



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

RIGHT NOW WINTER GUIDE 2012

**JUNIATA VALLEY Y
JVYMCA.ORG**



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WELCOME

We are off to a great start this year. Our January 2012 has brought much anticipated excitement to the facility with temperatures finally hitting below 30 degrees. The entire Juniata Valley Y Staff has been striving to meet all of our new members and to make everyone feel as welcome as our long-time members.

If you as a Y member, has not yet had an opportunity to get your FREE Wellness Center Orientation, please see a Wellness Staff Member or stop at the Member Service Desk to sign-up. Don't forget, there is FREE pool orientation as well for those interested. See the aquatics staff for more details.

The Y is working hard to operate fun and exciting classes. Cardio Fit, After Burn and Body Blast are just some of the many new and exciting offerings the Y started this year. Indoor Cycling has taken on more instructed classes and Water Fitness Classes are at higher average attendance. And don't forget the Appalachian is always available for the hiking enthusiasts.

We, the staff at the Y, want to satisfy your needs, but we cannot do this without your feedback. We love to hear from you about the many ways we can improve on services and programs. Members are always encouraged to speak with Y Staff about your concerns.

JUNIATA VALLEY Y
105 First Avenue
Burnham, PA 17009
717.248.5019

jvymca@comcast.net
www.jvymca.org

Membership & Program Guide
Winter 2012
January 1st - April 1st

OUR FOCUS:

- **Youth Development:** Nurturing the potential of every child and teen.
- **Healthy Living:** Improving the nation's health and well-being.
- **Social Responsibility:** Giving back and providing support to our neighbors.

OUR MISSION:

To put Christian principles into practice through programs that build a healthy spirit, mind and body for all.

OUR VALUES:

- **Caring:** Show a sincere concern for others.
- **Honesty:** Be truthful in what you say and do.
- **Respect:** Follow the golden rule.
- **Responsibility:** Be accountable for your promises and actions.

OUR CAUSE:

At the Y, strengthening community is our cause. Every day, we work side-by-side with our neighbors to make sure that everyone, regardless of age, income or background, has the opportunity to learn and grow.

The Y is committed to strengthening communities—it's what we have been doing for more than 160 years. At the Y, we view participation in our programs and services as a means to a greater end. We hope to tell our story to help more kids reach their potential, help more families and individuals achieve better health outcomes, and encourage everyone to get involved and make their community a better place.

OUR VISION:

We build strong kids, strong families and strong communities.

Y CODE OF CONDUCT:

All individuals using the Y facilities are expected to conduct themselves in a manner consistent with the character, welfare, best interest and policies of the Juniata Valley Y. Failure to do so will result in an immediate dismissal from the premises and may result in revocation of membership and/or usage privileges.

Y POLICIES:

The Y is a family oriented facility, therefore we will not tolerate profanity of any kind, smoking in any Y facility, violent behavior or spitting. Appropriate dress is expected in all areas of the Y. Shirts and shoes must be worn. Children 8 and younger must be accompanied by a parent or adult at all times. Members are required to present their membership cards to be scanned, verifying a current membership, name and photograph for identification.

Y LOST & FOUND:

If you lose an item, please inquire at the Member Service desk. The YMCA is not responsible for lost or stolen items.

Y AGE POLICY:

When Mifflin and Juniata County School Districts are in session only, school aged children may be at the Juniata Valley Y under the supervision of a parent or a responsible adult identified by the parent. Children under the age of 8 must be accompanied by an adult.

Y FACILITY CLOSINGS:

New Year's Day, Good Friday, Easter Sunday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day and Christmas Day. Limited hours on Christmas and New Year's Eve.

Y PROGRAM CANCELLATIONS:

In the event of insufficient enrollment, the Y may need to cancel a class. If this occurs and you have registered, you will be contacted.

Y INCLIMENT WEATHER PROGRAM CANCELLATIONS:

The Y may cancel programs in the event of a weather warning. All cancellations will be submitted to MERF radio. General rule of thumb—when there is no school there are NO youth programs. Morning aerobics classes are cancelled when there is no school or two-hour delay. Majority of adult programs will occur unless otherwise notified.

Y FACILITY HOURS:

CURRENT WINTER HOURS: (November—May)

Monday—Friday 5 AM—10 PM

Saturday 7 AM—5 PM

Sunday 1 PM—7 PM

*Land Fitness/ Aquatics Schedules vary

*Open Door Policy by appointment only

SPRING/SUMMER HOURS: (June—October)

Monday—Friday 5 AM—10 PM

Saturday 7 AM—NOON

Sunday 1 PM—5 PM

MEMBERSHIP BENEFITS:

- Full use of heated indoor pool, including lap lanes
- Full use of 2 full gymnasiums
- Full use of 2 racquetball courts
- Full use of Wellness Center with free orientation including aerobic equipment, weight equipment and free weights
- Changing facilities w/ showers and lockers
- Reduced rates for programs and classes
- Early Program Registration for select programs
- Babysitting for children 6 months and older during designated times
- A.W.A.Y. Program

AWAY PROGRAM:

As a YMCA member, you are part of the National YMCA's AWAY program. This means that when you are in another city, you may also visit that area YMCA as a member. The YMCA must be a participant of the AWAY program.

CARD SCANNING:

All members of the facility will receive a member card. Members are required to bring their card and check in at each visit.

PARKING:

Additional parking is available at the Methodist Church just down the street.

OPEN DOOR POLICY: (Financial Assistance)

The Y is community-based and believes that its programs and services should be available to everyone. The Y believes a strong sense of ownership and pride is developed if the recipient has contributed to the cost of their Y involvement; therefore, those eligible will be asked to pay some portion of the fees. Completion of an application with requirements including proof of income, family size and necessary expenses. **Funding for the Open Door Policies are made possible through the generosity of our members and donors and the United Way of Mifflin-Juniata Counties.*

Y FACILITY RENTALS:

Non-profit organizations and individuals can rent the YMCA pool for such events as: birthday/pool parties, emergency service training, athletic training, water tests, etc. Interested patrons/groups may rent part of the facility or entire facility pending on space available. Rentals must be scheduled two weeks in advance with payment in full. Best party / event place for all ages. Contact the Y today to plan your next gathering at the Juniata Valley Y - 717.248.5019.

Y CORPORATE MEMBERSHIP:

For more information, please contact Member Service at 717.248.5019 or memdir_jvymca@comcast.net.

Y GUESTS:

The guest pass is intended to encourage membership and provide out-of-town visitors access to the YMCA. Although you may purchase an unlimited number of passes, it is the YMCA's desire that you purchase a membership and receive full membership privileges. The days do not have to be used consecutively.

Student/College/Senior 3-Day Pass	\$9.00
Adult 3-Day Pass	\$15.00
Family 3-Day Pass	\$30.00

Y MEMBERSHIP & PAYMENTS:

The Y offers programs, services and initiatives focused on youth development, healthy living and social responsibility, according to unique needs of the communities it engages. The Y is accessible to all people. Financial Assistance is offered to individuals and families who cannot afford membership.

New Member Fee for all membership types who have not had a current membership with-in the last 30 days. Your membership must be current to use the Y, but if it does lapse, you have 30 days to renew with-out paying the New Member fee.

Monthly Continuous Members pay monthly on their checking, savings or credit card. A pro-rated balance is due to join and the new member fee. Monthly Membership Fees are charged to a checking, savings or credit card on the 5th of every month. The Y accepts MasterCard, Visa or Discover, Cash and Checks. Please note there is a \$20 fee for all returned checks. Membership may be canceled in person or by e-mail later than the 20th of the month. This is a continuous membership valid until canceled by the member.

YEARLY MEMBERS pay a one time fee once per year. New members will also pay the new member fee.

MEMBERSHIP RATES*

Ask a Member Service Staff Member for additional information

CATEGORY	NEW MEMBER FEE	MONTHLY DRAFT	YEARLY PAYMENT
2 ADULT HOUSEHOLD**	\$65	\$52.25	\$627
1 ADULT HOUSEHOLD***	\$65	\$43.50	\$522
ADULT (19-64)	\$45	\$35.25	\$423
SENIOR CITIZEN (65+)	\$40	\$23.50	\$282
COLLEGE STUDENT W/ ID	\$40	\$16.75	\$201
HIGH SCHOOL STUDENT (14-18)	\$30	\$13	\$156
JUNIOR STUDENT (6-13)	\$30	\$12	\$144
CHILD (0-5)	\$20	\$8.25	\$99

* Rates are subject to change. We encourage parent/child participation

** 2 Adult Household - two adults and any children 18 & younger or a full time college student 24 & younger living in the same household

*** 1 Adult Household - one adult and any children age 18 and younger or a full time college student 24 & younger living in the same household

A membership application must be completed and signed at the Member Service desk located inside the Juniata Valley Y. Authorization will be required for those opting for the Monthly Continuous Membership. Questions regarding membership accounts should be directed to a Member Service Staff member during business hours.

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

PROGRAM REGISTRATION

REGISTRATION METHODS:

The Y offers registration in person at the Y Front Desk or over the phone with a credit card (Visa, MasterCard, or Discover)

MEMBER RATE:

To receive the membership program rate, your membership must remain active during the program you are currently enrolled in. If the membership lapses during the class, the difference between the member and nonmember rate must be paid.

PAYMENTS:

Program Fees must be paid in full at the time of the registration. Payment may be made by cash, check or credit card.

YOUTH TAE KWON DO

In our Tae Kwon Do classes, students learn techniques to develop strength, integrity and respect for others as well as an effective means of self defense. Classes include belt promotions, stretching, forms, mental and physical self-defense and sparring. After earning an 8th degree white belt, youth will advance up to adult/advanced junior class. This program is instructed by Michael Redmond.

Ages 6 & Up

M \$14 NM \$26

6:00-7:00 PM

TUESDAYS

New Students are accepted the 1st Tuesday of each month

ELEMENTARY YOUTH DODGEBALL

Our volunteer coordinator Mel Hosler leads the kids in a fun and energetic game of dodgeball using official "no-sting" youth sized balls. Groups by grades so everyone can have fun, get some exercise, and enjoy the age-old game of dodgeball. Use your membership card or day pass to enter the facility then pay

Ages K-2nd & 3rd-5th Grades

M \$1 NM \$1 PLUS A DAY PASS

5:30-7:00 PM

THURSDAYS

No Prior Registration is Required

INDOOR SOCCER

Y Indoor Soccer is for boys and girls. Our 4&5 year olds practice and then play a mini game on Sunday afternoons. Their games are cross court and soft ball. Our other divisions practice one day each week and play their game on Sunday afternoons. These games are full court and age appropriate ball. Both are 4&5 and our 6&7 year olds use Pugg Goals. Game dates are 2/26, 3/4, 3/11, 3/18, 3/25 and 4/1. All players will receive a genuine Challenger British Soccer Jersey. Volunteer coaches are always needed. If you or someone you know is interested, please sign up to be a coach at the Member Service desk or see Stacey.

BOYS / GIRLS Ages 4&5, 6&7, 8&9 and 10-12 years

EARLY BIRD 1/2-1/30 M \$31 NM \$56

REGULAR RATE 1/31-2/13 M \$41 NM \$66

GAMES ARE SUNDAYS 1:15-7:00 PM

Practices can be M-H 1/practice/week/team TBD

YOUTH JUDO

Judo/Jujitsu is an ancient art of self defense that consists of throwing, grappling and striking techniques. Classes are instructed by Dave McAllister and Tom Craver. Students learn the basic skills and develop strength, integrity and respect for others.

Ages 6 & Up

M \$14 NM \$26

6:00-7:00 PM

MONDAYS



AQUATICS

Safe swimming and having fun. That's what it's all about at the Y.



Every day, children learn the basics of swimming at the Y or enhance their skills with our progressive lessons that turn beginners into experts, polliwogs into sharks. And our kids are having fun, being healthy, learning safety and building confidence all at the same time! The Y ensures a low instructor-to-student ratio to make sure your kids get plenty of personal attention: 1:4 preschool 1:5 school age. And with our wide selection of classes and schedules, you're sure to find one that fits your child's needs and your schedule.

We teach the nationally recognized Y Progressive swim program. We have a staff of certified guards and instructors who are experienced in teaching both children and adults aquatic skills and personal safety. We can teach you to swim whatever your age or ability.

Choose from Preschool and School Age lessons designed to grow their confidence in the water no matter their skill level. And remember our TOTS (Parent & Child) Swim Lessons introduce infants and toddlers to the water while teaching parents how to guide and supervise them, have fun, build trust and confidence.

Bring your kids to the Y for swim lessons and watch them learn life lessons, too.

TOTS (Parent & Child) Swim Lessons 6-36 months under 3 years of age

This water enrichment program is designed to help your child feel comfortable in the water at an early age. The child becomes acclimated to the sights and sounds of the pool and is introduced to kicking, blowing bubbles, floating, and general water movement through the use of games and toys. You, the parent, are the teacher—with hints and ideas from the Y instructor, who will guide you through a positive experience. Children should wear swim diapers under their swim suit and must be accompanied in the water by an adult.

PRESCHOOL Swim Lessons 3-5 years

This group lesson, without parents, is designed to teach water safety and respect for the water. The physical skills they learn will help them develop an awareness of their own bodies, acquire a feeling of independence, gain a sense of success and increase their self-esteem. Personal progress reports are provided at the end of each session. Level progression skills are listed as follows:

PIKE – Beginner swimmers who are not comfortable in the water – children will complete the following skills: bubbles nose/mouth, submerging head, front/back float and push off wall independently and paddling, use of float pack.

EEL – Intermediate swimmers – children will complete the following skills: retrieving objects from under the water, learning to get elbows out of water and backstroke arms, use of float pack.

RAY – Advance swimmers – children will complete the following skills: retrieving objects from under the water, treading water, backstroke, freestyle and side breathing, limited use of float pack.

STARFISH – Advanced level swimmers – children will complete the following skills: touch bottom of pool off of ramp area, treading water, freestyle with side breathing and backstroke, no use of float pack.

SCHOOL AGE Swim Lessons 6-10 years

This is a six-level program designed so that each level builds upon the proceeding one. Personal progress reports are provided at the end of each session.

POLLIWOG – Beginner swimmers who are not comfortable in water – children will complete the following skills: bubbles nose/mouth, submerging head, front/back float, push of wall independently, swim length of pool, high elbows and backstroke arms, use of float pack.

GUPPY – Intermediate swimmers who are comfortable in water – children will complete the following skills: retrieve objects from under the water, treading water, backstroke, freestyle and intro to side breathing, sitting dive skills, limited use of float pack.

MINNOW – Advanced swimmers – children will complete the following skills: touch bottom of deep end of pool, tread water, freestyle with side breathing, backstroke, kneeling dive and standing dive, no float pack.

FISH – Advanced swimmers and successfully perform freestyle with side breathing, backstroke & elementary backstroke continuously and standing dive

FLYING FISH – SHARK – Advance swimmers able to complete all of the above and beginning to explore breast stroke and butterfly strokes, merging into competitive swimmers.

SWIM LESSON SCHEDULE

JANUARY

TOTS (Parent & Child) Swim Lessons -

When

Tuesday, Thursday 7-7:30 PM -
1/24, 1/26, 1/31, 2/2

Member—Registration Open

\$14

Non-Member—Registration Open

\$28

PRESCHOOL MORNING -

When

6 Week Thursday Morning Session —
1/19, 1/26, 2/2, 2/9, 2/16, 2/23

Choice Of: 10:00—10:30 AM or 10:45—11:15 AM

Member—Registration Open

\$23

Non-Member—Registration Open

\$46

PRESCHOOL EVENING -

When

Tuesday, Wednesday, Thursday 5:30-6 PM
1/24, 1/25, 1/26, 1/31, 2/1, 2/2

Member—Registration Open

\$23

Non-Member—Registration Open

\$46

SCHOOL AGE EVENING -

When

Tuesday, Wednesday, Thursday 6:10—6:55 PM
1/24, 1/25, 1/26, 1/31, 2/1, 2/2

Member—Registration Open

\$27

Non-Member—Registration Open

\$54

FEBRUARY

PRESCHOOL EVENING -

When

Tuesday, Wednesday, Thursday 5:30-6 PM
2/21, 2/22, 2/23, 2/28, 2/29, 3/1

Member—Registration Opens 1/24

\$23

Non-Member—Registration Opens 1/31

\$46

SCHOOL AGE EVENING -

When

Tuesday, Wednesday, Thursday 6:10—6:55 PM
2/21, 2/22, 2/23, 2/28, 2/29, 3/1

Member—Registration Opens 1/24

\$27

Non-Member—Registration Opens 1/31

\$54

MARCH

PRESCHOOL MORNING -

When

6 Week Thursday Morning Session —
3/15, 3/22, 3/29, 4/5, 4/12, 4/19

Choice Of: 10:00—10:30 AM or 10:45—11:15 AM

Member—Registration Opens 2/16

\$23

Non-Member—Registration Opens 2/23

\$46

PRESCHOOL EVENING -

When

Tuesday, Wednesday, Thursday 5:30-6 PM
3/20, 3/21, 3/22, 3/27, 3/28, 3/29

Member—Registration Opens 2/21

\$23

Non-Member—Registration Opens 2/28

\$46

SCHOOL AGE EVENING -

When

Tuesday, Wednesday, Thursday 6:10—6:55 PM
3/20, 3/21, 3/22, 3/27, 3/28, 3/29

Member—Registration Opens 2/21

\$27

Non-Member—Registration Opens 2/28

\$54

APRIL

TOTS (Parent & Child) Swim Lessons -

When

Tuesday, Thursday 7-7:30 PM -
4/17, 4/19, 4/24, 4/26

Member—Registration Opens 3/20

\$14

Non-Member—Registration Opens 3/27

\$28

PRESCHOOL EVENING -

When

Tuesday, Wednesday, Thursday 5:30-6 PM
4/17, 4/18, 4/19, 4/24, 4/25, 4/26

Member—Registration Opens 3/20

\$23

Non-Member—Registration Opens 3/27

\$46

SCHOOL AGE EVENING -

When

Tuesday, Wednesday, Thursday 6:10—6:55 PM
4/17, 4/18, 4/19, 4/24, 4/25, 4/26

Member—Registration Opens 3/20

\$27

Non-Member—Registration Opens 3/27

\$54

PRIVATE LESSONS—RUN YEAR ROUND

The YMCA offers private swim lessons for all ages. Young or old, beginner or experienced, there is someone who can help. Each session is for 45 minutes. Private lesson times are available anytime. Contact Amy for more information. Please call ahead to arrange a time. Private lesson instructors are available morning, day and evening.

Any day / any time

ADULT WATER ADJUSTMENT—RUN YEAR ROUND

Just for adults, 18 and older. An introduction to water that is designed for non-swimmers. The class focuses on water adjustment (water entry/exit, getting wet, climbing out of the pool), breath control (holding breath and submerging), buoyancy, rescue techniques, kicking, front and back float, starting stroke techniques and treading water. All are welcome. Participants should not expect to become proficient in swimming by taking this class. **Contact Amy to arrange time for the session.**

POOL TRAINING—Any Day Any Time

Meet with the Aquatic Director and learn how to use the various equipment appropriately and in the most beneficial ways for exercise. Prior arrangements can be made by contacting Amy.

M FREE NM \$7

WATER FITNESS

Water Fitness is for everyone. Water is great for those recovering from an injury or for those just getting started in fitness for a healthy lifestyle. Water can be used in addition to your land based exercise routine for cross training to allow for increased range of motion, flexibility, and reduced soreness. Classes can be adjusted to everyone's individual fitness level.

WATER EXERCISE HEALTHY BENEFITS:

There are many benefits to using different types of water fitness as a means of exercise in a healthy lifestyle. You can use water fitness in the following ways:

1. Improve cardiovascular strength
2. Build endurance
3. Enhance flexibility and joint mobility
4. Increase muscle tone
5. Expand cross training skills
6. Develop friendships

***RANKING OF CLASSES:

1 - EASY 4 - HARDEST

SPLISH SPLASH

Runs Year Round (2***)

FREE for all YMCA Members—Strictly shallow water only to help improve agility, flexibility and cardiovascular endurance. No swimming ability is required. Class uses a kickboard to develop strength, balance and coordination.

MONDAY/WEDNESDAY

11 AM—NOON

AMY & ROXANNE

AQUAFIT

Runs Sept. thru May (3***)

Great exercise class, set to music that will improve and maintain coordination, flexibility, balance and muscular strength. Workout uses both deep and shallow water exercises at a moderate pace. Flotation belts, water weights, kickboards and a variety of equipment available. Water Pass is required.

TUESDAY/THURSDAY

9-10 AM

PATTY & JENNA



WATER WORKOUT

Runs Sept. thru April (4***)

A non-stop, adrenaline pump fast paced class using deep and shallow water exercises to build cardiovascular health as well as muscular strength and flexibility. A great way to work the entire body without the impact of the gym—use of flotation belt. Water Pass is required.

MONDAY NIGHTS

7-8 PM

CARLA & AMANDA

JACKIE'S CLASS

Runs Year Round (1***)

Basic water exercise class, mainly in shallow water. No swimming ability is required. Designed to work your sore joints, improve your flexibility and improve your range of motion in a relaxed environment and easy going pace. This is a good class for people that want to relieve some soreness, or people that want a low impact workout. Water Pass is required.

MONDAY/WEDNESDAY/FRIDAY

9-10 AM

JACKIE

ADDITIONAL INFO:

All water fitness classes must have sufficient participation each time for the Y to continue to offer the class. A minimum of two people need to be present per class for instruction. Classes requiring a water pass may be purchased at the front desk. Each pass is good for 8 Classes—M \$15 NM \$34. Water pass cards are kept by the instructors. Each class takes attendance which is then deducted from participants cards. When the card is full, or all 8 classes have been taken—the instructor will notify the participant to get a new card. Water passes may be used by one or multiple classes. A separate card is not needed for each class.

AQUATIC PROGRAMS

FAMILY FLICK & SWIMS

The Y Aqua Department offers a variety of Flick & Swim opportunities throughout the year. It is expected that all in attendance will be in the water. Grab a noodle and float while watching the movie. Watch for news on the next flick!

AMERICAN HEART COURSES

The Y offers American Heart Association courses in BLS for Healthcare Providers covering core material such as adult and infant CPR. The Y also offers Heartsaver First Aid. Contact Amy in aquatics for additional details.

KAYAKING CLASSES

Kayak Safety clinics are designed for beginner to intermediate kayakers. Participants will get a chance to see skill demonstrations and to practice what they've learned in a safe environment with experienced staff. Kayaks and flotation devices will be available for use on the day of the clinic. Participants need only bring swim suit and towel. Participants must be able to swim, comfortable with water up to 7 ft deep and must be a minimum of 10 years old.

Kayak Skills classes are designed for graduates of the Safety Clinic or intermediate level kayakers who are ready for a skill session on the river, lake or creek. All gear can be provided but your own gear is preferred.

FAMILY SWIM SUNDAYS

Sundays are designated as Family Swim Time from 1—4 PM. This is a great afternoon activity for the entire family. Families need not only come on Sundays. Anytime that is marked Open Swim on the pool schedule can be family time in the YMCA pool.

YMCA LIFEGUARD 2011

This course is designed to provide the participants with the knowledge and skills needed to be a lifeguard and professional rescuer. Participants will be certified in CPR Pro for the Professional Rescuer, Basic First Aid for the Community and Emergency Oxygen Administration. The course presents information on the skills and knowledge lifeguards need in pool, lake, river, surf, and waterpark environments. The comprehensive course offers up-to-date information on how to lifeguard by anticipating and preventing problems before they occur and by taking action to help those in danger when necessary. Course covers safety skills, accident prevention, scanning, guarding techniques, emergency systems, rescue skills, first aid in aquatic environments, spinal injury management, open water dangers, legal responsibilities, pool management, and information on how to get a job as a lifeguard. The leadership competencies this course meets for the Leader Level are: Inclusion, Influence, Communication, Decision Making, and Emotional Maturity.

Prerequisites: Minimum age of 16 by the last day of the scheduled course. Those under the **age of 18 must have parental consent to participate in the course.**

Pass the following three-phased Physical Competency Requirements (conducted in class on the 1st day):

Phase 1: Tread water for 2 minutes (legs only) Swim 100 yards of front crawl

Phase 2: Swim 50 yards of each: Front crawl with the head up, Breaststroke, Breaststroke with the head up, Elementary backstroke kick with hands on the chest, Perform a feet-first surface-dive in 8 to 10 feet of water (or maximum depth of training facility). Then swim underwater for 15 feet.

Phase 3: Starting in the shallow end of the water, sprint for a distance of approximately 60 feet then perform an arm-over-arm surface dive in 8 to 10 feet (or maximum depth of training facility) Pick up an object (dive ring) from the bottom of pool, surface and tread water for at least one minute with legs only, replace the object back to the bottom of the pool where it was found. Swim the remaining length to end of pool, and hoist yourself out of water Immediately begin compression on an adult manikin for one minute or 100 compressions, stand and listen to directions from instructor

NOTE: Y Lifeguard course includes CPR Pro for the Professional Rescuer, Basic First Aid and Emergency Oxygen Administration.



CHILD CARE

THE YMCA EXPERIENCE



Let our YMCA "Child Watch" be one of your child's first YMCA experiences. Toddlers, pre-scholar's, and children 10 and under will look forward to coming to the YMCA to join in activities in a safe and secure atmosphere. The YMCA "Child Watch" staff offer a warm and fun environment along with a sense of belonging.

Y Child Watch users must purchase a "Child Watch" Pass.
M \$10 NM \$20

Absolutely no pay as you go!!! All children 10yrs and under who are in the Child Watch area will be charged for the service. Children over 10 yrs may not remain in area! An hour service is 60 minutes and anything over 75 minutes will be charged another hour of service. Example: A member signs up for services at 8:00 am and does not pick up the child until 9:20 am. The member will be charged 2 hours of service. (We will no longer acknowledge quarter and half hour payments. Everything will run by the hour.)

Contact the Member Service Desk for current child watch hours.

To Register for Child Watch: Register at front desk 24 hours before time of service. *If not, please call for openings.

- **Everyone using Child Watch MUST sign in log when leaving children)**
- Parents/guardians must remain in the YMCA.
- Child watch care givers do not change diapers.
- If not registered by 9pm for morning or 3pm for evening--not guaranteed a sitter available.
- Cancellations after 3pm will be charged amount registered.
- Arriving and not signed up--charge is double.
- The Juniata Valley YMCA reserves the right to change or alter all or any Child Watch hours.
- Child watch hours may be cancelled if low or no sign-ups are registered .
- Please remember to sign-up for this service!!
- 24 hr sign-up is required!

HEALTHY LIVING

IMPROVING THE NATION'S HEALTH AND WELL-BEING



INDOOR CYCLING

Get a great low impact but intense workout that will tone your whole body as you cycle to motivational music and follow

your instructor's quest. You control the RPMs and resistance as you climb hills, sprint, and cycle your way to great health. Runners have found indoor cycling to increase their strength and speed. For those looking for more cycling time may opt to purchase a monthly cycling pass which allows you to ride anytime the aerobics room is not conducting scheduled classes. A FREE orientation is needed prior to taking your first ride—contact Bob for details.

Ages 14 & Up

MONTHLY PASS: M \$20 NM \$45

PAY PER CLASS: M \$3 NM \$6

MONDAY / WEDNESDAY 5-6 PM

WEDNESDAY ONLY 7-8 PM

TUESDAY / THURSDAY 6-7 AM

TUESDAY / THURSDAY 8:30-9:30 AM

CARDIO FITNESS CLASSES

A variety of high and low impact classes are offered at the Y for adults. Contact Beth for more details.

FREE to all Members

Non-members must purchase a day pass

8:30-9:30 AM

MONDAY - Cardio Sculpt

WEDNESDAY - Instructors Choice

FRIDAY - Interval Training

AFTERBURN

This class requires participants to use their own bodyweight plus dumbbells for metabolic intervals that alternate low impact (no jumping) high cardio for the ultimate fat burning workout! This workout will increase your body's metabolism so you will continue to burn calories long after your workout session has ended. Contact Beth for more details.

6 WEEK SESSION

M \$15 NM \$26

6:30-7:30 PM

MONDAY NIGHTS

BODYBLAST

Get Fit, enjoy music and blast your body into shape using a barbell system developed to strengthen and shape your body into a lean, sculpted, fit new you! Weight training set to the beat of popular music, very upbeat and inspirational class. Contact Beth for details.

6 WEEK SESSION

M \$15 NM \$26

CHOICE OF:

TUESDAY SESSION 6:30-7:30 PM

THURSDAY SESSION 6:30-7:30 PM

SATURDAY SESSION 9-10 AM

ADULT ADVANCED JUDO

Judo/Jijitsu is an ancient art of self defense that consists of throwing, grappling and striking techniques. Classes are instructed by Dave McAllister and Tom Craver. Students learn the basic skills and develop strength, integrity and respect for others.

NEW STUDENTS—1ST MONDAY OF THE MONTH

M \$22 NM \$42

MONDAYS 7-8:30 PM

ADULT ADVANCED TAE KWON DO

Students will learn techniques to develop strength, integrity and respect for others as well as an effective means of self defense. Classes include belt promotions, stretching, forms, mental and physical self-defense and sparring. Classes are held year-round. Registration is by the month. Instructed by Mike Redmond and Rodney Tanner.

M \$22 NM \$42

7:30-9:30 PM

TUESDAYS / THURSDAYS

MENS WINTER BASKETBALL LEAGUE

League is for men college age and older. Games are played Wednesday nights between 6-10 PM. League plays an 8 game schedule. Team registrations accepted only. All teams must be paid in full to appear on the schedule.

\$256 / TEAM

6-10 PM

WEDNESDAY NIGHTS

4TH ANNUAL CABIN FEVER INDOOR TRIATHLON

This triathlon is a fun way to challenge yourself and compete against others in your age group/division (Men's and Women's Divisions). Swim, Bike & Run/Walk then record your times. Alternate events for those with disabilities or physical limitations. You pick the time and day to complete your three events, record the times, then turn them in at the Front Desk (Bob's mailbox). You may complete the triathlon events in any order as long as they are completed with MINIMAL breaks between events. Time sheet and stop watch are available at front desk. Please return them when finished.

FEBRUARY 13-19TH - REGISTER BY FEB 10TH

M \$15 NM \$20

ANYDAY / ANYTIME THROUGHOUT THE WEEK

HIKING THE APPALACHIAN

Come walk the "Appalachian Trail" with us at the Y. Jen Hoover, Wellness Center Staff, will be your Trail Leader and you can walk with her outside (until you can't take the cold) or inside on the treadmills or in the gyms (space available) or, walk at your favorite place and turn in your mileage once per week to Jen and she will update your miles on the AT Map posted just beside the Member Service Desk. This is for **members only** and the cost is \$15.00. An AT Club T-shirt will be given to those who finish the 2,175 miles. Start any time-this is not a race but an endurance expedition to test your fitness, motivation and perseverance. Sign up and bring a friend!

FREE FOR MEMBERS

HEALTHY LIFESTYLE FOR THE FAMILY

The Healthy Lifestyle for the family is a program that allows the family unit to exercise together using various machines and equipment appropriate for each age group. It began as a way for children too young for the Wellness Center (10 and under) to exercise and stay in shape, and has become a fun family oriented experience. Bring the whole family to the YMCA and participate in programs and activities and 'pump some iron'. Contact Bob for more information. Registration, orientation and training are free for members.

FREE FOR MEMBERS

OPEN CLIMBS ON THE ROCK WALL

Have fun and stay fit during the winter months on the Y's indoor rock climbing wall. Open climbing is available from December through early May for ages 3 and up. Climb as little or as much as you want during the two hour period. Four lines to choose from with numerous routes per line. A bouldering wall is available and does not require a harness or rope for safety. Adult and teen volunteers are always needed. Contact Bob for more information.

Ages 3 & Up

M \$1 NM \$1 PLUS A DAY PASS

6:00-8:00 PM

MONDAYS, TUESDAYS & THURSDAYS

TABLE TENNIS / PING PONG

Located in the blue gym, tables are set up beside the rock wall offering an opportunity for all ages over 5 to play. Bring the whole family & have fun! Contact Bob for more information.

Ages 5 & Up

M \$1 NM \$1 PLUS A DAY PASS

6:00-8:00 PM

THURSDAYS ONLY



HERE FOR THE COMMUNITY



WELLNESS CENTER

The Wellness Center is open for use during all hours that the YMCA is in operation. A full line of cardio, strength training machines and free weights are available. Anyone 14 or older may use the Center while those 11-13 must be accompanied by an adult who must be with the child at all times. No children under 11 are permitted in the Wellness Center for safety reasons. An orientation is required for youth 11-13 and highly recommended for all others. Staff is available for your assistance throughout the week-days. Personal Training is available-contact Bob Marsh to arrange.

CLIMBING WALL

The indoor rock climbing wall at the YMCA is located just inside the Blue Gym. Run by Bob Marsh, the Wall is open during scheduled times throughout the school year.

INDOOR POOL

- Average Water Temperature—84 degrees
- Average Air Temperature—86 degrees
- Pool Length—25 yards; 72 lengths = 1 mile
- Pool depth is 3 ft 6 inches to 7 feet deep end
- Shower is required prior to entering pool area
- Ramp Access and Water Wheelchair are available
- Swim diapers are required
- No recreational diving allowed
- Children 5 & under must be accompanied in the water—8 & under must be accompanied in the pool area always
- Inflatable floatation devices are prohibited.
- No snorkels or masks – goggles only.
- Food and drink are not allowed in the pool area.
- LIFEGUARD IS ALWAYS ON DUTY

RACQUETBALL

Reserved Court Time - May call to reserve a court one day ahead of play time. Cost is \$2 per hour per person to reserve court.

Open Court Time - No charge if court is not reserved or in use. Players may be asked to leave if a paying player arrives.

Equipment - Equipment is available at the front desk for use. There is a \$2 deposit when signing equipment out. Once all equipment has been returned, borrower will get \$2 back.

Please Note: Only non-marking shoes may be worn on courts. Eye goggles must be worn at all times. Non-members must purchase a day pass to play.

2 FULL COURT GYMNASIUMS

Courts are open for use pending availability. Gyms are used for basketball, indoor soccer, indoor lacrosse, indoor walking, gymnastics and variety of other programs. Gyms may be rented by the hour for volleyball, dodgeball, parties and so forth. For more information contact STACEY at 248-5019.

TEAM BUILDING

The Juniata Valley Y Teambuilding is a great way for your group or corporation to get to know each other better and learn teamwork while having fun. Activities are based on Experimental Learning— learning by doing. The activities introduce new ideas, concepts and activities and are based on the concept of Challenge By Choice, where each participant is strongly encourage to challenge their 'comfort zone' and be 'stretched' in order to be actively involved in the group learning process. Everyone will learn something new about themselves and others on the team. Contact Bob for more information.

