

GREATER SUSQUEHANNA
VALLEY YMCA



PROGRAM GUIDE
SUMMER 2018

EVENTS

32ND ANNUAL SUNBURY YMCA 5K
SATURDAY, JUNE 9 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!

17TH ANNUAL SUNBURY YMCA BIKE RACE
SATURDAY, JULY 14 AT 9:00AM

MEMBERSHIP

2018	MONTHLY DRAFT	ANNUAL FULL RATE	MIFFLINBURG/LEWISBURG MONTHLY DRAFT	MIFFLINBURG/LEWISBURG ANNUAL
YOUTH	\$9.25	\$111.00	\$8.50	\$102.00
YOUNG ADULT	\$12.25	\$147.00	\$10.50	\$126.00
ADULT	\$44.25	\$531.00	\$33.50	\$402.00
COUPLE	\$60.00	\$720.00	\$49.00	\$588.00
FAMILY	\$65.00	\$780.00	\$54.25	\$651.00
SENIOR (AGE 62 & UP)	\$37.75	\$453.00	-	-
SR COUPLE	\$51.25	\$615.00	-	-
SR FAMILY	\$56.00	\$672.00	-	-
COLLEGE	\$22.00	\$264.00	\$19.99	\$239.88

JOINER'S FEE

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

NOTICES

PAY ANNUALLY & RECEIVE A 2% DISCOUNT!

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.

REGISTRATION DATES

CLASSES BEGIN

MAY 18 *MEM*, MAY 25 *NON-MEM*

JUNE 4-30

JUNE 22 *MEM*, JUNE 29 *NON-MEM*

JULY 2-28

JULY 20 *MEM*, JULY 27 *NON-MEM*

JULY 30-AUGUST 25

AUGUST 17 *MEM*, AUGUST 24 *NON-MEM*

SEPTEMBER 4-29

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.

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
SUNBURY	8:30AM-1PM	4PM-7:30PM	8AM-11AM
MILTON	8:45AM-11AM	TUES 5-7:30PM 5PM-8PM	9AM-11:30AM
MIFFLINBURG	TUESDAYS 5:15-7PM 4:15PM W/ 4:30PM CLASSES	MONDAY & THURSDAY 2 ND & 4 TH WEDNESDAY 5:15-7PM	8-10AM
LEWISBURG	8:30-11AM TUESDAY & THURSDAY 4:45-6:45PM	MONDAY & WEDNESDAY 4:45-7:45PM	7:30-10:45AM

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

YOUTH

Visit our website:

WWW.GSVYMCA.ORG



SUNBURY YMCA • MILTON YMCA • MIFFLINBURG YMCA • LEWISBURG YMCA EXPRESS • 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), TERRI AT LEWISBURG YMCA EXPRESS (570.568.4653) OR MARY JO AT THE ARTS CENTER (570.286.0818) FOR PRICES AND AVAILABILITY!



Summer Hours - May 29 - 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
LEWISBURG	5AM-10PM	7AM-5PM	8AM-5PM

INFORMATION

SUNBURY BRANCH

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

MILTON BRANCH

12 BOUND AVENUE, MILTON, PA 17847 - 570.742.7321

MIFFLINBURG CENTER

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

LEWISBURG YMCA EXPRESS

131 SILVER MOON LANE, LEWISBURG, PA 17837 - 570.568.4653

YMCA ARTS CENTER

35 S. FIFTH STREET, SUNBURY, PA 17801 - 570.286.0818

WWW.YMCAARTSCENTER.ORG

SUNBURY YMCA

PRE-SCHOOL CLASSES

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

MILTON YMCA

VISIT THE FRONT DESK FOR MORE DETAILS!



SUNBURY YMCA

Swim Lessons TBA

SCHEDULES ARE AVAILABLE AT THE FRONT DESK & AT WWW.GSVYMCA.ORG.
 ALL CLASSES ARE 45 MINUTES - 1 HOUR.

ALL SCHEDULES ARE AVAILABLE AT THE FRONT DESK & AT 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
 BOXING
 BARRE CONNECT
 CARDIO BOOT CAMP
 PiYO LIVE®

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

TEENS IN TRAINING PROGRAM

THIS PROGRAM IS DESIGNED TO EDUCATE CHILDREN AGES 10-13 ON PROPER WORKOUT TECHNIQUES & ETIQUETTE. AFTER COMPLETION OF THIS CLASS, THEY WILL BE ABLE TO USE THE FITNESS CENTER. THE CLASS FEATURES FOUR 30-MINUTE SESSIONS & A TEST.

COST: \$10

AGES 10-11

RECEIVES A RED BAND & MUST BE ACCOMPANIED BY A PARENT IN THE FITNESS CENTER.

AGES 12-13

RECEIVES A GREEN BAND & WILL HAVE ACCESS TO THE FITNESS CENTER.

REGISTER AT THE FRONT DESK!

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 30-AUGUST 3

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

ACTIVE OLDER ADULTS

SILVERSNREAKERS®

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	10AM 11AM	9AM 11AM	10AM 11AM	11AM 1PM	10AM 11AM
MILTON	8AM YOGA 10AM CLASSIC	9AM CIRCUIT	8AM YOGA 10AM CLASSIC	-	8AM YOGA 10AM CLASSIC
MIFFLINBURG	9AM 10AM 11AM	10AM	9AM 10AM 11AM	10AM	11:15AM
LEWISBURG	9AM CLASSIC 10AM CIRCUIT	10AM YOGA 11AM CLASSIC	9AM CLASSIC 10AM CIRCUIT	11AM CLASSIC	9AM CIRCUIT 10AM YOGA

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!



MILTON YMCA

ALL SCHEDULES ARE AVAILABLE AT THE FRONT DESK & AT WWW.GSVYMCA.ORG!

SCHEDULES INCLUDE CLASS TIMES, NAMES AND DESCRIPTIONS.

CHILD CARE IS AVAILABLE AT VARIOUS TIMES.

FITNESS

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

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

SCHEDULES ARE AVAILABLE AT THE FRONT DESK OR AT 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 SWIM LESSONS

SESSION	I	II
DATES	JUNE 11-15	JUNE 18-22

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

LEWISBURG YMCA EXPRESS

ALL SCHEDULES ARE AVAILABLE AT THE FRONT DESK & AT WWW.GSVYMCA.ORG!

SCHEDULES INCLUDE CLASS TIMES, NAMES AND DESCRIPTIONS.

CHILD CARE IS AVAILABLE AT VARIOUS TIMES.

FITNESS

CYCLING
 LESMILLS BODYATTACK™
 LESMILLS BODYCOMBAT™
 LESMILLS BODYFLOW™
 LESMILLS BODYPUMP™
 LESMILLS BODYSTEP™
 LESMILLS CXWORX™
 LESMILLS GRIT™

LESMILLS RPM™
 PIYO LIVE!®
 PUMP & PUNCH
 SILVERSNEAKERS® CLASSIC
 SILVERSNEAKERS® CIRCUIT
 TABATA CIRCUIT
 YOGA
 ZUMBA®

AQUATICS

FITNESS ORIENTATIONS

NEED SOMEONE TO SHOW YOU HOW TO USE OUR EQUIPMENT? CONTACT ISRAEL AT SUNBURY, VICKI AT MILTON, ANGELA AT MIFFLINBURG, OR TERRI AT LEWISBURG & THEY WILL TAKE YOU THROUGH OUR FITNESS CENTERS TO GIVE YOU TIPS & SHOW YOU HOW TO USE OUR STATE OF THE ART EQUIPMENT.

PERSONAL TRAINING

OUR CERTIFIED PERSONAL TRAINERS WILL DEVELOP FITNESS PROGRAMS FOR YOUR INDIVIDUAL NEEDS. IF INTERESTED, PLEASE CONTACT THE YMCA FOR MORE INFORMATION OR PICK UP A PERSONAL TRAINING PACKET AT THE FRONT DESK. PERSONAL TRAINING FEES ARE SUBJECT TO CHANGE.

SUNBURY BRANCH			MIFFLINBURG CENTER		
INDIVIDUAL	1 SESSION	10 SESSIONS	INDIVIDUAL	1 SESSION	10 SESSIONS
30 MIN	\$23	\$200	30 MIN	\$18	\$170
60 MIN	\$46	\$400	60 MIN	\$30	\$285

*PARTNER & GROUP RATES AVAILABLE/VARY BY LOCATION
 NON-MEMBER RATES - PRICES DOUBLES*

SMALL GROUP TRX® SUSPENSION TRAINING

SUNBURY YMCA

TRX SUSPENSION TRAINING® IS A REVOLUTIONARY METHOD OF LEVERAGED BODYWEIGHT EXERCISE. CERTIFIED TRAINERS, MELANIE GARRISON & SHEILA PACKER WILL LEAD YOU TO SAFELY PERFORM EXERCISES THAT BUILD POWER, STRENGTH, FLEXIBILITY, BALANCE & MOBILITY TO PREVENT INJURIES. ALL SKILL LEVELS ARE ENCOURAGED TO TRY IT OUT!

BEGINS MAY 15

SMALL GROUP FORMAT - 6-WEEK SESSION
 45 MINUTE SESSIONS

MEMBER COST: \$60/SESSION
 SESSION LIMITED TO 5 PARTICIPANTS - 1 CLASS PER WEEK

TUESDAYS: 12-12:45PM
 WEDNESDAY: 8-8:45AM
 WEDNESDAY: 6-6:45PM
 THURSDAYS: 5:45-6:30AM

REGISTER AT THE FRONT DESK OR CALL 570.286.5636 TO RESERVE YOUR SPOT!

PERSONAL TRAINING