



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WAYNE COUNTY YMCA
105 Park Street
Honesdale, PA 18431
ymcawayne.com
570-253-2083



Hours of Operation:

Monday– Friday
5:30AM–9:00PM

Saturday
8:00AM– 5:00PM

Sunday
8:00AM–2:30PM

Y Financial Assistance:

As a community-based organization, the YMCA believes programs and membership should be available to everyone. We offer a financial assistance program based on sliding scale fees. Applications are available at the Member Services Desk or on our website.

ANNUAL 5K RUN / WALK

SATURDAY, SEPTEMBER 16, 2017



WELCOME RUNNERS & WALKERS OF ALL LEVELS

Location: Wayne Highlands School District
Track & Field Complex

Terrain: On and Off Road Race

Registration: 7:30–8:45 a.m.

Race Start: 9:00 a.m.

Checks Payable: Wayne County YMCA

Pre-Race: \$15.00 Y members
\$18.00 for non-members

Race Day: \$20.00

T-Shirts given to the first 100 registered



GROWING STRONGER TOGETHER

7th Grade Initiative: a FREE YMCA membership to all students in the 7th grade. The goal of the initiative is to inspire youth to develop a healthy lifestyle, and gain the assets needed to avoid risky behaviors and succeed in school and life.

HEALTH AND WELLNESS

Health Coach:

Learn to attain health & lifestyle goals with the support & information you need to make life changes.

Personal Training:

Professional assistance to increase your strength, flexibility, endurance, posture, balance, coordination, and cardiovascular health and fitness.

In the Cardiac Direction:

An individualized diet & exercise program for the prevention of heart disease. You will receive evaluations by a Registered Nurse, consultations with a Dietician, & weekly workouts with a Personal Trainer.

Reiki:

A Japanese technique used for relaxation and the reduction of stress. It is well-known to promote healing within the body. Treatments produce feelings of peace, security and wellness.



WE ARE MORE THAN JUST A GYM

YMCA Fall Fitness Classes

Regular Group Fitness Classes are FREE to members
non-members: 45 min. class \$5, 1hr. or more \$7.00

*Special fitness sessions–(Tai Chi) require additional payment & pre-registration

Classes Offered: *Body Fit, Bootcamp, Chair Yoga, Enhance Fitness, Golden Gang, Silver Sneakers, Spinning, Hatha Yoga, Simply Strength, Parkinson's Spin, Tai Chi, Twist & Turn, X-Fit and Zumba.*

See 2017 Fall Fitness Schedule for more information!

CREATING CHARACTER WITH CONFIDENCE

Fall 2017

YOUTH PROGRAMS

Wallenpaupack After School:

K-5th grade **Begins:** Sept. 5th
Wallenpaupack Primary School
2:30-5:30 PM
Cost/Day: \$9.50
Y Member: \$7.00

Lego Mania: 2nd-4th grade

Friday: 4:30-5:30 PM
Session I: Sept. 8th
Session II: Oct. 20th
Cost/Session: \$35.00
Y Member: \$20.00

Dragon Path-RPG: 4th-9th grade

Fridays: 6:00-7:15PM
or 7:15-8:30 PM
Session I: Sept. 8th
Session II: Oct. 20th
Cost/Session: \$35.00
Y Member: \$20.00

Homeschool Gym Class: K-8th gr.

Tuesday: 1:00-2:00PM
Session I: Sept. 12th
Session II: Oct. 24th
Cost/Session: \$35.00
Y Member: \$20.00

Outdoor Soccer:

K-1st grade: 10:00-11:00AM
2nd-3rd: 11:00-12:00PM
Session: Sat, Sept. 16th
Cost/Session: \$35.00
Y Member: \$20.00

Karate: Ages 6 through adult

Monday: 7:00-8:00PM
Monthly sessions
Cost/Month: \$25.00
Y Member: \$20.00

Art Adventure: 1st-3rd grade

Saturday: 9:00-10:00 AM
Session: Sept. 16th
Cost/Session: \$35.00
Y Member: \$20.00

Dodgeball: Sept. 8th

2nd-4th grade: Fri. 5:30-6:15PM
5th-8th grade: Fri. 6:15-7:00PM
Cost/Night: \$5.00
Cost/6 Weeks: \$30.00
Y Member: \$20.00

Floor Hockey: K-6th grade

Saturday mornings (TBD)
Session: Nov. 4th
Cost/Session: \$35.00
Y Member: \$20.00

Jr. Basketball: K-6th grade

Saturday Afternoon (TBD)
Session: Oct. 14th
Cost/Session: \$35.00
Y Member: \$20.00

Kids Kung Fu: 1st-6th grade

Mon. & Wed: 3:30-4:45PM
Monthly Sessions
Registration: Wed. Sept. 6th
Cost/Session: \$80.00
Y Member: \$50.00

Club Create: 6th-8th grade

Thursday: 6:00-7:00PM
Session: Sept. 14th
Cost/Session: \$35.00
Y Member: \$20.00

Program Information

Youth programs are free for those with a Wayne County Y Family Membership. (*Special Events, Kung Fu, Afterschool and Holiday/ Summer Camp are excluded.*)

Members from other Y's that register for youth programs pay member rates.

Program sessions are 6 weeks long unless otherwise noted.

Pre-registration required.

\$5 sibling discount for full sessions

Pre-K Sports: 3-5 yrs.

Friday: 3:30-4:15PM
Session I: Sept. 8th Soccer
Session II: Oct. 20th Floor Hockey
Cost/6 Weeks: \$30.00
Y Member: \$20.00

Toddlers in Motion: 18-36mths.

Wednesday: 10:00-10:45AM
Session I: Sept. 13th
Session II: Oct. 25th
Cost/Session: \$30.00
Y Member: \$20.00

Pre-K Creative Play: 3-5 yrs.

Wednesday: 11:00-11:45AM
Session I: Sept. 13th
Session II: Oct. 25th
Cost/6 Weeks: \$30.00
Y Member: \$20.00

Gymnastics:

Session I: Sept. 12th

Session II: Oct. 24th

Pre-K Gymnastics: 3-5 yrs.

Tuesday: 4:00-4:45PM
Cost/Day: \$5.00
Cost/6 Weeks: \$30.00
Y Member: \$25.00

Beginner Gymnastics:

New & Returning beginners
Tuesday: 5:00-6:00PM
Cost/Session: \$41.00
Y Member: \$32.00

Ghoul School: Sat. Oct. 28th

4-6 yrs. : 10:30-11:30AM
7-10 yrs. : 11:30-12:30PM
Cost :\$8.00
Y Member: \$5.00

Elf School: Fri. Nov 24th

4-6 yrs: 10:30-11:30AM
7-10 yrs: 11:30-12:30PM
Cost: \$8.00
Y Member: \$5.00

Book Your Birthday Party:

Sat 5:00-7:00 PM
Call the Y for more details.