



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **FALL INTO FITNESS, FAMILY & FUN**

**Fall 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

Heather Lehman / Child Development Director  
Assistant Camp 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

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> (up to & including age 18)	<b>\$25.00</b>	<b>\$21.00</b>
<b>College</b> (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 (ages 11-13 w/ parent/guardian supervision and completion of Wellness Orientations)
- FREE Wellness Classes (ages 11+)
- FREE Open Gym privileges
- FREE – Two Wellness Center orientations (ages 11+)
- 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 Youth Group Exercise Classes
- \$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 – Two Wellness Center orientations
- 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 11-13 w/ parent/guardian supervision and completion of Wellness Orientations)
- FREE Wellness Classes (ages 11+)
- FREE Open Gym privileges
- FREE – Two Wellness Center orientations (ages 11+)
- FREE Wi-Fi
- FREE daily use of lockers (or rental fee of \$30 per year)
- FREE Youth Group Exercise Classes
- 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. Our **NEW** Precor Selectorize circuit combines functional performance with ease of use. The following equipment is also available to complement your strength training workout: York Barbell Free Weights & Benches, Treadmills, Ellipticals, AMT Machine, Upright Bikes, Recumbent Bikes, Upper Body Ergometer and a Row Machine.

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

## GROUP EXERCISE CLASSES

### 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**

Mix up your Saturday workout! Each weekend will host different exercise programs such as Body Shred™, Kettlebells & BOSU, BODYFLOW®, POUND® and Zumba®!

### 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**

This 45 minute cardio program mixes high and low intensity exercises to increase your endurance and fitness level.

### 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 9:15-10:15 AM**

**Thurs 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!

### MUSCLE PUMP

**Wed 9:15-10:15 AM/6:00-7:00 PM**

Join this strength workout targeting all major muscle groups using a variety of equipment. Build endurance and burn more calories. Suitable for beginner to advanced.

### PILATES

**Mon 7:00-8:00 PM**

Activate core muscles and develop a strong posture.

### POUND®

**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/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/Wed 5:00-6:00 PM**

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

Burn fat and calories and build muscle, using hi/lo impact aerobics, steppers, and lightweights for toning upper and lower body. All levels.

### TABATA

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

**Thurs 6:00-6:45 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.

### TAI CHI

**Mon 5-6 PM**

**9/10 - 11/26/18**

**Thurs 8-9 AM**

**9/13 - 11/29/18**

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 session.

### TRIPLE THREAT

**Mon 6:00-7:00 PM**

This class offers three segments of different types of cardio, strength and core based formats that can change every week. Segments consist of 30 minutes cardio, 20 minutes strength & 10 minutes abs. Varying intensities and exercises create intervals that shock your body into getting more fit. All levels.

### TURBO KICK®

**Wed 7:00-8:00 PM**

The unique Turbo Kick® movement patterns, combinations and techniques work together to give **participants** the ultimate cardiovascular workout. This class burns calories and improves participant physical and mental health.

### ULTIMATE FITNESS

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

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

### YOGALATES

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

A fusion of the ancient discipline of Yoga with the modern Pilates techniques, the exercises mix both disciplines to develop core strength, help tone muscles, increase flexibility, and reduce stress. Low impact format changes weekly.

### WEEKEND WARRIOR

**Sat 8:00-8:55 AM**

Step class ending with mat works or stability ball.

### ZUMBA® FITNESS

**Wed 7:00-8:00 PM**

Fuses hypnotic musical rhythms & tantalizing moves to create a dynamic workout. Experience an exhilarating hour of caloric burning, heart racing, muscle pumping and 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 to schedule your sessions.

## TEEN SPORTS CONDITIONING

**Mon/Thurs 6:30 p.m. – 7:30 p.m.  
September 10<sup>th</sup> – November 15<sup>th</sup>, 2018**

This 10 week program meets twice weekly and focuses on sport-specific training drills, skills, and agility to increase performance, speed and overall conditioning for youth ages 11 - 19.

Member price: \$145.00

Non-Member price: \$180.00

Contact Erika Helwig at

[ehelwig@yorkcoymca.org](mailto:ehelwig@yorkcoymca.org) for details.

## ACTIVE OLDER ADULTS

### SilverSneakers™ BOOM MUSCLE, MOVE IT, and MIND

**Tues 8:00-9:00 AM**

**Fri 10:30-11:30 AM**

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

**Mon, 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 Silver Sneakers ball are offered for resistance. A chair is available if needed for support.

### SilverSneakers® YOGA

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

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. Class starts with breath work followed by standing or seated chair assisted postures, then seated cool down and relaxation.



### ENHANCE®FITNESS

**Mon, Wed & Fri 8:00-9:00 AM**

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



### ENHANCE®FITNESS

#### Treating Arthritis through Fun, Laughter and Friends

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.

- **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

## UPCOMING EVENTS

September 20 – Silver Sneakers Open House

September 24-28 – Active Aging Week

September 28 – LIVESTRONG Golf Outing

October 20 – LIVESTRONG Gala

October 22-26 – Membership Appreciation Week

# 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.

**September 17 – December 5**

**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

Participants work with Heart Health Ambassadors for the duration of the 4 month program. Participants are encouraged to self-measure their blood pressure twice each month, attend 2 personalized consultations each month and attend monthly nutrition seminars. The goals of the program are designed to cause a reduction in blood pressure, facilitate better blood pressure management, increase awareness of triggers that elevate blood pressure, and enhance knowledge to develop healthier eating habits. Once registered, please contact Erika Helwig to schedule your first Blood Pressure check. [ehelwig@yorkcoymca.org](mailto:ehelwig@yorkcoymca.org) 717-292-5622.

**November 6<sup>th</sup> – November 29<sup>th</sup>, 2018**

**Tuesdays 11:00 a.m. – 1:00 p.m.**

**Thursdays 5:00 p.m. – 7:00 p.m.**

### Supporting Wellness Together Coming in 2019

**YMCA Weight Loss Program** – This program is designed to help people seeking a healthier weight achieve their goals by making small, modest changes to their daily behaviors and forming sustainable, healthy habits.

**Healthy Weight & Your Child** – This program creates a safe, fun and active environment for children and families to explore and adopt proven methods to living a healthier lifestyle.

## 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](mailto: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](mailto: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

**September 12 – November 1 – Bob Hoffman Dover Branch YMCA**

Wednesdays, 1:00 p.m. – 2:30 p.m.

**September 13 – October 25 – Bob Hoffman Dover Branch YMCA**

Thursdays, 6:00 p.m. – 7:30 p.m.

Branch Contact: Erika Helwig

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



## A MATTER OF BALANCE

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. You will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, exercise to increase strength and balance. For more information about A Matter of Balance or to register please call Reda Willis, Trauma Services 717-851-2569

[rwillis@wellspan.org](mailto:rwillis@wellspan.org)

**October 3**

**Wednesday 9:30am–11:30am**

# HEALTHY LIVING

## YOUTH

### **BORN TO MOVE™** Ages 8 – 12

**Mon 6:30 – 7:15 PM**

**Tues 6:15 – 7:00 PM**

**Les Mills BORN TO MOVE™** is a fun fitness program created by and for young people. It uses music, movement and the power of group fitness to boost kids' energy, and increase skill level. The music and choreography change regularly, keeping the program fresh and fun.

### **FIT FUN KIDS**

**Ages 3-12**

**Tues/Thurs 11:30 AM-12:30 PM**

Children will discover just how much their bodies can do while having fun using a variety of equipment and props in a safe environment.

### **ULTIMATE KIDS FITNESS**

**Thurs 5:15-6:00 PM**

Children ages 4-12 are invited to join in the fun of Ultimate Kids Fitness. Join us in competitive games, obstacles and challenges for all ages and abilities.



# YOUTH DEVELOPMENT

## **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.

### **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:**

**September 21**

**October 19**

**November 16**

**December 21**



## **CHILD WATCH**

Children ages 3 months – 12 years can enjoy playing and socializing with peers while you enjoy working out in the Fitness Center, participating in a fitness class or open gym.

### **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 8:30 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

# 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.

### OUTDOOR SOCCER

For beginners and experienced players. Participants will learn and enhance their skills including ball handling, passing, shooting, control, and more in an instructional setting through practices and games, all on Saturday mornings on the outfield of the ballfield at Brookside Park. Teams organized after the first day with games against one another, all at the Dover YMCA. Please provide shin guards for soccer.

**September 22-November 17, 2018**

\*Times are subject to change after first week

**Ages 4-5: \*9 – 10 AM**

**Ages 6-8: \*10 – 11 AM**

**Ages 9-11: \*11 AM – 12 PM**

**League Fee (all ages):**

**\$33-YMCA Member**

**\$66-Non member**



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

### NEW! JR NBA BASKETBALL



Our program will follow instruction and curriculum developed by the Jr. NBA program to build and enhance skills. Beginners and experienced players will learn ball handling, passing, shooting, footwork, conditioning, rebounding, offense and defense in an instructional setting through practices and games, all held on Saturday mornings at the Dover Y. Teams organized after the first day with games against one another.

**December 1, 2018-January 26, 2019**

\*Times are subject to change after first week

**Ages 4-5: \*9 – 10 AM**

**Ages 6-8: \*10 – 11 AM**

**Ages 9-11: \*11 AM – 12 PM**

**League Fee (all ages):**

**\$33-YMCA Member**

**\$66-Non member**

### DODGEBALL LEAGUE

Join us for non-stop games using rubber coated foam balls. Teams formed on the first day from individual registrations with coed league games and playoffs after.

**\$30/session-Member**

**\$60/session-Non member**

**Saturdays, September 22-October 27**

**12:30-1:45 PM**

**Ages 8-10**

\*League for ages 11-15 offered at the York Branch



### 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.

**Saturdays, November 3-December 22, 2018**

**12:15 – 1:15 PM**

**\$30-YMCA Member**

**\$60-Non member**

### 5<sup>TH</sup>/6<sup>TH</sup> GRADE NIGHT OUT

Enjoy an evening of dodge ball, music, 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.

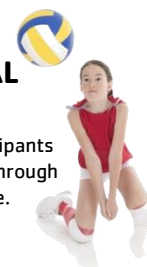
**2nd Friday of the month (begins Oct. 12)**

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

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

**\$10 cap for all families**

### GIRLS INTRUMURAL VOLLEYBALL



This program will teach participants fundamental volleyball skills through instruction, drills, and practice.

Two Sessions:

**Thursdays, September 20-November 15  
5:45-6:45 PM**

**Thursdays, November 22-January 24  
5:45-6:45 PM**

\*Program for ages 11-15 offered at the York Branch\*

**Ages 8-10**

**\$30/session-YMCA Member**

**\$60/session-Non members**

### YOUNG TIGERS TAEKWONDO

**Age 4 & 5**

**Class held on Mondays**

**September 24 – December 17**

**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**

**September 18 – December 18**

**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.





# YOUTH DEVELOPMENT

## ARTS & HUMANITIES



### INTRO TO BALLET DAY (Creative Dance)

A one-day, introductory class for those interested in trying basic pre-ballet movements for the first time.

**Wednesday, September 26, 2018**

Ages 3-6 6-6:45 PM

Ages 7-12 7-7:45 PM

**Session Fee:**

\$3/YM \$5/NM

### CREATIVE DANCE

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.

**Wednesdays, October 3-December 12, 2018**

Ages 5-8 5:15-6:00 PM

Ages 3-4 6-6:45 PM

Ages 9-12 6:45-7:45 PM

**Session Fee:**

\$50/YM \$100/NM

### TAP (OPTIONAL)

Additional 45 minutes of class time for ages 5-8 interested in LEARNING tap.

**Tuesdays, October 2 – December 11**

Ages 5-8 5:30-6:15 PM

**Additional Session Fee:**

\$25-/YM \$50/NM

### CREATIVE DANCE LEVEL 2 (Modern Dance)

Pre-Requisite – Completion of two sessions of Creative Dance or recommendation by instructor. Students will learn more advanced ballet skills and introduced to the modern dance style. Ballet shoes recommended.

**Tuesdays, October 2-December 11, 2018**

Ages 7-12 6:30-7:30 p.m.

**Session Fee:**

\$50/YM \$100/NM

### JAZZ

This class will go over jazz skills such as jazz leaps, turns, and more. Jazz shoes required.

**Thursdays, October 4 – December 13**

Ages 7-10 5:30-6:30 PM

**Session Fee:**

\$50/YM \$100/NM

### HIP HOP

Join this high energy class which will introduce students to hip hop style dance skills. Sneakers required.

**Thursdays, October 4-December 13, 2018**

Ages 10-13 6:45-7:45 PM

**Session Fee:**

\$50/YM \$100/NM

**Recital held on December 15 for all dance classes.**



### YOUTH DRAWING CLASS

This beginning drawing class provides instruction and practice so that students will understand how to transfer what they observe to paper. Working with contour line and positive/negative space, students will discover some magical techniques that will help them to be more confident and accurate in their drawings.

**Mondays, September 24-October 29**

Ages 6-8 5:45-6:30 PM

Ages 9-10 6:45-7:30 PM

**Session Fee:**

\$35/YM \$70/NM

### YOUTH PAINTING CLASS

Students will gain instruction in watercolor and acrylic, and focus on aspects of design, color, application techniques and free expression. Instruction is designed to teach students to recognize and identify the steps involved in painting, as well as encouraging students to develop personal styles of painting and expression.

**Mondays, November 5 – December 10**

Ages 6-8 5:45-6:30 PM

Ages 9-10 6:45-7:30 PM

**Session Fee:**

\$35/YM \$70/NM



# YOUTH & FAMILY ACTIVITIES

## HALLOWEEN THEMED DANCE

Members and non-members are invited to join us for an evening of family fun including dancing to music provided by a DJ, refreshments, and some activities for the kids. Must register by October 23, 2018.

**October 27, 2018 6:00-8:00 p.m.**

\$10/Individual

\$25/Family up to four (\$5/each additional)



## FAMILY FUN NIGHTS

Family Fun Nights at the YMCA are a wonderful way for families to learn, grow and thrive together. Join us the last Friday of the month for a new theme and lots of family-friendly activities.

FREE/YMCA Members

\$25 per family/NM

**6:00-8:00 p.m.**

\$10/Individual

\$25/Family up to four (\$5/each additional)

October 26 – Around the World

Learn games from various cultures, taste regional foods, create crafts and listen to music from around the world. Join us!

November 30 – Old School Games

Parents – Remember the old days of 4 square, Red Rover, Simon Says and Skip It? Join us to play your old school favorites with your kiddos. Learn about good sportsmanship, taste healthy foods and create crafts. Are you Ready? Set? Go!

December 28 – Glow Party

Light up your night! Enjoy active games with glow sticks, complete science experiments, taste healthy foods and calm down with Glow Yoga. Wear a white shirt so that you and your family stand out together during the glow activities. It is going to be a glow-rious event!

# YOUTH DEVELOPMENT



**Full Day Preschool  
Coming 2019  
Ages 3-5**

Interested? Contact:  
Heather Lehman,  
Child Development Director  
[lehman@yorkcoymca.org](mailto:lehman@yorkcoymca.org)

## 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.**

All classes run 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.



#### 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



#### 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, Central and Northern York County School District calendar. Children from other school districts are welcome to attend when dates coincide with scheduled closings.

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

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



## KID'S CLUB

### SCHOOL AGE CHILD CARE

#### DOVER, CENTRAL & NORTHERN YORK SCHOOLS

Before and after school care is provided in the elementary school gymnasiums for those students attending school in the following districts:  
Dover District (Dover, Weigelstown, North Salem\* and Leib)  
Central District (Roundtown, Hayshire, North Hills\* and Sinking Springs\*).  
Northern York (Wellsville)

\*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 @ [lehman@yorkcoymca.org](mailto:lehman@yorkcoymca.org)

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

## CAMP SPIRIT

### HOLIDAY CAMP

Join your camp counselors, re-connect with your fellow campers and help us plan for summer 2019. Stay tuned for more details.

**December 26-28**  
**6:30 AM-6:00 PM**

## 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

**Mon & Wed 8:10-9:50 PM**

Members only ages 11 & up may participate.

**Tues, Thurs & Fri 3:00-5:00 PM**

Free to Y members ages 11 & up  
\$3 drop-in fee for Non Members

**Free week guest pass does not apply.**

## ADULT SPORTS

### Dodgeball and Volleyball Pick-Up Games

Remember how much fun you had playing as a kid? Well now you can relive your glory days by joining our pick-up games. All games are played in a fun, friendly, non-competitive environment.

**Tuesdays – 7:15 PM – Dodgeball**

**Thursdays – 7 PM – Volleyball**

**Fee: FREE/YM  
\$5/NM**

### Adult Dodgeball League

Join us for Adult Dodgeball and leave knowing you just participated in the most fun, full-body exercise you can get. Come get your dodge, duck and dive on! Whether you already have a team or are just looking to get out and meet new people, this league is for you. Teams will consist of 8-10 participants ages 18 & older with a minimum of two females. The league will follow the official amateur dodgeball rules with a few modifications. Good sportsmanship is mandatory! Teams, or individuals looking to be placed on a team should contact [dmarkel@yorkcoymca.org](mailto:dmarkel@yorkcoymca.org) for further information and questions. Team and individual registration forms can be picked up at the membership desk. 16 or 17 year olds may join a team with a minimum of six adults on the team.

**Tuesdays, October 23 – December 18**

**7:15-8:45 PM**

**Fee: \$200/Team**



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

Sessions begin the first week of odd numbered months. 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 LESSONS

Both the York and Southern branches offer a variety of instructional lessons to develop your aquatic skills. For more information, please visit our website at [www.yorkcoymca.org](http://www.yorkcoymca.org) or contact the branch.



## AQUATIC CLASSES

Take to the pool and let the resistance of the water redefine your workout! Classes include a variety of low impact cardio, strength and stretches. For more information, please visit our website at [www.yorkcoymca.org](http://www.yorkcoymca.org) or contact the branch.

## SWIM TEAM

### 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.

### YMCA COMPETITIVE

Keep the competitive edge and work on stroke technique while swimming with others.

For more information regarding our swim teams, contact John Nelson at [jnelson@yorkcoymca.org](mailto:jnelson@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:** 5:30-9 AM

11:30AM-1:30 PM

4-6 PM

**Sat:** 7-8 AM

12-3 PM



### 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 Fall Hours of Operation:

Monday-Friday 5:30 AM – 10 PM

Saturday\* 8 AM – 5 PM

Sunday\* 1 PM – 5 PM

\*Beginning 9/8

### Holiday closings:

September 3.....Labor Day

November 22.....Thanksgiving

December 24.....Close 1 PM

December 25.....Christmas

December 31.....Close 1 PM

January 1.....New Years Day



**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 Jennifer Hockensmith or email to [jhockensmith@yorkcoymca.org](mailto:jhockensmith@yorkcoymca.org)**

## YMCA of York and York County

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

**Eastern YMCA**  
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