



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ALWAYS BETTER TOGETHER



POCONO FAMILY YMCA

Fall I & Fall II 9/6/17 - 12-24/17

For A Better Tomorrow

WHAT DOES YOUR MEMBERSHIP INCLUDE?

A Pocono Family YMCA Membership provides you with much more than access to our facilities and programs; it gives you and your family the resources to grow and exceed your own personal best. By joining us, you have already taken the first steps on the path towards a fully balanced life in terms of spirit, mind and body.

- Full Access to our indoor pool
- Child Watch while you work out
- Access to other Pennsylvania YMCA facilities
- Member pricing on programs
- Hot tub; Sauna
- Men’s and Women’s locker rooms/showers
- Cardio Room with state of the art equipment
- Fully equipped weight room area
- Complimentary fitness orientation
- Group exercise classes
- Water exercise classes
- Basketball gymnasium

MEMBERSHIP FEES

Membership Type	Monthly Rate	Joiner Fee
Youth (birth - 12)	\$11	N/A
Teen (13 - 18)	\$17	N/A
College (4 mo.)	\$110	N/A
Adult (19-61)	\$41.50	\$50
Senior (62+)	\$33.50	\$40
Family (up to 5 people)	\$62.00	\$75
Senior Family	\$49.50	\$60
Program Member (Annual)	\$50	

REGISTRATION DATES

MEMBER: 8/14

PROGRAM MEMBER: 8/21

NON-MEMBER: 8/28

Facility Hours:

Monday - Friday.....5:30 AM-9:00 PM

Saturday.....8:00 AM-5:00 PM

Sunday 12:00 PM-5:00 PM

For questions call our Membership Director at (570) 421-2525 ext.130

TEEN DEVELOPMENT

Life Skills

This program provides opportunities for youth to realize who they are and what they are capable of achieving while making friends and memories that last a lifetime. Every teen should have the opportunity to practice and develop skills such as banking, sewing, auto maintenance, cooking, college prep and more. Life Skills will meet once weekly for the duration of Fall I session (September 9th- October 29th) and Fall II session (October 30th-December 24th)

Fees: Members \$50 • Program Members \$75 • Non-Members \$100

Leaders Club

Leaders Club helps develop youth ages 13 to 18 as leaders while fostering a culture of service. With adult advisors, teens have role models and mentors who can have a positive impact on their lives as they grow in their desire and ability to be a positive force in the community.



Coming Soon:

Arts and Humanities
Coffee Houses/Teen
Nights
Home School Gym and
Swim
Youth & Government

YOUTH DEVELOPMENT

Learning and Caring Center

The Learning and Caring Center strives to provide a warm, loving and nurturing environment for your child to develop socially, intellectually and physically through age appropriate activities. We are open Monday-Friday, 6:30 AM - 6:30 PM. Program includes 5 days of CATCH (Coordinated Approach to Child Health) activities, 1 day of swim and 1 day of STEM (Science, Technology, Engineering and Math) programs.

Infants/Young Toddlers

Your 6 week to 11 month old will have plenty of room to grow in our recently renovated Learning and Caring Center. We're excited for your infants to join us for a day filled with age appropriate activities including stories and tummy time. Baby sign language will be introduced to your children.

Fees (based on a 4 week month):

\$740 per month for full week 5 days - \$444 per month for 3 days (Monday, Wednesday, Friday) - \$296 per month for 2 days (Tuesday, Thursday)

Toddlers

Your 12-35 month old will participate in activities including story time, arts and crafts, music, open gym and playground fun. We encourage learning by inviting play, active exploration, creative movement and engaging children in thoughtful conversation while encouraging new activities and experiences. This group also has the opportunity for swim time at the Y each week.

Fees (based on a 4 week month):

\$700 per month for full week (5 days) - \$420 per month for 3 days (Monday, Wednesday, Friday) - \$280 per month for 2 days (Tuesday, Thursday)

Preschool

We welcome your 3, 4 and 5 year olds to join us for circle and literature activities including crafts and structured play and playground fun. This group also has the opportunity to swim each week while learning water safety.

Fees (based on a 4 week month):

\$680 per month for full week (5 days) - \$408 per month for 3 days (Monday, Wednesday, Friday) - \$272 per month for 2 days (Tuesday, Thursday)

School Aged Child Care

All kids deserve the opportunity to discover who they are and what they can achieve. Through the Pocono Family Y's School Aged Child Care Program, youth are cultivating the values and skills that lead to positive behaviors and educational achievement. The School Aged Child Care Program is available for children in Kindergarten through 8th Grade. Program includes 5 days of CATCH activities, 1 day of STEM programs and homework help. We operate 6:30 AM through 6:30 PM Monday through Friday. Fees based on a 4 week month

	Member Monthly
Stroudsburg	
5 days per week•AM&PM	\$415
3 days per week•AM&PM	\$252
5 days per week•AM Only	\$160
3 days per week•AM Only	\$100
5 days per week•PM Only	\$260
3 days per week•PM Only	\$160

	Member Monthly	Program Member
East Stroudsburg		
5 days per week•AM&PM	\$320	\$345
3 days per week•AM&PM	\$210	\$210
5 days per week•AM Only	\$160	\$160
3 days per week•AM Only	\$96	\$96
5 days per week•PM Only	\$240	\$240
3 days per week•PM Only	\$150	\$150



T-Ball

Fun and learning are the emphasis, where children get first-time exposure to the game of baseball/softball. There are no try-outs and all skill levels are welcome.

Fall I Session: September 5th–October 24th

Age Brackets: 4-6 and 7-9 (Tuesdays)

Fees: Members \$30 • Program Members \$45
Non-Members \$60

Mini Sports

Your kids will love our introductory sports program that demonstrates the fundamentals of sports of all sorts! The YMCA's four core values-respect, responsibility, honesty and caring-are infused into every class. This program incorporates a combination of sports with an emphasis on team building, individual development, positive self-image and sportsmanship.

Fall I Session: September 6th–October 25th

Fall II Session: October 30th–December 24th

Age Bracket 4-6 (Wednesdays)

Fees: Members \$50 • Program Members \$75
Non-Members \$100

Tennis Clinic

This program is designed for ages 4 - 12 to teach the fundamentals of Tennis and sportsmanship through practice and play.

Fall I Session:

September 4th – October 24th (outdoors)
Stroudsburg Jr. High School (Mondays)

Age Brackets: 4-6 • 7-9 • 10-12

Fees: Members \$39 • Program Members \$59 • Non-Members \$79

Fall II Session: October 31st- December 19th (indoors) YMCA Gym, (Tuesdays)

Fees: Members \$45 • Program Members \$68 • Non-Members \$90

SPORTS AND RECREATION

Youth Basketball

Basics of basketball are learned through practice and games. Boys and girls ages 5-17 learn skill development, sportsmanship and team play in a casual and fun environment. This program runs Saturdays.

Registration will close **September 2nd.**

Fall League: September 23rd–December 2nd

Age Brackets 4-6 • 7-9 • 10-12 • 13-17

Fees: Members \$45 • Program Members \$68
Non-Members \$90

Soccer

This program is open to boys and girls ages 4-12. We offer an instructional program that teaches the fundamental skills of soccer and sportsmanship values. This program runs on Saturdays.

Registration will close **August 31st.**

Fall League September 9th–December 16th

Age Brackets: 4-6 • 7-9 • 10-12

Fees: Members \$50

Program Members \$75 Non-Members \$100

NFL Flag Football

With an emphasis on teamwork and participation, NFL Flag Football provides kids with non-contact action. Participants will learn skill development through game activities and informal flag scrimmages.

Registration will be accepted on a first come, first serve basis. Registration will close **August 26th. (Saturdays)**

Fall League:

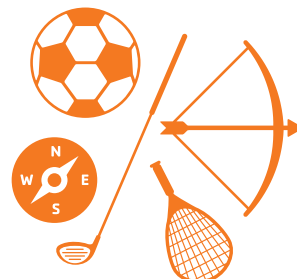
September 16th - November 18th

Age Brackets: 4-6 • 7-9 • 10-12 • 13-17

Fees: Members \$60 •

Program Members \$90 •

Non-Members \$120



AQUATICS

Swim Lessons



Swim Starters

Accompanied by a parent, infants & toddlers learn to be comfortable in the water and develop swim readiness skills through confidence building experiences. Parents will learn about water safety, drowning prevention and the importance of supervision.

Level 1 • Water Acclimation

Increases comfort with underwater exploration & introduces basic self-rescue skills with assistance from an instructor. Students will learn water safety and achieve basic swimming competency by learning benchmark skills.

Level 2 • Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently.

Swim Lessons Fees: Members \$76 • Program Members \$114 • Non-Members \$152

See our website or contact the Member Service Desk for class schedule

Splash Parties

Throw your party at the YMCA and have the time of your life!

This party includes:

- One hour exclusive use of the pool followed by one hour in our party room
 - 20 guests - Party host - Inflatable slide
- Includes help with set-up and clean up

50% of party fee and a \$25 cleaning deposit is required at time of booking. Cleaning deposit will be refunded within 30 days of the party date. The balance of the payment is due 24 hours before the day of the party.

Fees:

Members: \$150 • Program Members: \$225
• Non-Members: \$300

*An additional Fee of \$25 applies to for parties with more than 20 guests.



Level 3 • Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Level 4 • Stroke Development & Mechanics

Students learn additional water safety skills and build stroke technique, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

Adult Level

16 and up working on basic to advanced swimming skills.

Lifeguarding Course

Learn how to effectively prevent and respond to water emergencies with the American Red Cross Lifeguard training. Must be 15 years or older to take the course. Certifications are active for two years. Upon passing, participants will receive a certificate and whistle.

Pre-requisite testing required prior to course registration: \$15 fee applied to course balance.

Fees: Members: \$295 • Program Members: \$443 • Non-Members: \$590

Dive-In Movies

Every other Friday starting September 15th from 6:30 PM - 8:30 PM. Enjoy floating around in our pool while viewing a family friendly movie!

Members: \$2, Non-members: \$5

Pre-Registration is encouraged!

POCONO YMCA

Piranhas SWIMMING



SWIM TEAM

Our year round swim team is dedicated to the spirit of competitive swimming. USA Swimming membership is encouraged, but not required.

During the fall/winter season the Piranhas boys and girls teams compete in the Monroe Division of the Penn Del League. All new swimmers need to schedule a "Try Out" by going to <http://pfyswim.org/tryout>

Practices are held at local school district pools.

- Mon, Wed, Fri - 6:00 PM - 8:30 PM (Times vary for age groups)
- Tues & Thurs - 6:30 PM - 8:30 PM (Times vary for age groups)

Take Your Mark Age Group Swim Team

(Ideal for "INTERMEDIATE - BEGINNER" level swimmers ages 12 & Under)

The Pocono Family YMCA "Take Your Mark" Age Group Swim Team is for children ages 12 & under that are interested in learning the fundamentals of competitive swimming. Swim Team prepares swimmers for their entry into the Pocono Family YMCA Competitive Swim Team Program and meets twice a week. Skills taught include all 4 competitive strokes, racing starts, turns and basic competitive swimming rules. Some meets are available on weekends.

See our website or contact the Member Service Desk for pricing information.

HEALTHY LIVING

The Pilates Studio

Create a balanced and aligned body that looks fit, feels revitalized and moves with ease. We offer private as well as small group training with a wide variety of classes to choose from. These include Reformer, Stability Chair, TRX, Bosu, Barre, Mat and Tower Classes. Rates range from \$5 - \$55.00. Our specialty programs, such as Prenatal Pilates, Mommy & Me Pilates and New Beginnings Cancer Program run periodically throughout the year. Call (570) 460-1589 for more information.

Group Exercise

Our team of outstanding instructors provide both fun and effective workouts in a supportive environment. We are one of the only licensed facilities in the area where you can find Official Spinning Classes, as well as Les Mills Bodypump and TRX Suspension Training. Members can also experience Zumba, Qi-gong, Metafit, Yoga, Piyo, P90X, Country Heat, Tai Chi and Silver Sneakers.

Fitness Center

As a new member you receive a free fitness orientation. Our fitness staff can show you how to safely use the Cybex and Cardio equipment and answer all of your questions. Our team consists of highly trained, experienced, certified professionals that are dedicated to helping you achieve your goals. They specialize in such areas as sports specific training, weight loss, functional fitness and chronic pain. No one under 16 years of age is permitted in the fitness center unless they have completed our Teen Strength Program.



KARATE

The Pocono Family YMCA offers a variety of karate classes. From our 5 & 6 year old Kick Start to our adult class we have something for everyone. Classes run in 8 week sessions. Kick Start (ages 5&6) classes held (Limit 10 students):

Wednesdays: 6:30 PM – 7:00 PM

Kids (ages 7–11) classes are held:

Wednesdays: 6:30 PM—7:30 PM

Saturdays: 12:00 PM – 1:00 PM

Adult (ages 12—99) classes are held:

Mondays: 7:30 PM –8:30 PM

Wednesdays: 7:30 PM – 8:30 PM

Saturdays: 12:00 PM—1:00 PM

Fees:

Kick Start Members \$40 •

Program Members \$60 • Non-Members \$80

1 Day a Week Members \$60 •

Program Members \$90 • Non-Members \$120

2–3 Days a Week Members \$100 •

Program Members \$150 • Non-Members \$200

Adaptive Sports (Athletics for Special Needs Individuals)

Engage in sports and healthy physical activity in a safe and fun environment catering to athletes with physical and mental special needs, from ages 3–18. Make friends and improve social skills in a supportive and caring environment. Provides a platform for families to connect and support one another. Program runs for 8 week sessions which include warm ups, drills and mini games.

Fees: Members \$55 • Program Members \$83 • Non-Members \$110



Upcoming Active Older Adult Events

Annual Yard Sale at the Y- Saturday, September 2nd 9:00AM – 3:00PM

Active Older Adult Open House: Wednesday, September 13, 2017 – 10:00 AM – 2:00 PM
Chair Yoga, Healthy Cooking, Lunch and Bingo. This is a free event. Please contact Tony at Pocono Pony to reserve your ride 570-839-6282 ext. 425

Active Aging Week – September 24th through September 30th

Better Medicine Conversation; Cardiovascular Support – September 26th

Pot Luck Lunches – Friday, Oct. 6th, Monday, Nov. 6th, Wednesday, Dec. 6th – 12:30 PM

Education Workshop: Medicare Patrol – A presentation on Medicare Fraud and Abuse – October 27th – 12:30 PM

Annual Senior Prom – Sunday, November 26th 1:00PM – 4:00 PM

SCOTT EWING MEMORIAL 5K



Pocono Family YMCA
Sunday, November 19

Start Time: 9:00 AM

Register at www.poconoyymca.org and tell a friend!

SOCIAL RESPONSIBILITY

Our YMCA is committed to giving everyone the tools to live healthy and secure lives. We collaborate with policy makers, community leaders and organizations to advance our cause to strengthen community. We provide programs and services to empower individuals to make positive change in order to better themselves and their community.

We offer a variety of enrichment and specialty programs for both youth and adults:

- Developing new leaders of tomorrow (life skills, babysitter training, teen programs)
- Encouraging community service (recycling programs, clothes drives, homeless support)
- Building Healthy Families (nutrition workshops, wellness classes, supporting senior life)

Advocacy and Giving Back

We are more than a gym. We are a cause. The Y encourages individual investment to support and lead the Y's critical work in the community in order to reach more people. We believe that serving our communities is part of our obligation as citizens of the world. When you give to the Y, you join a powerful movement of people dedicated to strengthening our global community. As the world's largest and oldest non-profit, with us you're part of a greater cause. Visit www.poconoyymca.org and check out "ways to give".



The Pocono Family YMCA has partnered with Darkness to Light to bring its award-winning *Stewards of Children* child sexual abuse prevention training to Monroe County. This program is available to any community group, organization or individual seeking empowerment to protect children from sexual abuse. *Stewards of Children* is a 2 ½ hours, facilitator led group training session featuring a combination of survivor stories, expert advice, and practical guidance. Together we can end child sexual abuse.
Class Dates to be announced.

Members: Free Program Members: \$10.00 Non-Members: \$15.00