REGISTRATION DATES

SPRING I
Members: February 10
Non-Members: February 17

SPRING II
Members: April 13
Non-Members: April 20

Spring Programs 2020

REGISTRATION DATES

SPRING I
Members: February 10
Non-Members: February 17

SPRING II
Members: April 13
Non-Members: April 20

www.ymcahagerstown.org
Directory
Accounts Payable/Payroll
Rachel Dempsey .......................... ext. 4219

CEO
Maria Rubeling ........................ ext. 4213

Child Care Administrator
Debbie Banas ............................... ext. 4210

Facility Director
Teddy Newman ............................. ext. 4232

Human Resources Director
Colleen Gildee .............................. ext. 4211

Interim CFO
Daria Putnam Steinhardt .............. ext. 4206

Marketing Coordinator
Madelyn Ruiz ............................... ext. 4220

Member Coordinator
Kristen Estes ............................... ext. 4208

Senior Director of Healthy Living
David Smith ................................. ext. 4212

Senior Director of Youth Development
D.J. Stouffer ................................. ext. 4215

Program Managers
Aquatic Director
April Miles ................................. ext. 4221

Aquatic Coordinator/Head Swim Team Coach
Roxy Thurmond .......................... ext. 4216

BASE (Before & After School Enrichment)
D.J. Stouffer ................................. ext. 4215

Child Care Director
Rhoni Mills ................................. ext. 4227

◊ Infants ......................................... ext. 4226
◊ 2’s .............................................. ext. 4225
◊ 3’s .............................................. ext. 4229
◊ 4’s .............................................. ext. 4228

Fitness Director
Sonia Reyes ................................. ext. 4237

Sports Coordinator
Josh Gagnon ............................... ext. 4217

HEAL Program Coordinator
Barbara Williams ........................ ext. 4240

HEAL Event Coordinator
Melissa Fountain .......................... Melissaf@ymcahagerstown.org

Weather Info Line ........................ ext. 4214

FACILITY HOURS
Hours of Operation
Monday-Friday 4:30 am - 10:00 pm
Saturday/Sunday 6:00 am - 7:00 pm
(Doors will lock 1/2 hour prior to closing)

Holiday Hours
Easter / April 12 (closed)
Memorial Day / May 25 (6 am - 12 pm)

ALL CLASSES CANCELED
Healthy Kids Day / April 18

FREQUENTLY CALLED NUMBERS

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Table of Contents

AFTER SCHOOL PRE-SCHOOL PROGRAM AT THE Y

BENEFITS:
• Opens right after school until 6:00 pm daily,
• Transportation from school to the YMCA,
• Snacks,
• Homework Help,
• Arts & Crafts,
• Gym Time, and more

PARTICIPATING SCHOOLS:
• Potomac Heights Elementary School
• Paramount Elementary School
• Little Hubs @ Noth High

Cost: $199 per month
(part-time rates also available-limited)

For more information, please contact:
Rhoni Mills at rhonim@ymcahagerstown.org or call 301-739-3990 x4227
The mission of the YMCA of Hagerstown is to build strong kids, strong families, strong communities through programs, based on Judeo/Christian principles, which build a healthy spirit, mind, and body for all.

OUR MISSION:

Bring the whole family and enjoy a FREE night of entertainment.

FREE DRINKS FREE POPCORN

FIRST FRIDAY OF EACH MONTH

Bring a pillow, blanket, and/or comfy chair
MEMBERSHIP AND MEMBERSHIP POLICIES

INCLEMENT WEATHER

The Hagerstown YMCA will close, delay opening, or cancel programs when weather conditions are such that roads, or the parking lot are, or soon will be, difficult to navigate. Please check the Y website, facebook, or call the weather line for information regarding our status.

Weather Hotline: 301.739.3990 - ext: 4214

BASE (Before and After School Enrichment)
Should Washington County Schools delay opening, no before care will be provided.

Should Washington County Schools close early, BASE will be held at the normal location.

Should Washington County Schools close, weather permitting, children may come to the main Y for our School’s Out Program. (School’s Out Program is a fee based program.) Parents should call the YMCA to add their children to the day’s attendance sheet (must check the status of the Y before bringing children to the facility).

PAYMENT OPTIONS

Monthly
Through our bank draft plan, dues are automatically transferred from your checking or via credit card to the YMCA. No renewal notices are sent. Membership is continuous until member notifies the YMCA in writing by mail, e-mail or in person. No faxed or phone in terminations are accepted. A 30-day notice is required. The YMCA cannot be responsible for mail and e-mail that does not reach us. Please follow-up with us to be sure we received your notification.

Annual
Cash, check or credit card. Annual membership is in effect for one year from date of joining. Annual membership fees are not refunded if membership is terminated prior to the one year anniversary.

Refunds
Membership dues and kit lockers are refundable up to 15 days from sign-up date. The YMCA reserves the right to cancel any class that does not meet minimum enrollment. Before registering for classes please make note of our refund policy.

Membership Cards
When using the YMCA you must present your membership card. If your card has been lost, a new one can be purchased for a $5 fee. If you forget your card, you will be admitted after showing your ID at the front desk. A one day pass will be issued. Use of a membership card by anyone other than the person to whom it is issued will result in loss of membership.

CHILDS WATCH

Ages 6 weeks to 12-years-old

Child Watch is offered to YMCA members as a safe and convenient drop off area for your children to play and have fun while you work out or participate in Y programs. This Fee membership is available for any children who are part of your household membership plan. Parents must remain on Y property while their children are in Child Watch. There is a limit of two-hours of Child Watch per day. This service is available on a first come, first served basis.

Child Watch Hours:
Monday-Thursday 8:00 am - 12:00 pm
3:45 pm - 8:15 pm
Friday 8:00 am - 12:00 pm
3:45 pm - 7:00 pm
Saturday 8:00 am - 12:00 pm
Sunday CLOSED

Adult only members whose children are not members of the YMCA can utilize Child Watch for a fee of $2 per hour per child.

Youth
Ages 9 - 12 yrs.
Monthly dues .......................................................$12

High School
13 - 17 yrs.
Monthly dues .......................................................$20

Young Adult
18 - 26 yrs.
Monthly dues .......................................................$33

Adult Individual
Ages 27 - 59 yrs.
Monthly dues .......................................................$43

Senior Individual
Ages 60 & up
Monthly dues .......................................................$34

Household
Household Memberships are available for 1 and 2 adult households. Those eligible for membership include the adult member(s) in the household and the dependent children up to the age of 24.

◊ One Adult Household ..................................$56
◊ Two Adult Household.................................$66
◊ One Adult Senior Household......................$42
◊ Two Adult Senior Household.........................$49

Nationwide Membership
The Hagerstown YMCA participates in Nationwide Membership. This means that Hagerstown Y members may visit any participating Y in the U.S. and Puerto Rico at no additional cost and will be given access to all member areas and programs.

Guest Policy
Members may bring guests* as they wish throughout the year with the following restrictions:

◊ Members may only bring in two guests at any given time. (They may contact the Senior Director for Healthy Living to arrange to bring in more than two guests).

◊ Only members High School age and over may bring in guests.

◊ Guests of a High School member must be at least 14 years of age.

◊ An individual may only come three times in a calendar year as a guest with a Member.

*Guests must have a government or school approved ID.

Payment Options

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MEMBERSHIP AND MEMBERSHIP POLICIES
SUPERVISION OF CHILDREN
• Children age 9 and under must be accompanied by a parent/guardian at all times.
• Children age 10–13 NOT participating in a scheduled team sport or youth program must be accompanied by a parent/guardian 18 years or older.
• Other age restrictions are posted throughout the facilities.

LOITERING
All members, participants, and guests are expected to be involved or participating in programs and activities while at the YMCA. Loitering will not be permitted.

ATTIRE
T-shirts, shorts and basketball or tennis shoes required in all fitness areas. Attire that exposes undergarments is prohibited.

POOL ATTIRE: Only approved swim wear material is permitted in pool. A list of approved materials is available at our front desk. No T-shirts or cutoff shorts or street clothes permitted in the pool. Showers are required before using the pools.

FOOD AND DRINKS
No food or drinks in gym, pool or locker rooms. Bottled water with a screw on top will be allowed past the Front Desk. No soda cups, sports drinks or coffee will be permitted in the locker rooms or in the gym. This applies to participants and observers as well. Please help maintain your YMCA by following these rules. Parents, please do not give children food and drinks while in the locker rooms.

SMOKE AND TABACCO FREE CAMPUS
The entire Y campus is tobacco free.

CELLPHONE, CAMERA-PHONE, SPEAKERS, VIDEO RECORDING DEVICES AND CAMERA USAGE
For the safety and security of all participants, cell phones and video recording devices are strictly prohibited in the locker rooms. Failure to adhere to this policy will result in loss of privileges and termination of membership.

Cell phones with ear buds or ear phones are allowed in the Fitness Center/Gymnasium for the purpose of privately listening to music or programming. No open wired or blueooth speakers are permitted. Please refrain from talking on the phone or singing out loud, and please do not text while others are waiting to use equipment.

Cameras and video recording devices are permitted in program areas provided that a dependent member of your family is participating in the sport or activity.

NOTE: Glass devices such as cellphones or video recording are strictly prohibited on pool decks due to broken glass hazard.

MEMBER CODE OF CONDUCT

Our Code of Conduct does not permit language or action that can hurt or frighten another person or that falls below a generally accepted standard of conduct. Specifically this includes:

• Angry or vulgar language, including swearing, name calling and shouting;
• Any demonstration of sexual activity, or sexual contact with another person;
• Harassment, or intimidation by words, gestures, body language, or any other menacing behavior;
• Unwanted physical contact of any kind is not acceptable;
• Behavior which intends to, or results in the theft, or destruction of property;
• Carrying or concealing any weapons, or devices which may be used as weapons;
• Wearing of attire which exposes any undergarments;
• Use of YMCA facilities, equipment, or services for personal financial gain;
• Solicitation for sale of products, or services on YMCA property.

Members are encouraged to be responsible for their own personal comfort and safety and to ask any person whose behavior threatens their personal comfort to refrain.

Please do not hesitate to notify a staff person if you need assistance. Suspension or termination of YMCA membership privileges may result from any violation of the Code of Conduct.

POOL PARTY
HOST YOUR NEXT BIRTHDAY PARTY HERE

We offer use of either our large or small pool and your choice of either our multi-purpose room or our more spacious program room #3. Twenty-five guests will enjoy an hour in the pool and an hour in our party room with our party coordinator who will assist you with room set-up. Tables and chairs will be provided.

STOP BY THE HAGERSTOWN Y OR CALL EXT. 4239 NOW TO MAKE A RESERVATION!

301-739-3990
YMCA CHILD CARE CENTER
The Hagerstown YMCA offers quality full time and part time child care for infants through preschooler, enabling parents and family members to go to work knowing their children are in a safe, stimulating environment.

YMCA Child Care Center specializes in individual, age appropriate early childhood activities. Child Care provides a nurturing environment for structured learning activities that consists of language arts, math, science, art, and music.

Swim lessons and field trips are also included in our program. Children 6 weeks old to age 5 are eligible for this program.

OUR CURRICULUM
The InvestiGator Club is a culturally rich, fully integrated preschool curriculum that focuses on ten critical domains of learning, including literary, math, science, social studies, oral language, and creative arts.

The preschool program uses engaging stories, charming characters, and children's own curiosity to motivate them to think, solve problems, communicate, and investigate their world. The curriculum focuses on social and emotional needs as well as physical abilities for young children.

REGISTRATION IS CONTINUOUS THROUGHOUT THE YEAR

For more information on YMCA Child Care or to schedule a tour, please call

RHONI MILLS
YMCA Child Care Director at 301-739-3774

Hours of operation 6:30 am to 6:00 pm

SCHOOL’S OUT PROGRAM
Boys and girls 5–12 years old may attend this ALL day program. Crafts, games, gym time, swimming, field trips and new friends for everyone to enjoy! A bag lunch, afternoon snack, beverage, bathing suit, and towel are required. Advance registration is necessary on all planned School’s Out days due to limited space and to maintain a safe staff/child ratio. Register and pay up to one month in advance.

HOURS OF OPERATION: 7:00 am-6:00 pm

CONTACT: D.J. Stouffer at 301-739-3990, ext. 4215 for more details.

DATES: February 18, April 5, 19, and 22

FEE: $20 After School Participants
$25 YMCA Member
$30 Non-Participants

“Y” SCHOOL AGE CHILD CARE
Before School Care is offered at Bester, Emma K. Doub, Eastern, Lincolnshire, Pangborn, Ruth Ann Monroe, Salem Avenue, and Williamsport from 6:30 a.m. until school starts. Before School Care at Jonathan Hager starts at 6:00 a.m.

YMCA also offers After School Program. This program operates from dismissal until 6:00 p.m. The YMCA After School Care has sites located at Bester, Clear Spring, Emma K. Doub, Eastern, Fountaindale, Fountain Rock, Hancock, Jonathan Hager, Lincolnshire, Pangborn, Ruth Ann Monroe, Salem Avenue and Williamsport elementary schools.

Daily activities include arts and crafts, homework assistance, snack, playground activities, and occasional field trips. These activities provide lots of fun and socialization for children.

Your children will be happy and you will be worry free if they are enrolled in both or either one of these programs.

These programs operate during the school year ONLY. Provisions are made for Professional days, holidays, and early dismissals. Registration is now in progress for all school sites.

Call D.J. Stouffer for more details at 301-739-3990, ext. 4215.

REGISTRATION IS CONTINUOUS THROUGHOUT THE YEAR

OPEN HOUSE EVENT
How much fun will your kid(s) have at the YMCA Summer Day Camps? Well, remember the fun of summer when you were a kid? Naturing creativity, spending time with friends, developing sportsmanship through games, sports and splashing in the pool? At the Hagerstown YMCA camps, we create an exciting, safe environment for kids to have an unforgettable summer of fun. And, while they are taking part in unique experiences and adventures, they will be building self-esteem, developing interpersonal skills and making lasting friendships and memories.

COME AND CHECK OUT OUR SUMMER DAY CAMP AND GET A JUMP ON REGISTRATION.

DATE: Saturday, March 28, 2020
TIME: 10:00 am - 2:00 pm

Join us and learn what our camps are all about.

Visit the Summer Camp Section of our website to download required registration forms.
**AQUATICS**

### SCUBA CLASS/SCUBA RE-CERT

**PADI certified ages 10-years and up.**

**CONTACT:**  
For information, registration and student materials contact Blue Marble Divers at 301-714-4873.

**START DATE:** Year round

**CLASS MEET:**  
**TUE**  6:00 pm - 10:00 pm

**FEE:**  
$450

### LIFEGUARDING CLASSES

Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water.

**CLASS:**  
First class is a water test. Please bring a bathing suit and towel. Test includes 500 yard swim, 5 minutes treading water, brick swim.

**DATES / TIMES:**  
**CLASS START:** March 16  
**CLASSES MEET:** Monday/Wednesday  
For seven (7) weeks  
**CLASSROOM:**  7:00 pm - 8:30 pm  
**POOL TIME:**  8:30 pm - 10:00 pm

**FEE:**  
$275  Members  
$300  Non-members  
$75 non-refundable deposit required at time of registration.

### COMPETITIVE SWIM TEAM

The YMCA Swim Team offers competitive swimming for ages 6-18 throughout the year. The program promotes youth development and healthy living while teaching your child to value hard work, reach for excellence, and enjoy the competitive spirit. Our supportive coaching staff will help each swimmer develop skills along with emphasizing the importance of honor, caring, sportsmanship, respect, and responsibility. The fun of going to the meets, social events and activities will keep you and your child busy all year long. YMCA membership is NOT required for summer team. Sign up for Summer Swim Team/Stroke Mechanics is April 27 through May 1. Practice starts May 4. For more information please call Roxy Thurmond, our head coach, at 301-739-3990, ext. 4216 or visit our website at hagy-gators.org.

**TEAM EVALUATION DATES:**  
New members evals:  April 28, 29, 30  4:30 pm - 7:00 pm

### WORK AT the Y \* THIS SUMMER

**Do you like swimming? Do you like children? Let’s combine the two, and become a swimming instructor.**

In the American Red Cross Water Safety Instructor class, we will be breaking down the strokes so you can teach the young and the young at heart how to swim. Must be able to swim Freestyle, Backstroke, Breaststroke, Sidestroke, Butterfly and tread water for three minutes. The test will be held on the first day of class. A $75 non-refundable deposit required at time of registration.

**SESSION 1:** March 16 - April 23.  
MON  7:00 - 10:00 pm  
THU  7:30 - 10:00 pm

**SESSION 2:** April 27 - May 21  
MON  7:00 - 10:00 pm  
THU  7:30 - 10:00 pm

**FEE:**  
$275  Members  
$300  Non-members

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**FEE:**  
$275  Members  
$300  Non-members

### RECERTIFICATION LIFEGUARDING CLASS

The lifeguard course option combines online learning with in-person skill sessions conducted by a Red Cross certified swim instructor.

Must be at least 15 years old by the last day of the course and successfully complete the skills pre-test: 300-yard continues swim (freestyle and/or breaststroke), tread water with no hands for 2 minutes, swim approx. 20 yards, surface dive to depth of 7-12 feet, retrieve 10lb object, kick on back carrying the object approximately 20 yards, in 1 minute and 40 seconds.

**DATES:**  
**MAR. 16**  7:00 pm - 10:00 pm

**FEE:**  
$165  Members  
$190  Non-members
PARENTS

PLEASE NOTE

◊ Water safety instruction is taught in each class, including safety jumping.
◊ Tie long hair back for swim lessons.
◊ Swim diapers MUST be worn by all children 3 years of age and under, no exceptions. Washable, reusable swim diapers permitted.
◊ Children 4 and older may not wear underwear under bathing suits.
◊ No food or drink in locker rooms or on pool deck.
◊ No floatation devices may be brought into the pool (ie. rings, rafts, etc.).
◊ No glass on pool deck (cell phones included).

NOTE: Parents may watch the first class, the last class, and the last five minutes of every class. Preschool Stroke Development class would be in the large pool, all others would be in the small pool. All sessions last 7 consecutive weeks. Fee: $53 Member/$85 Non-member.

WATER DISCOVERY (Stage A Parent/Child)
Introduces infants and toddlers (6 mos. and up to 3 years-old) to the water while providing interaction between parent and child. One adult must accompany child in the water.

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WATER EXPLORATION (Stage B Parent/Child)
One parent works with their children (1 year and up to 3 years-old) to explore body positions, blowing bubbles, and fundamental safety and aquatic skills.

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PRESCHOOL WATER ACCLIMATION (PIKE)/3 YRS TO 5 YEARS OLD:
Entering and exiting pool and putting ears and face in water by self, back floating with help, swimming and jumping with bubble with help

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PRESCHOOL WATER MOVEMENT (EELS)/3 YRS TO 5 YEARS OLD:
Jumping, big arms, floating, face in for 3 seconds, getting horizontal and deflating bubble

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PRESCHOOL WATER STAMINA (TADPOLES)/3 YRS TO 5 YEARS OLD:
Swimming width of pool with big arms, rhythmic breathing, lose bubble, back float, push and glide and finning

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PRESCHOOL STROKE INTRODUCTION (RAYS)/3 YRS TO 5 YEARS OLD:
Rhythmic breathing, no bubble, jumping, swimming and introduction to large pool

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PRESCHOOL STROKE DEVELOPMENT (STARFISH)/5 YRS TO 6 YEARS OLD:
Large pool, no bubble swimming, front crawl, back crawl, diving, treading

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NOTE: No classes Saturday, April 18 (Healthy Kids Day)
STUDENTS—6 to 12 years of age

Components of these classes are personal safety, stroke development, water sports and games, personal growth and basic rescue. Parents may watch the first class, the last class and the last five minutes of every class. Fee: $57 Member/$87 Non-member.

WATER ACCLIMATION (POLLIWOG):
Comfortable with water, flutter kick on front and back, bobbing, rhythmic breathing, and paddle stroke

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WATER MOVEMENT (GOLDFISH):
Kicking on front and back with board, rhythmic breathing, treading water, diving, and back stroke

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WATER MOVEMENT (GUPPY):
Kicking on front and back, rotary breathing, back stroke, treading water, floating, glides, and life jacket skills

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WATER STAMINA (MINNOW):
Front crawl, back crawl, whip kick, elementary backstroke, surface dives, flip turns, treading water

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STROKE INTRODUCTION (FISH):
Front crawl, back crawl, elementary backstroke, breast stroke, dive from block, surface dive, flip turns, treading water, underwater swim

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STROKE DEVELOPMENT (FLYING FISH):
Front crawl, back crawl, elementary backstroke, breast stroke, butterfly, racing dives, treading water, surface dives, flip turns

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STROKE MECHANICS (SHARK):
Front crawl, back crawl, elementary backstroke, breast stroke, butterfly, IM, flip turns, surface dives.

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NOTE: No classes Saturday, April 18 (Healthy Kids Day)
**ADULTS WATER FITNESS**

**ARTHRITIS SWIM PROGRAM**

Structured exercise program in the warm water under the supervision of qualified instructors.

**OBJECTIVES:**
Increased flexibility of body joints and greater comfort for arthritis sufferers. No swimming ability necessary. Easy access steps and a pool lift are available. Some restrictions may apply due to joint replacement and surgeries. Handicapped parking in front of the Y and an entrance ramp are available.

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<td>T/TH</td>
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**ABC AQUA-BANDS**
A huge variety of moves and motions can be performed to help improve strength and flexibility. Perfect resistance tool for water-based fitness and physical therapy. Aqua-band loop comes in three levels of resistance: light, medium and extreme.

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**AQUACISE**
A medium to high impact shallow water class. Promote joint flexibility, range of motion and agility while building cardiovascular endurance and muscular strength.

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**AQUAFLEX**
This is a great new class for all ages whether your trying to regain strength, build endurance or just get in a little of stretching. This Aquatic Class might be for you. This class combines cardio and some basic yoga elements to bring you a well-rounded workout. The water provides decent resistance with the option of weights to increase difficulty.

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**AQUA ZUMBA**
Pulsating Latin rhythms will have you shaking your shoulders and hips. You will burn calories using big movements in the water. Jump, kick, splash, wave your arms and most of all, SMILE! All AEA guidelines are strictly followed in Aqua Zumba workouts. Steps will be demonstrated. Proper body alignment, foot placement, and core stability are a must to prevent injury. Required: water shoes and your own water bottle.

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**HYDRO FIT—Exercise that Feels Good* (deep end)**
We have buoyancy and resistance cuffs, wave webs and hand buoys. Use our equipment and our guidance and take your workout farther than you ever imagined possible! Improve your aerobic conditioning, muscular strength, endurance flexibility and abdominal toning. This equipment enhances buoyancy and increases resistance for water aerobics. Participants must feel comfortable in deep water.

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**SPLASH WORKOUT**
A basic level water exercise class. By using the natural resistance of water and buoyancy, the exercises work towards improving flexibility, muscular strength and cardiovascular endurance. Discover what your body can do in the water! Coed classes, swimmers and non-swimmers welcome.

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**SENIOR CITIZENS SWIM**
Come and enjoy the pool. You may swim laps, widths, walk or just stand and talk with your friends without moving. It’s your hour. ENJOY!

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**ARTHRITIS SWIM PROGRAM**

**OBJECTIVES:**
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OPEN COED VOLLEYBALL (High School and above)
Recreational volleyball is scheduled for pick up games. Individuals and teams welcome. Emphasis on fun, fellowship, and friendly competition.

**DAYS** | **TIMES**
---|---
TUE | 7:30 pm - 10:00 pm

**FEES**: FREE (Members Only)

FULL COURT BASKETBALL
Recreational Basketball is scheduled for pick up games. Emphasis is on fun, fellowship, and healthy competition.

**DAYS** | **TIMES**
---|---
T/TH | 6:00 am - 7:30 am
M/W/F | 12:00 pm - 2:00 pm
W | 6:15 pm - 10:00 pm

INTRO TO TAEKWONDO
The YMCA is partnering with Tiger Rock Studio to offer an 8-week introduction course to Taekwondo Martial Arts. Participants will perform stances, kicks, punches, forms, board breaking and self-defense techniques. Take up to six classes a week! Finish the course with a promotional belt exam to earn your yellow belt. Program help at Tiger Rock Studio (Shank Farm Shopping Area—across from Friendly’s).

**AGES**: Tiger Cubs: 4-5
Juniors: 6-11
Youth: 12-15
Adults: 16 and Up

**SESSION DATES**: Winter - February 17 - April 18
Spring - April 20 - June 13

**FEES**: $239
Fee includes: on-the-mat uniform (pants, dri-fit shirt, mat socks, wrist belt, and bag gloves) and eight weeks of training.

FOR KIDS AND ADULTS ALIKE

PICKLEBALL LESSONS
Learn Pickleball from pro, Coach David Nycum.

Want to learn the game of pickleball or refine your skills? Get in the the action of the game everyone is talking about. Coach Dave will instruct a 4-week course on: serving, dinking, volleys and lobs, ground strokes, scoring and rules, singles and doubles strategy, and much more. Limit: 4 players per session.

**DAYS**: Mondays: 2:00 - 3:00 pm
**SESSIONS**: February 17 - March 9
March 16 - April 6

**FEES**: $50 Members / $70 Non-members

OPEN PICKLEBALL
Outdoor courts Available all daylight hours 7 days a week.

**LOCATION**: Program Room # 4

**DAYS** | **TIMES**
---|---
M/F | 11:15 am - 4:30 pm
T/TH | 12:45 pm - 4:30 pm
W | 12:15 pm - 4:30 pm
SAT | 11:30 am - 1:00 pm
SUN | 9:00 am - 4:00 pm
PRESCHOOL & YOUTH CLASSES

BALLET/JAZZ
(3-5 years old)
Children will learn ballet moves and techniques with an emphasis on cultural, physical, artistic, and spiritual differences giving students humanistic and ethical values. This program will help the students to express their own values and talents without holding back.

Instructor, Sandra Ortiz comes from Bolivia where she had her own dance studio, “Centro Cultural Kassandra.” A Spring performance to be announced.

DAY TIMES
MON 11:30 am - 12:15 pm
LOCATION: Program #3
FEE: $59 Member
$84 Non-member

GYM FOR TOTS
(Age: 12 months to 4-years-old)
Parents and tots are invited to come play together and make new friends during this fun time! Y staff will set up and provide guided discovery activities for those interested. 7-Week Session.

DAY TIMES LOCATION
TUE 10:00 am - 10:45 am Program Room #3
FEE: $14 Member/$22 Non-member

GYMNASTICS
NCAA Floor Exercise Champion, Toby Towson
Classes are designed to create an excitement for tumbling which is the basics of the sport of gymnastics. Participants will learn safe and progressive exercises that help develop tumbling skills including rolls, carwheels, handstands, walkovers, and handsprings. Though these exercises, participants will improve strength, flexibility, coordination, and rhythm.

TUMBLE STARS
(4-6 years-old)
DAY TIMES
THU 5:00 pm - 5:45 pm
FEE: $59 Family member
$84 Non-member

TUMBLING ELEMENTARY
(7 years and up)
DAY TIMES
THU 5:50 pm - 6:35 pm
LOCATION: Program Room #3
FEE: $59 Family member
$84 Non-member

INTRO TO TAEKWONDO
(Ages 4 to 16 and up)
See page 11 for details.

TURF AND SURF
(12 months to 4 years old)
Parents and tots are invited to come play together and make new friends during this fun time. Y staff will setup and provide guided discovery that works on motor and cognitive skills, as well as social and emotional skills. Then get dress for pool time for discovering the safety and fun of the water together.

DAY TIMES LOCATION
THU 10:00 am - 10:45 am Program #3
11:00 am - 11:30 am Pool
FEE: $35 Member
$46 Non-member
The YMCA is in search of area sponsors to support YMCA sports programs. Sponsorships help with the cost of uniforms, equipment and trophies each season. Sponsors can select the sport they wish to support. We offer Volleyball, Outdoor and Indoor Soccer, and Basketball in several sessions throughout the year. The cost of sponsorship is only $150 per session.

If you are interested, please contact Josh Gagnon
joshg@ymcahagerstown.org
301-739-3990, ext. 4212

SPORTS SPONSORSHIP

SPORTS CAMPS COMING THIS SUMMER 2020

Improve your child’s game at camp. Camp provides the perfect opportunity to improve skills, and make new friends.

SPORT CAMPS will include Basketball, Volleyball, Soccer, Flag Football, Golf, Cheerleading, and Tumbling.

For more details come to our SUMMER CAMP OPEN HOUSE Saturday, March 28, 2020 10:00 am to 2:00 pm

COACHES NEEDED

Volunteer Coaches are essential for YMCA Youth Sports to be successful.

Please consider jumping in and supporting your son/daughter experience by becoming a coach. It is a truly rewarding experience to see kids grow, develop friendships and learn sport skills.

Please contact Josh to become a Youth Sport Coach at 301-739-3990 x-4217 or via email to joshg@ymcahagerstown.org.

SPRING VOLLEYBALL LEAGUE
(Girls grades 3rd–8th)
Players will have an opportunity to practice and prepare for games in this developmental league. The league will be refereed and will follow high school rules. Uniform provided.

REGISTRATION: Ends February 29
PROGRAM: Begins Mid March
FEE: $56 Member
$89 Non-member

SPRING SOCCER
(For boys and girls ages 4–13 years old)
The YMCA soccer program is about fun, fair play, skill development and sportsmanship. Join the fun and excitement. Uniform shirt provided.

REGISTRATION: Ends February 29
PROGRAM: Begins Mid March
FEE: $56 Member
$89 Non-member

SPRING T–BALL
(Boys and girls ages 4–7 years old)
Great learning experience for young kids. One practice and one game per week. Learn basic skills of baseball, teamwork, and make new friends.

REGISTRATION: Ends March 15 or when filled
PROGRAM: Begins early April
FEE: $56 Member
$89 Non-member

The name of your business will be proudly displayed on the back of uniforms and at the end of the season the business will receive a sponsorship plaque that includes the team’s picture.

If you are interested, please contact Josh Gagnon
joshg@ymcahagerstown.org
301-739-3990, ext. 4212
## SPECIALTY CLASSES

### SPRING FITNESS SCHEDULE

(This schedule is subject to change.)

#### LAND–FITNESS

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#### WATER – FITNESS

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FREE 66 FITNESS CLASSES A WEEK FREE

Fitness Classes are free to members (monthly schedules are available at the Front Desk).

**BODY ATTACK**
Is a sports-inspired cardio workout program for building strength and stamina. This high energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**CHAIR YOGA**
Great class for people of all ages, fitness levels, and physical limitation. Using yoga props such as a chair, block, and straps you will increase flexibility, strength, balance, and well being. Please bring a yoga mat to class.

**CROSS TRAINING**
Do you get bored easily? Your brain and body will be challenged in this class that includes jumping rope, step training, sport conditioning, muscle conditioning, kick-boxing, calisthenics, and ply metrics.

**CXWORX**
Exercise muscles around the core and provides a vital ingredient for a stronger body. A stronger core makes you better at all things you do. It’s the glue that holds everything together.

**CYCLE**
A non-impact cardiovascular indoor cycling program for all ages and fitness levels. This 45 to 55 minute group exercise class combines a foundation of cycling movements with motivational coaching.

**DYNAMIC STRETCH AND STRENGTHEN**
This class will merge a battery of exercises that will stretch and strengthen your entire body. The instructor, Michael, will incorporate exercises from pilates, yoga, and functional movement.

**INTERVAL AEROBICS**
Designed with the older/beginner adult participant in mind. Improve cardiovascular conditioning and muscular strength in one class. Participants are guided through alternating intervals of low-impact (aerobics and/or step) and strength training exercises. You get a varied and balanced workout in a single class.

**LesMILLS BODY PUMP**
The original weights class that builds strength, tones your body and pushes you to the limit every time. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts, and curls. Great music, awesome instructors and your choice of weight, inspire you to get the results you came for—and fast!

**MUSCLE MAKEOVER**
Designed for all fitness levels. This class will help you develop overall strength through the use of medicine balls, free weights, resistance bands, flexibility balls, and calisthenics.

**POWER YOGA**
Fine tune your yoga skills with this unique 90-minute yoga class. The room will be heated to around 85 degrees relaxing joints and allowing muscles to loosen and stretch to their maximum. Heat, along with the many twists incorporated into the practice, promote detoxification of the body. Breathing techniques used in class will help build lung capacity and calm the mind. This class features all the benefits of an advanced yoga class from arm balances and inversions, to holding strength building poses to relaxation. Please bring water, a yoga mat, and a towel.

**YOGA**
You will discover the many benefits of yoga that await you, no matter your age or abilities. Poses are modified as needed for each individual, and you will learn how to bring yourself more comfort through proper alignment and balances, strength and flexibility. Experience a more vibrant body, peaceful mind, and joyful heart through yoga. Participants will both stretch and strengthen all major muscle groups, improve posture, stimulate circulation, blood oxygenation, and will reduce stress and tension. See the Yoga schedule for a description of the different styles.

**ZUMBA FITNESS**
An energizing way to burn fat and tone muscles. It uses combinations of fast and slow rhythms with Latin and other music from around the world. Salsa, cumbia, merengue, hip hop, belly dancing, flamengo, and calypso are just a few rhythms you could experience in a typical Zumba class. One does not need dance experience or a partner. Wear regular workout clothes. Sneakers with a little tread work best. It is a low impact activity, but you can burn 500-700 calories in one workout.

**PERSONAL TRAINING**
Individualized workouts with a certified YMCA personal trainer. For more information call 301-739-3990, ext. 4237.

FEE: $45 hourly or one of the following package:
- 6 Sessions – $238
- 12 Sessions – $459
- 18 Sessions – $665

**TRIATHLON TRAINING**
Interested in a Triathlon? Come and learn everything you need to know about racing in a triathlon. 6-Week Session.

INSTRUCTOR: Annica Hedman
SESSIONS: April 7 - May 15
DATES: Tuesdays: 7:10 - 8:10 pm
Fridays: 5:45 - 6:45 pm
FEE: $120 Members
$150 Non-members
Minimum of 5 participants

**ROCK STEADY BOXING**
This great class gives people with Parkinson’s disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum.

CLASS STARTS: TBD
T/TH 11:30 am - 12:30 pm
FEE: $45 Member
$65 Non-Member

For more information, contact the Fitness Director, Sonia Reyes. Required paperwork must be submitted prior to the first class.
An Evening of “Great Pairings”
Hagerstown YMCA Charity Gala
February 22, 2020 • 6:00 – 11:00 pm
Williamsport Banquet Hall
416 S. Conococheague St., Williamsport, MD
Tickets available at the Hagerstown YMCA, or visit ymcahagerstown.org for more details.

Saturday, March 28
10 am – 2 pm
(see page 6 for more details)

OPEN HOUSE
SUMMER CAMP SNEAK PEEK
Saturday, March 28
10 am – 2 pm
(see page 6 for more details)

GET A JUMP ON REGISTRATION
Visit Summer Camp ‘section of our website to download required forms.

For more information:
DJ Stouffer, Camp Director
301-739-3990 x4215
djs@ymcahagerstown.org

Healthy Kids Day
CHILDREN FESTIVAL
Saturday, April 18
10:00 am – 1:00 pm
Hagerstown YMCA
Free and open to the public

CAMP SNEAK PEEK
For more information:
DJ Stouffer, Camp Director
301-739-3990 x4215
djs@ymcahagerstown.org