



POCONO FAMILY YMCA

YOUR HEALTH YOUR GOALS OUR MISSION



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



FALL 1 2019 (SEP 3 -OCT 26)
FALL 2 2019 (OCT 28-DEC 21)
MEMBERSHIP & PROGRAM GUIDE

FOLLOW US ON SOCIAL MEDIA TO
STAY UP TO DATE WITH ALL NEWS
AND SPECIAL OFFERS



@Pocono Family YMCA



@poconoy



WELCOME TO THE POCONO FAMILY YMCA

HERE AT THE POCONO FAMILY YMCA

We believe that everyone has the potential to reach their own personal best, no matter what. Whether you want to learn to **swim** for the first time, drop some extra weight, **train** for a marathon, **play** pick-up basketball with your kids or simply make new **friends**, we truly have something for everyone. Come on in and see what we have to offer you!

HOURS OF OPERATION

Monday - Friday

5:30 AM - 9:00 PM

Saturday

8:00 AM - 5:00 PM

Sunday

12:00 Noon - 5:00 PM

CLOSED: New Year's Day, Easter Sunday, Memorial Day, July 4th, Labor Day, Thanksgiving Day, Christmas Eve, Christmas Day

YMCA STAFF

At your service

N A M E	P O S I T I O N	E M A I L	E X T .
Scott Peckins	President/CEO	speckins@poconoyymca.org	111
Kevin Hillman	Administrative Assistant	khillman@poconoyymca.org	123
Jessenia Ahmed	Child Services Director	jahmed@poconoyymca.org	127
Jack Karsanac	Maintenance Director	maintenance@poconoyymca.org	115
Kyrie Corbett	Aquatics Director	aquatics@poconoyymca.org	128
Mike Schaefer	Youth Sports Coordinator	sports@poconoyymca.org	139
Steffanie Bush	Membership/Health & Wellness Director	sbush@poconoyymca.org	137
Erika Huber	Administrative Manager	ehuber@poconoyymca.org	145
Mike Wolbert	Swim Team Director	mike@pfyswim.org	126
Debbie Lang	Active Older Adults Coordinator	dlang@poconoyymca.org	124
Toni K.	Childcare Billing	billing@poconoyymca.org	129



ABOUT YOUR YMCA

WHAT CAN I DO AT THE YMCA?

Children 9 years old and under must be accompanied by a parent or guardian at all times while in our building. Parents or guardians of these children must remain in the building during participation in YMCA programs.

Ages 12+ May use the gymnasium and pool without a parent or guardian in the building.

Youth 12-15 years old may use the equipment in the fitness center after successfully completing the Teen Strength Training Program.

Age 16+: Full use of the facility.

NO CHILD UNDER THE AGE OF 18 will be permitted in the building during the school year until after 2:00 p.m.

Exceptions to this policy would be for students attending programs with their parent or guardian.



CHILD WATCH

Leave your child in a safe, carefully supervised environment while you take a class or work out at the Y. Your child, ages 8 weeks through 12 years of age, will receive loving care right here at the Y. Visits are limited from two - three hours (depending on your child's age). Children should be fed and changed or taken to visit the restroom before arriving. All diaper bags/belongings should be clearly identified with child's name. Free for Members, fees apply for non-members.

When:

Monday through Thursday

8:45 am - 1:00 pm

4:00 pm - 8:00 pm

Friday

8:45 am - 1:00 pm

Saturday

8:45 am - 12:00 pm

BENEFITS OF MEMBERSHIP

- Access to our free weights, Cybex machines and Cardio Room
- OVER 50 Group Exercise classes including P90X, PiYo, Les Mills Body Pump, yoga, Silver Sneakers classes, Zumba, cycling classes and MANY MORE!
- Access to our dry sauna, which is open every day
- Access to our heated, indoor pool and aquatic exercise classes
- Access to our basketball gymnasium
- Family Events

***Some fees may apply**

A Healthy Investment

WE HAVE A VARIETY OF MEMBERSHIP CATEGORIES TO SERVE
YOU AND YOUR FAMILY

MEMBERSHIP FEES

Category	Join Fee*	Annual Membership	Monthly Draft
Youth(Birth-12)	\$0.00	\$144.00	\$12.00
Teen(13-18)	\$0.00	\$216.00	\$18.00
College **	\$0.00	\$330.00	\$27.50
Adult(19-61)	\$50.00	\$504.00	\$42.00
Family	\$50.00	\$768.00	\$64.00
Senior(62+)	\$50.00	\$408.00	\$34.00
Senior Family	\$50.00	\$600.00	\$50.00

*This one-time Join Fee applies to all new and expired memberships.

Membership and Joiner's Fees are NOT refundable. Membership must be continuous to avoid repaying the Join Fee. Financial Assistance is available based on need. Applications are available online and at the Welcome Desk. Membership cards are issued upon joining the PFYMCA. These cards are necessary for entry into the facility and MUST be presented at the Welcome Desk for entrance into the facility.

PREPAID PROGRAM CARDS

Not a member? You can purchase a prepaid program card for 5 or 10 visits to the YMCA at the Member Service Desk.

Adults 10 visits \$80.00

Seniors 10 visits \$56.00

These cards are non-refundable and do not expire.

YOUR INSURANCE COULD MAKE YOU ELIGIBLE FOR A FREE YMCA MEMBERSHIP!

If you have one of the following Medicare eligible insurance plans, you can get your "Y" membership for FREE!

Geisinger Gold Custom (Classic 1), Gold Classic 1-3,
Geisinger Gold Secure 3, Geisinger Group PEBTF,
Highmark Freedom Blue PPO & PFFS,
Highmark Medigap Blue, Anthem Blue Cross/Blue
Shield PFFS, United Healthcare, H.O.P. - Pre-65
H.O.P Medical Plan or Secure Horizon

For more information, call (570) 421-2525 ext.

124 to speak with Debbie Lang





MEETING AND EVENT PACKAGES

Our easy-to-find facility offers meeting spaces with ample guest parking to help make your next meeting a success.

-ALL Rentals must be approved prior to scheduling and payment. Deposits will not be refunded if agreement requirements are not met.

-After approval, payment must be made at least one full week prior to the requested rental date signed in agreement.

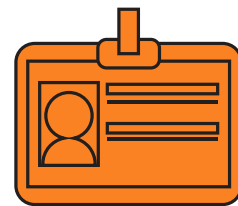


MEMBERSHIP CARDS

All YMCA members are issued an ID card upon joining.

YOU MUST PRESENT THIS CARD EACH TIME YOU ENTER THE BUILDING TO GAIN ACCESS TO THE FACILITY.

Replacement cards must be purchased after three visits without your ID card at the Member Service Desk at the cost of \$5.00.



FACILITY RENTALS

The Pocono Family YMCA has made nearly our entire facility available to rent for your next party, event, sporting tournament or meeting. See below for prices and contact our Member Services department for availability.

Basketball Gym

(maximum occupancy 150)

\$90/hour - for profit organization

\$45/hour - for non-profit organization

1st Floor Front Room

(maximum occupancy 40)

\$65/hour - for profit organization

\$32.50/hour - for non-profit organization

2nd Floor Class Room

(maximum occupancy 25)

\$60/hour - for profit organization

\$30/hour - for non-profit organization

Pool

(maximum occupancy 40)

*includes lifeguard

\$120/hour - for profit organization

\$60/hour - for non-profit organization

Group Exercise Room

(maximum occupancy 50)

\$62/hour - for profit organization

\$31/hour - for non-profit organization

YOUTH DEVELOPMENT

LEARNING & DEVELOPMENT CENTER

The Learning and Caring Center strives to provide a warm, loving and nurturing environment for your infant through 5 year old child. All of our programs are designed to help your child develop socially, intellectually and physically through age appropriate activities. We open Monday-Friday 6:30 am and close promptly at 6:30 pm



INFANTS

We welcome your 6 week to 11 month old infants to join us for a day filled with age appropriate activities including stories, tummy time and using our playroom. Baby sign language will also be introduced to your child.

Fees:

5 days/week - \$187.00

3 days/week - \$113.00

(Mon, Wed, Fri)

2 days/week - \$76.00

(Tues, Thurs)



PRESCHOOL

We welcome your potty trained 3, 4, or 5 year old to join us for circle time and literature activities including crafts and structured play and playground fun. This group also has the opportunity to swim twice a week at the YMCA learning how to use the water safely. Programming includes CATCH (Coordinated Approach to Child Health) activities, 2 days of swim and 1 day of STEM (Science, Technology, Engineering and Math) activities.

Fees: 5 days/week - \$172.00

3 days/week - \$104.00

(Mon, Wed, Fri)

2 days/week - \$70.00

(Tues, Thurs)



YOUTH DEVELOPMENT

TODDLERS

We welcome your 12-35 month olds to join us for activities including story time, arts and crafts, music, open gym and playground fun. We encourage learning by inviting play, active exploration, creative movement and engaging children in thoughtful conversation while encouraging new activities and experiences. This group also has the opportunity for gym time at the Y each week.

Fees:

5 days/week - \$178.00

3 days/week - \$107.00

(Mon, Wed, Fri)

2 days/week - \$72.00

(Tues, Thurs)



Once a week, the children may participate in a free swim time. Both morning and afternoon children have opportunities to participate in art, discovery and free choices, and the staff will take the afternoon children to other lessons (i.e., swimming) if offered at the YMCA at the time the children are here. In all the groups, we encourage the children to try new things.

STROUDSBURG BEFORE & AFTER SCHOOL PROGRAM

The Stroudsburg Before & After School Program is for children in Kindergarten through sixth grade. It is open from 6:30 am-6:30 pm Monday through Friday during the school year. Children must reside in the Stroudsburg School District to participate so that they may use the school transportation in the morning. Staff take each child to their respective buses at the appropriate time.

In the afternoon, the staff meets the children at the bus stop in front of the YMCA building and escorts them to the Latchkey area. After they are offered a snack, the children may choose from a variety of activities.

There are additional fees of \$15 per day for SCHEDULED and UNSCHEDULED days off from school. See Handbook for more information.

When:

Monday through Friday

Before School

6:30 am – School Begins

After School

School Dismissal – 6:30 pm

Fees: Children MUST maintain a current YMCA

membership to participate in Latchkey

5 days/week AM & PM - \$106/week

5 days/week AM only - \$42/week

5 days/week PM only - \$67/week

3 days/week AM & PM - \$65/week

3 days/week AM only - \$27/week

3 days/week PM only - \$42/week

YOUTH DEVELOPMENT



FEES

YMCA Members

5 days/week AM & PM - \$82/week
5 days/week AM only - \$42/week
5 days/week PM only - \$62/week
3 days/week AM & PM - \$54/week
3 days/week AM only - \$26/week
3 days/week PM only - \$40/week

Program Members

5 days/week AM & PM - \$87/week
5 days/week AM only - \$47/week
5 days/week PM only - \$67/week
3 days/week AM & PM - \$60/week
3 days/week AM only - \$30/week
3 days/week PM only - \$45/week

EAST STROUDSBURG EDUCATIONAL ENRICHMENT PROGRAM

The East Stroudsburg Educational Enrichment Program is a before and after school program. This Program is located at JM Hill and East Stroudsburg Elementary school. We work with parents and the schools to provide a safe and stable place for the children go before and after school. Our staff helps with homework as well as providing time for crafts, gym and/or playground. The children learn how to work with other children to become a team.

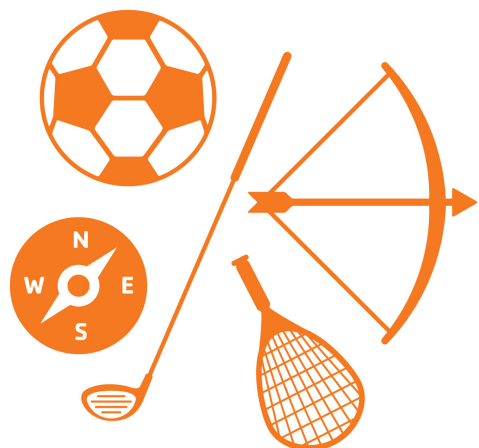
On days when there is no school, care is offered at the YMCA on Main Street in Stroudsburg for children registered in this program. Care is available from 6:30 am to 6:30 pm on days school is closed due to inclement weather or teacher in service and parent-teacher conferences at an additional fee.



BEFORE & AFTER SCHOOL CARE AT EAST STROUDSBURG ELEMENTARY AND JM HILL ELEMENTARY SCHOOLS

Monday through Friday
Before School 6:30 am – 9:00 am
After School 3:00 pm – 6:30 pm

YOUTH SPORTS & ACTIVITIES



Skill Development is the main component of our program here.

Therefore, our program will consist mostly of drills and practicing of the skills to improve your athletes abilities each and every week. However, there will be a fair share of scrimmage opportunities each week to use said skills in a game like situation.

WE ARE ALWAYS LOOKING FOR VOLUNTEER COACHES AND ASSISTANT COACHES FOR OUR YOUTH SPORTS PROGRAMS.

If you are interested in coaching please contact the Y at 570-421-2525 ext. 139.

BASKETBALL

Ages: 4 - 17

Saturdays beginning September 14th

This 8 week session will focus on skills, drills, and the thrill of the game. Children will learn the rules of basketball while implementing our

core values:

Honesty, Caring, Responsibility, and Respect. New friendships, personal growth, and sportsmanship will be emphasized.

4-6 year olds: 10:00- 10:45AM

7-9 year olds: 11:00- 11:45AM

10-12 year olds: 1:00-2:00PM

13-17 year olds: 2:00-3:00PM

Fees: Members \$45

Non-members \$56

TENNIS

You got served! Whether it's your first time picking up a racket or you have been serving it up over the net for some time we have a class for you. This 8 week session high energy class will focus on skills, and the rules of the game while implementing our YMCA **core values:**

Honesty, Caring, Responsibility, and Respect

Fall 1 Session: TBD Fall 2: TBD

Ages: 4-7, 8-12

Times:

4-7: 9:00 am - 10:00 am

8-12: 10:00 am - 11:00 am

Fees: Members \$45 Non-members \$56.

YOUTH SPORTS & ACTIVITIES

SOCCER

This co-ed program offers an instructional program that teaches the fundamental skills of soccer and sportsmanship values. Our YMCA core values: Honesty, Caring, Responsibility, and Respect will be taught and implemented. Encouraging physical activity and fun while assisting youth in building new skills will be a fun opportunity for all.

**Program Runs:
September 15 – November 3,
2019**

**November 17– January 8,
2019**

Ages: 4–12

Sundays 1–5 PM

Fees: Members \$45

Non members \$56



FENCING

Ages: 7 & Up

Beginners and Intermediate

Classes Available

En garde! The ultimate cross-training program that conditions the body and develops balanced coordination. Learn proper form, technique and etiquette in this methodical yet fast-paced sport.

**Tuesdays & Thursdays; 4:30–
5:45**

8 Weeks/16 Classes

Fees: Members \$90

Non-members \$112.



Aquatics

BIRTHDAY PARTIES

Parties are held on Saturdays or Sundays from 2:30–4:30pm. These two hour parties include one hour of activity and the second hour in our “party” room. All parties include a PARTY HOST. Dates fill up fast so schedule early! 50% of party fee and a \$25 cleaning deposit is required at time of booking. The cleaning deposit will be refunded within 30 days of the party date.

The balance of the payment is due 24 hours before the day of the party.

Fees:

Members \$150 for 20 or less children \$175 for more than 20 children

Non-Members \$300 for 20 or less children

\$325 for more than 20 children



Splash Party

Start your party off right beginning in our pool! Your kids will be allowed to splash and play with all of their friends.

This party includes:

- One hour exclusive use of the pool followed by one hour in our party room**
- Inflatable slide**
- Set-up and clean up**

Gym Party

Our gym will become their playpen for this exciting gym party. The first half hour will be free play for the kids to run around and have some fun. The second half hour will be an organized activity like kickball, basketball, dodgeball, etc.

This party includes:

- One hour exclusive use of 1/2 the gym and one hour in our party room**
- Set-up and clean up**

Aquatics

SWIM LESSONS PROGRAM

Working from the overall Y philosophy of self-development, our swim lessons use a problem-solving guided discovery teaching approach. The emphasis is on learning, not passing or failing. Instructors work with each student to set goals and evaluate progress in light of the student's "own" standards. This is called their "personal best." It is the goal of our swim lessons to build self esteem and assist personal growth by using encouragement and praise. Our Y Swim Lessons Program is a National YMCA program.



Swim Starters

Accompanied by a parent, infants and toddlers (6 months - 2 years) learn to be comfortable in the water and develop swim readiness skills through confidence building experiences. Parents will learn about water safety, drowning prevention and the importance of supervision.

Level 1

Water Acclimation

Increases comfort with underwater exploration & introduces basic self-rescue skills with the assistance of an instructor. Students will learn water safety and achieve basic swimming competency by learning benchmark skills.

Level 2

Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently.

Level 3

Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Level 4

Stroke Development and Mechanics Students learn

additional water safety skills and build stroke technique, increase social-emotional and cognitive well-being and foster a lifetime of physical activities.

Adult Level

16 and up working on basic to advanced swimming skills.

SAFETY AROUND WATER

FALL 1&2 2019 SWIM LESSONS

FALL 1: SEPTEMBER 3 – OCTOBER 26, 2019

FALL 2: NOVEMBER 4 – DECEMBER 21, 2019

Mon.	Tues.	Wed	Thurs.	Fri.	Sat	Sun.
5:00-5:30PM	9:00 - 9:30 AM	NO	5:00-5:30 PM	NO	9:00-9:30-AM	NO
LEVEL 1	LEVEL 1	LESSONS	LEVEL 1	LESSONS	LEVEL 4	LESSONS
5:30-6:00 PM	5:00-5:30 PM		5:30-6:00 PM	REC	9:30-10:00 AM	REC
LEVEL 4	LEVEL 2		LEVEL 2	/FAMILY	LEVEL 2	/FAMILY
6:00- 6:30 PM	5:30- 5:30 PM		6:00- 6:30 PM	SWIM	10:00-10:30 AM	SWIM
LEVEL 2	LEVEL 1		LEVEL 1	DIVE-IN MOVIES	SWIM	
6:30-7:00 PM	6:00-6:30 PM		6:30-7:00 PM	9/6	STARTERS	
LEVEL 3	SWIM		LEVEL 4	9/20	10:30-11:00 AM	
7:00-7:30 PM	STARTERS		7:00-7:30 PM	10/4	LEVEL 3	
YOUNG ADULTS/	6: 30- 7:00 PM		YOUNG	10/18	11:00-11:30 AM	
ADULTS	Level 1		ADULTS/ADULTS		LEVEL 1	
					11:30-12:00 PM	
					LEVEL 1	

WE ALSO OFFER PRIVATE & SEMI- PRIVATE SWIM LESSONS

Tailored to the students
needs and conveniently scheduled
based on your availability

	Member	Non-Member
8 Week	\$76	\$114
7 Week	\$66.50	\$99.75

SWIM LESSON POLICIES

- Swimmers may make up classes by going to a class of the same level on another day before the end of this session but must talk with the aquatics director beforehand.
- Swim lessons are based off of participants skills and abilities. They will be placed in the appropriate level. After being tested out by an instructor.
- Refunds will only be given before the start of the session. After the session begins, it will be placed as a system credit.
- Classes will run if 3 or more participants are registered. If a class does not have enough signed up, Participant may be asked to switch class times.
- Classes are limited to 6 students/instructor.

POCONO FAMILY YMCA

PIRANHAS

Competitive Swim Team



Program is geared for our year round competitive swim team member who is dedicated to the sport of swimming 12 months of the year. USA Swimming membership is encouraged but not required. Monthly payments are required. YMCA Membership is required and must be in good standing at all times. During the winter season the Piranhas field boys and girls teams competing in the Monroe Division in the Penn Del League with total team of over 130 swimmers. During the Spring and Summer Seasons the Piranhas participate in USA Swimming Invitational meets as well as Middle Atlantic Junior Olympics, Silver Champs, SR Champs, Sectionals, Futures and Zone Meets. Practices are held at local school district pools.



TAKE YOUR MARK AGE GROUP SWIM TEAM

(Ideal for "INTERMEDIATE – BEGINNER" level swimmers
ages 12 & Under)

The Pocono Family YMCA "Take Your Mark" Age Group Swim Team is for children ages 12 & Under that are interested in learning the fundamentals of competitive swimming. This 2 times a week Swim Team prepares swimmers for their entry into the Pocono Family YMCA Competitive Swim Team Program. Skills taught include all 4 competitive strokes, racing starts, turns and basic competitive swimming rules. Some meets are available on weekends .

Meets are Invitational Meets where there will be event entry fees. All new swimmers need to schedule a "Try Out" by going to <http://pfyswim.org/tryout>

FOR HEALTHY LIVING

Fitness

Fitness Center Policy:

No one under 16 years of age permitted in the Fitness Center unless they have completed the Teen Strength program.

Youth 12-15 years old may use the equipment after successfully completing the Teen Strength Training Program. Their Teen Strength Cards are required to be worn upon entry to the Fitness Center.

Special circumstances will be considered for use of the cardio room for physical

therapy for younger members.

Member must have completed physical therapy and a written report from attending physician and therapist must be given to the Fitness Director before starting program at the YMCA.

A parent/guardian **MUST** accompany and be next to younger member while using the cardio equipment and while in the cardio room.

PERSONAL TRAINING

Need that extra jump start, or do you feel like you just need a little help with your workout? Let our personal training staff guide you in the right direction to reach YOUR goal!

We offer 1 hour one-on-one training with our certified trainers to ensure you get the best training available at the right price.

Fees:

5 sessions for \$175

10 sessions for \$320

20 sessions for \$600

SMALL GROUP PERSONAL TRAINING

Small group training is results-driven training designed to take you to the next level. Enjoy the benefits of personal training combined with the motivation that comes from being part of a team. Big results in a small environment.

With a minimum of 2 participants (maximum of 8), you will be instructed on how to effectively utilize the machines in the Fitness Center as well as the use of body weight training in the aerobics room. The instructor will take the group through various exercises for the day and you will get the results at a price you are looking for.

Fees:

1 session for \$30 each person

5 sessions for \$80 each

10 sessions for \$150 each

Ask any of our Fitness Attendants for more details!

FOR HEALTHY LIVING

Fitness

TEEN STRENGTH PROGRAM

The Teen Strength Program is available to members between the ages of 12-15. They will learn the proper strength and cardiovascular training techniques. Upon completion of Teen Strength they will receive their Teen Strength card to wear as active members in the fitness and cardio centers.

Contact the Fitness Department to schedule Teen Strength classes. Teen Strength consists of 4 sessions.

ALL CLASSES RUN FROM 5:00 pm - 6:00 pm

Dates:

September 5th, 12th, 19th, 26th

October 3rd, 10th, 17th, 24th

November 6th, 13th, 20th, 27th

December 5th, 12th, 19th, 26th

Fees:

\$50/Members

\$80/Non-Members

NEW MEMBER ORIENTATIONS

Offered free to ALL new members to help them safely learn how to use the Cybex and cardio equipment. Our fitness staff will work one-on-one with you to get proper instruction on our Cybex equipment, and a quick introduction to the cardio and free weight equipment. Contact Steffanie at (570) 421-2525 ext 137 to set up your appointment or get more information. Please set your appointment at least 24 hours in advance.

STRENGTH & CONDITIONING

Brand new fun filled class to help our kids become faster and stronger. Full body exercises, agility training, and speed drills will be the focus for this 8 week session. Kids will learn about our YMCA

core values

Respect, Responsibility, Caring, and Honesty.

Sundays

Fall 1 Session: September 15 – November 3, 2019

Fall 2 Session: November 17– January 8, 2019

Ages: 8-15

Times:

Sunday 12:00 pm - 1:00 pm

Fees: Members \$45

Non-members \$56



FOR SOCIAL RESPONSIBILITY



21ST ANNUAL SENIOR PROM

Join us for an afternoon of dancing, food, fun, entertainment, door prizes, and good company! Anyone 55 years or older, or those who enjoy the company of a mature crowd are welcome. This years theme will be "American Pride". Program Runs

Sunday, November 10, 2019

Time: 1:00 pm - 4:00 pm

Fees: \$10/person in advance \$17/couple in advance

\$15/person the day of the event \$25/couple the day of the event

MOVING FOR BETTER BALANCE TAI CHI

This is a 10 week program designed to help prevent falls by learning proper weight shifting, postural alignment, and coordinated movements. You will learn Tai Chi forms that will improve your balance and core strength. Classes are held on Wednesdays from 1:00 pm. - 2:00 pm. You must pre-register for this class, a max. of 15 participants per session, new participants accepted up to the third week.

Program Runs: Wednesdays

Time: 1:00 pm - 2:00 pm

EVERYBODY'S BIRTHDAY PARTY

Join us on Friday, September 6, 2019, at 12:30 pm in the front room, we will honor those whose birthdays are between July - September. Bring a dish, a dessert, veggie, or other snack, and party! Birthday cake will be provided. Join us again on Friday, November 1, 2019, and we will celebrate birthdays in October - December.

Program Runs:

September 6, 2019

November 1, 2019

Time:

12:30 pm - 2:00 pm

SPECIAL OLYMPICS

Our Basketball gym is reserved for the Special Olympics on specified days and times.

When:

Mondays 6:00 pm - 8:45 pm



SUPER SITTER

Boys or girls 11 years old and up will learn how to become a competent and responsible baby sitter. They will learn infant and child CPR, Fire Safety, liability issues and much more.

Program Runs: Thursdays

September 6 - September 26, 2019

Ages: 11 and up

Times: 6:30 pm - 8:30 pm

Fees: Members \$52 Non-members \$80

FOR SOCIAL RESPONSIBILITY

AMERICAN HEART ASSOCIATION CPR CLASSES

BLS – Basic Life Support

This course is the foundation for saving lives after cardiac arrest. It is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills. Class covers adult, child and infant CPR, use of AED, bag mask and choking. This class runs approximately 4.5 hours. Fees: Participant \$85 (includes student manual)

BLS – Skills Testing Session

For persons who have completed The BLS – Basic Life Support online Part 1 Course. Skills testing on manikins, use of AED and bag mask device, and choking procedures, will take approximately 2 hours. Fees: Participant \$50 (includes student manual)

Heartsaver First Aid CPR/AED

This course is designed to prepare students to provide first aid and CPR and to use an AED in a safe, timely, and effective manner. It is intended for anyone with little or no medical training who needs a course completion card for job, regulatory, or other requirements, or anyone who wants to be prepared for an emergency in any setting. This class runs approximately 5–6 hours. Fees: CPR & 1st Aid \$105.00 CPR Only \$75.00 1st Aid only \$65.00

Heartsaver Pediatric First Aid CPR/AED

This course teaches students to respond to and manage illnesses and injuries in a child or an infant in the first few minutes until professional help arrives. The course is intended for child care workers, teachers, foster-care workers, and camp/youth counselors, coaches for children's sports organizations, parents, grandparents, baby-sitters, and guardians. The course covers CPR and first aid, for child and an infant, use of AED and more. This class runs approximately 5–6 hours. Fees: CPR & 1st Aid \$105.00 CPR Only \$75.00 1st Aid only \$65.00

For CPR and First Aid times and dates, please contact the Member Services Desk at ext. 0. We also have several AHA CPR instructors aligned with our training center. Businesses or groups can arrange classes at your location. For further information, please contact us at 570-421-2525 ext. 124.

FAMILY FUN NIGHTS

Join us on select Saturday nights from 6:00 – 8:00 pm. This is an opportunity for families to enjoy some quality time together. Activities include swimming, basketball, dodge ball, arts and crafts, sometimes family movies and always snacks and drinks.

Upcoming Dates:

September 7th, 2019

October 19th, 2019

November 9th, 2019

December 14th, 2019

**** Dates and times are subject to change**

Fees:

\$5.00 per child (ages 4–17)

Children under 4 & Parents accompanied by a child are FREE

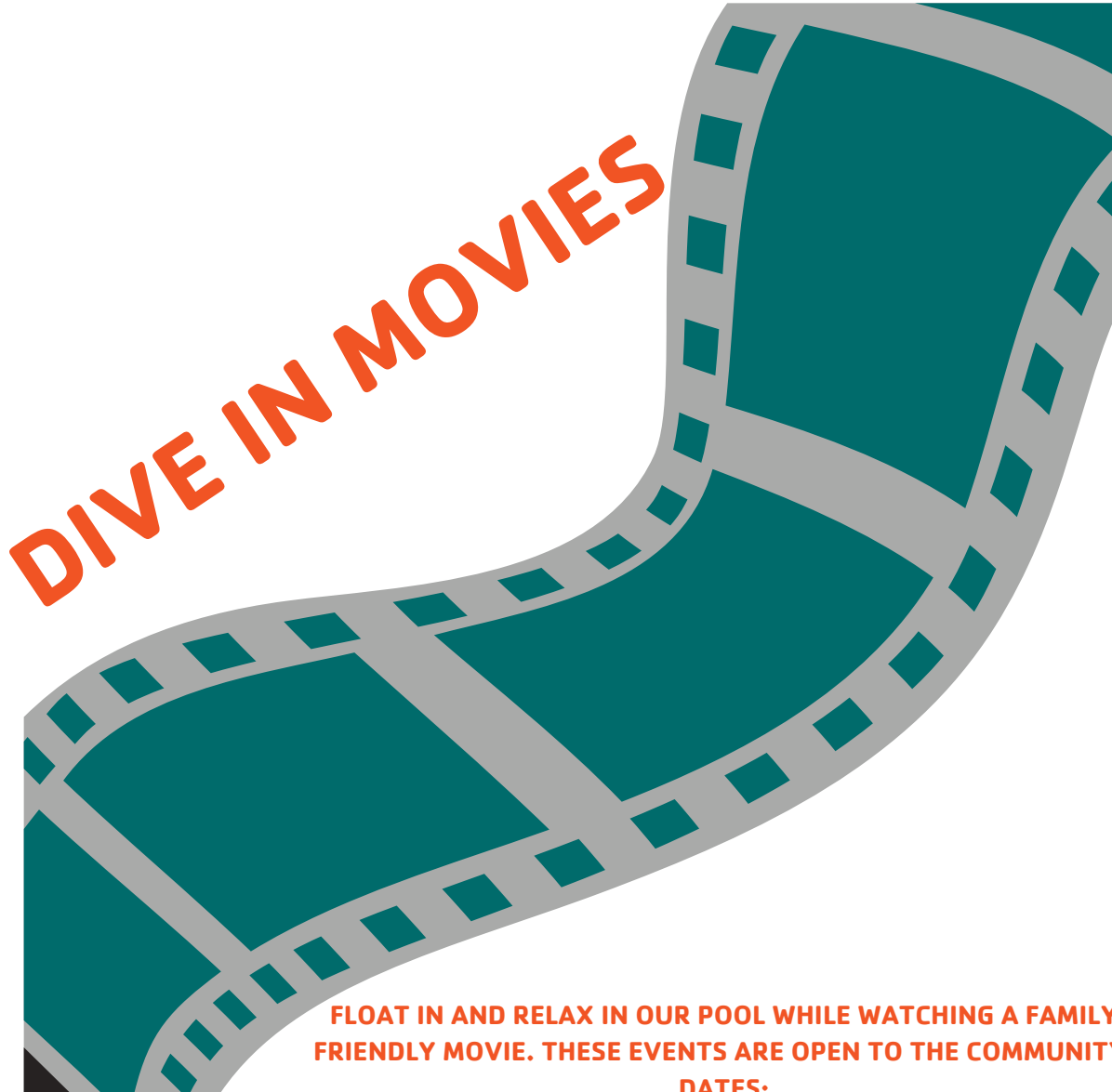


LUNCH & LEARN

Join us the last Monday of each month at 1:00 pm. for Lectures by various speakers, on different health topics, and enjoy a free lunch. This is a free event to all Monroe County residents, speakers and topics to be announced. Seating is limited so please pre-register at our Member's Service Desk.

MASSAGE

Indulge yourself with a massage treatment geared towards those individuals with muscle pain, arthritis, or tension headaches. Reach the ultimate state of deep relaxation with a massage that will relieve stress and tension and improve circulation as you reach a heightened sense of well being. Please allow **24 HOURS** notice when booking your appointment! **Basic Massage Sessions**
Fees: Members 30 Minutes: \$40 60 Minutes: \$55 Non-Members 30 Minutes: \$50 60 Minutes: \$75



FLOAT IN AND RELAX IN OUR POOL WHILE WATCHING A FAMILY FRIENDLY MOVIE. THESE EVENTS ARE OPEN TO THE COMMUNITY.

DATES:

SEPT. 6, SEPT. 20, OCT. 4, OCT. 18, NOV. 1, NOV. 15, DEC. 6, DEC. 20

COST: \$2 MEMBERS \$3 PROGRAM MEMBERS \$5 NON MEMBERS

CALL OUR MEMBER SERVICE DESK OR CHECK OUR FACEBOOK PAGE OR WEBSITE TO FIND OUT WHAT MOVIE WILL BE PLAYING EACH WEEK!

FREQUENTLY ASKED QUESTIONS

WHAT TYPES OF PAYMENTS ARE ACCEPTED FOR MONTHLY DUES?

The Y accepts credit cards, debit cards and bank drafts (from checking or savings) for automatic monthly billing.

WHAT CREDIT/DEBIT CARDS DOES THE Y ACCEPT?

The Y accepts VISA, MasterCard, American Express and Discover cards.

I WAS A Y MEMBER IN THE PAST. DO I NEED TO PAY THE JOINERS FEE AGAIN?

Yes, if your membership has lapsed for more than 30 days you are required to repay the appropriate joiners fee.

I AM A MEMBER OF THE MILITARY. DO I GET TO USE THE Y FOR FREE?

We allow active duty members of the military who are on leave to use the Y for free. Active military ID cards are required to access the facility. All other members of the military are required to pay membership dues

CAN I CANCEL MY MEMBERSHIP OVER THE PHONE?

The Pocono Family YMCA does not allow members to cancel their memberships over the phone. Members must stop by the Y Front Desk to fill out a membership termination form or may email the MembershipDirector sbush@poconoyymca.org.

CAN I PUT MY MEMBERSHIP ON HOLD?

The Pocono Family YMCA allows its members to put their annual membership on hold for up to 3 months without medical documentation.

I HAD A CHANGE IN MY FAMILY/FINANCES AND CAN NO LONGER AFFORD THE Y. WHAT SHOULD I DO?

The Y values you as a member and will do everything we can to help work out a payment situation that fits your needs. Just ask to speak to our Membership Director and explain your situation.

WHAT FORMS DO I NEED TO BRING WHEN APPLYING FOR FINANCIAL ASSISTANCE?

People applying for financial assistance need to bring proof of all household income. This may include but is not limited to the most recently filed 1040, SSI awards letter, unemployment statement, etc. **WE DO NOT ACCEPT PAYSTUBS OR W2'S AS PROOF OF INCOME.** Applicant must also provide copies of household expenses. This may include but is not limited to rent/lease agreement, utilities bill, phone bill, etc.

IS FINANCIAL ASSISTANCE AVAILABLE FOR CHILD CARE AND YOUTH SPORTS?

Yes. Financial Assistance isn't just for membership fees. We can also provide assistance for child care, youth sports, swimming lessons and other youth activities. Just ask! If you are applying for a child care scholarship, please make sure you apply with and are denied by ELRC before applying for assistance through the Y.

WHERE DO I DIRECT MY COMMENTS OR SUGGESTIONS?

There are a couple of options for submitting comments, suggestions or concerns. You may go to our website and submit comments electronically.

You may also visit our comment box at the Member Service Desk.