



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

**SO  
MUCH  
MORE**

**All New  
South Hanover Y  
Opening May 2017!**

**SPRING 2017  
HANOVER AREA YMCA**



## **Spring I Session**

Gymnastics Session 1  
February 27- April 22, 2017

Swim Session 1  
February 27- April 15, 2017

## **Spring II Session**

Gymnastics Session II  
April 24- June 17, 2017

Swim Session II  
April 24- June 10, 2017

**More New Programs! More Youth Sports! More Info on Camps!  
And So Much More at [hanoverymca.org](http://hanoverymca.org)**



# WELCOME TO THE HANOVER AREA YMCA

## HOURS OF OPERATION

### NORTH HANOVER

500 George St., Hanover  
P 717-632-8211

Monday-Friday	4:30am-9:30pm
Saturday	6:00am-6:00pm
Sunday	10:00am-5:00pm

### SOUTH HANOVER (staff operated hours)

1013 Baltimore St., Hanover  
P 717-632-0294

Monday-Thursday	5:00am-9:00pm
Friday	5:00am-7:00pm
24/7 Facility (Adult Members Only)	

### LITTLESTOWN

95 Keystone St., Littlestown  
P 717-359-9733

Monday-Thursday	5:00am-9:00pm
Friday	5:00am-7:00pm
Saturday	7:00am-1:00pm
Sunday	12:00pm-3:00pm

### NEW! SOUTH HANOVER-COMING MAY 2017 24/7 ACCESS (Adult Members Only)

650 Fairview Dr., Hanover  
P 717-632-0294

Monday-Friday	4:30am-9:30pm
Saturday	6:00am-6:00pm
Sunday	8:00am-5:00pm

### J. WILLIAM WAREHIME WARM WATER POOL

Monday-Friday	7:00am-8:00pm
Saturday	8:00am-6:00pm
Sunday	10:00am-5:00pm

### 25 METER POOL

Monday-Friday	5:00am-9:30pm
Saturday	6:00am-6:00pm
Sunday	10:00am-5:00pm

### HOLIDAY HOURS

Friday, April 14	6:00am-12pm
Littlestown: Closed	
Sunday, April 16	All Branches Closed
Monday, May 29	6:00-12:00pm
Littlestown: Closed	

[www.hanoverymca.org](http://www.hanoverymca.org)

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## HAVE YOU PAVED THE WAY?

Make a lasting impact at the new South Hanover YMCA. The purchased pavers will form the sidewalk in front of the building that will lead to the main entrance. Each time your family walks into the SOUTH HANOVER YMCA, they will be able to see their impact that will last for generations. All proceeds go directly to the construction of the new SOUTH HANOVER YMCA.



### Order Today!

4"X8" with 3 lines of text	\$150
4"X8" with a logo/ text	\$200
8"X8" with 4 lines of text	\$250
8"X8" with logo/ text	\$300

See Melissa Foreman - [mforeman@hanoverymca.org](mailto:mforeman@hanoverymca.org) or X247 for details or forms.

# WHO WE ARE-DISCOVER YOUR Y

## OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

## OUR VISION

Collaborate with communities and organizations, support and strengthen all individuals and families, build character, embrace diversity, and promote healthy lifestyles.

## OUR PURPOSE

Strengthening the foundations of community.

## OUR POLICIES

### OUR PROGRAM PAYMENT POLICY

All program fees must be paid in full prior to the first class. Participants will not be permitted to participate in programs if fees are not paid in full.

### PROGRAM REFUND AND CREDIT POLICY

A full program refund or credit will be issued to participants if the YMCA must cancel the program. Credits will not be converted to a cash refund. Any member of the family can use the credit. Refunds requested by participants will be processed less 3% of the program fee.

### FINANCIAL ASSISTANCE

The YMCA will not deny program or membership participation to any person or family based on inability to pay fees. Financial Assistance is based on a sliding fee scale upon completion of an application. Applications are available at all branches or online. Funds are made available by the generous support of donors to the YMCA "Kids Come First" Annual Campaign and from the United Way of York and Adams Counties.

### NONDISCRIMINATION

The YMCA is a non-profit charitable organization open to all people regardless of race, religion, gender, age, ancestry, national origin, disability, or income. Program services shall be made accessible to persons with disabilities through the most practical and economically feasible methods available.

### SEXUAL OFFENDER

The YMCA reserves the right to terminate YMCA membership or deny access to the YMCA to any current member or persons requesting membership or access to the facility who have been convicted of a sexual offense. This information can be obtained by researching websites accessible to anyone in the public.

### 24/7 POLICY

Each member must scan his or her own card. Members who allow access to anyone who does not have a card (member or non-member) are subject to termination of his or her membership. For the safety of our youth, the HANOVER AREA YMCA requests that all children ages 13-17 years old be accompanied by a parent at our 24/7 facility.

### CELL PHONES, VIDEOS, CAMERA POLICY

Using your cell phone or other recording and photography devices in the locker rooms or other areas with this posting is strictly prohibited. Anyone caught will be reported to the authorities.



# HELPFUL INFORMATION

## MEMBERSHIP

Membership Category	Hanover/ New South Hanover Full Facility Rate	Littlestown Only	Joiners Fee
Youth (infant-18yrs)	\$16.75 month	\$15.25 month	\$24.00
College (full time student)	\$22.00 month	\$18.25 month	\$24.00
Adult (over 18yrs)	\$36.00 month	\$28.25 month	\$48.00
Senior Citizen (62 yrs+)	\$32.00 month	\$26.75 month	\$48.00
Family (2 adults or 2 adults + dependents)	\$54.00 month	\$42.00 month	\$72.00
Single Parent Family*	\$49.00 month	\$38.00 month	\$72.00
North YMCA Wellness Centers**	\$28.00 month (Additional fee/ Adults only, 21 years or older)		

\*Single Parent Family Circumstances Only. Rates are subject to change without notification. All fees are nonrefundable.

Members are responsible for notifying the membership office of any change in membership status in order to qualify for a new membership category (i.e. college and senior citizen). \*\*See below for information on the North YMCA Wellness Centers

## MENS AND WOMENS WELLNESS CENTERS

The HANOVER AREA YMCA at North Hanover offers wellness centers for both men and women who are 21 years of age and older. These are private facilities that include:

- \* Fully equipped fitness center; cardio, selectorized, and free weight areas
- \* Private lockers, showers and lounge areas, towel service and toiletries
- \* Men's Wellness Center has a Whirlpool and Steam Room
- \* Women's Wellness Center has a Whirlpool and Sauna

**EARN  
REWARDS  
WITH EACH  
SWIPE!**

## HAVE YOU HEARD ABOUT OUR LOYALTY PROGRAM?

Earn rewards every time you swipe your membership card upon entry at any Hanover Area YMCA location! With each swipe, members will advance to the next level to earn things such as towel service, free months, or even complimentary Wellness Center passes. For more information or to learn more about your path to Gold, contact Shauna Efkovich, Guest Services Director, at X241 or [sefkovich@hanoverymca.org](mailto:sefkovich@hanoverymca.org).

## YMCA LEADERSHIP TEAM

Liam Behrens	Chief Executive Officer	<a href="mailto:lbehrens@hanoverymca.org">lbehrens@hanoverymca.org</a>
Ryan Fitzgibbons	Chief Operating Officer	<a href="mailto:rfitzgibbons@hanoverymca.org">rfitzgibbons@hanoverymca.org</a>
Dana Alexander	Sports Program & Personal Training Director	<a href="mailto:dalexander@hanoverymca.org">dalexander@hanoverymca.org</a>
Marie Barnes	Child Development Director	<a href="mailto:mbarnes@hanoverymca.org">mbarnes@hanoverymca.org</a>
Maureen Edelin	Human Resources Generalist	<a href="mailto:medelin@hanoverymca.org">medelin@hanoverymca.org</a>
Shauna Efkovich	Guest Services Director	<a href="mailto:sefkovich@hanoverymca.org">sefkovich@hanoverymca.org</a>
Melissa Foreman	Marketing Director	<a href="mailto:mforeman@hanoverymca.org">mforeman@hanoverymca.org</a>
Lisa Gallagher	Administrative Director	<a href="mailto:lgallagher@hanoverymca.org">lgallagher@hanoverymca.org</a>
Tara Kauffman	Financial Development Director	<a href="mailto:tkauffman@hanoverymca.org">tkauffman@hanoverymca.org</a>
Kira Kessler	Comptroller	<a href="mailto:kkessler@hanoverymca.org">kkessler@hanoverymca.org</a>
Louis Mart	Membership Director	<a href="mailto:lmart@hanoverymca.org">lmart@hanoverymca.org</a>
Adam Martin	Youth Development Director	<a href="mailto:amartin@hanoverymca.org">amartin@hanoverymca.org</a>
Lisa Pratt	Gymnastics Director	<a href="mailto:lpratt@hanoverymca.org">lpratt@hanoverymca.org</a>
Tammy Shore	Aquatics Director	<a href="mailto:tshore@hanoverymca.org">tshore@hanoverymca.org</a>
Billy Wineholt	Facility/Property Director	<a href="mailto:bwineholt@hanoverymca.org">bwineholt@hanoverymca.org</a>



# CHILD CARE/ CAMP INFORMATION

## Early Learning Center- North Hanover



Our Early Learning Center program provides a safe and nurturing environment for children ages 12 months through 5 years of age. We are licensed by the PA Department of Human Services (DHS). Our program is accredited by the National Association for the Education of the Young Child (NAEYC) and is a **Star Level 4** through **Keystone Stars**. We provide a developmentally-appropriate curriculum which emphasizes learning through play. The program promotes the development of physical, cognitive, social and self-help skills. The center also offers unique features unlike other child care programs. Children ages 3-5 participate in swimming, gymnastics, and fitness instruction. Children ages 1-5 enjoy outdoor play time on age appropriate playground equipment. We provide a morning and afternoon snack, breakfast before 8am, and a nutritious lunch. Family members enjoy special monthly activities which include field trips and luncheons.

Monday through Friday, Year Round: 6:15am-6:00pm

Fee: 12-23 months \$198/week  
24-35 months \$190/week  
3-5 years \$182/ week

We accept Third Party Payments (CCIS, Military, etc.)

## Kinder Class - South Hanover



Kinder Class is a state licensed half-day program for Kindergarten students who are enrolled in morning kindergarten. This program provides education, recreation, social time, and fun in a safe and nurturing environment. The curriculum focuses on arts and crafts, team building activities, songs, games, free choice days and field trips. The children participate in weekly swimming and gymnastic lessons. Parents should send a packed lunch daily that is peanut/tree nut free. We transport students to or from school at the proper time to the YMCA. If your child is enrolling in the PM Kinder Class and you are in need of care before school, you can register for the Before School Discovery Program. The YMCA Children's Learning Center services Park Hills, Baresville, and West Manheim Elementary Schools.

Monday - Friday, August - June, End of school until 6pm

Fee: \$130/week  
\$62/week additional for before care

## School Age Child Care



Our School Age Child Care (SACC) programs serve students in grades K-6th in Conewago Valley, Hanover, Littlestown, and South Western School Districts. Programs are held in the elementary schools. The YMCA reserves the right to combine smaller programs to another site.

## Before School Discovery Program

The YMCA offers convenient morning childcare for working



parents. Breakfast is served daily. Before Care is extended 1 or 2 hours on weather related delays. Program held at schools.

Monday-Friday, August-June, 6:30am-Start of School

Fee: \$52/week part-time  
\$62/week full-time

## After School Discovery Program

This program is designed to meet parents' childcare needs during after school hours as well as provide social, educational, and recreational opportunities for children. Well-trained childcare professionals lead activities such as group games, sports, arts & crafts, music, homework assistance and more. A daily snack is provided. Character Development is an integral part of our daily activities. The YMCA instills the values of Caring, Honesty, Respect, and Responsibility. Program held at schools.

Monday-Friday, August-June, End of School-6:00pm

Fee: \$66/week part-time  
\$76/week full-time

## Child Watch

Enjoy a workout or class while you know your children are in a safe environment and are well taken care of in our Child Watch rooms. Children are allowed to stay in Child Watch for no more than 2 hours. Due to a high number of food allergies, we do not allow any food/beverages other than baby bottles in the room. This is a safety precaution to ensure all children are in the safest environment while they are in our care. Hours are subject to change. Please note that during inclement weather, the opening of Child Watch may be delayed or cancelled. Parents/guardians must stay in the building while their children are in Child Watch.

North Hanover Branch

Mon-Thurs: 7:45am-2:00pm/ 5:00pm-8:00pm  
Friday: 7:45am-12 noon only/ no evening watch  
Saturday: 8:00am-12:00pm

★ Keystone Stars

Littlestown Branch

Mon-Friday: 9:00am – 11:00am/ 5:00pm-8:00pm  
Friday: 9:00am -11:00am

South Hanover Branch

Monday-Friday: 8:00am – 12:00pm  
Monday & Wednesday: 5:00pm – 8:00pm  
Tuesday & Thursday: 4:45pm – 8:00pm

AGES: 8 weeks – 8 years

Pay as You Go \$2.00/hour per child  
Monthly Pass \$6.00/1 child  
\$12.00/2 or more children  
Community Child Watch \$6/hour per child  
(48 hr advance reservation required)

**Ages 4-5: Summer Enrichment Camp**

This summer, join us for FUN! The Summer Enrichment Camp is a junior camp experience that is weekly theme enriched. We spend mornings outside exploring a sport and our theme. Meals and snacks will be provided. In afternoons, we swim, cook and do art activities. We also read or do language arts activities to help the children prepare for kindergarten. The Summer Enrichment Camp is licensed by DHS, and we will follow ratios. Come join us for a summer to remember! Ages 4-5 (entering Kindergarten in Fall 2017).

Monday - Friday: June 5- August 25 from 6:15am - 6:00pm  
Fee: \$150.00 YM/\$160.00 NM per week  
Location: North YMCA-ELC Kinder Room

**School Closed?  
School Day Off Drop In Childcare Is Back!**

We totally understand...you have to adult today! That's OK. We coordinate with area school districts to provide a super fun, engaging day off for your kids! Activities can range from a swim in the pool, arts and crafts, and even a cool field trip. Maybe we'll even throw an educational activity in; they'll have fun either way!

Pre-registration is required and fills up fast. All you need to do is call or drop in, enroll your kiddos, pack a lunch,\* and leave the fun to us! (Check the website for days off).

School age kids: K-6th grade  
Fee: \$30/ day per child  
Drop offs from 6:15am -6:00pm  
Location: North Hanover Branch

\*Hanover Area YMCA is a peanut/ tree nut free facility. Payment in full is required at time of sign up. Same day registration is accepted if space allows. Please pack a towel and bathing suit each day.

**Questions or to Register:**

ELC/ Child Watch/ Summer Enrichment Camp Contact:  
Marie Barnes-X245 or mbarnes@hanoverymca.org

Kinder Class/ Discovery/ Camp Hickory Contact:  
Adam Martin-X234 or amartin@hanoverymca.org



**Seriously...The Easiest Summer Camp Decision You'll Make. (Or at least we think so!)  
Experience Camp Hickory - Revamped!  
New counselors. New choices. New summer adventures.  
May 29, 2017- August 25, 2017**

Camp registration will open April 1, 2017! Camp runs from May 29, 2017- Aug 25, 2017. (Kids school start later in the Summer? No problem! The Y will still have drop in days until school begins for \$30/ day per child.) Regular Camp Hours: 9:00am - 3:30pm daily/ Extended Camp Hours: 6:15am- 6:00pm daily.

Campers Ages	Member	Non Members
Camp Hickory	\$124/week	\$149/week
Littlestown Camp	\$88/week	\$113/week
Leadership Camp *	\$93/week	\$113/week
Part Time (3 or less days/week)	\$77/week	\$108/week
Out & About Camp	\$30/day	\$30/day
Extended Camp Hours	\$28/week	\$28/week

\*second child - 15% discount, third child- 20%

**CAMP BROCHURE  
COMING SOON!**

Challengers (ages 5\*-8)  
Evaders (ages 9-13)  
Camp Leaders (ages 14 & up)

\*Age 5-Going into first grade.

# AQUATICS

## Nurturing skills and building confidence in the water.

Did you know that the Hanover Area YMCA has a NEW nationally recognized Swim Program? Our staff of certified instructors are teaching both children and adults aquatic skills and safety around water. We're here for everyone- all ages, from infants to seniors can learn to swim. Check out our new classes and levels that fit your family's needs and busy schedules.

### WHAT AGE GROUP DOES THE STUDENT FALL INTO?



6 months–3 years  
**PARENT\* & CHILD:**  
STAGES A–B



3 years–5 years  
**PRESCHOOL:**  
STAGES 1–4



5 years–12 years  
**SCHOOL AGE:**  
STAGES 1–6



12+ years  
**TEEN & ADULT:**  
STAGES 1–6

All age groups are taught the same skills but divided according to their developmental milestones.

### WHICH STAGE IS THE STUDENT READY FOR?

Can the student respond to verbal cues and jump on land?

NOT YET

**A / WATER  
DISCOVERY (WD)**

Is the student comfortable working with an instructor without a parent in the water?

NOT YET

**B / WATER  
EXPLORATION (WE)**

Will the student go underwater voluntarily?

NOT YET

**1 / WATER  
ACCLIMATION (WA)**

Can the student do a front and back float on his or her own?

NOT YET

**2 / WATER  
MOVEMENT (WM)**

Can the student swim 10–15 yards on his or her front and back?

NOT YET

**3 / WATER  
STAMINA (WS)**

Can the student swim 15 yards of front and back crawl?

NOT YET

**4 / STROKE  
INTRODUCTION (SI)**

Can the student swim front crawl, back crawl, and breaststroke across the pool?

NOT YET

**5 / STROKE  
DEVELOPMENT (SD)**

Can the student swim front crawl, back crawl, and breaststroke across the pool and back?

NOT YET

**6 / STROKE  
MECHANICS**

#### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

#### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

#### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

#### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

#### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

#### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

#### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

#### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

#### PRIVATE/SEMI PRIVATE LESSONS

Private swim lessons are offered to anyone age 3 to adult. We will work around your schedule and skill level. Fill out a private lesson form at the Customer Service desk.

#### \*ADAPTIVE SWIM LESSONS

Adaptive swim lessons are geared to children to meet their sensory and motor needs around water. Instructors focus on safety and building confidence in the water, in addition to swim stroke skills.

\*To register your child for the Adaptive Swim program please set up an evaluation with the Aquatics Director to best meet your child's specific needs. Y swim instructors training includes CPR, AED, First Aid and Oxygen Administration. Swim lessons provide important life skills that could save a life and will benefit students for a lifetime. All swim lessons are 30 minutes except adult or where noted. If you are still unsure which level to start in, please contact Tammy Shore for an assessment.



# SWIMMING LESSONS

Swim Session I: Febraury 27- April 15, 2017 / Swim Session II: April 24- June 10, 2017

## Water Discovery/ Water Exploration

Fee YM \$35 NM \$65

## Preschool Ages 3-5

### Water Acclimation/ Water Movement/ Water Stamina/ Stroke Introduction

Fee YM \$60 NM \$90

## Youth Ages 6-12

### Water Acclimation/ Water Movement/ Water Stamina/ Stroke Introduction/ Stroke Development/ Stroke Mechanics

Fee YM \$60 NM \$90

## Youth Ages 6-12 Home School Swim Lessons

Fee YM \$60 NM \$90

## Adult Swim Lessons 13 and up

Fee YM \$65 NM \$95

## Adaptive Swim Lessons

Fee YM \$85 NM \$115

## Private/ Semi Private Swim Lessons

1 Person Fee YM \$25 NM \$45  
2 Person Fee YM \$35 NM \$55

## PreComp Swim Team

Fee YM \$80 NM \$110

\*\*\*Pre-Comp Sessions starts March 7 to April 6 with practices held Tuesday/ Thursdays.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Preschool</b> <b>WS/SI</b> 9:00am-9:30am (Warm Water)  <b>Parent/Child</b> <b>WD/WE</b> 9:00am-9:30am (Warm Water)
			<b>Parent/Child</b> <b>WD/WE</b> 9:30am- 10:00am (Warm Water)		<b>Preschool</b> <b>WA/WM</b> 9:35am- 10:05am (Warm Water)
<b>Preschool</b> <b>WS/SI</b> 10:00am-10:30am (Warm Water)	<b>Preschool</b> <b>WA/WM</b> 10:00am-10:30am (Warm Water)	<b>Preschool</b> <b>WA/WM</b> 10:00am-10:30am (Warm Water)  <b>Parent/ Child</b> <b>WD/WE</b> 10:00am-10:30am (Warm Water)		<b>Preschool</b> <b>WA/WM</b> 10:00am-10:30 AM (Warm Water)  <b>Preschool</b> <b>WS/SI</b> 10:00am-10:30am (Warm Water)	<b>Youth</b> <b>WS/SI</b> 10:10am-10:40am (25 Meter Pool)
<b>Preschool</b> <b>WA/WM</b> 10:35am-11:05am (Warm Water)	<b>Preschool</b> <b>WS/SI</b> 10:35am-11:05am (Warm Water)	<b>Preschool</b> <b>WS/SI</b> 10:35am-11:05am (Warm Water)		<b>Home School Youth</b> <b>All Levels</b> 10:35am-11:05am (25 Meter Pool)	
			<b>Adaptive Swim Lessons</b> 1:00pm-1:30pm (Warm Water)		
<b>Youth</b> <b>WS/SI</b> 5:15pm-5:45 PM (25 Meter Pool)	<b>Youth</b> <b>SD/SM</b> 5:15pm-5:45pm (25 Meter Pool)	<b>Youth</b> <b>WS/SI</b> 5:15pm-5:45pm (25 Meter Pool)	<b>Youth</b> <b>WS/SI</b> 5:15pm-5:45pm (25 Meter Pool)	<b>Youth</b> <b>WA/WM</b> 5:15pm-5:45pm (25 Meter Pool)	
	<b>**PreComp</b> 5:30pm-6:30pm (25 Meter Pool)		<b>**PreComp</b> 5:30pm-6:30pm (25 Meter Pool)		
<b>Preschool</b> <b>WA/WM</b> 5:50pm- 6:20pm (Warm Water)	<b>Preschool</b> <b>WA/WM</b> 5:50pm- 6:20pm (Warm Water)	<b>Youth</b> <b>WA/WM</b> 5:50pm- 6:20pm (Warm Water)	<b>Youth</b> <b>WA/WM</b> 5:50pm- 6:20pm (Warm Water)	<b>Preschool</b> <b>WA/WM</b> 5:50pm- 6:20pm (Warm Water)	
<b>Parent/ Child</b> <b>WD/WE</b> 6:00pm- 6:30pm (Warm Water)	<b>Parent/ Child</b> <b>WD/WE</b> 6:00pm- 6:30pm (Warm Water)				
<b>Preschool</b> <b>WS/SI</b> 6:25pm- 6:55pm (Warm Water)	<b>*Adaptive Swim Lessons</b> 6:25pm- 6:55pm (Warm Water)	<b>Preschool</b> <b>WA/WM</b> 6:25pm- 6:55pm (Warm Water)	<b>Preschool</b> <b>WA/WM</b> 6:25pm- 6:55pm (Warm Water)	<b>Preschool</b> <b>WS/SI</b> 6:25pm- 6:55pm (Warm Water)	
		<b>Teen/ Adult</b> <b>All Levels</b> 7:30pm-8:15pm (25 Meter Pool)			

\*To register your child for the Adaptive Swim program please set up an evaluation with the Aquatics Director to best meet your child's specific needs. At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship. Class times are subject to change or be cancelled due to class enrollment.



## Welcome to the Hanover Area YMCA Stingray Competitive Swim Team!



Jump in and join our co-ed age group swim team! Team Trials start April 10-14, 2017 and Swim Team practice will begin April 10, 2017.

**Practice times are week nights in the 25 Meter Pool.**

**Beginner:** 6:00pm-7:00pm

**Intermediate:** 5:30pm-7:00pm

**Advanced:** 5:30pm-7:30pm

**\*Interested in trying it out?** Join the Stingray Pre-Competitive Swim Program. Perfect for swimmers that would like to learn the four main strokes and desire to swim competitively. This program is pre-team and will focus on stroke technique, starts, and turns. Children must be able to swim 25 meters front crawl and 25 meter backstroke with face in water. Cap, goggles, and competitive racing suit recommended.



## Test. Mark. Protect

The pool area at the HANOVER AREA YMCA is staffed with certified lifeguards. These lifeguards are on duty during pool hours. Safety around the pool is our number one priority and to help keep the children safe around the water, we use TEST MARK PROTECT.

TEST MARK PROTECT is a swim test program that allows our lifeguards to know the swim level of our youth swimmers at a glance. The swim test is administered by the Aquatics Department. Once the test has been completed, the swimmer's level of swimming ability will be recorded and a colored wristband will be assigned to the swimmer. During the YMCA visit, if the swimmer is using the pool, he or she will be required to stop at the front desk and pick up their swim band color and wear it while swimming. THE SWIM TEST Swimmers must demonstrate the ability to swim one length of the pool on their belly without a floatation device while demonstrating horizontal movement and their face in the water as frequently

as possible. Swimmer must demonstrate the ability to tread water for one minute without touching a side wall to rest, then float on their backs for 30 seconds.

**Red Swim Band** - Shallow water ONLY with a Coast Guard approved floatation device Parent MUST be in the water with the child.

**Yellow Swim Band** - Shallow water ONLY— children 7 and under will receive no higher than a yellow band for the safety of the children regardless of swim ability. Parent MUST be in the pool area with the child.

**GREEN SWIM BAND** - Full access to either pool  
Children ages 8 and older

# SPECIAL EVENTS

## Underwater Egg Hunt- IT'S BACK! Saturday, April 8, 2017 at 11:00am

Join us for an EGGSTRA SPECIAL EGG HUNT! We're jumping in to grab as many eggs as we can! All ages welcome. Kids will be grouped based on age and swim ability. Both the Warm Water and 25 Meter pool will be used. Registration will begin February 17, 2017 and is \$5 per child. All proceeds benefit the Hanover Area YMCA (HAY) Stingray Swim Team.

## Party at the YMCA? Y Not?!

**Pool Parties** are held on Saturday and Sunday afternoons. There is a choice between an exclusive warm water pool rental or a regular pool party. What a great way to have fun in the pool regardless of the weather! Parties start with one hour in the pool, followed by one hour of party time for cake and presents!

### EXCLUSIVE WARM WATER POOL (25 maximum guests)

**Times:** Saturdays: Noon-2:00pm or 3:00pm-5:00pm  
Sundays: 11:00am-1:00pm or 2:00pm-4:00pm

**Cost:** \$200 includes one hour room rental and the use of the warm water pool. A \$25 deposit is required with the full amount due one week prior to the party.

\*We also offer parties during Free Swim/ Open Swim in either pool for \$100/ max 10 guests.



**Gymnastics Parties** are great for your child's birthday! Parties start off with 50 minutes of gymnastics fun in our big gym unless you've specifically requested the preschool gym. We can also split the party and do a little in both gyms. A break for cake, ice cream or presents will follow. Please make sure you and your guests know to wear comfortable clothing.

**Times:** Saturdays: 4:00pm-6:00pm  
Sundays: Noon-2:00pm or 2:30pm-4:30pm  
**Cost:** \$150 per party for 12 participants  
\$10 for each additional participant (\$25 deposit)

We will supply plates, napkins, cups, utensils and tablecloths for the party at no extra charge. Please bring extra for adult attendees.

To book your party, call the North Branch today! 717-632-8211

Swim Parties: Contact Tammy Shore X236

Gymnastics Parties: Contact Lisa Pratt X238

# GYMNASTICS

Session I: February 27– April 22, 2017

Session II: April 24– June 17, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Gym Monkeys 9:00am-9:45am  Fantastic Fours 9:00am - 10:00am  Beginners 9:00am - 10:00am	
	Jr. Gym Monkeys 9:30am-10:15am		Gym Monkeys 9:30am-10:15am			
					Jr. Gym Monkeys 10:00am-10:45am  Intermediate 10:00am-11:30am	
	Gym Monkeys 10:30am-11:15am	Gym Monkeys 10:00am-10:45am	Jr. Gym Monkeys 10:30am-11:15am			
			Fantastic Fours 1:00pm - 2:00pm  Beginners 1:00pm-2:00pm			<b>BIRTHDAY PARTIES!</b> 12:00noon-2:00pm  2:30pm-4:30pm
Gym Monkeys 5:00pm-5:45pm  Intermediate 5:00pm-6:30pm	Jr. Gym Monkeys 5:00pm-5:45pm  Fantastic Fours 5:00-6:00pm  Beginners 5:00pm-6:00pm	Gym Monkeys 5:00pm-5:45pm  Fantastic Fours 5:00pm-6:00pm  Beginners 5:00pm-6:00pm	Jr. Gym Monkeys 5:00pm-5:45pm  Fantastic Fours 5:00pm-6:00pm  Beginners 5:00pm-6:00pm		<b>BIRTHDAY PARTIES!</b> 4:00pm-6:00pm	
Gym Monkeys 6:00pm-6:45pm	Gym Monkeys 6:00pm-6:45pm	Jr. Gym Monkeys 6:00pm-6:45pm	Gym Monkeys 6:00pm-6:45pm  Intermediate 6:00pm-7:30pm			
Tumbling 6:30pm-8:00pm	Fantastic Fours 6:15pm-7:15pm  Beginners 6:15pm-7:15pm	Beginners 6:15pm-7:15pm	Fantastic Fours 6:15pm-7:15pm  Beginners 6:15pm-7:15pm	Preschool Open Gym 10:00am-11:00am		
	Tumbling 7:30pm-9:00pm	Tumbling 6:30pm-8:00pm	Tumbling 7:30pm-9:00pm		Open Gym 6:00pm-8:00pm	

## JR GYM MONKEYS

14 – 36 months  
Each class is 45 min.  
1 Class per week  
Parent Participation Required  
Fee YM/\$68 NM/\$98

## GYM MONKEYS

3 – 4 years  
Each class is 45 min.  
1 class per week  
No parents permitted in class  
Fee YM/\$68 NM/\$98

## FANTASTIC FOURS

4 year olds only  
Each class is 1 hour  
1 Class per week  
4 Must have completed at least 1 year of preschool class  
Fee YM/\$78 NM/\$108

## BEGINNER GYMNASTICS

Each Class is 1 hour  
1 Class per week  
5 years old and up  
Fee YM/\$78 NM/\$108

## INTERMEDIATE GYMNASTICS

Each class is 1hr and 30 mins  
1 class per week  
6 years old and up, invited by an instructor  
Fee YM/\$89 NM/\$119

## TUMBLING TICKETS

Must be 8 years old. Each class is 1 hour and 30 minutes. Participants can choose which class day and time to attend. Classes will be divided by skill level.  
5 classes - \$50.00  
11 classes - \$100.00

## PRIVATE LESSONS

Individual private lesson is available or you may choose to have a lesson with a friend/ two.  
1 Student \$25-30 min/ \$50-1 hour  
2 Students \$15-30 min/ \$25-1 hour  
3 Students \$10- 30 min/ \$20-1 hour

## OPEN GYM NIGHT

This is a great way to stay active and learn to reach new heights. Registration and payment will be taken at the start of each open gym.  
Ages 5-10: 1st/ 3rd Saturdays: 6pm-8 pm  
Ages 11-17: 2nd/4th Saturdays: 6pm-8 pm  
Fee: \$10 per participant

## NEW! PRESCHOOL OPEN GYM

Ages 3-5 : 1st/ 3rd Friday: 10am-11am  
Fee: \$10 per participant



# COMPETITIVE GYMNASTICS

All Pre-Team and Team classes are by invitation only and all participants must have a Y membership. Youth memberships are available. Please contact Lisa Pratt the Gymnastics Director at 717-632-8211 X238 or lpratt@hanoverymca.org for placement, rates and schedules for the pre-competitive and competitive teams.



We offer competitive gymnastics for girls levels 3-10 and Xcel. Boys levels 4-10. All of our competitive coaches are USA Gymnastics Safety Certified.

## GYMNASTICS TEAM USA GYMNASTICS TEAM

### GYM MINI GIRLS

Our Gym Minis take their first steps toward USAG Team. They focus on body position training and basic skills as they prepare for Pre-Team.

### LEVEL 1, 2 & PRE-TEAM BOYS

Our Level 1,2 and Pre-Team Boys learn the fundamentals of strength, flexibility, and coordination as they prepare to be future team gymnasts.

### PRE-TEAM GIRLS

Our Pre-Team Girls follow the USAG Level 3 program. Upon successful completion of this program, they will join our USA Gymnastics Team.

### ADVANCED GIRLS

This class is for girls 7 or older. Girls in this program will follow the level 3 USA Gymnastics Program.



CONGRATULATIONS  
TO OUR BOYS  
GYMNASTICS TEAM  
FOR BEING  
**2010**  
PENNSYLVANIA  
OVERALL TEAM  
CHAMPIONS

CONGRATULATIONS  
TO OUR GIRLS  
GYMNASTICS TEAM  
FOR PLACING  
**FIRST**  
AT THE 2010  
NATIONAL YMCA  
GYMNASTICS MEET IN  
SAN DIEGO, CA

CONGRATULATIONS  
TO OUR GIRLS  
GYMNASTICS TEAM  
FOR PLACING  
**FIRST**  
AT THE 2011  
NATIONAL YMCA  
GYMNASTICS MEET IN  
TOLEDO, OHIO

CONGRATULATIONS  
TO OUR GIRLS  
GYMNASTICS TEAM  
FOR PLACING  
**FIRST**  
AT THE 2012  
NATIONAL YMCA  
GYMNASTICS MEET IN  
MILWAUKEE, WI

CONGRATULATIONS  
TO OUR GIRLS  
GYMNASTICS TEAM  
FOR PLACING  
**FIRST**  
AT THE 2013  
NATIONAL YMCA  
GYMNASTICS MEET IN  
MILWAUKEE, WI



# FIT & STRONG

Next Session: March 20, 2017 for 10 Weeks/ Monday to Thursday from 6:00pm – 7:00pm



An exclusive youth fitness program designed to improve strength, speed and agility, athletic performance, and conditioning. All participants will have access to Functional Movement Screenings from WELLSPAN Sports Medicine. The program also focuses on character development through Fellowship of Christian Athletes. 10 week program.

Ages: 9 yrs and older. YMCA membership not needed to attend.

Fee: \$100/ 10 Weeks

IN PARTNERSHIP WITH



# HEALTHIER YOU



Next Session: March 20, 2017 for 10 Weeks

North Hanover: Monday's -6:00pm – 7:00pm

Littlestown: Thursday's -6:00pm – 7:00pm

South Hanover: Saturday's -9:00am – 10:00am

## 10 Week Bible Study and Training Sessions

A Healthier You starts with mind, body, and spirit. When our minds are clear, our spirits are fulfilled, and our bodies are in shape, we have total wellness. The program is a bible study based workout and workshop created to transform your health. Each week will consist of a 30 minute bible study followed by a 30 minute workout session designed by one of our personal trainers. Together we will set goals, build relationships, and shoulder-up to become healthier than we were yesterday. YMCA membership not needed to attend.

Weigh- Ins and partner accountability

Nutrition coaching

Team Encouragement

Fee: \$25/ 10 Weeks

Contact Dana Alexander for both programs:  
717-965-6650 or dalexander@hanoverymca.org

# GROUP FITNESS CLASSES

January - April 2017\*

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am		45 Min. Indoor Cycling (C) Tracey			45 Min. Indoor Cycling (C) Tracey	
6:00am					45 Min. Power Yoga (S) Laura	
6:15am	45 Min. Pilates (S) Laura		45 Min. Pilates (S) Laura			
8:00am	Pilates (B) Laura		Pilates (B) Laura		Pilates (B) Laura	Yoga (A) Rotation
8:30am	Indoor Cycling (C) Vicky		Indoor Cycling (C) Vicky		Indoor Cycling (C) Vicky	Cycle- Stephanie/ Lisa BODYPUMP™ (B) Rotation
9:00am	Turbo Kick (S) Erica Yoga (A) Tom Step Interval (B) Amy Resist. Training (W) Diane Indoor Cycling (C) Karen	Silver&Fit® (S) Amy Yoga Balance (A) Ann	Yoga (A) Tom Step Interval (B) Amy Resist. Training (W) Diane Indoor Cycling (C) Karen	Silver&Fit® (S) Amy Yoga Balance (A) Peggy	Turbo Kick (S) Erica Yoga (A) Tom Step Interval (B) Amy Indoor Cycling (C) Karen	Indoor Cycling (C) Susan
9:15am	Stability Ball Circuit (S) Fran	BODYPUMP™ (B) Amber	Chair Yoga (C) Peggy Zumba® Toning (S) Bonnie	BODYPUMP™ (B) Amber	Zumba® (S) Bonnie	
9:30am		Boot Camp (S) Tracy				
9:45am						🧘 Zumba® (B) Rotation
10:00am	Silver&Fit® (B) Amy Yoga (S) Cindy R.I.P.P.E.D™ (A) Diane	Versa Training (S) Fran	Silver&Fit® (B) Amy R.I.P.P.E.D™ (A) Diane	Versa Training (S) Fran	Silver&Fit® (B) Amy R.I.P.P.E.D™ (A) Diane	
10:15am		Chair Yoga (A) Peggy	Yoga (S) Peggy	Chair Yoga (A) Peggy	Yoga (S) Peggy	
10:30am		Zumba Toning® (B) Kelly Yoga Flow (S) Cindy		Zumba Toning® (B) Kelly Yoga Flow (S) Tom		
11:00am	45 Min. BODYPUMP™ (B) Diane		45 Min. BODYPUMP™ (B) Diane		45 Min. BODYPUMP™ (B) Diane	
12:15pm					Zumba® Power Lunch (B) Kelly	
	Evening					KEY: North Hanover South Hanover Littlestown
5:00pm		Advanced Pilates (S) Carrie		Advanced Pilates (S) Carrie		
5:15 pm	🧘 45 Min. Zumba® (B) Jessica		45 Min. Zumba® (B) Pat			Studios: S - Fitness Studio C - Cycle Room A- Fitness Studio A B- Fitness Studio B W- Weight Room Must be 16 years old to attend class, unless stated
5:30pm	30 Min. Low Impact (S) Juli Super Sculpt (S) Lori Indoor Cycling (C) Stephanie	Insanity (A) Jessica BODYPUMP™ (B) Mary	30 Min. Low Impact (S) Juli Super Sculpt (S) Lori Indoor Cycling (C) Sue	Kettlebell /Core (S) Fran Insanity (A) Jessica BODYPUMP™ (B) Mary		
5:45pm	Turbo Kick (A) Michelle		Strength and Agility (A) Steph			🧘 Kid Friendly 12yrs and up
6:00pm	BODYPUMP™ (B) Ashley Cardio Blast Circuit (S) Juli	Zumba® (S) Pat	Cardio Blast Circuit (S) Juli Zumba® (B) Erica	Zumba® (S) Pat		For weather related branch closings or class cancellations, watch FOX 43 TV and WGAL TV 8 or tune into WGTY, WGTE, WYCR, and WHVR radio. Also check our Facebook page: Hanover Area YMCA Association.
6:15pm	Step (S) Lori	Pilates Sculpt (S) Fran	Step (S) Lori	Pilates Sculpt (S) Fran		
6:30pm	Indoor Cycling (C) Karen	Indoor Cycling (C) Steve	Indoor Cycling (C) Karen	Indoor Cycling (C) Steve		
6:45pm	Yoga (A) Tom		Yoga (A)- Cindy			
7:00pm	Zumba® Toning (S) Pat Zumba (S) Diane Zumba® (B) Melissa	Kickboxing (S) Shannon 30 Min. Cardio Express (S) Fran Zumba® (B) Laura	Zumba® (S) Jessica 30 Min. Kettlebell Exp (S) Tracey Zumba® Toning (B) Pat	Kickboxing (S) Shannon 🧘 Zumba® (B) Kerri Power Yoga (S) Julie		Rev. 2/8/17
8:15pm	Indoor Cycling (C) Matt		Indoor Cycling (C) Tracey			

\*Classes subject to change. See class descriptions on page 18.

# YOUTH SPORTS

## BASEBALL

In Partnership with  
South Western York Outlaws Baseball



## JUNIOR OUTLAWS

**April 12-May 20, 2017**

Participants will receive high level coaching twice a week for six weeks. Players will learn integrity, character, and fundamentals of the game while having fun. Practices will include drills and game-like exercises. Players will receive a hat and T.

Ages 6-8  
Day/ Time Practices held Wednesdays 6:00pm-7:00pm  
Saturdays 9:00am-10:00am  
Fee YM \$80/ NM \$100

## KINDERBALL

**April 13-May 18, 2017**

A great program to introduce little ones to the great game of baseball/softball. This program is for children ages 4-6. While the participants are learning the FUN-damentals of baseball/softball they will also be having a TON of fun! The lead instructor of this program is a former collegiate softball player, who is now an elementary school teacher in Carroll County.

Ages 4-6  
Day/ Time Practices held Thursdays/ 5:30pm-6:30pm  
Fee YM \$55/ NM \$65  
(20 Participant Max)



## FLAG FOOTBALL

**April 3-May 24, 2017**

This league will focus on the fundamentals of flag football. Participants will learn techniques of throwing, catching, and executing plays efficiently. This program is a no-contact sport designed to be fun while developing skill levels. Practices are on Tuesday with games Thursday.

Ages 8-13  
Day/ Time Monday/ Wednesdays 6:00-7:00pm  
Fee YM \$70/ NM \$85



## SPRING SOCCER

**March 27-May 27, 2017**

Participants are taught the fundamental skills of soccer. Practices are held one night a week, with games on Saturdays. (Practice times will be at the discretion of the coach.) The YMCA teams will compete against each other, as well as teams from the New Oxford Soccer Program. Players will receive a T and participation medal.

Ages U6, U8, U10 (4-10)  
Day/ Time Practices Vary/ Games Saturdays  
Fee YM \$70/ NM \$85

## WEE KICKS NORTH HANOVER/LITTLESTOWN

**April 3-May 8, 2017**

Wee Kicks will introduce basic soccer skills to both participants (co-ed) and parents and encourage parental interaction with drills and games. Parents are required to participate in practices, so practice can occur at home. All participants are given t-shirts. Please sign up early. Practice days are at discretion of coaches.

Ages 3-4  
Day/ Time 5:00pm-6:5:00pm (Day is TBD)  
Fee YM \$45/ NM \$55

Questions? Call Brad Davis 717-632-8211 X239 or  
bdavis@hanoverymca.org.



# ADULT SPORTS



## ADULT BASKETBALL

**March 12- June 4, 2017 (No games Memorial Day weekend)**

All games are played on Sundays and are officiated by PIAA certified officials. Every team will compete in a single elimination tournament in the last weeks of the season. Sign up early - the league rules only permits 14 teams. All teams are required to have colored and numbered jerseys by week two. No duplicate numbers. Final roster must also be completed by week two. No additions after this week to be eligible to participate in playoffs games, players must play in at least 4 regular season games. These rules are subject to change at the Director's and Coordinator's discretion.

Ages	Adults
Day/ Time	Games played Sundays at Littlestown
Fee	\$525/ team (14 team max)

## PICKLEBALL HANOVER

Monday 1:30pm-3:30pm (Mens)  
 Tuesday 9:00am-11:30 am  
 Wednesday 11:00am – 1:00pm (Womens)  
 Thursday 9:00am-11:30am  
 Friday 9:00am-11:30 am (Beginners)

## PICKLEBALL LITTLESTOWN

Monday 9:30am-11:30am  
 Tuesday 1:30pm-3:30pm  
 Wednesday 9:30am- 11:30am  
 Thursday 1:30pm-3:30pm  
 Friday 1:00pm-3:00pm

## VOLLEYBALL

### Rec Volleyball

**February 14-May 23, 2017**

This co-ed league is for adults who want to get a little exercise while having fun. This league focuses on fun and fellowship. For eligibility, the team must have a minimum of one female for every two males on the court at all times. There is only space available for 12 teams, so register early. This league will play 6's.

Ages	Adults
Day/ Time	TBD
Fee	\$190/ team of 6 (Max 12 teams)

### Advanced Volleyball

**February 13-May 22, 2017**

This co-ed league is for players who like to challenge themselves. Games will be played on Monday evenings. For eligibility, there needs to be one female for every three males on the court at all times. This league will be playing 4's. There is only space available for 12 teams, please register early.

Ages	Adults
Day/ Time	Games played on Monday evenings
Fee	\$190/ team of 4 (Max 12 teams)

# HOME SCHOOL

## Home School Art

**Wednesday 2:35pm-3:35pm**

Session 4: January 25th- March 1st (if needed)  
 Session 5: March 8th- April 12th  
 Session 6: April 19th- May 31st  
 Fee YM \$55/ NM \$45

## Home School PE

**Wednesday 1:30pm-2:30pm**

Session 4: January 25th- March 1st (if needed)  
 Session 5: March 8th- April 12th  
 Session 6: April 19th- May 31st  
 Fee YM \$40/ NM \$20





# KIDS COME FIRST ANNUAL CAMPAIGN 2017

The 2017 Annual Campaign Goal:  
**\$250,000**

January 27 - April 7, 2017

## LITTLE THINGS BECOME BIG THINGS

Dear Friend,

Our goal at the HANOVER and LITTLESTOWN YMCA is to build a stronger community and brighter future for our youth. We dream big dreams. That's why we feel that together we can have a positive impact. Our mission is to ensure that everyone in our community has the opportunity to partake in the facilities, services, and programs our Y has to offer. We achieve this with the annual Kids Come First Campaign.

With the generosity of the businesses and individuals in our community, we raise the funds needed to continue to provide scholarships for children, families, and individuals who are unable to afford program and membership fees. These scholarships provide much needed child care, preschool programs, swimming lessons, youth sports, gymnastics, and YMCA memberships. We provide a safe place for those in our community to gather and become healthier, nurture the potential of our youth, and provide opportunities to give back and support our neighbors.

Will you please join me in helping us dream big dreams by making a donation to the Kids Come First Campaign? Together, we can continue to provide opportunities for meaningful change in people's lives.

Sincerely,

Kelly Chambers, Kids Come First Campaign Chair

### BIG THINGS HAPPENING

In 2016, the Hanover and Littlestown Y provided 1,812 scholarships. Currently, 64% of our preschool students receive scholarships. Each day on average 970 people visit our three facilities. We collaborate with 19 other non-profit organizations. The Hanover and Littlestown Y have 13,713 members. In 2016, we had 442 donors who helped us fulfill our mission. Your contributions make a BIG difference.

**We make sure every child can come to the Y.**

Your gift is completely tax deductible, as the YMCA is a 501(c)3 charity.

### Donor Recognition Levels - 2017

Chairman's Round Table Levels	
Patron- Red	\$5,000-up
Youth Benefactor- Gold	\$2,500-\$4,999
Platinum Triangle- White	\$1,000-\$2,499

Other Levels	
Golden Triangle	\$500-\$999
Silver Triangle	\$250-\$499
Century Club	\$100-\$249
Kids Club	\$50-\$99
Basic Sustaining	\$1-\$49



Contact Tara Kauffman to donate or for more information.  
tkauffman@hanoverymca.org



# FITNESS CLASS DESCRIPTIONS

**Abs Express** – a thirty-minute workout designed to strengthen the core and improve posture.

**Advanced Pilates** – building upon traditional Pilates, this class is designed to introduce advanced Pilates moves. Previous Pilates experience encouraged.

**Beginner Cycle** – this indoor cycling class was designed for the beginner participant or special populations that want a basic understanding of this popular exercise option.

**Bodypump™** – the original Les Mills barbell class designed to sculpt, tone, and strengthen the entire body through multiple repetitions.

**Boot Camp** – a dynamic class designed specifically to increase strength, stamina, and agility through a series of calisthenics, athletic drills, kickboxing, and resistance training.

**Cardio Blast Circuit** – an intense workout designed with a focus on cardio conditioning through the use of explosive movements and kickboxing.

**Cardio Express** – a thirty-minute workout designed to strengthen the heart and build cardio endurance through various cardiovascular exercise segments.

**Circuit Training** – this class presents interval segments designed to give the participant a total body workout using various modalities and exercise patterns.

**Core Conditioning** – exercises in this class focus on the core component including abdominals, middle and lower back and are meant to increase the strength of the muscles that provide stability and mobility for the spine, pelvis, rib cage, and hips.

**Core Fusion** – this class fuses strength and flexibility routines that target the body's core components. The fusion classes are designed for those who have limited time to work out but are committed to increasing their physical performance. Great for lunch time workouts!

**Dance Moves** – designed to motivate participants through popular dance moves – appropriate for all fitness levels.

**HIIT** – High Intensity Interval Training (HIIT) is a system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals mixed with periods of lower intensity intervals of active recovery or rest.

**Indoor Cycling** – this popular exercise regimen provides an outstanding workout by emulating road riding among various terrains with motivational music and coaching.

**Kettlebell Express** – a thirty-minute workout that teaches the foundations of Russian-born kettlebells where participants will learn to swing, snatch, and press with proper technique.

**Low Impact** – this thirty-minute class is an effective option for challenging the whole body without all the stress – great for those who have joint discomfort.

**Muscle Fusion** – this class fuses various strength exercises and modalities to target the major muscles of your body for an effective total body resistive workout. The fusion classes are designed for those who have limited time to work out but are committed to increasing their physical performance. Great for lunch time workouts!

**Pilates** – with a focus on breathing and alignment, slow and precise movements are designed to develop long and lean muscles which increase flexibility, improve posture, and provide great mobility.

**Pilates Sculpt** – this class combines the traditional Pilates workout with a toning workout to condition core muscle groups leading to toned muscles and greater flexibility.

**Power Yoga** – this class presents traditional yoga moves to increase flexibility, strength, muscle endurance, and balance through specific poses and patterned breathing – suited for the conditioned athlete.

**R.I.P.P.E.D™** – this training method combines high-intensity cardio movements mixed with dynamic strength and sculpting exercises.

**Resistance Training** – designed to introduce various exercises that target the six major muscle groups which will aid in strengthening and toning muscles for an overall resistance experience.

**Silver&Fit®** – designed for moderately active older adults to increase participant's flexibility, joint stability, dynamic balance, coordination, reaction-time, muscular strength, and cardiovascular endurance.

**Stability Ball Circuit** – through the use of stability balls, participants will learn to work the core muscles through various customized movements while improving balance, core strength, and joint stability.

**Step** – this traditional step aerobics class presents a choreographed routine which uses the elevated bench (step) providing a great low-impact workout while developing balance and flexibility.

**Step Interval** – this class presents intervals of step and toning using weights, balls, and resistive tubing.

**Strength & Agility** – designed for a total body workout that combines body weight exercises and plyometric moves to strengthen the heart and muscles.

**Super Sculpt** – this non-aerobic workout uses weights, resistive tubing, and floor work to define and condition all major muscle groups.

**Versa Training** – this class combines various exercise modalities that challenge your muscles and your mind through explosive cardio segments, kickboxing, and resistance routines.

**YMCA Extreme** – presents an intense exercise routine designed to get participants into great shape and maintain their cardiovascular and strength achievements.

**Yoga** – designed as a physical, mental, and spiritual practice or discipline that aims to transform the body and mind through a series of controlled movements.

**Yoga Balance** – drawing upon traditional yoga movements this class places a greater focus on balance through sustained postures.

**Yoga Core** – this style of Yoga focuses on engaging and strengthening your core in preparation for more advanced core Yoga poses.

**Yoga Flow** – designed as a flowing yoga class linking breaths and movement to strengthen and stretch the entire body – all fitness levels welcome!

**Zumba®** – this highly popular Latin-inspired dance workout delivers a dynamic and exciting fitness experience in a party-like atmosphere. All fitness levels welcome!

**Zumba® Gold** – this trademark dance workout is designed for the specific needs of the active older population and the true beginner Zumba participant.

**Kid - Friendly Zumba®** – designed for youth and adults. This class provides the same entertaining dance workout with appropriate music and dance moves.

**Zumba® Toning** – drawing upon the classic dance cardio party with Latin rhythms, this workout uses light weight toning sticks or dumbbells incorporating low and high impact options to sculpt your body naturally.



Hanover Area YMCA  
Spring I and Spring II Program Guide  
2017

**NORTH HANOVER YMCA**

500 George St., Hanover

P 717-632-8211

F 717-632-9505

Monday- Friday 4:30am-9:30pm  
Saturday 6:00am-6:00pm  
Sunday 10:00am-5:00pm

**LITTLESTOWN**

95 Keystone St., Littlestown

P 717-359-9733

F 717-359-8619

Monday- Thursday 5:00am-9:00pm  
Friday 5:00am-7:00pm  
Saturday 7:00am-1:00pm  
Sunday 12:00pm-3:00pm

**SOUTH HANOVER (staff operated hours)**

1013 Baltimore St., Hanover

P 717-632-0294

F 717-633-6041

Monday- Thursday 5:00am-9:00pm  
Friday 5:00am-7:00pm  
24/7 Facility (Adult Members Only)

**NEW! SOUTH HANOVER- COMING MAY 2017**

24/7 FACILITY (Adult Members Only)

650 Fairview Dr., Hanover

P 717-632-0294

Monday- Friday 4:30am-9:30pm  
Saturday 6:00am-6:00pm  
Sunday 8:00am-5:00pm

