



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANCASTER FAMILY YMCA PROGRAM SCHEDULE SEPTEMBER-DECEMBER 2017

Everything we do at the YMCA strengthens our community and the people who live here.

Since 1854, the Lancaster Family YMCA's mission has focused on improving the physical, mental and spiritual health and wellness of adults, children and families in Lancaster County. Y programs help prepare youth to meet the challenges of adolescence and adulthood so they can achieve their full potential, and through engagement with the Y, people give back to others as they gain a sense of purpose and community connection.

Lancaster Family YMCA programs are open to Y Members and Non-Members.

Unless otherwise noted, program registration opens the 10th of the month for Y Members and the 20th of the month for Non-Members. Online registration is available for most programs. Go to the PROGRAMS menu at LANCASTERYMCA.ORG or download the LANCASTER FAMILY YMCA MOBILE APP.



As a nonprofit, charitable organization, the Lancaster Family YMCA is committed to serving vulnerable populations in our community and ensuring that everyone can benefit from Y programs. We offer financial scholarships to help offset the costs of membership and programs. Financial Scholarship applications are available at our Welcome Desks or at lancafterymca.org/financial-scholarships.

C = CITY CENTER YMCA / LS = LAMPETER-STRASBURG YMCA / NH = YMCA AT NEW HOLLAND

FAMILY PROGRAMS/EVENTS	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
Movie in the Park	LS	One month prior to program	10/13	Free	Free	\$10
Parent's Night Out	LS	One month prior to program	9/22, 10/20, 11/17, 12/15	\$12	\$12	\$15

YOUTH FITNESS/AQUATICS/DEVELOPMENT	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
Swim Lessons (ages 6 months - 12 years)	C/LS/NH	August and October	9/4-10/28 and 11/6-12/30	\$55	\$65	\$85
Private Swim Lessons	C/LS/NH	Available by appointment. Call YMCA branch for details.		\$150	\$150	\$200
Semi-Private Swim Lessons	C/LS/NH	Available by appointment. Call YMCA branch for details.		\$120	\$120	\$140
Rumblers Developmental Swim Team (ages 5-18) <i>Full Season</i>	LS	August	10/24/17-3/8/18	\$315	\$315	\$430
Rumblers Developmental Swim Team (ages 5-18) <i>Half Season</i>	LS	August	1/2/18-3/8/18	\$175	\$175	\$250
Little Kickers (ages 3-4)	LS	August	9/5-10/24	\$40	\$50	\$80
Little Kickers (ages 3-4)	NH	August	9/7-10/26	\$40	\$50	\$80
Little Kickers (ages 3-4)	C	August	9/9-10/28	\$40	\$50	\$80
Intro to Soccer (ages 5-8)	LS	August	9/5-10/24	\$40	\$50	\$80
Intro to Soccer (ages 5-8)	NH	August	9/7-10/26	\$40	\$50	\$80
Intro to Soccer (ages 5-8)	C	August	9/9-10/28	\$40	\$50	\$80
Floor Hockey Class (ages 4-7)	LS	August	9/7-10/26	\$40	\$60	\$90
Flag Football Class (ages 4-7)	LS	August	9/7-10/26	\$40	\$60	\$90
Joyful Movement Dance Class (ages 3-5) (for Children with Special Needs)	LS	August	9/28-11/16	\$40	\$60	\$80
Joyful Movement Dance Class (ages 5-7) (for Children with Special Needs)	LS	August	9/26-11/14	\$40	\$60	\$80
Baton - Tiny Twirlers (ages 3-5)	LS	August	10/1/17-5/30/18	\$200	\$200	\$280
Baton - Beginners (ages 6-18)	LS	August	10/1/17-5/30/18	\$230	\$230	\$330
Baton - Experienced (ages 6-18)	LS	August	10/1/17-5/30/18	\$230	\$230	\$330
Baton - Competition Team (ages 6-18)	LS	August	10/1/17-5/30/18	\$125	\$125	\$125
Multi-Sport Class (ages 3-4)	LS	September	11/9-12/7	\$20	\$30	\$40
Little Dribblers (ages 3-4)	C	October	11/6-12/18	\$35	\$44	\$70
Little Dribblers (ages 3-4)	LS	October	11/7-12/19	\$35	\$44	\$70
Little Dribblers (ages 3-5)	NH	October	11/9-12/21	\$30	\$38	\$60
Introduction to Basketball (ages 5-7)	C	October	11/6-12/18	\$35	\$44	\$70
Introduction to Basketball (ages 5-7)	LS	October	11/7-12/19	\$35	\$44	\$70
Introduction to Basketball (ages 6-10)	NH	October	11/9-12/21	\$30	\$38	\$60
Intermediate Basketball (ages 8-12)	C	October	11/6-12/18	\$45	\$53	\$80
Intermediate Basketball (ages 8-12)	LS	October	11/7-12/19	\$45	\$53	\$80
Junior 6ers Youth Basketball Association (ages 5-15)	C/LS	October	1/8/18-3/3/18	\$65	\$65	\$95
Kids Gym (ages 6-12)	C	One month prior to next session	Monday & Wednesday Evenings	Free	Free	\$30
Kids Gym (ages 6-12)	NH	One month prior to next session	Tuesday Evenings	Free	Free	\$15
Taekwondo (ages 6 and older)	C/LS	Ongoing-call 717-252-2824	Thursday Evenings/Friday Evenings	\$5/class	\$5/class	\$5/class

\$15 Registration fee

Schedule continued on reverse.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANCASTER FAMILY YMCA PROGRAM SCHEDULE SEPTEMBER-DECEMBER 2017

YOUTH DEVELOPMENT/CHILD CARE	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
Lancaster Family YMCA Early Learning Academy	Enrollment open for ages 3-5. Please call 717-393-9622 for options and fees.					
Lancaster Family YMCA PreK Counts Program	PreK Counts is a free program for children 3-5 years old from the School District of Lancaster. Children must be potty trained and have turned age 3 by 9/1/2017. Families must apply in order to see if eligible for the program. Please call 717-393-9622 for details.					

CERTIFICATION COURSES	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
American Red Cross Lifeguard Certification Courses <i>*Each course includes a \$75 non-refundable pass/fail fee.</i>	C	Open	9/9 - 9/17	n/a	\$240	\$280
	LS	September	11/11-11/18	n/a	\$240	\$280
American Red Cross Lifeguard Recertification Courses <i>*Each course includes a \$75 non-refundable pass/fail fee.</i>	C	September	11/18-11/19	n/a	\$100	\$140
	C	October	12/16-12/17	n/a	\$100	\$140
American Heart Association Adult and Child CPR/AED/First Aid Heart Saver Certification	LS	Open	9/16	n/a	\$65	\$75
	NH	Open	10/22, 12/6	n/a	\$65	\$75
	C	Open	11/19	n/a	\$65	\$75

ADULT SPORTS/RECREATION	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
Inclement Outdoor Group Training (ages 12 and older)	LS	Open	9/16-10/8	\$64	\$64	\$80
25 and Older Men's Basketball League	C/LS	Open	9/12-11/21	\$600/team	\$600/team	\$600/team
Roller Hockey League	LS	Open	9/10-11/12	\$400/team	\$400/team	\$400/team
Ballroom Dance	LS	Open	9/7-10/26	\$70 couple \$40 individual	\$70 couple \$40 individual	\$80 couple \$50 individual
Introduction to Pickleball Class	NH	Open	9/7-10/26	\$40	\$40	\$60
Introduction to Pickleball Class	LS	Open	9/26-11/14	\$40	\$40	\$60
Co-ed Volleyball	LS	September	10/4-12/20	\$40 couple \$25 individual	\$40 couple \$25 individual	\$55 couple \$40 individual

ADULT WELLNESS	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE	
				Member	Non-Member
Project RIPPED (Fitness Challenge) or Project Pounds Away (Weight Loss) (ages 12 and older)	C/LS/NH	July	9/11-11/18	\$350	\$450
Personal Coaching or Nutrition Coaching/Meal Planning	C/LS/NH	Available by appointment - Please visit lancasterymca.org for pricing packages. (ages 10 and older)			



ENJOY THE WATER AND STAY SAFE. LEARN TO SWIM AT THE Y!

The Y has been providing swim lessons since 1910, and it's our mission that everyone can learn to be safe around water and enjoy the benefits that come with learning to swim.

The Lancaster Family YMCA offers youth group swim lessons and private and semi-private swim lessons for adults and youth at all of our branches.

Learn more at WWW.LANCASTERYMCA.ORG/SWIM-LESSONS