



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BE A PART OF OUR FAMILY

2018 FALL– WINTER
PROGRAM GUIDE
EASTERN BRANCH YMCA

Eastern Branch YMCA • 4075 E. Market St. York, PA 17406 • 717.650.1270 • yorkcoymca.org



EASTERN BRANCH YMCA

General Information

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 expect persons using the Y to behave in a mature and responsible way, and to respect the rights and dignity of others. Suspension or termination of Y membership may result violation.

JOINING FEE

The joining fee is a one-time fee as long as your membership continues from one year to the next. Any membership that has lapsed for more than two months is subject to a new joining fee.

FINANCIAL ASSISTANCE

Financial aid is available for YMCA membership and programs. Call or stop by the YMCA for more information. Annual Campaign and United Way dollars support financial assisted programs.

PAYMENT OPTIONS

You may purchase your membership by monthly E-Pay draft method. Monthly payments can be processed through a credit card, checking account, or savings account. Your draft continues until you provide the YMCA with a 30 day written notice. Phone cancellations are not accepted. 30 days notice required for any account changes. This is a continuous payment system.

Annual memberships and programs may be paid with cash, checks, American Express, Visa, MasterCard, or Discover.

MEMBERSHIP CARDS

While we make every effort to recognize our members, we ask that every YMCA member scan their membership card to gain admittance and have available at all times. Replacement cards are \$5.

INSUFFICIENT FUNDS

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

CREDITS AND REFUNDS

A complete membership refund, excluding the joining fee, is available for any reason within 30 days of joining. After that, a pro rated refund is only 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.

EMERGENCY CLOSINGS/DELAYS

If the YMCA is closed delayed, an announcement is made on WGAL TV8 or wgal.com.

GUEST POLICY

YMCA members are encouraged to bring friends. We are happy to arrange guest privileges so they can enjoy the benefits of membership.

YMCA 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. The YMCA is not responsible for lost or stolen items. Please leave valuables at home.

SILVER SNEAKERS AND SILVER & FIT

The SilverSneakers® and Silver and Fit Fitness Program are an older adult fitness program that addresses the needs of the Medicare-eligible population. These members receive a free basic fitness center membership in addition to having specially-designed exercise classes.

THE Y.™ FOR A BETTER US™ ANNUAL SUPPORT CAMPAIGN

The Y.™ For a better us.™ Annual Support Campaign ensures that the Y is there for those who need us most and enables every member of our community to have access to diverse programs and activities that meet their needs. By supporting this campaign, you help guarantee that everyone, regardless of their circumstances or ability to pay, can benefit from the Y's values-centered programs.

Won't you join our efforts to strengthen our community through your own Y for All gift? Contact Melissa Gross at 717.812.0119, etc. 300 or via email at mgross@yorkcoymca.org to learn more about the campaign.

LIVESTRONG AT THE YMCA

This is a twelve-week, small group program designed for adult cancer survivors. This program fulfills the important need of supporting the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their "new normal". The program is conducted outside of medical facilities to emphasize that LIVESTRONG at the YMCA is about health, not disease. Available at all Locations. Contact Branch for dates and times.



EASTERN YMCA MEMBERSHIP

4075 E Market St York PA 17406

FACILITY MEMBERSHIP FEE (RATES SUBJECT TO CHANGE WITH 30 DAY NOTICE)

Category	Joining Fee	Monthly Draft
Family/Household (2 Adults and children)	\$25.00	\$49.00
Adult (18-64 years)	\$25.00	\$33.00
Senior Adult (65+ years)	\$25.00	\$31.00
Youth (0-17)	\$25.00	21.00

MEMBERSHIP FOR ALL

Because the YMCA 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. Just present a copy of your most recent filed tax return or paystub showing Total Household Income and we can help you determine your income based rate.

MEMBERSHIP INSURANCE PLAN

The YMCA is proud to offer both the SilverSneakers® and Silver & Fit programs. Each of these programs may allow Medicare eligible individuals to have membership fees waived as a benefit of your healthcare plan. Contact your insurance carrier or stop at the Y with your insurance card to determine your eligibility.

ANNUAL FACILITY MEMBERSHIP VALUES

- FREE orientation with a Wellness Coach
- \$30 off one Youth Program per Family (includes swim lessons)
- 50% off one week of camp per child with family membership
- FREE Child Watch while using the facility (ages 3 mos - 10 yrs)
- FREE daily use of lockers
- FREE adult wellness classes
- FREE adult aquatic fitness classes
- FREE open gym privileges
- FREE lap swimming at the Graham Aquatic Center indoor pool
- Member pricing on any class or program with fee
- FREE facility usage including pools (see branch schedules)
- FREE Usage of PA YMCAs
- FREE participation in "AWAY" Programs
- Priority online registration on our website
- Special pricing at the Graham Aquatic Center Outdoor Pool

CORPORATE WELLNESS -SAVE 15% ON MEMBERSHIP RATES AND ONLY A \$25 JOIN FEE!



FOR HEALTHY LIVING

Improving the nation's health and well-being.

PERSONAL FITNESS/WELLNESS CLASSES

GROUP EXERCISE CLASSES ARE INCLUDED IN YOUR MEMBERSHIP, AS A FREE VALUE!

GROUP EXERCISE PUNCH CARD

Group Exercise Classes are available to YMCA guests with the purchase of a 10 Class Punch Card.

10-class card - \$60

WELLNESS CENTER ORIENTATION

Meet with a certified wellness staff member to learn proper form and usage of YMCA equipment. One (1) complimentary appointment is available to members.

PERSONAL TRAINING

A certified Personal Trainer will help you achieve your wellness goals: weight loss, injury rehabilitation, disease prevention, sport performance or functional fitness.

1 1-hour session - \$50

3 1-hour session package - \$125

6 30-minute session package - \$125

SMALL GROUP TRAINING

A certified Personal Trainer will help your group to achieve your goals: bring your corporate team, your family, or your teammates for an all at once style personal training session.

3 30-minute session package - \$50/ea. person

3 1-hour session package - \$70/ea. Person

THERAPEUTIC MASSAGE

Improve mood, increase immunity, decrease stress and reduce muscle pain. Our licensed Massage Therapist will provide a variety of massage techniques to improve your well-being.

Contact Paula Kenney, pkenny@yorkcoymca.org to schedule.

30-minute session - \$43 Y Member / \$70 Y Guest

60 minute session - \$53 Y Member / \$57 Y Guest

HEALTHY LIVING PROGRAMS

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. Contact Meghan Gray for information mgray@yorkcoymca.org 717-843-7884, ext. 248

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. Contact Megan Gray for more information mgray@yorkcoymca.org 717-843-7884, ext. 248

LIVESTRONG AT THE 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. Contact Heather Moore hmoore@yorkcoymca.org 717-843-7884, ext. 269

YMCA 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. Contact Justin Casteel for more information jcasteel@yorkcoymca.org 717-235-0446



Chronic Disease Prevention and Management Programs

Blood Pressure Self Management Program - 4-month evidence-based program that combines blood pressure monitoring, nutrition education and personalized support. \$20 for those who own a BP Monitor; \$45 for those who need a BP Monitor

Freedom From Smoking - American Lung Assoc 7-wk program helps people quit tobacco use and develop smoke-free lifestyle \$25

LIVESTRONG at the YMCA - 12-week adult cancer survivor physical activity and social support program FREE to survivors

Contact Heather Moore for more information

HMoore@yorkcoymca.org or 717-843-7884 x248

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

EASTERN YMCA HOMESCHOOL GYM CLASS

Thursdays 10:30am – 11:30am

This structured time of activity include, rock climbing, obstacles courses, strength, balance & flexibility, agility training, tag – games, ball games, dancing and may take swim downtown once a month.

Fees:

\$25 Member, register by month. 1 class per week.

\$30 Guest, register by the month. 1 class a week.

CHILDWATCH

**Complimentary w/ Family & Adult Memberships
Mon – Thurs 5:30pm-7:00pm**

When parents are exercising, childcare is provided in a large group setting. This care is for children 3 months to 10 years of age. Parents must be in the building to use this service.

FAMILY FUN NIGHT

PLAY, LEARN AND LAUGH, TOGETHER!

Family Fun Nights at the YMCA are a wonderful way for families to learn, grow and thrive together. Join us each month for a new theme and lots of family-friendly activities. Family Fun Night is hosted at all 4 of our YMCA of York and York County Branches. Visit our Facebook page for more information.

6:00pm – 8:00pm

YMCA MEMBERS – FREE

YMCA GUESTS – \$25 PER FAMILY

PARENTS NITE OUT

2nd Friday night of the month 6:00 pm – 8:00pm

Parents Nite Out is offered on the second Friday of each month beginning October 2018, to support all aspects of a healthy family dynamic. This drop off program offers freewill activity and guided activity while youth are cared after. The program is for those ages 13 Months to 11 years.

TEEN WEIGHT TRAINING WITH YOUTH MEMBERSHIP

Membership \$21/mo. 11-17yrs.

Youth ages 11-14 must pass teen weight training four 1-hr sessions (complimentary with membership). Youth must be accompanied by an adult to use equipment.

After completion of training a certificate will be issued. Youth may take group classes under supervision and participation of family adult member. Ages 14+ ok to use all.

BALLROOM DANCING

Coming Fall 2018; Group and Private Lessons

CLIMBING AND PARKOUR BASICS

Coming Fall 2018; Youth and Adult

YOUTH COOPERATIVE PROGRAMS

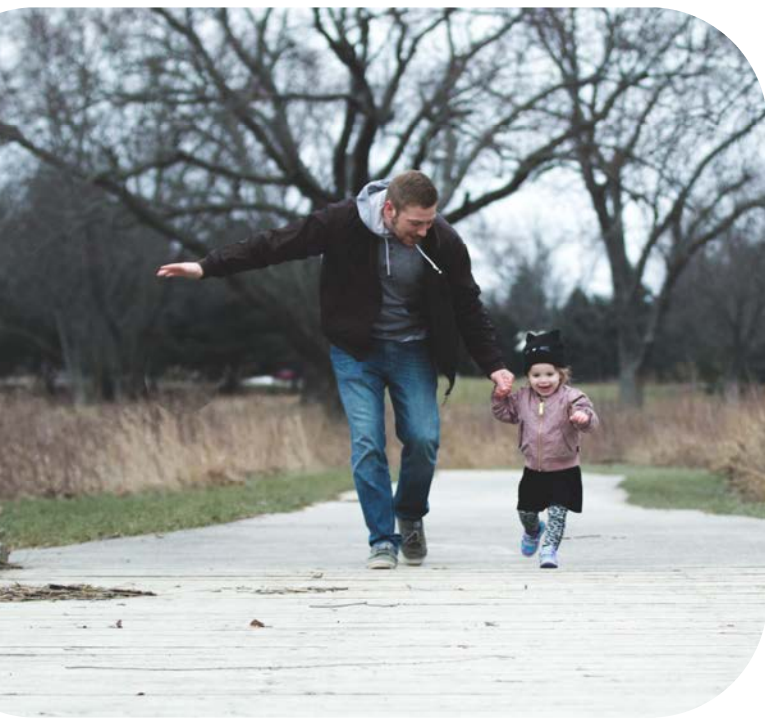
at the Eastern Branch

Additional fees apply

Drama Kids — Yolanda Olmstead 717.318.3972

SafeKids Taekwondo — Judith Kirby 717.252.2824

Balance, Mind, Body— Laura Frie 717.586.8959



FOR HEALTHY LIVING

Wellness program guide.

BOOM®

Weekday Mornings

MUSCLE – You'll move through several groups of exercises that focus on different muscle groups to tone muscles and build overall strength.

MIND – Strength. Confidence. Flexibility. MIND takes the best from yoga and Pilates to strengthen core muscles and lower body and improve balance.

MOVE IT – Break a sweat and have fun! The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences.



P90X LIVE® BEACH BODY

Mondays and Wednesdays, 6:00pm–7:00pm
Total-body strength and cardio conditioning that helps you blast fat and build muscle fast. It's tough– but your instructor can show you how to modify any move, and the group motivation will help you push past your plateaus.

FIT FAMILY

Tuesdays, 5:30pm – 6:30pm

Take the Challenge. Model healthy habits by taking the entire to this cooperative, fun, partners style class. Recommended ages 8+.

ZUMBA

Tuesdays and Thursdays, 6:00pm – 6:45pm

Latin inspired cardio dance workout set to music and choreographed movements to form a atmosphere while getting fit.

CORE DE FORCE® BEACH BODY

Thursdays, 5:30pm – 6:00pm

A martial arts inspired workout routine that combines elements of boxing, kickboxing, Muay Thai and body weight moves. The workout is structured for three minute rounds of high intensity fat burning!

INSANITY® – BEACH BODY

Thursdays, 6:00pm – 6:30pm

A martial arts inspired workout routine that combines elements of boxing, kickboxing, Muay Thai and body weight moves. The workout is structured for three minute rounds of high intensity fat burning!

FULL-BODY CHALLENGE

Mon, Wed and Fridays, 9:45am – 10:45am

Challenge your every muscle in this energy packed class. Modifiable for all fitness levels, the variety of this fun and tough class will have you wanting to you come back again and again!

WALK 15®

Thursdays, 5:30pm – 6:00pm

Taking the best features from low impact, aerobic style, group exercise, Walk 15 group classes keep it easy to follow but effective in results with our exclusive 15-minute, BIG Calorie-Burning Miles system! It's designed with "walking based" moves so that all fitness levels, all ages, all walks of life, can do it!

YOGA

Mon, Wed and Fridays, 7:00am – 8:00am

Tues and Thurs, 6:00 pm – 7:00pm

Fridays, 12:00pm – 1:00pm

Saturdays, 8:00am – 9:00am

Coordinate movement with breath. Class format includes Sun Salutations, balance, heart, and hip openers, spine twists and final relaxation. Participants flow between standing and floor positions.

SILVERSNEAKERS® YOGA

Mon, Wed and Fridays, 12:15pm – 1:00pm

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 .



SILVERSNEAKERS® Classics

Tues and Thurs, 8:00am – 8:45am

Designed to increase Muscle Strength, Stamina, Range of Motion, and improve activities of daily living. A chair is used for seated exercises and standing support. Moves are modifiable to fit current fitness levels.

ENHANCE® FITNESS

Mon, Wed and Fridays, 11:00 am – 12:00pm

Enhance Fitness is an evidence-based, low-impact aerobic group exercise program, that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This class is great for those of all ages who are just beginning their fitness journey.

MEET THE STAFF

Chris Yentzer

Site Manager

cyentzer@yorkcoymca.org

Doug Markel

Youth & Camp Director

dmarkel@yorkcoymca.org

Cori Strathmeyer

Director of Healthy Living

cstrathmeyer@yorkcoymca.org

Heather Moore

Wellness Coordinator

hmoore@yorkcoymca.org



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 Annual Campaign.

Checks payable to: YMCA of York and York County

Mail to: YMCA of York and York County

Corporate Office

90 N. Newberry St.

York, PA 17401

Or visit www.yorkcoymca.org to donate online.

Thank you for your generous contribution!

Try our easy online registration at yorkcoymca.org!

- Register for classes
- Pay outstanding balances
- View your history

Click on 'register now' on the right side of the screen. Then go to 'Sign in' tab. Use the email address you already have on file with the Y. Once you enter your email address, click on 'forget password' and the password will be sent to you. Once you have logged in, click on 'My Account'.

HOURS OF OPERATION

Monday – Friday	6:00 AM – 8:00 PM
Saturday	8:00 AM – 12:00 PM
Sunday	1:00 PM – 5:00 PM
Sunday	Closed Memorial Day Weekend through Labor Day Weekend.

2018-19 Holiday Schedule

New Year's Day.....	Closed
Good Friday	Closed
Easter	Closed
Memorial Day	Closed
Independence Day	Closed
Labor Day.....	Closed
Thanksgiving	Closed
Christmas Eve.....	Close 1 PM
Christmas Day.....	Closed
New Year's Eve	Close 1 PM

EASTERN Y CHILD WATCH

Ages 13 mo. – 10 years

Monday - Thursday

5:30 pm – 7:00 pm

No Child Watch Friday nights

Parents Nite Out

2nd Friday/mo. – 6pm – 8pm

FREE to Eastern Family membership.
\$5/Child for other memberships.

Pre-registration required.



YMCA of York and York County

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

Eastern Branch YMCA
4075 E. Market St.
York, PA 17406
717-650-1270

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

Southern Branch YMCA
100 Constitution Ave
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