SUMMER 2026 PROGRAM GUIDE

BERWICK AREA YMCA

MEMBERSHIP

YOU CAN JOIN ANYWHERE BUT AT THE Y YOU BELONG!

There's no place quite like the Y. It's the place to nurture your well-being and let your kids flourish. With the latest workout activities for all ages and opportunities to motivate and support youth in our neighborhood, there's something for everyone and a lot for the community. Each day at the Y, families come together to get healthier. Children engage in physical activities, learn social skills, and build confidence. Seniors are developing more active, productive lives while meeting others with shared interests and passions. It all happens here each day.

FRIENDS DON'T LET FRIENDS PAY FULL PRICE

Refer a friend who joins the YMCA and you BOTH reduce your membership rate by 20%! Stop by our Membership Desk or visit our website for details!

YOUR MEMBERSHIP INCLUDES:

- State-of-the-Art Cardio & Strength Equipment, Free Weights, Peloton Bikes, and personal TVs on each piece of cardio equipment.
- EGYM the most advanced smart strength equipment available. It combines personalized strength training with fun and interactive guidance.
- Heated, 25-yard, 3-lane Indoor Pool with over 45 hours of open swim time each week and a shallow area for kids
- Gymnasium
- Men's and Women's Locker Rooms with Steam & Sauna
- Senior Wellness Programs
- More than 40 Cutting Edge Group Exercise Classes Weekly
- Access to Aquatic Group Fitness Classes
- Free Personal Fitness Consultations
- Racquetball Court
- Access to Youth Sports—Basketball, Hockey & Gymnastics
- Free Child Watch while you work out
- Priority registration and reduced rates when program fees apply
- Support and Encouragement - Our super friendly staff will make you feel welcome and support you on your journey to a healthy lifestyle every step of the way.
- Nationwide Membership allows you to use participating Y facilities across the United States at no extra charge through Membership at your home YMCA.

SCHEDULES | EVENTS & REGISTRATION

SUMMER HOURS

(MAY 26TH – SEPTEMBER 7TH)

Monday through Thursday: 5:00 a.m.-9:00 p.m.
Friday: 5:00 a.m. – 7:00 p.m.
Saturday: 7:30 a.m. – 7:00 p.m.
Sunday: 11:00 a.m. – 6:00 p.m.

HOLIDAY CLOSINGS

Independence Day – July 4th
Labor Day – September 5th, 6th and 7th
Staff/Volunteer Picnic – Closing 2 p.m. – July 26th

FACILITY CLOSINGS

The following will be closed for annual maintenance:
Gymnasium: August 18th to 23rd
Pool: August 23rd to September 8th

BABYSITTING HOURS

Babysitting is a membership benefit offered to members at no additional cost. Paid program participants are welcome to take advantage of this service at a rate of $2.00 per hour per child.

Monday – Friday: 8:00 a.m. – 11:00 a.m.
Monday – Thursday: 5:00 p.m. – 8:00 p.m.
Saturday: 7:45 a.m. – 11:00 a.m.

*For ages 6 weeks through 8 years of age

REGISTRATION

SUMMER 1 SESSION 2026

June 1st – July 11th
Member Registration: May 18th
Non-Member Registration: May 26th

SUMMER 2 SESSION 2026

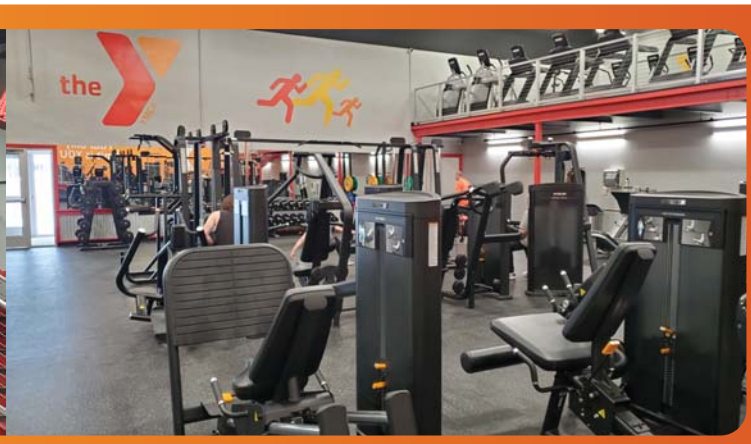
July 13th – August 22nd
Member Registration: June 29th
Non-Member Registration: July 6th

SPECIAL events

- **EAT MY DUSK 5K**
  June 6th
- **HEALTHY KIDS DAY**
  June 6th
- **YMCA STAFF PICNIC**
  July 26th (Building will close at 2:00 p.m.)

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN



WELLNESS CENTER

Our Wellness Center is open to youth 14 and up along with anyone 10 and older who are accompanied by a responsible adult over 18 years of age. Youth using the Wellness Center are expected to observe all wellness center policies at all times.

YOUTH/TEEN FITNESS ORIENTATION

The Y's goal is to create an atmosphere where youth feel safe and confident while using our various fitness areas. We want to instill confidence and understanding in youth as they strive to live an active and healthy life. These orientations are meant to teach kids safety, etiquette, and basic fitness guidelines, giving youth a sense of knowledge and belonging while using the YMCA fitness areas. Once complete, participants ages 12-13 may use Cardio equipment and Strength/Free Weight equipment on their own. Contact our Front Desk for more information.

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

PRESCHOOL SWIM LESSONS

PARENT & ME – Ages 6 months to 36 months

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

Sat 10:00-10:30 a.m.

PRESCHOOL LESSONS – LEVEL 1 Ages 3-5

Students learn the fundamentals of swimming and water safety while benefiting from our low student-to-instructor ratios and proven individualized lesson plans. In addition, our highly trained and experienced staff provide a safe, fun environment for your child's instruction.

Mon 5:15-5:45 p.m.
6:00-6:30 p.m.

Wed 5:15-5:45 p.m.
6:00-6:30 p.m.

Sat 8:45-9:15 a.m.
9:30-10:00 a.m.

SWIM LESSON PRICING

Family Members: $22

Youth Members: $60

Others: $90

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

YOUTH SWIM LESSONS (Ages 6-12)

Three progressive levels of instruction are offered to our school-aged students. From the very beginner to the pre-competitive swimmer, we have a program for everyone.

LEVEL 1

Mon 5:15-5:45 p.m.
6:00-6:30 p.m.

Wed 5:15-5:45 p.m.
6:00-6:30 p.m.

Sat 8:45-9:15 a.m.
9:30-10:00 a.m.

LEVEL 2

Our Level 2 youth lessons build on our Level 1 skills while expanding stroke technique, endurance, strength, and personal rescue skills.

Mon 6:45-7:15 p.m.

Sat 10:15-10:45 a.m.

PRIVATE SWIM LESSONS

The Y has experienced staff members who specialize in individualized, personal instruction. So whether you want to overcome a fear of the water, learn proper technique, or refine your skills, the Y is the place to learn! Our instructors will develop a plan for students ages 3 to 103 to help them reach their aquatic goals. It is never too late to learn to swim! Contact our Aquatic Director to set up your private swim lessons at aquatic@berwickymca.org

Members: $30 half-hour, $45 hour
Others: $40 half-hour, $55 hour

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

GYMNASTICS SUMMER CLINICS

GYMNASTICS OLYMPIC EVENTS

REGISTRATION DATES
Members: June 1st | **Non-Members:** June 8th

June 15th-18th

Times: 5:30-6:15 (Ages 3-6)
6:15-7:15 (Ages 7-14)

Description: *This clinic will incorporate all of the gymnastics olympic events - bars, beam, vault, and floor. Ages 3-6 will have a circuit set up to focus on muscle coordination, balance, and strength utilizing all events. Ages 7-14 will have set stations focused on skill development.*

CHEER / TUMBLE

REGISTRATION DATES
Members: July 6th | **Non-Members:** July 13th

July 20th-23rd

Times: 5:30-6:15 (Ages 3-6)
6:15-7:15 (Ages 7-14)

Description: *This clinic will focus on tumbling, jumps, stunting basics, and importance of teamwork. This is the perfect clinic for athletes who would like to focus more time on tumbling or cheerleaders who would like to refine technique and advance their skills. The 7-14 age group will learn a short 8 count cheer dance!*

FLIP FEST

REGISTRATION DATES
Members: August 3rd | **Non-Members:** August 10th

August 17th-20th

Times: 5:30-6:15 (Ages 3-6)
6:15-7:15 (Ages 7-14)

Description: *This clinic will be full of flips! All athletes will have appropriate instruction based on skill level. Skill focus will be on rolls, bridges, bends, handspring, and tucks. Will incorporate a variety of platforms including beam, floor, air floor, and vault.*

GYMNASTICS PRICING:

Family Members: $32
Youth Members: $43
Others: $64

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

BEFORE & AFTER THE BELL

School-Age Child Care for grades K through 8. Registration opens August 1st for the 2026-27 school year

Children participating in our safe, high-quality enrichment programs are more engaged in school and exhibit better behavior as the YMCA embraces the values of Caring, Honesty, Respect and Responsibility. In BEFORE AND AFTER THE BELL, kids engage in physical, learning, and enrichment activities that encourage them to explore who they are and what they can achieve. Featuring academic support and program activities kids love like arts, games, and sports, your child's development is our goal. In addition, we serve breakfast to all enrolled in our before-care program and a snack in our after-school program.

- Before care, aftercare, or both, we are here from 6:30 a.m. to 5:30 p.m.
- We take care of days off, school weather cancellations, and early dismissals.
- Drop off and pick up at the YMCA; transportation to and from school is provided.
- Your child's safety is our priority. Every team member undergoes thorough background checks, and we provide a 1:12 staff/child ratio.
- We help families through the process of obtaining financial assistance with program fees.

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2026 SUMMER DAY CAMP

BERWICK AREA YMCA

WHAT'S UNIQUE ABOUT A Y SUMMER?

When school's out, it's time to relax, decompress, and have fun with friends. Yet taking a break from school does not mean kid's development is on vacation. Summertime at the Y focuses on the three key drivers of impact that inspire healthy youth development journeys: achievement, relationships and belonging.

For more information contact ccarey@ymcaberwick.org

YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

EARLY CHILDHOOD EDUCATION

Year-Round Full Day Care for ages 6 weeks through 5 years

YMCA Early Childcare programs strengthen families and boost youth development by offering infants, toddlers, preschoolers, and their families early learning readiness experiences and comprehensive child development programs. Our childcare program addresses the development of young children by supporting early literacy, brain development, and healthy habit development. These early learning experiences at the Y lay the foundation for future ongoing achievement and success. We strive to provide a safe, nurturing center and a developmentally appropriate curriculum in a child-centered environment of warmth, friendliness, and freedom.

Your child will have opportunities for exploring, experimenting and questioning, encouraging curiosity, creativity, and expression. We provide opportunities to develop gross and fine motor skills, self-confidence, and social skills. Children will learn about the world around them in our State-licensed program. We are the only Star 4 facility in Berwick, which is the highest rating for quality learning designated by the state. With all these benefits, it's easy to see why the YMCA program is the first choice of area families.

LOCATIONS

BERWICK AREA YMCA

231 W. Third St. Berwick

Contact our Childcare Director at thuray@ymcaberwick.org to arrange a tour of our center or to discuss early childcare programs.

AQUATIC FITNESS

SENIOR WATER AEROBICS — ANY AGE!

Water acts as a liquid machine that offers resistance with little impact on joints during this fitness class. The low to moderate-intensity workout uses music and movement to add variety and excitement to your exercise experience. No swimming skills are required for this class. FOCUS: Functional fitness for everyday living, strength, flexibility, and range of motion.

M/T/Th 8:45—9:45 a.m.

T/Th 10:30—11:30 a.m.

M/W/F 2—3 p.m.

M/W 4:30—5:15 p.m.

2 days/week classes
Members: $32
Seniors: $17
Others: $54

3 days/week classes
Members: $42
Seniors: $25
Others: $70

Flexible class option,
Seniors only: $34
Under 62: Members: $52
Non Members: $77

HYDRA STRENGTH - ANY AGE!

This class is designed to maximize functional resistance training in the water to make you a stronger individual. FOCUS: Power, Strength and Flexibilty Training.

T/Th 5:15—6 p.m.
Members: $32
Others: $54

ADULT SWIM LESSONS

It's never too late to learn! We offer private lessons to swimmers of any age. Our instructors are trained in adult aquatic instruction. Give it a try! These lessons are done by appointment.

Contact:
aquatic@berwickymca.org
to set up your appointment today.

Community Giving FOUNDATION Berwick

Senior Water Aerobics are made possible through the generosity of the Berwick Health & Wellness Fund.

ACTIVE OLDER ADULTS

LOW IMPACT

Designed especially for active older adults, beginning exercise participants, and pre/post-natal women who would like to include a low-intensity, low-impact workout in their fitness plans. Each class includes low-impact aerobic conditioning and low-weight, high-rep resistance training.
Intensity: Low

M/W/F 10-10:50 a.m.
Members: Free Others: $47

SILVER SNEAKERS® CLASSIC

This 50-minute class uses handheld weights, resistance tubing, and a Silver Sneakers® ball to provide resistance as you work through various exercises designed to improve muscular strength, range of motion, and activities of daily living. A chair is available for seated and standing support. **Intensity: Senior/Adaptive**

M/W/F 11-11:50 a.m.
Members: Free Others: $47

SILVER SNEAKERS® YOGA

This 50-minute class moves your body through a complete series of chair supported seated a complete series of chair supported seated and standing yoga poses designed to improve and standing yoga poses designed to improve flexibility, range of motion, and balance.
Intensity: Senior/Adaptive

T/Th 11-11:50 a.m.
Members: Free Others: $32

HEALTHY LIVING

IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING

GROUP EXERCISE

BODY SHAPING

Handheld weights and various other fitness equipment will be used to tone and firm the entire body. This class will focus on major muscle groups such as the arms, back, chest, legs, butt, and abdominals, specifically sculpting and building lean muscle. Exercises are adapted for all fitness levels.
Intensity: Moderate

T/Th 9-9:50 a.m.
Members: Free Others: $32

BOOTCAMP

Boot Camp is a fun, non-traditional way to get in shape and feel great! YMCA Boot Camp caters to all fitness levels from the beginner through advanced. Utilizing resistance training with strength equipment and body weight – along with cardiovascular training – you can get the lean, toned body that you've always wanted.
Intensity: Moderate

T/Th 5:30-6:15 a.m.
Members: Free Others: $32

CARDIO SCULPT

This 50-minute class combines low weight, high repetition resistance training, and high impact aerobics for an intense total body workout.
Intensity: Moderate/High

M/W 5-5:50 p.m.
Members: Free Others: $32

CIRCUIT SCRAMBLE

Variety is the main focus of this fast-paced 45 minute fitness class. Build endurance, increase muscle strength, and improve your cardiovascular health through the use of resistance bands, weights, and other fitness.
Intensity: Moderate

M/W 8-8:45 a.m.
Members: Free Others: $32

GROUP POWER

A cutting-edge strength training workout designed to strengthen your muscle and movement. It combines traditional strength training with full-body, innovative exercises using an adjustable barbell, weight plates, body weight, The STEP, heart-pounding music, and expert coaching. **Intensity: High**

Tu/Th 6:00-7:00 p.m.
Members: Free
Others: $16 1 day/week classes
$32 2 days/week classes

HEALTHY LIVING

IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING

PILATES

This class uses a mind-body conditioning technique focusing on core stability and coordinated breathing. The focus is on building a longer, leaner, and stronger body by improving muscular symmetry, alignment, posture, and flexibility. Participants will move their bodies through precise ranges of motion that lengthen and stretch all the major muscle groups in a balanced fashion. Mat floor work is common in this class. **Intensity: Moderate**

T/Th 8-8:45 a.m.
Members: Free Others: $32

STRETCH

A low-intensity class focuses on an essential and often overlooked component of health and wellness: Flexibility. This class will improve your range of motion and flexibility while leaving you feeling refreshed, restored, and re-energized. **Intensity: Low**

F 8-8:45 a.m.
Members: Free Others: $16

YOGA

Integrates postures, breathing exercises, relaxation, and meditation to stretch, strengthen and condition the entire body. **Intensity: Moderate**

T/Th 5-5:50 p.m.
Members: Free Others: $32

ZUMBA®

Are you ready to party yourself into shape? Forget the workout; lose yourself in the music and find yourself in shape. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. It's easy to do, effective, and exhilarating. **Intensity: Moderate**

M/W/F 9-9:50 a.m.
T/Th 4-4:50 p.m.
Members: Free
Others: $32 2 days/week classes
$47 3 days/week classes

HEALTHY LIVING
IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING

YMCA PERSONAL TRAINING SERVICES
TAILORED TO YOU FOR BETTER RESULTS

WHAT TO EXPECT

We understand it can be intimidating to begin a new exercise program and make healthy lifestyle changes. Yet, we are here with the support, guidance, and encouragement you need to make the leap. Our certified personal trainers will help you get connected and stay engaged to help you achieve your wellness goals.

During your first personal training session, your trainer will conduct a fitness assessment and design an exercise program with your specific abilities and goals.

Your trainer will help you perform the exercises correctly, safely, and efficiently. During each subsequent session, your progress will be monitored, and changes will be made to maximize the effectiveness of your program.

EXPERT HELP

QUALIFIED TRAINERS

Because we want you to meet your fitness goals successfully, the Berwick Area YMCA takes staff training and certifications very seriously. All YMCA fitness staff have undergone extensive training for the fitness areas in which they work. Our qualified staff is available to assist you with the information and programs you need to accomplish your fitness goals.

YMCA Personal Trainers are certified through National YMCA programs. All have current CPR, First Aid, and AED certifications for the highest degree of safety.

TRAINING OPTIONS

PERSONAL TRAINING

Get the expert training you need. Work one-on-one with a YMCA Certified Personal Trainer and design a customized exercise curriculum to meet your goals. Single or multiple sessions are available with discounts for multiple sessions.

OUTDOOR PERSONAL TRAINING

Available April through October. Customized training just for you in the great outdoors!! Whether you want to up your running game, increase strength & stamina, or get back into a consistent exercising routine. We have many different sites available for outdoor training. Let our excellent training team help you reach your healthy lifestyle goals and enjoy the outdoors simultaneously.

PARTNER TRAINING

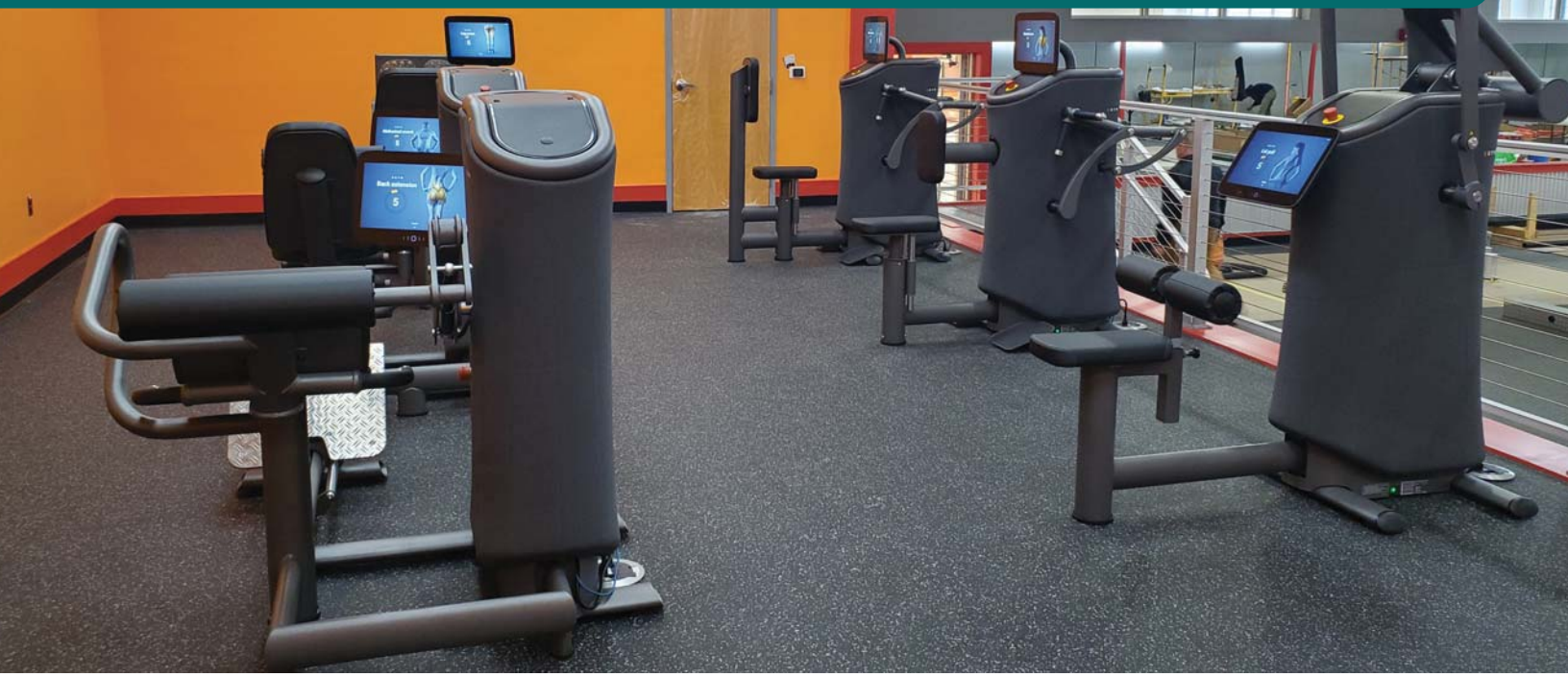
Work with a partner and reach your goals together. Single or multiple sessions are available.

GROUP TRAINING

Grab a group of 3-6 friends and enlist the help of one of our trainers to reach your goals together. You choose the day, time, and the number of times per week.

HEALTHY LIVING

IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING



What is EGYM?

EGYM is a smart strength circuit that provides a customized, full-body strength training workout in just 20 minutes. It takes the guesswork out of strength training and gives member a fun, easy-to-use, motivating workout option that is customized to a member's personal goals.

EGYM equipment makes strength training work for everyone with automatic equipment set up that adjusts to the member, provides a goal-specific training plan, delivers a game-like experience that guides the member through their workout, and offers online results analysis through the EGYM app.

How does EGYM work?

EGYM is a system of equipment that guides the member rep-by-rep through workouts.

During the member's onboarding session, they receive a smart wristband that automatically syncs with a mobile app. Members enter the circuit at the starting machine and follow a pre-defined order.

When the member taps their wristband on the EGYM equipment, the machine will adjust to their personalized settings and provide a guided, game-like workout. The member's training plan will adjust based on their progress.

How does a member get started?

Members can get started with their free strength training experience simply by signing up at our front desk. Our trained Wellness Staff will then onboard members on each of the six EGYM strength machines.

HEALTHY LIVING

IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING

ADULT PICKUP SPORTS

7:00-9:00 p.m. every week (Ages 18 and up)

Members: Free
Nonmembers: $10/visit

Mondays: Basketball
Tuesdays: Bocce
Wednesdays: Floor Hockey
Thursdays: Pickleball

ADULT OPEN PICKLEBALL

Runs Monday-Friday
7:00 a.m.-11:00 a.m.

Members: Free
Nonmembers Seniors: $5/visit
Nonmembers Adults: $10/visit

FAMILY SWIM (NON-MEMBER SWIM)

Your whole family can enjoy in our heated pool. Experience some great family fun in the family-friendly atmosphere of our Y. Open to members and non-members.

M 7:15-8:30 p.m. W 6:45-8:30 p.m.
Sat 11:00 a.m.-1:00 p.m.

Family Members: Free
Youth Members: $6
Others per Family: $25

WACKY WEDNESDAY

Bring your biggest floats, your quirkiest rafts, and yes, those giant ducks are welcome! Our inflatable pool obstacle course will also be in the water for extra laughs, splashes, and fun.

It's a midweek pool party you won't want to miss. Grab a float and dive into the wackiness!

W 6:45-8:15 p.m.

Members: Free
Non-members: Up To Family Of 6 - $25

POOL PARTIES

Add a "SPLASH" to your child's birthday. Our pool party packages offer the use of our heated pool and exclusive use of spacious party rooms to make your child feel extra special. In addition, you can upgrade your party to use our 41-foot-in-water obstacle course. YMCA staff will be here to assist you throughout the party. Party rates depend upon the number of guests and options selected. Party times are available on Saturdays and Sundays all year long. Book your party early. Our party packages are extremely popular, and dates fill up quickly.

CHRONIC DISEASE PROGRAMS

GIVING BACK & PROVIDING SUPPORT TO OUR NEIGHBORS

the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MOVEMENT AND MOTIVATION PROGRAM

IMPROVING STRENGTH

Symptom-Specific Exercises Target:

- Diminished Range of Motion
- Bradykinesia (slowing of all movements)
- Gait/Walking Issues
- Contralateral Movement & Working Opposites
- Difficulty Crossing the Midline
- Cognitive Impairment
- Tremors
- Rigidity
- Balance Issues
- Weak Vocal Strength
- Facial Masking

A Y membership is not required.

TO LEARN MORE ABOUT THE PROGRAM OR TO REFER YOUR PATIENTS CONTACT:

BERWICK YMCA
231 WEST THIRD ST.
BERWICK, PA 18603
570-752-5981
akershner@ymcaberwick.org

CHRONIC DISEASE PROGRAMS

GIVING BACK & PROVIDING SUPPORT TO OUR NEIGHBORS

JOIN US FOR A FREE 12 WEEK PROGRAM

LIVESTRONG® AT THE Y CANCER SURVIVOR PROGRAM

Our mission is to empower adult cancer survivors to improve their functional capacity and to increase their quality of life through an organized program of fitness and strength combined with supportive relationships with YMCA staff and other cancer survivors. Chosen participants will meet for 90 minutes twice a week. Sessions will incorporate individual instruction and group activities, including cardiovascular exercise, strength training, balance work, education, socialization, and fun! Our LIVESTRONG® at the YMCA Instructors are certified fitness instructors who have undergone specialized training in cancer, post-cancer exercise, nutrition, and supportive cancer care. The program is open to any cancer survivor over the age of 18. Contact the Front Desk for more information.

LIVING STRONGER AT THE YMCA

It's been proven that most people will continue with a wellness lifestyle in a group setting with others to motivate and encourage them. Living Stronger is our Livestrong alumni peer exercise/support group. This program is open to all our Livestrong at the Y graduates. So join us to continue your wellness journey! Contact our Front Desk for more details on how to participate.

Members: FREE
Others: $15 per session

SOCIAL RESPONSIBILITY

GIVING BACK & PROVIDING SUPPORT TO OUR NEIGHBORS

FRESH EXPRESS FOOD DISTRIBUTION

At the Y, we believe we cannot have a strong community if food insecurity exists. The Berwick Area YMCA is committed to ENDING hunger in our community. Through our partnership with the Central PA Food Bank, we offer Fresh Express.

This year-round program operates from 2:00 p.m. until 4:00 p.m. on the second and fourth Monday of each month at the Good Shepherd Lutheran Church. The program is free to our neighbors and distributes over 15 tons of fresh fruits, vegetables, and dairy products each month.

The program provides economic support to families in need for various reasons. Food insecurity exists in every community and is not always about poverty. If you are in need of food, we encourage you to come to the Y on the second and fourth Monday of each month. Distribution is done using a drive-thru format. Enter via Sixteenth St, then turn right into the church parking lot and proceed around the back of the church. Volunteers will place the food boxes in your vehicle.

COMMUNITY CPR AND FIRST AID

Our certified American Red Cross instructors can train you to recognize, react and use life-saving skills in response to sudden illness or injuries. Each class includes adult and pediatric CPR/AED and first aid certification.

We also train groups at your location.

Wednesday, June 3rd	6 p.m.-9:45 p.m.
Tuesday, June 23rd	6 p.m.-9:45 p.m.
Thursday, July 9th	6 p.m.-9:45 p.m.
Saturday, July 25th	8 a.m.-11:45 a.m.
Saturday, August 22nd	8 a.m.-11:45 a.m.

Fee: $62

HOW CAN WE HELP YOU?

We pledge to provide you with the best possible YMCA experience. We pledge to uphold Berwick Area YMCA standards in providing a warm, welcoming, and supportive environment, taking responsibility for problems and demonstrating we are grateful you have chosen to spend a part of your day with us. Our leadership team is eager to receive feedback so we can continually improve our YMCA. Please contact our Front Desk or any member of our team to share your feedback.

PHONE

570-752-5981

SIGN UP FOR TEXT ALERTS

To opt in, text BERWICKY to 54539

ONLINE

Find information, or register for classes at www.berwicky.org

Follow us:

EMAIL

- Please make sure we have your current email address so we can keep you posted on class cancellations or schedule changes.
- Email questions or comments to ceo@berwickymca.org.

You will receive a response within 24 hours.

The Berwick Area YMCA | 231 West Third Street | Berwick, PA 18603
570-752-5981 | www.berwickymca.org