



FALL 2017
PROGRAM GUIDE

GET
READY
TO HAVE
FUN!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WILKES-BARRE FAMILY YMCA
www.wbymca.org

MARK YOUR CALENDARS!

Important fall program session and registration dates.



FALL I PROGRAM SESSION

September 5, 2017 to October 29, 2017 8 WEEK SESSION

MEMBER REGISTRATION BEGINS: Monday, August 14th

NON-MEMBER REGISTRATION BEGINS: Monday, August 21st

FALL II PROGRAM SESSION

October 30, 2017 to December 17, 2017 7 WEEK SESSION

(No Programming October 31st, Halloween & November 23rd, Thanksgiving)

MEMBER REGISTRATION BEGINS: Monday, October 9th

NON-MEMBER REGISTRATION BEGINS: Monday, October 16th

Registration can be done at the Welcome Center or on-line at www.wbymca.org. Most class registration opens at Midnight (12:00 a.m.) on the day(s) listed above.

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MEMBERSHIPS Join the Wilkes-Barre Family YMCA and become part of a community committed to helping you and your children learn, grow and thrive. Y members receive full access to the facility's Fitness Center, Gym, Pool, Group Exercise Classes and Locker rooms; priority registration for classes and programs; discounts on classes and programs with a fee; and so much more! For full descriptions of our membership please visit our website www.wbymca.org or speak with one of our friendly Welcome Center Staff members in person or by calling 570-823-2191.

CHILD WATCH Do you need someone to look after your child while you work out? We're here for you! You may bring your child to the YMCA Child Watch Program. Children will enjoy creative play in a fun, safe environment with responsible YMCA staff members. This is a free service available to members only. Call for hours.

VOLUNTEER OPPORTUNITIES When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. As a program volunteer, board member or Annual Campaign fundraiser, you can make a difference for our Y and the community as a whole.

JOB OPPORTUNITIES Visit www.wbymca.org for open positions in our staff family at the YMCA.

FINANCIAL ASSISTANCE Everyone belongs at the Y. For information about our Y Scholarship program, please stop at the Welcome Center Desk. An application may be found in the YMCA lobby or online at www.wbymca.org.



www.wbymca.org

570 823 2191

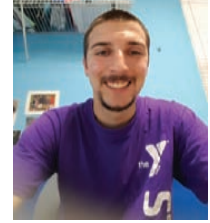
FAMILY/YOUTH PROGRAMS



JUSTIN REAM

Youth Development Coordinator
WILKES-BARRE FAMILY YMCA

justin.ream@wbymca.org 570 970 5036



FALL I PROGRAMS

- FEES ➔ FAMILY MEMBERS: FREE
- ➔ MEMBERS: \$40
- ➔ NON-MEMBERS: \$64

DODGEBALL

This class is geared entirely towards dodgeball related games. Each week participants will engage in a different form of a gym class staple. Some examples of the games we will be playing are capture the flag, jailbreak, hospital ball, and many more!

AGES 5-7, Sundays 8:30am - 9:00am

AGES 8-10, Sundays 9:00am - 9:30am

AGES 11-15, Sundays 9:30am - 10:00am

CREATE-A-CRAFT

In this arts & crafts geared class, participants will put their thinking hats on as we tackle unique and creative crafts. Some crafts could get messy so please try to wear clothes you don't mind getting a little dirty.

AGES 4-7, Tuesdays 5:00pm - 5:45pm

AGES 8-15, Tuesdays 5:45pm - 6:30pm

Y-FIT

Exciting music, fun with friends, and a different way of working out. This exercise class is geared towards younger participants full of energy ready to burst! Most classes will be a variation of circuit workouts, with each week having a different set of workouts!

AGES 5-7, Thursdays 6:00pm - 6:30pm

AGES 8-10, Thursdays 6:30pm - 7:00pm

AGES 11-15, Thursdays 7:00pm - 7:30pm

FALL II PROGRAMS

- FEES ➔ FAMILY MEMBERS: FREE
- ➔ MEMBERS: \$35
- ➔ NON-MEMBERS: \$56

FLOOR HOCKEY

In this introductory class, participants will learn to work as a team to go for the goal! We will work on the basics to the game of floor hockey, as well as some game play from week-to-week!

AGES 5-7, Sundays 8:30am - 9:00am

AGES 8-10, Sundays 9:00am - 9:30am

AGES 11-15, Sundays 9:30am - 10:00am

COOKING

Our introductory culinary course will surely get your taste buds going! Participants will pick up different recipes and techniques as we explore healthy snacks and options for youth to try. Please include any allergies your participant may have when signing up.

AGES 4-7, Tuesdays 5:00pm - 5:45pm

AGES 8-15, Tuesdays 5:45pm - 6:30pm

FRISBEE

Join us in this intro series of clinics to one of the fastest growing sports in America, Ultimate Frisbee! Participants will learn basic throws such as the backhand, flick and hammer. We will also learn basic rules and strategies.

AGES 5-7, Thursdays 6:00pm - 6:30pm

AGES 8-10, Thursdays 6:30pm - 7:00pm

AGES 11-15, Thursdays 7:00pm - 7:30pm



AQUATIC PROGRAMS



DIANA DEMPSEY
 Senior Aquatic Director
 WILKES-BARRE FAMILY YMCA
 diana.dempsey@wbymca.org 570 970 5051

SWIM LESSONS

The YMCA has a brand new swim lesson program! Our new program concentrates FIRST on Safety Around the Water skills and knowledge, then once the fundamentals are accomplished we work on teaching strokes.

When registering for our pre-school (ages 3-5) or youth (5-12) you will need to register for the ability within the lessons. If your child does not swim at all, register for Stage 1 (Water Acclimation). We offer Stage 1 for both Pre-School and Youth. Please use the Swim Selector to guide you to which class your child should be in. If you need help please come to one of our FREE stage (ability) evaluations so that we can take a quick look at what they already know, and let your know the best stage for them.

STAGE ABILITY EVALUATIONS:

Tuesday or Thursday -> 3:40pm - 3:50pm
 Saturdays -> 12:05pm - 12:15pm

FALL I PROGRAM SESSION

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GROUP LESSON FEES

8 WEEK SESSION
 \$45 Family Member/ \$55 Member/ \$95 Non-Member
7 WEEK SESSION
 \$39.38 Family Member/ \$48.13 Member/ \$83.13 Non-Member

PRIVATE LESSON FEES (4 LESSONS)

PRIVATE (1-ON-1): \$96 Member / \$120 Non-Member
 SEMI PRIVATE: \$65 per Member / \$85 per Non-Member

WHAT AGE GROUP DOES THE STUDENT FALL INTO?

 6 months-3 years PARENT* & CHILD: STAGES A-B	 3 years-5 years PRESCHOOL: STAGES 1-4	 5 years-12 years SCHOOL AGE: STAGES 1-6	 12+ years TEEN & ADULT: STAGES 1-6
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All age groups are taught the same skills but divided according to their developmental milestones.

WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?	NOT YET	A / WATER DISCOVERY
Is the student comfortable working with an instructor without a parent in the water?	NOT YET	B / WATER EXPLORATION
Will the student go underwater voluntarily?	NOT YET	1 / WATER ACCLIMATION
Can the student do a front and back float on his or her own?	NOT YET	2 / WATER MOVEMENT
Can the student swim 10-15 yards on his or her front and back?	NOT YET	3 / WATER STAMINA
Can the student swim 15 yards of front and back crawl?	NOT YET	4 / STROKE INTRODUCTION
Can the student swim front crawl, back crawl, and breaststroke across the pool?	NOT YET	5 / STROKE DEVELOPMENT
Can the student swim front crawl, back crawl, and breaststroke across the pool and back?	NOT YET	6 / STROKE MECHANICS

*At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

	TUESDAYS	THURSDAYS	SATURDAYS
PARENT/CHILD (6 MONTHS - 3 YEARS) ↪ STAGE A	5:50pm - 6:20pm		9:00am - 9:30am
PARENT/CHILD (6 MONTHS- 3 YEARS) ↪ STAGE B	6:20pm - 6:50pm		9:35am - 10:05am
PRE-SCHOOL (3-5 YEARS) ↪ STAGES 1/2/3	4:00pm - 4:30pm	5:05pm - 5:35pm	10:10am - 10:40am
YOUTH (5-12 YEARS) ↪ STAGES 1/2/3	4:35pm - 5:05pm	5:40pm - 6:10pm	10:45am - 11:15am
YOUTH (5-12 YEARS) ↪ STAGES 4/5/6	5:10pm - 5:50pm	6:15pm - 6:55pm	8:15am - 8:55am
ADULT/TEEN (13 YEARS & OVER) ↪ BEGINNER/NONSWIMMER	6:55pm - 7:35pm		

MASTERS/TRIATHLETE TRAINING PROGRAM

Designed to give adult lap swimmers 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 a competitive swimmer, you can improve your technique and physical fitness in this program. All skill levels are welcome!

PROGRAM BEGINS: SEPTEMBER 12, 2017
Tuesdays & Thursdays 6:00am - 7:30am
FREE to Wilkes-Barre Family YMCA Members

Please register at our Welcome Center!



AMERICAN RED CROSS LIFEGUARD & LIFEGUARD REVIEW COURSES

The purpose of the American Red Cross Lifeguard course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

- Participants must pass a pre-course swim test in order to take the Full Courses, which includes:
 - Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both, but swimming on the back or side is not permitted. Goggles may be used for this portion of the test.
 - Tread water for 2 minutes using only the legs. Arms must remain under the armpits.
 - THIS PORTION OF THE TEST IS TIMED! Participants have 1 minute, 40 seconds to complete the following: Starting in the shallow end of the pool, in the water swim 20 yards, surface dive to a depth of 7-10 feet, retrieve a 10 pound object, return to surface and swim 20 yards with legs only and exit the water without used a ladder or steps. Goggle are NOT permitted for this portion of the swim test.
- Minimum age of 15 on or before the final day of class.
- Participants must attend all days/times for the course.
- Participants will pay the non-refundable registration fee to enroll in the courses. After passing the pre-course swim test they will pay the balance of the course fee in order to receive course materials.

- Full course participants will receive a hip pack, CPR mask set, whistle & lanyard.
- Review participants should bring their CPR mask set, whistle and lanyard to class.
- ALL COURSES ARE BLENDED LEARNING. UPON PASSING THE PRECOURSE SWIM TEST A LINK WILL BE EMAILED FOR PARTICIPANTS TO COMPLETE ALL CLASSROOM PORTIONS OF THE CLASS PRIOR TO THE FIRST DAY OF CLASS.



#1 - FULL COURSE 12/26/2017	#2 - REVIEW COURSE 12/29/2017
Saturday, 12/16: 1:30PM (Swim Test) Tuesday, 12/26: 9AM - 5PM Wednesday, 12/27: 9AM - 5PM Thursday, 12/28: 9AM - 5PM	Saturday, 12/16: 1:30PM (Swim Test) Friday, 12/29: 9AM - 5PM Saturday, 12/30: 9AM - 5PM

ALL COURSE FEES: \$50 non-refundable registration fee. This reserves your place in the course. THOSE WHO SUCCESSFULLY PASS THE PRE-COURSE SWIM TEST THEN PAY THE REMAINING COURSE FEE SHOWN BELOW:

- FULL COURSE ➡ MEMBER: \$125
NON-MEMBER: \$150
- REVIEW COURSE ➡ MEMBER: \$50
NON-MEMBER: \$125



FALL/WINTER SWIM TEAM

The YMCA Swim Team is based on the YMCA Principles of competitive swimming and character values. We believe that everybody swims and everybody wins. Our coaching staff boasts some of the most experienced coaches in the area, and is dedicated to emphasizing values through individual development in swimming skills, sportsmanship, leadership and team spirit.

PLEASE NOTE:

- All fees are season fees. Prices cannot be pro-rated for late registrants.
- Coaches may move swimmers to a different practice session according to ability level if needed.
- **ALL SWIMMERS MUST BE WILKES-BARRE FAMILY YMCA MEMBERS.**
- League competition is required for all swimmers during our Fall/Winter Season. We participate in the YMCA Pen-Del League.
- Parent Club Fee: There is a \$25 Fall/Winter Parent Club fee for each family. This should be paid when registering your swimmer(s).

ALL THE ABOVE MUST BE COMPLETED PRIOR TO THE SWIMMER'S FIRST PRACTICE. NO SWIMMER CAN BE ADMITTED INTO PRACTICE UNTIL ALL OF THE ABOVE HAS BEEN COMPLETED.

FREE STROKE CLINIC: For those joining our team for the first time. This gives our coaches the opportunity to see new swimmers in the water to determine their readiness for swim team, evaluate which practice session will be best for each swimmer, and also give swimmer a "taste" of competitive swimming. Although free, we still ask that participants pre-register so that we know how many swimmers to expect.

☞ **M/W/F: September 11, 13, & 15 from 6pm - 7pm each night**

MINI DOLPHINS (AGES 5-10) This practice will primarily consist of 8 and under swimmers and new competitive swimmers.

☞ **Mondays, Wednesdays & Fridays @ 6pm-7pm**

ORCAS (AGES 11-19)

☞ **Monday, Wednesday, Thursday & Friday @ 6:45pm-8:30pm**

HIGH SCHOOL: Swimmers who also swim for their High School team & will attend no more than 1 or 2 "Y" practices per week during high school season. These swimmers will practice during ORCA practice times.

REGISTRATION PROCESS:

- Join the Wilkes-Barre Family YMCA (if not already a member)
- Register at YMCA Welcome Desk for Practice Session (Check with coach if unsure of practice)
- Pay in Full OR if using Payment Plan:
 - Fill out Electronic Draft Authorization Form (Available on team website or at desk. Signed copy **MUST** be turned into Welcome Center)
 - Pay First Payment
 - If your credit card or account information changes during the season, you must notify Diana Dempsey, Sr. Aquatic Director of any changes.
- Fill out on-line Team Registration Form (<https://sites.google.com/site/wbymcadolphins/home>)

FULL TEAM FEE PAYMENT	OR	MONTHLY TEAM FEE PAYMENT (1 Month Deposit, then 5 monthly draft payments)
Mini Dolphins: \$270		Mini Dolphins: \$45
Orcas: \$384		Orcas: \$64
High School: \$105		High School: \$17.50

FALL PARENT INFORMATION MEETING

Join us on Monday, September 11th at 5:30pm to meet our coaches, hear about our program and get answers to your questions regarding our Fall/Winter Swim Team.

FLOATING PUMPKIN PATCH



Bring the Family! Pick out a pumpkin while swimming in the Wilkes-Barre Family YMCA Pool! All children must be accompanied by an adult in the water. Join us for fun in the pool! After picking a pumpkin, join us for pumpkin decorating and light refreshments.

SATURDAY, OCTOBER 21ST
1PM - 3PM

YMCA MEMBERS: \$5 per family
Non-members: \$10 per family
REGISTER NO LATER THAN FRIDAY, OCT. 13TH

CHRONIC DISEASE PREVENTION



SHADIA LAHLOU

Senior Director of Chronic Disease Prevention
WILKES-BARRE FAMIL YMCA

shadia.lahlou@wbymca.org 570 970 5052

EnhanceFitness

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

START DATE: September 2017

DURATION: 16 weeks

LIVESTRONG AT THE YMCA

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.

START DATE: September 2017

DURATION: 12 weeks



WOMEN'S VOLLEYBALL LEAGUE

- League will run for 14 weeks plus playoffs
- 3 game guarantee
- Program Fee: \$275 per team
- Registration deadline is November 5th
- Limited to the first 8 teams registered
- Referee Fee \$8 per week per team

WHEN: League Starts November 14th
TIME: Games Scheduled from 5:45pm to 8:45pm
LOCATION: Henry Gym

For more information contact
Trisch Madaya 570 970 5018
trisch.madaya@wbymca.org



YMCA CAMP KRESGE UPCOMING CAMPING WEEKENDS

WOMEN'S GETAWAY WEEKEND
SEPTEMBER 15 - SEPTEMBER 17, 2017
MEMBERS: \$75 / NON-MEMBERS: \$90

HALLOWEEN WEEKEND AGES 7-16
OCTOBER 6 - OCTOBER 8, 2017
MEMBERS: \$85 / NON-MEMBERS: \$95

WINTER WEEKEND AGES 7-16
JANUARY 2018, Date to be determined
MEMBERS: \$85 / NON-MEMBERS: \$95



YMCA CAMP KRESGE
382 Camp Kresge Lane White Haven, PA 18661
P 570 443 CAMP (2267)
www.wbymca.org/camp-kresge

PHILANTHROPY

Q&A.....

Q: Why should I give to the Y?

A: When you give to the Y, 100% of your gift is used for financial assistance and program subsidies. Your gift helps those who cannot otherwise benefit from Y programs, such as:

- Chronic Disease Support & Prevention
- Health & Wellness Programs
- Afterschool Care & Camp
- Youth Sports & Swim Lessons
- Senior Programs
- Teen Programs
- Membership
- Community Events



Q: I already pay membership fees. Isn't that considered a donation?

A: Membership fees cover our operating and administrative costs, including:

- Utilities & Occupancy
- Facility & Pool Maintenance
- Equipment & Technology
- Salaries & Services

Q: How do we use funds raised in the Annual Campaign?

A: We use contributed funds in several ways:

- To subsidize numerous programs such as Afterschool, Child Care and Youth and Family Initiatives, in order to increase affordability and access
- To provide direct financial assistance for those who cannot afford program membership fees
- To expand existing programs, particularly among underserved populations
- To provide start-up funds for community programs.

DONATE AT:
www.wbymca.org
Or inquire at the Welcome Center!
P - 570-823-2191