



FALL/WINTER  
**2023**  
PROGRAM  
GUIDE



**BERWICK AREA YMCA**

# 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**



**ONLINE**

Find information, or register for classes at [www.berwickymca.org](http://www.berwickymca.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](mailto:ceo@berwickymca.org).

You will receive a response within 24 hours.

## FALL/WINTER HOURS (SEPTEMBER 5TH - DECEMBER 30TH)

Monday through Friday: 5:00 a.m.-9:15 p.m.

Saturday: 7:30 a.m. - 8:45 p.m.

Sunday: 11:00 a.m. - 6:45 p.m.

## HOLIDAY CLOSINGS

Thanksgiving Day - November 23rd

Christmas Eve - December 24th, close at 1 p.m.

Christmas Day - December 25th

New Year's Eve - December 31st, close at 1 p.m.

New Year's Day - January 1st

## 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

### FALL 1 SESSION 2023

September 5th - October 21st

Member Registration: August 14th

Non-Member Registration: August 21st

### FALL 2 SESSION 2023

October 23rd - December 16th

Member Registration: October 9th

Non-Member Registration: October 16th

### WINTER SESSION 1 2023

January 2nd - February 17th

Member Registration: December 4th

Non-Member Registration: December 11th

## SPECIAL events

- » **Purse/Gift Card Bingo**  
October 5
- » **Trick or Treat Trail**  
October 23
- » **Friendly Friday**  
November 10
- » **Free Land Classes:**  
December 18-December 23  
December 26-December 30
- » **Free Weeks of Aquatic Classes:**  
December 18-December 22  
December 26-December 29
- » **Daddy/Daughter Dance**  
February 18th

# 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.

### 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.

**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!





# YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

## PRESCHOOL SWIM LESSONS

### PARENT-CHILD - 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.

### PRESCHOOL LESSONS - LEVEL 2 Ages 3-5

Our preschool-aged swimmers who are confident in the water and want to gain greater independence in their skills, building on the skills of Preschool 1 for more advanced swimming.

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

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

Sat 9:30-10:00 a.m.



## SWIM LESSON PRICING

Family Members: \$17

Youth Members: \$62

Others: \$96

# 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.	Wed	5:15-5:45 p.m.
	6:00-6:30 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.
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### COACH'S SQUAD

Our pre-competitive stroke clinic focuses on stroke technique and competitive starts, turns, and finishes. In addition, endurance, strength, and coordination are taught by former coaches with decades of experience.

Wed	6:30-7:15 p.m.
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## 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](mailto:aquatic@berwickymca.org)

Members: \$25 half-hour, \$35 hour

Others: \$40 half-hour, \$50 hour

# YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

## GYMNASTICS

Gymnastics is one of children's most comprehensive lifestyle exercise programs, incorporating strength, flexibility, speed, balance, coordination, power, and discipline. Whether children are involved in recreational or competitive gymnastics, the skills learned in gymnastics can benefit a child's overall development.

### TINY TUMBLERS - AGES 3-5

A 45-minute class tailored to the attention span of young gymnasts. We focus on developing motor skills, listening skills, socialization, and fun.

Sun 12:00-12:45 p.m.  
1:00-1:45 p.m.

### BEGINNER LEVEL I - AGES 4-8

This class introduces structure to our beginner program. Focus is on developing basic skills.

Sun 2:00-2:45 p.m.

### BEGINNER LEVEL II - AGES 9-13

This class is for the more mature beginner. Gymnasts learn floor, beam, bar, and vault skills in a structured setting.

Sun 3:00-3:45 p.m.

### INTERMEDIATE LEVEL I - AGES 4-8

This class is for the gymnast who has mastered crucial beginner skills and is ready for a more difficult program.

Sun 4:00-4:45 p.m.

### INTERMEDIATE LEVEL II - AGES 9-13

For the more mature beginner. Gymnasts learn floor, beam, bar and vault skills in a structured setting.

Mon 6:00-6:45 p.m.

### ELITE-AGES 7-13

For the gymnast who mastered crucial intermediate skills and is ready for a more difficult program.

M 5:00-6:00 p.m.

Fees - all progressive gymnastic classes

Family Members: \$35

Youth Members: \$51

Others: \$80



# YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

## MESSY PLAY

Age-appropriate, carefully supervised, and messier than a mob of monkeys in an art supply store! These classes offer a structured environment for kids to get their hands dirty while making new friends and wild creations. We'll make projects from bubbles, paint, shaving cream, mud, and more.

Ages 2-5

Tu 5:30-6:00 p.m.

Family Members: Free

Youth Members: \$5

Others: \$15



## MICRO CLINIC

Get those kids moving and grooving! Our Micro SAQ program is designed specifically for those preschool aged kids to get active and focus on skills such as balance and coordination.

Sessions run monthly.

November session: October 30-November 25

December session: November 27-December 23

January session: January 2-February 3

February session: February 5-March 2

March session: March 4-30

Ages 4-5. Saturdays 7:45-8:30 a.m.

Ages 3-4. Saturdays 8:45-9:15 a.m.

Family: \$10

Members: \$20

Nonmembers: \$40



# YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN



## ZUMBA KIDS

Our Kid's Fitness classes take the effort out of activity by making it fun. Combining a motivating and scientifically proven mix of age-appropriate movement and games with music! These classes captivate kids ages 5-11 and fuel a lifelong love of physical activity along the way.

Thursdays: 5:30-6:30 PM

(Ages 5-11)

Pricing: Family membership: \$0

Member: \$10

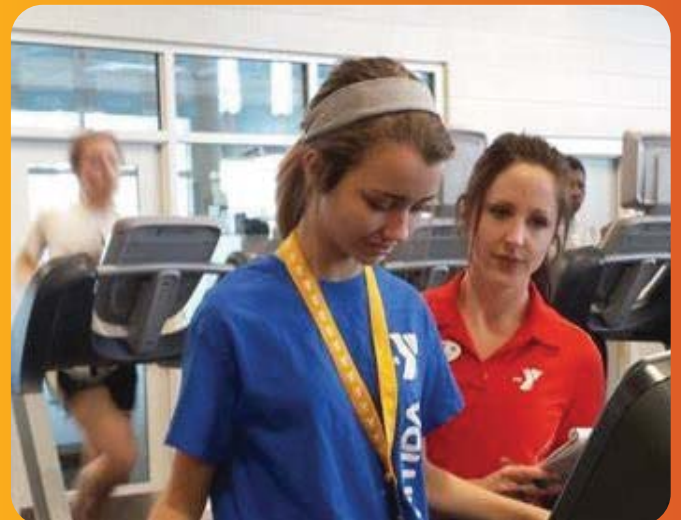
Nonmember: \$20

## WELLNESS CENTER

Our Wellness Center is open to youth 14 and up along with any 10 and older who have completed an orientation and 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 10-11 may use the Cardio equipment with parent/guardian supervision, and ages 12-13 may use Cardio equipment and Strength/Free Weight equipment on their own. The Youth/Teen Orientation is held every 2nd Monday of the month from 5:30-7PM. Contact our Front Desk for more information.



# YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

## YOUTH BASKETBALL

This instructional league is for kids in grades K through 6 and focuses on learning basketball skills while emphasizing the YMCA core values of caring, honesty, respect, and responsibility. Players of all ages and experience are welcome!

Team placements will be held on October 3rd and 4th. Season will run October 16th through December 16th.

Register by October 3rd. Players must attend one of the team placement practices.

Volunteer coaches needed!

Contact [sports@berwickymca.org](mailto:sports@berwickymca.org) for more information.

Family Members: \$40

Youth Members: \$80

Nonmembers: \$120



## YOUTH FLOOR HOCKEY LEAGUE

Registration opens December 4th. Team placements January 2nd and 4th; (K-1) 5:00-5:45PM, (2-6) 6:00-6:45PM (both days). For boys and girls grades K-6. Practices begin January 15th, games begin February 3rd. Contact [sports@berwickymca.org](mailto:sports@berwickymca.org) for more information.



Family Members: \$40

Youth Members: \$80

Nonmembers: \$120

# 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. With a swimming pool and gymnasium at our disposal, ours is the only center in the area that offers weekly swimming activities for preschoolers. With all these benefits, it's easy to see why the YMCA program is the first choice of area families. All children enrolled in our childcare program will be provided breakfast, lunch, and snacks daily.

## LOCATIONS

### BERWICK AREA YMCA

231 W. Third St. Berwick

### Y CARE II

Good Shepherd Lutheran  
Church 1600 Fowler Ave.  
Berwick



Contact our Front Desk to arrange a tour of either center or to discuss early childcare programs.

# YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

## BEFORE & AFTER THE BELL

**School-Age Child Care for grades K through 8. Registration is now open for the 2023-24 school year**

Children participating in our safe, high-quality enrichment programs are more engaged in school, exhibit better behavior, and achieve higher grades and test scores. 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 nutritious light meal 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.

## INNOVATION LAB

FOR YOUTH AGES 9-19

Ignite your passions and enrich your life by joining one of our clubs! Adolescence is much more than just classes and homework; the Y wants to help make it fun and fulfilling.

### INNOVATION WORKSHOPS



The Innovation Lounge is a space for children and teens to explore STEM activities which includes coding, audio/video recording and editing, robotics, 3D printing, and evening workshops. There will always be something new and exciting to learn.

### ANIME CLUB



Anime Club provides a positive, alternative activity by exposing children and teens to foreign culture, encouraging artistic expression and creativity, and increasing social interactions through discussion sessions.

### E-SPORTS



E-sports allows children and teens to engage in a non-traditional sports program, and it's bigger than gaming. Instead, it is a competitive sport through a video game requiring the use collaboration, communication, and problem-solving skills to achieve individual or team success.



# HEALTHY LIVING

IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING

## 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 9-10:00 a.m.

M/W/F 2-3:00 p.m.

T/Th 10:30-11:30 a.m.

2 days/week classes      3 days/week classes

Members: \$26

Members: \$35

Seniors: \$16

Seniors: \$21

Others: \$42

Others: \$65

Flexible class option, seniors only: \$30



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

### HYDRA STRENGTH — ANY AGE!

This class is designed to maximize functional resistance training in water to make you a stronger individual. Includes power, strength, and flexibility training.

T/Th 5:15- 6 p.m.

Members: \$26

Others: \$42

### 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](mailto:aquatic@berwickymca.org) to set up your appointment today.





# HEALTHY LIVING

IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING

## ACTIVE OLDER ADULTS

### 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: \$57

### SILVER SNEAKERS® YOGA

This 50-minute class moves your body through a complete series of chair supported seated 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: \$38

### ZUMBA GOLD®

An invigorating, community-oriented dance fitness class that feels fresh and, most of all, exhilarating. Zumba Gold® classes provide modified moves for the active older adult or those who prefer low-impact exercise.

**Intensity: Low**

T/Th 10-10:50 a.m.

Members: Free      Others: \$38

### Y WALK

Walking is one of the best total body workouts. The benefits of walking range from increased cardiovascular health and muscle strength to better balance and mental focus. Add in some socialization, and you have one great class you are sure to enjoy. Look for the Y logo sign.

**Intensity: Low**

M/W 8:30-9:30 a.m.

Y Lobby

M/W 6-7:00 p.m.

Test Track

Members: Free

Others: \$38

### 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: \$57



# 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: \$38

### 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**

M/W 5-5:50 p.m.      Th 5:15-6:00 a.m.

Members: Free

Others: \$19 1 day/week classes

\$38 2 days/week classes

### 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: \$38

### GROUP BLAST

It's 60-minutes of athletic cardio training that uses The STEP in various ways. This highly effective workout will get your heart pounding and sweat pouring as you improve your cardio fitness, agility, coordination, power, and strength with exciting music and motivational coaching. HAVE A BLAST!

**Intensity: High**

Sat 8-9:00 a.m.

Members: Free      Others: \$19

### GROUP POWER

It's an hour of 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**

Sat 9:15-10:15 a.m.

Tu/Th 6-7 p.m.

Members: Free

Others: \$19 1 day/week classes

\$38 2 days/week classes

### HARDCORE & MOBILITY

In the first 30 minutes of class, get ready to build and improve your core muscle groups through various exercises to strengthen your abdomen and lower back muscles. The last 15 minutes of class will focus on a combination of multiple methods of stretching, foam rolling, and movement quality improvement.

**Intensity: Hardcore - Medium**

**Mobility - Low**

M/W 6-6:45 p.m.

Members: Free      Others: \$38

# HEALTHY LIVING

IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING

## METCON

Metabolic Conditioning (MetCon) is a fast-paced, high-intensity. A 45-minute class that will challenge your cardiovascular capacity and rapidly burns fat. Styles of workouts will range from HIIT, AMRAP, EMOM, and more. **Intensity: High**

M 5:15-6:00 a.m.

Members: Free Others: \$19

## 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: \$38

## 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: \$38 2 days/week classes

\$57 3 days/week classes

## POWER YOGA

Vinyasa-style yoga strengthens the body and mind as you move quickly through movements to build endurance & increase flexibility.

**Intensity: Moderate**

W 5:15-6:00 a.m.

Members: Free Others: \$19

## STRENGTH

Build your strength with resistance exercises. The class will incorporate traditional weight-room and compound exercises using barbells, dumbbells, bands, and more to challenge you.

**Intensity: Moderate**

T 5:15-6:00 a.m.

Members: Free Others: \$19

## 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: \$19

## 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: \$38

# 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.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

EGYM



# HEALTHY LIVING

IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING

## ADULT PICKUP SPORTS

7:00-9:15 p.m. every week (Ages 18 and up)

Members: Free

Nonmembers: \$10/visit

Mondays: Basketball

Wednesdays: Floor Hockey

Thursdays: Pickleball

\*Tuesdays: Open gym for all ages

## OPEN PICKLEBALL

Runs every Monday-Friday from  
9:00 a.m.-12:00 p.m.

Members: Free

Nonmembers: \$5/visit

## PICKLEBALL CLASSES

For the beginner player who wants to learn the rules of the game. Experienced players will work with participants to teach the basics of the sport with the expectations that beginners will be able to join in open pickleball at the end of the course.

Members: Free

Nonmembers: \$5 per session (monthly)

Monday/Wednesday/Friday

11:00 a.m. - 12:00 p.m.

## FLY CASTING CLINIC

Sunday, December 10th, 1:00-3:00 p.m.

Open to any age FREE

## FLY TYING CLASS

Catching a fish on a fly you tied yourself is like no other! Learn the intricacies of fly tying in this 5-week class. All materials are included for each student (however, bringing your own materials is encouraged). Necessary materials include: Fly tying vice, Small scissors, Hackle pliers, Thread bobbin,

## FAMILY SWIM (NON-MEMBER SWIM)

Your whole family can join in our heated pool. Enjoy some great family fun in the family-friendly atmosphere of our Y. This experience is open to members and non-members. You don't want to miss out!

M 7:15-8:30 p.m. W 7:15-8:30 p.m.

Sat 11:00-1:00 p.m.

Family Members: Free

Youth Members: \$10

Others per Family: \$20

## 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 or in-water volleyball net. 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.



Half hitch tool or whip finisher (front half of a ball-point pen will work), and Dubbin needle Limited spots are available. Registration opens December 4th.

Thursdays 6:00-8:00 p.m.

January 11th-February 8th

Members: \$20

Others: \$40

# YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD & TEEN

## NEW CLASS ALERT

Perfect for our younger Zumba® fans! Kids 5-11 years old get the chance to be active and jam out to their favorite music. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.



**THURSDAYS: 5:30-6:30 PM**

**Session Date: 10/23-12/16**

**Member sign up: 10/9**

**Nonmember sign up: 10/16**

**Pricing: Family membership: \$0**

**Member: \$10**

**Nonmember: \$20**



# HEALTHY LIVING

IMPROVING OUR COMMUNITY'S HEALTH & WELL-BEING

## MEMBER CHALLENGE

### 4<sup>th</sup> ANNUAL BURN THE BIRD



**BURN THE BIRD**

**November 24th - December 8th**

The holidays can be a time of overindulging and skipping workouts. So here's your chance to burn calories and keep motivated. First, use a fitness tracker or the calories burned on our state-of-the-art cardio equipment to give you a calorie count each time you workout. Then fill out a challenge slip in the Wellness Center each time and drop it in the Burn the Bird box. The person who burns the most calories will win a YMCA t-shirt.

**L.Y.F.E**  
LET YOUR FITNESS EVOLVE

Are you ready to Let Your Fitness Evolve? L.Y.F.E. is a lifestyle change program for anyone who wants to make positive changes to their mind, body, and soul. Our specialists in Fitness Nutrition will assist you with recipes and meal guidance. A Personal Trainer will lead workouts with the group and go over exercise best practices so participants can learn the most effective ways to burn calories and build muscle. Participants will receive an L.Y.F.E. journal to record daily food intake, workouts, and weekly weigh-ins. This program will meet three days a week for an hour for 12 weeks.

**Members:**  
Total Price: \$600 or  
pay \$200 per month

**MEMBER  
SAVINGS  
\$320**

**NON-MEMBER  
SAVINGS  
\$380**

**Non-members:**  
Total Price: \$750 or  
pay \$250 per month



# SOCIAL RESPONSIBILITY

GIVING BACK & PROVIDING SUPPORT TO OUR NEIGHBORS

## JOIN US FOR A FREE WEEK PROGRAM

# 12

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.

Monday, October 9th	6 p.m.-9 p.m.
Thursday, October 19th	6 p.m.-9 p.m.
Wednesday, November 15th	6 p.m.-9 p.m.
Thursday, November 30th	6 p.m.-9 p.m.

**Fee: \$45**





**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**



**To strengthen our community through  
Youth Development, Healthy Living and  
Social Responsibility. Because a strong  
community can only be achieved when  
we invest in our kids, our health,  
and our neighbors.**

**THE Y – FOR A BETTER US**

**The Berwick Area YMCA | 231 West Third Street | Berwick, PA 18603  
570-752-5981 | [www.berwickymca.org](http://www.berwickymca.org)**