



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LANCASTER FAMILY YMCA PROGRAM SCHEDULE

MAY- AUGUST 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.

To register online, go to the PROGRAMS menu at lancasteryymca.org.

Download the LANCASTER FAMILY YMCA MOBILE APP or visit LANCASTERYMCA.ORG for more details.

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 lancasteryymca.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
Pottery Painting	LS	One month prior to program	5/6	\$12-15 per pottery piece.		
PNO	LS	One month prior to program	5/19	\$12	\$12	\$15
Movie in the Gym	NH	One month prior to program	6/23	Free	Free	\$5
Pottery Painting	NH	One month prior to program	8/7	\$12-15 per pottery piece.		

L-S YMCA Outdoor Pool Events - All Events are free for L-S YMCA Outdoor Pool Members

End of School Celebration	LS	April	6/10	\$5 (\$30 cap)	\$5 (\$30 cap)	\$10 (\$60 cap)
Pirate Theme Family Night: Movie- Hook	LS	April	6/16	\$5	\$5	\$10
Super Hero Theme Family Night: Movie- The Incredibles	LS	April	6/30	\$5	\$5	\$10
Ice Age Theme Family Night: Movie - Ice Age	LS	May	7/14	\$5	\$5	\$10
Safari Theme Family Night: Movie - Jumanji	LS	May	7/21	\$5	\$5	\$10
Mid-Summer Family Night	LS	May	7/29	\$5 (\$30 cap)	\$5 (\$30 cap)	\$10 (\$60 cap)
Jungle Theme Family Night: Movie - Jungle Book	LS	June	8/11	\$5	\$5	\$10
Start of School Celebration	LS	June	8/26	\$5 (\$30 cap)	\$5 (\$30 cap)	\$10 (\$60 cap)

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	April and June	5/1-6/24 and 7/3-8/26	\$55	\$65	\$85
**Please note that in addition to our standard 8-week swim lesson sessions listed above, we will also be offering 2-week and 4-week swim lesson sessions throughout the summer. Please visit www.lancasteryymca.org/swim-lessons for more information on those classes.						
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
L-S Otters Summer Swim Team (ages 5-18)	LS	Open	5/22-7/30	\$125	\$125	\$155
Little Dancers (ages 3-5)	LS	Open	5/1-6/19	\$40	\$50	\$80
Intro to Dance (ages 6-9)	LS	Open	5/1-6/19	\$40	\$50	\$80
Little Cheerers (ages 3-5)	LS	Open	5/4-6/22	\$40	\$50	\$80
Intro to Cheer (ages 6-9)	LS	Open	5/4-6/22	\$40	\$50	\$80
Little Kickers (ages 3-4)	LS	Open	5/9-6/27	\$40	\$50	\$80
Intro to Soccer (ages 5-8)	LS	Open	5/9-6/27	\$40	\$50	\$80
Little Kickers (ages 3-4)	NH	Open	5/13-7/1	\$40	\$50	\$80
Little Kickers (ages 3-4)	C	Open	5/13-7/1	\$40	\$50	\$80
Intro to Soccer (ages 5-8)	NH	Open	5/13-7/1	\$40	\$50	\$80
Intro to Soccer (ages 5-8)	C	Open	5/13-7/1	\$40	\$50	\$80
Little Dribblers (ages 3-4)	C	April	5/15-6/26	\$40	\$50	\$80
Intro to Basketball (ages 5-7)	C	April	5/15-6/26	\$40	\$50	\$80
Intermediate Basketball (ages 7-10)	C	April	5/15-6/26	\$50	\$60	\$90
Paradigm Rhythmic Gymnastics (ages 6-8)	LS	April	5/16-6/27	\$35	\$44	\$70
Paradigm Rhythmic Gymnastics (ages 9-12)	LS	April	5/16-6/27	\$44	\$52	\$80
Youth Basketball Association (ages 5-12)	C/LS	April	7/10-8/14 (C) 7/11-8/15 (LS)	\$45	\$45	\$65
Speed and Agility Class (ages 10-15)	NH	May	7/10-8/2	\$64	\$64	\$80
Baton - Tiny Twirlers (ages 3-5)	LS	May	7/10-7/31	\$26	\$26	\$40
Baton - Beginners (ages 6-18)	LS	May	7/10-9/25	\$30	\$30	\$45
Baton - Experienced (ages 6-18)	LS	May	7/10-9/25	\$90	\$90	\$105
Little Sluggers (ages 3-4)	LS	May	7/13-8/31	\$40	\$50	\$80
Little Sluggers (ages 3-4)	C	May	7/15-9/2	\$40	\$50	\$80
Little Sluggers (ages 3-4)	NH	May	7/15-9/2	\$40	\$50	\$80
Intro to Baseball (ages 5-7)	LS	May	7/13-8/31	\$40	\$50	\$80
Intro to Baseball (ages 5-7)	C	May	7/15-9/2	\$40	\$50	\$80
Intro to Baseball (ages 5-7)	NH	May	7/15-9/2	\$40	\$50	\$80
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.



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YOUTH SUMMER SPORTS CAMPS	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
Introduction to Baseball Camp (ages 5-8)	LS	Open	6/19-22	\$60	\$60	\$90
British Soccer Camp (ages 3-16)	LS	Open	6/19-23	Ages 5&6=\$119, Ages 6-16 (half-day)=\$153, Ages 6-16 (full-day)=\$214		
Introduction to Basketball Camp (ages 5-8)	C	Open	6/26-29	\$60	\$60	\$90
Multi-Sport Camp (ages 5-8)	LS	Open	6/26-29	\$60	\$60	\$90
Intermediate Basketball Camp (ages 8-12)	C	Open	7/10-13	\$60	\$60	\$90
Introduction to YMCA Soccer Camp (ages 5-8)	NH	Open	7/10-13	\$60	\$60	\$90
Intermediate YMCA Soccer Camp (ages 8-12)	C	Open	7/17-20	\$60	\$60	\$90
British Soccer Camp (ages 3-16)	LS	Open	7/17-21	Ages 5&6=\$119, Ages 6-16 (half-day)=\$153, Ages 6-16 (full-day)=\$214		
Volleyball Camp (ages 7-12)	LS	Open	7/17-20	\$60	\$60	\$90
Introduction to Basketball Camp (ages 5-8)	LS	Open	7/24-27	\$60	\$60	\$90
Intermediate Basketball Camp (ages 8-12)	LS	Open	7/31-8/3	\$60	\$60	\$90
Introduction to Basketball Camp (ages 5-8)	NH	Open	8/7-10	\$60	\$60	\$90
Introduction to YMCA Soccer Camp (ages 5-8)	C	Open	8/7-10	\$60	\$60	\$90
British Soccer Camp (ages 3-16)	LS	Open	8/7-11	Ages 5&6=\$119, Ages 6-16 (half-day)=\$153, Ages 6-16 (full-day)=\$214		
Introduction to Basketball Camp (ages 5-8)	LS	Open	8/14-17	\$60	\$60	\$90
Floor Hockey Camp (ages 5-9)	LS	Open	8/14-17	\$60	\$60	\$90

YOUTH SUMMER CAMP/CHILD CARE	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
Pre-K Summer Camp \$50/child registration fee is required.	C	Open	6/12-8/18	\$190/week	\$190/week	\$190/week
Summer Day Camp (Y Branches) - 3 Days or Less /Week	C/LS/NH	Open	6/12-8/25 (C & NH) 6/5-8/18 (LS)	\$85/week	\$107/week	\$122/week
Summer Day Camp (Y Branches) - 4 Days or More/Week \$60/child registration is required for all options.	C/LS/NH	Open		\$130/week	\$152/week	\$167/week
YMCA Camp Shand (Day and Overnight Camp) *Please visit lancasteryymca.org/camp for camp packages and pricing options.	Camp Shand	Open	6/12-8/25	Overnight, day and teen options available*		
Preschool/Pre-K Programs-Lancaster Family YMCA Early Learning Academy		Enrollment open for ages 3-5. Please call 717-393-9622 for options and fees.				
SACC (For Wharton Elementary School students)	C	May	8/28/2017-6/18/2018	\$30 registration fee + \$55/week		

CERTIFICATION COURSES	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
American Red Cross Lifeguard Certification Courses *Each course includes a \$75 non-refundable pass/fail fee.	C	Open	4/29-5/7	n/a	\$240	\$280
	LS	Open	5/7-5/19	n/a	\$240	\$280
	C	Open	6/3-6/11	n/a	\$240	\$280
American Red Cross Lifeguard Recertification Courses *Each course includes a \$75 non-refundable pass/fail fee.	C	Open	5/20-5/21	n/a	\$100	\$140
	LS	Open	5/23-5/25	n/a	\$100	\$140
	LS	April	6/15-6/17	n/a	\$100	\$140
	LS	May	8/3-8/4	n/a	\$100	\$140
American Heart Association Adult and Child CPR/AED/First Aid Heart Saver Certification	LS	Open	5/27	n/a	\$65	\$75
	NH	Open	6/22	n/a	\$65	\$75
	C	Open	7/23 & 8/24	n/a	\$65	\$75

ADULT SPORTS/RECREATION	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
Outdoor Basketball League (ages 16 and older)	LS	Open	5/11-8/10	\$220/team	\$220/team	\$220/team

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	June	9/11-11/18	\$350	\$450
Personal Coaching or Nutrition Coaching/Meal Planning	C/LS/NH	Available by appointment - Please visit lancasteryymca.org for pricing packages. (ages 10 and older)			



LANCASTER FAMILY YMCA ANNUAL SUPPORT CAMPAIGN

Your Gift to the YMCA Changes Lives!

The Lancaster Family YMCA is so much more than a place to work out. As a nonprofit, charitable organization, we have a mission to nurture our community through the pursuit of life-long growth in spirit, mind and body. Your donation to the Lancaster Family YMCA provides the financial resources we need to continue our mission by meeting critical community needs and changing lives across Lancaster County.

PLEASE GIVE TO THE YMCA TODAY
LANCASTERYMCA.ORG