



JUMP INTO SUMMER

Summer Camp/Program Guide 2023

LEBANON VALLEY FAMILY YMCA



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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.

PROGRAM REGISTRATION

Program Dates: April 24 - June 10, 2023

Member Registration Opens - April 10, 2023
Non-Member Registration Opens- April 17, 2023

Program Dates: June 19-June 29, 2023*

Member Registration Opens - June 5, 2023
Non-Member Registration Opens - June 12, 2023

Program Dates: July 10 - July 20, 2023*

Member Registration Opens - June 26, 2023
Non-Member Registration Opens - July 3, 2023

Program Dates: August 14 - August 24, 2023*

Member Registration Opens - July 31, 2023
Non-member Registration Opens - August 7, 2021

***All Summer Sessions are 2 weeks in length and run Monday through Thursday**

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-Friday.....4:30am-9:00pm
Saturday7:00am-5:00pm
Sunday.....8:00am-5:00pm

YMCA at the VA

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

Hours:

Monday-Thursday.....6:00am-8:00pm
Friday6:00am-6:00pm
Saturday7:00am-1:00pm

YMCA Camp Rocky Creek

20 Penryn Lane, PO Box 339
Cornwall, PA 17016
717-450-3565

HOLIDAY HOURS

April 9, 2023 Easter.....Closed
May 29, 2023 Memorial Day.....Closed
July 4, 2023 Independence Day.....Closed
September 4, 2023 Labor Day..... Closed

TOGETHER, WE CAN CREATE A BETTER US

Join us for these upcoming events:

National Day of Prayer Breakfast - May 4, 2023
Healthy Kids Day - May 6, 2023 (Rain date May 7, 2023)
Kentucky Derby Night At The Manor - May 20, 2023
Annual Golf Tournament - July 19, 2023
37th Annual Lebanon County Senior Games - September 11-15, 2023



MEMBERSHIP RATES

Memberships	Joiner Fee	Monthly Bank Draft or Credit Card Draft	Annual Payment
Youth (Ages 0 - 15)	\$0	\$15.00	\$180
Young Adult (16-23)	\$0	\$35.75	\$429
Adult (24-61)	\$25	\$46.75	\$561
Senior (62+)	\$25	\$41.25	\$495
Senior Couples	\$25	\$62.50	\$750
Single Parent Family	\$25	\$62.50	\$750
Family	\$25	\$73.25	\$879

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 \$25 Non-refundable Joiner's Fee will be added to all new Adult, Single Parent Family, Family & Senior category memberships.

All of those rejoining who have been cancelled longer than 60 days must pay the joiner fee of \$25

GUEST PASSES

Weekly guest passes are available. They are only good for 7 days from the purchase date.

Adults - \$25

Family - \$40

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%.

Y WELLNESS 24/7

A virtual option provided exclusively to our members. Our virtual health, wellness and fitness classes will help you stay motivated anywhere! You will also have access to over 180 classes each week from over 45 YMCAs in 8 states. See the Membership Desk for more details and how to get registered.

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

(Ages 2 months - 12 years)

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

Kids Korner offers free child watch 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 are limited to an hour and a half per day in Kids Korner.

Monday-Friday.....8:30 am - 12:30 pm and 3:30 pm - 7:30 pm

Saturday9:00 am -11:30 am



SUMMER CAMP



JUMP INTO SUMMER 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 non-members for any or all weekly camp sessions. Register for one week or the entire summer!

VARIOUS CAMPS AVAILABLE FOR CHILDREN AGES 5-17

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

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

Camp Rocky Creek will provide day and overnight camps for your child. Looking for something fun and exciting outdoors, this is the camp for your child.

School Age Camp

How to register:

- Fill out the Intent To Enroll For SACC Summer Camp Form found on the website under SACC SUMMER CAMP.
- Email completed paperwork, which will be provided after you complete the intent to enroll form, to childcare@lebanonymca.org, fax to 717-376-0345, drop off or mail to Lebanon YMCA, Attn: Child Care, 201 N. 7th Street, Lebanon, PA 17046.
- Once your registration form is completely filled out and confirmation has been received, the \$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.

Visit our website for more information at lebanonymca.org.

Sports Camps

How to register:

- Ask the Membership Desk for the sports camp registration form.
- Fill out the form completely and give to Membership Desk staff and tell the staff member what weeks your child will be attending camp.
- Once camp is paid in full, your child will be registered.

Visit our website for more information at lebanonymca.org.

Camp Rocky Creek

How to register:

- Go to lebanonymca.org and click on Camp Rocky Creek.
- Click on HOW TO REGISTER for detailed instructions.
- You must pay the \$25 one time application fee, which is listed as a program, before you can register for any camps.
- You can now register for any camps your child is interested in attending.
- You must pay a \$50 deposit for each overnight camp or \$25 for each day camp you have registered your child for.

Visit our website for more information at lebanonymca.org.



SPRING SPORTS

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!

Tuesdays, April 25 - June 6.....6:15 pm - 7:00 pm

FEES: Family Member \$30
 Youth Member \$40
 Non-Member \$55



SPORTS CAMPS

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 Jen Vazquez for details at (717) 376-1395 or jvazquez@lebanonymca.org

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.

June 26 - June 29 (ages 5 - 8).....9:00 am - 12:00 pm

July 10 - July 13 (ages 9 - 12).....9:00 am - 12:00 pm

Basketball

Dribbling, passing, shooting, ball control and movement are the focus of camp for the sport invented by the YMCA.

July 31 - August 3 (ages 5 - 8).....9:00 am - 12:00 pm

August 7 - August 10 (ages 9 - 12)....9:00 am - 12:00 pm

FEES: Family Member \$40/week
 Youth Member \$65/week
 Non-Member \$85/week





SCHOOL - AGE SUMMER CAMP



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 are for children ages 5–12 (must have completed Kindergarten). Campers enjoy weekly 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 four 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.





SCHOOL - AGE SUMMER CAMP



SCHOOL-AGE CAMP

JUMP INTO SUMMER AT SACC SUMMER CAMP!

Your child's summer journey 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 12 - June 16, 2023

SUMMER KICK OFF

Kick the summer off right by playing crazy games and sports and enjoying the summer sun. Get to meet new people who will be at camp and find out all the exciting activities you will do.

June 19 - June 23, 2023

MAD SCIENCE

Put on your lab coat and get ready for a week of science fun! There are so many experiments to do, new things to learn and all kinds of STEM activities that will happen throughout the week.

June 26 - June 30, 2023

FIGURE IT OUT

Prepare yourself for the challenges ahead! What will you get stumped on? Test your knowledge, skills and wit along with our colorful camp activities.

July 3 - July 7, 2023

GET IN THE SPIRIT

Why wait to celebrate? Each day of this week, campers will celebrate a holiday so make sure to get in the holiday spirit with a week of celebrations.



July 10 - July 14, 2023

YMCA HOMESTEADER

Do you have a love of nature? Do you want to learn how to compost and recycle? Spend a week learning more about our ecosystem and the hard work it takes to thrive. This week, you will also have the opportunity to try some homesteading activities at Camp Rocky Creek.

July 17 - July 21, 2023

ALL ABOUT PA

Learn all about the state we live in! Did you know that the Philadelphia Zoo was the first zoo in the USA or that Pittsburgh is the "City of Bridges" with over 440 of them! Test your knowledge on how much you know about our great state.





SCHOOL - AGE SUMMER CAMP



SCHOOL-AGE CAMP

July 24- July 28, 2023

COLOR GAMES

Join us in a camp competition, where the groups will compete in many different activities. Start off the games by creating your flags and then compete in mini games. Let the best team win!

July 30- August 4, 2023

ADVENTURE TRAVELER

If you could go anywhere, where would your next adventure be? Learn about different exciting places around the world and play some adventurous games. This week, you will get to extend your adventures into Camp Rocky Creek's adventure course!

August 7 - August 11, 2023

IMAGINE THE POSSIBILITIES

The only limits this week are what you make of them! Campers will be challenged to put their senses and imagination to the test this week where they will partake in a wide variety of activities each day!

August 14 - August 18, 2023

ARTISTIC CONNECTIONS

Learn the basic drawing techniques and explore the different art forms. We will cut, draw, glitter, glue and make a variety of different crafts this week.

August 21 - August 25, 2023

***DOUBLE UP DAYS**

Each day there will be crazy activities done in pairs. One day will be a twin day, another superhero and villain, and other famous duos throughout the week. Join us in tag team games and more!

Registration Fee: \$25 per family

Locations:

- YMCA Day Camp
- Ebenezer Elementary
- Palmyra- Lingle Avenue Elementary

Ages: Completed Kindergarten through age 12

Hours: 6:30 am to 6 pm, Monday - Friday

Summer Camp Rates:

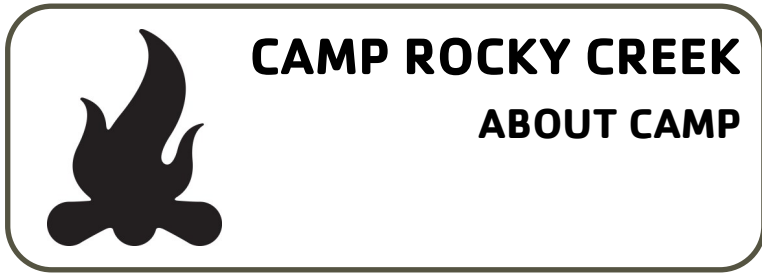
YMCA Family Membership:

5 days at Camp \$165/week

Youth Membership and Non-Members:

5 Days at Camp \$185/week





The Lebanon YMCA is pleased to offer Overnight and Day Camp at Camp Rocky Creek. Nestled on 120 acres, Camp Rocky Creek is the 4th oldest camp in the nation. Steeped in tradition, boys and girls, ages 5-17, can come to camp and enjoy the many activities that camp has to offer. Our goal is to provide an enriching experience where they can build confidence, self-esteem, problem solving skills and develop relationships and memories that will last a lifetime. Whether it's day or overnight camp, each individual gets to choose their activities forging their own path! We still offer some of the favorites like Service Camp (impact opportunities), off-site trips and Teen Adventure Camp. Prices and times are listed on the website at lebanonymca.org under Camp Rocky Creek.

Accommodations for overnight camp are rustic cabins with a shower house nearby. All of our cabins have lighting and fans to keep cool on a warm summer night. Each cabin sleeps ten with bunk beds. If you request a friend as a bunk mate to sleep in the same cabin, please make sure the friend lists you too!

Safety

We have well-trained counselors who receive more than 50 hours of training.

We follow ratios set forth by the American Camping Association (ACA).

All staff are certified in First Aid/CPR/AED.

All lifeguards are trained in the American Red Cross Lifeguarding Course. All water activities are led by certified lifeguards.

We follow the protocols of our local health dept and the ACA.

Activities

We offer a variety of activities, appropriate for each child's age*.

A glance at some of the activities:

- All Camp Games
 - Archery*
 - Arts and Crafts
 - Canoeing
 - Climbing Wall
 - High Ropes*
 - Kayaking*
 - Low Ropes
 - Slingshots
 - Songs and Skits
 - Swimming
 - Team Building
 - Ecology
 - Fishing*
 - Gaga
 - Sports
 - Zipline*
- and so much more!

Staff

Every parent wants their child to have great role models and that is what we strive for.

To ensure each camper has an amazing experience, we teach the traditions of camp and the core values of the YMCA - Honesty, Caring, Respect and Responsibility.

We offer a cultural experience by hiring staff from around the globe.





CAMP ROCKY CREEK
OVERNIGHT CAMP AND DAY AND
TEEN ADVENTURE CAMP



Overnight Camp

Overnight Camp is the perfect opportunity for your child to immerse themselves in all aspects of camp! While camp is completely structured, it allows each child the independence to design their own schedule. There are different opportunities where they will spend time with their cabin mates and will have the opportunity to choose from a variety of activities like creative arts, athletics, environmental discoveries, paddle sports, high adventure, target sports and more! Swimming is available for campers daily. Campers will be exposed to a rustic outdoor life staying in cabins for the week. This unplugged experience will bring long lasting friendships and a lifetime of memories. Overnight camp is available for those who are ages 8 to 15. Our stay over weekend options are offered in between two different weeks for a two week camping experience.

Day and Teen Adventure Camp

Camp Rocky Creek offers a great way for your child to come to camp even if they aren't looking for an overnight experience. Our day campers are grouped together by age and move around the camp throughout the day, participating in different activities. They will have daily swimming and be provided a nutritious lunch and afternoon snack. Some of the activities our campers will experience are rock climbing, archery, arts & crafts, boating and hiking.

In our Teen Adventure Camp, we enable and encourage teens to work together as a group to plan their activities for the day. With positive staff role models, who know how to keep the campers challenged, engaged and having fun, this program builds self confidence and leadership skills.

Day Camp is available to campers who are 5-11 years of age. Our Teen Day Camp is available to campers who are 12-15 years of age.

Overnight Camp Dates
Sunday - Friday

June 18-June 23



Stay Over Weekend Option

June 25-June 30

July 9-July 14

July 16-July 21

July 23-July 28



Stay Over Weekend Option

July 30-August 4

August 6-August 11

Day and Teen Adventure
Camp Dates
Monday - Friday

June 12-June 16

June 19-June 23

June 26- June 30

July 3-July 7*

July 10-July 14

July 17-July 21

July 24-July 28

July 31-August 4

August 7-August 11

August 14- August 18

*Closed July 4th



Family Camp

Bring your parents, aunts, uncles and cousins for a 3-night, 4-day, all-inclusive stay at Camp Rocky Creek. You can choose to rent a cabin from us or bring your own tent. Cabin rentals are limited so make sure to register soon! Meal times are a come and go as you please as well as most of the camp activities!

Thursday, July 6-Sunday, July 9

Pricing: \$50 deposit/family
 \$100/person to rent a cabin
 \$60/person to bring your own tent
 (4 and under FREE)

Outdoor Leadership Experience

The Outdoor Leadership Experience (OLE) is where campers will have an unforgettable experience navigating their ways through the different opportunities that Pennsylvania has to offer! This week-long experience will provide each outdoor enthusiast the opportunity to hone in on their outdoor skills including fire building, cooking over a fire, map and compass education while enjoying the picturesque landscapes and the adventures ahead. All three experiences are available to those 12-15 years of age. A one time application fee of \$25 is required.

Horseshoe Hike (July 9-July 14)(\$50 deposit/\$600): Departing from camp, the Horseshoe trail runs 140 miles along the south central tier of PA. Campers will be backpacking for three nights along the trail, gaining valuable experience in all things backpacking.

On the Go (July 23-July 28)(\$50 deposit/\$750): Always on the go and in all forms of transportation, this program primarily does day trips that go tubing on the river, hiking the horseshoe trail and going on a horseback ride while still doing all of the evening activities at camp!!

Appalachian Backpacking Experience (August 6-August 11)(\$50 deposit/\$600): The first day of this program, our backpackers prepare for the next three days and two nights on the AT. Traversing over mountains, they will be a part of history, backpacking a portion of the world famous trail that starts in Maine and ends in Georgia.

CIT Program

Our Counselor-In-Training (CIT) Program is a great stepping stone to becoming a Camp Counselor. CITs will get a well-rounded experience from shadowing counselors to spending a day with the leadership team. During our week of staff training, they will start off the program through a team building experience that takes them on a three day overnight trip to learn different outdoor skills, ways to improve communication and develop relationships effectively. Our CIT program is available to those who are 15-17 years of age.

When they are back at camp, they will have the opportunity to create a new program, lead programs and provide community service in one of our impact programs. Each weekend, the CIT's will head home to get refreshed to complete their three-week experience.

As a CIT, we understand different activities and commitments can be restricting in flexibility. You may pick and choose the three weeks you want to attend.

Dates to Attend

- June 18-June 23
- June 25-June 30
- July 9-July 14
- July 16-July 21
- July 23-July 28
- July 30-August 4



****All Camp Rocky Creek prices and times are listed on our website at www.lebanonymca.org under Camp Rocky Creek.**



CHILDCARE



INFANT, TODDLER AND PRESCHOOL CHILDCARE CENTERS

EDWARD AND JEANNE ARNOLD EARLY LEARNING CENTER

Providing the highest level of quality care is our priority at the YMCA's Edward and Jeanne Arnold Early Learning Center. The Edward and Jeanne Arnold Early Learning Center is located at 152 North 8th Street directly behind the YMCA on 7th Street. Licensed by the Department of Human Services and rated a STAR 4* facility, this center offers care for children ages 6 weeks old to age 5. This center also offers a Pennsylvania Pre-K Counts program. This state-funded program offers income-eligible families a high quality Pre-K program taught by a Pennsylvania Certified teacher. This program will ensure your child enters school ready to thrive in the educational environment. This center participates in the Child and Adult Care Food Program through the USDA. This allows us to serve a healthy, well balanced breakfast, lunch and afternoon snack to every child, every day. This is at no additional fee to families.

Hours of operation6:30 am to 6:00 pm

EBENEZER CHILDCARE CENTER

Ebenezer Childcare Center takes education to a whole new level. This center is located inside Ebenezer Elementary School at 1600 Colonial Circle. Licensed by the Department of Human Services and rated a STAR 4* facility, this center offers care for toddlers ages 1 through children in 5th grade. With care for toddlers, preschool age children as well as a before and after school program this center is bound to fit all of your needs. Toddlers and Preschool age Children enrolled in this program have the option of purchasing the school lunch during the school year for an additional fee. Children can also bring a lunch from home. The center provides a morning and afternoon snack.

***Center is temporarily closed**

RAINBOW LEARNING CENTER

The Rainbow Learning Center strives for excellence and providing quality care. This center is located at the VA Medical Center at 1700 South Lincoln Avenue in Building 3. Licensed by the Department of Human Services and rated a STAR 4* facility, this center offers care for children ages 6 weeks old through preschool age. This center is also NAEYC Accredited (National Association for the Education of Young Children). Our days are busy with high quality learning and lots of fun. We go outside every day weather permitting. Children are provided a healthy lunch and snack. ***Follows Federal Holiday closures**

Hours of operation.....6:30 am to 5:30 pm

In addition to meeting the state standards, all 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. All of our 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 or call the YMCA childcare office at 717-376-1384 for more information.





CHILDCARE

2022-2023

SCHOOL YEAR



SCHOOL AGE CHILD CARE – S.A.C.C

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)-5th 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.



CORNWALL-LEBANON

Cornwall (K – 5th Grade)

6:30am – 9:00am & 3:30pm - 6:00pm

Cornwall (Kindergarten only)

11:30am - 3:30pm

Ebenezer (K – 5th Grade)

6:30am – 9:00am & 3:30pm-6:00pm

Ebenezer (Kindergarten only)

11:30am - 3:30pm

South Lebanon (K – 5th Grade)

6:30am – 9:00am & 3:30pm – 6:00pm

***South Lebanon** (Kindergarten only)

11:30am - 3:30pm

***Minimum enrollment must be met for program to operate.**

LEBANON CITY

Lebanon City Schools S.A.C.C will be held at the YMCA, 201 N. 7th Street. Care is 6:30am-8:15am & 3:15pm-6:00pm

Harding (Kindergarten – 5th Grade)

at the YMCA (Transportation provided by the YMCA)

Henry Houck (Kindergarten – 5th Grade)

at the YMCA (Transportation provided by the YMCA)

Southwest (Kindergarten – 5th Grade)

at the YMCA (Transportation provided by the school district)

Southeast (Kindergarten – 5th Grade)

at the YMCA (Transportation provided by the school district)

NORTHERN LEBANON

New Elementary Building (Kindergarten – 6th Grade)

6:30 am – 8:50 am 3:20 pm – 6:00 pm

*** Care will take place in the new building if completed by the start of the school year. If the new building is not fully completed, we will remain at Jonestown, offering care to K-5th grade.**

PALMYRA

Forge Road (K – 5th Grade)

at Lingle Avenue

Pine Street (K – 5th Grade)

at Lingle Avenue

Northside (K – 5th Grade)

at Lingle Avenue

Lingle Avenue (K – 5th Grade)

6:30 am – 8:45 am 3:30 pm – 6:00 pm

Lingle Avenue (Kindergarten only)

8:30am - 12:45pm

***Northside, Forge Road and Pine Street K-5th grade SACC will be held at Lingle Avenue with transportation provided by the school district.**



YOUTH ACTIVITIES



FREER 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.

Days and times are subject to change.

School Year Hours

Monday - Thursday3:00 pm - 6:00 pm

Summer and Holiday Hours*

Monday - Thursday 1:00 pm - 4:00 pm

*Holiday Hours are in effect any weekday that Lebanon School District is closed and the YMCA is open.

Family Hours

The Youth Center is open to ALL YMCA members (ages 10 and up) after Youth Center programming ends. Come enjoy time with your "tween" playing a game of pool, ping pong, air hockey or battling it out on the Wii!
(10 to 12-year-olds MUST be accompanied by an adult)

Monday-Friday.....6:00 pm - 9:00 pm

Summer Months (June 13– August 25)

Monday - Friday.....4:00 pm - 9:00 pm



SKATE PARK

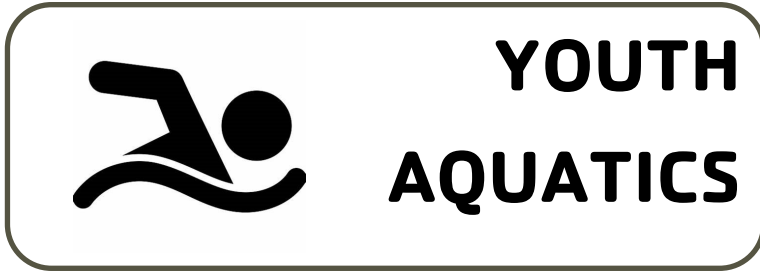
Ride the biggest ramps around and catch plenty of air. The skate park is open to roller bladers, skateboarders, bikers and razor scooters. All riders must have a 2023 signed waiver form and anyone under the age of 18 must have parental consent. HELMETS ARE MANDATORY. Park will open April 24 weather permitting.

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

Saturday.....12:00pm - 4:00pm

*Sponsorships are available for the skate park. Contact Amy Pennycoff for more information at 717-376-1393 or





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 A.L. Hanford Center YMCA location.

PROGRAM DATES

April 24 - June 10, 2023

Member Registration Opens - April 10, 2023
 Non-Member Registration Opens - April 17, 2023

June 19-June 29, 2023*

Member Registration Opens - June 5, 2023
 Non-Member Registration Opens - June 12, 2023

July 10 - July 20, 2023*

Member Registration Opens - June 26, 2023
 Non-Member Registration Opens - July 3, 2023

August 14 - August 24, 2023*

Member Registration Opens - July 31, 2023
 Non-member Registration Opens - August 7, 2023

***All Summer Sessions are 2 weeks in length and run Monday through Thursday**

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.

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, 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.

**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.

FEES:	Family Member.....	\$30
	Youth Member.....	\$50
	Non-Member.....	\$90





**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 minute class. The preschool program includes children ranging from ages 3 to 5 years old. The school age program includes children ranging from 6 to 12 years old. The class will meet once a week for 7 weeks. Pre-registration is required.

***All Summer Sessions are 2 weeks in length and run Monday through Thursday**

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)
*Monday through Thursday.....1:00pm

Youth Classes (Ages 6-12 years/30 minutes)
*Monday through Thursday.....1:00pm

FEES: Family Member \$30
Youth Member \$50
Non-Member \$90

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.

Preschool Classes (Ages 3-5 years/30 minutes)
*Monday through Thursday.....1:40pm

Youth Classes (Ages 6-12 years/30 minutes)
*Monday through Thursday.....1:40pm

FEES: Family Member \$30
Youth Member \$50
Non-Member \$90

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)
*Monday through Thursday.....2:20pm

Youth Classes (Ages 6-12 years/30 minutes)
*Monday through Thursday.....2:20pm

FEES: Family Member \$30
Youth Member \$50
Non-Member \$90





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 30 minutes in length and meet once a week for 7 weeks. Pre-registration is required.

***All Summer Sessions are 2 weeks in length and run Monday through Thursday**

FEES: Family Member \$30
 Youth Member \$50
 Non-Member \$90

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.

Preschool and Youth Classes (Ages 5-12 years/30 minutes)
 *Monday through Thursday.....3:00pm



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.

Preschool and Youth Classes (Ages 5-12 years/30 minutes)
 *Monday through Thursday.....3:40pm

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
- Swimmers ready for this level are encouraged to do swim team





AQUATICS



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 Zach McElheny at 717-376-1387 for more information as well as class availability.

FEES: Family Member \$250
Non-Member \$350



LEBANON YMCA SWIM TEAM

(Ages 4-18 years)

A competitive swim team program that competes in the Mid Penn Swim League. Practices begin May 1 and end July 30. Practices will be held at the Lebanon Valley Family YMCA, A.L. Hanford Center. There will be evening practices. Weekly practices will focus on stroke proficiency, endurance, speed, starts, and finishes.

Registration will begin on April 10th for summer swim team. 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 - Ages 10 and under)

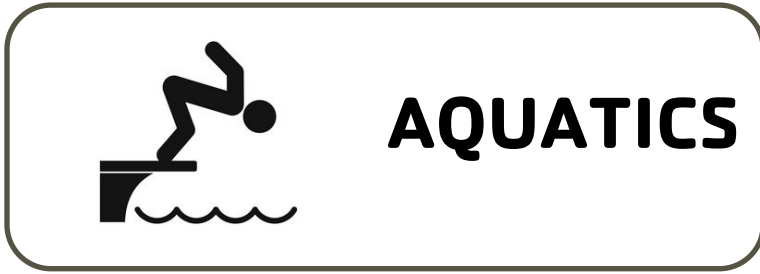
New to competitive swimming. Swimmer must be able to swim 1/2 of a length of the pool swimming freestyle or backstroke. They will have the option to practice 4 days a week.

GOLD TEAM

(Advanced - Ages 11 and older)

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.





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 welcome in most classes! All classes are FREE to members. Please visit our website at lebanonymca.org for dates and times.

50's Friday

High energy fun class held in the shallow end giving a complete body workout all set to the fabulous sounds of the 50's! *Challenging*

Aqua Tabata

Bursts of intense exercises followed by short rest periods held in the shallow end! *Advanced*

Aqua Tabata (Deep)

Same intense class as Aqua Tabata. But held in the deep water. (belts required) *Advanced*

Boogie Fever Friday

Hustle into the pool on Fridays and exercise in the shallow water while jamming to the rhythm music from the Disco Era. *Challenging*

Deep Ease

Held in the deep end, these light non-impact exercises are geared to strengthen muscles. Great for beginners and those with hip/knee issues. (belts recommended and provided) *Easy*

Deeply Fit

Maintain high bursts of aerobic intensity in this extreme cardio class held in the deep end. (belts recommended and provided) *Advanced*

Kick It

Extreme cardio workout using fins, kickboards and water weights. Geared to increase stamina!! (Must be able to swim 50 meters) *Advanced*

Open Water Volley

No net, no skills, no worries!! Make new friends. *Easy*

Power Waves

This "high energy" class is for the FAST PACED INDIVIDUAL looking for an extreme cardio workout. Class held in the shallow end. *Challenging*

Smooth Moves

Held in the shallow end, easy to follow, great for beginners or individuals needing to move at a slower pace. *Easy*

Water Walk

Traveling forwards/backwards/sideways all to build endurance and balance. This class can be for the beginner all the way to advanced. Each individual works at their own pace. (30 minutes) *Beginner to Advanced*

Wild Card Wednesday

All bets are off in the deep on Wednesdays. Each week, workouts will offer different challenges. *Advanced*

A.L. HANFORD POOL RENTAL

Rent the pool at the A.L. Hanford Center for your next party. Pool Rental is for two hours and the cost is \$140. You will have one hour in the pool and one hour in the multi-media room. Multi-media room is available to set up your refreshments and gift opening or activities. Certified lifeguard on duty at all times. Contact Zach McElheny at 717-376-1387 for more information.





GROUP EXERCISE



Beginner Bootcamp

An interval class designed for individuals who are new to bootcamp. This class includes a variety of exercises to increase power, agility, cardiovascular endurance and overall strength. Modifications are included for all fitness levels. (geared toward all fitness levels)

Beginner LaBlast

A partner-free, low-impact, easy to follow dance fitness class based on the dances seen on the hit TV show, "Dancing with the Stars." Set to great music, basic steps are broken down and repeated so that participants who are new to the class can be successful in achieving a fun, calorie burning work-out. (geared toward all fitness levels)

Body Sculpt*

A total body, low impact, strength training workout using dumb-bells and your own body weight to continually burn calories and boost metabolism. (geared toward all fitness levels)

Country Line Dance

A partner-free, fun, calorie-burning work-out where participants learn a variety of line dances set to top country hits. (geared toward all fitness levels)

Cycle

A high energy class that really works up a sweat. Fun music, big screen with vistas to watch while riding, and an instructor to help set you up on your bike and encourage you to keep moving. Cycle class helps you tone all major muscle groups, improve cardio fitness levels and stamina and increase leg strength. (geared toward all fitness levels)

Fat Burner

A fun, standing, low impact class that combines cardiovascular and body sculpting movements using dumbbells to burn calories and boost endorphins. (geared toward all fitness levels)

Gentle Yoga*

Reduce stress while improving balance, flexibility and strength as you move through poses in a gentle fashion. (geared toward beginner and intermediate fitness levels)

Get Fit*

A strength training and low impact cardiovascular workout that targets every muscle group. (geared toward beginner fitness levels and active older adults)

HIIT

A full body work out that includes high intensity interval training sequences to build cardiovascular fitness while improving muscular strength and endurance. (geared toward intermediate to advance fitness levels)

Kid's Cycle

A fun, indoor cycle class taught by a certified youth cycle instructor. (This class is designed specifically for kids ages 6-12.) *Class will not run during the summer months.

LaBlast

A partner-free, low-impact, easy to follow dance fitness class. Set to great music, this class is based on the dances seen on the hit TV show, "Dancing with the Stars." (geared toward all fitness levels)

Lower Body/Core*

A toning workout targeting muscles in your hips, buns, thighs and abs. (geared toward all fitness levels)

Muscle Pump*

A strength training class using resistance bands, bars and dumbbells to pump muscles to their max. (geared toward all fitness levels)

On The Ball

A low impact, total body workout using a stability ball. (geared toward all fitness levels)

Pilates*

An overall, body toning, mat work out that focuses on creating a strong core while improving balance and flexibility. (geared toward all fitness levels)

Power Yoga*

A Vinyasa Flow Power Yoga class designed to challenge and build strength and flexibility. (geared toward intermediate and advanced fitness levels)

Silver & Fit

An easy to follow aerobics class that includes, strength and balance movements. (geared toward beginners and seniors)

Senior Fitness

A standing work-out designed to improve cardiovascular and muscle endurance. (geared toward beginner fitness levels and active older adults)

Start Movin'

An easy to follow class that consists of movements done from a chair. (geared toward beginners and seniors)

Zumba

A fun, easy to follow dance fitness class set to today's Latin and pop hits designed to improve cardiovascular endurance and tone the body. (geared toward all fitness levels)

***Please bring your own mat**



OPEN PICKLEBALL

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.

A.L. Hanford YMCA Schedule

Monday8:30am - 11:30am
Tuesday.....10:00am - 2:00pm
Wednesday.....8:30am - 11:30am
Thursday..... 10:00am - 2:00pm
Friday.....8:30am - 11:30am

*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.

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 A.L. Hanford Center.

Monday, Wednesday, Friday..... 12:00 pm- 1:30 pm

OPEN VOLLEYBALL

Open play every Monday7:00 pm –8:45 pm

Open play every Saturday.....3:00 pm – 4:45 pm





ADULT WELLNESS



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 \$40
6 Sessions \$222 (\$37 per session)
12 Sessions \$420 (\$35 per session)

30 minutes sessions available. Contact the Membership Desk for details.



37TH LEBANON COUNTY SENIOR GAMES

If you are 50+ and have that competitive spirit, come join us Monday, September 11 - Friday, September 15 for the Lebanon County Senior Games. Test your skills and abilities in your choice of over 16 different sports and activities from golf and basketball to bocce and pickleball. We will have the best competition in the county! Contact Brian Wolfe at bwolfe@lebanonymca.org for details or call 717-273-2046.

SOLE SQUAD WALKS WITH SHELLY

The Lebanon Valley Family YMCA is once again hosting Thursday walks with Shelly Vitelli beginning March 30 through June 1. Join her at different locations throughout Lebanon County. All walks will begin at 12:00PM. This is a FREE Community Event and NO registration is required. Walks will be cancelled for inclement weather. Visit our website for more details at www.lebanonymca.org. So, dust those sneakers off and join the SOLE SQUAD!

- March 30 - South Hills Park
- April 6 - Fairlane Park
- April 13 - Lebanon Valley Rail Trail
- April 20 - Lions Lake
- April 27 - Coleman Memorial Park
- May 4 - South Hills Park
- May 11 - Fairlane Park
- May 18 - Lebanon Valley Rail Trail
- May 25 - Lions Lake





Lebanon Valley Family YMCA

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

YMCA at the VA

1700 South Lincoln Avenue
Building 24
Lebanon, PA 17042
717-273-2046

YMCA Camp Rocky Creek

PO Box 339
20 Penryn Lane
Cornwall, PA 17016
717-450-3565 (summer hours)
717-376-1389 (off season)

lebanonymca.org

Be An Everyday Hero

- Make a donation to our Annual Campaign
 - Volunteer
- Sponsor a teen in the youth center
- Help drive change in our community
 - Work at the YMCA
 - Be an advocate

For Someone Who Needs You

- Children
- Teens
- Families
- Young Adults
- Our Community



Visit lebanonymca.org to donate
or contact Amy Pennycoff at
717-376-1393 or
apennycoff@lebanonymca.org.

