WE ARE ALL IN FOR YOU

HAGERSTOWN YMCA

Winter Programs 2021
REGISTRATION DATES
Members: December 7
Non-Members: December 14

www.ymcahagerstown.org
We have all you need to be a healthier you.

STAY ACTIVE INDOORS
A PERFECT FIT FOR THE NEW YEAR
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.

2021 HUB CITY 100 MILER
1 MILE A Day FOR 100 DAYS

ZOOM into Fitness and a Healthier YOU!

THE GOAL: Walk/run 1 mile a day for 100 days. You can get fit and healthy at home or outdoors! Aerobic activities such as yoga, biking, or zoom fitness classes count as "miles." Throughout the 100 days, weekly emails offer motivational tips, recipes, and ideas to reach your daily miles. Plus, you’ll be invited to join a private Facebook group to share your experience with other 100 Milers!

Registration Opens 11.15.20 / Program Begins 1.15.21

To register, please GO HERE.

THE BODY AND SOUL HEALTHY LIFESTYLE PROGRAM

The Body and Soul Healthy Lifestyle Program is an online program meeting the 3rd Saturday of every month from 9:00 – 10:00 am, beginning Saturday, January 16, 2021. This monthly program will run from January through June. The program is FREE and open to individuals of ALL ages.

For more information and to register, please GO HERE.
MEMBERSHIP AND MEMBERSHIP POLICIES

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

High School
13 - 17 yrs.
(must check the status of the Y before bringing children to the facility).
Currently Suspended due to COVID-19

Guest Policy
The Hagerstown Y participates in Nationwide Membership. This means that as a Hagerstown Y member, you may participate in 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
(Temporarily suspended due to COVID). Members may bring guests as they wish throughout the year with the following restrictions:
◊ Members may only 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, our Facebook page, 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, or close before opening, due to weather, children in grades Pre-K through 5 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:
Monday–Friday 8:00 am – 11:00 am
4:00 pm – 7:45 pm
Saturday 8:00 am – 11:15 am
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.
GENERAL RULES

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.

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.

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

Cell phones with ear buds or earphones are allowed in the Fitness Center/Gymnasium for the purpose of privately listening to music or programming. No open wired or Bluetooth 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.

SMOKE, VAPE, & TOBACCO FREE CAMPUS
The entire Y campus is tobacco free.

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.

MEMBER CODE OF CONDUCT

SIGN UP NOW

STRONG SWIMMERS
CONFIDENT KIDS

Sign your child up now for winter swimming lessons.
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 4 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 call
RHONI MILLS
YMCA Child Care Director at 301-739-3774
OR
D.J. STOUFFER, Senior Director
YMCA School Age Child Care
301-739-3990 Ext. 4215

“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 as family communication, one on one, or teacher prep time. We have worked with the WCPS Summer Food Program to provide either Free Meals or Meals through the Free and Reduced Lunch program. For the latter, they would bill students who do not qualify through their school meal service ID. We are working on providing breakfast and after school snack as well, but that is not guaranteed at this time. At the conclusion of school, children will then break for After School Care. We will make every attempt to complete homework assignments in care after an appropriate unwind time. Students must bring headphones and a device (we are working on a grant in order to procure additional devices to keep on-site for those who cannot provide one) in order to complete their distance schooling. The Y will be providing recreational supplies, and intends to provide a variety of “gym” activities.

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.
AQUATICS

WSI BLENDED COURSE
The Water Safety Instructor course features simulation learning.

WSI candidates must be at least 16 years old, and demonstrate the ability to perform the following swimming strokes consistent with Level 4 (on the first day of class): front crawl, back crawl, breaststroke, elementary backstroke, 25 yds sidestroke, and 15 yds butterfly.

CLASSES:
Classes will be in March. Days to be determined.

FEE: $275 Members
     $300 Non-members

LIFEGUARDING CLASSES
Lifeguarding puts you in an exciting position, working as part of a team to help people safely enjoy the water. First class is a water test.

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, 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:
CLASS START: January 4 - March 3
CLASSES MEET: Monday and Wednesday
CLASSROOM: 5:30 pm - 8:00 pm
POOL TIME:

MATERIAL:

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

COMPETITIVE SWIM TEAM
The YMCA Swim Team offers competitive swimming for ages 6-18 throughout the year. The program promotes youth development, healthy living, 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 required.

For more information please call Roxy at 301-739-3990, ext. 4216 or visit our website at hagy-gators.org.

SCUBA CLASSES/RE-CERT
Year round classes. PADI certified ages 10-yrs and up.

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

CLASSES MEET: TBD
START DATE: TBD
FEE: $450
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 class, the last class, and the last five minutes of every class. Preschool Stroke Development class would be in the big 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.

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>10:00 am</td>
<td>THU</td>
<td>11:00 am</td>
</tr>
<tr>
<td></td>
<td>5:05 pm</td>
<td></td>
<td>6:50 pm</td>
</tr>
<tr>
<td>SAT</td>
<td>10:10 am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>10:00 am</td>
<td>THU</td>
<td>11:00 am</td>
</tr>
<tr>
<td></td>
<td>5:05 pm</td>
<td></td>
<td>6:50 pm</td>
</tr>
<tr>
<td>SAT</td>
<td>10:10 am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>10:00 am</td>
<td>THU</td>
<td>5:40 pm</td>
</tr>
<tr>
<td>TUE</td>
<td>10:35 am</td>
<td>SAT</td>
<td>9:00 am</td>
</tr>
<tr>
<td></td>
<td>4:30 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>MON</td>
<td>10:35 am</td>
<td>THU</td>
<td>11:35 am</td>
</tr>
<tr>
<td>TUE</td>
<td>11:10 am</td>
<td>SAT</td>
<td>4:30 pm</td>
</tr>
<tr>
<td></td>
<td>5:40 pm</td>
<td></td>
<td>9:35 am</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>6:15 pm</td>
<td>SAT</td>
<td>10:45 am</td>
</tr>
<tr>
<td>THU</td>
<td>5:05 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>6:50 pm</td>
<td>SAT</td>
<td>11:20 am</td>
</tr>
<tr>
<td>THU</td>
<td>6:15 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>DAYS</th>
<th>TIMES</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>6:20 pm</td>
<td>SAT</td>
<td>9:50 am</td>
</tr>
<tr>
<td>THU</td>
<td>5:30 pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 Non-member
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 Non-member.

WATER ACCLIMATION (POLLIWOG):
Comfortable with water, flutter kick on front and back, bobbing, rhythmic breathing, and paddle stroke
<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>POOL</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>5:30 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td>THU</td>
<td>6:20 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td>SAT</td>
<td>9:00 am</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td></td>
<td>10:40 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
</tbody>
</table>

WATER MOVEMENT (GOLDFISH):
Kicking on front and back with board, rhythmic breathing, treading water, diving, and back stroke
<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>POOL</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>6:20 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td>THU</td>
<td>5:30 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td>SAT</td>
<td>9:50 am</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
</tbody>
</table>

WATER MOVEMENT (GUPPY):
Kicking on front and back, rotary breathing, back stroke, treading water, floating, glides, and life jacket skills
<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>POOL</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>5:30 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td>THU</td>
<td>6:20 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td>SAT</td>
<td>10:40 am</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
</tbody>
</table>

WATER STAMINA (MINNOW):
Front crawl, back crawl, whip kick, elementary backstroke, surface dives, flip turns, and treading water
<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>POOL</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>6:20 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td>THU</td>
<td>5:30 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td>SAT</td>
<td>9:00 am</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
</tbody>
</table>

STROKE INTRODUCTION (FISH):
Front crawl, back crawl, elementary backstroke, breast stroke, dive from block, surface dive, flip turns, treading water, and underwater swim
<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>POOL</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>TUE</td>
<td>5:30 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td>THU</td>
<td>6:20 pm</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
<tr>
<td>SAT</td>
<td>10:40 am</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
</tbody>
</table>

STROKE DEVELOPMENT (FLYING FISH):
Front crawl, back crawl, elementary backstroke, breast stroke, butterfly, racing dives, treading water, surface dives, and flip turns
<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>POOL</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAT</td>
<td>9:50 am</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
</tbody>
</table>

STROKE MECHANICS (SHARK):
Front crawl, back crawl, elementary backstroke, breast stroke, butterfly, IM, flip turns, and surface dives
<table>
<thead>
<tr>
<th>DAYS</th>
<th>TIMES</th>
<th>POOL</th>
<th>SESSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>SAT</td>
<td>9:00 am</td>
<td>Large</td>
<td>7 weeks</td>
</tr>
</tbody>
</table>
**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.

**Days** | **Times** | **Location**
--- | --- | ---
M/W/F | 11:05 am – 12:00 pm | Small Pool
M/W/F | 12:05 pm – 1:00 pm | Small Pool
T/TH | 9:00 am – 9:55 am | Small Pool

---

**ADULTS Water Fitness**

**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 – 10:00 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

---

**Aqua Yoga**
This class is held in the small pool. Students flow through and hold a variety of yoga poses, synchronizing breath to movement. The warm water relaxes the muscles while the water supports balance. This class is designed to assist students in increasing flexibility, improving balance, building strength and calming the mind. Class concludes with a brief free float for relaxation.

**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 exercise works 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
M/W | 6:30 pm – 7:30 pm | Small Pool
T/TH | 8:00 am – 8:55 am | Large Pool
ADULT SPORTS

OPEN PICKLEBALL

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

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

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>12:00 - 4:30 pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>12:30 - 4:30 pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1:15 - 4:30 pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>12:30 - 4:30 pm</td>
</tr>
<tr>
<td>Friday</td>
<td>12:00 - 4:30 pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>11:00 - 1:00 pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:00 - 4:30 pm</td>
</tr>
</tbody>
</table>

FULL COURT BASKETBALL
WILL BE BACK WHEN COVID-19 SAFETY GUIDELINES ALLOWS IT.

OPEN COED VOLLEYBALL
WILL BE BACK WHEN COVID-19 SAFETY GUIDELINES ALLOWS IT.
YOUTH SPORTS PROGRAMS AND LEAGUES

WINTER 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:
Begins November 9
Ends December 12

PROGRAM:
Begins January 4

FEE: $56 Member
$89 Program Participant

HAYLA LACROSSE
(For boys and girls grades K–8)

Lacrosse is an exciting sport combining the facets of others like hockey, basketball, soccer, and football. It is a sport that utilizes speed, endurance, eye-hand coordination, individual and team skills.

REGISTER ONLINE: hayla.org

REGISTRATION DEADLINE: January 30

PROGRAM BEGINS: Early March

FEE: K-2 (Jersey included)
$95 Member
$95 Non-members

3–8 (Reversible uniform included)
$145 Member
$175 Non-member

FREE CLINICS
Beginner Players: Jan. 3 and 17;

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 9
Ends December 12

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

FEE: $56 Member
$89 Program Participant

SPORTS CAMP COMING THIS SUMMER 2021

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

FOR MORE DETAILS SEE YOUR YMCA CAMP BROCHURE COMING THIS SPRING.
Check the YMCA website and Facebook, for updates and information on Fitness Schedule
HEALTH & FITNESS

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.

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 plyometrics.

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, Barbara, 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 bands, 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

MIDDLE SCHOOL/PARENT FITNESS ORIENTATION
Make an appointment with Sonia Reyes for you and your parent to go through a one-hour orientation on how to use the Fitness Center equipment. Parent must be with child at all times.

FEE: $35

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 11:15 am - 12:15 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.
Go For Bold

Do, Eat and Believe in a Healthy Washington County

Join the movement by signing up today!

How it works

SIGN UP NOW
Create your account as an individual, team, or a local organization

WEIGH IN REGULARLY
Check your weight often and record here to Go for Bold!

KEEP UP THE GOOD WORK
Watch for local events and resources to help you live healthy
FOREVER GRATEFUL FOR A BETTER US

$50 - Supports an individual with special needs to learn to swim and remain active.

$75 - Sponsors a child in a youth sports program where they learn teamwork and cooperation.

$100 - Helps send a child to a week of summer camp where they make memories that last a lifetime.

$250 - Sponsors a child for a season of swim team and helps them learn the value of teamwork.

$500 - Helps provide a family with a Y membership and in turn leads to a healthier community.

$750 - Provides a child with a month of childcare and allows their parent to go to work worry free.

$1,000 - Supports the Rock Steady Boxing program while improving the lives of individuals with Parkinson’s.

ymcahagerstown.org/giving

SUPPORT OUR ANNUAL CAMPAIGN

Every dollar donated to the Hagerstown YMCA helps children and families who need it most, and has a lasting impact in our community. Give today for a better us.

Donor Name _________________________________________________________________________________

Phone # __________________________ Email _____________________________________________________

Business _____________________________________________________________________________________

Address _______________________________________________________________________________________

☐ Cash  ☐ Check  ☐ Credit Card  ☐ One-time donation $_________________

Monthly donation $___________ x _____ months for a total of $_____________________

☐ Visa  ☐ MC  ☐ AMEX  Credit Card # ________________________________

Name on Card _________________________________________________________________________________

Exp. Date ___________________________ CSV #___________

Signature ______________________________ Date ______________

THE Y.™ FOR A BETTER US.

Give by PHONE: 301-739-3990
Give by MAIL: 1100 Eastern Blvd N., PO Box 1857
Hagerstown, MD 21742

ymcahagerstown.org/giving

January 30, 2021

REGISTER TODAY
ymcahagerstown.org

Robinwood Professional Center
7:00 am to 12:00 pm

INDOOR CYCLING EVENT

- 6 chances to ride - pick your hour and instructor
- All fitness levels and individual riders ages 12 and up are welcome
- $30 early registration (1/1 - 12/31), $35 late registration (1/1 - 1/30)

AREA’S BIGGEST INDOOR CYCLING EVENT