



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GET MOVING MOTIVATED, WELL

Winter 2019 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



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. We are happy to arrange guest privileges so they can enjoy the benefits of membership. Guests under the age of 18 must have a supervising adult in the facility during the visit. Members under the age of 18 may not bring guests.

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, Face book-Bob Hoffman Dover Branch, Twitter or Instagram. Sign-up for Remind at rmd.at/doverbr or text [@doverbr](https://www.instagram.com/doverbr) 81010.

VOLUNTEER TODAY!

We have several opportunities for volunteers and internships throughout our organization. For more information contact Carol by calling 717.292-5622.

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

Carol Glass / Membership Director
cglass@yorkcoymca.org

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

Sade' Phillips / Child Development Director
Assistant Camp Director
sphillips@yorkcoymca.org

Cori Strathmeyer / Director of Healthy Living
cstrathmeyer@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
Family / Household (2 adults & children)	\$25.00	\$56.00
Adult (18 - 64 years)	\$25.00	\$37.50
Senior Adult (65+ years)	\$25.00	\$35.50
Youth Association Wide (up to & including age 18)	\$25.00	\$21.00
College (full time student up to age 24-must show ID)	\$25.00	\$24.00
Adult Corporate	\$25.00	\$32.50
Family Corporate	\$25.00	\$48.00
Ask about our Membership for All Program which offers an income based sliding fee scale designed to fit the financial situation of everyone in our community.		
We accept SilverSneakers® and Silver&Fit® programs. Please stop at the Member Service Desk with your insurance card to determine your eligibility.		
Monthly drafts 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 the Youth Wellness Center Program)
- FREE Wellness Classes (ages 14+)
- 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 Watch while in class or Wellness 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 for the first child, 25% discount for 1-week of camp for siblings.
- 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 the Youth Wellness Center Program)
- FREE Wellness Classes (ages 11+)
- FREE Open Gym privileges
- FREE – Two Wellness Center orientations (ages 14+)
- 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.
- **Youth Wellness Center Program:** Youth will learn how to use cardio and strength equipment safely and effectively in this 4 week program. New fitness topics and skills are introduced each week. Parental participation is required. Youth who complete the 4 week session may use the cardio and strength equipment whenever accompanied by an adult.

GROUP EXERCISE CLASSES

BODYFLOW®

TUES 7:30-8:30 PM

BODYFLOW® is a Yoga, Tai Chi, and Pilates workout that builds flexibility and strength and leaves you feeling centered and calm.

BODY/MIND MEDLEY

Sat 9-10:00 AM

Mix up your Saturday workout! Each weekend a different exercise program will be highlighted, including Body Shred™, Kettlebells & BOSU, BODYFLOW®, POUND® and Zumba®!

BODYPUMP®

Mon 9:00-10:00 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!

GENTLE YOGA

Mon/Fri 9:15-10:15 AM

Increase balance, coordination, flexibility and relaxation by practicing standing, seated and balancing postures with the assistance of a chair.

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.

KETTLEBELLS

Mon 6:00-7:00 PM

Improve strength, endurance and flexibility through whole-body movement exercises. Kettlebells and other fitness tools are used to add resistance, drive heart rate and develop fitness.

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.

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.

POUND®

Tues 6:15-7:15 PM

Fri 6:00-7:00 PM

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 10:30-11:30 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 5:00-6:00 PM

Thurs 8:00-9:00 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 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.

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 8:00-9:00 AM

Burn calories and build muscle through this active step workout. Floor work and stability ball exercises will help you kick your weekend off right. Suitable for all fitness levels.

ZUMBA® FITNESS

Wed 7:10-8:10 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 or 717.292.5622 for more information or to schedule your sessions.

TEEN SPORTS CONDITIONING

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 for details.

ACTIVE OLDER ADULTS

SilverSneakers™ BOOM MUSCLE, MOVE IT, and MIND

Tues 8:00-9:00 AM

Wed 10:30-11:30AM

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

February 11-15 Membership Appreciation

March 10 – Princess Tea Party

March 11 – Lucky 21 Wellness Challenge

March 31 – Splish Splash Easter Egg Bash (Southern)

April 27 – Healthy Kids Day

May 11 – Tails & Trails 5K

May 19 – Marathon & Half Marathon (York)

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 18 – May 8

Monday & Wednesday

11:30 AM – 1:00 PM

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

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

Supporting Wellness Together

YMCA Weight Loss Program

MON 6:00-7:00 PM

January 7 – March 25

\$90/Member \$150/Non-Member

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. Contact Erika Helwig at 717.292.5622 x. 34 or ehelwig@yorkcoymca.org



Healthy Weight & Your Child

TUES/THURS 6:00-8:00 PM

January 8 – April 2

\$75/Month

This program focuses on healthy eating, regular physical activity and behavior change to empower children to live a healthier and active lifestyles. Families will work with trained Leaders for the duration of the 25-session program (4 months). Contact Amy Sipe at 717.843.7884 x.248 or asipe@yorkcoymca.org

To qualify, a child must:

- Be 7-13 years old
- Carry excess weight (BMI of the 95th percentile or higher)
- Receive clearance from a provider to participate in physical activity
- Have an adult attend ALL sessions with them

THERAPEUTIC MASSAGE

We offer a variety of massage techniques to help you relax and rejuvenate. Paula has been practicing massage for 20 years and has been with the Y since 1998 at our York branch. Call Paula at 717.781.4799 or email pkennedy@yorkcoymca.org for appointment. Participants under age 18 must have a parent present during the massage.

Tuesday 12:30- 7:45 PM

Thursday 4:00 - 7:45 PM

Saturday 9:00 AM- 12:45 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®

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

Branch Contact: Erika Helwig

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



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 717-292-5622.

HEALTHY LIVING

YOUTH

GENERATION POUND®

Tues 7:00-7:30 PM

AGES 6-12

A youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. Youth will learn new ways to explore movement, embrace their creativity and ROCK OUT – ultimately building strength, confidence and self-awareness.

FIT FUN KIDS

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

AGES 3-6

Music, games and energized activities for youth! Each class is jam-packed with cool music, foundation fitness moves and fun games.

YOUTH FUNCTIONAL FITNESS

Tues 6:15-7:00 PM

Thurs 5:15-6:00 PM

AGES 8-11

Youth enjoy fun and challenging fitness activities by utilizing a variety of tools and completing bodyweight exercises.



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.



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

DROP-IN CARE

Are you in need of care for your child while you attend an appointment? We will provide care for up to two (2) hours so you can focus on your own or your family's medical needs. Reservations are required at least 24 hours in advance. Limited number of spaces available. Payment is required at time of reservation. Failure to give at least 24 hours advance notice of cancellation will forfeit all fees. All rates will be rounded to the next hour.

Fees: YMCA MEMBER

\$5/hour 1st child

\$3/hour each additional child

NON-MEMBER

\$10/hour 1st child

\$6/hour each additional child

Ages: 3 months – 12 years

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:

January 18

February 15

March 15



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.

INDOOR 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.

Saturdays, February 9 – April 16

*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

T-BALL LEAGUE

For beginners and experienced players. Participants will learn and enhance their baseball/softball skills including throwing, fielding, hitting and more through instruction, practices and games, all held on Saturday mornings. Youth who are ready to advance past hitting off the tee, will gain "soft-pitch" from the staff and coaches. Teams formed the first Saturday with all games at the Dover YMCA Branch against one another.

Saturdays, April 27 – June 8

*Times are subject to change after first week

Ages 4-5: *9 – 10 AM

Ages 6-8: *10 – 11 AM

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, January 19 – March 9

1:15-2:15 PM

Ages 8-10

\$33-YMCA Member

\$66-Non member

* 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, March 23 – May 18

Ages 6-11

12:15 – 1:15 PM

\$33-YMCA Member

\$66-Non member

5TH/6TH 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

GIRLS INTRUMURAL VOLLEYBALL

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

Two Sessions:

Thursdays, February 7 – March 28

5:45-6:45 PM

Thursdays, April 11 – May 30

5:45-6:45 PM

Ages 8-10

\$33/session-YMCA Member

\$66/session-Non members

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



YOUNG TIGERS TAEKWONDO

Age 4 & 5

Class held on Mondays

January 7 – March 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 3rd class.

SAFE KIDS TAEKWONDO

Ages 6 – Adult

Class held on Tuesdays

January 8 – March 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 3rd class.



YOUTH DEVELOPMENT

ARTS & HUMANITIES

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, January 9 – March 13

Wednesdays, March 27 – May 29

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

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.

Wednesdays, January 9 – March 13

Wednesdays, March 27 – May 29

Ages 6-10 6:00-6:45 p.m.

Session Fee:

\$50/YM

\$100/NM

BEGINNERS HIP HOP

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

Wednesdays, January 16 – March 6

Wednesdays, March 20 – May 8

Ages 10-13

6:50-7:35 PM

Session Fee:

\$33/YM

\$66/NM

Recital held on March 16 for January session and June 1 for March session.



PRINCESS TEA



Your little princess will meet some of her favorite storybook characters as she walks down the enchanted pathway to the Grand Ballroom. It's a fairy tale come true as you savor tea, hors d'ouvres and desserts together. Enjoy games, festivities and a special performance fit for royalty by the Greater Dover Dance Academy. Each princess attending will receive a door prize. We will also have Mother/Daughter raffle packages. A photographer will be available to take photos of your child with the princesses for an additional cost. Register early to reserve your seat. Parking is limited, so please carpool if attending with friends/family.

Sunday, March 10

2:00-4:00PM

Fee: Y-Member \$16/Adult (18 & up)

\$9/Child (0-17)

Non-Member \$18/Adult (18 & up)

\$12/Child (0-17)



YOUTH & FAMILY ACTIVITIES

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

\$15 per family/NM

\$5/Individual

6:00-8:00

MAKE A DIFFERENCE VOLUNTEER

A variety of opportunities are available for you to give your time and talent back to your community. Contact Carol Glass at 717.292.5622 or cglass@yorkcoymca.org for more information.

All volunteers are required to provide clearances and complete an application.

January 25, 2019 – Paint Night

Be the next Vincent Van Go-Gogh and celebrate creativity! Create your own piece of art, get your face painted, move in a dance class, listen to a variety of music, and learn about the Arts. This free event doesn't cost any Monet. Have a snack before you ease your way home.

February 22, 2019 – Time Warp

We're Sweatin' to the Oldies! This dance party includes line and freestyle dancing from the 20's, 50's, 60's, 80's, 90's and current day. Learn about music through the decades and have snacks popular during different eras. Dress the part and wear an outfit from the past.

March 29, 2019 – Take Flight

Fly high and get your imagination soarin'! Participate in paper airplane games, create a kite, bound over objects in the obstacle course and learn about things that fly. Snack on astronaut food and imagine you are above the clouds.



YOUTH DEVELOPMENT



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

Interested? Contact:
Sade Phillips,
Child Development Director
sphillips@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 Sade Phillips 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 Sade Phillips, Child Development Director @ sphillips@yorkcoymca.org

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

CAMP SPIRIT

We've got your summer planned! Camp offers outdoor recreational activities that build relationships and belonging. Youth will participate in a variety of games, sports, crafts, team-building activities, swimming, field trips and much more. Registration begins March 1. Space is limited, so register early! YMCA family members receive a 50% discount for one week for the first child and a 25% discount for one week for siblings.

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 – 8:50 PM

Members only ages 11 & up may participate.

Tues & Thurs 3:00 – 5:00 PM

Fri 4:00 – 6:00 PM

Free to Y members ages 11 & up

\$5 drop-in fee for Non Members

Free week guest pass does not apply.

ADULT SPORTS

CO-ED VOLLEYBALL LEAGUE

Thursdays, January 31– March 28

Games Begin at 7PM

Fee: \$200/Team

The Bob Hoffman Branch YMCA invites you to join or form a team to take part in our upcoming adult co-ed volleyball league beginning Tuesday, January 31. Formed teams must have 9-12 participants with no less than two females per roster. For ages 18+. Contact dmarkel@yorkcoymca.org if you have a team or an individual looking to be placed on a team.

DODGEBALL AND VOLLEYBALL PICK-UP GAMES

Tues 7:15 PM – Dodgeball

Thurs 7:00 PM – Volleyball

Fee: Free/Member

\$5/Non-Member

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.



PICKLEBALL PICK-UP GAMES

Mon 11:30 AM – 1:30 PM

Tues 5:50 – 7:50 AM

Fri 10:30 AM – 12:30 PM

Fee: Free/Member

\$5/Non-Member

A combination of ping-pong, tennis & badminton. Pickleball is an easy game for beginners to learn. All equipment is provided.



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 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 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.



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

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 to donate online.

Thank you for your generous contribution!

Bob Hoffman YMCA Winter Hours of Operation:

Monday-Friday 5:30 AM – 9 PM
Saturday 8 AM – 5 PM
Sunday Noon – 5 PM

Holiday closings:

January 1.....New Years Day
April 19.....Good Friday
April 21.....Easter Sunday
May 27.....Memorial Day
July 4.....Independence Day
September 2.....Labor Day
November 28.....Thanksgiving



**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

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

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