FIND YOUR PURPOSE
FIND YOUR Y
HAGERSTOWN YMCA
www.ymcahagerstown.org

Fall Programs 2022
REGISTRATION DATES
FALL I: Sept. 5 - Oct. 22
  Members: August 8
  Program Participant: August 15

FALL II: Oct. 31 - Dec. 17
  Members: October 10
  Program Participant: October 17
FREQUENTLY CALLED NUMBERS

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

Graphic Design: Madelyn Ruiz

FACILITY HOURS

Hours of Operation
Monday-Friday 5:00 am - 9:00 pm
Saturday 6:00 am - 6:00 pm
Sunday 7:00 am - 5:00 pm
(Doors will lock 1/2 hour prior to closing)
*No business transaction before 7 am or an hour before closing.

Holiday Schedule

NO PROGRAM/CLASSES
Labor Day - Open 6:00 - 12:00 pm
Thanksgiving Day - Open 6:00 - 12:00 pm
Christmas Eve - Close at 2:00 pm
Christmas Day - Closed
New Years Eve - Close at 4:00 pm
New Years Day - Open 8:00 - 12:00 pm

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STRONG SWIMMERS
CONFIDENT KIDS

Sign your child up for Fall swimming lessons now.
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.

JOIN THE HAGERSTOWN YMCA SWIM TEAM

Our Competitive Swim Team Summer season starts in May 2023. Look for more info.

Participants range from ages 6-18

FOR MORE INFORMATION VISIT OUR WEBSITE AT WWW.HAGY-GATORS.ORG
or contact our Head Coaches, Shaun Martin or Sofia Wright at Swimteam@ymcahagerstown.org

CALLING ALL SWimmers
YMCA MEMBERSHIPS

Youth
Ages 9 - 12 yrs.

High School
Ages 13 - 17 yrs.

Young Adult
Ages 18 - 26 yrs.

Adult Individual
Ages 27 - 59 yrs.

Senior Individual
Ages 60 & up

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
◊ Two Adult Household
◊ One Adult Senior Household
◊ Two Adult Senior Household

Nationwide Membership
The Hagerstown Y 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
Membership designated guest passes are issued annually. Memberships are issued guest passes by membership type on renewal date. (Members may contact the Assistant Membership Director for special arrangements).
◊ 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 bank account or via credit card to the YMCA. No renewal notices are sent. Membership is continuous until member notifies the YMCA in writing by mail, email 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 email 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 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, 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 main Y to add their children to the day’s attendance sheet and check the status of the Y before bringing children to the facility.

CHILD WATCH

Infants 6 weeks 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. Parents will be called if diaper change is needed.

Child Watch Hours:
Mon–Thu 8:00 am – 12:00 pm
4:00 pm – 8:00 pm
Friday 8:00 am – 12:00 pm
4:00 pm – 7:00 pm
Saturday 8:00 am – 11:30 am
Sunday CLOSED

While participating on a Y program, adult members and program participants whose children are not members of the YMCA can use Child Watch for a fee of $5 per hour per child.
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 or areas of the body normally covered by a swimsuit;
- Use of YMCA facilities, equipment, or services for personal financial gain;
- Solicitation for sale of products, or services on YMCA property.
- Staff reserves the right to address members regarding clothing that is inappropriate.

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.

GENERAL GUIDELINES

SUPERVISION OF CHILDREN
- Children age 10 and under must be accompanied by a parent/guardian at all times.
- Children age 11-13 NOT participating in a scheduled team sport or youth program must have a parent/guardian 18 years or older present in the facility.
- 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. Clothing displaying offensive or inappropriate graphics or language is not permitted.

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.

CELL PHONE, CAMERA-PHONE, SPEAKERS, VIDEO RECORDING DEVICES AND CAMERA USE
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 cell phones 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.

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. Reservations for Saturday or Sunday only.

STOP BY THE HAGERSTOWN Y OR CALL EXT. 4239 NOW TO MAKE A RESERVATION!
301-739-3990
YMCA CHILD CARE CENTER
The YMCA of Hagerstown 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 consist of language arts, math, science, art, and music.

Swim lessons and field trips are also included in our program. Children 3 months 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 call

RHONI MILLS
301-739-3774 or
301-739-3990 ext. 4215
OR
Wanda Baker at ext. 4227
OR
email: childcare@ymcahagerstown.org

“Y” SCHOOL AGE CHILD CARE
Before School Care is offered at the following schools Elementary Schools from 6:30 am until school starts:

- Bester
- Clear Spring*
- Eastern
- Emma K. Doub
- Greenbrier*
- Hickory
- Lincolnshire
- Old Forge
- Pangborn
- Paramount
- Pleasant Valley*
- Potomac Heights
- Rockland Woods
- Ruth Ann Monroe
- Salem Avenue
- Sharpsburg
- Smithsburg
- Williamsport

YMCA also offers an After School Program. This program operates from dismissal until 6:00 pm. The YMCA After School Care is located at the following elementary school sites:

- Bester
- Cascade
- Clear Spring
- Eastern
- Emma K. Doub
- Fountain Rock
- Fountaintdale
- Greenbrier
- Hickory
- Jonathan Hager
- Lincolnshire
- Potomac Heights
- Rockland Woods
- Ruth Ann Monroe
- Salem Avenue
- Sharpsburg
- Smithsburg
- Williamsport

Daily activities include arts and crafts, homework assistance, snack, playground activities, and more. 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.

Call Alex Pensinger or Cindy Crummitt for more details at 301-739-3990 or send an email to sacc@ymcahagerstown.org.

*There is a waitlist for these schools. Program may run if there are sufficient participants.
AQUATICS

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, reaching for excellence and enjoying 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.

For any questions, please reach out to our head coaches Shaun Martin and Sofia Wright at swimteam@ymcagagerstown.org or visit our website at hagy-gators.org. The season will run from May-July 2023. We will be offering Stroke Mechanics for all levels and drylands program for Platinum levels. In addition, we are offering USA Swimming for those interested. Swimmers must be 10 years old or older with swimming experience.

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

LIFEGUARDING CLASSES

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

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

DATES and TIMES:
Starts Mon. Oct. 31 5:30 - 8:30 pm
Ends Wed. Nov. 30

MATERIAL:
You will need a swim suit, towel, manual, lifeguard book, a rescue mask, and come prepared for water and skill test.

FEE:
$275 Members
$300 Program Participants

SCUBA CLASSES AND SCUBA RE-CERT

PADI certified ages 10-yrs and up.

CONTACT:
Blue Marble Divers at 301-714-4873 for information and registration

MATERIALS:
Request class material at the Front Desk

CLASSES MEET:
TUE

TIME:
6:00 pm - 9:00 pm

SESSION:
Ongoing

FEE:
$475.00
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:
- $125 Member
- $175 Program Participant

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: $61 Member/$97 Program Participant. Prorate fee Thursday/Saturday $53 Member/$84 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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NOTE: Thu/Sat are 6 weeks classes.
No class November 24 and December 10.
PROGRESSIVE SWIM LESSONS

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: $72 Member/$102 Program Participant. Prorate fee Thursday/Saturday $62 Member/$88 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

| SAT  | 9:00 am | Large | 6 weeks |

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

| SAT  | 9:00 am | Large | 6 weeks |

*** ALL NEW LEVELS ***

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>Big Pool</td>
<td>$62 Member $88 Program Participant</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>Small Pool</td>
<td>$62 Member $88 Program Participant</td>
</tr>
</tbody>
</table>

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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SPECIAL POPULATION
Persons with a physical or mental disability may come and play with others or receive help with swimming lessons. The Y has 4 steps to get in and out of the pool and a pool lift. Handicap dressing room also available. 7-Week Program.

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<tbody>
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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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<td>Small Pool</td>
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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.

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<td>9:00 am - 9:55 am</td>
<td>Small Pool</td>
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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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<td>10:00 am - 10:55 am</td>
<td>Large Pool</td>
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HIIT (High Intensity Interval Training) DEEP WATER
This class will be held in the deep end of the large pool. There are floatation belts available to use during the class. Please be comfortable in the deep end. Core strengthening, cardio and range of motion exercises will be stressed to help you reach your fitness goal.

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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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</table>

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 are welcomed.

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<tr>
<td>M/W/F</td>
<td>6:00 pm - 7:00 pm</td>
<td>Small Pool</td>
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</table>
ADULT SPORTS

FULL-COURT BASKETBALL IS BACK
Check schedule at the Front Desk for exact time.

OPEN COED VOLLEYBALL (18 and UP)
Check schedule at the Front Desk for exact time.

PICKLEBALL
Pickleball is a sport described as “a combination of ping-pong, tennis and badminton”, played in schools, parks and recreation centers, camps and retirement communities mostly in North America. It uses a simplified combination of tennis rules and strategies. Rules and guidelines available at the Front Desk. Indoor Pickleball Program Room #4.

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<th>DAYS</th>
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<td>SAT</td>
<td>10:30 am - 5:30 pm</td>
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<tr>
<td>SUN</td>
<td>7:30 am - 4:30 pm</td>
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</table>

Outdoor Pickleball available seven days a week during daylight hours. Contact the front desk to make a reservation.
TURF AND SURF
(12 months to 5 years old)
Parents and kids are invited to come and play together and make new friends during this fun time. Work together to develop motor and cognitive as well as social and emotional skills. Help your kids reach new heights and explore new depths in our Turf and Surf class. Parents participation is required in class. Minimum attendance to run program is six children. Children are required to wear a swim suit for surf portion of the class. Program length is 7 weeks.

DAY: THU
TIMES: TURF 10:30 am - 11:15 am
SURF 11:30 am - 12:00 pm
LOCATION: TURF Program 3
SURF Small Pool
FEE: $60 Member
$93 Program Participant

GYMNASTICS
NCAA Floor Exercise Champion,
Toby Towson
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. Program length is 7 weeks.

TUMBLE STARS
(4–6 years–old)
DAY TIMES
THU 5:00 pm - 5:45 pm

TUMBLING
(7–years–old and up)
DAY TIMES
THU 5:50 pm - 6:35 pm
FEE: $60 Family member
$93 Non-member

GYM FOR TOTS
(Age: 12 months to 4–years–old)
Come out with your tot and play together and others in the Tot’s Gym. Activities range from our inflatable trampoline, climbing blocks, and mini ball pit! Plenty of exciting new experiences for your little one to experience.

DAY TIMES
THU 10:30 am - 11:15 am
LOCATION: Program 3
FEE: $40 Member
$73 Program Participant
YOUTH SPORTS PROGRAMS AND LEAGUES

WINTER FUTSAL
For boys and girls
(Ages 4-16 years old)
Youth soccer is fun, easy to learn and accessible to all kids. The Y offers a league for all ages and skill levels, providing a healthy, fun environment to enjoy the physical benefits and camaraderie of this exciting game.

REGISTRATION OPEN: October 3
REGISTRATION DEADLINE: Dec. 4
PRACTICE BEGINS: Week of Jan. 2
FEE: $60 Member
     $93 Program Participant

WINTER BASKETBALL
For boys and girls
ages 6-16 years old
There’s no better place to learn the basics of basketball than where it was invented – the Y. Since 1891, volunteers have coached kids and adults in this high-energy, exciting game. Volunteer coaches lead players in drills and games designed to develop the fundamental skills of ball handling, dribbling, passing, shooting and defense. Kids improve technique and build lasting friendships.

REGISTRATION OPEN: October 3
REGISTRATION DEADLINE: Dec. 4
PRACTICE BEGINS: Week of Jan. 2
FEE: $60 Member
     $93 Program Participant
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. Reservations for Saturday or Sunday parties only.

STOP BY THE YMCA OF HAGERSTOWN OR CALL NOW TO MAKE A FALL RESERVATION!

301-739-3990 x 4239

Referrees and 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 John to become a Youth Sport Coach at 301-739-3990 x-4217 or email to sportsadmin@ymcahagerstown.org.

The YMCA is in search of community sponsors to support our sports programs. Sponsorships help subsidize the program by helping pay for uniforms, equipment, and medals. We offer a variety of ways that you can help support our programs. For more details, please contact:

John Njiomou
johnn@ymcahagerstown.org
301-739-3990, ext. 4217
# HEALTH & FITNESS

## FALL FITNESS SCHEDULE
(This schedule is subject to change.) (LAND AND WATER FALL CLASSES BEGIN SEPTEMBER 5)

### LAND FITNESS - AM

<table>
<thead>
<tr>
<th>Monday</th>
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<td>5:30 -6:30am #4</td>
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<td>BEGINNER CYCLE</td>
<td>BEGINNER CYCLE</td>
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### LAND FITNESS - PM

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<td>BEGINNER CYCLE</td>
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<td>6:30-7:00pm #4</td>
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<tr>
<td>POWER YOGA</td>
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**HEALTH & FITNESS**

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**66 FREE FITNESS CLASSES A WEEK WITH MEMBERSHIP**

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

**BARRE**
It is a low impact, high intensity class working on your strength, flexibility, and muscle endurance. Using the movements of ballet, yoga and Pilates - the goal is to focus on certain parts of your body to strengthen and tone your glutes, abs, arms and legs while increasing flexibility and overall strength.

**BEGINNER/INTERMEDIATE YOGA**
Practice focuses on synchronization of breath with the flow of movement and concludes with meditative relaxation. This class is designed to increase flexibility, balance, strength, and mental calmness. Suitable for beginners as well as experienced students with options offered for the various poses and flows.

**BODYFLOW**
Fuses Yoga, Tai Chi, and Pilates in a workout that builds flexibility, balance, and strength and leaves you feeling centered and calm.

**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, kickboxing, calisthenics, and plyometrics.

**CYCLE**
A nonimpact cardiovascular indoor cycling program for all ages and fitness levels.

This 45 – 55 minute group exercise class combines a foundation of cycling movements with motivational coaching.

**CYCLE AND MORE**
This is a hybrid mix designed to torch calories, and tone your full body! This class is ideal if you are not looking for a high impact but looking to burn serious calories.

**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.

**GENTLE YOGA**
It is a basic quiet mind. All poses are done on the mat with emphasis on breathing. Appropriate for all ages, levels especially for beginners. These classes are ideal for people with minor injuries or restricted movements.

**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!

**LESMILLS CORE**
Exercising muscles around the core. It provides the 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.

**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**
This class is based on traditional yoga but more intense, and moves through yoga poses at a faster pace to boost up cardio and flexibility. Holding poses for a longer time to build strength. Power yoga is a full-body workout and will definitely makes you sweat! Advanced yoga poses will be introduced, but are optional for students to try them.

**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, flamenco, and calypso are just a few rhythms you could experience in a typical Zumba class.
MIDDLE SCHOOL/PARENT FITNESS ORIENTATION

The Middle School program is designed to give a basic introduction of the fitness center and equipment to the youth, focusing on safety and proper form.

Make the initial appointment to have a personal trainer take you and your middle schooler through the fitness center and equipment for the first time. Once the initial appointment is completed, a second opportunity will be given to meet the trainer for a follow-up to make sure all the safety precautions are in place, as well as to answer any extra questions parents and youth may have. Membership photos will be retaken so fitness center staff will know orientation has been completed.

Please note: Parents must be with their middle schooler at all times in the fitness room!

FEE: $35, includes both sessions

To make an appointment call our Fitness Director, Sonia Reyes, at 301-739-3990, ext. 4237.

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: $55 Member
$75 Program Participant

For more information, contact the Fitness Director, Sonia Reyes, 301-739-3990 ext. 4237. Required paperwork must be submitted prior to the first class.

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
Looking to get involved? The Y is looking for volunteers.

YOUTH WINTER SPORTS
OPEN TO MEMBERS AND THE COMMUNITY

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YOUTH WINTER SPORTS
OPEN TO MEMBERS AND THE COMMUNITY

Indoor soccer for all ages. Players will develop their skills in dribbling and personal strength with the heavier ball. Tots Soccer is for ages 4 to 5*, Lil Kickers are ages 6 to 7, Elementary from ages 8 to 10, and Middle School, ages 11 to 14.

One of the most watched sports in the world! A great way to improve balance, coordination, and develop concentration. Excellent opportunities to improve, personally or to learn how to play. Divisions are 6–7, 8–10, and 11–14.

• The Y encourages the development of all our players.
• Everyone gets to play.
• Practice once a week (practice scheduled by coaches) and games are held on Saturdays (*4 to 5 only play on Saturdays).
• Uniform shirt provided.

FEE:

BASKETBALL

$60.00 for members
$93.00 for non-members

FUTSAL

Registration starts Oct. 3 and ends Dec. 4. Visit ymcahagerstown.org to register.
GIVE A LITTLE, GET A LOT...
BE A YOUTH SPORTS COACH
VOLUNTEER AT
THE YMCA TODAY!

COACHES/REFEREES NEEDED
SOCCER, VOLLEYBALL, AND BASKETBALL

Join us and
MAKE A DIFFERENCE

For details, please contact, Assistant Director of Sports, John P. Njomouo at 301-739-3990 ext. 4217 or via email at johnn@ymcahagerstown.org or contact Senior Director of Fitness, Sonia Reyes at ext. 4237 or via email to soniar@ymcahagerstown.org
Preschool Lessons:
Small Pool

Progressive Lessons:
Large Pool

STRONG SWIMMERS
CONFIDENT KIDS
SWIM LESSONS

Sign Up:
Members: October 10
Program Participants: October 17

Session Date:
Fall Session II begins October 31

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
ADULT SWIM LESSONS

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. Minimum age must be 18.

SAT
8:00-8:45 am Small Pool
11:15-12:00 pm Large Pool

7-Week Program
$72 Member
$102 Program Participant
EVERYONE DESERVES THE CHANCE TO SWIM!

SPECIAL POPULATION* SWIMMING

Persons with a physical or mental disability may come and play with others, or receive help with swimming guidance on Wednesday nights beginning November 2. An instructor will be available for instructions.

Small Pool
7:00 – 8:30 pm

The Y has 4 steps to get in and out of the pool, a pool lift and a handicap dressing room.

*For children and adults with intellectual and/or physical disability.

EVERYONE DESERVES THE CHANCE TO SWIM!

7-Week Program
$63 per person

*For children and adults with intellectual and/or physical disability.
PICK UP &
PLAY

Saturday November 13, 2022
12:00PM - 2:00PM
Hagerstown YMCA
1100 Eastern Blvd.
Hagerstown, MD 21742

REGISTER FOR A FREE INTRODUCTORY CLINIC!

USA LACROSSE FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY
VENDOR APPLICANT NAME _______________________________________________________________________________________________

ADDRESS ____________________________________________________________________________________________________________

CITY ________________________________________________________ STATE ____________________________________ ZIP ________________

PHONE _________________________________________ EMAIL_____________________________________________________________________

BRIEF DESCRIPTION OF ITEMS SOLD ____________________________________________________________________________________
___________________________________________________________________________________________________________________________________

VENDOR FEE
☐ $10 own table ☐ $25 table rental Total Enclosed ____________________

REGISTRATION FORM

DEADLINE FOR VENDOR APPLICATION IS NOVEMBER 28, 2022
Registration at the YMCA of Hagerstown Front Desk
Make checks payable to: YMCA of Hagerstown
Setup begins Friday, December 16 at 4:00 pm or Saturday, December 17 at 7:30 am

To apply or for more info, please contact the YMCA of Hagerstown
301-739-3990 x4221

HOLIDAY FAIR
at the YMCA of Hagerstown
Friday, December 16 ♦ 5:30-8:00 pm
and Saturday, December 17 ♦ 9:00-3:00 pm

VENDORS WANTED

Bring your own table $10 ♦ Need a table $25

ARTS AND CRAFTS & FOOD EVENT

The YMCA

Bring your own table $10 ♦ Need a table $25
Christmas Holiday Event

Family Photo with Santa

Friday, December 16 ♦ 5:30 – 7:30 pm
and Saturday December 17 ♦ 9:00 – 3:00 pm

$5 donation to benefit the YMCA of Hagerstown Annual Campaign

FRIDAY NIGHT ONLY: Bring your pets for family photos or pet alone. Bring your camera!
PET PHOTO WITH SANTA

with a $5 donation to benefit the YMCA of Hagerstown Annual Campaign

Friday, December 16, 2022
5:30 pm – 7:30 pm
at the YMCA

Bring your camera.
WE ARE HIRING

WE WANT U ON OUR TEAM

Swim Instructors
Swim Coaches
Lifeguards

Contact Info:

April Miles
301-739-3990
aprilm@ymcahagerstown.org

YMCA OF HAGERSTOWN

The Y. For a better us.
NOW HIRING

THE YMCA OF HAGERSTOWN
sacc@ymcahagerstown.org / 301-739-3990

License numbers: 32509, 257223, 108142, 33451, 33652, 253429, 33654, 46009, 257708, 252193, 257766, 32049, 257760, 32651, 257747, 257748, 257728, 257707, 253427, 105851, 257754, 257753, 114771

AFTER SCHOOL CHILD CARE STAFF

TEAM cycle
A HEAL EVENT

January 28, 2023
SAVE THE DATE
Robinwood Professional Center

AREA’S BIGGEST INDOOR CYCLING EVENT
FOREVER GRATEFUL FOR A BETTER US

GIVE FOR A BETTER US
Every dollar donated to the YMCA of Hagerstown 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 Number ______________________________
Email ______________________________________
Address ____________________________________
Business ____________________________________

☐ Cash  ☐ Check  ☐ Credit Card

One-time donation $________________________
Monthly donation $_______________ x _____ months
for a donation total of $___________________

☐ Visa  ☐ MC  ☐ AMEX  ☐ Discover

Credit Card # ______________________________
Name on Card __________________________________
Exp. Date ______________________  CSV # _______

Signature __________________________________
Date _______________________________________

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