



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SPLASH INTO SUMMER

A stylized orange sun icon with a solid circular center and several short, radiating lines of varying lengths, positioned to the right of the word "SUMMER".

WILKES-BARRE FAMILY 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.

WILKES-BARRE FAMILY YMCA

40 West Northampton Street
Wilkes-Barre, PA 18702

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-9:00PM
Saturday 7:00AM-5:00PM
Sunday 8:00AM-3:00PM

CHILD WATCH HOURS

Monday-Friday 9:00AM-1:00PM
Monday-Thursday 4:00pm-8:00pm
Saturday 8:00AM-12:00AM



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 (0-12)	\$0	N/A	\$84
TEEN (13-18)	\$25	\$15	\$180
YOUNG ADULT (19-22)	\$50	\$35	\$420
ADULT (23-62)	\$100	\$48	\$576
FAMILY	\$100	\$65	\$780
ACTIVE OLDER ADULT FAMILY	\$100	\$57	\$684
ACTIVE OLDER ADULT (63+)	\$100	\$42	\$504

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. **LOCKER ROOM SERVICES:** To rent a locker add \$10/month for a half locker OR \$15/month for a full locker. To add towel and laundry service with your locker rental add an additional \$5/month.
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.

STAY CONNECTED!



PHONE
570 823 2191

ONLINE
wbymca.org



TEXT ALERTS

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

Text FILLMEIN to 84483 to receive General Facility Alerts
Text YCHILDCARE to 84483 to receive Child Care Alerts
Text POOLALERTS to 84483 to receive Mericle Pool Alerts
Text GROUPEX to 84483 to receive Group Exercise Alerts
Text WBYCW to 84483 to receive Child Watch 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

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



SUMMER 2018 SESSION INFORMATION

REGISTRATION GROUP

FAMILY MEMBERS &
MEMBERS

NON-MEMBERS

SUMMER: July 2 to August 25, 2018

REGISTRATION OPENS: Monday, June 4, 2018

REGISTRATION OPENS: Monday, June 11, 2018

FEE

FAMILY MEMBER: \$45

MEMBER: \$56

NON-MEMBER: 96

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: 6-17 months

CLASS TIMES: Tuesdays 5:55pm - 6:25pm
Fridays 9:15am - 9:45am
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: 18 months - 3 years

CLASS TIMES: Tuesdays 6:30pm - 7:00pm
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: Tuesdays 9:45am - 10:15am
Tuesdays 4:00pm - 4:30pm
Wednesdays 10:00am - 10:30am
Thursdays 5:05pm - 5:35pm
Saturdays 10:10am - 10:40am

AGES: Youth (5-12 years)

CLASS TIMES: Tuesdays 4:35pm - 5:05pm
Wednesdays 10:35am - 11:05am
Thursdays 9:45am - 10:15am
Thursdays 5:40pm - 6:10pm
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 5:10pm - 5:50pm
Wednesdays 11:10am - 11:50am
Thursdays 6:15pm - 6:55pm
Saturdays 8:15am - 8:55am

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 6:30pm - 7:15pm

PRIVATE LESSONS (1-ON-1) - 4 LESSONS

MEMBER: \$96 NON-MEMBER: \$120

SEMI-PRIVATE LESSONS

MEMBER: \$65/person NON-MEMBER: \$85/person



YMCA LIFEGUARD FULL CERTIFICATION COURSES

- Participants must pass a pre-course swim test in order to take the Full Courses.
- Minimum age of 16 on or before the final day of class.
- 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.
 - Crossover Participants will crossover from Red Cross to YMCA certification should bring their CPR mask set, whistle & lanyard to class.
 - This course will certify participants for 2 years.
 - All courses are blended learning. Upon registration information will be e-mailed to participants to complete all classroom portions of the class prior to the first day of class.

FULL CERTIFICATION COURSE #3

PRE-TEST: Saturday, May 19 @ 8:00am
 SKILL SESSIONS: Saturdays June 2, 9 & 16
 8am - 4pm each day

FULL CERTIFICATION COURSE #4

PRE-TEST: Saturday, June 30 @ 8:00am
 SKILL SESSIONS: Saturdays July 14, 21 & 28
 8am - 4pm each day

YMCA LIFEGUARD CROSSOVER CERTIFICATION COURSES

This course is designed for those who are up for recertification under a different certifying agency (ie. American Red Cross) and which to go through the YMCA Lifeguard Certification Course. **MUST HAVE A VALID LIFEGUARD CERTIFICATION ABOUT TO EXPIRE.**

CROSSOVER COURSE #2

DATES: Saturday, May 20: 8am - 2pm
 Sunday, May 26: 8am - 4pm

CROSSOVER COURSE #3

DATES: Saturday, June 23: 8am - 4pm
 Sunday, June 24: 8am - 2pm

CROSSOVER COURSE #4

DATES: Saturday, July 7: 8am - 4pm
 Sunday, July 8: 8am - 2pm

ALL COURSE FEES: \$50 non-refundable registration fee that reserves your place in the course. Those who successfully pass the pre-course swim test then pay the course fee shown below.

FULL COURSE: Member \$170, Non-member \$200
CROSSOVER: Member \$75, Non-member \$95

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. Classes will meet each day for the week.

PRESCHOOL LESSONS, AGES 3-5

WEEKS: June 18 - June 22
 June 25 - June 29
 TIMES: 9:05am - 9:35am
 4:10pm - 4:40pm

SCHOOL AGE LESSONS, AGES 6-14

WEEKS: June 18 - June 22
 June 25 - June 29
 TIMES: 8:30am - 9:00am
 4:45pm - 5:15pm
 FEE: \$25 per week, per class

SPRING/SUMMER DOLPHIN SWIM TEAM

We have 2 practice groups:

1. Mini Dolphin Practice: Those new to swim team or those with 1-2 years of competitive experience. This practice is primarily focused on stroke development and technique.
 -Practice is Monday/Wednesday/Fridays
 6:00pm - 7:00pm
2. Orca Practice: For swimmers who are competent in all four strokes, starts, turns and are ready for more intense workouts. Please contact our Head Coach if unsure of which practice is right for your swimmer.
 -Practice is Mondays, Wednesdays, Thursdays and Fridays 7:00pm - 8:30pm. After school is finished in mid June practices will then run in the AM Monday through Friday.

Please note:

- All fees are season fees. Prices cannot be pro-rated for late registrants.
- 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 participates in the Northeast PA Age Group Summer League. We also attend 1 or 2 invitational meets. 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.

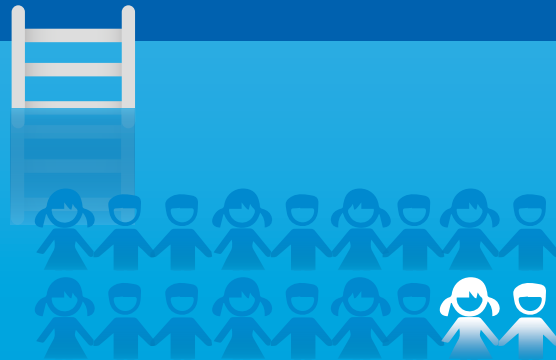
PARENTAL CLEARANCES: PA State Law requires background checks for any volunteer who have any direct contact with children. One parent from each family is required to submit a copy of these clearances in order for their swimmer to attend any meets or team spirit event.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HOW THE Y HELPS KEEP KIDS SAFE IN AND AROUND WATER

2 children die every day because of drowning ¹



Two Programs, Three Goals: Have Fun, Be Confident, Stay Safe

Safety Around Water

This program teaches children of all ages and from all backgrounds that **water should be fun, not feared, as long as you know how to stay safe in and around water.**

In Safety Around Water, kids learn what to do if they find themselves in the water unexpectedly.

Children learn fundamental water safety skills that include what to look for in a safe place to swim and how to swim a short distance on their front, roll over onto their back to rest, and then roll on their front to continue swimming to safety.

Y Swim Lessons

The Y is “America’s Swim Instructor” and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming.

Each year, the Y teaches more than a million children how to swim.

The latest evolution of Y Swim Lessons accommodates students of varying abilities to help foster a sense of achievement as swimmers progress between stages.



Source

1. USA Swimming Foundation and the University of Memphis

YOUTH/FAMILY PROGRAMS



SUMMER PROGRAM SESSION – JUNE 18 TO AUGUST 26, 2018

MEMBER REGISTRATION BEGINS: Monday, May 29 | NON-MEMBER REGISTRATION BEGINS: Monday, June 5
FAMILY MEMBERS: Free Members: \$50 Non-Members: \$80

SUMMER

CREATE-A-CRAFT & STEM*

(*Add \$10 to above rates for materials)

This summer will be split into two sessions. The first 5 weeks will be geared more towards arts & crafts, while the second 5 weeks will put your minds to the test as we will be doing experiments and trials.

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

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

ROOKIE DAYS

Use this summer to try our smorgasbord of activities. Rookie Days is an introductory course where we will spend 2-3 weeks trying different sports. This time, we will be playing floor hockey, ultimate Frisbee, soccer, and flag football.

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

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

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

DODGEBALL

This class is geared entirely towards dodgeball related games. Each week participants will engage in different forms 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, Fridays 6:00pm - 6:30pm

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

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

Y FIT

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

AGES: 5-7, Saturdays 10:00am - 10:30am

AGES: 8-10, Saturdays 10:30am - 11:00am

AGES: 11-15, Saturdays 11:00am - 11:30am

ANNUAL SUPPORT CAMPAIGN 2018

Like you, we believe that every child deserves a chance to run, play, learn and grow as an individual. It is this belief that makes the Wilkes-Barre Family YMCA the heart of our community. Thanks to generous donors like you, we are able to provide opportunities for all children to connect with others and contribute positively to our community.

"My daughter Lilly started off this summer in the Power Scholars Academy Program. In the beginning of it, she was very shy and didn't really take too well to people. She had a little bit of issues with her reading and wasn't really too happy about school. She went through the program and as the weeks went by, you could tell she was coming out of her shell. It wasn't just me that noticed, it was all of my family members. It just turned out to be such an awesome thing. It was great. Best experience I think she could probably have ever had, especially at a young age. I'm hoping that it comes up next year too because it was such a blessing. Thank you very much!" – 'Jane', parent of Power Scholars Academy Program participant Lilly

Gifts to the Wilkes-Barre Family YMCA made this story possible. The 2018 Annual Support Campaign is your chance to help low-income and underserved children, adults and families experience all the YMCA has to offer. 100% of every dollar you give stays right here in the greater Wilkes-Barre community. To give, visit www.wbymca.org or contact Meghan Carnevale at (570) 828-3113 or mcarnevale@greaterscrantonyymca.org.

GIVE TODAY. FOR A BETTER US.



CAMP KRESGE



GENERAL INFORMATION

YMCA Camp Kresge offers a variety of day camp, overnight camp, family camps and teen leadership programs. Our 1,100 acre camp property sits on the banks of beautiful Beaver Lake. Campers and families have an opportunity to participate in a variety of age appropriate activities throughout their time at camp. Programs include swimming (in the lake), playing on the inflatable AquaPark, boating, archery, arts & crafts, nature, team building, climbing tower, hikes and so much more! Rainy day activities are held at Camp Kresge indoors with an outdoor flare. Registrations are received on a first come-first served basis. Full payment is due 2 weeks prior to the first week of camp. Payments may be made online, mailed to the camp office, or paid at the Wilkes-Barre Family YMCA front desk. Financial Assistance is available through our application process.

CAMP HOURS

The YMCA Day Camp will offer before care from 7:00-8:30 am at the Wilkes-Barre Family YMCA. After Care hours at the YMCA will be offered from 4:30-5:30 pm. The camp will run from 9:30 am-3:30 pm, Monday-Friday. During the 6 weeks of traditional overnight camp, the day campers will have an opportunity to stay overnight (for a small fee) in a cabin on Wednesdays of that week and will return home at the end of the following day. More information on these overnight opportunities will be available at the beginning of the summer.

DAY CAMP ACTIVITIES

The camp day will run from 9:00 AM- 4:00 PM at Camp Kresge in White Haven, PA. Before care runs at the Wilkes Barre Family YMCA from 7:00AM-8:10AM. Aftercare runs from 5:00PM-5:30PM. Bus stops are located in Wilkes Barre, Pittston, Back Mountain and Mountain Top. Campers will be divided into trail groups based on age, and will have highly trained staff to fill their day with fun and excitement. The Day Camp Program is designed for campers ages 6-12, and the TAC Program for campers ages 13-16. During the 6 weeks of traditional overnight camp, day campers will have an opportunity to sleep over in a cabin 1 night a week for an additional fee. The fee for day camp includes: transportation to and from camp, before care and after care, field trips, programs, and a hot lunch.

TEEN ADVENTURE CAMP (TAC) ACTIVITIES

Teens who attend the TAC program at YMCA Camp Kresge have an opportunity participate in a variety of age appropriate programs throughout their time at camp. Programs include: Team Building, High Ropes, Sailing, Hiking, Weekly Overnight Trips.

FINANCIAL ASSISTANCE

Holding true to our mission and core values of caring, honesty, respect and responsibility, we offer financial assistance to community residents who qualify. We do this because it is our commitment to serve all people regardless of age, race, ethnicity, ability or socio-economic status.

2018 SUMMER DAY CAMP AND TEEN ADVENTURE CAMP

Day Camp Fees:

Member \$170/week; Non Member \$180/Week

Teen Adventure Camp Fees:

Member \$180/week; Non Member \$190/week

2018 Dates:

Week 1: June 11-15, 2018

Week 2: June 18-22, 2018

Week 3: June 25-29, 2018

Week 4: July 2-3, 5-6, 2018 (No camp July 4th)*

Week 5: July 9-13, 2018

Week 6: July 16-20, 2018

Week 7: July 23-27, 2018

Week 8: July 30-August 3, 2018 (Field trips Thurs. & Fri.)

Week 9: August 6-10, 2018 (Trip Week)**

Week 10: August 13-17, 2018

Week 11: August 20-24, 2018

* Week 4 - week of 4th of July, fees:

Members \$138; Non Members \$148

* Week 4 Teen Adventure Camp - week of 4th of July, fees: Members \$150; Non Members \$155

**Week 9 - Trip Week: Campers will be going on a field trip every day this week and will not be on property at camp, early bird fees: Members \$185; Non Members \$195

OVERNIGHT CAMP

Overnight camp at YMCA Camp Kresge is more than just a traditional summer resident camp experience. We offer a variety of friend-making opportunities for your child in a fun and safe environment. From our programs to cabin life, our caring and mature staff will build and strengthen your child's foundation.

One-Week Sessions Rates: Tier 1: \$600 | Tier 2: \$550
Tier 3 \$500 | Tier 4: Financial Assistance

Session 1: June 17-23, 2018

Session 2: June 24-30, 2018

Session 3: July 1-7, 2018

Session 4: July 8-14, 2018

Session 5: July 15-21, 2018

Session 6: July 22-28, 2018

Two-Week Sessions Rates: Tier 1: \$1035 | Tier 2: \$990
Tier 3 \$900 | Tier 4: Financial Assistance

Session 1A: June 17-30, 2018

Session 2A: June 24-July 7, 2018

Session 3A: July 1-14, 2018

Session 4A: July 8-21, 2018

Session 5A: July 15-28, 2018

Three-Week Sessions Rates: Tier 1: \$1,512
Tier 2: \$1,446 | Tier 3: \$1,315

Tier 4: Financial Assistance

Session 1B: June 17-July 7, 2018

Session 2B: June 24-July 14, 2018

Session 3B: July 1-21, 2018

Session 4B: July 8-28, 2018



OVERNIGHT TEEN CAMPS

These camps are designed for the teen camper who is looking to get more out of their overnight camp experience.

LEADER-IN-TRAINING (LIT)

Campers ages 13 & 14 can sign up for our two-week Leader-In-Training. This camp includes not only an opportunity for teens to build their leadership skills, but also to work on communication, teamwork and planning. The Leader-In-Training (LIT) campers will participate on a canoe trip down the Delaware River lead by professional YMCA staff. This three-day trip allows the teens to put their newly acquired skills to good use as they plan meals, inspect and pack their gear and participate in leadership activities while on the trip.

2018 Leader-In-Training (LIT) Dates and Fees:
YMCA Camp Kresge offers 3 different two-week sessions for you to choose from for this great leadership program.

Early Bird Rates:

Tier 1: \$1,042 | Tier 2: \$995 | Tier 3 \$900

Tier 4: Financial Assistance

Session 1: June 17-30, 2018

Session 2: July 1-14, 2018

Session 3: July 15-28, 2018

COUNSELOR-IN-TRAINING (CIT)

Campers ages 15 & 16 can apply to be a part of our Counselor-In-Training Program. This three week program provides an opportunity to learn about what it takes to live with and supervise children in a camp setting. Campers must be pre-approved by the Camp & Conference Director to participate in this program. This program also includes a leadership trip which consists of a two night and 3 day camping trip in a state park. CITs will put their leadership skills to the test, and return to shadow camp leaders in camp. This program requires the camper to complete and submit the 2018 CIT application prior to registration.

2018 Counselor-In-Training (CIT) Dates and Fees

Early Bird Rates:

Tier 1: \$1,190 | Tier 2: \$1,135 | Tier 3 \$1,050

Tier 4: Financial Assistance

Session A: June 17-July 7, 2018

Session B: July 8-28, 2018

Additional CIT shadowing Weeks, Fee: \$350

Session 4: July 8-14, 2018

Session 5: July 16-21, 2018

Session 6: July 22-28, 2018

FAMILY CAMPING WEEKENDS

PARENT/CHILD WEEKENDS

Father/Daughter Weekend - May 4-6, 2018

Father/Son Weekend - May 18-20, 2018

YMCA Members

Adults \$100/person

Children (18 & Under) \$54/person

Non Members

Adults \$135/person

Children (18 & Under) \$70/person

Upgraded Cabin \$35/family (Available on a first-come-first-served basis, Please call the Camp office for Availability 570-443-2267).

\$75 deposit due at registration to hold your spot.

SUMMER FAMILY CAMP

Family Camping is a YMCA Camp Kresge Tradition!

YMCA Camp Kresge is proud to offer a wide variety of Family Camping Opportunities. Every spring we hold a Mother/Child Weekend, a Father/Daughter weekend, and a Father/Son weekend. In August we offer a Summer Family Camp.

2018 Summer Family Camp (August 12-15, 2018)

Adult: (18 & up) \$165/person

Youth: (6-17) \$87/person

Child (2-5) \$43/person

Under 2 years old: No Charge

Upgraded Cabin \$35/family (Available on a first-come-first-served basis, Please call the Camp office for Availability 570-443-2267).

\$75 deposit due at registration to hold your spot.



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 wbymca.org and follow us on facebook for up-to-the-minute changes.

PICKLEBALL OPEN COURT/PICK-UP PLAY

Monday, Wednesday and Fridays

9am - 11am - All Levels

Mondays

6pm - 9pm - Intermediate/Advanced

Tuesdays

2pm - 4pm - Beginners

Saturdays

9am-10am - Beginner Lessons by Appointment

Saturdays

10am - 12pm - All Levels

Sundays

12pm - 2pm - All Levels

About the Game - Pickleball is played with a perforated plastic ball and a paddle. The game is easy for beginners to learn, and can develop into competitive play for experienced players.

Equipment - We provide paddles and balls! Players are welcome to bring their own equipment as well.

LESSONS - Mondays 5pm - 6pm & Saturdays 9am - 10am by appointment
Lessons are given by our Indoor Pickleball Coordinator, Ryan Pollock. We encourage all beginners to take a lesson. Learn from our seasoned members in a relaxed and easy paced environment. Please email Ryan (rpollock@cssscranton.org) to schedule your appointment.

Members: Three free lessons

Non-members: \$5/lesson

PERSONAL TRAINING

Personal Training with our certified trainers is a great way to get in shape safely, efficiently and effectively. They provide motivation, fitness testing, personalized programming and accountability. Our trainers are certified and qualified to train clients with a wide variety of goals. Depending on the desired outcomes, trainers can focus on strength, toning, cardiovascular endurance, mobility/balance and more.

Aquatic Personal Training is a one-on-one experience with a trainer under lifeguard supervision. The buoyancy of the water decreases the stress on the body that can be experienced during general weight lifting. The viscosity of the water creates a different form of resistance great for strengthening muscles without the use of weights. Begin or enhance your strength training program, increase your cardio endurance, or better your balancing abilities.



CHRONIC DISEASE PREVENTION AT THE Y

LIVESTRONG AT THE YMCA

Duration: 12 weeks (two 90-minute sessions per week)

Cost: FREE, thanks to our generous sponsors

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.

ENHANCEFITNESS

Start date: Late Summer 2018

Duration: 16 weeks (three 1-hour sessions per week)

Cost: FREE, thanks to our generous sponsors

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

YMCA'S DIABETES PREVENTION PROGRAM

Start date: TBA

(Please contact 570-970-5022 to learn more)

Duration: 24/1-hour sessions over one year

Cost: FREE, thanks to our generous sponsors

An evidence-based health intervention 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. Prediabetes affects 1 out of 3 U.S. adults. Could you be at risk? Take the quiz at www.wbymca.org





STUDIO X

FUNCTIONAL FITNESS @ THE Y

STUDIO X is a room at the YMCA where we hold our revolutionary small group training program that has already served 100s in the first 4 months of 2018. We also call the program #STUDIOX. Inspirational coaches, motivation from teammates and state-of-the-art equipment makes everyone successful. New this summer, we will introduce outdoor activities and workouts, and host one special event for anyone currently or previously enrolled in any Studio X class.

SUMMER SESSION I (4 weeks): June 25 - July 22

Registration Opens - Current StudioX Participants: May 24 | Members: May 29 | Non-Members: June 5

SUMMER SESSION II (4 weeks): July 30 - August 26

Registration Opens - Current StudioX Participants: June 28 | Members: July 2 | Non-Members: July 9

11 Class Options- Pick and choose any class, and register for any many as you like!

- Saturday 7:30am & 9am
- Tuesday and Thursday 12pm
- Tuesday 9am - Level One
- Thursday 4:30pm
- Monday, Wednesday & Friday 5pm
- Tuesday 6pm
- Monday 7pm

SAVE THE DATE - Saturday, June 23 (Rain date July 28)

Are you fit enough to be a PA State Trooper?

All current and previous participants of Studio X are invited to Kirby Park at 8am to see if they are fit enough to get into the Police Academy. Coaches will run tests and provide you with results to see if you would get into the academy or graduate! It's all for fun, but knowing where you are is important. You need to measure your start to see how far you have come. Or, just show up and cheer on your friends. Light refreshments, mini-challenges and fun obstacles will be available for all through-out the event.

STUDIO X PERSONAL TRAINING

Coaches are now accepting clients for personal and duo training outside of class times. We will do our best to fit your schedule and help you get stronger and fitter with even more personal attention. To learn more email our Wellness Director, Lauranel Banks: lauranel.banks@wbyymca.org

STUDIO X TESTIMONIAL

"Lauranel and StudioX,

I just wanted to drop a note of thanks to you for adding the StudioX classes. Last week, I completed the Scranton half-marathon in a little over two hours and while I was on a cardio training blueprint, I would argue that it was the 12+ weeks of training at StudioX that gave me the strength to finish strong. Also, StudioX allowed me the ability to get right back into the gym two days later. This is a testament to StudioX and what it can do for anyone. I was not sure I would be able to complete the course, but I would argue that StudioX was the perfect cross training that I needed to keep my body performing at high levels under racing conditions.

Thank you to Lauranel Banks and Mary Price who were the trainers for the sessions I participated in and the YMCA for adding this group fitness option. Also, a special thanks to all the members who worked to push each other in our classes. It has made and continues to make a difference in my life. I know that if you give it a try, it will help you reach your goals, whatever they may be."

In thanks,
Vito Malacari



YOUR NURSE

Your Nurse is a program staffed with our in-house RN and a team of certified personal trainers. Together they help you reach your fitness goals.

INITIAL EVALUATION CONDUCTED BY NURSE	STEP 1 Health history including current medications and allergies	STEP 2 3 Lead ECG, blood pressure and oxygen saturation.	STEP 3 Risk factor analysis & discussion of positive risk factors and behavior modifications	STEP 4 Target heart rate determination	STEP 5 Individualized exercise program created	STEP 6 Presentation of proper phase of exercise	Additional features Progress reports and chart sent to any of your physicians Review of recent lab tests, EKG, etc. One-on-one and phone consultations with the nurse available as needed
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ENROLL Program Details

YMCA Members: \$20 monthly

Non-Members: \$40 monthly

Registration covers 60 minute initial one-on-one evaluation with nurse.

Your nurse program is held mainly Monday, Wednesday and Friday.

All appointments are scheduled.

At the Wilkes-Barre Family YMCA, your RN is Michelle Gilligan. Michelle can be reached at 570-970-5034 Monday, Wednesday and Friday from 9am - 12pm.



RELAX, REFRESH, & REJUVENATE MASSAGE THERAPY

- SWEDISH MASSAGE
- DEEP TISSUE MASSAGE
- HOT STONE MASSAGE:
- LYMPHATIC DRAINAGE
- BAMBOO FUSION MASSAGE
- CUPPING THERAPY
- REIKI

**Massages are
by appointment**

PLEASE CONTACT TRINA MALHORTA TO SCHEDULE YOUR APPOINTMENT.

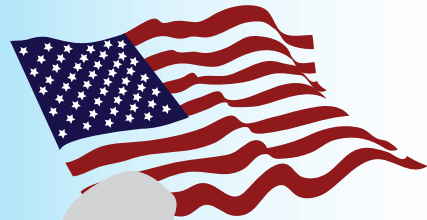
570-846-0895

trina.malhotra.lmt@gmail.com

60, 90 and 120 minute appointments available for most modalities.

Presented by

ALLONE
CHARITIES



ANNUAL
BERNIE'S MEMORIAL
3 MILE RUN/WALK



**WEDNESDAY,
JULY 4, 2018**

BENEFITING YMCAS

Carbondale Pittston Scranton



OF THE NEPA REGION

Wayne County Wilkes-Barre

**REGISTER
ONLINE**



www.runsignup.com/berniesrun

DETAILS



Run/Walk Start Time: 8:30am
Start Location: Intersection of Market & River Street (near Market St. Bridge)
Kids Fun Run Start Time: 9:15am
Start Location: Intersection of South Main & Ross Street (Register for FREE at the start)

**PACKET
PICK-UP**



PRE REGISTERED PACKET PICK UP: July 1, 2 & 3rd - Wilkes-Barre YMCA Front Desk
SAME DAY PACKET PICK UP: 7am - 8am Public Square, Wilkes-Barre

AWARDS

Overall Men's & Women's Champions

1st, 2nd & 3rd in both run & walk

Age Groups: Top 2 finishers

10 & under			
11-14	25-29	40-44	55-59
15-19	30-34	45-49	60-69
20-24	35-39	50-54	70-up

Teams

One coveted award -- largest team takes it all!

DEADLINES

DEADLINES:

Personalized Bib..... May 31
Guaranteed 2018 Shirt..... June 24

PRICES AND SAVINGS:

\$15 Early Bird ENDS..... April 30
\$20 Semi-Early Bird ENDS..... June 24
\$25 Race Day..... July 4

Opens at 7am on Wilkes-Barre Public Square
PACKETS/SHIRTS NOT GUARANTEED SAME DAY