

Join with your Family in April & get your 2nd month FREE!

Last chance to take advantage of our April Membership special! Join with your family in April & get your second month free!

Stop in at the front desk today and someone from our membership team can get you started or call 570-421-2525

*New Members only

*Restrictions may apply

Thank you for having Lunch & Dinner with Us!

Thank you for making our fundraiser at Moe's Southwest Grill for Lunch or Dinner an success! This fundraiser to help raise funds for our scholarship program helping children and their families with childcare, programs, and membership costs.



Join us Wednesday,
April 14th
11am-10pm

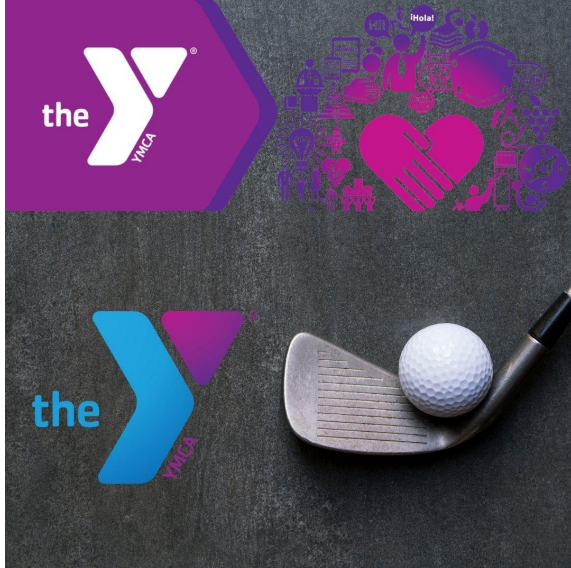
Help raise funds for our scholarship program helping children and their families



**WE ARE MORE
THAN JUST A GYM**

Annual Golf Outing Friday May 21st @ 12pm at Glen Brooke Golf Course

Join us for a fun day of golf and help children and their families enjoy the benefits of our YMCA. Fill out our registration form here and return to our



team at the Pocono Family YMCA:

[Register HERE!](#)

We have sponsorship opportunities available as well!

Email sbush@poconoyymca.org for more information.



GREAT SUMMERS
START AT THE Y!
YMCA Day Camp | 2021





Sign up for Summer Camp & get FREE SWIM LESSONS

*Limited to **first** 50 Families*

*Deposit must be paid to receive voucher for 1 month of Swim Lessons = 4 lessons

Restrictions may apply

Summer Camp 2021

We are thinking warm thoughts and planning for our 2021 Summer Camp!

We are planning for Summer Camp to start the Week of June 14th and run through August 27th.

With Weekly Themes including Going Green -Environmental, Wet & Wild, Patriotic, Super Hero's, Mad Scientist, Passport to Another World & much more!

Sign up today and get a voucher for One Month Free Swim Lessons. Hurry space is limited!



Don't miss out on your Summer Camp Youth Membership special. Ask the Membership desk for more details.

Visit our [website](#) for more information today or email [HERE!](#)

Camp Registration:

TWO WAYS TO REGISTER:

1. Online at POCONOYMCA.org/CAMP to complete your child's registration.
2. At the Pocono YMCA, ask the front desk attendant for forms to complete your child's registration. Staff are always available for assistance.

ADDITIONAL INFORMATION

For your registration, please bring medical information, immunization records, emergency contacts and authorized pickups, as well as approved medical emergency information, photo/video permission, activities, and sunscreen release forms. This must be completed prior to registration being confirmed.

* A staff member will schedule a time to complete registration.

REFUNDS

We cannot refund the cost of camp for the voluntary withdrawal of a camper due to illness, vacation, or other absence (temporary or permanent), or for the dismissal of a camper

Sibling Savings:

FOR EACH ADDITIONAL CHILD WHO ATTENDS CAMP, SAVE UP TO \$120! WITH OUR SIBLING SAVINGS OPTION, YOU SAVE MORE FOR EACH ADDITIONAL CHILD YOU SEND TOGETHER TO CAMP.

Camper Safety

Camper Safety comes first at the Y. That's why we ask all campers to celebrate camp in ways that are respectful to themselves, other campers, and our staff. To ensure the safety of all those in our care, a camper whose behavior poses a risk to safety may be removed from camp.

the Y

Week 1 Aloha- Welcome Week!	
Week 2 Going Green -Environmental	
Week 3 Wet N Wild	
Week 4 Patriotic	
Week 5 Olympic Games	
Week 6 Super Heros	
Week 7 In It To Win It -Board Games	
Week 8 Mad Scientist -STEM & Science Experiments	
Week 9 Passport to Another World	
Week 10 Camp's Got Talent	
Week 11 Peace Out -Wrap up Summer	

Our Next Blood Drive 5.5.2021

Wednesday, May 5th the Pocono Family YMCA will be hosting a blood drive from 9am-2pm.

Appointments are required.

Call 1-800-Red-CROSS or visit RedCrossblood.org and enter: Stroudsburg to schedule an appointment.

BLOOD DONATIONS

ARE
Essential



**Community Blood Drive
YMCA**

Gym
809 Main Street - Stroudsburg

**Wednesday, May 5, 2021
9:00 a.m. to 2:00 p.m.**

To Help Maintain Social Distancing
Scheduled Appointments Are Strongly Recommended!

Please Remember To Wear Your Mask
And Bring Photo ID To Your Blood Drive Appointment.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org
and enter: Stroudsburg to schedule an appointment.



Streamline your donation experience and save up to 15 minutes by
visiting RedCrossBlood.org/SignUp to complete your
pre-donation reading and health history questions on the day of
your appointment.



Schedule a blood donation appointment today:

Download the Blood Donor App | RedCrossBlood.org | 1-800-RED CROSS | 1-800-733-2767

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 **Sign Up Today!**
www.poconoymca.org



**YOUTH BASKETBALL
PROGRAM IS BACK!**

**SKILLS &
DRILLS
BASKETBALL
STARTING
5.8.2021**

Pricing:
Members- \$28
Non-Members- \$36
12:30pm-1:30pm
*4 sessions included
meeting Saturdays

 **FOR AGES 5-12**

809 MAIN STREET STROUDSBURG PA 18360 570.421.2525

Youth Basketball is back @ the Pocono Family YMCA

Starting Saturday, May 8th 2021
12:30-1:30pm our youth
basketball program will kick off
their Skills & Drills Basketball
program.

*This is a 4 week session.

Members \$28
Nonmembers \$36

[Sign up for Skills & Drills HERE!](#)

This program best suits ages 5-
12 years of age. Call 570-421-
2525 for more information or
email sbush@poconoymca.org.

Introducing Our Pocono Beast Basketball Team

The Pocono Beasts Basketball Team
and the Pocono Family YMCA are
excited to announce their partnership
starting Saturday, May 1st 2021.

The Pocono Beasts Basketball Team is
a competitive team who will
participate in local leagues through
the year/season. Practices will be 3x

a week and membership to the Pocono Family YMCA is included. Skills and drills will be focused on as well as building team work, social responsibility, and more.

Fee is \$60 per month & includes a membership. This program is for youth 13 years or older.

[Sign up for the Pocono Beasts Team HERE](#)

The Pocono Family YMCA has financial aid available and volunteer opportunities to help supplement as needed.

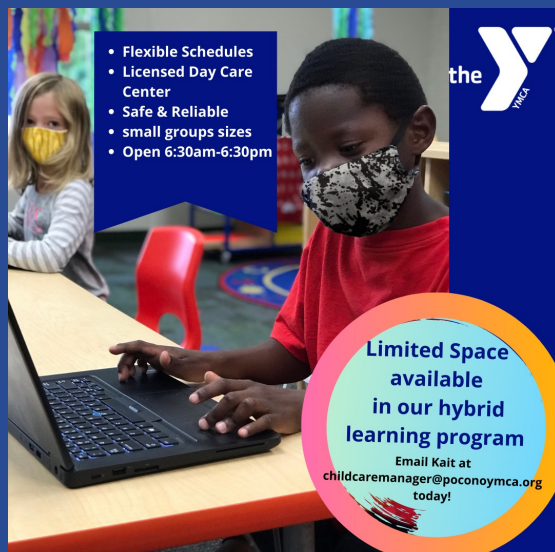
Email sbush@poconoyymca.org for more information.



School Care/Child Care Registration Is Still Available!!

Limited spots are available for our Pre K/ Pre School, Stroudsburg and East Stroudsburg School Care programs.

You can stop in and grab the form at the Member Service desk or print it from our website at www.poconoyymca.org.



Please note that in order to reserve your spot in our program you will need to make an appointment with our childcare team to register and hand in forms.



WELCOME BACK

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- **Reservations will be required** for in person group classes ,water aerobics, lap swim, and open gym times. Capacity is limited.
- Child Care will remain open 6:30am-6:30pm Monday-Friday.
- Membership desk & Fitness Center hours will resume once we reopen 6am-6pm Monday-Friday and Saturday 8am-12pm.
- Pool hours for lap swim 6am-2pm Monday-Friday and Saturday 8am-10am.
- Arthritis has returned on Mondays at 9am (In Person ONLY).
- Chair Yoga has returned on Fridays at 10:15am (In Person ONLY).
- Please email sbush@poconoymca.org with any membership requests.

Make your reservation for In-Person

[Make your reservation for Water Aerobics HERE](#)

[Make your reservation for Fitness HERE](#)

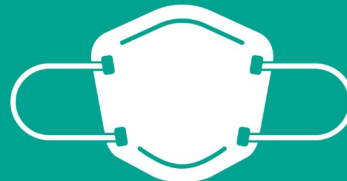
[Make your reservation for Lap Swim HERE](#)

WELCOME BACK!

- RESERVATIONS ARE REQUIRED.
- CAPACITY & CLASSES WILL BE LIMITED.
- CLASSES WILL CONTINUE TO BE HELD VIRTUALLY AS WELL DURING THE LIVE CLASS
- MASKS WILL BE REQUIRED IN THE BUILDING INCLUDING WHILE WORKING OUT.
- CHECK OUR LIMITED SCHEDULE FOR CLASS TIMES

Mask Update:

MASK REQUIRED





On-Demand Group Fitness Classes Now Available!

Y Wellness 24/7 On Demand!

We are so excited to provide you with our virtual wellness platform, available anytime from anywhere: Y Wellness 24/7. Y Wellness 24/7 is available exclusively to our members, providing live and on-demand group exercise, and sports and play programs with 29 YMCAs representing Pennsylvania, Massachusetts, and New York. The platform also includes access to 1000s of on-demand classes from instructors nationwide including classes in training, mindfulness, nutrition, stress management, and more.

What is Y Wellness 24/7?

Visit our website [HERE](#) to learn more and register today!

We will still be offering our limited virtual classes. See below for schedule

**This is a FREE addition to our membership and is for active memberships only. **



Kids Virtual Fitness



Join us virtually every Saturday at 10am for some fun fitness from a distance.

You can ask your school to use this program as a phys-ed credit!

[CLICK HERE to JOIN](#)

Kids Activities with Kevin

Join us every Thursday at 4-4:30pm with Mr. Kevin for some fun virtual games and socializing. Best suits ages 6-12 year olds. Some exciting activities we have planned are BINGO, virtual escape room, and scavenger hunts. Register with the member service desk.

**This is a family friendly event.*

[CLICK HERE to JOIN](#)



Group Fitness Classes are now In Person & VIRTUAL!

Join us each day with one of your favorite instructors. Schedule listed below. Just click on the link for the class and enjoy!

Monday:

9am Arthritis (In Person)

10:30am Zumba

(In Person)

Tuesday:

10am Zumba Toning

(In Person)

5pm Cardio Blast [Click HERE](#)

(Virtual Only)

Virtual Group Fitness Classes



OUR GROUP FITNESS CLASSES ARE MOVING TO ALL VIRTUAL STARTING MONDAY, NOVEMBER 30TH.

We will be moving to Google Meet! Make your reservations today! Check your email for more information and links!



Wednesday:

9am Strong & Centered

(In Person)

10:30am AMPD

(In Person)

6:30pm SOULFusion [Click Here](#)

(Virtual Only)

Thursday:

10:30am Zumba Toning (In Person)

5pm Cardio Strength [Click HERE](#)

(Virtual Only)

Friday:

9am Stretch & Tone

(In Person)

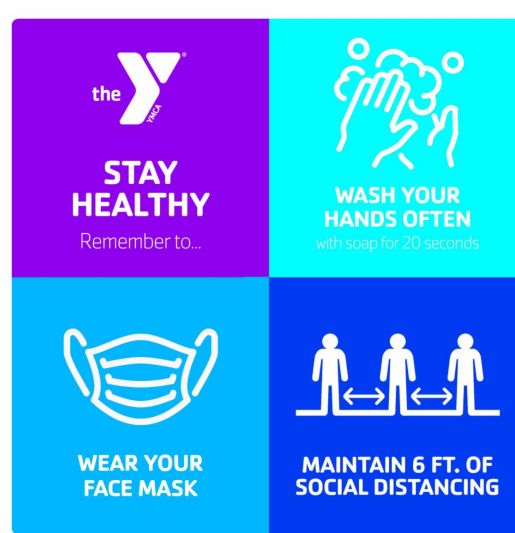
10:15am Chair Yoga

(In Person)

Saturday:

10am Zumba

(In Person)



While we were closed to the public, the Pocono YMCA was still working behind the scenes

the Y

- Emergency over Flow Facility
- Blood Drive
- Flu Shot Clinic
- Virtual Workouts Daily
- Senior Outreach
- CPR classes
- Community Facility Support
- Food Drive
- Free Mammograms for under insured courtesy LVHN
- CATE Mobile for COVID-19 Education and testing
- Essential Worker Childcare
- Swim Team online training & team building
- Daily activities & Kids corner
- Weekly Newsletter
- On Going Community Outreach

- Hearing & Vision Tests
- Polling Station
- Knitting Social
- Coffee Social at a Distance
- Virtual BINGO
- Virtual Kids Fitness Classes
- Providing Aid to our Staff
- Virtual Wellness Education
- Webinars with LVHN
- Virtual Yoga Session
- Virtual Personal Training
- On Demand Group Fitness Platform for ALL Members
- Virtual Story Time with our Pre School Teachers
- Lifeguard Classes
- Virtual Fencing Classes
- Child Mental & Physical Health Webinar Class

the Y

the  **FAMILY TRANSFORMATION**
LIFE-CHANGING MOTIVATE ACTIVITY
DIVERSITY BALANCE & FLEXIBILITY
GROWTH EXERCISE LIFESTYLE FUN
DISCIPLINE & STRENGTH JOY
ENERGY FRIENDSHIP **LAUGHTER**
