SPECIAL EVENTS

**DODGEBALL TOURNAMENT**
The YMCA Corporate Dodge Ball Tournament offers adults an opportunity to enjoy their favorite playground game. Men’s and Co-Ed Teams will compete for the right to be the Chambersburg YMCA Dodge Ball Champs.

**KICKBALL TOURNAMENT**
Come kick the summer heat, and see if you can not be BEAT! This is fun day to be a part of, so grab some family and friends and put a team in the tournament.

**5K, 5K PUMP-N-RUN, 1K FUN RUN**
The Chambersburg YMCA 5K, 5K Pump-n-Run (ages 15 and older) and 1K Fun Run occurs the first Saturday after Memorial Day. The Pump-n-Run challenges those individuals who not only work hard on the road as a runner, but hit the weights, too. The Pump-n-Run takes the amount of times a person bench presses their own body weight (all women and men 60 and over—60%) and subtracts 30 seconds for each repetition from the 5K time. An open 5K and 1K event is also held for runners and walkers. Awards and raffles conclude the event.

**MICHAUX TEAM CHALLENGE (MTeC)**
Annual Adventure race of trekking, mountain biking, rafting and team challenges. This is a sprint race in Caledonia State Park composed of hiking/trail running, mountain biking and paddling along with a variety of team challenges throughout the course. The MTeC race includes an outdoor Contemporary Worship Service prior to the event. The race concludes with a catered meal and post-race awards ceremony.

**MID-WINTER VOLLEYBALL TOURNAMENT**
Register your team to play in the tournaments held each year in January. Division of play include Co-Ed A, B and men’s.

**SPRINT TRIATHLON**
Must be 12 years of age or older to participate. This event is a great triathlon for beginners and for those looking to wrap-up their racing season. Held the last Saturday in September, the race is composed of a 500 meter/yard indoor swim, 16 mile bike and 5k run. Course support and traffic control are provided. The event concludes with awards and raffles.

**ULTIMATE FRISBEE LEAGUE**
The Chambersburg YMCA has an organized Ultimate Frisbee League that consist of teams playing for the ultimate Frisbee championship title.

**VOLLEYBALL LEAGUES**
YMCA members and non-members are welcome to join our men’s and co-ed volleyball leagues. Division of play include Co-ed A, B and men’s.

**SPRING RACQUETBALL TOURNAMENTS**
Competitive singles ladder tournament is held each year in early spring.

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Welcome to the Chambersburg Memorial YMCA

It is our privilege to have you as a member and we will do everything in our power to honor the trust that you have placed in us. You have chosen to become a member of the largest single human service organization in the world and through all our efforts we will make sure that the core values of Honesty, Caring, Respect, and Responsibility are at the forefront of everything we do.

Membership Rates

Rates effective February 1, 2012

Fee subject to change.

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*Not roommates

Seniors 65 years of age and older receive a 10% discount off all membership fees.

Membership Privileges

Family - husband and wife or husband, wife, and their children living at home through full time college students through 22 years of age.

**Household - 2 adults in a committed relationship residing at the same address and their children living in their home through high school and any full time college student through age 22.

**Not roommates

Family Household Privileges

Adult privileges for 15 yrs. & older, student privileges for children, Fitness center access for 12, 13 & 14 yr. with parent supervision. Must have 2 scheduled orientations before using fitness center. Plus the following:
- Free Babysitting & Child Watch
- Youth & Family Fitness Center
- Open Family Pickle Ball Privileges
- Teen Center (during non-programmed times)
- Biddy Sports Skill Inst. at $5/session
- Gym-n-Swim

Reduced Rates on other Y Classes

Inside this Program Guide

Membership  2
Policy & Others  3
Youth Aquatics  4
Aquatic Teams  5
Preschool & Youth Programs  6
School Age Fun Clubs  7
Teens Programs  8
Adult Fitness  9
Healthy Living & Boot Camps  10
Family Programs & Special Events  11
Special Events & Leagues  12

YMCA Association Fee

The YMCA Association Fee is a one time fee new members pay upon enrollment to the Chambersburg YMCA. This fee is non-refundable. As long as your membership is kept current this fee will not be charged again. If a membership lapses for more than sixty days, the Association Fee must be paid again to re-enroll as a new member of the Chambersburg YMCA. If a membership lapses less than sixty days all delinquent fees must be paid in full to resume use of the facility. The YMCA Board of Directors restricts the Association Fee funds for the sole purpose of helping the YMCA subsidize their capital improvement projects.

Family Yoga

(Ages 3 & older with parent)

Enjoy time spent learning how to breathe, focus and laugh through a variety of fun yoga poses. Mats are available at the YMCA or you may bring your own.

Splash Time

(Agts 6 mo. to 5th grade)

Enjoy time spent learning how to breathe, focus and laugh through a variety of fun yoga poses. Mats are available at the YMCA or you may bring your own.

Healthy Kids Day

Healthy Kids Day is the nation’s largest health day. This day brings children and families together while providing the education, activities and experiences that teach good health. Kids and parents foster connections through fitness, sports, fun and shared interests. As a result, youth and families achieve greater health and well-being for their spirit, mind and body.

SPECIAL EVENTS FOR FAMILIES

Breakfast With The Easter Bunny & Egg Hunt

FREE to YMCA Members

Breakfast With Santa

FREE to YMCA Members

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Healthy Kids Day is the nation’s largest health day. This day brings children and families together while providing the education, activities and experiences that teach good health. Kids and parents foster connections through fitness, sports, fun and shared interests. As a result, youth and families achieve greater health and well-being for their spirit, mind and body.
OUR MISSION
To put Christian principles into practice through programs that build healthy Spirit, Mind and Body for all.

NON-DISCRIMINATION POLICY
The Chambersburg Memorial YMCA does not discriminate against any person on the basis of race, color, national origin, disability, sex or age in admission, treatment, or participation in its programs, services and activities, or in employment. No person shall be excluded from participation in, or denied the benefit of any services, or be subjected to discrimination because of race, color, nationality, religion, sex, age, disability.

MEMBER RESPONSIBILITY
All members and their guests share in the responsibility for the proper care and use of the Y facilities and equipment. Individuals abusing YMCA property will be subject to prosecution and or revocation of their membership privileges. Members who allow others to use their membership card or otherwise assist non-members in using the facility without proper payment are subject to suspension or revocation of their membership privileges.

MEMBERSHIP ID CARDS
For your safety and security you are required to use your membership card to gain access to the facility at all times. If you forget your card wait at the Y desk and pay the appropriate fees. A non-member can participate in an individual exercise class by purchasing a class pass. The class pass is $8.00 and good for 1 exercise class per purchase.

THE YMCA & UNITED WAY
The YMCA provides full and partially sponsored YMCA memberships and program participation opportunities through United Way Funding, Partners -With-Youth gifts and Endowment income. Participation in some YMCA programs is limited.

FINANCIAL ASSISTANCE
No one will be denied a membership due to financial constraints. All FA members will be responsible for a portion of their membership fees. Applications can be obtained at the courtesy desk or online at chbgy.org

ALL YMCA PROPERTIES ARE TOBACCO FREE.
FOR YOUTH DEVELOPMENT

AQUATICS

PARENT & CHILD SWIM LESSONS

Aqua Tots (Ages 6-36 months)
The objectives of this parent-child program include water safety, proper body positioning, and introduction to basic swimming skills. The instructor, in a fun atmosphere, advises the parent on how to acclimate their child to the water. A parent or guardian must be in the water with their child during class.

Intro to Skippers (Ages 2½–3½ Yrs)
Transition class from Aqua Tots to Beginning Skippers. Parent is in the water with the child as needed. Class emphasis is on water orientation, adjusting to the swim lesson environment and basic swimming skills.

PRE-SCHOOL SWIM LESSONS
(Ages 3 years – Kindergarten)

*Beginning Skippers-Pikes & Eels
Entry level to the National YMCA of the USA’s progressive swimming instruction program for preschool aged children between 3 and Kindergarten age. Introduction to front, back, and side paddle. Little or no swimming experience required.

*Must be 3 prior to the start of the first class.

Advanced Skippers-Ray & Starfish
For the advanced preschool aged swimmer with the ability to put their face in the water and stroke on their front, side, and back.

YOUTH SWIM LESSONS
(1st grade and older or youth who have completed Starfish level with the Aquatic Director’s approval)

Polligog – Beginner
This program is designed for the beginner swimmer. Emphasis is placed on orientation to the water, breath control, and introduction to the front, back, and sidestrokes.

Guppy – Advanced Beginner
Advanced Beginner Swimming Instruction – Emphasis is placed on strengthening the young swimmers endurance and further development of the front crawl stroke with rotary breathing. Backstroke, sidestroke, and kick up diving activities are also part of the class curriculum.

Fin – Advanced Intermediate
Advanced Intermediate Swimming Instruction – Emphasis is placed on further refinement and endurance training for the front and back crawl. Breaststroke instruction, introduction to the butterfly stroke and the standing front dive are part of the class curriculum.

Flying Fish & Shark – Advanced
Advanced Swimming Instruction – Class instruction emphasizes refinement and endurance training for all four competitive swimming strokes, the associated swimming turns for each competitive stroke and the competitive swimming start. A front dive from the 1-meter diving board with the approach and hurdle is also part of the class curriculum.

FOR HEALTHY LIVING

ADULT PROGRAMMING

The following fitness classes and programs are included with all Adult/Family/High School Fitness Center memberships (ages 12 and over). You may enroll in as many classes as you wish to take.

ActivTrax
ActivTrax gives you the advantage of having your own personalized workout at your finger tips at any time you come to the Y. ActivTrax also provides our members with an online nutrition tool to help you plan your meals and monitor your diet from your home computer.

Adult Basketball
Recreational basketball for adult members 19 years of age and older during the noon and evening hours.

Active Older Adults Forever Fit Gym Program
Choreographed dance and strength exercises for active older adults to perform to music from the Golden Oldies.

Body Sculpt
Strength and endurance exercises using a variety of gym props and movements to improve muscle and bone density.

Cardio & Strength
Level 1 is at an intermediate level and Level 2 is a little more intense. Class will begin with a cardio workout using aerobic dance moves and finish up with some strength training and/or mat work.

Gentle Yoga
Gentle Yoga & relaxation practice to improve mindfulness, concentration and flexibility.

HIIT – HIGH INTENSITY INTERVAL TRAINING
AGES 16 AND OLDER.
Alternates periods of high intensity exercise performed at maximum effort with periods of less intense activity or rest. Each class will be different and may include Tabata, Plyometrics or Circuit Training, along with other interval drills. HIIT is NOT FOR EVERYONE. THIS IS A TOUGH WORKOUT AND IS NOT RECOMMENDED FOR BEGINNERS.

Pickle-Ball
Fun and exciting game that combines the best of tennis, badminton, and ping-pong. Easy to learn and easy to play.

18 Movement Qi Gong
A gentle form of ancient Chinese exercise that balances the body and mind together in a relaxed manner to promote health and well being.

Spinning
A high intensity, non-impact cycling class where instructors guide the class through a variety of cycling workouts set to great music. Class calendar is posted monthly in the Spinning area and online.

Stability Ball Sculpt
Improve your core strength, balance, coordination and body awareness using the exercise ball and props.

Step Circuit
Step and strength training to challenge your body for all levels of exercisers set to upbeat music.

Total Access Circuit Classes
This 45 minute facilitated workout in the Fitness Center Total Access Room is available to members only.

WallyBall
Open to members and non-members to come join the fun. It is played as a open pick-up format.

Y Fusion
Standing and floor exercises along with stretches to work the entire body, paying particular attention to the core.

Yoga
Enhance your core strength, increase flexibility and develop muscular stamina while being refreshed and invigorated.

Zumba
Easy to follow choreography that will have you grooving to the rhythm of Latin music.

WATER CLASSES AND PROGRAMS

*Active Older Adults Forever Fit Aquacize
Aquatric exercise for older individuals wishing to improve aerobic and muscular fitness in a low impact and shallow water setting.

*Deep Water Aquacize
A body toning and cardiovascular conditioning exercise class held in deep water. Water floatation belts available for weak swimmers. A great low impact exercise program, which protects the participants joints.

**Hydro Fit
A shallow water low impact exercise class. Exercises focus on all muscles of the body. No swimming skills required. Recommended for new or pre/post natal exercisers.

Masters Swimming
Must be a YMCA member to participate. An organized team of new and former competitive swimmers ages 19 & older who wish to improve their fitness and competitive swimming ability. Practices run year round. Freestyle ability required.

**Twinges in the Hinges
Exercise class designed to assist individuals living with joint pain or mobility difficulties. Exercises are progressive based on ability and physician’s recommendation. Class is taught in shallow water by a medical professional.

** S.E.A. Fit
An intense aquatic cardio class using the aqua belt and treading. Swimming skills recommended. Intensity Level “Low-Medium” “Medium-High...
AQUATICS

YOUTH WATER PROGRAMS

Home School Gym & Rec. Swim Grades 1st-8th
Recreational swimming and open gym time are provided for home schools.

Private Swim Lessons
Private lessons are available for 5 years of age & up and any skill level.
Contact: Aquatic Director for more information.

Splash Time

Adult & children 6mo-6 years
A weekly scheduled recreational swim time for YMCA family members and non-members. Children must be 6 months or older and accompanied by their parent or guardian in the water.

Springboard Diving

Youth 6-18 years
Youth must be able to pass a deep water swim test without use of an instructional aide.

Youth Group Swim Night

Fridays are available for various youth groups to rent one of the YMCA’s swimming pools and have an refreshment and social hour afterwards. Please contact the Aquatic Director to reserve your group’s date today. The YMCA’s Aquatic staff will also work with your scouting group to accomplish swimming merit badge requirements.

AM Practices for Level Senior & Senior Team

September – February
Gain a competitive edge in the pool with morning practices.

LIFEGUARD

A competitive springboard diving instructional program.
Participation is open to qualified swimmers 5 through 12 years of age.

BE A LIFEGUARD

We have partnered with the American Red Cross to host Lifeguard Training, Water Safety Instructor and Lifeguard Re-Certification classes here at the Y. Lifeguard jobs are in high demand, and American Red Cross certifications are recognized nationwide, so you can work anywhere. As a lifeguard, you will develop leadership and communication skills, learn lifesaving skills such as first aid and CPR, be a hero, have fun and earn money!
Contact Angi Johnson at ajjohnson@chbgym.org or call 263-8508 for more information and upcoming dates.

TEEN PROGRAMS

YMCA Achievers Program

The Chambersburg YMCA is currently recruiting youth to participate in the YMCA Achievers Program. The Achievers Program is based on a national YMCA program designed to help students set and pursue their post secondary educational and career goals. Through academic support, career exploration, and mentoring, the YMCA Achievers Program helps youth raise their academic standards, develop a positive sense of self, build character, explore diverse college and career options, and network with professionals. The program also exposes students to cultural events and college campus tours. The Chambersburg YMCA Achievers Program is readying for its sixth session and is open to all students in grades 10 through 12.

YMCA Charger Swim Team

(www.chbgymchargers.com)
The Y offers a nationally known competitive swim program to boys and girls ages 5-18. The swim team competes in the YMCA Swim Coaches Association of Pennsylvania (YSCAP) as well as USA Swim Meets, YMCA District, State and National Championships. The swim team features four practice levels with beginners starting at Level 1. Contact the Coach at the YMCA at 263-8508.

Regular Season: Sept. - March
Level Red Level Pre Senior
Level Jr./SR Level H.S. Swimmers

AM Practices for Level Senior & Senior Team

September – February
Gain a competitive edge in the pool with morning practices.

Charger Pre-Team (Spring sess. II)

This is a developmental training program for future YMCA competitive swim team members. Future YMCA Swim Team members are introduced to competitive swim training in a nurturing affirming atmosphere. Participants must have completed the YMCA’s Guppy or Starfish swim levels and must be 6-8 years of age. Participation is open to qualified swimmers 6 through 12 years of age.

After School Teen Club

6 – 9th Graders
Hang out after school with friends at the Y. Computers, gaming, recreation, swimming, homework assistance, and much, much more. Includes Y transportation from CAMS North and South to the Y after school. *Before School Teen Club is also available, contact the Y for more information!

Afterschool Basketball & Bible Time

Join Pastor Don Baker and other area youth pastors after school in full court games of basketball along with Christian fellowship and education. Open to CASD high school students.

Be A LIFEGUARD

A competitive springboard diving instructional program. Participation is open to those ages 6-18 that are able to complete a front dive off of a one meter diving board and pass a deep water swim test. Diving competition is in the Penn-Del Diving League. Competitive diving season is from Nov. to March.
FOR YOUTH DEVELOPMENT

PRESchool PROGRAMS

The ARK Child Development Center

The ARK is a year round, all day Development Center for children 3 to 5 years of age.

Our professional staff help every child learn and grow by providing the building blocks for early development: healthy living, social responsibility and Christian values.

Classroom activities follow a theme-based curriculum modeled after the Chambersburg Area School District’s Kindergarten Readiness Program and utilizing the newly adopted Common Core Academic Standards. Children enjoy numerous opportunities to make choices, work cooperatively and express themselves. The children also participate in weekly swimming lessons at the YMCA.

Preschool Discovery Center (Ages 3 – 5 yrs)

The Preschool Discovery Center offers a half day preschool that follows the school year calendar.

Children follow a theme-based curriculum based on the Chambersburg Area School District’s Kindergarten Readiness Program. The classes stimulate developmental growth, provide academics, and emphasize socialization.

Activities include: weekly swimming lessons, gross motor skills development, creative play, art, story time and field trips all implemented by a certified teacher and trained YMCA staff.

Biddy Sports & Fitness (Ages 3 – 5 years)

Preschoolers enjoy an array of sports and physical activities during these seven week afternoon programs.

Biddy Camp (Ages 3 – 5 years)

Campers enjoy Y day camp experience in a half day format. Campers participate in a variety of fun and exciting activities. Camp week themes include arts and crafts, make believe, and music and movement. Each camp also includes character counts and team building exercises as well as recreation and pool time. Children should bring a snack and a drink to camp daily.

Biddy Sports Camp (Ages 3 – 5 years)

Campers enjoy several, half-day sport camps offered at the YMCA throughout the summer. Fundamental sport skills are taught along with sportsmanship and cooperative team play. Children should bring a snack and a drink to camp daily.

Kindergym (Ages 4 – 6 years)

This is a program that focuses on developmentally appropriate skills. There are various sessions including manipulation where children learn about moving (manipulating) objects such as a beach ball, soccer ball, baseball, and even crayons and markers. Locomotion which includes various locomotor skills such as skipping, hopping, running, and galloping. As well a fitness where children will play fun games while focusing on and getting their heart pumping and learning about a healthy heart.

Preschool Playtime
(Toddlers - 18 mo – 4 yrs. with parent or grandparent)

Join us as we enter into a world of play, dressing up as princesses and sea captains, hiking through jungles of imagination and climbing the highest of mountains in search of lost treasure! We will explore our use of gross and fine motor skills, learning to connect and engage with our children in a multi-sensory environment using old-fashioned play. This is an hour set aside twice a week to play and grow with your child; homework suggestions will be made to keep the fun and fluidity of activities going on throughout the week.

Wholesome snack suggestions will also be made along with additional activities to help you connect further with fellow families in many playdates outside of the program using suggestions made in class. Music, dance, and rhyme will be used in each class to tie together concepts we will build upon each session.

Youth Soccer League (Ages 4 – 6 years)

Saturday mornings in the fall at the Nitterhouse Family Program Center. Your child will get the big league feel when they put on their team T-shirt, and after 30 minutes of instruction, teams will play a real soccer game! Fun for the whole family, afterwards play on the playground equipment and grill at the pavilion.

YMCA kids have more fun

YOUTH DANCE PROGRAMS

Biddy Boogie
(Ages 3 – 5 years)

Preschoolers explore the world of movement and spatial awareness through gymnastics, dance, and song.

Junior Jazz
Youth in 3 – 5 grades learn the basics of jazz and modern dance styles. Terminology, basic steps, and dance combinations of increasing complexity will be covered throughout the year. Dancers participate in a year-end recital in May.

Senior Jazz
Youth in grades 6-8 enjoy an in-depth focus on jazz, modern, hip-hop, lyrical, and other dance styles. Participants develop self-confidence, showmanship, and dance skills as well as benefit from the camaraderie and fitness of dancing. Throughout the summer, we focus on character building values such as Honesty, Respect, Responsibility, Caring, Cooperation, Trust and more!!

YOUTH PROGRAMS

Friday Night Out (Ages 6 – 12 yrs.)
Must pre-register by noon of scheduled Fridays!
Spaces are limited.
Pizza, swimming, games, socialization and safe fun at the Y!

Friday Night Out Holiday Parties
*Includes dinner and holiday themed fun.
Halloween & Harvest Party, Christmas Party, Valentine Party, Cinco De Mayo and Summer Splash Party

Gym – n – Swim
This program is for CASD students grades 1st-5th. Students will enjoy rec swim and organized play in the Y’s gym. More information will be distributed to CASD Grade schools throughout the year.

Youth Taekwondo (Ages 6 – 15 yrs.)
Instruction for youth in Tae Kwon Do Korean Karate.

Senior Jazz
This program is for CASD students grades 1st-5th. Students will enjoy rec swim and organized play in the Y’s gym. More information will be distributed to CASD Grade schools throughout the year.

Youth Taekwondo (Ages 6 – 15 yrs.)
Instruction for youth in Tae Kwon Do Korean Karate.

Summer Camps (Ages 5”–15 years)
Camps run June – August
Five year olds must have completed Kindergarten*

The YMCA offers all day fun for youth and teens from completed kindergarten-9th grade. YMCA Summer Camp activities include field trips, crafts, cooking activities, swimming, gym games, team building activities, and much more! Throughout the summer, we focus on character building values such as Honesty, Respect, Responsibility, Caring, Cooperation, Trust and more!!

Before and After School Fun Club

The Chambersburg Y provides before and after school Fun Club for children in kindergarten through 5th grade at nine locations, including eight elementary schools within the Chambersburg Area School District. All locations provide quality supervision, homework assistance, recreation time that includes SPARK (Sports, Play and Recreation for Kids), socialization, and healthy snacks. The Before and After School Fun Club programs are regulated by the Pennsylvania Department of Public Welfare.

YMCA location provides transportation to and from the following elementary schools: Andrew Buchanan, Falling Spring, and Stevens.

8 Satellite Locations
Fun Club is provided at the following locations to the following schools:

- Ben Chambers Elementary School
- Fayetteville Elementary School
- Guilford Hills Elementary School
- Grandview Elementary School
- Hamilton Heights Elementary School
- New Franklin School
- Scotland Elementary School
- South Hamilton Elementary School

The Before and After School Fun Club provides a family rate for multiple school age children. Second child receives a 10% discount, and additional children in the same family attend at no additional cost.

Holiday & Snow Day Fun Club
(Grades K – 5)

Fun Club will be offered at the YMCA only on school vacation days and snow days. A separate registration and payment is required for days when school is not in session (holidays & snow days). Advance enrollment and payment is necessary for this service.