



# FALL INTO A BETTER YOU

2018 WILKES-BARRE FAMILY YMCA  
FALL PROGRAM GUIDE

The Y.™ For a better us.

# ALWAYS WELCOME IN EVERY COMMUNITY

## NATIONWIDE MEMBERSHIP

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



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

**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-Friday	4:00PM-8:00PM
Saturday	8:00AM-12:00PM



## 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 Wilkes-Barre Family 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



## 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: 19 months - 3 years

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

AGES: Youth (5-12 years)

CLASS TIMES: Tuesdays 4:35pm - 5:05pm  
Thursdays 5:40pm - 6:10pm  
Saturdays 10:45am - 11:15pm

**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  
Thursdays 6:15pm - 6:55pm  
Saturdays 8:15am - 8:55am

### ADULT/TEEN LESSONS

For ages 13 and older

CLASS TIMES: Tuesdays 6:30pm - 7:00pm

### PRIVATE SWIM LESSONS

Pricing is PER SWIMMER/PER LESSON.

PRIVATE LESSONS: Member: \$30, Non: \$60

SEMI-PRIVATE LESSONS: Memb. \$25, Non: \$50

## GROUP SWIM LESSONS SESSION DATES

FALL I: Sep. 3 - Oct. 27 2018 (8 weeks)\*

\*No class Monday, Sep. 3 (Labor Day)

FALL II: Oct. 29 - Dec. 22 2018 (6 weeks)\*

\*No class Thursday, Nov. 22 (Thanksgiving)

### REGISTRATION DATES

FALL I: Members - July 30, 2018  
Non-members - August 6, 2018

FALL II: Members - October 1, 2018  
Non-members - October 8, 2018

### PRICING

8 WEEK SESSION: Family Members - \$48  
Members - \$64  
Non-members - \$104

### FREE LEVEL EVALUATIONS

Tuesday or Thursdays 3:45pm - 3:55pm  
Saturdays 11:15am - 11:30am

## FALL/WINTER STINGRAY 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. Suzanne Youngblood will be returning as our Head Coach this fall. Coach Suzanne 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 YMCA MEMBERS**
- League Competition is required for all swimmers during our Fall/Winter Season. We participate in the YMCA Penn-Dell 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 OF 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.

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

- Monday/Wednesdays: 6:00pm - 7:00pm
- Fridays: 6:00pm - 7:30pm
- Fee: \$306 (includes team cap & t-shirt)

**ORCAS (AGES 11-19)** For the dedicated swimmer. Swimmers must be proficient in all competitive strokes & turns.

- Monday/Wednesdays/Thursdays 7pm-8:30pm
- Fridays 6pm-7:30pm
- Saturdays 7am-8:30am
- Fee: \$420 (includes team cap & t-shirt)

**HIGH SCHOOL** Swimmers who also swim for their High School team & will attend no more than 1-2 "Y" practices per week during the High School season. (Attend "Orca" sessions)

- Fee: \$120 (includes team cap & t-shirt)

### REGISTRATION PROCESS:

- Join the Greater Scranton 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 Welcome Desk. Signed copy MUST be turned into Welcome Desk when registering in order to set up automatic payments.
- Pay First Payment. The following 5 drafts will draft on the 15th of each month.
- If your credit card or account information changes during the season, you must notify Diana Dempsey, Sr. Aquatic Director of the changes so that she can update your information for the remaining drafts.
- Fill out on-line Team Registration Form at - <https://sites.google.com/site/wbycmcadolphins/home>

	FULL PRICE	MONTHLY DRAFT PAYMENTS*
<b>MINI DOLPHINS</b>	\$306	\$51
<b>ORCAS</b>	\$402	\$67
<b>HIGH SCHOOL</b>	\$120	\$20

\*MONTHLY DRAFT PAYMENTS: 6 PAYMENTS TOTAL, 1st payment due at time of registration.

**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.

## FALL PARENT INFORMATION MEETING

Join us on Monday, September 10 at 5:30 pm to meet our head coach, hear about our program & get answers to your questions regarding our Fall/Winter Swim Team.



## LIFEGUARD TRAINING COURSES

- Participants must pass a pre-course swim test in order to take the Full Courses:
  - Swim 300 yards continuously demonstrating breath control and rhythmic breathing. You may swim using front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed
  - Tread water for 2 minutes using only the legs. You should place your hands under your armpits.
  - Complete a timed event within 1 minute, 40 seconds:
    1. Starting in the water, swim 20 yards. Your face may be in or out of the water. Swim goggles are not allowed
    2. Surface dive, feet-first or head-first, to a depth of 7 to 10 feet to retrieve a 10-pound object.
    3. Return to the surface and swim 20 yards on your back to return to the starting point with both hands holding the object while keeping your face at or near the surface so you are able to get a breath. You should not swim the distance under water.
    4. Exit the water without using a ladder or steps.
- 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.
- Renewal participants should bring their CPR mask set, whistle & lanyard to class. This will certify participants of two years.
- A welcome letter will be emailed to course participants upon registration with detailed information about the course they are taking.
- ALL COURSES ARE BLENDED LEARNING. The e-learning must be completed prior to the first skill session.

1. FULL COURSE:  
Sunday, 11/11/2018: 9am-10am (Swim Test)  
Skill Sessions:
  - Friday, 11/23/2018: 8:30am-4:30pm
  - Saturday, 11/24/2018: 8am-4pm
  - Sunday, 11/25/2018: 8am-12pm
2. REVIEW COURSE:  
Saturday, 11/10/2018: 7:30am-5pm

### FEES:

Full Course\* - Registration Fee \$50  
Course Fee; Member \$170  
Non-member \$200

Review Course - Registration Fee \$50  
Course Fee; Member \$75  
Non-member \$95

\*\$50 non-refundable registration fee. This reserves your place in the course. Fall course students who successfully pass the pre-course swim test will then pay the course fee listed above.

# 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 in the Multi-purpose room to decorate your pumpkin and enjoy light refreshments.

**SUNDAY, OCT 21<sup>ST</sup> 12PM-2PM**  
(12:00-1:00: pick a pumpkin in the pool)  
(1:00-2:00: decorate pumpkins/light refreshments)

YMCA Members: \$5 per family  
Non-Members: \$10 per family

Register no later than Wednesday, October 17<sup>th</sup>.

Limit of one pumpkin per person.



# CHILDHOOD DEVELOPMENT





## DAY CARE

### INFANT & TODDLER PROGRAMS

The Wilkes-Barre Family YMCA Day Care is open from 7:00am to 6:00pm Monday through Friday, 52 weeks per year. The Day Care is officially closed on the following holidays: New Year's Day, Good Friday, Memorial Day, July 4th, Labor Day, Thanksgiving, the day after Thanksgiving, and Christmas.

We offer the following programs:

- Infants: 6 weeks to 12 months
- Young Toddlers: 13 months to 24 months
- Older Toddlers: 25 months to 26 months

Our mission for our Day Care program is to provide the best early learning environment for children through support of social/emotional development, cognitive development, physical development, nutritional skills, swimming lessons, and language development.

Tuition rates are available upon request. Scholarship opportunities are also available for those who may not be able to afford to full tuition.

## PRESCHOOL

The Wilkes-Barre Family YMCA Preschool Program runs from September through May. It is designed for children ages three, four and five who are completely potty-trained. The program meets two, three or five times per week, for four or five hours each day, with options for a full day. Our program is designed to create an atmosphere where your child will feel safe, emotionally secure and have a sense of belonging. Our focus is a whole-child approach, where we focus on age appropriate developmental milestones. We strive to help your child develop social skills, which teaching life skills that will lead to academic success.

Our mission for our Preschool program is to provide the best early learning environment for children through support of social/emotional development, cognitive development, physical development, nutritional skills, swimming lessons, and language development.

### CLASS SCHEDULE AND TUITION RATES

- 5 DAY FULL DAY - \$160/week  
7:00am - 6:00pm\*
- 5 DAY, 5 HOUR PROGRAM - \$510/month  
9:15am - 2:15pm\*
- 5 DAY, 4 HOUR PROGRAM - \$380/month  
9:00am - 1:00pm
- 3 DAY, 5 HOUR PROGRAM - \$330/month  
9:00am - 2:00pm OR 9:30am - 2:30pm\*
- 3 DAY, 4 HOUR PROGRAM - \$250/month  
9:45am - 1:45pm
- 2 DAY, 5 HOUR PROGRAM - \$265/month  
9:00am - 2:00pm OR 9:30am - 2:30pm
- 2 DAY, 4 HOUR PROGRAM - \$210/month  
9:45am - 1:45pm

\*Must be entering Kindergarten in Sep. 2019

## SCHOOL AGE PROGRAM

The Wilkes-Barre Family YMCA After School Program was created to support families and children outside of school time. The After School Program provides homework assistance, a healthy snack and dinner, active play/swim lessons, social interactions with peers and adults in a safe environment. The program is designed to keep kids active and engaged in activities that support learning and growth in and out of the classroom. The Y program provides the building blocks to succeed by incorporating the 4 core values of the Y into our program everyday of caring, honesty, respect and responsibility.

OUR STAFF MEMBERS AT THE Y ARE TRAINED AND CERTIFIED IN CPR/AED AND FIRST AID. STAFF MEMBERS ALSO HAVE OBTAINED CRIMINAL BACKGROUND AND CHILD ABUSE CLEARANCES. THE Y IS A KEYSTONE STAR 3 AND DPW LICENSED FACILITY.

We service the following schools:

- Kistler Elementary
- Dan Flood Elementary
- Solomon Elementary
- Dodson Elementary
- Heights Elementary
- Dana Street Elementary
- Bear Creek Charter School

Transportation is provided for both Before Care and After School Care to these participating schools.

Our program includes:

- Homework Assistance
- Supervised Athletic Play/Organized Games and Activities
- Weekly Swim Lessons
- Arts, Crafts, STEM
- Themed Activities
- Healthy Snack and Dinner Daily

Tuition assistance is available. We accept Coordinated Child Care. Scholarships are also available to help offset the costs of tuition.

The School Age Program is available Monday through Friday. Also included with the below tuition is any half days or any delays/early dismissals/snow days.

Before care begins at 7:00am and after care closes at 6:00pm.

- 5 DAYS A WEEK - \$90/week
- 3 DAYS A WEEK - \$65/week

For information regarding any of our early childhood development programs please contact:

- Jennifer Brennan, Child Care Director  
570-970-5041  
jennifer.brennan@wbymca.org
- Trisch Madaya, Child Care Coordinator  
570-970-5018



# 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 [wbymca.org](http://wbymca.org) and follow us on facebook for up-to-the-minute updates.

## 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

MEMBERS: FREE NON-MEMBERS: \$5/visit

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@csscranton.org](mailto:rpollock@csscranton.org)) to schedule your appointment.

Members: Three free lessons  
Non-members: \$5/lesson

## SAVE THE DATE! 2ND ANNUAL FALL PICKLEBALL TOURNAMENT! SATURDAY, OCTOBER 13, 2018

## 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

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. Contact Lauranel Banks to get started! 570-970-5012 or [lauranel.banks@wbymca.org](mailto:lauranel.banks@wbymca.org)

## STUDIO X

Top notch circuit training with a little boot camp mixed in! Inspirational coaches, motivation from teammates and state-of-the-art equipment makes everyone successful. This is the program to help you get in shape or take your athletics to a new level.

## FALL SESSION I (8 weeks):

September 3 - October 28\*

Registration Opens - Members: August 13

Non-Members: August 20

\*Monday Classes only meet 7 times. No Class 9/3 for Labor Day

## FALL SESSION II (8 weeks):

October 29 - December 23\*

Registration Opens - Members: October 8

Non-Members: October 15

\*Wednesday and Thursday classes only meet 7 times. No Class 10/31 for Halloween and 11/22 for Thanksgiving

Session Costs:

Family Members: \$16

Members: \$24

Non-Members: \$80

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

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

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@wbymca.org](mailto:lauranel.banks@wbymca.org)

## MEDITATION

### FALL SESSION I (8 weeks):

September 3 - October 28

Registration Opens - Members: August 13

Non-Members: August 20

### FALL SESSION II (8 weeks):

October 29 - December 23

Registration Opens - Members: October 8

Non-Members: October 15

Session Costs:

Family Members: \$40

Members: \$50

Non-Members: \$85

Sundays at 11am

Easy Path to Meditation:

By now, everyone knows that meditation is good for you.

- reduced stress and anxiety
- improved emotional health
- decreased blood pressure
- better sleep
- improved memory
- enhanced self awareness

## **WEIGHT LOSS PROGRAM**

What I liked about this program is that it's not a fad and it's not a gimmick. It's a holistic approach to making changes to your lifestyle habits."

—Arielle from Houston, TX

### **Program Overview**

12 weeks / 1 session a week

Must be 18 years or older

Provides tools, knowledge & group support to help you develop a nutrition and exercise plan that works for you. Tackling the tough parts of behavior change and emotions gives you a solid platform for a new lifestyle.

### **2018 Session Details**

Mondays at 5:30pm

September 10 – November 26

Members \$50

Non-Members \$100

## **PICK-UP BASKETBALL**

Monday, Tuesday & Thursday

11:30am - 1pm

Join our lunch crowd for a great game! Relieve stress, get exercise and make some new friends! Pop in anytime over the 90 minutes and join get-in-the-game!

## **GET STARTED PROGRAM**

### **WHAT YOU SHOULD EXPECT**

Our Get Started Consult is a complimentary appointment designed to support you in pursuit of your health and wellness goals. A wellness representative will meet with you to discuss your needs and interests and together you will develop an achievable plan for success. They will provide you with a body composition analysis, instruction on cardio equipment and how to use and track weight selectorized resistance training machines.

### **WHAT IT'S NOT**

Your Get Started consult is a full fitness assessment or a medical type of appointment. It's not a cookie-cutter workout or one-sized fits all program; it is different for everyone. We help you understand what the Y has to offer and where you will be most comfortable and successful.

### **WHO SHOULD ATTEND**

Everyone! Whether you're new to exercise, have dabbled in it your whole life, or are comfortable in your regular program, we will help you make the most of your Y membership. The Get Started experience is an opportunity for us to create your personalized road map for success.

### **WHY IT'S IMPORTANT**

Members who attend our Get Started appointment within the first two weeks of joining the Y are 6X more likely to achieve their goals, whatever they may be. Let's make sure you're one of them!

Please schedule your appointment at our welcome center today!

# **CHRONIC DISEASE PREVENTION PROGRAMS**

## **LIVESTRONG at the YMCA**

Start date: September 4, 2018

When: Mondays - Thursdays 6pm - 7:30pm

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: Ongoing, Call for information  
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](http://greaterscrantonyymca.org).

## **Enhance@Fitness**

Start date: September 5, 2018

Duration: 16 weeks

When: Mondays, Wednesdays and Fridays 10am-11am

(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.

## **AMERICAN LUNG ASSOCIATION FREEDOM FROM SMOKING**

The American Lung Association has been helping people quit smoking for over 35 years through Freedom From Smoking®. Ranked as one of the most effective programs in the country, Freedom From Smoking has helped hundreds of thousands of people quit smoking for good and is now available in a variety of formats.

Smoking Cessation Workshops- 4:30pm - 6:00pm

Session 1 - October 1

Session 2 - October 8

Session 3 - October 15

Session 4 - October 22 (Quit Day)

Session 5 - October 25

Session 6 - October 29

Session 7 - November 5

Session 8 - November 12

To learn more, please contact Patti Goodenow at 570 828 3230. Pre-registration is required to participate in any Chronic Disease Prevention program.



# 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.

<b>INITIAL EVALUATION CONDUCTED BY NURSE</b>	<b>STEP 1</b> Health history including current medications and allergies	<b>STEP 2</b> A Lead ECG, blood pressure and oxygen saturation	<b>STEP 3</b> Risk factor analysis & discussion of positive risk factors and behavior modifications	<b>STEP 4</b> Target heart rate determination	<b>STEP 5</b> Individualized exercise program created	<b>STEP 6</b> Presentation of proper phase of exercise	<b>Additional features</b> 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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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.

## 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.



## 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

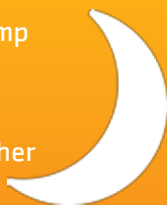
PLEASE CONTACT TRINA MALHOTA TO SCHEDULE YOUR APPOINTMENT.

570-846-0895

[trina.malhotra.lmt@gmail.com](mailto:trina.malhotra.lmt@gmail.com)

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

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.



**UPCOMING CAMPING WEEKENDS:**

Women's Getaway Weekend

September 14-16

Ages 21 & up

Fee: Members: \$75 | Non-members: \$90

Upgraded Cabin: \$35 (call ahead availability)

2018 Children's Halloween Camp

October 5-7, 2018

Ages 7-16

Fee: Members: \$85 | Non-members: \$95

2019 Winter Camp

Mid January 2019 - Dates to be announced

Ages 7-16

Fee: Members: \$85 | Non-members: \$95



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



**YMCA CAMP  
KRESGE**

# IT'S TIME TO CELEBRATE



## **WIBIT SWIM PARTIES**

This option includes 1 hour in the pool on our NEW WIBIT Inflatable Play Structures & 45 minutes in a party area.

## **GYM PARTIES**

This party includes 1 hour in the gym & 1 hour in a party area. School aged children will enjoy skills, drills and fun games with their choice of basketball, soccer, dodgeball, kickball, t-ball, floor hockey or our sports wall. Pre-school children will participate in a variety of traditional games such as duck duck goose, musical chairs, red light-green light, as well as other favorite pre-school games.

## **SWIM & GYM PARTIES**

This party includes 30 minutes of WIBIT swim, 30 minutes of games/activities in the gym & 45 minutes in a party area.



## **WHAT'S INCLUDED**

- 2 trays of 18 Cut Sicilian pizza OR 4 trays of Large Round pizza (additional pizza is available at an additional fee)
- Juice boxes & Water
- Paper products (table clothes, plates, forks, napkins, candles)

## **PARTY FEES**

- The first 20 children & 10 adults are included in the package price. Each additional child or adult is \$5.00. (An additional tray of pizza will be included for every 5 additional children/adults)
- \$230 - YMCA Member (birthday child must be a member to receive this rate)
- \$270 - Non-Member

Contact our Aquatic Department at 570-970-5051 for more information and to make reservations.

## 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

If a class is cancelled by the YMCA, then a full refund will be given.

If the participant has to withdraw due to sickness/injury and has a medical excuse, then a full refund will be given.

If the participant withdraws from the class for other reasons, the following policy is in place:

- 14 days or longer before the start of the class 100% refund
- 7-13 days before the start of class 75% YMCA Credit
- 1-6 days before the start of class 50% YMCA Credit
- Start of class or later No refund

## 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 or for cancellations that after the 15 days notice requirement for cancellation. For annual memberships refunds will occur if: 1) A note from the doctor explaining why you cannot use your membership; or 2) Verification of residency 50+ miles outside of Dunmore. 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.



# 2018 YEAR END APPEAL CAMPAIGN

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](http://www.wbymca.org) or contact Meghan Carnevale at (570) 828-3113 or [mcarnevale@greaterscrantonyymca.org](mailto:mcarnevale@greaterscrantonyymca.org).

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

