



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LANCASTER FAMILY YMCA PROGRAM SCHEDULE

JANUARY – APRIL 2018

**Everything we do helps empower our communities and the “us” who live in them.**

The Y is now...as it has always been...a place of possibility and promise for all. That’s why the Y passionately focuses on strengthening communities. Every day, the Y supports kids, adults, and families with programs that protect, teach, connect, heal, nourish and encourage. Everything we do helps empower our communities and the “us” who live in them.

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 ensuring that everyone can benefit from Y programs. We offer financial scholarships to help offset the costs of membership and programs for those who qualify. Financial Scholarship applications are available at our Welcome Desks or at [lancasterymca.org/financial-scholarships](http://lancasterymca.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
Flick-n-Float Family Night: Movie will be “Frozen”	LS	December	2/2	Free	Free	\$10
Flick-n-Float Family Night: Movie will be “Moana”	LS	December	3/2	Free	Free	\$10
Flick-n-Float Family Night: Movie to be determined	NH	December	3/9	Free	Free	\$10
Parent’s Night Out	LS	One month prior to program	1/19, 2/16, 3/16, 4/20	\$12	\$12	\$15

YOUTH FITNESS/AQUATICS/SPORTS	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
Swim Lessons (ages 6 months - 12 years)	C/LS/NH	December and February	1/8-3/3 and 3/5-4/28	\$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
LS Otters Summer Swim Team (ages 5-18)	LS	February	5/21-6/29	\$125	\$125	\$155
Stroke and Turn Clinic (ages 5-18)	LS	February	3/27-5/17	\$80	\$80	\$100
Floor Hockey Class (ages 4-7)	LS	March	4/18-6/6	\$40	\$60	\$90
Flag Football Class (ages 4-7)	LS	March	4/18-6/6	\$40	\$60	\$90
Multi-Sport Class (ages 3-4)	LS	February	3/15-5/3	\$20	\$30	\$40
Little Dribblers (ages 3-4)	C	February	3/12-4/30	\$35	\$44	\$70
Little Dribblers (ages 3-4)	LS	February	3/13-5/1	\$35	\$44	\$70
Little Dribblers (ages 3-5)	NH	February	3/15-5/3	\$30	\$38	\$60
Introduction to Basketball (ages 5-7)	C	February	3/12-4/30	\$35	\$44	\$70
Introduction to Basketball (ages 5-7)	LS	February	3/13-5/1	\$35	\$44	\$70
Introduction to Basketball (ages 6-10)	NH	February	3/15-5/3	\$30	\$38	\$60
Intermediate Basketball (ages 8-12)	C	February	3/12-4/30	\$45	\$53	\$80
Intermediate Basketball (ages 8-12)	LS	February	3/13-5/1	\$45	\$53	\$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
Kids Gym (ages 6-12)	LS	One month prior to next session	Friday 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

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.				

ADULT WELLNESS / FAMILY 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	Open	3/5-5/12	\$350	\$450
Family Yoga (Child ages are 6-12)	LS	Open	1/10-2/28	\$80	\$100
Family Yoga (Child ages are 3-5)	C	Open	1/11-3/1	\$80	\$100
Minimum of 1 adult to 1 child ratio. Additional adult is \$10 for the series.					
Inclement Outdoor Training Group (ages 12 and older)	LS	March	4/7-5/26	\$80	\$100
Personal Coaching or Nutrition Coaching/Meal Planning	C/LS/NH	Available by appointment - Please visit <a href="http://lancasterymca.org">lancasterymca.org</a> for pricing packages. (ages 10 and older)			

Schedule continued on reverse.





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ADULT SPORTS AND RECREATION	BRANCH	REGISTRATION OPENS	PROGRAM DATES	FEE		
				Family Member	Member	Non-Member
25 and Older Men's Basketball League	LS	January	3/13-5/8	\$600/team	\$600/team	\$600/team
Roller Hockey League	LS	January	3/4-6/3	\$400/team	\$400/team	\$400/team
Ballroom Dance	LS	January	3/8-4/26	\$70 couple \$40 individual	\$70 couple \$40 individual	\$80 couple \$50 individual
Coed Volleyball	LS	Open	1/3-3/17	\$25	\$25	\$40
Introduction to Pickleball Class	NH	Open	1/11-3/11	\$40	\$40	\$60
Introduction to Pickleball Class	LS	Open	1/9-2/27	\$40	\$40	\$60
Introduction to Pickleball Class	LS	January	3/13-5/1	\$40	\$40	\$60

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 LS	Open Open	2/3-2/11, 3/3-3/11, 4/28-5/6 1/13-1/21, 3/17-25, 4/21-4/29	n/a n/a	\$240 \$240	\$280 \$280
American Red Cross Lifeguard Recertification Courses <i>*Each course includes a \$75 non-refundable pass/fail fee.</i>	LS	Open	1/27-1/28, 2/17-2/18 3/3-3/4, 4/7-4/8	n/a	\$100	\$140
CPR Pro, First Aid and Oxygen Certification Class - <i>Only Available to participants of YMCA Swim Instructor Course</i>	LS	Open	2/24	n/a	\$50	\$75
YMCA Swim Instructor Course <i>*Each course includes a \$75 non-refundable pass/fail fee.</i>	LS	Open	3/30-3/1	n/a	\$240	\$280
American Heart Association Adult and Child CPR/AED/First Aid Heart Saver Certification	LS NH C	Open Open Open	2/24 1/24, 4/22 3/21	n/a n/a n/a	\$65 \$65 \$65	\$75 \$75 \$75

Registration for 2018 Day & Overnight Camps at  
YMCA Camp Shand opens December 1.

Visit [WWW.YMCACAMPSHAND.ORG](http://WWW.YMCACAMPSHAND.ORG)  
for program details and online camp registration.

Registration for 2018 YMCA Branch Summer Camps, Pre-K Camp  
and Youth Sports Camps opens February 10.

Visit [WWW.LANCASTERYMCA.ORG/SUMMER-CAMP-OPTIONS](http://WWW.LANCASTERYMCA.ORG/SUMMER-CAMP-OPTIONS)  
for program details and online camp registration.

