



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# YOUR HEALTH YOUR GOALS OUR MISSION

**WINTER 2018 Program Guide**

**YMCA OF YORK COUNTY  
BOB HOFFMAN BRANCH**  
1705 Palomino Road  
Dover, PA 17315  
(P) 717-292-5622  
(F) 717-292-3526  
[yorkcoymca.org](http://yorkcoymca.org)



# GENERAL INFORMATION

**Our Mission:**  
**To put Christian principles into practice through programs that build healthy spirit, mind and body for all.**

## CODE OF CONDUCT

We are committed to providing a safe and welcoming environment for all of our members and guests. To ensure safety and comfort for all, we ask individuals to act appropriately at all times when they are in our facility or participating in Y programs. We prohibit inappropriate behavior and conduct which includes: profanity, abusive language or attire, smoking, tobacco use, vaping, use of alcohol and criminal conduct of any type. 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 FOR ALL

Because the Y is community based and believes that its programs should be available to everyone, we offer "Membership for All". This program offers an income based sliding fee scale designed to fit the financial situation of everyone in our community. The scale is used to determine the amount you will be expected to pay based on your income. Verification of your current gross household income is required.

## FINANCIAL ASSISTANCE

Financial aid is available for Y classes and programs. Call or stop by the Y for more information.

## ANNUAL SUPPORT CAMPAIGN

We are committed to recognizing the needs of our community and providing services designed to make a difference in the lives of those we serve, regardless of ability to pay. YMCA financial assistance is needed more than ever! For details on how you can invest in the future please contact our Development Office by calling 717.812.0119 x308.

## ATTIRE

Proper exercise attire must be worn in all YMCA program areas.

## PAYMENT OPTIONS

Monthly membership payments can be processed electronically through a credit card or checking account. Your draft continues until you provide the Y with a 30-day written notice of cancellation or changes. Phone cancellations are not accepted. This is a continuous payment system. Annual memberships and programs may be paid with cash, checks, VISA, Discover, American Express or MasterCard.

## JOINING FEE

The joining fee is a one-time fee as long as your membership continues. Any membership that has lapsed for more than two months (60 days) is subject to being charged a new joining fee.

## EMPLOYEE GROUP MEMBERSHIPS (Corporate Memberships)

Available to at least 5 persons from the same company who are Y members. Corporate Members receive a 15% savings on their yearly membership fees. Contact the Membership Director for additional information.

## MEMBERSHIP CARDS

Facility members must scan their membership key card to gain admittance. Replacements are \$5.

## GUESTS

Members are encouraged to bring friends. Please stop by the Membership Services Desk for a free guest pass.

## PROGRAM REGISTRATION

Payment for a program needs to be made prior to start of the program to secure your spot. For your convenience, registration may be taken over the phone using credit card. Your membership must be in effect throughout the entire program session if you are paying a member fee.

## INSUFFICIENT FUNDS

Any check returned to the Y for non-payment is charged a \$35 fee.



## LOST & FOUND

The YMCA cannot be responsible for items left/lost or stolen at the facility or program areas. Items are kept for approximately ten days. Unclaimed items will be given to needy families or worthwhile charities. Please do not bring valuables into the building.

## Y SERVICES

The Y will not be held responsible for children outside program areas or beyond indicated program times. Participation in Y programs is at your own risk.

## CREDITS & REFUNDS

A complete membership refund, excluding the joining fee, is available for any reason within 30 days of joining. After 30 days, a pro-rated refund will be available if moving from the area. Class credit or make-up times may be issued in the event of a medical emergency. Credits are at the discretion of the Program Director. Once you have paid for class, there is a \$4 fee for class change or cancellation. Credit will be issued for classes cancelled by the Y. Classes missed due to holidays or inclement weather may not be made up or given credit.

## BUILDING RENTALS

The Graham Aquatic Center, the Y and Camp Spirit are available for rentals. Contact the Y for details.

## CLOSINGS & DELAYS

If the Y is closed or classes are delayed, an announcement is made on [wgalchannel.com](http://wgalchannel.com), Face book-Bob Hoffman Dover Branch, Twitter or Instagram. Sign-up for Remind at [rmd.at/doverbr](http://rmd.at/doverbr) or text @doverbr to 81010.

## VOLUNTEER TODAY!

We have several opportunities for volunteers and internships throughout our organization. For more information contact Melissa by calling 717.812.0119 x300.

## YOUTH POLICY

To ensure a positive experience for all members, there are age restrictions in place for safety reasons. A parent or guardian is required to provide direct supervision for all youth under the age of 11 while participating in a program or in YMCA facilities.



# BOB HOFFMAN YMCA MEMBERSHIP

(Rates subject to change with 30 days notice)

## Meet our Staff...

Jennifer Hockensmith / Executive Director  
Association Child Development Director  
jhockensmith@yorkcoymca.org

Cori Strathmeyer / Director of Healthy Living  
cstrathmeyer@yorkcoymca.org

Beth Crone / Membership Director  
bcrone@yorkcoymca.org

Heather Lehman / Child Development Director  
hlehman@yorkcoymca.org

Doug Markel / Camp Director  
Youth, Family & Sports Director  
dmarkel@yorkcoymca.org

Kim Arnold / Child Watch Coordinator  
karmold@yorkcoymca.org

Erika Helwig / Wellness Coordinator  
ehelwig@yorkcoymca.org

Kathy Dowling / Child Development  
Assistant Director  
kdowling@yorkcoymca.org

Julie Wise / Part Day Preschool Coordinator  
jwise@yorkcoymca.org

| Category   | Joining Fee    | Monthly Draft  |
|--|----------------|----------------|
| <b>Family / Household</b> (2 adults & children)  | <b>\$25.00</b> | <b>\$56.00</b> |
| <b>Adult</b> (18 - 64 years)   | <b>\$25.00</b> | <b>\$37.50</b> |
| <b>Senior Adult</b> (65+ years)  | <b>\$25.00</b> | <b>\$35.50</b> |
| <b>Youth Association Wide</b><br>(up to & including age 18)  | <b>\$25.00</b> | <b>\$21.00</b> |
| <b>College</b><br>(full time student up to age 24-must show ID)  | <b>\$25.00</b> | <b>\$24.00</b> |
| <b>Adult Corporate</b>   | <b>\$25.00</b> | <b>\$32.50</b> |
| <b>Family Corporate</b>  | <b>\$25.00</b> | <b>\$48.00</b> |
| Ask about our <b>Membership for All Program</b> which offers an income based sliding fee scale designed to fit the financial situation of everyone in our community. |                |                |
| We accept <b>SilverSneakers®</b> and <b>Silver&amp;Fit®</b> programs. Please stop at the Member Service Desk with your insurance card to determine your eligibility. |                |                |
| <b>Monthly drafts</b> continue until you provide the Y with a 30-day written notice of cancellation or changes.  |                |                |

## MEMBERSHIP VALUES

### FAMILY

- FREE Wellness Center privileges
- FREE Wellness Classes (ages 11+)
- FREE Open Gym privileges
- FREE – Wellness Center orientation (ages 14+)
- FREE Wi-Fi
- FREE daily use of lockers (or rental fee of \$30 per year)
- FREE Child care while in class or Fitness Center
- FREE "Parents Night Out"
- FREE Fit Fun Kids
- FREE Ultimate Kids Fitness Class
- FREE Born To Move (ages 8-12)
- \$30 discount for 1 Youth sport league one child per year
- 50% discount for 1-week of camp per child
- Member rates on programs
- Special pricing at the Graham Aquatic Center
- Free Parent/Child swim class at York Y for ages 6-36 months

### ADULT

- FREE Wellness Center privileges
- FREE Wellness Classes
- FREE Open Gym privileges
- FREE – Wellness Center orientation
- FREE Wi-Fi
- FREE daily use of lockers (or rental fee of \$30 per year)
- Special pricing at the Graham Aquatic Center

### YOUTH

- FREE Wellness Center privileges (ages 14+)
- FREE Wellness Classes (ages 11+)
- FREE Open Gym privileges
- FREE – Wellness Center orientation (ages 14+)
- FREE Wi-Fi
- FREE daily use of lockers (or rental fee of \$30 per year)
- FREE Fit Fun Kids
- FREE Ultimate Kids Fitness Class
- FREE Born To Move (ages 8-12)
- Member Rates on Youth Sports & Youth Programs
- Special pricing at the Graham Aquatic Center



### NATIONWIDE MEMBERSHIP

With nationwide membership, members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost.

### MEMBER REFERRAL PROGRAM

Stop at the Member Services Desk to find out how you can receive up to three free months of membership on a calendar year.

# HEALTHY LIVING



## WELLNESS CENTER

Bob Hoffman YMCA members, ages 14 and older, enjoy our 3,000 square foot Wellness Center. Cybex Strength Systems are versatile for any training level. Cybex machine resistance can be controlled right from your workout position. The following equipment is also available to complement your strength training workout: York Barbell Free Weights & Benches, Treadmills, Ellipticals, Bikes, Stairmasters, Row machine, Lifecycle, Bikes & Recumbent Bikes

- **FREE Wellness Orientations:** Meet with trained YMCA staff to learn proper techniques and usage of all fitness equipment.

## BODY IN MOTION

**Wed 10:30-11:15 AM**

Burn calories, increase stamina with this low-impact, multi-muscle workout! Have fun "walking" while you tone. Easy on your joints, no experience needed. Perfect for all levels of fitness. Two left feet welcome.

## BODY/MIND MEDLEY

**Sat 9-10:00 AM**

Different instructors each Saturday! Classes will rotate as listed below.

New Rotation (effective Feb 3<sup>rd</sup>)

1<sup>st</sup> Saturday – Body Shred™

2<sup>nd</sup> Saturday – Kettlebell/BOSU

3<sup>rd</sup> Saturday – BODYFLOW®

4<sup>th</sup> Saturday – Zumba®

5<sup>th</sup> Saturday – Varied

## GENTLE YOGA

**Mon/Fri 9:15-10:15 AM**

Enjoy the benefits of a typical Yoga class including warm-up and proper breathing while being guided thru standing, seated and balancing postures.

## HI/LO CARDIO

**Fri 5-5:45 PM**

Class format changes from week to week to offer variety.

## LES MILLS BODYFLOW®

**Mon 10:15-11:15 AM**

**Tues 7:30- 8:30 PM**

A Yoga, Tai Chi, and Pilates workout that builds flexibility and strength leaving you feeling centered and calm.

## LES MILLS BODYPUMP®

**Mon 9-10 AM**

**Mon 7:15-8:15 PM**

**Thur 6:45-7:45 PM**

Challenge all of your major muscle groups while you squat, press, lift and curl. This barbell class will sculpt, tone and strengthen your entire body, fast! No weight lifting experience necessary. You will be shown multiple options to keep it low intensity if you are a beginner, or higher intensity options if you are at an advanced level.

## MUSCLE PUMP

**Wed 9-10:00 AM**

**Wed 6-7:00 PM**

Join this strength workout targeting all major muscle groups using a variety of equipment.

## PILATES

**Mon 7:15-8:15 PM** (effective 1/29)

Activate core muscles and develop a strong posture.

## NEW!

### POUNDO®

**Tues 6:20-7:20 PM**

**Fri 6-7:00PM**

Instead of listening to music, you become the music while using Ripstix® in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. For men and women of all fitness levels, ages and abilities!

### R.I.P.P.E.D™

**Tues 10:45-11:45 AM**

**Thurs 10:45-11:45 AM**

Resistance. Interval. Power. Plyometrics. Endurance. Diet. This class offers high cardio, weight training and Mixed Martial Arts, forming a non-plateau, high intensity workout.

## STEP INTERVAL

**Mon 5-6:00 PM**

**Tues/Thurs 9:15-10:15 AM**

**Wed 5-6:00 PM**

This workout will help you burn fat & calories and build muscle with the use of the step and lightweights throughout the class. All levels.

## TABATA

**Tues 5:30-6:15 PM**

Class format consists of high intensity interval training. It follows a specific format of 40 seconds active and 20 seconds rest, completing 4 rounds for a total of 4 minutes. Workouts offer more performance benefits in less time. Build endurance and burn more calories. Suitable for beginner to advanced.

## TAI CHI

**Mon 5-6:00 PM**

**Thurs 8-9:00 AM**

This graceful and relaxing form of exercise is low impact and puts minimal stress on muscles and joints. Helps to increase flexibility and balance. Also reduces pain and stiffness associated with arthritis. Classes run in 12-week sessions. Must sign up prior to week 3 of each new session.

Sessions: Mondays, starting 3/26

Thursdays, starting 3/29

## TRIPLE THREAT

**Mon 6-7:00 PM**

Class offers three segments of different types of cardio, strength and core based formats that can change every week. Segments consist of 30 mins. cardio, 20 mins. strength & 10 mins. abs. Fusing together intensities and different types of exercises create intervals and variations that shock your body into getting more fit.

## NEW!

### TURBO KICK®

**Wed 7-8:00 PM**

The unique Turbo Kick® movement patterns, combinations and techniques work together to give YOU the ultimate cardiovascular workout. This class will melt you down a size and take you to new levels both physically and mentally.

## ULTIMATE FITNESS

**Fri 9:15-10:00 AM**

Focuses on interval exercises for cardiovascular endurance, body weight exercises for strength, plyometrics for power, balance, agility and core conditioning. Intermediate to advanced.

## WEEKEND WARRIOR

**Sat 8-9:00 AM**

Step class ending with mat works or stability ball.

## YOGALATES

**Wed 9:15-10:15 AM**

Low impact, develop core strength, tone muscles, increase flexibility, and reduce stress. Instructor demonstrates modified positions for those with limitations. Added plus of body toning using hand weights.

## ZUMBA® FITNESS

**Wed 7-8:00 PM**

Fuses hypnotic musical rhythms & tantalizing moves to create a dynamic workout. Experience an exhilarating hour of caloric body energizing movements.



# HEALTHY LIVING

## HEALTH & WELLNESS

### PERSONAL TRAINING

A certified Personal Trainer will develop a structured program to help you reach your personal goals.

#### FITNESS ASSESSMENT

Free fitness assessment with the purchase of individual Personal Training package.

Limit: 2 free assessments per year.  
Assessment only: \$50

#### FIRST FRIDAY DISCOUNT

\$5 OFF ANY INDIVIDUAL SESSION OR PACKAGE. Appointments must be completed within 90 days of purchase.

#### SMALL GROUP SESSIONS

Group Size: 2-5 people  
Member Rates:

3-30 minute sessions \$50/ea. person

3-1 hour sessions \$70/ea. person

Non-Member Rates:

3-30 minute sessions \$70/ea. person

3-1 hour sessions \$180/ea. person

#### INDIVIDUAL SESSIONS

Member Rates:

6-30 minute sessions \$125

1-1 hour sessions \$50

3-1 hour sessions \$125

Non-Member Rates:

6-30 minute sessions \$180

1-1 hour sessions \$70

3-1 hour sessions \$180

Contact Erika Helwig at  
[ehelwig@yorkcoymca.org](mailto:ehelwig@yorkcoymca.org) or  
717.292.5622 for more information or

## YOUTH

### FIT FUN KIDS

Fitness is not just for adults! Kids will discover just how much their bodies can do while having fun using a variety of equipment and props in a safe environment.

September thru May for ages 3-6

Wed 11:30 AM-12:15 PM

Free - Member

\$25/month - Non Member

### ULTIMATE KIDS FITNESS

Ages 4 - 12

Thurs 6:00 PM - 6:45 PM

Children will enjoy this energetic, fun workout held in our fitness studio. Parents are welcome to participate. Max limit 20.

Free - Member

\$25/month - Non Member

### BORN TO MOVE™

Ages 8 - 12

Les Mills BORN TO MOVE™ is a fun new fitness program created by and for young people just like you. It uses music, movement and the power of group fitness to boost your energy, increase your skill level and generally make you feel awesome. The music and choreography change regularly, so there's always new stuff to look forward to.

Tues 6:15 - 7:00 PM

Free - Member

\$25/month - Non Member



## ACTIVE OLDER ADULTS



### SILVERSNEAKERS® BOOM™

BOOM™ MOVE IT & MUSCLE

Tue 8:00-9:00AM

Wed 5:00 - 6:00 PM (starting 1/24)

BOOM™ MUSCLE & MIND

Friday 10:30-11:30AM

Have you hit a fitness plateau? Do you like fast-paced workouts that are done in 30 minutes? Can you handle a challenge? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.



### SILVERSNEAKERS® CLASSIC

Tues & Thurs 10:30-11:15 AM

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

### SILVERSNEAKERS® YOGA

Tues & Thurs 9:15-10:15 AM

Thurs 5:15-6:00 PM

Takes you through variety of yoga postures with the assistance of a chair for safety and form, to improve posture, body alignment and range of motion. A typical class starts with breath work followed by seated postures, chair assisted standing postures, then seated cool down and relaxation.

- **FREE** Wellness classes to members ages 11+
- **REGISTER** monthly on-line or at the Member Service Desk
- Non Members may purchase a 10-class punch card for \$60
- Need minimum enrollment of 8 participants to run class
- Please contact a physician before beginning any exercise program
- Schedule subject to change without notice

## ENHANCE®FITNESS

Treating Arthritis through Fun, Laughter and Friends

Mon/Wed/Fri 8:00-9:00 AM

Join us for EnhanceFitness, a proven senior fitness and arthritis management program that improves your endurance, strength, balance and flexibility. It reduces your arthritis symptoms with safe, low impact exercises led by certified instructors in a relaxed atmosphere that promotes fun, laughter, friendship and smiles.

EnhanceFitness has been recognized by the CDC and other national organizations committed to improving the health of older adults.

Of all EnhanceFitness' multiple benefits through, the one that matters most is that it's a great time.

Fitness assessments are offered every 16 weeks so that participants can track their progress. Classes run continuously, therefore assessments are scheduled on an individual basis.

This program is **free** to YMCA members. YMCA guests are eligible to participate by registering for a 16 week program. Cost is \$40/month.



# HEALTHY LIVING



## LIVESTRONG AT THE YMCA

Held at the Bob Hoffman YMCA, this free 12 week research based program supports adult cancer survivors in regaining their physical, emotional and spiritual strength. This health and wellness exercise program is conducted in a small group environment that includes individualized attention for each participant.

**February 5 – April 26**

**Monday & Thursday 7-8:30 PM**

Contact: Heather Moore 717 843-7884, ext. 248 or HMoore@yorkcoymca.org.

For more information on the LIVESTRONG events, please visit our website.



## BLOOD PRESSURE SELF MONITORING PROGRAM

This 4-month evidence-based program helps those with hypertension lower their blood pressure. Individuals will develop a blood pressure self-monitoring routine, learn tips for maintaining cardiovascular health and nutritious eating.

4 Month Program fee:  
FREE/YM  
FREE/NM

Contact Erika Helwig at 717 292-5622 or ehelwig@yorkcoymca.org.

## PERSONAL NUTRITION COACHING

By appointment only  
Amanda Snyder, our Certified nutrition coach will empower you to make dietary changes for a healthy lifestyle. Whether you are aiming to lose weight, train for a fitness event, or just learn the basics of nutrition, Amanda will guide you through. Members only.

\$40/one hour session  
\$20/30 minute session  
\$100/3 one hour sessions  
\$100/six 30 minute sessions



## THERAPEUTIC MASSAGE

We are pleased to introduce Paula Kenney, Licensed Massage Therapist, to the Bob Hoffman YMCA. Paula has been practicing massage for 20 years and has been with the Y since 1998 at our York branch. Call Paula at 843-7884, ext 267 or email pkenney@yorkcoymca.org for appointment. Participants under age 18 must have a parent present during the massage.

**Thursday 4:00- 7:45 PM**  
**Saturday 9:00 AM- 12:45 PM**  
**Tuesday 12:30- 7:45 PM**

**Regular Massage:**  
**YMCA Association Member:**  
60 minute- \$53  
30 minute- \$43  
**YMCA Guest:**  
60 minute- \$70  
30 minute- \$57

**Hot Stone Massage:**  
**YMCA Association Member:**  
60 minute- \$61  
**YMCA Guest:**  
60 minute- \$81

**Reflexology:**  
**YMCA Association Member:**  
30 minute- \$43  
**YMCA Guest:**  
30 minute- \$57



## DIABETES PREVENTION PROGRAM

The YMCA Diabetes Prevention Program empowers pre-diabetic adults to make lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes. This community-based lifestyle improvement program takes place in a relaxed classroom setting and meets weekly for 4 months, every other week for 2 months, and monthly for the remainder of the year.

\$429 – includes 3 month adult membership  
Check your health insurance company for program reimbursement options.

Contact: Justin Casteel at 717-843-7884 x248 or jcasteel@yorkcoymca.org



## FREEDOM FROM SMOKING

The Freedom from Smoking® program, developed by the American Lung Association, is a 7-week program designed to help people quit tobacco use and develop a smoke-free lifestyle.

Class topics include:

- Health benefits of quitting tobacco use
- Winning strategies—including nicotine replacement products
- Creating a personal plan
- Tips for staying tobacco free

Contact: Meghan Gray at 717-843-7884 x248 or mgray@yorkcoymca.org

## STROKE SEMINAR

Learn the signs, symptoms, and treatment of strokes. Presented by OSS. Please sign-up at the Membership Service Desk. Light refreshments will be provided.

**Tuesday, January 23**  
**10:15 AM-11:00 AM**

# YOUTH DEVELOPMENT



## NEW!! DOVER INTERMEDIATE SCHOOL AFTER SCHOOL PROGRAM

In collaboration with the Dover Twp. Rec. Dept., this program invites all Dover Area 7<sup>th</sup>/8<sup>th</sup> grade students to join this structured and supportive program for beneficial and recreational activities including help with homework, art, sports, team building, Youth and Government, and more. This program runs each day after school until 5:45 PM at the log cabin in front of the Dover Intermediate school.

Participating students can stop in the Y with a parent/guardian for a free membership. For more information, contact Doug Markel at [dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org).

**Coming Fall 2018**

**Member- \$25/week**

**Non-Member-\$50/week**

## NEW!! 7TH GRADE INITIATIVE

### 7th Graders Only

The 7th grade initiative offers seventh grade students an opportunity to receive a free YMCA membership for an entire school year. Students will receive full member privileges which include use of YMCA indoor facilities during normal operating hours. The 7th grade initiative seeks to establish the YMCA as an important resource to young teens, providing a safe place where they can meet friend, offer a healthy environment with value based programming.

## NEW!! 8th GRADE INITIATIVE

### 8th Graders Only

The 8th grade bridge program was developed to bridge the gap between middle school and high school for students. As a follow up to the 7th Grade initiative, the 8th grade bridge seeks to sustain the teachings and support of the YMCA by providing a safe place where students can continue to develop personally and academically. The 8th grade bridge is the bridge from the character building 7th grade initiative, and the academically building Achievers Avenue. Free membership included.

## NEW!! YOUTH/TEEN

### DODGEBALL

Seventh and eighth grade school students can enjoy an evening of music provided by a DJ, a dodgeball tournament and socializing with friends at the Y. Teams will be formed at the beginning of the event and a tournament will follow.

Friends can request to be on the same team.

**2nd Friday of the month Feb-May**

**6:30-8:30 PM**

**\*Fees: \$2 – Member  
\$5 – Non-Member**

### PARENT'S NIGHT OUT

(Bob Hoffman YMCA Family Memberships Only)

An opportunity to take the time you need for each other, while your child enjoys a fun filled evening of arts-n-crafts, games, and/or a movie in a safe environment. **This is for ages 2 – 12; however, 2-year-olds must be picked up by 9 PM.** Diaper changing is provided. Due to the overwhelming response to this program, we ask members to register for only four of the eight nights January to August and two of the four nights September to December, and be placed on the waiting list for the other nights. The evening starts at 6:00 PM and ends at 9:45 PM.

**Donations will be requested** for snacks, drinks and such items as construction paper, colored pencils, crayons, glue sticks, washable markers or whatever may be needed.

**Parent's Night Out dates:**

**March 16**

**April 20**

**May 18**

**June 15**

**July 20**

**August 17**



## CHILD WATCH

**FREE** child care is available during scheduled hours for those with YMCA family memberships while working out in the Fitness Center, participating in a fitness class or open gym. Care is provided for children ages 3 months to 12 years.

### CHILD WATCH HOURS OF OPERATION

**Mon-Fri**

8:30 AM – 12:00 PM

5:00 – 8:30 PM

(closes @ 7PM on Parent's Night Out dates)

**Sat**

8:00 AM – 12:00 PM

**Fees: FREE – Family Members**

**\$3/hour/child – Adult Members**

**OR**

**\$10/month/child – Adult Members**



### KID'S PLAY TIME

**Mon - Fri 9:00 AM – 12:00 PM**

**Ages 1-5**

(Bob Hoffman Y Family Memberships Only)

Parent's can enjoy "free" time while your child/children participate in this program.

Your child will learn to interact with other children by participating in songs, story-time and more. Snacks will be provided.

Pre-registration is required.

(limit 2 hours)

\$3.00/hour each child

**Have a suggestion for a youth program?**

Contact:

Doug Markel at

[dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org)

# YOUTH DEVELOPMENT

## PRESCHOOL

### Ages 2 – 5

We strive to meet the social, emotional, physical and cognitive needs of the 2 to 5 year old child thru our part day preschool classes offered at the Bob Hoffman YMCA. For more information, please call for our current registration brochure.

Registration for the 2018-19 School Year begins in January. Secure your child's spot early. Minimum registrations are required in order to run programs. (September – May)  
A \$30 per child or \$50 per family non-refundable registration fee will secure a spot for your child.

#### 2 YEAR OLD CLASS:

Tue/Thur 9:15-11:00 AM or  
Tue/Thur 11:15-1:00 PM  
\$60/month – Member  
\$82/month – Non Member

#### 3 YEAR OLD CLASS:

Tue/Thur 9-11:15 AM or  
Wed/Fri 9-11:15 AM  
\$77/month – Member  
\$98/month – Non Member

#### 4/5 YEAR OLD CLASS:

Mon/Wed/Fri 9-11:30 AM or  
Mon/Wed/Fri 12-2:30 PM  
\$95/month – Member  
\$117/month – Non Member

#### PRE-KINDERGARTEN CLASS:

Mon/Tues/Wed/Thurs 9-11:30 AM or  
Mon/Tues/Wed/Thurs 12-2:30 PM  
\$155/month – Member  
\$177/month – Non Member

A 10% discount will be applied to siblings. Sibling discount may not be combined with any other discount or financial aid.



### Interested in Full Day Preschool?

Contact:  
Julie Wise, Preschool Coordinator  
[jwise@yorkcoymca.org](mailto:jwise@yorkcoymca.org)  
Heather Lehman,  
Child Development Director  
[hlehan@yorkcoymca.org](mailto:hlehman@yorkcoymca.org)



#### EXTENDED DAY PRESCHOOL

Your child will learn through play in this structured, but relaxed, afternoon class offered to 4-5 year-old children. Class will include a variety of activities provided by a nurturing preschool teacher. Activities include playtime, circle time, movement, snacks, centers, craft, story time, and more.  
**September-May**  
**Mon/Wed 11:30 AM-2 PM**  
\$77/month – Member  
\$98/month – Non Member

#### MESSY MONDAYS Ages 2-3

Messy Mondays is a hands-on, fun-filled class focusing on tactile experiences. We will listen to stories, learn songs, do crafts, participate in action rhymes, make a snack and more. Each week will be centered around a different theme.  
**September-May**  
**Mon 9:15 – 11:15 AM**  
\$37/month – Member  
\$55/month – Non Member

#### TROMPIN TUESDAYS Ages 2 – 3

Bring your 2 or 3-year-old child to stomp, tromp, and just plain have fun playing organized gross motor active games in the gymnasium. Parents are required to stay with 2-year-olds.  
**September-May**  
**Tue 11:30-12:00 PM**  
\$15/month – Member  
\$20/month – Non Member

#### Princess Tea

**March 11**  
**2:00PM-4:00PM**

#### PARTY LIKE A PRINCESS!

Reserve your spot now as spaces are limited. Please contact Julie Wise by emailing [jwise@yorkcoymca.org](mailto:jwise@yorkcoymca.org) or by calling (717)292-5622 Ext. 29 with questions.

YM \$16 Adult  
\$9 Child  
NM \$18 Adult  
\$12 Child



## KID'S CLUB

### SCHOOL AGE CHILD CARE

#### DOVER & CENTRAL SCHOOLS

Before and after school care is provided in the elementary school gymnasiums for those students attending school in the **Dover District (Dover, Weigelstown, North Salem\* and Leib)** and in the **Central District (Roundtown, Hayshire, North Hills\* and Sinking Springs\*)**. \*Students at these sites will be bused to/from another site in the district.

\*Sinking Springs at Roundtown Elementary  
\*North Hills at Hayshire Elementary  
\*North Salem Elementary at Dover Elementary

Outside play, homework, reading, craft time, and free play is incorporated in the daily schedule which follows the PA Early Learning Standards. All sites are licensed by the PA Department of Human Services. Programs operate 6:30 AM until the beginning of school and from school dismissal until 6:00 PM. Afternoon snack is provided daily. We participate in and follow CACFP guidelines for snack. Care is provided around the school schedule with **full day closings provided at the Bob Hoffman YMCA.**

All required paperwork **MUST** be on file before your child can begin care. For more information please contact Heather Lehman, Child Development Director @ [hlehan@yorkcoymca.org](mailto:hlehman@yorkcoymca.org)

**Registration Fee: \$30/child**  
**\$50/family**

**Weekly Fees:**  
**AM Only \$58 YM, \$87 NM**  
**PM Only \$60 YM, \$89 NM**  
**Both AM & PM \$100 YM, \$130 NM**



#### GET SACCED!

#### School Age Child Care for Holidays & In-service days

Care is available at the Bob Hoffman YMCA between 6:30AM and 6:00PM. Dates are determined by the Dover and Central District calendar. Children from other school districts are welcome to attend when dates coincide with Dover and/or Central's scheduled closings.

**\$30/day – Member**  
**\$50/day – Non member**

For more information, please contact Heather Lehman at 292-5622.



# YOUTH DEVELOPMENT

## YOUTH LEAGUES

### Basketball League/ Indoor Soccer League

- Practices and games held in one hour sessions on Saturdays.
- Teams formed according to ages
- FREE Team T-shirt & medal
- Times subject to change after first week.
- Participant's ages 6-8 and ages 9-11 will potentially travel to York for one to two games and have the unique experience of playing at a different field/court.
- Games for participant's ages 4-5 will be all home.
- Registration is preferred at least 1 week prior to start date



For more information on Youth Sports or Arts & Humanities programs, contact Doug Markel at [dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org)

### T-BALL LEAGUE

For beginners and experienced players. Participants will learn and enhance their baseball/softball skills including throwing, fielding, hitting, and more in an instructional setting through practices and games. Youth ready to advance past hitting off the tee will gain "soft pitch" from the coaches.

**Saturdays, April 28-June 16**

**Ages 4-5 9-10 AM**

**Ages 6-8 10-11 AM**

**Fees:** \$35-Member

\$70-Non-Member

Non-mandatory practices held during the week.

### COED INDOOR SOCCER LEAGUE

For beginners and experienced players. Participants will learn and enhance their soccer skills including ball handling, passing, shooting, control, and more in an instructional setting through practices and games. Practices and games held on Saturdays at the field behind the Bob Hoffman YMCA. Some games for the 6-8 and 9-11 age groups will travel to York Branch. Please provide shin guards.

#### Feb. 10- April 14 (Saturdays)

\*Times are subject to change after first week

**Ages 4-5: \*9 - 10 AM**

(All games are home)

**Fees:** \$35-Member

\$70-Non member

**\*Ages 6-8: \*10 - 11 AM**

**\*Ages 9-11: \*11 - 12 PM**

\*(Some games travel to York Branch)

**Fees:** \$40-Member

\$80-Non member



### NEW! NERF TAG

This exciting game is focused on participants working together to capture the flag on the other teams side of the gym while playing with nerf guns. Each participant must bring their own equipment including safety glasses, ammo (bring a lot), and nerf gun. Make sure to label all equipment.

**AGES: 6-11**

**Saturdays 3/17-5/5, 12:15-1:15AM.**

**\*Try it for free on 3/10 at 12:15PM.**

**\$30/YMCA MEMBERS**

**\$60/NON-MEMBERS**

### NEW! GROUP BASKETBALL TRAINING

This new program is led by an instructor with years of coaching and instructing experience including coaching at the AAU level and High School level. In a recreational setting, youth will gain advanced skill enhancement through instruction and drills. Those interested are required to have basic dribbling skills to register.

**AGES: 6-8**

**Mondays from March 19-May 7**

**6:25-7:10PM**

**\$35/YMCA MEMBERS**

**\$70/NON-MEMBERS**

### Field Hockey Clinic

This clinic will be led by the York College Field Hockey team members and coaches.

Participants will gain fundamental skills and knowledge of the game. Open to all levels. Held inside the Bob Hoffman YMCA gym.

Participants must bring a mouth guard and shin guards. Field hockey sticks will be provided.

**April 28**

**Ages 5-8 1:30-3pm**

**Ages 9-12 3-4:30pm**

**\$30 - Member**

**\$60 - Non-Member**

## ARTS & HUMANITIES

### CREATIVE DANCE Ages 3-12

Learn basic pre-ballet movement to simple choreography. Students will end the session with a dance recital (minimal fee for costume). Proper dance attire (ballet shoes, a leotard and tights) required.

**Session fee:**

\$50-Member \$100-Non member

### TAP (add-on to Creative Dance)

Participants will learn basic tap movements, combinations and form.

**Additional session fee for Tap:**

\$25-Member \$50-Non member

**Mondays: January 8- Mar 12**

**Mar 26-June 4**

Ages 3-4 6:00-6:45PM

**Wednesdays: January 10- Mar 14**

**Mar 28-June 6**

Ages 5-7 5:15-6PM

Ages 8-12 6:30-7:30PM

**Additional class time for tap**

Ages 5-12 6-6:30PM

**Recital held on March 17**



# YOUTH & FAMILY ACTIVITIES

## GYMNASIUM

**FREE OPEN GYM** available for member use daily at the Bob Hoffman YMCA. **Complete schedule is posted on the gym door in the lobby and is available at the Member Services Desk.** Times are subject to change based on programming needs.

### OPEN BASKETBALL

**PICK-UP GAMES** Ages 11+  
**Mon & Wed 8:10-9:50 PM**  
**Members only** may participate. Free to Y members

**Tues, Thurs & Fri 3:00-5:00 PM**  
Free to Y members  
\$3 drop-in fee for Non Members.  
**Free week guest pass does not apply.**



## Adult Co-Ed Pick-Up Games

**Age 18+**  
**Dodgeball – Tuesdays**  
**Volleyball – Thursdays**  
**Games 7:15-8:30 PM**

Stop by on Tuesdays at 7:15PM for dodgeball and Thursdays at 7PM for volleyball. Games are in a non-competitive environment. Free for members with a \$3 drop-in fee for non-members. Contact [dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org) if you have a team, or are looking for team placement.



## Healthy Kids Day

**FREE Community Event**  
**Saturday, April 21**  
**1:30PM-4PM**

Join in the celebration across the country! Our national event is designed to get kids moving and learning, and families living healthier. Healthy Kids Day is the Y's initiative to improve the health and well-being of families and to help them get a jump on creating a healthier summer. Stay tuned for more details.

### YOUNG TIGERS TAEKWONDO

**Age 4 & 5**  
**Class held on Mondays**  
**Winter session: 1/8- 3/26**  
**Spring Session: 4/2 – 6/25**  
**Class times: 5:30-6:15 PM**

Young Tigers is a fun program for the little kids. This program is a stepping stone to our Safe Kids / Olympic Tae Kwon Do program for older kids and adults. Kids learn fun kicks and exercises that develop balance, coordination, strong minds and strong bodies. Young Tigers can lead to Safe Kids and a Black Belt in Tae Kwon Do from the World Tae Kwon Do Federation in Seoul S. Korea. All classes taught by advanced Black Belt Instructors. Registration fee is \$15 for a 12 week session. Class drop in fee is \$5 per week. No new sign ups after the 3<sup>rd</sup> class.



### SAFE KIDS TAEKWONDO

**Ages 6 – Adult**  
**Class held on Tuesdays**  
**Winter session: 1/2/18- 3/20/18**  
**Spring Session: 3/27 – 6/26**  
**Class times: 6:00-7:00 PM**

Earn your internationally certified Black Belt through the World Tae Kwon Do Federation in Seoul S. Korea, while you learn about safety awareness and self-defense. The Safe Kids program also builds ones confidence and self-esteem. These classes are great for kids, adults and families. All classes taught by advanced Black Belt Instructors. Registration fee is \$15 for a 12 week session. Class drop in fee is \$5 per week. No new sign ups after the 3<sup>rd</sup> class.

## UPCOMING EVENTS

**Lucky 21 Challenge**  
**March 12 – April 13, 2018**  
Create your own healthy luck by working out!  
Register at the membership desk.

**Silver Sneakers Open House**  
**March 21, 2018**



## CAMP SPIRIT

Every summer, YMCA of York and York County provides exciting activities and programs that allow Y campers the opportunity to learn, grow and thrive in their own unique way. Y campers build self-esteem, develop communication skills and create lasting friendships. Our well trained staff provides a safe environment to enhance the core values of the YMCA: caring, honesty, respect and responsibility. Camp programs are fun for children ages 5-16. Camp activities may include field trips, swimming, sports, arts & humanities, archery, and activities that help campers discover the importance of living a healthy lifestyle. Camp Spirit is located on 14 acres of outdoor space, some of which is wooded. Campers participate in a wide variety of programming that includes archery, sling shots and digital photography. With an outdoor pool, rock climbing wall, basketball court and several lodges, campers enjoy the summer with arts & crafts, sports, games, pool activities and so much more. Many activities are related to theme days. On Fridays, campers travel to a local park & then to the Graham Aquatic Center for outdoor pool park fun! Registration begins in January. Camp begins May 29. Contact Doug Markel at [dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org) for info.

### LEADERS IN TRAINING

The Leaders In Training program is a two week program for campers ages 14-16 years old. The LIT's will be given the respect of all campers as they embark on their leadership journey with the campers and staff of Camp Spirit. Each LIT will have a chance to lead in each program area: art, pool, and in the Chipmunks, Otters and Foxes age groups. Campers ages 14-16 can apply at the following branches by filling out an application for Doug Markel: Bob Hoffman/Dover, Eastern and York Branches. The acceptance into the LIT Program will be determined after a short interview process.

# YOUTH DEVELOPMENT

**AQUATICS  
YORK YMCA  
90 N. Newberry Street  
York, PA 17401**

Sessions begin the first week of each month. Classes falling on a holiday or when the Y is closed are not held. There are no pro-rated fees for missing class. Please see aquatics schedule for more information.

## SWIM TEAM

Graham Aquatic Center

### YMCA NON-COMPETITIVE PRE-TEAM

This program is designed for young swimmers to participate in a fun and creative learning environment in which students learn proper competitive stroke and kick techniques, streamlines and turns  
Wed 6:00pm–6:45pm  
Sat 10:00am – 10:45am  
FM/\$65 NM/\$130

### YMCA COMPETITIVE

Keep the competitive edge and work on stroke technique while swimming with others. For more information contact Jeremy Kirkpatrick, Coach, by calling 717-718-1968 x104 or via email at [jkirkpatrick@yorkcoymca.org](mailto:jkirkpatrick@yorkcoymca.org)



## GRAHAM AQUATIC CENTER INDOOR FACILITY

543 N. Newberry St., York

### Amenities:

25 yd. 14-lanes

### Lap swim:

Available to Y members

**Mon-Fri:** 5:30-9AM

11:30AM-1:30PM

4-6PM

**Sat:** 7-8AM

## SWIM LESSONS

### PRIVATE INSTRUCTION

Four week private swim lessons are available for youth or adults. Sign up for a scheduled private lesson or call 843-7884 x260 to inquire about time options.  
FM/ \$65 NM/\$85

### PARENT & CHILD

#### Water Discovery (30 Minutes)

(Ages 6 months – 18 months): 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.

**Monday 11:30am – 12:00pm**

**Friday 11:30am – 12:00pm**

**Saturday 9:20am-9:50am**

FM/Free NM/\$65

#### Water Exploration (30 Minutes)

(Ages 19 months – 36 months): In stage B, the parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

**Tuesday 6:30pm – 7:00pm**

**Wednesday 11:30 – 12:00pm**

**Saturday 11:30am – 12:00pm**

FM/Free NM/\$65

### PRESCHOOL SWIM BASICS

#### Water Acclimation (Ages 3 – 5):

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

**Monday 10:35am – 11:15am**

**Tuesday 5:00pm – 5:40pm**

**Wednesday 5:45pm – 6:25pm**

**Saturday 10:50am – 11:30am**

FM/\$55 NM/\$95

**Water Movement (Ages 3 – 5):** 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.

**Tuesday 5:45pm – 6:25pm**

**Wednesday 5:00pm – 5:40pm**

FM/\$55 NM/\$95

#### Water Stamina (Ages 3 – 5):

In stage 3, students learn how to swim to safety 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.

**Tuesday 6:30pm – 7:10pm**

**Thursday 5:00pm – 5:40pm**

FM/\$55 NM/\$95

### SCHOOL AGE

**Swim Basics (Ages 6 – 12):** Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float swim – sequencing front glide, roll, back float, roll front glide, jump, push, turn grab and exit.

**Tuesday 5:00pm – 5:40pm**

**Thursday 5:45pm – 6:20pm**

**Saturday 10:00am – 10:40am**

FM/\$55 NM/\$95

### Stroke Introduction

(Ages 6 – 12): Students 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.

**Tuesday 5:45pm – 6:25pm**

**Thursday 6:30pm – 7:10pm**

FM/\$55 NM/\$95

### Stroke Development

(Ages 6 – 12): 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.

**Monday 6:30pm – 7:10pm**

FM/\$55 NM/\$95

### Stroke Mechanics

(Ages 6 – 12): In stage 6, students refine stroke technique on all major competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**Wednesday 6:30pm – 7:10 pm**

FM/\$55 NM/\$95

### TEEN SWIM INSTRUCTION

#### (Ages 13-17)

Teen Swim (Ages 13 – 17): Geared for youth at a beginner level to advance their skills and feel confident in the water which will include breathing and stroke technique development.

**Monday 5:45pm – 6:25pm**

FM/ \$55 NM/\$95

### HOMESCHOOL SWIM

#### (Ages 5 – 18) - Monthly

Introduce swimmers to the team sport of swimming. Levels novice to expert, swimming in a healthy competitive environment with great coaching and instruction. Contact John Nelson for additional information at [jnelson@yorkymca.org](mailto:jnelson@yorkymca.org)

One day per week-Mondays or Wednesdays

FM/\$25 NM/\$30

Mondays @ York branch

Wednesdays @ Graham Aquatic Center

FM/\$35 NM/\$45

# GIVING OPPORTUNITIES

We have an extraordinary opportunity to ensure a brighter future for York County, but we need your help.

Your gift to the YMCA of York and York County will have a lasting impact in the community by helping us to reach more people through life-changing programs and services.

Together, we'll take on many of the greatest challenges facing our young people, our health and our community.

We have several levels of giving:

\$10    \$25    \$50    \$75    \$100    Other \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone # \_\_\_\_\_

Email \_\_\_\_\_

Signature \_\_\_\_\_

Payment in full is attached: \$ \_\_\_\_\_

Please invoice me: \$ \_\_\_\_\_

Please charge my credit card \$ \_\_\_\_\_  MC or  VISA

Account # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Cardholder Name: \_\_\_\_\_

Cardholder Signature: \_\_\_\_\_

Contribution is designated to Bob Hoffman Y Annual Campaign.

Checks payable to: YMCA of York and York County

Mail to: YMCA of York and York County  
90 N. Newberry St.  
York, PA 17401

Or visit [www.yorkcoymca.org](http://www.yorkcoymca.org) to donate online.

**Thank you for your generous contribution!**

## Bob Hoffman YMCA Hours of Operation:

**Monday–Friday**    **5:30 AM – 10 PM**  
**Saturday**            **8 AM – 5 PM**  
**Sunday**                **1 PM – 5 PM**

## Holiday closings:

**March 30.....Good Friday**  
**April 1.....Easter**  
**May 28.....Memorial Day**  
**July 4.....4<sup>th</sup> of July**



## Bob Hoffman Dover Branch

Please look for our monthly email newsletter for the most updated information and program guide.

For your convenience you can register for most programs and classes on [apm.activecommunities.com/yorkcoymca](http://apm.activecommunities.com/yorkcoymca)

## *What is your Y story?*

**In some way or another, our lives have been touched by the three things that make the Y community so strong: youth development, healthy living, and social responsibility. By listening to each other's stories, we're able to catch a glimpse of all the hope, strength, and determination across the country and how everyone's living the Y's values. But what exactly is it about the Y that means so much to us, our families, and friends?**

**Do you have a Y story that has changed your life? If so, share your story, and show us how the Y helped benefit you and/or your community. Please submit to Beth Crone or email to [bcrone@yorkcoymca.org](mailto:bcrone@yorkcoymca.org)**

## YMCA of York and York County

**Bob Hoffman YMCA**  
1705 Palomino Rd  
Dover, PA 17315  
717-292-5622

**Eastern Y**  
4075 E Market St  
York, PA 17402  
717-850-9100

**York YMCA**  
90 N Newberry St  
York, PA 17401  
717-843-7884

**Southern Branch YMCA**  
100 Constitution Ave  
Shrewsbury, PA 17361  
717-235-0446