems.



### Facility Hours

Monday – Friday	5:30 AM to 9:00 PM
Saturday	8:00 AM to 5:00 PM
Sunday	8:00 AM to 2:30 PM

### Youth Programs

#### Karate Ages: 6-Adult

Schedule: Monday 7:00-8:00 PM

Karate focuses on helping you learn the principles of self-respect, respect for others, self-control, and violence prevention strategies.

#### Dodgeball Grades: 2nd-7th

Schedule: Friday 6:00-6:45 PM

Children will learn Dodgeball skills like "Dodge, Duck, Dip, Dive and Dodge!"

#### DragonPath Grades: 3rd-9th

Schedule: Friday 7:00-8:15 PM

Roleplaying games are a form of entertainment unlike any other! Participants build their teamwork, creativity, and imagination all in one fun exciting program!

Call for more information.

### After School Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 PM Step & Strength		4:30 PM Step & Strength	5:15 PM Hatha Yoga		8:15 AM Bootcamp	
5:15 PM Spinning	5:15 PM Simply Strength	5:15 PM Spinning	5:15 PM Simply Strength	5:15 PM Spinning	9:00 AM Zumba Plus	9:30 AM Spinning
6:00 PM Zumba Plus	6:45 PM Bootcamp	6:00 PM Zumba Plus	6:45 PM Bootcamp		10:15 AM Spinning	

\*Fitness schedule subject to change.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN FITNESS FREE

## FREE 7<sup>TH</sup> GRADE MEMBERSHIP



105 Park Street  
Honesdale, PA 18431  
(570) 253-2083  
www.ymcawayne.com

# HOW TO JOIN

1. 7<sup>th</sup> graders may join the Y for free at any time during their 7<sup>th</sup> grade year. Membership will expire at the start of their 8<sup>th</sup> grade school year. 6<sup>th</sup> graders may join the summer before they start 7<sup>th</sup> grade.

2. The membership begins when all paperwork is completed.

3. To receive a membership, each 7<sup>th</sup> grader must:

- Come to the Wayne County YMCA with a parent or guardian
- Present a valid school ID or proof of grade (roster or schedule)
- Complete the Wayne County YMCA membership application
- Complete the 7<sup>th</sup> Grade Parent Agreement

4. Each 7<sup>th</sup> grade member will receive a membership card. Membership cards must be presented every time 7<sup>th</sup> graders use the facility.

5. Membership is subject to The Wayne County YMCA membership and program policies.

6. Membership can be suspended or revoked if staff deems member behavior has violated YMCA policies.

# YMCA Facility

## Access

- Your YMCA membership comes with lots of benefits; youth programs, fitness classes, open gym and access to other YMCAs in Pennsylvania!
- The YMCA also allows access to its health center for members age 13 and over.
- Anyone age 13 and older must schedule a free appointment with a personal trainer before they can go downstairs to use the health center. Our trainers will show you how to use the equipment and can help you create personal fitness goals and a plan to help you meet them.
- All youth are required to be actively engaged in a program or activity while at the YMCA.

## What to Bring

- Wear comfortable clothing, socks and sneakers.
- Bring a lock to secure belongings in the locker room. Locks must be removed on a daily basis. The YMCA is not responsible for lost, stolen or broken items.
- Bring a water bottle to re-hydrate. Water is also available in the vending area.



## Staff

Member safety is the YMCA's top priority. YMCA staff must successfully complete a fingerprint check, criminal background and reference checks prior to being hired. Program staff is CPR and first aid certified.

## Program Rules & Discipline Policy

YMCA staff strives to create a positive atmosphere with an emphasis on our four core values of caring, honesty, respect and responsibility. Our youth and teen activities are designed to be fun with active inclusion of all members. Proper participation and conduct is expected. Membership can be suspended or terminated if staff deems that members are behaving in a way that is contrary to the YMCA character values.