

GREATER SUSQUEHANNA
VALLEY YMCA



PROGRAM GUIDE
SUMMER 2017

EVENTS

BEST FRIEND PARTY - SEWING

FRIDAY, MAY 12 AT 5:30-7:30PM

LEARN A BASIC STITCH & MAKE A SPECIAL CAPE FOR YOUR DOLL. ENJOY GAMES, SNACK, ACTIVITIES, MUSIC & MORE.

AGES 6 & UP

COST: \$7/MEMBERS \$10/NON-MEMBERS

KIDS CAN COOK

FRIDAY, MAY 12 AT 2-3PM

KIDS {ACCOMPANIED BY AN ADULT} WILL ENJOY A HANDS-ON COOKING EXPERIENCE WHILE LEARNING THE BASICS OF HEALTHY EATING.

AGES 2-5

COST: \$8/FAMILY

BUILDER'S CLUB

FRIDAY, MAY 19 AT 5:30-7:30PM

STEM ACTIVITIES & LEGO BUILDING FUN!

AGES 6 & UP

COST: \$7/MEMBERS \$10/NON-MEMBERS

31ST ANNUAL SUNBURY YMCA 5K

SATURDAY, JUNE 10 AT 9:00AM

KID'S FUN RUN AT 10AM (AGES 4-9) \$8

THE RACE WILL BEGIN AT THE SUNBURY YMCA. ALL AGES AND ABILITIES ARE WELCOME!

PRE-REGISTER FEE: MEMBERS/\$17 NON-MEMBERS/\$20

DAY OF THE RACE FEE: MEMBERS/\$22 NON-MEMBERS/\$25

PICK UP AN ENTRY FORM AT THE SUNBURY YMCA TODAY OR REGISTER ONLINE!



24TH ANNUAL MILTON YMCA SPRING FLING & LUCKY NUMBER AUCTION

SATURDAY, JUNE 17

5K RACE/1-MILE RUN

8AM REGISTRATION

9AM START

16TH ANNUAL SUNBURY YMCA BIKE RACE

SATURDAY, JULY 8 AT 9:00AM

MEMBERSHIP

2017	MONTHLY DRAFT	ANNUAL FULL RATE	MIFFLINBURG MONTHLY DRAFT	MIFFLINBURG ANNUAL
YOUTH	\$9.00	\$108.00	\$8.25	\$99.00
YOUNG ADULT	\$12.00	\$144.00	\$10.25	\$123.00
ADULT	\$43.50	\$522.00	\$32.75	\$393.00
COUPLE	\$59.00	\$708.00	\$48.00	\$576.00
FAMILY	\$63.75	\$765.00	\$53.00	\$636.00
SENIOR (AGE 62 & UP)	\$37.00	\$444.00	-	-
SR COUPLE	\$50.25	\$603.00	-	-
SR FAMILY	\$54.75	\$657.00	-	-
COLLEGE	\$25.00	-	\$16.50	\$198.00

JOINERS FEE

FAMILY \$50 COUPLE \$35 ADULT \$25 SENIOR \$25

SENIOR CITIZEN MEMBERSHIP STARTS AT 62 YEARS OF AGE.

(TO QUALIFY FOR THE SENIOR FAMILY MEMBERSHIP BOTH ADULTS MUST BE 62 YEARS OF AGE OR OLDER.)

RETURNED MONTHLY DRAFT FEE IS \$15

RETURNED CHECK FEE IS \$25

A 30 DAY WRITTEN NOTICE MUST BE GIVEN TO CANCEL A MONTHLY DRAFT MEMBERSHIP.

THE YMCA PRORATES THE FIRST DRAFT PAYMENT DEPENDING ON THE START DATE OF THE MEMBERSHIP.

PAY ANNUALLY & RECEIVE A 2% DISCOUNT!

COLLEGE MEMBERSHIPS: PURCHASED MONTHLY - FEE \$30 MONTH

REGISTRATION DATES

CLASSES BEGIN

MARCH 17 MEM, MARCH 24 NON-MEM

APRIL 3-29

APRIL 21 MEM, APRIL 28 NON-MEM

MAY 1-27

MAY 19 MEM, MAY 26 NON-MEM

JUNE 5-JULY 1

JUNE 23 MEM, JULY 30 NON-MEM

JULY 3-29

JULY 21 MEM, JULY 28 NON-MEM

JULY 31-AUGUST 26

SUMMER AT THE YMCA ARTS CENTER

PICK UP A BROCHURE AT THE FRONT DESK FOR ALL THE HAPPENINGS AT THE ARTS CENTER THIS SUMMER!

FOR DATES, TIMES AND FEES VISIT US ONLINE AT WWW.YMCAARTSCENTER.ORG
PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES. ENROLLMENT IS OPEN ON A CONTINUAL BASIS. CALL 570.286.0818 TO ENROLL.

YMCA CHILD CARE

SUNBURY DAY CARE CENTER- OPEN MONDAY-FRIDAY 6:30AM-5:30PM. SEPARATE PROGRAMS FOR INFANTS (6 WEEKS TO 14 MONTHS), ONE YEAR OLDS, TWO YEAR OLDS, THREE YEAR OLDS AND PRESCHOOLERS (4 AND 5 YEAR OLDS). WEEKLY SWIMMING TIME FOR 2 YEARS AND OLDER.

CALL MELISSA AT 570.286.5636 TO REGISTER YOUR CHILD FOR OUR WAITING LIST.

MILTON DAY CARE CENTER - OPEN MONDAY THROUGH FRIDAY 6:30AM - 5:30PM. AGES 6 WEEKS - 5 YEARS. AGE APPROPRIATE EDUCATIONAL & PHYSICAL ACTIVITIES FOR ALL AGES & WEEKLY SWIMMING FOR CHILDREN AGED 2 & UP.

CALL JODY AT 570.742.7321 TO REGISTER YOUR CHILD FOR OUR WAITING LIST.

SUMMER DAY CAMPS

FIELD TRIPS, DAILY SWIM TIME, CRAFTS AND ACTIVITIES REVOLVE AROUND A WEEKLY THEME.

SUNBURY BRANCH - SUNBURY CAMPS ARE CURRENTLY FULL.

CALL 570.286.5636 TO BE PUT ON A WAITING LIST OR FOR MORE INFORMATION.

MILTON BRANCH - CUBS (GRADES K-3), BIG BEARS (GRADES 4-6), CIT'S (GRADES 7 AND UP)

CALL THE MILTON YMCA AT 570.742.7321 FOR MORE INFORMATION.

SCHOOL AGED CHILD CARE (SACC)

SHIKELLAMY SCHOOL DISTRICT-HELD AT THE BECK ELEMENTARY SCHOOL IN SUNBURY AND PRIESTLEY ELEMENTARY SCHOOL IN NORTHUMBERLAND. KINDERGARTEN THROUGH 6TH GRADERS HAVE HOMEWORK TIME, PHYSICAL ACTIVITY, GAMES AND CRAFTS. CALL 570.286.5636 TO BE ADDED TO THE WAITING LIST.

MONDAY-FRIDAY 6:30AM -8:30AM & 2:30PM-6:00PM

MILTON SCHOOL DISTRICT - HELD AT THE MILTON YMCA. THE YMCA WILL PROVIDE SCHOOL AGE CHILD CARE FOR MILTON, WHITE DEER AND MONTANDON SCHOOL STUDENTS IN K - 6TH GRADE. SACC INCLUDES HOMEWORK TIME, PHYSICAL ACTIVITIES, SNACK, WEEKLY SWIMMING & CRAFTS.

CALL THE MILTON YMCA AT 570.742.7321 FOR MORE INFORMATION.

BABYSITTING

LET THE YMCA STAFF CARE FOR YOUR CHILD WHILE YOU WORK OUT.
YOU MUST PROVIDE A 24-HR NOTICE FOR CHILDREN UNDER 24 MONTHS OLD.

	MON-FRI	MON/WED/ THUR	SATURDAY	SUNDAY
SUNBURY	8:30AM-1PM	4PM-7:30PM	8AM-11AM	1:15PM-2:45PM
MILTON	8:45AM-11AM	TUES 5-7:30PM 5PM-7:30PM	9AM-11:30AM	-
MIFFLINBURG	TUESDAYS 4:15-7:30PM	MONDAY & THURSDAY 5:15-7:30PM	8-10AM	-

MIFFLINBURG: FREE FAMILY MEMBERSHIP \$2/HOUR ADULT MEMBERSHIP, \$4/HOUR NON-MEMBERS
SUNBURY & MILTON: FREE

YOUTH POLICY

FOR ALL YMCA LOCATIONS - UNLESS ENROLLED IN A CLASS...CHILDREN AGE 9 AND UNDER MUST BE ACCOMPANIED BY AN ADULT (AGE 18 AND ABOVE).

Visit our website:

www.gsvymca.org



SUNBURY YMCA • MILTON YMCA • MIFFLINBURG YMCA • YMCA ARTS CENTER

RENTALS

THE YMCA IS THE PERFECT PLACE TO HAVE YOUR NEXT BIRTHDAY PARTY OR FAMILY GET TOGETHER!

CALL RACHEL AT THE SUNBURY BRANCH (570.286.5636), ANDY AT THE MILTON BRANCH (570.742.7321), ANGELA AT THE MIFFLINBURG CENTER (570.966.7273) OR MARY JO AT THE ARTS CENTER (570.286.0818) FOR PRICES AND AVAILABILITY!



Summer Hours - May 30 - September 1

HOURS	MON-FRI	SATURDAY	SUNDAY
SUNBURY	5:30AM-9:30PM	8AM-5PM	1PM-5PM
MILTON	6AM-9PM	8AM-5PM	1PM-5PM
MIFFLINBURG	5:15AM-7:30PM	8AM-10AM	1PM-5PM

SUNBURY BRANCH

1150 NORTH 4TH ST., SUNBURY, PA 17801 - 570.286.5636

MILTON BRANCH

12 BOUND AVENUE, MILTON, PA 17847 - 570.742.7321

MIFFLINBURG BRANCH

333 EAST CHESTNUT ST., MIFFLINBURG, PA 17844 - 570.966.7273

YMCA ARTS CENTER

35 S. FIFTH STREET, SUNBURY, PA 17801 - 570.286.0818
WWW.YMCAARTSCENTER.ORG

YOUTH

INFORMATION

SUNBURY GROUP EXERCISE

ALL SCHEDULES ARE AVAILABLE AT THE FRONT DESK & AT [WWW.GSVYMCA.ORG](http://www.gsvymca.org)!

SCHEDULES INCLUDE CLASS TIMES, NAMES AND DESCRIPTIONS.

CHILD CARE IS AVAILABLE AT VARIOUS TIMES.

LES MILLS BODYPUMP®
 P90x LIVE®
 TURBO KICK®
 STRONG BY ZUMBA
 CYCLING
 ZUMBA®
 URBANKICK
 POP PILATES
 SENIOR DANCE
 STENGTH & ENDURANCE TRAINING
 BOXING
 BARRE CONNECT
 CARDIO BOOT CAMP
 PIYO LIVE®

CYBEX CIRCUIT
 COMPLETE CONDITIONING
 SILVERSNEAKERS® CLASSIC
 SILVERSNEAKERS® CIRCUIT
 SILVERSNEAKERS® YOGA
 SILVERSNEAKERS® SPLASH
 DEEP WATER
 WATER WALKING
 AQUACISE
 WATER FITNESS
 LAP SWIM
 H2O CARDIO
 AQUA PUMP



SUNBURY AQUATICS

PROGRESSIVE SWIMMING LESSONS

PROGRESSIVE SWIMMING LESSONS WILL BE HELD IN THE EVENINGS:

SESSION I	WEEK 1	WEEK 2
DATES	JUNE 12-16	JUNE 26-30
SESSION II	WEEK 1	WEEK 2
DATES	JULY 10-14	JULY 24-28

WATER DISCOVERY {PARENT/CHILD} 4:30-5:00PM M-F {SESSION 1 ONLY}
 WATER MOVEMENT {PRE-SCHOOL} 5:00-5:30PM M-F
 STROKE INTRODUCTION {SCHOOL-AGE} 5:30-6:00PM M-F

COST PER SESSION: \$25 FAM MEM \$35 YOUTH MEM \$50 NON MEM

SCHEDULES ARE AVAILABLE AT THE FRONT DESK & AT [WWW.GSVYMCA.ORG](http://www.gsvymca.org).
 ALL CLASSES ARE 45 MINUTES - 1 HOUR.

ACTIVE OLDER ADULTS

SILVERSNEAKERS®

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.

LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SUNBURY	9:45AM	9AM	7:45AM	10:15AM	9:45AM
	1PM	11AM	9:45AM		10:45AM
MILTON	8AM <i>Yoga</i>	9AM CIRCUIT	8AM <i>YOGA</i>	-	8AM <i>YOGA</i>
	10AM <i>CLASSIC</i>		10AM <i>CLASSIC</i>		10AM <i>CLASSIC</i>
MIFFLINBURG	9AM 10AM 11AM	11AM	9AM 10AM 11AM	11AM	11:15AM

SENIOR DANCE

FUN, UPBEAT DANCE CLASS THAT SUITS THE NEEDS OF ACTIVE OLDER PARTICIPANTS, AS WELL AS THOSE JUST STARTING THEIR JOURNEY TO A FIT AND HEALTHY LIFESTYLE. IT IS A FUN, FRIENDLY DANCE-FITNESS CLASS!

SUNBURY - 10:15AM THURS

MILTON - 9AM THURS

COFFEE HOUSE

IT'S NEVER TOO LATE TO FEEL GREAT! OUR ACTIVE OLDER ADULTS PROGRAM IS DESIGNED FOR MEN & WOMEN IN THEIR 50'S & OLDER. WE ENCOURAGE OUR MEMBERS GROW IN THE AREAS OF PHYSICAL, EMOTIONAL & SOCIAL WELL-BEING.

SUNBURY - 10:30AM THURS

MILTON - 10AM TUES/THURS

MORE EVENTS TBA! VISIT THE FRONT DESK AT SUNBURY OR MILTON FOR A BROCHURE!



MARTIAL ARTS

ADULT KUNG FU CLASSES AGES 13 AND OLDER

SUNBURY
SATURDAY 11:30AM-1:00PM

MILTON
TUESDAY 7:00-8:30PM

COST: \$20 FAM MEM \$32 INDIVIDUAL MEM \$50 NON-MEM

YOUTH KUNG FU AGES 6 TO 12

SUNBURY
BEGINNER WHITE SASH ONLY SAT 9:30-10:30AM
ADVANCED RED SASH & ABOVE SAT 10:30-11:30AM

MILTON
ALL SASH LEVELS, WEDNESDAY 4:00-5:00AM

COST: \$20 FAM MEM \$27 YOUTH MEM \$40 NON-MEM

UNION COUNTY ALL SASH LEVELS INVITED.

TUESDAYS FROM 4:15 - 5:15PM
MIFFLINBURG ALLIANCE CHURCH, 80 CHURCH ROAD, MIFFLINBURG

THERE ARE NO CLASSES IN THE MONTH OF AUGUST DUE TO SCHEDULED CAMPS. YOU MAY SIGN UP FOR A CAMP WITH THE CLASS INSTRUCTORS ONLY. QUESTIONS? CALL LARRY AT 570.742.7321 OR 570.286.5636.

MARTIAL ARTS CAMP

JULY 24 - 28

ADULT: AGES 13 & OLDER 8:30-11:30AM

YOUTH: NOON-3:00PM

CALL LARRY FLETCHER AT 570.286.5636 OR 570.742.7321 FOR MORE INFORMATION.

FIGHTING BACK - WOMEN'S SELF DEFENSE (AGES 13 AND UP) EASY AND EFFECTIVE TECHNIQUES TO LEARN - DON'T WAIT UNTIL IT'S TOO LATE - BE READY TO PROTECT YOURSELF.

MAY 17, 2017 - 6:30PM - MILTON YMCA

THURSDAYS - 6:30-9:30PM, MIFFLINBURG ALLIANCE CHURCH
COST: \$20/MEMBERS \$25/NON-MEMBERS

SMART KIDS - KEEPING KIDS SAFE ON THE STREETS - GRANDMASTER FLETCHER TEACHES CHILDREN AND PARENTS HOW TO AVOID CHILD ABUSE AND/OR ABDUCTION IN THIS VALUABLE PROGRAM. CALL TO SCHEDULE HIS PROGRAM AT YOUR ORGANIZATION OR SCHOOL!



MARTIAL ARTS

SUNBURY GYMNASTICS PROGRAM

PRE-SCHOOL GYMNASTICS

TUMBLE FUN AGES 3 & 4 8 WEEK SESSION 45 MIN CLASS
MONDAY 11AM
\$40 FAM MEM \$56 YOUTH MEM \$80 NON-MEM

BEGINNERS AGES 5 & UP 8 WEEK SESSION 1 HOUR CLASS
TUESDAY 4:30-5:30PM
\$56 FAM MEM \$68 YOUTH \$88 NON-MEM

CLASSES PRORATED DUE TO HOLIDAYS FALLING ON CLASS DATES.

ALL PARTICIPANTS MUST BE POTTY TRAINED.

PRE-COMPETITION & COMPETITION CLASSES

COMPETITION LEVELS 1-10 - ORGANIZED INTO GROUPS DEPENDING ON THEIR LEVEL, SKILL, AND DESIRE OF COMPETITION. THIS IS A MONTHLY COMMITMENT. INTERESTED INDIVIDUALS SHOULD CALL FOR A SCHEDULED EVALUATION.

- GROUP A: TUESDAY & THURSDAY 5:00-7:00PM
\$50 FAM MEM \$68 YOUTH \$85 NON-MEMBER
 - GROUP B: TUESDAY & THURSDAY
\$60 FAM MEM \$80 YOUTH \$110 NON-MEMBER
 - GROUP C: MONDAY & WEDNESDAY
\$60 FAM MEM \$80 YOUTH \$110 NON-MEMBER
- OPTIONAL: MONDAY, WEDNESDAY & FRIDAY*
\$90 FAM MEM \$110 YOUTH \$150 NON-MEMBER

**THE GYMNASTICS PROGRAM RUNS YEAR AROUND.
PLEASE REVIEW THE LIST OF YMCA CLOSINGS ON THE WEBSITE.**

GYMNASTICS CLASSES RUN ON AN 8-WEEK SCHEDULE. COMPETITION TEAM PRACTICES RUN ON A MONTHLY SESSION. CLINICS ARE SET-UP RANDOMLY THROUGHOUT THE YEAR. CAMPS ARE HELD IN THE SUMMER IN BOTH FULL DAY & HALF-DAY SESSIONS.

YOU MAY CALL TO SCHEDULE AN EVALUATION:

SUE - 570-286-5636 (YMCA) OR 570-394-0408 (CELL)
COACH_SUE@MSN.COM

GYMNASTICS

MILTON FITNESS

ALL SCHEDULES ARE AVAILABLE AT THE FRONT DESK & AT [WWW.GSVYMCA.ORG](http://www.gsvymca.org)!

SCHEDULES INCLUDE CLASS TIMES, NAMES AND DESCRIPTIONS.

CHILD CARE IS AVAILABLE AT VARIOUS TIMES.

PIYO LIVE®
 BARRE CONNECT®
 SILVERSNEAKERS®
 P90X LIVE®
 ZUMBA®
 KICKBOXING
 URBANKICK
 CYCLING

BODY SHAPING
 STRENGTH & CORE
 SENIOR CARDIO
 HIP-HOP CARDIO
 AQUA FITNESS
 AQUA PILATES
 TONING
 SENIOR DANCE

FITNESS

SCHEDULES ARE AVAILABLE AT THE FRONT DESK OR AT [WWW.GSVYMCA.ORG](http://www.gsvymca.org).

NON-MEMBERS 1 TIME PER WEEK \$25 MONTH
 2 TIMES PER WEEK \$40 MONTH
 3 TIMES PER WEEK \$54 MONTH

SENIORS 2 TIMES PER WEEK \$35 MONTH
 3 TIMES PER WEEK \$43 MONTH

MILTON SWIMMING LESSONS

SESSION	I	II
DATES	JUNE 12-16	JUNE 19-23

SWIM BASICS 4:00PM M-F
 SWIM STROKES 4:45PM M-F
 SWIM STARTERS 5:30PM M-F

COST PER SESSION: \$25 FAM MEM \$35 YOUTH MEM \$50 NON MEM

PRIVATE SWIM LESSONS: 4 LESSONS - 30 MINS.

\$50 MEM \$75 NON-MEM



FITNESS CENTER ORIENTATIONS

NEED SOMEONE TO SHOW YOU HOW TO USE OUR EQUIPMENT? CONTACT ISRAEL AT SUNBURY 570.286.5636, OR ROB AT MILTON 570.742.7321, AND SOMEONE WILL TAKE YOU THROUGH OUR FITNESS CENTERS TO SHOW YOU HOW TO USE OUR STATE OF THE ART EQUIPMENT!

PERSONAL TRAINING SESSIONS AVAILABLE AT BOTH BRANCHES, PLEASE CALL THE FRONT DESK FOR PRICING AND AVAILABILITY OR STOP BY TO PICK-UP A PERSONAL TRAINING PACKET.

INDIVIDUAL	1 SESSION	4 SESSIONS	10 SESSIONS
30 MIN	\$23	\$87	\$200
60 MIN	\$46	\$133	\$400

GROUP EXERCISE

VISIT [WWW.GSVYMCA.ORG](http://www.gsvymca.org) OR THE MIFFLINBURG CENTER FRONT DESK FOR A COPY OF THE CURRENT GROUP EXERCISE SCHEDULE!

ART CLASSES

SUMMER ART WORKSHOPS
 FOR KIDS AGE 8 AND OLDER, ADULTS TOO!

AT THE BEACH, SOFT PASTELS

LEARN TO MIX COLORS AND TEXTURES WITH SOFT PASTELS TO CREATE A RELAXING LANDSCAPE.

TUES. JUNE 13, 9-11AM OR

WED. JUNE 21, 6-8PM

WATERCOLOR GARDENS

EXPERIENCE A VARIETY OF WATERCOLOR TECHNIQUES THROUGH COLORFUL FLOWERS OR LITTLE BUGS WHO CALL THE GARDEN THEIR HOME.

TUESDAY, JUNE 27, 9-11AM OR WEDNESDAY, JUNE 28, 6-8PM

PAPERMAKING

CREATE HANDMADE PAPER
 WEDNESDAY, JULY 19, 6-8PM

PAINTING

BE INSPIRED BY A FAMOUS ARTIST OR ANOTHER CULTURE

WEDNESDAY, JULY 26, 6-8PM

FEE FOR EACH WORKSHOP

\$15/MEMBER, \$18/NON-MEMBER

CONTACT ANGELA HAINES AT 570.966.7273
 OR AHAINES@GSVYMCA.ORG FOR MORE INFORMATION!
 {PRE-REGISTRATION REQUIRED}

MIFFLINBURG CENTER