

Wayne County YMCA Winter Programs 2009

Register at: 105 Park Street, Honesdale, Pa. 18431 / Call (570) 253-2083 for more info.

FACILITY HOURS: Mon. – Fri. 5:30 AM - 9:00 PM / Sat. 8:00 AM – 5:00PM / Sun. 8:00 AM – 3:00 PM

YOUTH INDOOR SOCCER (K-6th Grade)

Program includes 5 practices & 6 games. This 6 wk program has a positive atmosphere to help children build self-esteem, fair play & good sportsmanship. K & 1st 2nd & 3rd 4th - 6th

Registration: Dec. 15 – Jan. 2

Dates: Jan. 5– Feb. 21

Cost: Y Members: \$30 Non Y Members: \$45

DANCE CLASSES (3 years - 5th Grade)

Jazz, Ballet & Modern dance techniques. Instructor Marianne O'Brien was trained at the School of American Ballet under George Balanchine at Juilliard.

Registrations: Dec. 15 – Jan. 5 (must pre-register)

Session III: Jan 10 – Feb 21 (no class 2/14)

Session IV: Feb 28 – April 4

Yellow Daisies 3-5 yr olds w/moms 10 –10:40

Y Members: \$30/sess. Non Y Members: \$42/sess.

Pink Panthers (K – 2nd Gr.) 10:45-11:30

Y Members: \$36/sess. Non Y Members: \$48/sess.

PRE-K SPORTS (3 -5 year olds)

Program involves parents & children participating in a variety of sports & gym games. *You must pre-register.*

Session IV Basketball – Starts week of February 2

Wed. 10:00-10:45 or Thurs. 4:30-5:15

Y Members: \$27/sess. Non Y Members: \$36/sess.

WALLENPAUPACK AFTER SCHOOL CAMP (K-5th)

Offered at North Primary School to provide a safe, fun place for children during after school hours. Held Mon-Fri from 2:30-5:30. Call 253-2083 for details.

YMCA YOUTH DANCES

Who: 6th – 8th Graders **Time:** 7:00-9:30 PM

When: Sat. Dec 20, Jan 17 & Feb 21

Cost: \$5.00/person/dance

SCHOOLS OUT DAY CAMPS

Camp days provide a fun, safe place for children while school is not in session. Sports, crafts, games, & themed activities will be offered. (Minimum of 12)

Who: K-6th graders **Times:** 7:30 AM – 5:30 PM

Days: 12/29 & 12/30 & ½ day on 12/31 (fees adjust)

Cost: Y Members: \$20/day Non Members: \$30/day

KARATE

Hidy Ochiai's Karate is taught by Jamie Stunkard.

Who: 6 year olds to adults class is Mon. 7-8:00PM

Monthly: Y Members: \$20.00 Non Members: \$25.00

MORNING HOOPS 18yrs & up / M-W-F 6-7AM **OR**

ADULT VOLLEYBALL 18 yrs. & up / Wed. 7:30-9PM

Y Members: Free Non Y Members: \$5.00/day

WINTER FIT & WINTER FESTIVAL!

The Y & Northeast Wilderness Experience have teamed up for 2 winter programs at Prompton!

Winter Fit (Snowshoe Fitness Class) – use of snowshoes, warm up, cardio snow shoe session, cool down & stretch.

When: Sat. Jan. 10, 17 & 24 at Prompton

Cost: Y Members: \$15/day or \$40 for all 3 days

Non members: \$20/day or \$55 for all 3

&

Family Winter Festival – a day of winter fun with snowman & sculpture building, igloo making, snowshoeing, sleigh riding, trail walking & more.

Bring: sleds, skates, snow toys & a picnic lunch

When: Sat. Feb. 21, 2009 9:00-2:00

You MUST pre register for these events!

FITNESS CLASSES: Members free/NonMembers\$35/month

Step & Cardio Mon & Wed 5:15-6:45PM

Golden Girls Tues. & Thurs. 9:00-9:45AM

Morning Fitness Friday 9:00-9:30AM

Silver Sneakers Mon & Fri 10:00-10:45AM

Low Impact Fitness Thur 5:15-5:45PM

Kripalu Yoga Tues. 5:15-6:30PM or Wed. 11-12:00

Yoga & Meditation Call for details!

Bootcamp Mix Up Mon & Thur 5:30-6:30 PM

Pilates Thur 6:30-7:00 PM

NEW ADULT DANCE EXERCISE CLASS

Exercise is fun when you are dancing off those pounds!

Registration: Dec. 15 – Jan. 5, 2009

Session: Jan 10 – Feb 21 (no class 2/14)

Day/Time: Saturdays from 9:15-10:00

Cost: Y members: FREE Non Y Members: \$35.00

2009 MEMBERSHIP RATES

Family	New \$405.00	Renewing \$385.00
Adult	New \$305.00	Renewing \$285.00
Sr. Youth	13 to 18 years of age	\$135.00
Jr. Youth	6 to 12 years of age	\$ 50.00
Pre K	Birth to 5 years of age	\$ 40.00
Monthly	Adult \$35.00/month	
	Family \$50.00/month	

(Financial Assistance Available for memberships & programs)

Payment Plan OPTIONS

Bank Draft or Electronic Funds Transfer (EFT)

In full or ½ for 2 consecutive months

YMCA

We build strong kids,
strong families, strong communities