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)
DJ Stouffer .........................................ext. 4215
Child Care Director
Rhoni Mills .........................................ext. 4227
◊ Infants .............................................ext. 4227
◊ 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

FREQUENTLY CALLED NUMBERS

HAGERSTOWN YMCA
1100 EASTERN Blvd. N.
Hagerstown, Md 21742
Phone | 301.739.3990
Fax | 301.739.3992
www.ymcahagerstown.org

Graphic Designer: Madelyn Ruiz
Printed by: Tri-State Printing
120 Bester St.
Hagerstown, MD 21740

FACILITY HOURS

Hours of Operation
Monday-Friday 6:00 am - 8:00 pm
Saturday 6:00 am - 4:00 pm
Sunday 8:00 am - 2:00 pm
(Doors will lock 1/2 hour prior to closing)

Holiday Schedule
NO PROGRAM/CLASSES
Labor Day (Open)
Sept 7 / 6:00 am - 12:00 Noon
Thanksgiving Day (Open)
Nov 26 / 6:00 am - 12:00 Noon

Table of Contents
Welcome ..........................................................3
Membership Information ..................................4
Member Code of Conduct ..............................5
Child Care .......................................................6
Aquatics .........................................................7
Preschool Swim Lessons ................................8
Progressive Swim Lessons ............................9
Adult Water Fitness ....................................10
Adult Sports ................................................11
Preschool and Youth Classes .....................12
Youth Sports Programs and Leagues ........13
Health and Fitness .......................................14
Health and Fitness (cont.) ...........................15

SCHOOL AGE CHILD CARE AT THE Y
Full Day Care: 6:30 am-6:00 pm (for Pre-K and K-5)
Core Distance Learning Program: 8:00 am-3:30 pm

Check out page 6 for more info or contact the Y at 301-390-3990 to sign up
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.

For over 100 years, the Hagerstown YMCA has been a leader in Washington County in the development and delivery of programs designed to meet the needs of families and individuals living right here in our community. The Y strives to strengthen families, aid in the development of children and contribute to healthier living. Through a variety of programs designed around the core areas of youth development, healthy living and social responsibility the Y will help to create a stronger community for all.

OUR MISSION:

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.

FAMILY MOVIE NIGHT

POSTPONED UNTIL FURTHER NOTICE
MEMBERSHIP AND MEMBERSHIP POLICIES

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 Y participates in Nationwide Membership. This means that Hagerstown Y members may bring their Y membership card to any YMCA 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
(Temporarily suspended due to COVID-19)
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 of 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.

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 phoned 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.

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).

CHILD WATCH

Potty Trained to 12-years-old

Child Watch is offered to Y 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 FREE member service 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.

Child Watch Hours by reservation only:
Monday-Friday 5:15 pm - 6:30 pm
6:30 pm - 7:45 pm
Saturday 8:00 am - 9:15 am
9:15 am - 10:30 am
10:30 am - 11:45 am
Sunday CLOSED

To reserve a spot, please Click Here to see the Childwatch schedule.

Adult only members whose children are not members of the YMCA can utilize Child Watch for a fee of $2 per hour per child.
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.
“Y” SCHOOL AGE CHILD CARE 2020-2021 (PRE-K - 5TH GRADE)

OFFERINGS:
Full Day Care 6:30 am-6:00 pm (for Pre-K and K-5)

Core Distance Learning Program
8:00 am-3:30 pm

PARAMETERS:
Care is offered 5 days per week, the exception being School designated Holidays and two closures: December 24-January 1 and April 2-April 5. Care will start on August 31st and continue through June 15, 2021. WCPS has removed all ½ days and most in-service days from their calendar. Billing is weekly, and payment will be due one week prior to care.

PROGRAM OVERVIEW:
Full Day Care – The program will start with before care and will move into Distance learning as the school day starts. Children will be congregated into groups of 14 by GRADE, then school, if possible. All groups will have a Director/Teacher as their lead. Two teachers will be assigned to each group. Each group will be assigned a “floater” aide to assist with Microsoft Teams connections, movement to and from bathrooms, gym time and to assist with the WCPS designated 11:30-12:30 lunch period. WCPS is designating 8-9 am and 2:30-3:30 pm WCPS is planning to have time for teachers to tutor, hold family conferences, etc. The program will operate as above, and students will be dismissed at 3:30pm into the care of their parents.

Core Distance Learning – This program begins at 8:00 am and will break for lunch from 11:30-12:30 each day for the WCPS designated lunch period. From 8:00 am-9:00 am and 2:30-3:30 pm WCPS is planning to have time for teachers to tutor, hold family conferences, etc. The program will operate as above, and students will be dismissed at 3:30pm into the care of their parents.

PRICING:
Full Day Care (both Pre-K and K-5) $177.00 per week ($3.07/hr)

Core Distance Learning $150.00 per week ($4.00/hr)

Late pick-up fees apply to all programs.

No Sibling Discounts, and no Y scholarships at this time. These programs are eligible for POC vouchers through DSS (for example a family of 4 can earn up to $71,525 and receive state assistance).

39 Weeks billed. 1st week billing August 31, no billing week 12/28 or week 3/29. Last bill week June 7th. Care continues for the following week.

Drafting via bank account or credit card will be available to all participants, forms to do so are with the packets.
COMPETITIVE SWIM TEAM
The YMCA Swim Team offers competitive swimming for ages 6-18 throughout the year. The program promotes youth development, healthy living, the value of 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.

Currently our season may look a little different due to COVID-19. For any questions, please reach out to our Head Coach, Roxy Thurmond at 301-739-3990 ext. 4216. The season will start on August 31-March 26 with registration being opened the week of August 24. We will be offering Stroke Mechanics for all levels and drylands program for Gold and Platinum levels. In addition, we are offering USA Swimming for those interested. Must be 10 years old or older with swimming experience. For more information, please call our Head Coach or visit our website at hagy-gator.org

TEAM EVALUATION DATES:
New members evals: August 26, 27 6:00 pm – 8:00 pm

LIFEGUARDING CLASSES
Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water. $75 non-refundable deposit required at time of sign up.

CLASS:
First class is a water test. Please bring a bathing suit and towel. Test includes 300 yard swim, 2 minutes treading water, brick swim.

DATES:
CLASS START: TBD
CLASSES MEET: TBD

MATERIAL:
You will need a swim suit, a towel, and a rescue mask.

FEE: $275 Members
     $300 Program Participants

WATER SAFETY INSTRUCTOR CLASS
WSI course will train and certify participants to be a swimming and water safety instructor. The first class will demonstrate the ability to perform strokes. Please bring a bathing suit and towel. $75 Non-refundable deposit required at time of sign up.

CLASS DATES: TBD
CLASSES MEET: TBD

FEE: $275 Members
     $300 Program Participants

POOL OPERATOR COURSE
This course prepares the student to take and pass the State of Maryland Health Department Examination to become a certified swimming pool operator. Upon completion of the course and passing a required examination with a grade of 75% or better, the student’s records will be submitted to receive certification as a public pool/spa operator. Fee includes text, which is written by the course provider Aquatic Training Services. You must be at least 16 years old to register for this course.

DATES: TBA
PRIVATE SWIMMING LESSONS

Lessons are sold in blocks of five, 30-minute lessons. Private Swimming Lessons Request forms are available at the Front Desk.

One block of lessons:
$105 Member
$150 Program Participant

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 (i.e. rings, rafts, etc.).
◊ No glass on pool deck (cell phones included).

NOTE: Parents may watch the first five minutes 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. Sessions last 7 consecutive weeks. Fees: $53 Member/$85 Program Participant.

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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NO CLASSES LABOR DAY
PROGRESSIVE SWIM LESSONS

*** ALL NEW LEVELS ***

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. Fees: $57 Member/$87 Program Participant.

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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NO CLASSES LABOR DAY

TEEN SWIM LESSONS
13–17 years of age
Not sure where you belong. Try this out! We will work with you at your own pace.

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<td>SAT</td>
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<td>11:30 -12:15 pm</td>
<td>Big Pool</td>
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BEGINNER ADULT SWIM LESSON
This class is designed for adult swimmers with little to no experience in the water. We will work to help adults conquer their fear of swimming and introduce basic concepts of stroke technique and water safety.

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<td>SAT</td>
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<td>Small Pool</td>
<td>$57 Member/$87 Program Participant</td>
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ADULT SWIM LESSONS
18 and Up
Learn at your own pace. Tell us what you would like to receive out of this class. Once you sign up, you will already be rewarded with self-confidence. Let us help you with self improvement in the water.

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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.

DAYS TIMES LOCATION
M 9:00 am - 9:55 am Small Pool

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

DAYS TIMES LOCATION
M/W 5:00 pm - 6:00 pm Small Pool

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.

DAYS TIMES LOCATION
F 9:00 am - 9:55 am Small Pool

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.

DAYS TIMES LOCATION
M/W/F 10:00 am - 10:55 am Large Pool

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.

DAYS TIMES LOCATION
M/W/F 9:00 am - 9:55 am Large Pool

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.

DAYS TIMES LOCATION
M/W/F 9:00 am - 9:55 am Large Pool
T/TH 8:00 am - 8:55 am Large Pool
RACQUETBALL

Check out this fast paced game played with a stringed racquet and hollow rubber ball. Fun for the entire family. There is not net in racquetball but rather the court walls, floor and ceiling make up the legal playing surfaces.

The Hagerstown YMCA has three courts and all necessary equipment may be borrowed at the Front Desk.

Reservation required.

OPEN PICKLEBALL

Outdoor courts available seven days a week during YMCA open hours.

Indoor Pickleball location is Program #4 and hours are listed below.

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PRESCHOOL & YOUTH CLASSES

Classes are designed to create an excitement for the sport of gymnastics while improving the skills and confidence of the participants. Participants will learn skills for the balance beam and tumbling while also working on building strength, timing, and confidence. Advanced moves are introduced as participants are ready.

FEE: $59 Member / $84 Program Participant

GYMNASTICS
NCAA Floor Exercise Champion, Toby Towson

TUMBLE STARS (4–6 years–old)

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TUMBLING (7-years–old and up)

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YOUTH SPORTS PROGRAMS AND LEAGUES

FALL BASKETBALL
(For boys and girls ages 6–16)

The Y will be taking registration for our Fall Basketball league. Players will be placed into four divisions based on age: 6–7, 8–10, 11–13, and 14–16.

Modified rules allow us to emphasize fair play, skill development, self-discipline and control, as well as equal playing time.

REGISTRATION:
   Ends August 15

PROGRAM:
   Begins week of August 24

FEE:
   $56 Member
   $89 Program Participant

INDOOR FUTSAL COED SOCCER
(For boys ages 4–13)

Age grade and skill level determine team assignment. Volunteers coach our teams and kids play. All YMCA Sports Leagues emphasize fun, skill development, teamwork and fair play.

Practices are during the week and games are played on Saturdays. Shin guards and soccer socks are required.

Registration begins November 1.

   Tots Soccer: Ages 4 & 5
   Lil Kickers: Ages 6 & 7
   Elementary: Ages 8–10
   Middle: Ages 11–13

FEE:
   $56 Member
   $89 Program Participant

FALL 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 August 15

PROGRAM: Begins August 24

FEE: $56 Member
     $89 Program Participant

GIRLS VOLLEYBALL
(Girls grades 3rd - 10th grade)

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. Sport uniform will be provided.

REGISTRATION: Ends August 15

PROGRAM: Begins August 24

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SPORTS SPONSORSHIP

The YMCA is in search of area sponsors to support YMCA sports programs.

For details on how to become a sponsor, please contact Josh Gagnon, Sports Coordinator Joshg@ymcahagerstown.org 301-739-3990, ext. 4217

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Check the YMCA website and Facebook, for updates and information on **Fitness Schedule**
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 10:00 am – 11:00 pm
FEE: $50 Member
$70 Program Participant

For more information, contact the Fitness Director, Sonia Reyes. Required paperwork must be submitted prior to the first class.
Virtual Color Splash 5K

A HEAL EVENT

Complete a 5K
between Friday, September 25 and Sunday, September 27

Pick a trail, neighborhood sidewalk, even a treadmill!
Take the COLOR SPLASH SNAPSHOT CHALLENGE to win additional swag!

Visit ymcahagerstown.org to register