SUMMER UNPLUGGED
FRIENDSHIP, ACCOMPLISHMENT, BELONGING

Summer Camp/Program Guide 2020

Lebanon Valley Family YMCA
# WHAT’S INSIDE

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Membership</td>
<td>2</td>
</tr>
<tr>
<td>Summer Camp</td>
<td>3</td>
</tr>
<tr>
<td>Benefits to Parents and Families</td>
<td></td>
</tr>
<tr>
<td>Preschool Camp</td>
<td></td>
</tr>
<tr>
<td>School Age Camp</td>
<td></td>
</tr>
<tr>
<td>T-Ball Clinics</td>
<td></td>
</tr>
<tr>
<td>Sports Camps</td>
<td></td>
</tr>
<tr>
<td>City Moves</td>
<td>9</td>
</tr>
<tr>
<td>Dancing in the Park</td>
<td></td>
</tr>
<tr>
<td>Walk with the Mayor</td>
<td></td>
</tr>
<tr>
<td>Cops for a Cure</td>
<td></td>
</tr>
<tr>
<td>Walk with a Cop</td>
<td></td>
</tr>
<tr>
<td>Youth Aquatics</td>
<td>10</td>
</tr>
<tr>
<td>Swim Starters</td>
<td></td>
</tr>
<tr>
<td>Swim Basics</td>
<td></td>
</tr>
<tr>
<td>Swim Strokes</td>
<td></td>
</tr>
<tr>
<td>Private Lessons</td>
<td></td>
</tr>
<tr>
<td>Aquatics</td>
<td>13</td>
</tr>
<tr>
<td>Lifeguarding Course</td>
<td></td>
</tr>
<tr>
<td>Lebanon YMCA Swimming</td>
<td></td>
</tr>
<tr>
<td>Adult Water Fitness Classes</td>
<td></td>
</tr>
<tr>
<td>VA Pool Rentals</td>
<td></td>
</tr>
<tr>
<td>AL Hanford Pool Rentals</td>
<td></td>
</tr>
<tr>
<td>On-Site Preschool</td>
<td>15</td>
</tr>
<tr>
<td>Infant and Toddler Childcare Centers</td>
<td>16</td>
</tr>
<tr>
<td>SACC</td>
<td>17</td>
</tr>
<tr>
<td>Youth Activities</td>
<td>18</td>
</tr>
<tr>
<td>Freer Family Community Youth Center</td>
<td></td>
</tr>
<tr>
<td>The Richard “Lefty” Hallman Center</td>
<td></td>
</tr>
<tr>
<td>Skate Park</td>
<td></td>
</tr>
<tr>
<td>Group Exercise</td>
<td>19</td>
</tr>
<tr>
<td>Adult Sports</td>
<td>20</td>
</tr>
<tr>
<td>Open Pickleball [VA and YMCA]</td>
<td></td>
</tr>
<tr>
<td>Racquetball Courts</td>
<td></td>
</tr>
<tr>
<td>Noon Basketball</td>
<td></td>
</tr>
<tr>
<td>VA Gymnasium Rentals</td>
<td></td>
</tr>
<tr>
<td>Open Badminton</td>
<td></td>
</tr>
<tr>
<td>Open Volleyball</td>
<td></td>
</tr>
<tr>
<td>Adult Wellness</td>
<td>21</td>
</tr>
<tr>
<td>Fitness Consultations</td>
<td></td>
</tr>
<tr>
<td>Personal Training</td>
<td></td>
</tr>
<tr>
<td>Post-Rehab Wellness Program</td>
<td></td>
</tr>
<tr>
<td>35th Lebanon County Senior Games</td>
<td></td>
</tr>
<tr>
<td>YMCA Diabetes Prevention Program</td>
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</tbody>
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MISSION AND VISION

OUR MISSION
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

OUR VISION
To be the leading, cause driven organization providing programs, services and facilities that positively impact the lives of all people from infant to seniors within our service area by creating a healthy, nurturing, learning environment that fosters positive development in all aspects of life.

LOCATIONS
Lebanon Valley Family YMCA
A.L. Hanford Center
201 North 7th Street, Lebanon, PA 17046
Phone 717-273-2691 • Fax: 717-273-6752
www.lebanonymca.org

Hours:
Monday-Thursday.......................... 4:30 am-9:30 pm
Friday .................................................. 4:30 am-9:00 pm
Saturday ............................................. 6:00 am-6:00 pm
Sunday .............................................. 8:00 am-5:00 pm

YMCA at the VA
Building 24, 1700 S. Lincoln Avenue,
Lebanon, PA 17042
Phone: 717-273-2046

Hours:
Monday-Thursday.......................... 5:00 am-8:00 pm
Friday .................................................. 5:00 am-6:00 pm
Saturday ............................................. 7:00 am-1:00 pm
Pool hours vary — please call for available times.

SUMMER PROGRAM REGISTRATION

Program Dates: April 20 – June 6, 2020
Registration Opens – April 6, 2020
*Registration Closes – April 16, 2020

Program Dates: June 8 – June 26, 2020
3-week session (2 classes per week)
Registration Opens – May 25, 2020
*Registration Closes – June 4, 2020

Program Dates: July 6 – July 24, 2020
3-week session (2 classes per week)
Registration Opens – June 22, 2020
*Registration Closes – July 2, 2020

Program Dates: August 3 – August 21, 2020
3-week session (2 classes per week)
Registration Opens – July 20, 2020
*Registration Closes – July 30, 2020

* $5 late fee assessed after registration close dates

HOLIDAY HOURS
April 12, 2020 Easter.................................Closed
May 25, 2020 Memorial Day.....................Closed
July 4, 2020 Independence Day..................Closed
September 7, 2020 Labor Day....................Closed

SUMMER CAMP REGISTRATION
Registration for all summer camps open on March 14, 2020

* $5 late fee assessed after registration close dates
MEMBERSHIP RATES

<table>
<thead>
<tr>
<th>Memberships</th>
<th>Joiners Fee</th>
<th>Monthly Bank or Credit Card Draft</th>
<th>Annual Payment</th>
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</thead>
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<tr>
<td>Youth (Ages 0-15)</td>
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<tr>
<td>Family</td>
<td>$50</td>
<td>$69.75</td>
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MONTHLY PAYMENT PLAN
For your convenience, the YMCA utilizes a monthly automatic bank or credit card draft payment plan. With your bank or credit card authorization, the YMCA withdraws membership payment directly from your checking, savings or credit card account on the 15th of each month. If you sign up before or after this date, a prorated amount will be due. It’s convenient and simple!

Visa, MasterCard, Discover, Check or Cash Accepted. Those who wish to pay month to month, and not sign-up for one of our draft options, will have a processing fee of $5 added to the monthly membership rates shown above. All membership rates are based on sign up on the 15th of the month.

First Year $50 Non-refundable Joiner’s Fee will be added to all new Adult, Single Parent Family, Family & Senior category memberships.

All rejoining who have been cancelled longer than 60 days must pay the joiner fee of $50.

GUEST FEES
Daily Youth Guest Fee: $3.50 (Youth guests must be accompanied by a Y member 18 years or older –3 visits max.)

Daily Adult Guest Fees: $5 (if accompanied by a Y member – 3 visits max.)

Individual Day Pass: $10 Family Day Pass: $15

*Guests must provide a valid I.D.

SHORT TERM GUEST MEMBERSHIP
If circumstances do not warrant a traditional plan, Short-term memberships are available on a month-to-month basis.

FEE: Family Membership and Single Parent Family Membership Category FREE

MEMBERS TOGETHER 20/20 PROGRAM
Some things just go better together, and when you workout with a friend you are more likely to stick with your goals. Why not save 20% together too with our new Members Together program at the YMCA! See the Membership Desk for more information on how you can save 20%.

MY Y IS EVERY Y
Now, full facility/full privilege members will have access rights to all YMCAs Nationwide. Members should bring their YMCA ID card and a photo ID card to access another Y. Some restrictions may apply depending on the YMCA and membership category such as youth and seniors. Members are encouraged to check with the Y they plan to visit ahead of time to learn the specifics.

KIDS KORNER
Available FREE for members having a FAMILY MEMBERSHIP or a SINGLE PARENT FAMILY MEMBERSHIP.

Kids Korner offers free childcare, for our Family Membership and Single Parent Family Membership Categories, while you work out, attend fitness classes or just come to play some ball or take a swim. Kids Korner offers your child a safe place to be while you focus on your health. All other membership categories who wish to utilize Kids Korner must purchase a punch card at the Membership Desk. Please see a staff member for more details.

• Children ages 2 months to 1 year are limited to 2 hours a day in Kids Korner
• Children ages 1 year to 9 years are limited to 3 hours a day in Kids Korner

Monday-Thursday................8:30 am -1:30 pm and 3:30 pm – 8:30 pm
Friday ........................................8:30 am -1:30 pm & 3:30 pm - 7:30 pm
Saturday ...........................................9:00 am -12:00 pm

FEES:

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<tr>
<td>Family Membership</td>
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SUMMER CAMP 2020

BENEFITS TO PARENTS AND FAMILIES...

• Weekly Themes offer campers a variety of options. Games, crafts, and special events match weekly themes. Enrollment available to members and non-members for any or all weekly camp sessions.

• Camps for children ages 3–12. Campers enjoy weekly swimming and theme-related activities.

• Experienced and caring adult staff implement curriculum and serve as role models for your camper. Low camper-to-staff ratios ensure that safety comes first.

• Well-trained staff attend trainings on child development, safety, healthy discipline, positive reinforcement, games and child abuse prevention. All staff must also pass three background checks.

• Age-appropriate curriculum is designed to emphasize emotional growth, physical activity and character development.

• Children are given the opportunity to learn in an environment that is appropriate for their age and culturally appropriate for meeting the needs of each child.

• Children will be exposed to a stimulating learning environment that engages their curiosity of the world around them.

• Children are given many opportunities to learn and develop through the integration of literacy into their daily activities.

• Our program provides activities based on the Pennsylvania Early Learning Standards.

• Children in our program will learn through intentionally planned activities that enable them to construct knowledge through real life connections.

FINANCIAL ASSISTANCE POLICY

“The Lebanon Valley Family YMCA programs and activities are designed to benefit persons of all backgrounds, and fees are based on the cost of providing each program. While participants are expected to pay their fair share, when financial assistance dollars are available, the YMCA will assist any individual or family that wants to participate but cannot afford the fee.”

Financial Assistance (FA) applicants are required to complete a one-page Financial Assistance application, provide proof of household income—tax return, two pay stubs or bank statements of all household earners, and write a statement of need letter.

Registration fee for YMCA summer camps is $25 per family. The registration fee and the fee for the first week of camp is due at the initial registration. Registration fees and camp fees are non-refundable. Camp fees are transferable.
FUN HAPPENS AT YMCA SUMMER CAMP

Changing weekly themes offer campers a variety of options. Games, crafts, and special events match weekly themes. Enrollment is open to members and nonmembers for any or all weekly camp sessions. Register for 1 week or all 12 weeks!

VARIOUS CAMPS AVAILABLE FOR CHILDREN AGES 3–12

Our School Age Camp is a full day of fun and learning and is offered at the Y and various locations throughout Lebanon County.

Our Preschool Camp provides hands-on educational activities. Preschoolers will be engaged in learning centers and many activities that encourage positive growth and development. Preschool camp runs for 7 weeks starting the week of June 8. This camp is held at the Y.

Sports Camps will encompass skills, conditioning and an opportunity to play games each day. Camp runs Monday through Thursday.

<table>
<thead>
<tr>
<th>Camp Dates</th>
<th>Camp @ YMCA</th>
<th>Camp @ County Schools</th>
<th>Preschool Camp</th>
<th>Sports Camp (Mon.-Thurs.)</th>
<th>Payment Dates</th>
</tr>
</thead>
<tbody>
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<td>6/22–6/26</td>
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<td>8/17–8/21</td>
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<td>8/11/20</td>
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TO REGISTER YOUR CHILD FOR CAMP

- Registration for all summer camps opens on March 14, 2020
- Please see the Membership Desk for the appropriate registration paperwork
- Once your registration form is completely filled out, $25 registration fee and first week of camp fees are paid, your child will be registered
- Payments are due on Tuesday by 5:00pm for the next week of camp
- Email childcare@lebanonymca.org for more information on School-Age Summer Camps
PRESCHOOL SUMMER CAMP

Looking for something fun and exciting for your preschooler to do this summer? The YMCA Preschool Summer Camps provide hands-on educational activities. Your child will engage in learning centers, art activities, music, movement, gym time and much more. Each week will include swimming and story time at the library. All children MUST be potty trained to attend summer camps. Camps are for children ages 3–5. Children must be minimum age by 6/1/20.

June 8 – June 12, 2020
Kids in the Kitchen 1*
Calling all chefs! We would love to have your little one join us for a hands-on experience where they will learn all about age-appropriate culinary skills, basic nutrition and kitchen safety. Your child will learn that cooking can be creative, full of discovery and a whole lot of fun! Madness in our kitchen, not yours! *Not for children with food allergies as we will be cooking with many different ingredients!

June 15 – June 19, 2020
Under The Big Top
Ladies and Gentleman, Boys and Girls, step right up for the greatest show in Preschool – the Circus! Join us under the big top for some high flying circus activities. Your child will learn how to walk on a tightrope with the greatest of ease and will imagine what it is like to be on a flying trapeze. We will also learn all about the stars of the circus, from acrobats twirling to clowns performing!

June 22 – June 26, 2020
3-2-1 Blast Off!
Calling all Astronauts! Come join us for an out of this world experience, so let’s blast off into outer space to explore the universe. Campers will learn all about the planets, stars, moon and much more. They will also learn how astronauts move in space and why Earth is the only place for us.

June 29 – July 3, 2020
Party In The USA
We will have a star-spangled week of fun as we celebrate America and the Fourth of July! Join in the fun by participating in activities that include learning about famous monuments and little known landmarks, making patriotic crafts, singing patriotic songs, talking about the American Flag and Uncle Sam and much more.

July 13 – July 17, 2020
Commotion In The Ocean
Let’s travel 20,000 leagues under the sea to the ocean floor! Your child will be introduced to different types of sea life such as jellyfish, seahorses, starfish, whales, sharks and much more. He/she will also learn why the ocean has waves and why the water tastes like salt.

July 20 – July 24, 2020
Please Touch Science Fun
Is your child curious about how things in their world work? Do they love to get their hands dirty? Have them join us for a week of science extravaganza as we explore many fun, hands-on science activities. We will be using our sense of touch throughout the week and encourage your child to get messy.

July 27 – July 31, 2020
Kids in the Kitchen 2*
It’s Back!!! If you missed the first week of Kids in the Kitchen or your child just loves to cook, then you will be thrilled to know we are offering another week of cooking. Madness in our kitchen, not yours! Come join us while we cook up some fun edible delights. *Not for children with food allergies as we will be cooking with many different ingredients!

Registration Fee:
Member $60
Non-Member $90

Location: The YMCA, 201 North 7th Street
Lebanon, PA 17046
Ages: 3 to 5 years old.
Child must turn age 3 by 6/1/2020
Hours: 9:00 to 12:00 Monday through Friday
SCHOOL-AGE CAMP

FUN HAPPENS AT SACC SUMMER CAMP!

Your child’s summer adventure starts here at the YMCA! Each week we will focus on various educational areas while making them adventurously fun and interactive! Come join us.

**June 8 – June 12, 2020**
**Anything Goes**
First week of camp, let’s do all things camp! Have a go at arts and crafts, field games, team building and more. Meet new friends and make a camping snack together!

**June 15 – June 19, 2020**
**All Ball**
Learn new and different ball games and get to play some old games too! From flag football to bocce ball, we’ll play them all! Of course, it wouldn’t be complete without making a delicious popcorn ball snack.

**June 22 – June 26, 2020**
**Construction Camp**
From blue prints to building, draw your own structure and build it with legos or kinex. Build a bird house or bird feeds. To complete the week, build your own edible house, yum!

**June 29 – July 3, 2020**
**Party in the USA**
Learn about the different regions and states of the USA. “Visit” Texas and have a BBQ snack and polish up on your line dancing skills. “Visit” California for a red carpet event celebrating your screen play. “Visit” New York during fashion week, creating a runway model competition. “Visit” Florida and do all things beach! “Visit” Wisconsin and make different products out of dairy. “Visit” Alaska and Hawaii and learn about some cultural foods and games.

**July 6 – July 10, 2020**
**Game Show Mania**
Get into different groups for this weeks game show challenge. Start off with Let’s Make a Deal, Family Feud, Newly friend and end the week with Double Dare. We double dare you to make the best and most creative edible snack with your team!

**July 13 – July 17, 2020**
**Music Makers**
Bring out your inner musician with this weeks exploratory camp! Make a box guitar, rain stick, coca-cola trumpet, straw flute and learn about other instruments. Have a go at musical chairs and charades, we will paint to music and make a “musical” dessert!
SCHOOL-AGE CAMP, continued

July 20 – July 24, 2020
**Story Tellers**
Tell a story through art, paint a canvas. Write a small screen play and act it out at the end of the week. Create a funny skit. Bring in your favorite book to share with your camping friends.

July 27 – July 31, 2020
**Super Heroes**
Create your own superhero with a superhero strength! Design your own superhero costume and complete a fun fitness challenge. Learn about everyday superheroes and how you can be a superhero too!

August 3 – August 7, 2020
**Mysteries and Riddles**
Learn different riddles to help solve the mystery at the end. Play a game of Clue. Try your best guess and play along with never tell games and eat a mysterious snack!

August 10 – August 14, 2020
**Card Game Chaos**
Play Uno, War, Slap Jack, Trash, Spot It, Old Maid and more! Have a game of Spit, to see who is the fastest in camp. Even though cards is the theme for the week, so much more like card tricks, crafts and creating snacks are to be had!

August 17 – August 21, 2020
**Team It Up**
All games this week are team based! Giants, Wizards and Elves, kickball, whiffle ball, capture the flag, relay races and more! A round of zingers and a cooking competition will complete this week and the summer!

August 24 – August 28, 2020
**Camp Dontwanna**
No one wants the summer to end so let’s make it the best week ever! Water games galore, capture the flag and Gaga competitions are just some of the activities that you will be participating in! The last day of camp, August 28th, camp will be held at the YMCA– bring your suit for some more water fun!

**Registration Fee:**
$25 per family. Registration Opens Saturday, March 14, 2020

**Locations:**
Ebenezer Elementary School  Myerstown Day Camp
Harding Elementary School  South Lebanon Elementary School
Jonestown Elementary School  The YMCA Day Camp
Lingle Avenue Elementary School

*All camps are 5 day ONLY programs*

**Ages:**  Completed Kindergarten through age 12

**Hours:**  6:30 am to 6 pm, Monday – Friday

<table>
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<tr>
<th>FEE:</th>
<th>FAMILY MEMBERS</th>
<th>YOUTH OR NON-MEMBERS</th>
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<tr>
<td></td>
<td>*5 days of camp, $125</td>
<td>*5 days of camp, $160</td>
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T-BALL CLINICS
(Ages 4-5 co-ed)
The Y T-ball clinic is a great opportunity for kids to be exposed to the game of baseball. There will be 7 weeks of instructional lessons where youth will get introduced to developmental skills. Towards the end of clinics, players will be introduced to more game like settings. Players will receive a shirt for their participation!
Tuesday, April 21 - June 2 ........................................... 5:15 pm - 6:00 pm

FEES:
- Family Member $25/week
- Youth Member $45/week
- Non-Member $65/week

SPORTS CAMPS!
The Y is a great place to continue learning and practicing the sports you love, develop new skills and agility and make new friends!!
Camps are 3-hour morning sessions that develop skills, strategy and sports specific conditioning required to learn and improve campers’ skills. Ball movement, strategic positioning and drills assist campers in developing their overall performance with sportsmanship and team work at the root of the sessions.
The YMCA’s Sports Camps are run Monday through Thursday.
Contact Darin Pickles for details at (717) 376-1383 or dpickles@lebanonymca.org

Basketball
Dribbling, passing, shooting, ball control and movement are the focus of camp for the sport invented by the YMCA.
June 29 - July 2 (ages 5 - 8) ........................................... 9:00 am – 12:00 pm
July 13 - 16 (ages 9 - 12) ............................................ 9:00 am – 12:00 pm

Soccer
Dribbling, passing, trapping, kicking, ball control and strategy are the hallmarks of our soccer camp. Campers will hone the skills used in the world’s most popular sport.
July 27 - 30 (ages 5 - 8) .............................................. 9:00 am – 12:00 pm
August 3 - 6 (ages 9 - 12) ........................................... 9:00 am – 12:00 pm

FEES:
- Family Member $25/week
- Youth Member $45/week
- Non-Member $65/week
The City of Lebanon and the Lebanon Valley Family YMCA partner to offer DANCING IN THE PARK 2020. Dance your heart out and have fun outdoors before the day heats up every Saturday at 9:00 AM at Coleman Memorial Park in the parking lot opposite the pool from May 30, 2020 – July 4, 2020. All classes are FREE to everyone in the community. Come join our amazing YMCA dance instructors for LaBlast, Zumba, Country Line Dancing, Kids Zumba and more! Schedule TBA. For more information contact Michelle Remlinger at 717-272-6611 Ext. 105.

WALK WITH A COP

The City of Lebanon continues to partner with the Lebanon Valley Family YMCA for the smash hit WALK WITH A COP. Children ages 6–12 are invited to “Walk the Beat” with Lebanon Police Chief Todd Breiner. All walks are held on a Saturday morning and begin by meeting in the lobby of the Lebanon Valley Family YMCA. Chief Breiner teaches the children health and safety, with each walk having a different theme. Each child receives a FREE t-shirt that says “I Walked the Beat” and other items provided by local businesses. The walk is limited to the first 30 children. Registration is required. Schedule TBA. For more information, contact Michelle Remlinger at 717-272-6611 Ext. 105.

WALK WITH THE MAYOR

The community is invited to walk with Lebanon Mayor Sherry Capello in City neighborhoods, Parks and business districts. This is a great opportunity to learn about Lebanon City, add some healthy steps into your day and have accessibility to your Mayor. Free giveaways! Schedule TBA. Registration is required. For more information, contact Michelle Remlinger at 717-272-6611 Ext. 105.

COPS FOR A CURE

A 5-K run/walk race and a 1-mile fun walk will be held at South Hills Park on Saturday, September 26th at 9 AM to end the summer and kick off Breast Cancer Awareness month. Participants will receive a free t-shirt, healthy refreshments and a chance at several door prizes. Registration is required, with $25 pre-entry fee for the 5-K, $30 entry fee the day of the event and $20 pre-entry fee for the 1 Mile Fun Walk, $25 entry fee the day of the event. All proceeds will benefit the YMCA Pink Complete Program for Breast Cancer Survivors.

For more information, contact Michelle Remlinger at 717-272-6611 Ext. 105.
YOUTH AQUATICS

SWIM LESSONS

At the Y, swimming is a life skill. Our swim lessons prepare kids of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. The YMCA Swim Lessons Program is designed to help build a lifelong interest in swimming for recreation, competition, and/or leadership, challenge young minds and provide role models for children to use in determining their own values. Please visit our website at www.lebanonymca.org for more information on dates, times and pricing.

All Swim Lessons are at the Hanford Center YMCA location unless noted with ‘VA’ after the scheduled time.

PROGRAM DATES:

April 20 – June 6, 2020
Registration Opens – April 6, 2020
*Registration Closes – April 16, 2020

June 8 – June 26, 2020
3-week session (2 classes per week)
Registration Opens – May 25, 2020
*Registration Closes – June 4, 2020

July 6 – July 24, 2020
3-week session (2 classes per week)
Registration Opens – June 22, 2020
*Registration Closes – July 2, 2020

August 3 – August 21, 2020
3-week session (2 classes per week)
Registration Opens – July 20, 2020
*Registration Closes – July 30, 2020

$5 late fee assessed after registration close dates

SWIM STARTERS – PARENT/CHILD CLASSES*

(Ages 6 months-3 years)

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision. The class meets once a week for 7 weeks for 30-minutes. Pre-registration is required. Please contact the YMCA at the VA for details at 273-2046.

* Lessons will resume at the VA when the renovation is complete. Please call 717-273-2046 for updated information.

FEES:

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WATER DISCOVERY*

(Ages 6 months-18 months)

This Parent-Child class introduces infants and toddlers to the aquatic environment through games, songs, and independent work. Milestones include encouraging parents to set appropriate expectations for their children, introducing and emphasizing basic water safety, building relationships between parents and children, and providing a positive family aquatic experience. On-going water experiences build self-confidence, water enjoyment, and aquatic education.

Monday .................................................. 6:00 pm [VA]
Thursday .................................................. 6:00 pm [VA]

WATER EXPLORATION*

(Ages 19 months - 3 years)

The Parent-Child classes helps promote water enrichment and aquatic readiness activities for children and their parent or other trusted adult. This class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. Milestones include encouraging children to move purposefully through water in response to verbal and visual cues, and using toys and flotation devices, emphasizing basic aquatic safety to parents, and building relationships between parents and children by providing opportunities for fun and interaction in the water.

Monday .................................................. 6:30 pm [VA]
Thursday .................................................. 6:30 pm [VA]
Saturday .................................................. 11:30 am

*All summer sessions will be either Mondays/Wednesdays or Tuesdays/Thursdays.
SWIM BASICS
(SAFETY AROUND THE WATER)

This program offers children their first experience in the pool with instructional assistance. Students will learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim and jump, push turn grab. A swim instructor teaches the 30 or 40 minute class. The preschool program includes children ranging from ages 3 to 5 years old. The school age program includes children ranging from 5 to 12 years old. The class will meet once a week for 7 weeks. Pre-registration is required.

WATER ACCLIMATION

In this first stage, water comfort increases with underwater exploration and basic self-rescue skills are introduced and performed with assistance. Milestones include exploring the aquatic environment and personal skills with instructor help, developing basic skills to propel and glide through the water with instructor help, and learning basic aquatic safety.

Preschool Classes (Ages 3-5 years/30 minutes)

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FEES:
- Family Member $20
- Youth Member $30
- Non-Member $60

Youth Classes (Ages 5-12 years/40 minutes)

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FEES:
- Family Member $20
- Youth Member $40
- Non-Member $80

WATER STAMINA

The third stage develops intermediate self-rescue skills performed at longer distances than the previous stages. Prerequisites include being able to swim and float completely unassisted as well as able to swim short distances without assistance. Milestones include integrating arm action, leg action, and rhythmic breathing in back and front glides, developing forward movement on the front and back, and practicing skills and safety techniques in deep water.

Preschool Classes (Ages 3-5 years/30 minutes)

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FEES:
- Family Member $20
- Youth Member $30
- Non-Member $60

Youth Classes (Ages 5-12 years/40 minutes)

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FEES:
- Family Member $20
- Youth Member $40
- Non-Member $80

WATER MOVEMENT

The second stage encourages forward movement in water and basic self-rescue skills performed independently. Prerequisites include being comfortable in the water and able to fully submerge, with the face underwater. Milestones include exploring the aquatic environment and personal skills without instructor help, developing basic skills to propel and glide through the water without instructor help, learning basic aquatic safety, and accepting some of the responsibility for safe practices. By the end of this level, children should be able to swim unassisted for short distances.
SWIM STROKES

(Ages 5-12 years)

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. Each skill level builds the preceding level, with each level covering the strokes, diving fundamentals, and safety skills. These classes are 40 minutes in length and meet once a week for 7 weeks. Pre-registration is required.

STROKE DEVELOPMENT

The fifth stage introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. Prerequisites include able to swim front crawl with rotary breathing and back crawl proficiently and knowledge of the fundamentals for breaststroke and butterfly. Milestones include developing stamina in the front crawl and back crawl, developing the breaststroke and butterfly and building endurance techniques for deep-water safety.

Youth Classes (Ages 5-12 years/40 minutes)
Saturday.........................................................................................11:00 am

STROKE INTRODUCTION

The fourth stage introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Prerequisites include being able to swim 15 meters on the front and back without assistance. Milestones include developing the front crawl and back crawl, introducing components of the breaststroke and butterfly, and practicing safety techniques in deep water.

STROKE MECHANICS

The sixth stage refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.
• Developing endurance.
• Developing skills related to competitive swimming.
• Building skills and endurance in the deep water.

Youth Classes (Ages 5-12 years/40 minutes)
Saturday.........................................................................................11:40 am

PRIVATE LESSONS

(Age 3 and up)

Private lessons consist of 6 classes that are a ½ hour in length. It is for individuals who need different times from the regular group swim lesson schedule or who prefer one on one lessons with an instructor. Private lessons can be available up to 2 swimmers at a time.

FEES:  Family Member $100
       Youth Member $140
       Non-Member $175
**LIFEGUARDING COURSE**

Lifeguarding Course includes CPR for professional rescuer, first aid and lifeguard certification. Prerequisites: minimum age 15 years, swim 300 yards continuously demonstrating proficiency in freestyle and breaststroke, tread water for 2 minutes with hands under the armpits, and complete a timed event within 1 minute and 40 seconds - surface dive to a depth of 7-10 feet to retrieve a 10-pound object and exit the water without using a ladder or steps. This is a 25 hour course. Contact the Aquatics Department at 717-376-1387 for more information as well as class availability.

(Ages 4-18 years)

**LEBANON YMCA SWIMMING SUMMER 2020**

A competitive swim team program that competes in the Mid Penn Swim League. Program begins May 4 and ends the last week in July. Practices will be held at Cedar Crest High School and the Lebanon Valley Family YMCA, A.L. Hanford Center. There will be morning and evening practices. There will be evening practices until local schools let out for the summer. Approximately June 8th is the first day of morning practices. Weekly practices will focus on stroke proficiency, endurance, speed, starts, and finishes.

There will be a $25.00 maintenance fee per swimmer due at the time of registration. Call Zach McElheny at 717-376-1387 for more details.

**BRONZE TEAM** (Beginner) New to competitive swimming. Swimmer must be able to swim ½ of a length of the pool swimming freestyle or backstroke. They will have the option to practice 4 days a week.

**SILVER TEAM** (Intermediate) Swimmer who has competed at a competitive level for 3 seasons. Swimmer must be able to swim 3 of the 4 strokes. Expected to attend 3 practices a week but will have the option to practice 5 days a week.

**GOLD TEAM** (Advanced) Swimmer must be able to swim all 4 strokes, tell time on a pace clock and be able to understand a practice given in a lane. Expected to attend 4 practices a week but will have the option to practice 5 days a week.

**FEES:**

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**FEES:**

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All placement for practice groups will be at the discretion of the coaches.
ADULT WATER FITNESS CLASSES

Thank you for considering our Water Fitness Program. Classes range from “BEGINNER” to “EASY” to “CHALLENGING” to “ADVANCED”. Please read descriptions carefully.

All classes are 45 minutes unless otherwise noted. Non-swimmers welcomed in most classes! All classes are FREE to members. Please visit our website at LebanonYMCA.org for dates and times.

50’s Friday
It’s a Splash Party! Special Day dedicated to a great water workout in the shallow end to the beats of the 50’s. “Challenging” – YMCA

AquaFusion
Combination of intense cardio with recovery & resistance interval training. “Challenging” (Shallow End of Pool) YMCA

AquaTabata
Intense exercises followed by short rest periods! *Advanced* YMCA – 45 minutes

Aqua Warrior*
High Energy Cardio Class w/Weights & Noodles. “Challenging” – VA

Aqua Zumba*
A Party in the Pool! “Easy” – VA

Deep Ease*

Deep HIIT
High Intensity Interval Training – building strength and cardio endurance with this non impact class, held in the deep end. “Advanced” – YMCA

Kick It Bootcamp
Extreme Cardio training using kickboards & fins & dumbbells. Geared to increase stamina. *ADVANCED* (Must be able to swim 50 meters) YMCA

LaBlast Splash
The popular dance class in the pool. Have a “blast” learning disco, salsa and so much more. **Beginner/Intermediate** YMCA – 30 minutes

Move Class*
A class designed by VETS for VETS to promote health, weight loss and an active lifestyle. *Moderate Intensity* VA

Ripples & Waves
A shallow water exercise experience that offers 2 levels. High Energy or Low Impact. YOU pick your pace! Great for Beginners. “Easy to Challenging” (Shallow End of Pool) – YMCA

Rise & Shine
Great way to start the day! Fun cardio moves mixed with strength training and abdominals. “Easy” – YMCA

Smooooth Moves*
A light, fun, social workout geared towards beginners that takes it easy on the joints. *Easy* (Shallow end of Pool) YMCA & VA

Water Walking
Traveling forwards/backwards/sideways to gain endurance.

*BEGINNER CLASS* (Shallow Water) YMCA – 30 Minutes, Monday & Wednesday

*ADVANCED CLASS* (Shallow Water) YMCA – 30 Minutes, Tuesday & Thursday

VA – 45 Minutes. (Class is offered at both locations)

Feel free to speak to an INSTRUCTOR to find a class that suits your needs.

VA POOL RENTALS

Rent the YMCA at the VA pool for your next party. Space is available to set up your refreshments and gift opening. Certified lifeguard on duty at all times. Rental times are available on Friday evening, Saturday, & Sunday afternoons. Contact the YMCA at the VA at 717-273-2046 for more information.

A.L. HANFORD POOL RENTALS

Rent the pool at the A.L. Hanford Center for your next party. Space is available to set up your refreshments and gift opening. Certified lifeguard on duty at all times. Contact the YMCA at 717-273-2691 for more information.

* Classes and pool rentals at the VA will resume once the renovations are complete. Please call 717-273-2046 for updated information.
ON-SITE PRESCHOOL

The philosophy of our program is to offer children a safe and nurturing environment that will encourage physical, emotional and cognitive development. This program provides an opportunity for children to socialize, feel comfortable in group settings and to experiment with interesting and challenging materials and equipment. Our theme related curriculum will engage your child in a rich learning environment.

This is a school year long program (September–May). Payments are made every four weeks and are due on or before the first day of each four weeks. Pre-registration is required with a one time, non-refundable registration fee of $25. Space is limited. Children must be minimum age by September 1, 2020. This is a member only program.

TINY EXPLORERS
(2 years old)
Welcome to a one of a kind preschool experience for your 2 year old. This class will open your child’s eyes to a world of learning, communicating, sharing, taking turns and exploring. Fine motor and gross motor development are highlighted. Activities include art, active games, stories, singing, tumbling activities and much more.

Tuesday & Thursday..............................................................9:00 am – 11:00 am

FEES: Each 4-week session $99

DISCOVERING ME
(3 years old)
This class will provide children with hands-on learning in a stimulating environment that promotes positive social interaction. Our theme-based curriculum offers children age-appropriate activities that introduce letters and numbers as well as promotes fine and gross motor development.

Monday, Wednesday, & Friday................................................9:00 am – 12:00 pm

FEES: Each 4-week session $169

READY, SET, GO…
(4 years old)
This class is a kindergarten readiness program with emphasis on letters, numbers, writing, rhyming, colors, shapes and much more. Fine motor and gross motor development is reinforced. This class includes small group instruction, independent play in an organized atmosphere and whole group activities. Positive social interaction and respect for others is stressed.

Monday through Friday ..........................................................9:00 am – 12:00 pm

FEES: Each 4-week session $239

Preschool prices are effective for the 2020-2021 school year.
Financial assistance is available.

Registrations are taken at the membership desk of the YMCA. Additional information is available by calling 717–273–2691 or direct at 717–376–1386.
Registration for the 2020-2021 school year begins for current participants on March 2, 2020 and for new participants on March 9, 2020.
COMING SOON!

YMCA MYERSTOWN EARLY LEARNING CENTER

The Myerstown Early Learning Center is located in Friedens Lutheran Church located at 301 West Washington Avenue in Myerstown, PA. This program is licensed by the PA State Department of Human Services. The center offers care for children ages 1 through 5 years of age. Children enrolled in this program receive a morning and afternoon snack. Parents are required to provide their child with a packed lunch.

Hours of Operation .......................................................... 6:30 am to 6:00 pm

In addition to meeting the state standards, both centers have achieved the highest level rating in the Keystone STARS program. This additional accreditation, ensures the highest quality programming and highest quality staff for our early childhood centers through the PA Keys – Keys to Quality, Pennsylvania Early Learning program. Both Centers also utilize the Teaching Strategies GOLD curriculum in conjunction with the Pennsylvania Early Learning Standards to provide a tailored program to each individual child that enriches all areas of development.

Please email childcare@lebanonymca.org, stop by either of our facilities for a tour or call the YMCA childcare office at 717–376–1384 for more information.
The Lebanon YMCA’s Childcare mission is to provide the highest quality of care in a safe, supportive, nurturing and positive environment. All YMCA school age programs follow a lesson plan that is linked to the Pennsylvania Early Learning Standards and include activities such as art, science, reading, music, and games. The activities are geared to nurture the physical, emotional, social and spiritual growth of each and every child.

Before and after school care is offered to children in Kindergarten (K5)-6th grade. During inclement weather, non-major holidays, in-service days and parent-teacher conference days, care may be provided at either the school age location or at the main YMCA.

*All school age sites are licensed by the Department of Human Services and are enrolled in the Pennsylvania Keystone STARS program.

To find out more about our program or how to register for all childcare programs please email childcare@lebanonymca.org or call 717.376.1384.
YOUTH ACTIVITIES

FRÉER FAMILY COMMUNITY YOUTH CENTER

The Lebanon Valley Family YMCA has a FREE Youth Center for Teens (18 years and under) who are in or entering 6th - 12th grade. The Youth Center offers fun activities, meaningful connections and opportunities for youth leadership. Program and facilities include homework help, video and table games, supervised gym games as well as special workshops and events.

We hope to see you back in September!

THE RICHARD “LEFTY” HALLMAN CENTER

(Ages 8–12)
Drop in daily after school! The Hallman Youth Center is a safe, supervised space where kids can hang out, do homework, and play games. Fully equipped with pool, foosball, air hockey, and a Wii, the Hallman Youth Center is a great option for your preteen. Check it out today!

Monday - Thursday .................................................. 3:30 pm - 8:30 pm
Friday ........................................................................... 3:30 pm - 7:30 pm
Saturday ........................................................................9:00 am -12:00 pm

Summer Hours (Begin June 8)
Monday - Thursday ........................................8:30 am -1:30 pm & 3:30 pm - 8:30 pm
Friday ................................................................. 8:30 am -1:30 pm & 3:30 pm - 7:30 pm
Saturday ........................................................................9:00 am -12:00 pm

FEE: YMCA Members FREE

SKATE PARK

Ride the biggest ramps around and catch plenty of air. The skate Park is open to roller bladers, skateboarders, bikers and razor scooters. All riders must have a signed parental consent form. HELMETS ARE MANDATORY.

Park will open April 18 weather permitting.

Monday, Wednesday, and Friday........................................ 4:00 pm - 7:00 pm
Saturday ......................................................................... 1:00 pm - 5:00 pm

*Sponsorships available. Contact Darin Pickles for more information at 717-376-1383 or dpickles@lebanonymca.org
**FREE** Unlimited Classes for Members!

Group fitness schedules are available at the YMCA. Please stop by the front desk to pick up a group exercise schedule.

**Boot Camp**
Come prepared to "be all that you can be." This military style class is sure to take your fitness to the next level. Agility drills, pushups and so much more! 60 min.

**Core De Force**
A total body workout using core combinations, body weight moves and cardio spikes. 30 minutes.

**Cycle**
A great cardio workout — from hill climbing and sprinting to pedaling at different tensions. Beginners can modify easily. The number beside Cycle indicates the length of the class – 30, 40, 45 or 60 minutes “+ABS” indicates an AB workout after the Cycle class.

**Cycle Lite**
A Cycle class for beginners and seniors with a longer warm up and cool down. 30 minutes.

**Cycle and Sculpt**
A fitness class alternating cardio on the bike and strength training off the bike. 45 minutes.

**Dancing in the Park**
Dance your heart out and have fun outdoors before the day heats up every Saturday at Coleman Memorial Park May 30, 2020 – July 4, 2020.

**DDD**
Discipline, Dedication & Determination!
Monthly routines of upper body, lower body & cardio. 60 min.

**Gentle Yoga**
Yoga designed for the beginning and intermediate participant. Ideal for improving balance, flexibility and strength, plus reducing stress through relaxation. 60 minutes.

**Get Fit**
A class designed for active seniors and beginners. Strength training that will target every muscle group plus low impact cardio. 60 minutes.

**Hip Hop + Strength**
Hip Hop Dance + Light Weights. 30 min.

**Insanity®**
High intensity MAX interval training. Most insane 30-minute workout ever! 30 minutes.

**LaBlast**
A ballroom dance fitness class based on the dances seen on Dancing with the Stars. All fitness levels are invited to Waltz, Rumba, Jive and so much more! 45 min.

**LaBlast Basics**
A basic LaBlast class that may incorporate lite weights. 30 min.

**Lower Body Blast**
A lower body workout focusing on hips, thighs and buns. 30 minutes.

**Meditation**
Total relaxation, total de-stressing. Calming the mind and relaxing the body through guided meditation. 30 minutes.

**Muscle Pump**
Bands, bars and dumbbells to pump muscles to their max. 50 minutes.

**On-the-Ball**
A total body workout using the stability ball. 30 minutes.

**Pilates Boot Camp**
Come feel the burn as you move through circuits of Pilates exercises! 45 min.

**Pilates Mat**
A popular mat exercise class that is based on the principles of Pilates, that will include classical, modern and upbeat mat exercises that focus on creating a super strong CORE, overall body toning, flexibility and balance. 45 minutes.

**P90X**
Combining body weight exercises with strength training. The “X” is for Extreme! 60 minutes.

**Power Yoga**
A Vinyasa Flow Power Yoga class for the intermediate and advanced participant. You will be challenged to build strength & flexibility in this unique class! Powerful, challenging and energizing. 60 minutes.

**Saturday Challenge**
A different hardcore and challenging workout each week! 60 min.

**Seniors Move**
Low impact cardio, plus light weight class for older adults. 45 min.

**Senior Yoga**
A Yoga class geared for beginners and seniors that utilizes the chair. 45 minutes.

**Silver & Fit Explore**
For the beginner older adult who has no prior exercise experience. 30 min.

**Silver & Fit Experience**
For the moderately active older adult. 45 min.

**Silver & Fit Excel**
For the very active older adults. 60 min.

**Start Movin’**
A beginner class geared to individuals struggling with weight loss issues. 60 minutes.

**Strength Plus**
Strength training plus lots more! 50 minutes.

**TABATA**
Dynamic High Intensity Interval Training (HIIT). 20 seconds of challenging high intensity followed by 10 seconds of recovery! 45 minutes.

**Transform**
A high intensity cardio conditioning class that utilizes the STEP. 30 min.

**Zumba**
Fun, high energy Latin inspired dance fitness class. 45 or 60 minutes.

*Appropriate for beginners; however, all levels welcome!*
OPEN PICKLEBALL [YMCA AND VA*]

This is a court sport best described as a combination of tennis, badminton and ping-pong. Join a group of enthusiasts for a fun time. We have days and times for the Beginner, Intermediate and Advanced levels. Please choose a day and time that best fits your skill level.

VA* Schedule
Monday ........................................................... 9:00 am - 12:00 pm (advanced)
Monday ........................................................... 1:00 pm - 3:00pm (beginner)
Tuesday ............................................................ 1:00 pm - 3:00 pm (intermediate)
Wednesday .................................................... 9:00 am - 12:00 pm (open)
Wednesday .................................................... 6:00 pm - 8:00 pm (advanced)
Thursday ....................................................... 10:00 am - 12:00 pm (beginner)
Friday ............................................................. 9:00 am - 12:00 pm (open)
Friday ............................................................. 1:00 pm - 3:00 pm (intermediate)
Saturday ........................................................ 7:00 am - 9:00 am (open)

A.L. Hanford YMCA Schedule
Monday ........................................................ 7:00 am – 11:00 am (beginner)
Tuesday ........................................................ 7:00 am - 11:00 am (intermediate/advanced)
Wednesday .................................................... 7:00 am - 11:00 am (open)
Thursday ....................................................... 10:00 am – 2:00 pm (intermediate/advanced)
Friday ............................................................. 7:00 am – 11:00 am (beginners/open)

*Open Pickleball is subject to being cancelled due to weather and program needs. Program needs will be posted prior to any schedule changes. Weather cancellations will be posted on Facebook.

EQUIPMENT WILL BE PROVIDED.

FEES:  
Member FREE  
Non-Member $5/meeting

RACQUETBALL COURTS

Open play available by the hour. Schedule court time at the Membership Desk.

NOON BASKETBALL

Pick up games for adult members ONLY (age 20 and over)! Games played in Gym C/D at the Hanford Center.
Monday-Friday............................................. 12:00 pm - 1:30 pm

VA* GYMNASIUM RENTALS

The VA is a great space for play. Contact the Membership Desk at the Y at the VA at 717-273-2046 for available times and fees.

OPEN BADMINTON [VA*]

YMCA at the VA* only. Join a group of enthusiasts for the fastest growing racquet sport.
Tuesday........................................................................6:00 pm - 8:00 pm

OPEN VOLLEYBALL

Open play every Monday ........................................... 7:00 pm - 9:00 pm
Open play every Saturday ........................................... 3:00 pm - 5:30 pm

* Programs and gymnasium rentals at the VA will resume once the renovations are complete. Please call 717-273-2046 for updated information.
FITNESS CONSULTATIONS

One of the benefits of your membership to the YMCA is 3 free meetings with a Fitness Coach. Our Fitness Coaches will sit down with you and help develop an exercise program based off your goals, time, experiences and present condition. Our goal is to provide our members with a safe effective exercise program that gets the maximum benefits. Ask either a Fitness Coach or the Membership Staff how to schedule your appointment.

PERSONAL TRAINING

If you have a fitness goal, like the idea of looking and feeling better, or are constantly getting bored with the same routine, then you need a YMCA Personal Trainer. YMCA Personal Trainers will assist you in attaining your own fitness goals, whether it’s training for a marathon, fitting into last year’s pants or increasing your flexibility.

FEES:
- 1 Session $35
- 6 Sessions $199.50 ($33.25 per session)
- 12 Sessions $386.40 ($32.20 per session)

30 minutes sessions available. Contact the membership desk for details.

POST-REHAB WELLNESS PROGRAM

Our exercise science professionals provide services to individuals with diagnosis such as but not limited to: Diabetes, Cardiovascular Disease, Pulmonary Disease, Obesity, etc. The emphasis is on safety when exercising and proper progression to obtain maximum benefits. YMCA at the VA.

FEES:
- $30/mo. 2 Sessions per week Tues/Thurs 8:30-9:30 am or 10:30 – 11:30 am
- $35/mo. 3 Sessions per week Mon/Wed/Fri 8:30-9:30 am or 3:30-4:30 pm

YMCA DIABETES PREVENTION PROGRAM

The YMCA’s Diabetes Prevention Program is a one year program that helps adults at high risk of developing type 2 diabetes, reduce their risk for developing the disease by taking steps that will improve their overall health and well-being. Research by the National Institute of Health has shown that programs like the YMCA Diabetes Prevention Program can reduce the number of new cases by 58%, and 71% in adults over age of 60.

WHO QUALIFIES:
- Adults 18+
- Overweight (BMI>25)
- At risk for or have been diagnosed with Pre-Diabetes – Confirmed via one of 3 blood tests or previously diagnosed with gestational diabetes
- A qualifying risk score.

Monday ..........................................................................................6:30 pm
Class Start Date ................................................................................TBD

FEES: Member and non-member $429*

*Insurances may cover some of the cost of the program fee. Contact Darin Pickles at 717-376-1383 or dpickles@lebanonymca.org for details.
This weekly community event, featuring local produce, wellness products and services, art creations and more, will be held June 8 through August 17, 3:00–6:00 p.m. (rain or shine), at the Lebanon Valley YMCA at the Train Depot on North Eighth Street in Lebanon. Reserve your space at the 2020 Monday’s Market by contacting Melanie Wells at (717) 270-7764 or mwells4@wellspan.org.

Take a look at what we have planned:

**June**
- 8th - Senior Day
- 15th - Latino Day
- 22nd - Healthy Lifestyles
- 29th - Community Day

**July**
- 6th - Senior Day
- 13th - Latino Day
- 20th - Healthy Lifestyles
- 27th - Community Day

**August**
- 3rd - Senior Day
- 10th - Latino Day
- 17th - Back to School Festival

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**7 Great Sleepover Camp Programs in Cornwall**

Ages 6 - 16

- Resident Camp
- Base Camp
- Stay Over Weekends
- Resident Camp Lite
- Resident Extreme
- Service Camp
- Counselor in Training

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**Lebanon Valley Family YMCA**

**A.L. HANFORD CENTER**

201 North 7th Street
Lebanon, PA 17046
Phone: 717-273-2691

**YMCA at the VA**

Building 24, South Lincoln Avenue
Lebanon, PA 17042
Phone: 717-273-2046

www.lebanonymca.org