



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# TIME TO SHINE!

GREATER SCRANTON YMCA  
Spring 2018 Program Guide

# ALWAYS WELCOME IN EVERY COMMUNITY

## NATIONWIDE MEMBERSHIP

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



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

## GREATER SCRANTON YMCA

706 North Blakely Street  
Dunmore, PA 18512

## WELCOME TO THE Y!

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

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

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

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

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

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

### BUILDING HOURS

Monday-Friday 5:30AM-9:30PM  
Saturday 8:00AM-6:30PM  
Sunday 9:00AM-6:30PM

### CHILD WATCH HOURS

Monday-Friday 8:30AM-11:30AM  
Monday-Friday 4:15PM-7:15PM  
Saturday 8:00AM-11:00AM





# MEMBERSHIP MEANS MORE AT THE Y

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

## MEMBERSHIP OPTIONS

TYPE	JOINERS FEE	MONTHLY DRAFT PLAN	ANNUAL PAYMENT PLAN
YOUTH (0-18)	\$0	\$15	\$180
ADULT (19-61)	\$25	\$38	\$456
FAMILY	\$40	\$59	\$708
ACTIVE OLDER ADULT (62+)	\$25	\$33	\$396
ACTIVE OLDER ADULT FAMILY	\$40	\$45	\$540

1. Full-time "dependent" college students may stay on family memberships until age 23
2. **ALL ADULTS ARE REQUIRED TO PRESENT** a Drivers License or State ID upon registering
3. Joiners fee is a one-time fee upon joining, unless you let your membership lapse more than 30 days.
4. **Towel Service:** To include towel service, add an additional \$10 per month or \$120 per year.
5. **Guest Fee:** We welcome guests to our Y for a \$10 fee per visit.

### FINANCIAL ASSISTANCE

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

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

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

### FACILITY FEATURES

Two Gymnasiums, Two Pools, Therapeutic Whirlpool, Racquetball Courts, State of the Art Wellness Center, Indoor Track, Hammerstrength Weightlifting Room, Power Cycling Room, Group Exercise and Water Exercise Classes, Outdoor Playgrounds, Adult Men and Women's Locker Rooms with Fitness Equipment, Saunas, and Steam Rooms and more!

## STAY CONNECTED!



**PHONE**  
570 342 8115

**ONLINE**

greaterscrantonyymca.org



### TEXT ALERTS

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

Text SCRANTONY to 84483 to receive General Facility Alerts

Text GSYWELL to 84483 to receive Wellness Program Alerts

Text GSYAQ to 84483 to receive Aquatic Center Alerts

Text GSYCC to 84483 to receive Child Care Alerts

FOLLOW US



## STRONGER FAMILIES

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

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

### CHILD WATCH

Our Child Watch program is available only to our Family Members! Children will enjoy time in our dedicated child watch area supervised by qualified and enthusiastic staff! They will play, color, draw, watch movies and so much more! Check us out today!



# AQUATICS



# SPRING 2018 SESSION INFORMATION

**SESSION DATES:** APRIL 16<sup>TH</sup> to JUNE 9<sup>TH</sup>

**MEMBER REGISTRATION:** Monday, March 19th

**NON-MEMBER REGISTRATION:** Monday, March 26th

**MEMBER PRICE:** \$45

**NON-MEMBER PRICE:** \$95

## GROUP SWIM LESSONS

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

### WATER DISCOVERY / LEVEL A

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

**AGES:** 6-18 months

**CLASS TIMES:** Fridays 10:10am - 10:40am  
Saturdays 9:00am - 9:30am

### WATER EXPLORATION / LEVEL B

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

**AGES:** 19 months - 3 years

**CLASS TIMES:** Tuesdays 9:00am - 9:30am  
Thursdays 5:50am - 6:20pm  
Saturdays 9:35am - 10:05am

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

### WATER ACCLIMATION / LEVEL 1

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

### WATER MOVEMENT / LEVEL 2

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

### WATER STAMINA / LEVEL 3

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

## CLASS SCHEDULE - SWIM BASICS ALL LEVELS

**AGES:** Preschool (3-5 years)

**CLASS TIMES:** Mondays 10:10am - 10:40am  
Mondays 12:45am - 1:15pm  
Mondays 6:35pm - 7:05pm  
Tuesdays 4:25pm - 4:55pm  
Tuesdays 6:20pm - 6:50pm  
Wednesdays 6:30pm - 7:00pm  
Thursdays 4:25pm - 4:55pm  
Saturdays 10:10am - 10:40am

**AGES:** Youth (5-12 years)

**CLASS TIMES:** Mondays 7:10pm - 7:40pm  
Tuesdays 5:00pm - 5:30pm  
Thursdays 5:00pm - 5:30pm  
Saturdays 10:45am - 11:15am

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

### STROKE INTRODUCTION / LEVEL 4

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

### STROKE DEVELOPMENT / LEVEL 5

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

### STROKE MECHANICS / LEVEL 6

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

## CLASS SCHEDULES - SWIM STROKES ALL LEVELS

**AGES:** Youth (5-12 years)

**CLASS TIMES:** Tuesdays 5:35pm - 6:15pm  
Wednesdays 7:05pm - 7:50pm  
Thursdays 5:35pm - 6:15pm  
Saturdays 11:20am - 12:00pm

## HIGH SCHOOL / ADULT LESSONS

The Y offers swim lessons to our young adult and adult populations who would like to learn how to swim and/or develop their swim strokes.

### HIGH SCHOOL / ADULT BEGINNER

**CLASS TIME:** Tuesdays 6:20pm - 7:00pm

### HIGH SCHOOL / ADULT ADVANCED BEGINNER

**CLASS TIME:** Thursdays 6:20pm - 7:00pm



## LIFEGUARD CERTIFICATION COURSES

Our American Red Cross certification courses will develop individuals into cause-driven and professional leaders both on deck and in the community. The Y offers both full course certification for first time or lapsed participants.

There is a non-refundable \$50 registration fee to hold a spot in a course. Review courses will pay both \$50 registration fee and course fee when registering. Full courses will pay the \$50 registration free when registering and will pay the course fee shown below after passing the pre-course swim test.

Full Course: \$150 Member / \$200 Non-member  
Review Course: \$50 Members / \$100 Non-member

### FULL CERTIFICATION COURSE #1

PRE-TEST: Friday, February 16<sup>th</sup> @ 4:30pm  
SKILL SESSIONS: Friday, March 2<sup>nd</sup> 4:30pm - 9:30pm  
Saturday, March 3<sup>rd</sup> 9am - 5pm  
Sunday, March 4<sup>th</sup> 9am - 5pm

### FULL CERTIFICATION COURSE #2

PRE-TEST: Friday, March 23<sup>rd</sup> @ 4:30pm  
SKILL SESSIONS: Friday, April 6<sup>th</sup> 4:30pm - 9:30pm  
Saturday, April 7<sup>th</sup> 9am - 5pm  
Sunday, April 8<sup>th</sup> 9am - 5pm

### FULL CERTIFICATION COURSE #3

PRE-TEST: Friday, April 20<sup>th</sup> @ 4:30pm  
SKILL SESSIONS: Friday, May 4<sup>th</sup> 4:30pm - 9:30pm  
Saturday, May 5<sup>th</sup> 9am - 5pm  
Sunday, May 6<sup>th</sup> 9am - 5pm

### FULL CERTIFICATION COURSE #4

PRE-TEST: Friday, May 8<sup>th</sup> @ 4:30pm  
SKILL SESSIONS: Friday, June 22<sup>nd</sup> 5pm - 9:30pm  
Saturday, June 23<sup>rd</sup> 9am - 5pm  
Sunday, June 24<sup>th</sup> 9am - 5pm

### REVIEW COURSE #1

SKILL SESSIONS: Saturday, April 14<sup>th</sup> 9am - 5pm

### REVIEW COURSE #1

SKILL SESSIONS: Saturday, May 12<sup>th</sup> 9am - 5pm



## ANNUAL SAFE AROUND WATER CAMPAIGN

Our annual Safe Around Water Campaign gives children an opportunity to learn new swimming skills designed to help keep them safe around water. These concentrated 1-week sessions will incorporate safety around the water skills so needed by all children in our community.

SPONSORED BY:



**KIWANIS CLUB  
OF SCRANTON**

### PRESCHOOL LESSONS, AGES 3-5

WEEKS: June 11 - June 15  
June 18 - June 22  
June 25 - June 29  
TIMES: 8:45am - 9:15am  
10:15am - 10:45am  
12:30pm - 1:00pm  
5:30pm - 6:00pm  
FEE: \$25 per week, per class

### SCHOOL AGE LESSONS, AGES 6-14

WEEKS: June 11 - June 15  
June 18 - June 22  
June 25 - June 29  
TIMES: 8:00am - 8:30am  
9:30am - 10:00am  
11:00am - 11:30am  
6:15pm - 6:45pm  
FEE: \$25 per week, per class

### SCUBA CERTIFICATION COURSE

Greater Scranton YMCA and Like `da Fish SCUBA - 2018 Spring Weekend SCUBA Course! The course will use a combination of E-Learning and hands on education sessions to bring the student to final certification. The Class is limited to 8 students.

DATES: April 15 & 22, 2018

TIME: 9:00am - 5:30pm

WHERE: Greater Scranton YMCA

REGISTRATION & INFORMATION - Please contact Fred Bales (owner/Instructor of Like `da Fish SCUBA) at like-da-fish@echoes.net or 570-499-1911 for additional information, pricing & to register for the course.

### MASTERS/TRIATHLON TRAINING PROGRAM

FREE TO YMCA MEMBERS! Designed to give adult lap swimmer a group setting for their workouts. Swimmers will have structured workouts focusing on technique and interval training. Whether you swim for the physical fitness benefits or are competitive swimmer, you can improve your technique and physical fitness in this program. All skill levels are welcome! No need to register!

WHEN: Thursdays 6:00am - 7:30am

## SPRING COMPETITIVE STROKE CLINIC

Our 3-week clinic gives those with 1-2 years competitive experience & those new to the sport the chance to work with our coaches & get a "taste" of program.

WHEN: Monday & Wednesdays

DATES: April 9 - April 25, 2018

FEES: Members \$30

Non-members \$60

## SPRING/SUMMER STINGRAY SWIM TEAM

Our swim team is based on the YMCA Principles of Competitive Swimming and Character Development. We believe that everyone swims and everybody wins. Our coaching staff will help develop our swimmers to be the very best swimmer while continuing to stress the Y values of Respect, Responsibility, Honesty and Caring.

WHEN: April 30 through August 3, 2018

PARENT'S MEETING: April 23rd 5:45-6:30pm

We have 2 practice groups:

1. Blue Practice: Those new to swim team or those with 1-2 years of competitive experience.  
Practice is Monday/Wednesday/Fridays 5:30pm - 6:30pm.
2. White Practice: For swimmers with 3 or more years of competitive experience & able to perform all four competitive strokes, starts & turns, and who our coaches feel are ready for a more challenging practice.  
Practice is Monday/Wednesdays 6:30-8:30pm, Tuesday/Thursdays 5:30-8:00pm. (Tuesday/Thursday/Friday practice 7:00-8:30am at Nay Aug Park Pool begins when the pool opens toward the end of June.)

Please note:

- All fees are season fees. Prices cannot be pro-rated for late registrants.
- There is a \$35 per family Parent Association Fee for the Summer season. This fee is payable upon registration for the summer program.
- Fees cannot be adjusted for swimmers who start late or choose not to finish the season.
- Coaches may move swimmers to a different practice session according to ability level if needed.
- **ALL SWIMMERS MUST BE A MEMBER OF THE YMCA!**
- The team competes in the local Northeast PA age group Summer League and will attend Keystone State Games. All summer competition is optional.

	FULL PRICE	MONTHLY DRAFT PAYMENTS*
BLUE PRACTICE	\$141	\$47
WHITE PRACTICE	\$279	\$93

\*MONTHLY DRAFT PAYMENTS: 3 payments; 1st is due at time of registration & the remaining two will be drafted on the 15th of June and July

**PARENTAL CLEARANCES:** PA State Law requires background checks for any volunteer who have any direct contact with children. One parent from each family is required to submit a copy of these clearances in order for their swimmer to attend any meets or team spirit event.

## 3RD ANNUAL INDOOR TRIATHLON

PRESENTED BY: DUNMORE ROTARY & GREATER SCRANTON YMCA

DATE: Sunday, February 18, 2018

TIME: 7:00AM, Check-in & Registration Opens  
7:30AM, First Wave Begins

COURSE: 10 minute Swim / 10 minute transition  
25 minute Bike / 5 minute transition  
20 minute Run  
All distances will be combined to determine age group winners.

### AGE GROUPS\*:

INDIVIDUAL	RELAY**
12 & Under	13 - 18 years old
13 - 19 years old	19 - 30 years old
20 - 29 years old	31 & Older
30 - 39 years old	Family Relay
40 - 49 years old	**Relays can be mixed gender or all the same.
50 - 59 years old	
60 & Older	

\*Please note: Bikes are fitted for adults. Small children may have difficulty reaching pedals. We suggest that they be in the swim or run portion of a Family Relay.

WAVES\*: 7:30AM, 8:15AM, 9:00AM, 9:45AM, 10:30AM, 11:15AM, 12:00PM, 12:45PM, & 1:30PM

\*An email will be sent with wave start times. Assignments are made on a first come basis.

### EARLY REGISTRATION

DEADLINE: February 12, 2018

FEE: Individual \$20, Relay \$60

### STANDARD REGISTRATION

BEINGS: February 13, 2018

FEE: Individual \$35, Relay \$105

### AWARDS

- Prizes for overall Male/Female Winners
- Medals for top finishers Male/Female in each age group
- Relay awards will be given in each relay age group

### CONTACT US

Diana Dempsey  
Greater Scranton YMCA  
706 N. Blakely Street  
Dunmore, PA 18512  
ddempsey@greaterscrantonymca.org  
www.greaterscrantonymca.org



# CHILDHOOD DEVELOPMENT





## EARLY LEARNING CENTER

### INFANT PROGRAM (6 weeks - 1 year)

Our infant program promotes a standard of quality essential for optimal growth and development in the first year of life. Our certified teacher provides a nurturing, safe and stimulating "small group" environment. Our self imposed limit of 3 infants encourages continuous staff/child interaction.

### TODDLER PROGRAM (1 - 2 years)

Children in our play-centered toddler program are guided through development in learning areas aligned with age appropriate PA Learning Standards. These areas include speech and language development, social and emotional growth, physical and motor activities, and creative expression.

### FULL DAY PRESCHOOL PROGRAM (3-6 years)

Children begin preschool at 3 years of age. Our well-developed curriculum is aligned with PA Learning Standards. Our program is child-centered using the Creative Curriculum, with learning areas in creative arts, language and literacy, mathematics, social & emotional development, large motor activities (including swim lessons), science and social studies. Learning activities and group lessons are repeated to provide optimal experiences for all children including those that attend part time.

The Greater Scranton YMCA's Early Learning Center is

- Licensed by PA Department of Human Services
- CCIS participating facility
- Keystone Stars participating site
- Registered with the PA Department of Education

PROGRAM	DAILY RATES	
	MEMBER	FAMILY MEMBER
Infant	\$38	\$37
Young Toddler	\$36	\$35
Older Toddler	\$35	\$34
Preschool	\$32	\$31

\*3 FULL DAY MINIMUM

\*\*Partial day rates available upon request

### MORE INFORMATION:

Tours are available Monday-Friday 9:30am - 11:00am. For more information or to schedule a tour contact Janine Shaffer at 570-346-5003 or e-mail [jshaffer@greaterscrantonyymca.org](mailto:jshaffer@greaterscrantonyymca.org).



## PART-DAY YOUTH DEVELOPMENT

### Y-PALS

The Y-PALS preschool, which runs from September to May is designed for children ages 3 to 5 years. Children learn through play in a fun and stimulating environment. Activities encourage learning in math, language, social skills, art and music. Our program also includes a weekly swim and gym class. Basic swimming skills are taught by YMCA certified instructors. Gym benefits include balance, flexibility, large motor skills development and healthy living. Child must be toilet trained.

### WEE TOTS

The WEE TOTS program is designed for children 2½ years old by September 1st. The children in our play-centered program are guided through development in areas of speech and language, social and emotional growth, physical and motor activities, and creative expression. Child need **not** be toilet trained.

Y-PALS/WEE TOTS tuition includes a YMCA Youth Membership. Those with a YMCA Family membership will receive a \$10 reduction in tuition fee per month.

AGE BY 9/1	Y-PALS	TIME	MONTHLY RATE
3 YEARS	TU/TH	9AM - 12PM	\$170
3 YEARS	MON/WED/FRI	9AM - 12PM	\$205
4/5 YEARS	MON/WED/FRI	9AM - 12PM	\$205
4/5 YEARS	MON - FRI	9AM - 2PM	\$275

AGE BY 9/1	WEE TOTS	TIME	MONTHLY RATE
2½ YEARS	TU/TH	9AM - 11AM	\$125

For information contact Karen Clause @ 570-342-8115, [kclause@greaterscrantonyymca.org](mailto:kclause@greaterscrantonyymca.org)

## SCHOOL AGE PROGRAM

Our School Age program is built on a foundation of values; Caring, Honesty, Respect & Responsibility. We are focused on promoting:

### YOUTH DEVELOPMENT

- Homework Help
- Arts & Crafts
- STEM
- Character Development

### HEALTHY LIVING

- Physical Activity
- Swim Lessons
- Nutrition Education
- Healthy Snacks

### SOCIAL RESPONSIBILITY

- Service projects
- Global Citizenship
- International Partnerships

### MORE INFORMATION:

- Transportation is provided from Dunmore Elementary Center.
- Before School Care starts at 6:30am
- After School Care is 3PM - 6PM
- Care available during school delays, closures & some holidays
- Price is \$75/week

Contact Janine Shaffer for more information  
570-346-5003  
[jshaffer@greaterscrantonyymca.org](mailto:jshaffer@greaterscrantonyymca.org)

# YOUTH/FAMILY PROGRAMS



# YOUTH PROGRAM REGISTRATION – March, April & May Program Months

MEMBER REGISTRATION BEGINS THE 1ST OF EACH MONTH PRIOR TO THE START OF A PROGRAMMING MONTH. NON-MEMBER REGISTRATION WILL BEGIN ONE WEEK AFTER MEMBER REGISTRATION.

**FAMILY MEMBERS: FREE MEMBERS: \$10 NON-MEMBER: \$40**

## YOUTH PROGRAMS

### ARTS & CRAFTS

Bring your creativity to life! Gluing, painting, coloring, cutting, socialization and fun!

AGES: 3-9, Wednesdays 5:45pm - 6:15pm

AGES: 3-8, Saturdays 10:45am - 11:15am

### BASKETBALL

Dribbling, passing, shooting, and defense. Come learn the fundamentals of playing basketball in a fun and noncompetitive environment.

AGES: 3-5, Saturdays 9am - 9:30am

AGES: 6-9, Saturdays, 9:30am - 10:15am

### BEGINNER GYMNASTICS

Introduction to the basic skills of gymnastics.

AGES: 6-10, Tuesdays 5:45pm - 6:30pm OR

6:30pm - 7:15pm

### DODGEBALL

Duck, dip, dive and dodge your way to a great time. This program is a supervised event that teaches the correct way to play the wonderful game of dodgeball. Participants will be divided up into different teams at each meeting time and will have a "ball" playing while getting a great workout too! Safe, gatorskin balls will be used for this program.

AGES: 7-12, Mondays 5:15pm - 6:00pm

\*Starting in March, Mondays 5:00pm - 5:45pm

### IMAGINATION PLAYGROUND

Imagination playground is a mobile block-based play system that transforms children's minds, bodies, and spirits through active, creative play. It will inspire children to design their own inventions, environments, and activities.

AGES: 3-5, Wednesdays 11am - 11:30am

### MESSY ART

Your little ones will enjoy getting messy with finger paints and water colors and you don't have to worry about the cleanup! Kids will enjoy a half hour of fun filled art and craft related activities that will have them exploring their messy side. PLEASE DRESS YOUR CHILDREN IN OLD CLOTHES, they will get messy.

AGES: 3-6, Thursdays 10:30am - 11am

### OBSTACLE COURSE & PARACHUTE PLAY

Fun-filled class consisting of a variety of obstacles and parachute activities.

AGES: 3-5, Tuesdays 10:30am - 11am

### PRESCHOOL GYMNASTICS

Introduction to the basic skills of gymnastics.

AGES: 3-5, Tuesdays 5pm - 5:30pm

### SOCCER

Practice the basic skills that will make you stand out as a soccer player. Come learn the fundamentals of soccer in a noncompetitive environment.

AGES: 6-9, Tuesdays 4pm - 4:30pm

### SPORTS GALORE

Introduce your child to a variety of sports. Kids will be able to participate in different sports like soccer and basketball. Maybe they will find the one sport they love! We will focus on skills, teamwork and heart-healthy fun!

AGES: 3-6, Mondays 4pm - 4:30pm

### SUNRISE COOKING

Basic hands-on cooking recipes for youth that are fun, easy and ready to eat!

AGES: 3-5, Wednesdays 4:45pm - 5:15pm

AGES: 6-9, Wednesdays 5:15pm - 5:45pm

### TEE-BALL (BEGINNING IN MARCH)

Will teach youth in a team sport setting simplifying baseball and softball teaching skills and having fun!

AGES: 3-5, Tuesdays 4:00pm - 4:30pm

### WIFFLE BALL (BEGINNING IN MARCH)

The WIFFLE ball was designed to take the place of baseball, stickball and softball for boys and girls in back yards and city streets.

AGES: 6-9, Thursdays 4:00pm - 4:45pm

### YOUNG BRAINIACS (BEGINNING IN MARCH)

Join us as we explore all things science! Each week youth will take part in a different project to develop a love and understanding for science.

AGES: 6-9, Thursdays 5:00pm - 5:45pm





## FLAG FOOTBALL

Our NFL sponsored flag football league is one of our most popular sports programs for boys and girls ages 7-9! There will be 6 weeks of regular season play, 1 week of playoffs and 1 week for the super bowl! All players receive an official NFL flag football jersey and flags with their registration. Please provide shirt size while registering.

LEAGUE DATES: April 11th - May 30th

DAYS/TIMES: Wednesdays, 5:00, 6:00 or 7:00 p.m.

FEES: Family Members, FREE

Members, \$30

Non-Members, \$60

REGISTRATION DEADLINE: March 21, 2018

## YOUTH BASKETBALL LEAGUE

The Greater Scranton YMCA is looking for boys and girls to participate in our youth basketball leagues! All games will be played on Sunday afternoons. Games will be competitive, but will have an emphasis on sportsmanship and fun. All players will receive a t-shirt, so please provide size when registering.

LEAGUE DATES: March 10th - April 28th

DAYS/TIMES: Saturdays, 11:00am

FEES: Family Members, FREE

Members, \$30

Non-Members, \$60

REGISTRATION DEADLINE: February 26, 2018

## KARATE/JUDO

Join the Greater Scranton YMCA for Karate and Judo classes! Soo Bahk Do Karate develops strength, balance, flexibility and concentration. Judo strengthens your body, disciplines your mind and increases self confidence. \*Black Belt: \$30

YOUTH KARATE (ages 6-13) Tu/Th 6:00-7:00pm

FEBRUARY 1 to FEBRUARY 27 -

MEMBERS: \$40

NON-MEMBERS: \$80

MARCH 1 to MARCH 29 -

MEMBERS: \$45

NON-MEMBERS: \$90

APRIL 3 to APRIL 26 -

MEMBERS: \$40

NON-MEMBERS: \$80

JUDO (7 & up) Mondays/Wednesdays 7:30-9:30pm

1 DAY -

MEMBERS: \$36/MONTH

NON-MEMBERS: \$45/MONTH

2 DAYS -

MEMBERS: \$46/MONTH

NON-MEMBERS: \$55/MONTH



## IT'S TIME TO CELEBRATE



### WIBIT PARTY

Wibit parties are for members only. The party is hosted in Pool B for \$12.00/child. A non-refundable minimum deposit \$120.00 is required to reserve the party. The deposit covers the cost of the first 10 children (maximum of 25 children).

Wibit parties are held on Saturdays & Sundays from 12:15 p.m. - 2:15 p.m.

### SWIM PARTY

Swim parties are available for members and non-members. The price for members is \$8.00/child with a non-refundable minimum deposit of \$80.00. The price for non-members is \$12.00/child with a non-refundable minimum deposit of \$120.00. The deposit covers the cost of the first 10 children. Swim parties are hosted in Pool A with a maximum of 25 children and are offered on Saturdays & Sundays from 3:00 p.m. - 5:00 p.m.

Contact Karen Clause for more information 570 342 8115

## ANNUAL SUPPORT CAMPAIGN 2018

"I can't tell you how much Summer Scholars has helped my son Cody. His reading skills improved dramatically. He was reading by the end of his first summer scholar's class, which he had not been doing at the end of his kindergarten school year. I can't say enough of how much I'm grateful for this program. If there was no Summer Scholars, I would have needed some type of summer camp or course, but we have very little funds to afford that for Cody. I would like to tell the sponsors of this program how grateful I am, and would ask them to continue offering in the future. I think it can only benefit kids to continue their education throughout the summer that need the extra little help."

-`Kate', parent of Summer Learning Loss Prevention Program Participant Cody

Gifts to the Greater Scranton YMCA made this story possible. The 2018 Annual Support Campaign is your chance to help low-income and underserved families, adults, older adults and individuals with disabilities experience all the YMCA has to offer. 100% of every dollar you give in this campaign stays right here in the Greater Scranton community. To give, visit [greaterscrantonymca.org](http://greaterscrantonymca.org) or contact Meghan Carnevale at (570) 828-3113 or [mcarnevale@greaterscrantonymca.org](mailto:mcarnevale@greaterscrantonymca.org).



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

# SUMMER CAMP



## LOOKING FOR THE BEST SUMMER EVER IN THE GREATER SCRANTON AREA?

Look no further! Campers who attend day camp at the Greater Scranton YMCA have an opportunity to participate in a variety of age appropriate programs, developing skills that each camper will carry with them throughout their lifetime. Programs include: Swim lessons, free swim, playing on inflatable Wibits in the pool, STEM activities, archery, arts & crafts, Quest, team building, weekly theme related games, Gaga Ball, free choice specialty clubs and so much more!

SESSION	THEME	DATES
1	Pirate Week	6/11-15/2018
2	Olympic Week	6/18-22/2018
3	Western Week	6/25-29/2018
4	Stars & Stripes Week	7/2-6/2018 No Camp 7/4
5	Cosmic Week	7/9-13/2018
6	Medieval Week	7/16-20/2018
7	Carnival Week	7/23-27/2018
8	Safari Week	7/30 - 8/3/2018
9	Myths & Legends Week	8/6-10/2018
10	International Week	8/13-17/2018
11	Super Hero Week	8/20-24/2018

### CAMP HOURS

Day camp day starts at 8:00am and ends at 5:30pm with an option for parents to register for extended care (6:30am - 8:00am & 5:30pm - 6:00pm) for an additional fee.

### WEEKLY FEES

Traditional Day Camp (Grades 1-8): MEMBER, \$135 -OR- \$160 w/extended care  
NON-MEMBER, \$175 -OR- \$215 w/ extended care

Sunrise Camp (ages 3 - Kindergarten): Full Day, Members \$160 | Non-members \$180  
Half-Day, Members \$130 | Non-members \$150

**MORE INFORMATION:** Please contact Mike McElhinney, Senior Director of Camping Services, at 570-443-2267 or [mmcelhinney@greaterscrantonymca.org](mailto:mmcelhinney@greaterscrantonymca.org)



# HEALTH & WELLNESS





## GROUP EXERCISE CLASSES

Most classes are complimentary with membership. Offering more than 60 classes a week, we cater to all ages, all levels and all interests. From low-impact exercise and chair classes, stretching and strength training, to indoor cycling, water exercise and yoga, you'll find a group class that's fun, supportive and keeps you moving. Check our schedule online at [greaterScrantonYMCA.org](http://greaterScrantonYMCA.org) and follow us on facebook for up-to-the-minute changes.

## RACQUETBALL

The Greater Scranton YMCA offers two racquetball courts to use. Courts are available to use during operational hours at any time or you may reserve for a specific time. Please contact our Welcome Center for availability\*. (\*During renovations, one court will be available)

## PERSONAL TRAINING

Training with our certified personal trainers is a great way to get in shape safely, efficiently and effectively. They provide the motivation necessary for you to achieve your goals with regular fitness testing, personalized programming and accountability. All our trainers are certified and qualified to train and many have years of experience. They are qualified to work with individuals who have been injured or have special needs.

- 1 HOUR SESSION- \$35
- 5 - 1 HOUR SESSIONS- \$150
- CUSTOMIZED WORKOUTS FOR Y MEMBERS
- CARDIOVASCULAR AND WEIGHT LIFTING EXERCISES

CONTACT: KAREN CLAUSE  
570-828- 3117  
KCLAUSE@GREATERSCRANTONYMCA.ORG

## PICKLEBALL

We are HAPPY to announce the introduction of Pickle Ball! Pickle Ball is a fun sport that contains elements of badminton, tennis and ping pong.

- All skill levels are welcome! No experience necessary!
- No equipment required, paddles and balls provided.
- A fun and active way to socialize!

WHEN: Thursdays 5:00pm - 7:00pm (Intermediate/Advanced)  
Sundays 12:00pm - 1:00pm (Beginners)  
Sundays 1:00pm - 3:00pm (Intermediate/Advanced)

FEE: Members FREE  
Non-members: \$10 per visit



## CHRONIC DISEASE PREVENTION PROGRAMS

### LIVESTRONG AT THE YMCA

Start date: February 2018

Duration: 12 weeks

(two 90-minute sessions per week)

An evidence-based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. This program can help survivors improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life.

### YMCA'S DIABETES PREVENTION PROGRAM

Start date: TBA

Duration: 24 1-hour sessions over the course of a year

An evidence-based 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. Could you have pre-diabetes? Take the quick quiz by going to [greaterScrantonYMCA.org](http://greaterScrantonYMCA.org).

### ENHANCE@FITNESS

Start date: February 2018

Duration: 16 weeks

(three 1-hour sessions per week)

An evidence-based senior fitness and arthritis management program. This program helps older adults become more active, energized, and empowered for independent living.

### PEDALING FOR PARKINSON'S AT THE Y

#### HOW IT WORKS

Pedaling For Parkinson's is an aerobic exercise program for adults with Parkinson's disease. Research has shown a 35% reduction in symptoms by the simple act of pedaling a bicycle at a rapid pace – optimally, 80-90 revolutions per minute. This group-based indoor cycling class is coached by a certified Parkinson's Cycle Coach and may help in symptom management of the disease.

SESSION I: February 2018

DAY/TIME: Saturdays 11am-12pm

COST: Members Free

Non-Members \$10 per class session

#### WHO CAN PARTICIPATE?

Adults aged 30 to 75 years and diagnosed with Idiopathic Parkinson's disease can participate in this program. Once you have provided a complete Medical Screening and Consent Form, a Y staff member will contact you to schedule an orientation session.

#### CONTACT

To learn more, please contact 570 828 3230.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AWAKEN SUMMER IMAGINATION

## Kick Off Summer With Healthy Kids Day®!

Are the kids in your life already dreaming of summer? When kids are inspired, they can do anything. Let's awaken their imagination so they can explore new activities and healthy habits. Join us, 10AM - 2PM!

**GREATER SCRANTON YMCA**  
706 N BLAKELY STREET  
570 342 8115  
[www.greaterscrantonymca.org](http://www.greaterscrantonymca.org)

**Saturday  
April 21**  
**EVENT IS FREE  
& OPEN TO THE  
PUBLIC**

National Sponsor

