



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SPLASH INTO SUMMER



GREATER SCRANTON YMCA
2018 Summer 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 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
Saturday
Sunday

5:30AM-9:30PM
8:00AM-6:30PM
9:00AM-6:30PM

CHILD WATCH HOURS

Monday-Friday
Monday-Friday
Saturday

8:30AM-11:30AM
4:15PM-7:00PM
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
greaterScrantonYMCA.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



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 / STAGE 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: Thursdays 9:00am-9:30am
Saturdays 9:00am - 9:30am

WATER EXPLORATION / STAGE 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 6:20pm - 6:50pm
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 / STAGE 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 / STAGE 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 / STAGE 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 STAGES

AGES: Preschool (3-5 years)

CLASS TIMES: Mondays 8:25am - 8:55am
Mondays 6:35am - 7:05am
Tuesdays 4:25pm - 4:55pm
Tuesdays 6:20pm - 6:50pm
Wednesdays 8:25am - 8:55am
Wednesdays 6:35pm - 7:05am
Thursdays 4:25pm - 4:55pm
Saturdays 10:10am - 10:40am

AGES: Youth (5-12 years)

CLASS TIMES: Mondays 7:10pm - 7:40pm
Tuesdays 8:25am - 8:55am
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 / STAGE 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 / STAGE 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 / STAGE 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 STAGES

AGES: Youth (5-12 years)

CLASS TIMES: Tuesdays 5:35pm - 6:15pm
Wednesdays 7:10pm - 7:50pm
Thursdays 8:15am - 8:55am
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

PRIVATE SWIM LESSONS

The Y offers private and semi-private swim lessons with a more individualized approach to teaching, giving that one-one-one attention your swimmer needs. You will receive 4 lessons. Inquiry or appointments can be made with our aquatic department. Our private swim lessons are for

MEMBERS ONLY!

PRIVATE LESSONS: \$96 per swimmer

SEMI-PRIVATE LESSONS: \$76 per swimmer

GROUP SWIM LESSONS SESSION DATES

JULY 2ND to AUGUST 11TH

MEMBER REGISTRATION: May 28th

MEMBER PRICE: \$34

NON-MEMBER REGISTRATION: June 4th

NON-MEMBER PRICE: \$72

FREE LEVEL EVALUATIONS

Tuesday or Thursdays 4:00pm - 4:15pm

Saturdays 12:05pm - 12:15pm

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 #4

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

REVIEW COURSE #2

SKILL SESSIONS: Saturday, May 12th 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

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 6:30-8:00pm. (Monday - Friday practice 7:00-8:30am at Nay Aug Park Pool beings when the pool opens toward the end of June.)

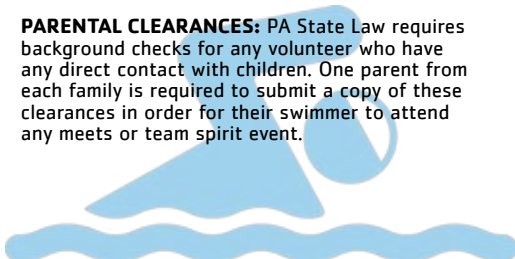
Please note:

- 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.



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 or contact Meghan Carnevale at (570) 828-3113 or mcarnevale@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.



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/WED/FRI | 9AM - 2PM | \$250 |
| 4/5 YEARS | MON - FRI | 9AM - 2PM | \$300 |

| 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

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

YOUTH/FAMILY PROGRAMS



YOUTH PROGRAMS

ARCHERY

Archery is one of the few sport where athletes of all ages, levels and abilities can participate together. You will learn the basics of Archery, including equipment, safety, range commands & shooting technique

AGES: 10-14, Wednesdays 4:00pm - 4:45pm

ARTS & CRAFTS

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

AGES: 6-9, Mondays 11:00am - 11:45am

AGES: 3-5, Wednesdays 5:00pm - 5:30pm

AGES: 6-10, Wednesdays 5:30pm - 6:00pm

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

COOKING

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

AGES: 6-10, Wednesdays 6:15pm - 6:45pm

CRAFTS & STORY TIME

Each class we will have story time and then parent and child will create a craft based off the story that was just read!

AGES: 2-3, Mondays 9:00am - 9:30am

AGES: 3-5, Mondays 9:45am - 10:30am

AGES: 6-10, Mondays 10:45am - 11:30am

CREATIVE DESIGNS

A variety of painting, sewing, crafting, DIY, art and so much more creative projects!

AGES: 10-13, Mondays 11:45am - 12:30pm

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: 10-14, Saturdays 11:00am - 11:45am

FITNESS FUSION

Fitness has many perks, and you want them all! It is never too early to develop healthy exercise habits. Fitness Fusion is designed to help children understand the benefits of exercise and also how to exercise safely. This FUN 45-minute class mixes cardio and strength to help build a love for fitness!

AGES: 10-14, Tuesdays 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 11:00am - 11:30am

KICKBALL

Kickball is a classic playground sport for children. Kickball uses the basic rules of softball and baseball: four bases to run, three chances to kick the ball, and three outs an inning. Register your kids today for fast paced fun!

AGES: 7-12, Mondays 5:00pm - 5:45pm

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

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

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

PLAYGROUND GAMES

We will play school-yard favorites like wiffleball, kickball, football, etc. each week!

AGES: 10-14, Thursdays 4pm - 4:45pm

PRE-SCHOOL GYMNASTICS

Introduction to the basic skills of gymnastics. Child must be potty trained.

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 4:00pm - 4:45pm

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

YOUNG BRAINIACS

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

JUNE, JULY & AUGUST 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

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

ADULT KARATE (ages 14 & Up)

Tuesdays/Thursdays 7:15pm – 8:30pm

JUNE 5 to JUNE 28

MEMBERS: \$40

NON-MEMBERS: \$80

JULY 3 to JULY 31

MEMBERS: \$45

NON-MEMBERS: \$90

AUGUST 2 to AUGUST 16

MEMBERS: \$25

NON-MEMBERS: \$50

YOUTH KARATE (ages 6–13)

Tuesdays/Thursdays 6:00–7:00pm

JUNE 5 to JUNE 28

MEMBERS: \$40

NON-MEMBERS: \$80

JULY 3 to JULY 31

MEMBERS: \$45

NON-MEMBERS: \$90

AUGUST 2 to AUGUST 16

MEMBERS: \$25

NON-MEMBERS: \$50

JUDO (7 & up)

Monday & Wednesday 7:30–9:00pm

1 DAY –

MEMBERS: \$36/MONTH

NON-MEMBERS: \$45/MONTH

2 DAYS –

MEMBERS: \$46/MONTH

NON-MEMBERS: \$55/MONTH

7TH GRADE INITIATIVE

As youth begin to face the many challenges of adolescence, they are more likely to begin distancing themselves from formal organizations, friends and family, and to experiment with unhealthy and illegal behaviors. The 7th Grade Initiative is an opportunity for the Y to engage, cultivate and connect with youth at a time that is most crucial to their development.

7th Graders receive a free membership to the Greater Scranton YMCA by completing the following three tasks:

- Grades: Maintain a “C” average in school.
- Physical Activity: Workout once a week at the Y.
- Volunteering: Volunteer a minimum of 5 hours during the school year at one of the youth programs and at a special event at the Y (examples: Healthy Kids Day, Holiday Craft Fair, Youth Sweetheart Dance). A list of opportunities/events will be provided.

Registration for the 7th Grade Initiative is easy! Registration opens September 17th. To register please proof of 7th grade status (a roster or report card) to the Greater Scranton YMCA.

Contact Karen Clause by calling 570-828-3117 for more information.



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

YMCA CAMP KRESGE



The Wilkes-Barre Family YMCA owns and operates YMCA Camp Kresge, a beautiful 1,100 acre facility located in the heart of the Pocono Mountains. Situated on the banks of beautiful Beaver Lake, YMCA Camp Kresge offers a wide variety of programs for the families, children, adults, school groups, corporate retreats and team building, facility rentals, and other organized groups.

Interested in programs offered? Visit us on-line at <http://www.wbymca.org/camp-kresge>.



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

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 greaterscrantonyymca.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@greaterscrantonyymca.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 - 8:00pm (Open Play)
Sundays 12:00pm - 1:00pm (Beginners)
Sundays 1:00pm - 3:00pm (Open Play)

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

SENIOR CLUB

Come be a part of something bigger and join the Greater Scranton YMCA Senior Club! The Senior Club meets once a month for fellowship, fun and food! Be more engaged in your community, increase your level of connectivity and community and stay healthy mentally and emotionally! Senior Club benefits include:

- Guest Speakers
- Fun Trips
- Lunch \$7 per person
- Special holiday events

When: The Second Monday of Each Month @ 1PM
Where: Greater Scranton YMCA



CHRONIC DISEASE PREVENTION PROGRAMS

LIVESTRONG at the YMCA

Start date: September 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: August 2018

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 greaterscrantonyymca.org.

Enhance@Fitness

Start date: September 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.

Start Date: TBA

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.

To learn more, please contact 570 828 3230.

POLICIES

RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

In consideration for being permitted to utilize the facilities, services, and programs of the YMCA for any purpose, including but not limited to observation or use of facilities or equipment, or participation in any program affiliated with the YMCA, without respect to location, the undersigned, for himself or herself and any personal representatives, heirs, and next of kin, hereby acknowledges, agrees and represents that he or she has, or immediately upon entering or participating will inspect and carefully consider such premises and facilities or the affiliated program. It is further warranted that such entry into the YMCA for observation or use of any facilities or equipment or participation in such affiliated program constitutes an acknowledgement that such premises and all facilities and equipment thereon and such affiliated programs have been inspected and carefully considered and that the undersigned finds and accepts same as being safe and reasonably suited for the purpose of such observation, use, or participation.

IN FURTHER CONSIDERATION OF BEING PERMITTED TO ENTER THE YMCA FOR ANY PURPOSE, INCLUDING BUT NOT LIMITED TO OBSERVATION OR USE OF FACILITIES OR EQUIPMENT, OR PARTICIPATION IN ANY PROGRAM AFFILIATED WITH THE YMCA, WITHOUT RESPECT TO LOCATION, THE UNDERSIGNED HEREBY AGREES TO THE FOLLOWING:

1. THE UNDERSIGNED HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE THE YMCA, its directors, officers, employees, and agents (hereinafter referred to as "releasees") from all liability to the undersigned, his personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the undersigned, whether caused by the negligence of the releasees or otherwise while the undersigned is in, upon, or about the premises or any facilities or equipment therein, or participating in any program affiliated with the YMCA, without respect to location.
2. THE UNDERSIGNED HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the releasees and each of them from any loss, liability, damage, or cost they may incur due to the presence of the undersigned in, upon, or about the YMCA premises or in any way observing or using any facilities or equipment of the YMCA or participating in any program affiliated with the YMCA whether caused by the negligence of the releasees or otherwise.
3. THE UNDERSIGNED HEREBY ASSUMES FULL RESPONSIBILITY FOR AND RISK OF BODILY INJURY, DEATH, OR PROPERTY DAMAGE due to negligence of releasees or otherwise while in, about, or upon the premises of the YMCA and/or while using the premises or any facilities or equipment thereon or participating in any program affiliated with the YMCA. THE UNDERSIGNED further expressly agrees that the forgoing RELEASE, WAIVER AND INDEMNITY AGREEMENT is intended to be as broad and inclusive as is permitted by the law of the State of Pennsylvania and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

PHOTO RELEASE: I grant to the YMCA the right to take photographs of me and my family, its assigns and transferees to use and publish the same in print and/or electronically. I agree that the YMCA may use such photographs of me with or without my name and for any lawful purpose, including for example such purposes as publicity, illustration, advertising, and Web content.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

THE UNDERSIGNED HAS READ AND VOLUNTARILY SIGNS THE RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT, AS WELL AS PHOTO RELEASE AGREEMENT and further agrees that no oral representations, statements, or inducement apart from the foregoing written agreement have been made.

YMCA'S CODE OF CONDUCT

The YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all individuals are asked to act appropriately at all times when in our facility or participating in our programs.

NON-DISCRIMINATION POLICY: The YMCA, in keeping with its mission to help all people realize their fullest potential, encourages and supports the participation of all in YMCA programs regardless of gender, race, color, nationality, religion, ethnicity, disability or language. Whether an individual is non-disabled or has special needs, consideration is given to the individual needs of everyone and the ability of the program to meet those needs.

We expect persons using the YMCA to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our YMCA's Code of Conduct outlines prohibited actions. The actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs:

- Using or possessing alcohol or illegal chemicals on YMCA property, in YMCA vehicles, or at YMCA-sponsored programs
- Smoking on YMCA property – the YMCA and its property is a smoke-free environment
- Carrying or concealing a weapon or any device or object that may be used as a weapon
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior
- Physical contact with another person in an angry, aggressive, or threatening way
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling, or shouting
- Sexually explicit conversation or behavior; any sexual contact with another person
- Inappropriate, immodest, or sexually revealing attire
- Theft or behavior that results in the destruction or loss of property
- Loitering within or on the grounds of the YMCA
- Use of social networking web sites in a manner that is contrary to the YMCA's mission, is detrimental to the community or is in violation of the law

In addition, the YMCA reserves the right to deny access or membership to any person who has been accused or convicted of any crime involving sexual abuse, is or has been a registered sex offender, has ever been convicted of any offense relating to the use, sale, possession, or transportation of narcotics or habit forming and/or dangerous drugs, or is presently or habitually under the influence of dangerous drugs or chemicals, narcotics, or intoxicating beverages.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff member.

YMCA staff members are eager to be of assistance. Members and guests should not hesitate to notify a staff member if assistance is needed.

In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked.

The Chief Executive Officer (CEO) of the YMCA will investigate all reported incidents. Suspension or termination of YMCA membership privileges may result from a determination by the CEO if in his/her discretion a violation of the YMCA's Code of Conduct has occurred. Suspension or termination of YMCA membership may result from a violation of this Code of Conduct. While an incident is being investigated, the membership of the person(s) accused of violating this Code of Conduct may be temporarily suspended pending a final decision.

MEMBERSHIP DUES AGREEMENT

I understand that all changes affecting my monthly draft, (i.e. billing information, holds, downgrades, termination) require a 15 day written notice before my next draft date. The YMCA draft is a continuous membership plan. I understand that this membership will remain in effect until properly terminated with the YMCA. The YMCA Board of Directors may, at their discretion, adjust the monthly membership rate applicable to my category of membership. I understand that I will receive at least a 30 day notice of the change before a debit occurs at the new rate.

CHILD PROTECTION

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

MEMBERSHIP CARDS

Upon joining, members are required to have their photograph taken for identification purposes and will receive a membership scan card. You must present it each time you enter the building for access to the facility. Lost membership cards should be reported to the Welcome Center. Replacement cost for a lost membership card is \$5.00. Membership cards are to be used by the assigned member only; your membership privileges are at risk if you allow others to use your card. You may be asked to present photo identification at any time to verify your membership.

PAYMENT FOR CLASSES/PROGRAMS

Most classes offered at the YMCA are included with your membership; however, some classes have additional fees that require payment at the time of registration. Cash, check, money order, Visa, MasterCard, Discover, or American Express are accepted at most locations.

RETURNED PAYMENTS

A \$30 returned payment fee will be applied for any item returned by a financial institution.

MEMBERSHIP PAYMENT OPTIONS

- **BANK DRAFT** – Monthly dues are automatically withdrawn from your checking or savings account each month. Outstanding balances must be reconciled upon rejoining. Fifteen (15) days written notice, prior to your next membership draft, is required for bank draft changes.
- **CREDIT CARD DRAFT** – Monthly dues are automatically withdrawn from your credit or debit card each month. Outstanding balances must be reconciled upon rejoining. Fifteen (15) days written notice, prior to your next membership draft, is required for credit card changes.
- **ANNUAL PAYMENTS** – Payments are equal to the total of twelve monthly payments.

REFUND ON FEE-BASED CLASSES

- **CLASS CANCELLATION** – If a fee-based program or class is cancelled by the YMCA, a full refund or credit (member's choice) will be offered. Credit will be given to participants who cancel their registration prior to the start date of the class or program. No credits can be given after the program begins.
- **MEDICAL CANCELLATION** – If a participant withdraws from a fee-based program due to a medical reason, a refund or credit for the unused portion of the program will be offered.
- **BAD WEATHER POLICY** – Classes cancelled due to bad weather or unforeseen circumstances will be made up if the schedule allows. These policies exclude Child Care and Day Camp programs.

CANCELLATION OF MEMBERSHIP

As a member of the Y, you do not have to sign a membership contract and you may end your membership at any time with 15 days written notice, prior to your next scheduled membership draft. All members wishing to terminate need to do so in person by completing the termination form and surrendering membership cards. Terminations will not be accepted by the phone. If you are terminating due to financial reasons, please ask to speak with our one of member services team members about financial assistance through the scholarship program. The YMCA is unable to issue refunds or credits for non-usage of the facility. Memberships are non-transferrable.

REQUEST FOR MEMBERSHIP HOLD

We offer Membership Holds to our members who, due to medical need, financial reasons, or other unforeseen circumstances, are not able to use their membership. There is a 15-day notice needed to stop the bank draft. Membership will automatically resume after the hold ends.

GUEST POLICY

Members are encouraged to bring guests. All guests must present valid ID upon entering the YMCA. Current guest pass rates are available at the Welcome Center. A guest waiver must be signed before using any facility or program of the YMCA. Guests must follow all policies of the Y. If any guest is found in violation of the YMCA's policies they will be asked to leave the premises without a refund.

ACCIDENT, INJURY OR INCIDENT

We do our best to keep you safe, but if an accident, injury or unusual incident does occur, please report it to the Director or Supervisor on duty or the Member Services staff immediately. The Y recommends all members and participants consult a physician prior to starting an exercise program. The Y assumes no responsibility for injuries incurred while participating in YMCA activities; it is expected that all members who use YMCA facilities carry their own medical insurance.

CHILD SAFETY

Children age 13 and above may be in YMCA facilities without a parent. Please see the Welcome Center at your Y for specific rules and regulations for children in your local facility.

CAMERA USE

Use of cameras and cell phones are not allowed in the locker room or bathroom areas.

VIDEO SURVEILLANCE

The YMCA utilizes video technology to protect all persons. Cameras are installed in open/public areas only and not in private areas such as locker rooms, rest rooms, etc.

LOST/STOLEN ITEMS

Please safeguard your belongings while on YMCA premises. The Y is not responsible for lost or stolen items.

INCLEMENT WEATHER

In the event of inclement weather, the YMCA will make every effort to continue services at our branches and throughout our programs. However, in certain conditions when safety becomes a concern, branch closures and program cancellations may be necessitated. Information regarding cancellations will be publicized through YMCA website, social media sites and our text alert system.





FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



**ENSURING
THEIR BRIGHT
FUTURE**
CHILD CARE AT THE Y

NOW ENROLLING!

GREATER SCRANTON YMCA
570 342 8115
www.greaterscrantonymca.org

The Y.™ For a better us.