DEAR CARLISLE COMMUNITY:

Here at the Carlisle Family YMCA, we are always looking for ways to better serve our valued members. Sometimes that means adding new programming. Other times that means looking at our rules and policies and seeing if it’s possible to make any adjustments. We are pleased to tell you about a policy change that benefits families as well as new programming and an easy way to give back and make a difference in the lives of people all across the country and world:

NEW FFC YOUTH POLICY (PAGE 12)
Beginning December 1, 2016, youth members ages 7-12 will be able to use the Functional Fitness Center during free time with parent supervision. The equipment and kind of exercise done in this room promotes physical wellness without compromising safety for these youth members.

SWIMMING NINJA WARRIOR CHALLENGE (PAGE 10)
See if you have what it takes to complete our Ninja Warrior course in the pool! Participants age 8 and up will compete in four age groups to see who is the fastest to complete the course that will include our Aquaclimb® climbing wall, inflatable obstacle course and more!

#SWEATANGELS (PAGE 24)
Would you like to be able to provide a meal for a hungry child or bricks to build schools for kids or gallons of clean water? You can do all of these things and more when you take time to check into the Carlisle Family YMCA on Facebook or tag the Y as the location for your photo on Instagram. Your Facebook check-ins and Instagram tags will benefit a different cause every month. Stop by the Welcome Center to find out what cause we’re supporting each month and do your part!

Sincerely,
Your friends at the Carlisle Family YMCA
BUILD MORE THAN MUSCLE

Membership in the Y is a special thing. Be a part of a leading nonprofit organization for youth development, healthy living and social responsibility.

When you join the Y you belong to a place where:
- Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
- Families come together to have fun and spend quality time with each other.
- Children and teens play, learn who they are and what they can achieve.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.
- We all build relationships that further our sense of belonging and purpose.

MEMBERSHIP FOR ALL
We believe everyone deserves a Y, so the Carlisle Family YMCA offers financial assistance to individuals and families who might otherwise not be able to afford membership or program fees. Ask a staff member about our Financial Assistance Program. It’s easy to apply and the Y does everything it can to make the Y a place for all.

MEMBERSHIP BENEFITS
- 25-yard, 8-lane competitive size swimming pool
- Basketball gymnasium
- Racquetball and squash courts
- Steam and sauna rooms
- Functional Fitness Center for ages 7 and up
- Adult Fitness Center for ages 13 and up
- FREE!!! Personal fitness counseling
- Cutting edge fitness classes
- Exergame Youth Room for ages 7-12
- Access to a network of local and national Ys
- Exclusive members-only programs
- Reduced rates when program fees apply
- Priority registration for programs

VOLUNTEER, DONATE, ADVOCATE
As a nonprofit, the Carlisle Family YMCA is able to strengthen community because of the dedicated youth, families and individuals who share our passion and make the Y part of their lives. They give their time, resources and talents—every day and in hundreds of ways—because they know they can improve the lives of others while enhancing their own through the Y.

Well-being for many of our neighbors is all too frequently limited by income or social isolation. In low-income communities, the Y offers opportunities for every child, teen or adult to achieve his or her potential regardless of economic status. With your help, the Y can continue to expand programming and outreach where it is needed most. Please consider volunteering your time, making a contribution or sharing your story of the Y’s impact.

INDIVIDUAL MEMBERSHIP CATEGORIES & FEES

<table>
<thead>
<tr>
<th>Category</th>
<th>Age</th>
<th>Monthly Fee</th>
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<tbody>
<tr>
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<tr>
<td>Teen</td>
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HOUSEHOLD MEMBERSHIP CATEGORIES & FEES

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<tr>
<td>2 Adults with Dependants</td>
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<td>2 Senior Adults</td>
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</tr>
<tr>
<td>2 Senior Adults with Dependants</td>
<td>$62</td>
</tr>
</tbody>
</table>
At the Y, we believe every child has potential, and we’re here to nurture that potential. From youth sports to academic support to leadership development, the Y helps bring out the best in kids, and they keep surprising us with all they can do!

<table>
<thead>
<tr>
<th>Event</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-on-3 Basketball Tournament</td>
<td>10</td>
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<tr>
<td>Birthday Parties</td>
<td>13</td>
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<tr>
<td>Boy / Girl Scout Aquatic Badge Work</td>
<td>7</td>
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<tr>
<td>Camp Thompson Open House</td>
<td>6</td>
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<tr>
<td>Carlisle Friendly Fest</td>
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<tr>
<td>CAYS Indoor Preseason Training</td>
<td>11</td>
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<tr>
<td>CAYS Rec Soccer / CAYS Travel Soccer</td>
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<tr>
<td>Child Care Center</td>
<td>5</td>
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<tr>
<td>Child Watch</td>
<td>5</td>
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<tr>
<td>Counselor in Training (C.I.T.)</td>
<td>6</td>
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<tr>
<td>CYAA Swim Team</td>
<td>7</td>
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<tr>
<td>Exergame Youth Room</td>
<td>13</td>
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<tr>
<td>Functional Fitness Center - Youth</td>
<td>12</td>
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<tr>
<td>Girls’ Volleyball Clinic</td>
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<tr>
<td>Gym ‘N Swim</td>
<td>7</td>
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<tr>
<td>Middle School Girls’ Lacrosse</td>
<td>10</td>
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<td>Movie Night</td>
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<tr>
<td>My First Overnight!</td>
<td>6</td>
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<td>NERF® Wars</td>
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<tr>
<td>Parent / Child Swim Lessons</td>
<td>8-9</td>
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<td>Polar Bear Plunge</td>
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<tr>
<td>School Age Child Care (SACC)</td>
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<td>School’s Out Rocks!</td>
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<tr>
<td>Soccer Personal Training</td>
<td>11</td>
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<tr>
<td>Splash Bash</td>
<td>7</td>
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<tr>
<td>Swim Lessons - Group &amp; Private</td>
<td>8-9</td>
</tr>
<tr>
<td>Swimming Ninja Warrior Challenge</td>
<td>10</td>
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<tr>
<td>Youth Ju Jit Su</td>
<td>9</td>
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</tbody>
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CHILD CARE

CHILD CARE CENTER
Our child care center is designed for your peace of mind. We promote the emotional growth of your child in an environment that is educationally stimulating. Our activities are constructed around the Y core values of caring, honesty, respect and responsibility to assist in building a positive and strong foundation within your child. Relationship building, problem solving, development of positive communication pathways, turn taking and sharing are all a part of our foundational structure. We are strong proponents of early literacy and creativity to prepare your child both for school and life experiences.

Our Child Care Center is a Star 4 Level center.

Learn more about our program by visiting our website or by calling Brittany Nissley, Child Care Director, at 717 243 2525 ext 202 or e-mailing her at bnissley@carlislefamilyymca.org.

Children in our Child Care Program Enjoy:
• Gym time (older toddlers through preschool)
• Swim lessons (preschool)
• Enrollment includes a Carlisle Family YMCA family membership
• Child care hours: 6:30am-6pm Monday through Friday, year round
• Full-time enrollment is required and is open to the public

Tuition Rates
• Infant (6 weeks to 12 months) – $211 / week
• Young Toddler (12-24 months) – $196.50 / week
• Older Toddler (2-3 years) – $190.50 / week
• Preschool (3-5 years) – $176 / week

Financial assistance is available through funding from United Way and we accept CCIS funding.

CHILD WATCH
Do you need someone to look after your child during your workout? We are here for you! Children 6 weeks to 8 years old are cared for by responsible staff members in a safe environment while you utilize the facility. Children may stay and play for up to 2 hours. Parents must be onsite to take advantage of this program.

Monday-Thursday: 8:45am-noon and 5-8pm
Friday: 8:45am-noon
Saturday: 8:30am-12:15pm
Fees: $2 daily rate per child
$20 punch card for 12 visits
Contact: Alicia Hayes at akhayes@mail.com or 717 701 5486

CHILD CARE

SCHOOL AGE CHILD CARE (SACC)
We offer before- and after-school programming for elementary students in the South Middleton School District. Our program is held at W.G. Rice Elementary School with a bus service for students enrolled at Iron Forge Educational Center. In the mornings the students have their choice of various activity stations including board games, art projects, Lego building blocks, etc. We also play large group games together in the gym. Our afternoons have a more structured schedule with designated times for homework help, gym games, activity stations, snack and when weather permitting, outdoor play. We also offer special interest clubs two afternoons per week that rotate throughout the school year. Our School Age Child Care program at W.G. Rice Elementary School is a Star 1 Level program.

Days: Monday – Friday
Hours: 6:30-8:45am and 3:25-5:30pm
Contact: Courtney Crowl at sacc@carlislefamilyymca.org or 717 243 2525 ext 227

SCHOOL’S OUT ROCKS!
Fill your child’s day off from school with fun and excitement with other kids at the Carlisle Family YMCA. Bring them to the Y in the morning where a day of educational field trips, games, swimming and fun awaits them. Kids have a great time and parents can relax knowing their children are in good hands. Early drop off is available at 7:30am and late pick up is available until 5:30pm.

Ages: K-5th grade
Member Fee: $30
Non-Member Fee: $38
Schedule: 9am-4:30pm
Dates: December 27, 28 and 29, 2016
January 16, 2017
February 20, 2017
March 17, 2017
April 12, 13, 17, 2017
May 5, 2017
Contact: Courtney Crowl at sacc@carlislefamilyymca.org or 717 243 2525 ext 227
EDUCATION AND LEADERSHIP

POLAR BEAR PLUNGE
Are you brave enough to take the plunge—the Polar Bear Plunge that is? Everyone is welcome to bring in the New Year with a jump into the refreshing water of Laurel Lake. The program is designed to raise money for Camp Thompson. Plunge participants earn 1,000 Color Wars points to add or take away during Camp Thompson Resident Camp 2017!

- Ages: 12 years old and up (with a parent’s permission)
- Fees: $10 to take the plunge
- Date: Saturday, Dec. 31, 2016 at 10:15am
- Location: Laurel Lake — 1100 Pine Grove Road, Gardners
- Contact: Brittany Rose at brose@carlislefamilyymca.org or 717 243 2525 ext 208

COUNSELOR IN TRAINING – C.I.T.
The C.I.T. program focuses on leadership, communication, counseling and activity skills necessary to become a counselor. If selected, C.I.T.s may request positions lasting from three to six weeks. This is an unpaid, volunteer program. There is no fee for participation. Applications must be submitted by May 25, 2017 and interviews will be conducted. Applications will be available at the Welcome Center or on our website beginning January 15, 2017. Teens must be age 15 by June 1, 2017 to apply.

- Ages: 15-16 years old
- Fees: FREE!!!
- Camp Dates: June 12 – August 18, 2017
- Contact: Brittany Rose at brose@carlislefamilyymca.org or 717 243 2525 ext 208

CAMP

DON’T MISS CAMP THOMPSON RESIDENT CAMP EARLY BIRD PRICING!

- WHEN: FEBRUARY 1-28, 2017
- MEMBER FEE: $285 / WEEK
- NON-MEMBER FEE: $339 / WEEK

ALL CAMP REGISTRATION OPENS MARCH 1, 2017. MORE INFORMATION WILL BE AVAILABLE IN FEBRUARY.

MY FIRST OVERNIGHT!
My First Overnight! is an exciting opportunity for parents who have adventurous 5- to 8-year-olds. This 3-day experience helps younger campers make the transition from day camp to resident camp. The program focuses on making the campers as comfortable and confident as possible while providing fun and interactive games and activities. Campers will go on a fun-filled tour of all Camp Thompson has to offer for their age group—archery, canoeing, messy games and more!

- Ages: 5-8 years old
- Member Fee: $125
- Non-Member Fee: $150
- Drop Off: 8-9am (at Camp Thompson)
- Pick Up: 2-3pm (at Camp Thompson)
- Dates: June 12-14, 2017
- Contact: Brittany Rose at brose@carlislefamilyymca.org or 717 243 2525 ext 208

CAMP THOMPSON OPEN HOUSE
Never been to Camp Thompson? Cabins will be open and summer staff will be there to greet you and answer any questions. This is the perfect chance to meet some staff, see the facility and activities available at camp, including the Alpine Tower, archery, creek and so much more!

- Date: Sunday, May 14, 2017
- Schedule: 1-3pm
- Contact: Brittany Rose at brose@carlislefamilyymca.org or 717 243 2525 ext 208
CARLISLE YMCA AQUATIC ASSOCIATION SWIM TEAM (CYAA)

The Carlisle Family YMCA offers a competitive swimming program for youth ages 5-18. The program includes development and training for all levels from the novice swimmer who can complete one length of the pool unassisted to the national elite. No tryouts are held. We encourage sportsmanship, teach a strong work ethic and make the sport enjoyable for swimmers and their families. The team participates in the YMCA Swim Coaches Association of PA (YSCAP) League and competes in several dual meets throughout the season as well as several optional USA and other YMCA invitational meets. The team is divided into 3 groups: Mini Sharks, Competitive Age Group and High School Age Group.

Contact: Tara Young at 717 243 2525 ext 210 or e-mail tyoung@carlislefamilyymca.org

MINI SHARKS SESSION TWO

This program is specifically for children ages 5-8 years old and 9-year-olds new to competitive swimming who are interested in competing. The season runs from Jan. 2 – Feb. 26, 2017 and practices are offered 3 days per week. Session Two Mini Sharks are encouraged to compete in the team’s dual meets held on specified Saturdays or Sundays and the league championship meet at the end of February. Participants must have a Y membership (youth or family) that is effective by the first day of practice through the last day of practice.

Ages: 5-9 years old
Member Fee: $110* (monthly payment plan available)
Session: January 2 – February 26, 2017
Schedule: Mon / Wed / Fri from 5:15-6pm
Contact: Tara Young at 717 243 2525 ext 210 or e-mail tyoung@carlislefamilyymca.org

SPASH BASH

This program is a Y classic that offers lots of excitement for kids and a night to relax for hardworking parents. The night begins with an hour of fun and games in the pool and continues for an additional hour of entertainment in the gym area. Participants also will receive a snack.

Ages: K-5th grade
Member Fee: $7
Non-Member Fee: $10
Sessions: January 13, 2017*
February 10, 2017
March 10, 2017
April 14, 2017*
*special pool inflatable editions of Splash Bash!
Schedule: 7-9pm
Contact: Brittany Rose at brose@carlislefamilyymca.org or 717 243 2525 ext 208

GYM `N SWIM

Let us take care of your child for 90 minutes while you get in a good workout or run errands. Children will participate in organized, age-appropriate games and activities followed by a 30-minute swim lesson taught by our qualified staff. You won’t want your child to miss out on this fun class! Participants must wear their bathing suits to class. If your child does not want to participate in the gym portion, they may sign up and just attend the swimming part of class.

Ages: 3 years old through kindergarten
Member Fee: $45
Non-Member Fee: $75
Schedule: Mondays from 9:15-10:45am
Wednesdays from 1-2:30pm
Thursdays from 10-11:30am
Sessions: Mondays
January 9 - February 13, 2017
February 27 - April 3, 2017
April 17 – May 22, 2017
Wednesdays
January 11 - February 15, 2017
March 1 – April 5, 2017
April 19 – May 24, 2017
Thursdays
January 12 - February 16, 2017
March 2 – April 6, 2017
April 20 – May 25, 2017
Contact: Tara Young at 717 243 2525 ext 210 or e-mail tyoung@carlislefamilyymca.org

BOY / GIRL SCOUT AQUATIC BADGE WORK

Local Boy Scouts and Girl Scouts can reserve the Y indoor pool to complete their swim test / merit badge work and enjoy the pool for up to 1.5 hours.

Fees: $6 / scout (leaders are FREE!)
Schedule: By appointment
Contact: Tara Young at 717 243 2525 ext 210 or e-mail tyoung@carlislefamilyymca.org
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY

Y SWIM LESSONS
Did you know that swim lessons started at the Y? For more than 100 years, we have been teaching children of all skill levels how to swim, giving them the confidence to safely be around water. To boost retention rates, we are pleased to offer twice a week, 3-week swim lessons. Having kids in the water twice a week lessens the gap between lessons and helps them learn the necessary skills faster. Higher retention rates also gives them the chance to advance more quickly through the various levels. Lessons are offered Mon / Wed and Tues / Thurs nights. We also have combined classes on Saturday mornings. We offer lessons for all ages and abilities. Give your child the opportunity to learn to swim from the experts at the Y! Please note: the child must be a Y member in order to receive the member rate for all group, parent/child and private/semi-private swim lessons.

Member Fee: $45
Non-Member Fee: $75
Sessions: Winter Session 1 – January 9-26, 2017
Winter Session 2 – February 6-23, 2017
Winter Session 3 – March 6-23, 2017
Winter Session 4 – April 3-20, 2017
Schedule: Choose Mon / Wed or Tues / Thurs nights
Registration: Online at www.CarlisleFamilyYMCA.org
(registration closes 5 days before the start of each session)
NEW!! Register your child by age & we will divide them into the correct levels at the first class.
Contact: Tara Young at 717 243 2525 ext 210 or e-mail tyoung@carlislefamilyymca.org

PRESCHOOL LEVEL DESCRIPTIONS (AGES 3-5)
PIKE – Beginner level swimmer with no skills required
EEL – Can float on their front and back, are comfortable with their face in the water and can paddle stroke on their own with a pack
RAY / STARFISH – Must be able to swim without a flotation device and can swim back crawl and is comfortable in deep water

YOUTH LEVEL DESCRIPTIONS (AGES 6-12)
POLLWOG – Beginner level swimmer with no skills required
GUPPY – Can paddle stroke on their front and back without a flotation device and are comfortable in deep water
MINNOW – Can swim front and back crawl 15 yards and are confident in deep water
FISH – Can swim front and back crawl 25 yards and can perform the whip kick and elementary backstroke
FLYING FISH / SHARK – Can perform front and back crawl, breaststroke and dolphin kick for a minimum of 25 yards

SWIM, SPORTS & PLAY

PARENT / CHILD SWIM LESSONS
Parents participate in the water with their child with the primary goal being water adjustment and fun. Parents will learn how to work with their child and teach him / her some basic skills such as breath control, body control, kicking and the use of an individual floatation device. Space is limited to 8 children so register early!

Ages: 6-36 months old with one adult
Member Fee: $45
Non-Member Fee: $75
Schedule: Saturdays from 10-10:45am
Sessions:
January 7-28, 2017
February 4-25, 2017
March 4-25, 2017
April 8-29, 2017
May 6-27, 2017
Contact: Tara Young at 717 243 2525 ext 210 or e-mail tyoung@carlislefamilyymca.org

PARENT / PIKE SWIM LESSONS
Do you have a beginner level swimmer who is too old for the Parent / Child class, but isn’t quite ready for the Pike class all on his / her own? If so, this is the perfect class for your child and you. The class will be the same as the Pike swim lessons, but you can be in the water to assist your child. Space is limited to 8 children so sign up early!

Ages: 3 years old and up with one adult
Member Fee: $45
Non-Member Fee: $75
Schedule: Saturdays from 10:45-11:30am
Sessions:
January 7-28, 2017
February 4-25, 2017
March 4-25, 2017
April 8-29, 2017
May 6-27, 2017
Contact: Tara Young at 717 243 2525 ext 210 or e-mail tyoung@carlislefamilyymca.org
**SWIM, SPORTS & PLAY**

**PARENT / CHILD SPECIAL NEEDS SWIM LESSONS**
Parents participate in the water with their child with the primary goal being water adjustment and safety education. Parents will learn how to work with their child and teach him/her some basic skills such as breath control, body control, kicking and basic water safety. This class is limited to 10 children so sign up early!

**Ages:** 3 years old and up with one adult  
**Member Fee:** $45  
**Non-Member Fee:** $75  
**Schedule:** Saturdays from 11:30am-12:15pm  
**Sessions:** January 7-28, 2017  
February 4-25, 2017  
March 4-25, 2017  
April 8-29, 2017  
May 6-27, 2017  
**Contact:** Tara Young at 717 243 2525 ext 210 or e-mail tyoung@carlislefamilyymca.org

**PRIVATE AND SEMI-PRIVATE SWIM LESSONS**
Is your child uncomfortable in a group setting or would you prefer more personalized instruction? Private and semi-private (2 students) lessons are available. Register and make payment online for the lessons. After you register, we will contact you once an instructor has been assigned. Please allow up to 3 weeks.

<table>
<thead>
<tr>
<th>Private Swim Lesson Fees</th>
<th>Member</th>
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<tbody>
<tr>
<td>1/2-Hour Session</td>
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<tr>
<td>5 Lessons</td>
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<td>10 Lessons</td>
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<table>
<thead>
<tr>
<th>Semi-Private Swim Lesson Fees*</th>
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<tr>
<td>5 Lessons</td>
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<tr>
<td>10 Lessons</td>
<td>$300</td>
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</tr>
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</table>

*rates are per session NOT per student

**Contact:** Tara Young at 717 243 2525 ext 210 or e-mail tyoung@carlislefamilyymca.org

**SWIM, SPORTS & PLAY**

**MOVIE NIGHT**
Roll out the red carpet and get ready! We’re taking movie night to a whole new level! Age-appropriate movies are shown with theme-related entertainment for an interactive experience. Check our website for each month’s feature.

**Ages:** K-5th grade  
**Member Fee:** $6  
**Non-Member Fee:** $9  
**Sessions:** December 16, 2016  
January 20, 2017  
February 17, 2017  
March 17, 2017  
April 21, 2017  
**Schedule:** 7-9pm  
**Contact:** Brittany Rose at brose@carlislefamilyymca.org or 717 243 2525 ext 208

**NERF® WARS**
NERF® Wars participants will be separated into teams and will “battle” each other with dart guns. A course will be created in the basketball court using cardboard boxes and other safe materials as obstacles for cover. Participants should wear comfortable athletic clothing and sneakers. All equipment will be provided. Parents are welcome to participate with their child.

**Ages:** 8 years old and up  
**Member Fee:** $6  
**Non-Member Fee:** $9  
**Sessions:** January 27, 2017  
February 24, 2017  
March 24, 2017  
April 28, 2017  
**Schedule:** 7-8:30pm  
**Contact:** Brittany Rose at brose@carlislefamilyymca.org or 717 243 2525 ext 208

**YOUTH JU JIT SU**
Also known as the flexible art, Ju Jit Su is a system of self-defense moves employing empty hand skills, grappling, throwing and restraints. Participants pay monthly and may join the class at any time.

**Ages:** 5-12 years old  
13 years and older  
**Member Fees:** $25 / month  
$30 / month  
**Non-Member Fees:** $45 / month  
$50 / month  
**Schedule:** Saturdays from 8-9:30am (13 years and over)  
Saturdays from 9:30-10:30am (5-12 years)  
**Contact:** Jay Cattron at jcattron@carlislefamilyymca.org or 717 243 2525 ext 230
YOUTH DEVELOPMENT
Nurturing the potential of every child and teen

SWIM, SPORTS & PLAY

3-ON-3 BASKETBALL TOURNAMENT
Grab some friends and get ready for a fun day of basketball! This is a round-robin format tournament that guarantees each team at least three games, with a playoff to determine the winners. Trophies will be awarded for the top 2 teams in each division. Three divisions are available – Grades 3-4, Grades 5-6 and Grades 7-8.

Ages: 3rd-8th grade
Fee: $80 / team
Date: Saturday, March 4, 2017
Time: 9am-2pm
Location: Stuart Community Center
415 Franklin Street, Carlisle
Register: Online at www.CarlisleFamilyYMCA.org by February 19, 2017
Contact: Tyler Getz at tgetz@carlislefamilyymca.org or 717 243 2525 ext 225

Thank you to Daily Express Inc. for sponsoring the 3-on-3 Basketball Tournament!

GIRLS’ VOLLEYBALL CLINIC
This is a great program for girls who want to learn the sport of volleyball with fun and enjoyment as the main focus. Participants will learn the fundamentals and rules of the game while improving upon their skills in a non-competitive environment. This is a great way to brush up on your skills before middle school volleyball team tryouts!

Ages: Girls in grades 5-8
Member Fee: $45
Non Member Fee: $60
Schedule: Mondays and Wednesdays from 6-7:30pm
Dates: February 13 - March 1, 2017
Location: Carlisle Family YMCA Gym
Contact: Tyler Getz at tgetz@carlislefamilyymca.org or 717 243 2525 ext 225

SWIM, SPORTS & PLAY

CHECK OUT THIS NEW PROGRAM!!!

SWIMMING NINJA WARRIOR CHALLENGE
Check out our twist on American Ninja Warrior in the pool! Participants will complete a course in the pool including our new Aquaclimb® climbing wall, inflatable pool obstacle course and other challenges. Participants will get at least two runs on the course, depending on how many people sign up. The times will be averaged and the winner in each division will receive a prize. Four divisions are available – ages 8-9, ages 10-11, ages 12-14 and age 15 and up. Please note that there is a 300-pound weight limit. Families can enjoy free rec swim time following the challenge.

Ages: 8 years old and up (weight limit 300 pounds)
Member Fee: $15
Non-Member Fee: $25
Date: Sunday, March 12, 2017
Schedule: 1-4pm
Location: Carlisle Family YMCA Indoor Pool
Contact: Tara Young at 717 243 2525 ext 210 or e-mail tyoung@carlislefamilyymca.org

Thank you to The Tuckey Companies for sponsoring this challenge as part of the 2017 Healthy Family Home Series!

MIDDLE SCHOOL GIRLS’ LACROSSE
This program focuses on introducing the game of lacrosse and teaching the fundamentals and rules of the game. The team will practice twice a week and compete in games and tournaments on Saturdays and Sundays. All players must provide their own stick and mouth guard. Goggles also are required and can be bought through the Y for $35.

Ages: Girls in grades 6-8
Member Fee: $75
Non-Member Fee: $90
Dates: February - May 2017
Practices: Tuesdays and Thursdays from 6-7:30pm
Indoor practice begins in February
Outdoor practice begins in March
Practice Location: Carlisle High School
Games: Saturdays and Sundays in April and May at various locations (no home games)
Contact: Tyler Getz at tgetz@carlislefamilyymca.org or 717 243 2525 ext 225
SWIM, SPORTS & PLAY

CAYS INDOOR PRESEASON TRAINING
This is designed specifically for CAYS Travel Soccer players to get back in soccer shape for the spring season. The camp will be led by Youth Sports Director Tyler Getz and will focus on improving individual skills, agility and quickness and teamwork. Participants also will perform a variety of fast-paced drills and small-sided game play.

Ages: U9-U14 CAYS Travel Soccer players
Member Fee: $55
Non-Member Fee: $65
Session: March 2017
Schedule: Thursdays from 7-8pm
Location: Yellow Breeches Sports Center
700 Shawnee Court, New Cumberland
Contact: Tyler Getz at tgetz@carlislefamilyymca.org or 717 243 2525 ext 225

CAYS TRAVEL SOCCER
Travel soccer is for kids ages 7-18, and is designed to foster a higher quality of soccer play for those players (and parents) willing to commit to a more dedicated practice schedule, intense training sessions and a higher level of competition. Practices begin in March and are held twice a week. Games run April through early June, with half of the games played in Carlisle and the other half at sites around the area.

Ages: 7-18 years old
Member Fees:
Returning Player = $65
Returning Player (U12 & up) = $75
New Player = $95
New Player (U12 & up) = $105
Non-Member Fees:
Returning Player = $85
Returning Player (U12 & up) = $95
New Player = $115
New Player (U12 & up) = $125
Practices: Begin in March 2017
Games: April - June 2017
Location: George B. Stuart Athletic Fields
1213 Rockledge Drive, Carlisle
Contact: Tyler Getz at 717 243 2525 ext 225 or tgetz@carlislefamilyymca.org

CARLISLE FRIENDLY FEST
This is a one-day soccer event that gives area travel soccer teams the opportunity to compete in several scrimmage games without the pressure or high cost of a tournament. Coaches can see how their teams stack up against the competition and give their players the chance to shake off some of the cobwebs before the spring season.

Ages: Male and female U9-U14 travel teams
CAYS Fees: By February 28 = $100 / March 1-10 = $125
Non-CAYS Fee: By February 28 = $200 / March 1-10 = $225
Dates: Girls – Saturday, March 25, 2017
Boys – Sunday, March 26, 2017
Time: 8am-5pm
Location: George B. Stuart Athletic Fields
1213 Rockledge Drive, Carlisle
Register: Online at www.CarlisleFamilyYMCA.org through March 10, 2017
Contact: Tyler Getz at 717 243 2525 ext 225 or tgetz@carlislefamilyymca.org

CAYS REC SOCCER
Rec soccer is designed to introduce beginner players to the game of soccer and teach the basics and fundamental skills of the game. Players are divided equally among teams based on skill level, and players receive equal playing time. Coaches and parents are encouraged to focus on player development and improvement throughout the season.

Ages: 4.5-12 years old
Member Fee (4-8): $50
Member Fee (9-12): $70
Non-Member Fee (4-8): $70
Non-Member Fee (9-12): $90
Evaluations: Week of March 6, 2017
Practice Begins: Week of March 20, 2017
Games: April 8 – June 10, 2017
Location: George B. Stuart Athletic Fields
1213 Rockledge Drive, Carlisle
Contact: Tyler Getz at 717 243 2525 ext 225 or tgetz@carlislefamilyymca.org

SOCCER PERSONAL TRAINING
Personal training gives players the chance to train during the off-season and/or get extra work throughout the season. Tyler Getz has 4 years of coaching experience. As a player, Tyler excelled as a goal keeper, forward and defender, qualifying him to help with all aspects of the game. Players will leave the session more comfortable with individual ball skills and how to better handle game situations.

Ages: 7-14 years old
Fees: $50 per 1-hour session
Schedule: by appointment
Contact: Tyler Getz at 717 243 2525 ext 225 or tgetz@carlislefamilyymca.org
SWIM, SPORTS & PLAY

FUNCTIONAL FITNESS CENTER – YOUTH
Our Functional Fitness Center adds tremendous value to a youth membership. Youth members can use this space in the following ways:

• **FREE! Youth Fitness classes** for ages 7-14, which include structured classes as well as group play time. Functional training can be adapted to any age or ability, so Youth Fitness classes mimic our adult Y-Fit classes.

• **Free time use for ages 13 & up** when classes are not in session. We recommend that teens ages 13-18 attend an orientation prior to free time use. You can do that by coming to a class or just stopping by the FFC Mondays or Wednesdays between 5-5:30pm. We hold orientations for our youth members ages 7-14 during the youth programming block. You do not need to sign up in advance.

• **Fee-based small group classes for ages 13 & up**. Y-Fit focuses on several different exercises performed in sequence that target a variety of muscle groups in each movement. Class size is limited to 10 people. Born in the Navy SEALs, TRX Suspension Training® develops strength, balance, flexibility and core stability simultaneously. Class size is limited to 6 people. We recommend that you warm up for 10-15 minutes prior to class.

*To participate in the fee-based classes, you must register and pay in advance. You can pay a $24 monthly fee (per person) and take as many classes as you would like each month or choose to pay the $8 drop-in fee for every class you attend. You can find more information on registering for classes and payment options on our website.

Contact: Jay Cattron at jcattron@carlislefamilyymca.org or 717 243 2525 ext 230

YOU ASKED AND WE ANSWERED!!!

THE FUNCTIONAL FITNESS CENTER NOW IS OPEN DURING FREE TIME FOR FAMILIES WITH CHILDREN AGES 7–12.

NEW FFC RULES

• Children between the ages of 7-12 must be accompanied by their parent or guardian to utilize the FFC during free time.

• Children between the ages of 7-12 who are not accompanied by a parent or guardian during free time will be asked to leave.

• All youth planning to participate in Youth Fitness classes or daily exercise with a parent should attend an FFC orientation first. These orientations occur every Monday and Wednesday from 5-5:30pm in the FFC.

The Carlisle Family YMCA is committed to bringing our mission of Healthy Living and Youth Development to youth and families of our YMCA. That is why we are using the YMCA of the USA Medical Advisory Committee Recommendations to allow youth between the ages of 7-12 years of age to participate in the activities offered in the FFC. The FFC is a unique aerobic activity space that is primarily based on body weight exercises and short duration, moderate to intense aerobic activities. These movements and activities, which will promote physical wellness without compromising safety, are appropriate for our youth members. According to the YMCA of the USA MAC, youth between the ages of 7-14 should do no more than one hour of physical activity per day. Most, if not all, of the one hour or more a day should be either moderate- or vigorous-intensity aerobic physical activity, not weight training. Youth under the age of 13 still are not permitted to use the Adult Fitness Center as the YMCA of the USA MAC states: “Do not allow preadolescents and adolescents to engage in competitive weight lifting, power lifting, body building and maximal lifts until they reach physical and skeletal maturity.” Additionally, the Adult Fitness Center was created and is designed for adults. Youth members are too small for safe use of the equipment.

Contact: Jay Cattron at jcattron@carlislefamilyymca.org or 717 243 2525 ext 230
SWIM, SPORTS & PLAY

PLANNING A BIRTHDAY PARTY OR OTHER EVENT?

Let the Carlisle Family YMCA or Camp Thompson host your next birthday party, wedding reception, family reunion, special event or work retreat!

Pool Party – This classic package includes shared use of our indoor pool during regular member rec swim times (generally Saturdays and Sundays) for up to 75 minutes and use of the kitchen for up to 90 minutes.

Member Cost: $175  Non-Member Cost: $250

Pool Inflatables Party – This package includes private use of our indoor pool after hours including our new pool inflatables for up to 2 hours. You also can spend part of the 2 hours in the kitchen, if desired. (Prices listed are for up to 25 kids - add $15 for every 10 kids above 25.)

Member Cost: $300  Non-Member Cost: $375

Exergame Youth Room Party – This package includes private use of our Exergame Youth Room after hours on weekends for up to 90 minutes and use of the kitchen for up to 45 minutes. Up to 15 kids can enjoy the Eyeplay, Exerbike, CardioWall and 3Kick – all interactive gaming systems that combine fitness, technology and gameplay to get kids moving and active all while having fun!

Member Cost: $200  Non-Member Cost: $275

Inflatable Obstacle Course Party – Would your child love to run, jump and play with friends? Choose this package and enjoy racing through our Inflatable Obstacle Course for up to 2 hours. You also can spend part of the 2 hours in the kitchen, if desired.

Member Cost: $200  Non-Member Cost: $275

Camp Thompson Party – Camp Thompson is the perfect setting for your next birthday party, rustic wedding, family reunion, special event or work retreat. Climb our Alpine Tower, enjoy paintball or many other outdoor activities. Make it an event that will be remembered forever! Custom packages available.

4-hour rental: $250 (Includes two 1-hour activities. Choose from canoeing, archery, paintball, team games/gaga.)

Cost per additional activity: $60

For more information about renting the Y pool, inflatables or other parts of our South West Street facility, contact Tara Young at 717 243 2525 ext 210 or tyoung@carlislefamilyymca.org.

For more information about Camp Thompson rentals, contact Brittany Rose at 717 243 2525 ext 208 or brose@carlislefamilyymca.org.

SWIM, SPORTS & PLAY

EXERGAME YOUTH ROOM

The Exergame Youth Room is a space that allows youth ages 7-12 to engage in interactive play on the various Exergame products. Featured items include the Eyeplay, Exerbike, CardioWall and 3Kick – all interactive gaming systems that combine fitness, technology and gameplay to get kids moving and active all while having fun!

The intention of the exergaming room is to provide an active alternative for our youth members and families. The exergaming room equipment and program are specifically designed for elementary age members and their families. We hope you will enjoy the exergaming room as another added benefit of your Carlisle Family YMCA membership!

Ages: 7-12 years old*
Fee: FREE!!!
Hours: Monday–Friday 4-8pm
       Saturday 8:30am–12:30pm
       Sunday Closed
Contact: Tyler Getz at 717 243 2525 ext 225
        or tgetz@carlislefamilyymca.org

*Participants between 7-8 years of age must be signed in by a parent or guardian over 18. Participants under 7 years of age must be accompanied by a parent or guardian at all times.
Achieving and maintaining wellness is a task that’s never finished. That’s why a healthy lifestyle is so important. We’re here to help you regardless of your starting point with a variety of classes and supports to keep you healthy in spirit, mind and body!

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FAMILY TIME

FAMILY FLICK & FLOAT
Bring the whole family to lounge in the pool and watch Finding Dory. We have some tubes or you can bring your own. At least one adult from each family must be present for the entire program.

Ages: Parents and children of all ages
Member Fee: FREE!!! (but please pre-register online)
Sessions: Sunday, April 9, 2017
Schedule: 3-5pm
Location: Carlisle Family YMCA Indoor Pool
Contact: Brittany Rose at brose@carlislefamilyymca.org or 717 243 2525 ext 208

CAMP THOMPSON FAMILY CAMP
The fun begins Saturday at 1pm and ends at 1pm Sunday. Come to Camp Thompson and enjoy a spring weekend with your family. During the weekend, camp staff will provide activities for you and your family, or you can just take time to relax in scenic Pine Grove Furnace State Park in the Michaux State Forest. All meals are included, but you are encouraged to bring your own snacks. Please dress appropriately for outdoor activities including archery, canoeing, climbing the Alpine Tower, hiking, sling shots and more! Cabins are limited to 10 people.

NOTE: We will only be offering Family Camp in the Spring this year.

Ages: Parents and children of all ages
Member Fee: $120 / cabin
Non-Member Fee: $140 / cabin
Dates: May 13-14, 2017
Schedule: arrive Saturday between 1-3pm - Sunday by 1pm
Contact: Brittany Rose at brose@carlislefamilyymca.org or 717 243 2525 ext 208

FAMILY SWIM TIME
Bring the whole family to Family Swim Time at the Carlisle Family YMCA to play on our new pool inflatable obstacle course! It’s a great workout and a ton of fun! In addition to some structured family-friendly activities, you also will be able to enjoy some free recreational swim time in the pool. While the event is free, we ask that you please register so we know how many people to expect.

Ages: For the entire family
Fees: FREE!!! (but please pre-register online)
Session: Sunday, January 15, 2017
Schedule: 3-5pm
Location: Carlisle Family YMCA Indoor Pool
Contact: Tara Young at tyoung@carlislefamilyymca.org or 717 243 2525 ext 210

HEALTHY FAMILY HOME
Healthy Family Home is a national Y initiative that promotes healthy living supported by the following pillars: Eat Healthy, Play Every Day, Get Together, Go Outside and Sleep Well. By focusing your family’s efforts to live healthier around the Y’s pillars of a healthy family home and taking small steps using the information, tools and activities we provide, your family soon will be feeling stronger and living healthier.

During 2017, we are offering various events targeted to increase awareness and opportunities for these pillars of health. Every activity will be fun for the whole family. You can find more information on our website for all of our Healthy Family Home activities.

Thank you to The Tuckey Companies for being the 2017 sponsor of the Carlisle Family YMCA’s Healthy Family Home Series.

Contact: Michelle Bell at mbell@carlislefamilyymca.org or 717 243 2525 ext 220

Brought to you by

EAT HEALTHY  PLAY EVERY DAY  GET STRONGER  GO OUTSIDE  SLEEP WELL

2017 sponsor of the
Carlisle Family YMCA’s Healthy Family Home series
ARC LIFEGUARD TRAINING
This comprehensive Lifeguard, CPR for the Professional Rescuer, First Aid and AED class will prepare you for employment as a lifeguard. You must be able to complete a 300-yard swim non-stop using front crawl and breaststroke and one other timed swimming test to participate in the class. Participants are responsible for ordering their own textbooks through Staywell at https://www.shopstaywell.com/ or downloading a digital version of Lifeguarding Participant’s Manual (Rev. 1/12) from http://www.editiondigital.net/publication/?i=95090 before the first class. Please be sure to bring a notebook and pen, swim suit and towel, personal pocket mask and your textbook to every session. If you do not have a personal pocket mask, you must purchase one at the time of registration. Participants must attend all classes and successfully pass skill tests and a written exam in order to be certified. Please note: No refunds will be issued if participants do not pass the class.

Ages: 15 years old and up
Member Fee: $160
Non-Member Fee: $200
CPR Mask: $14 (mandatory)
Sessions: December 26-30, 2016
March 17-19 & 24-25, 2017
April 8 & 10-13, 2017
Schedule: December
December 26-30 – 9am-2pm
March
March 17 – 6-10pm
March 18 – 8am-4pm
March 19 – 10am-3pm
March 24 – 6-10pm
March 25 – 8am-3pm
April
April 8 – 8am-4pm
April 10-13 – 6-9pm
Contact: Tara Young at tyoung@carlislefamilyymca.org or 717 243 2525 ext 210

LIFEGUARD / CPR / AED / FIRST AID RECERTIFICATION COURSE
Any current lifeguard whose certification is about to expire must take this course to be recertified. Some videos will be viewed in the classroom as well as a review of skills in the pool. A written test and practical exam will be given. Please bring your current certification card, identification, a notebook, pen, swim suit, towel, personal pocket mask and goggles. The new certification is good for 2 years.

Ages: Any current lifeguards whose certification is about to expire
Member Fees: $70
Non-Member Fees: $95
CPR Mask: $14 (mandatory)
Sessions: Sunday, January 8, 2017 from 10am-3pm
Sunday, March 19, 2017 from 10am-3pm
Saturday, April 8, 2017 from 8am-1pm

ADULT / CHILD / INFANT CPR & AED CLASS
Safety and the Y go hand in hand. Get certified to perform CPR on an adult, child or infant and be prepared to effectively respond in an emergency situation. You also will be trained to use an Automatic External Defibrillator (AED), a portable electronic device that automatically diagnoses the potentially life-threatening cardiac arrhythmias, and is able to treat them through defibrillation. Certification is through the American Heart Association and is valid for two years.

Ages: 12 years old and up
Member Fee: $49
Non-Member Fee: $69
Y Staff Fee: FREE (contact your supervisor to schedule)
Sessions: Monday, January 23, 2017
Schedule: 6-8pm
Contact: Tara Young at tyoung@carlislefamilyymca.org or 717 243 2525 ext 210

ADULT / CHILD / INFANT CPR & AED AND FIRST AID CLASS
Safety and the Y go hand in hand. Get certified to perform First Aid and CPR on an adult, child or infant and be prepared to effectively respond in an emergency situation. You also will be trained to use an Automatic External Defibrillator (AED), a portable electronic device that automatically diagnoses the potentially life-threatening cardiac arrhythmias, and is able to treat them through defibrillation. Certification is through the American Heart Association and is valid for two years.

Ages: 12 years old and up
Member Fee: $65
Non-Member Fee: $85
Session: Monday, February 27, 2017
Schedule: 6-8pm

LAP SWIMMING IS A GREAT ALTERNATIVE TO YOUR REGULAR WORKOUT! LAP LANES ARE ALWAYS AVAILABLE FOR OUR MEMBERS!
WE ASK THAT YOU SHARE A LANE WHEN NECESSARY
HEALTH, WELL-BEING & FITNESS

ADULT PRIVATE AND SEMI-PRIVATE SWIM LESSONS
Not comfortable in a group setting? Private lessons are available for adults who would prefer one-on-one instruction. Register and make payment online for the lessons. After you register, we will contact you once an instructor has been assigned. Please allow up to 3 weeks.

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<td>1/2-Hour Session</td>
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<td>5 Lessons</td>
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<td>10 Lessons</td>
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<table>
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<tr>
<th>Semi-Private Swim Lesson Fees*</th>
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<tr>
<td>10 Lessons</td>
<td>$300</td>
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*rates are per session NOT per student

Contact: Tara Young at tyoung@carlislefamilyymca.org or 717 243 2525 ext 210

ARTHRITIS WATER EXERCISE (FREE FOR Y MEMBERS!)
This class will help you gain range of motion in joints as well as build strength in all major muscle groups. The ability to swim is not required. Some cardiovascular conditioning is included. A doctor’s authorization is necessary for non-members to participate and should be given to the instructor on your first day of class. You may join at any time; the fee will be prorated.

Ages: 13 years old and up
Member Fee: FREE!
Non-Member Fee: $72
Schedule: Mon / Wed / Fri from 11am-12pm
Sessions: January 2 – February 27, 2017
March 1 – April 28, 2017

WATER FITNESS CLASSES
Water fitness is an ideal form of exercise for all ages and utilizes the buoyant qualities of water to increase physical strength and endurance without putting stress and strain on your joints. You do not need to register ahead of time. Just show up ready for a great workout! Schedules can be viewed on our website or you can pick up a hard copy at the Welcome Center. Water fitness classes are for all members age 13 and up. Here is a sampling of our current classes:

- Aqua Jogging
- Aqua Zumba®
- Aqua Mix
- Arthritis Water Exercise (non-members may pay a fee for this class)
- Aquacize
- Deep H2O
- Wet `N Wild

HEALTH, WELL-BEING & FITNESS

FUNCTIONAL FITNESS CENTER
Our Functional Fitness Center adds tremendous value to your Y membership. Members age 13 and older can use this space in the following ways:

- **Free time use for ages 13 & up** when classes are not in session. You have access to all of the same equipment used during our small group classes. **New:** Youth ages 7–12 can use the room during free time with constant adult supervision.
- **Fee-based small group classes for ages 13 & up.** You must register and pay in advance. Pay a $24 monthly fee (per person) and take as many classes as you want each month or pay the $8 drop-in fee for every class you attend. More information on registering for classes and payment options is on our website.

Contact: Jay Cattron at jcattron@carlislefamilyymca.org or 717 243 2525 ext 230

Y-FIT
Y-Fit focuses on several exercises performed in sequence that target a variety of muscle groups in each movement. These classes are for all fitness levels and ages. You can adapt every exercise and movement to your specific ability to make the workout as intense as you want it to be. The classes provide a source of constant motivation and help develop a feeling of community among those who work out together. Regular participation in Y-Fit classes leads to better health, and increases strength, core stability, agility and flexibility. Substitute a Y-Fit class for 1 or 2 of your regular weight training days for optimal results. This is the one stop, hit muscles you have never even felt before, 30-minute class that is missing from your workout routine.

Ages: 13 years old and up
Class Size: Limited to 10 people
Member Fee: $24 / month or $8 / class
Schedule: Check the monthly FFC schedule

TRX SUSPENSION TRAINING®
Born in the Navy SEALs, TRX Suspension Training® develops strength, balance, flexibility and core stability simultaneously so you can get a total body workout in a fraction of the time of traditional strength training methods. Your body is your machine – no weights or machines needed! TRX® is excellent for all fitness levels – from beginners to elite athletes – because every exercise can be altered to be easier or more challenging. The low-impact exercise gives your joints a rest and improves muscular imbalances to help avoid training injuries.

Ages: 13 years old and up
Class Size: Limited to 6 people
Member Fee: $24 / month or $8 / class
Schedule: Check the monthly FFC schedule
HEALTH, WELL-BEING & FITNESS

PERSONAL TRAINING (EXCLUSIVELY FOR Y MEMBERS)
MORE OPTIONS + MORE TRAINERS = MORE MEMBER RESULTS!
Whether you are ready to start exercising for the first time or ready to take your workouts to the next level, the Y can help. Our Degreed and / or Certified Personal Trainers will customize a specific workout program to fit your needs and goals. We have several trainers from which to choose. Their biographies are located on our website. You choose with whom you want to work. We have several personal training options, so you can decide which package fits your schedule.

CHOOSE FROM:
One-on-One – Hour or ½ hour sessions
Buddy Training (2 people) – Hour or ½ hour sessions

Contact the trainer of your choice to set up a free orientation or personal training session:

Lindsey Bradshaw, Degreed Personal Trainer
E-mail: lindseytaylorbradshaw@gmail.com
Phone: 717 448 3295

Lena Hershey, Certified Personal Trainer
E-mail: lena.hershey@yahoo.com
Phone: 717 440 1722

Jim Mader, Degreed & Certified Personal Trainer
E-mail: maderjim@yahoo.com
Phone: 717 385 6927

Turner Masek, Degreed & Certified Personal Trainer
E-mail: tmk5292@gmail.com
Phone: 717 650 5412

Ages: 13 years old and up
Member Fee: Contact Jim for rates
Schedule: By appointment
Contact: Jim Mader at maderjim@yahoo.com or 717 385 6927

HEALTH, WELL-BEING & FITNESS

SPORTS SPECIFIC SKILLS STRENGTH TRAINING (S4T)
(EXCLUSIVELY FOR Y MEMBERS)
Athletic success requires hard work, good coaching and an intelligent plan. Let Jim Mader develop a training program tailored to ensure your personal and team success. This training is for the determined competitor or active individual intent on achieving peak performance in a recreational sport. By following a high-intensity training program, you will increase your strength and power and improve your game.

Ages: 13 years old and up
Member Fee: Contact Jim for rates
Schedule: By appointment
Contact: Jim Mader at maderjim@yahoo.com or 717 385 6927

CORPORATE WELLNESS PROGRAM
It’s a proven fact that a healthy workforce is a more productive workforce. Participation in the Carlisle Family YMCA’s Corporate Wellness Program can work wonders by helping your employees increase their energy level, reduce stress and develop a more positive outlook at work and at home. With employees who are more energized and motivated, absenteeism rates and the overall cost of health care can decrease with fewer medical claims!

As a Y Corporate Wellness Partner you will receive access to resources that will help create a healthy workplace culture. In addition, based on the number of employees who choose to enjoy the benefits of a Y membership, you can receive free onsite wellness services.

Contact Person: Jay Cattron at 717 243 2525 ext 230 or jcattron@carlislefamilyymca.org

Contact the trainer for rates
HEALTH, WELL-BEING & FITNESS

MASSAGE THERAPY
Your body works hard to keep up with the demands of daily physical activity. Nourish your body and increase your energy and vitality. Relieve tension, stress and chronic pain with one of our revitalizing massage services. Unlock a healthier, more energetic and stress-free lifestyle today! Please note: A 50% fee will be due for cancellations without at least 24 hours advance notice.

Service:  30-minute massage
Prices*:  Members = $30
         Non-Members = $35

Service:  60-minute massage
Prices*:  Members = $55
         Non-Members = $65

Service:  90-minute massage
Prices*:  Members = $85
         Non-Members = $100

*Prices are for Swedish / Relaxation, Deep Tissue / Neuromuscular Therapy, Prenatal / Postpartum and Sports.

For more information contact:
DANEL BERMAN, LICENSED MASSAGE THERAPIST
Phone: 717 462 5470
E-mail: danel.j.berman@gmail.com
or
JENNA BURCHARD, LICENSED MASSAGE THERAPIST
Phone: 717 609 3033
E-mail: jennadburchard@gmail.com

REIKI
Melissa Brehm is a certified Reiki Master and Modern Day Priestess who utilizes a unique combination of Reiki, affirmative prayer and knowing the Truth that everyone is born of Divine Design to experience perfect health. She relates with her clients realizing there is “nothing to fix” and understands that there is only energy, Love and Light Omnipresent. She is passionate about helping each one remember how powerful they already are and facilitates their surrender to the Omniscient flow of Grace & Ease. Clients remain clothed and will leave fully relaxed as their chakra system will be completely open and flowing as Spirit intended. Reiki is about letting go of the disease stored in the body temple as stress, tension and allowing the Universal (Rei) Life Force (Ki) flow. Reiki appointments can be made by contacting the therapist.

Fees:  Member 1-Hour Session = $55 ($45 for 1st appt)
       Non-Member 1-Hour Session = $60 ($55 for 1st appt)
       Member 30-Minute Session = $30 ($25 for 1st appt)
       Non-Member 30-Minute Session = $35 ($30 for 1st appt)

Contact: Melissa Brehm at dsbrehm@comcast.net for more information or to schedule an appointment

LAND FITNESS GROUP EXERCISE CLASSES
By offering more than 60 group exercise classes each week, the Y is sure to have a class that will meet your needs and lead you to fitness success. Our classes include a range of options for all fitness levels and our skilled instructors are experts at motivating participants to produce desired results. Schedules change on a monthly basis and up-to-date schedules can be found on our website or at the Welcome Center. Land Fitness classes are for all members age 13 and up. Here is a sampling of our current classes:

- Les Mills BODYCOMBAT™
- Early Bird
- Anything Goes
- Maximum RPMs
- R.I.P.P.E.D.™
- Cycle ‘N Sweat
- Zumba®
- Les Mills Weekend
- Pilates
- Fit Forever
- Gentle Mindful Yoga
- Lunch Bunch
- Easy Yoga
- TRX Suspension Training®
- Zumba Gold®
- Saturday Cycle
- TRX® Yoga Fusion (returning in the fall)
- Les Mills BODYPUMP™
- Road Trip
- Meditation 101
- Muscle Magic
- Fitness Yoga
- Tai Chi
- Core Strength
- Sports Yoga
- Yoga for Health
- Go with the Flow
- Sunday Cycle Xpress
- Saturday Cycle Xpress
- Y-Fit
- Piloxing®
- Chi Kung
- Morning Vinyasa Yoga

CARLISLE FAMILY YMCA | carlislefamilyymca.org
HEALTH, WELL-BEING & FITNESS

THE RUNNING CLINIC
The Running Clinic provides a team environment that encourages participants to elevate their training routine, while also providing valuable information to increase endurance and speed, improve form and prevent injury. Participants should be able to run a minimum of 3 miles without stopping.

Who: 18 years old and up
(class is limited to 12 people)
Member Fee: $50
Non-Member Fee: $70
Schedule: Fridays from 6-7am
Dates: March 10 - April 28, 2017
Location: Varies (will be communicated to registered participants in advance)
Contact: Jay Cattron at jcattron@carlislefamilyymca.org or 717 243 2525 ext 230

JU JIT SU
Also known as the flexible art, Ju Jit Su is a system of self-defense moves employing empty hand skills, grappling, throwing and restraints. Participants pay monthly and may join the class at any time.

Ages: 13 years and older
Member Fees: $30 / month
Non-Member Fees: $50 / month
Schedule: Saturdays from 8-9:30am
Sessions: Monthly
Contact: Jay Cattron at jcattron@carlislefamilyymca.org or 717 243 2525 ext 230

GROUP INTERESTS

RENTALS
Did you know that the Carlisle Family YMCA makes its facility and camp property available for groups to rent? We do! We can host your lock-in, pool party or other event in our South West Street facility. Or you can rent Camp Thompson for a party, rustic wedding, family reunion, special event or work retreat. We have something to fit most every group’s needs.

For more information about renting the Y pool or other parts of our South West Street facility, contact Tara Young at 717 243 2525 ext 210 or tyoung@carlislefamilyymca.org.

For more information about Camp Thompson rentals, contact Brittany Rose at 717 243 2525 ext 208 or brose@carlislefamilyymca.org.

SPORTS & RECREATION

Y-TRI
Why not make the Y’s 8th annual Indoor Sprint Triathlon your 2017 New Year’s resolution? Participants over 19 will swim 800 yards in our indoor pool, bike 12 miles on our power cycles and run a 5K on our fitness center treadmills. Youth ages 10-18 have the option to do the full race or to complete the novice distances—swim 400 yards, bike 6 miles and run 1.5 miles. Don’t want to do the whole race by yourself? Grab two friends and form a 3-person relay team! Transition times will not be counted; only the time elapsed to finish the events. Each participant will receive a performance race shirt. This event is limited to 36 individuals – 6 heats of 6 athletes – plus up to 6 relay teams. Register early before all the slots are filled! Registration ends February 15.

Ages: 10 years old and up
Member Fee: $35
Non-Member Fee: $50
Relay Fee: $60
Date: Sunday, February 19, 2017
Contact: Jay Cattron at jcattron@carlislefamilyymca.org or 717 243 2525 ext 230

MASTERS SWIMMING
Masters refers to age, not expertise! All levels are welcome and you do not need to compete to join. Coach Gary Shank will be on deck to provide workouts and give you feedback and encouragement. The program runs for 36 weeks, but you can join any time and the rate will be prorated. You can pay for the entire season or schedule monthly bank drafts. Walk-ins are welcome; just stop at the Welcome Center to pay before you head to the pool.

Ages: 19 years old and up
Member Fees: $280 for the season or $35/month (bank drafts)
Non-Member Fees: $560 for the season or $70/month (bank drafts)
Walk-Ins: $10 / day
Schedule: Monday / Wednesday / Friday from 5:30-7am
Dates: Through May 31, 2017
Contact: Tara Young at tyoung@carlislefamilyymca.org or 717 243 2525 ext 210

NOON-TIME HOOPS (EXCLUSIVELY FOR Y MEMBERS)
Do you to like to play full-court basketball? We set aside time for our adult members age 19 and up to enjoy playing over the lunch hour. Join other Y members and relieve some stress while having fun!

Ages: 19 years old and up
Member Fee: FREE!!!
Schedule: Monday-Friday from 11:45am-2pm
Location: Carlisle Family YMCA
Contact: Tyler Getz at tgetz@carlislefamilyymca.org or 717 243 2525 ext 225
SPORTS & RECREATION

ENGLISH CHANNEL VIRTUAL SWIM CHALLENGE
Have you ever wanted to swim across the English Channel? Since it would be a little chilly right now, would you settle for a virtual swim? All participants who swim 21 miles—or 37,000 yards—from Jan. 1 - Feb. 19 (the day of the Y-Tri) will receive a T-shirt to mark the accomplishment. Participants log their yardage on our online challenge tracker and a chart is posted on the far side of the pool to track progress. NEW THIS YEAR: We will count how many days it takes to complete the challenge to determine our winners, so you can start anytime during the challenge! Participants will compete in two age groups—18 and under and 19 and over—and the top finisher in each group wins a prize. This would make a great New Year’s resolution!

Ages: All ages welcome  
Member Fee: $10  
Session: January 1 - February 19, 2017  
Contact: Tara Young at tyoung@carlislefamilyymca.org or 717 243 2525 ext 210

PICKLEBALL (EXCLUSIVELY FOR Y MEMBERS)
We are excited to bring this new and growing sport to the Y! Pickleball is a racquet sport that combines elements of badminton, tennis and table tennis. The game is played on a court with the same dimensions and layout as a badminton court, and a net and rules similar to tennis. This program will offer instruction for those new to the sport, and will feature plenty of time for open play. This program is FREE to Carlisle Family YMCA members, so come on out and experience the fun and excitement of this new sport!

Ages: 18 years old and up  
Member Fee: FREE!!!  
Session: January 10 - February 16, 2017  
Schedule: Tuesdays & Thursdays from 7:30-9am  
Location: Carlisle Family YMCA Gym  
Contact: Tyler Getz at tgetz@carlislefamilyymca.org or 717 243 2525 ext 225

SPORTS & RECREATION

UNDERSTANDING AUTISM: ONE PIECE AT A TIME FITNESS CHALLENGE
The Y is promoting Autism Awareness Month during April. Understanding Autism challenge participants will get a T-shirt and autism pin and collect daily puzzle pieces at each visit to put on their puzzle cards. Blank puzzle cards can be picked up at the Welcome Center starting April 1. Most days you will just stop by the Welcome Center to pick up your puzzle piece, but on the following dates you must complete the challenge listed to earn your puzzle piece:
• Sunday, April 2 — Wear blue in recognition of World Autism Awareness Day (Welcome Center)  
• Wednesday, April 5 — Take a fitness class in Prescott (Prescott Room)  
• Wednesday, April 12 — Workout in the Adult Fitness Center (Adult Fitness Center)  
• Wednesday, April 19 — Go swimming or take a water exercise class (Indoor Pool)

All puzzle piece sheets—completed or not—must be turned in to the Welcome Center by May 7, 2017 to be entered in the drawing to win a Y prize pack. A portion of the proceeds will go to NHS School Carlisle.

Ages: All ages  
Member Fee: $10 (register by April 15 to guarantee shirt & pin)  
Dates: April 1-30, 2017  
Contact: Jay Cattron at jcattron@carlislefamilyymca.org or 717 243 2525 ext 230

Thank you to Leslie Shatto for sponsoring the Understanding Autism Fitness Challenge!
Giving back and supporting our neighbors is part of what makes the Y the Y. We’re a community and we lend a hand where we can.
**SPORTS BUDDIES**

We are excited to team up with Big Brothers Big Sisters of the Capital Region to bring a sports- and fitness-focused mentoring program to the area! Sports Buddies is for boys and girls ages 7-16. Each child is matched with a screened and trained volunteer mentor. Matches will enjoy membership privileges to the Y and be invited to monthly group activities at the Y. All matches will be supported by Big Brothers Big Sisters program staff.

Who: High school sophomores up to adults of all ages can be mentors

Contact: Parents, caregivers and interested volunteers should contact Tyler Getz at tgetz@carlislefamilyymca.org

**THE MENTORING PROJECT**

The Mentoring Project (www.thementoringproject.org) seeks to respond to the American crisis of fatherlessness by inspiring and equipping faith communities to mentor fatherless youth. Through dynamic trainings, mentor recruitment and the creation of sustainable mentoring communities, TMP is rewriting the story of a generation. We can’t bring back all the fathers, but we can provide mentors to step in their place. This program is led in partnership with Big Brothers Big Sisters of the Capital Region.

How Can You Be Involved?
- Refer a youth, typically a boy between the ages of 7-14 without a father in the home, to be mentored.
- Learn more about what a TMP mentor looks like and if you might be a fit to potentially change a child’s life through mentoring.
- Get your church involved. Each faith community will have a church liaison who will seek mentors in the church and support mentors in matches.

For more information about The Mentoring Project, e-mail Matt Tuckey at mst2422@gmail.com or Alan Tritt at atritt515@gmail.com.

Thank you to The Tuckey Companies for sponsoring The Mentoring Project.

**MILITARY OUTREACH INITIATIVE**

Deployment can be a stressful and uncertain time for our nation’s service men and women and their families. In partnership with the Armed Services YMCA and the Department of Defense, the Y is proud to offer memberships to eligible military families and personnel to give them extra support during this difficult period. It is our way of giving back to those who dedicate themselves to serving our country.

For more information on eligibility requirements and enrollment procedures, stop by the Welcome Center or visit our website.

**POLAR BEAR PLEDGE CLUB**

The Polar Bear Plunge is designed to raise money for Camp Thompson summer programs. Youth and other members of the community will be taking an icy plunge into Laurel Lake on New Year’s Eve. You don’t have to get wet to support their efforts. You can donate $2 (or more) to the Polar Bear Pledge Club. All individuals or families who make a donation can put their name on a Polar Bear cut out and place it on the outside of the Welcome Center.

Who: Individuals of all ages

Fee: $2 minimum donation

Date: Donations accepted through December 31, 2016

Contact: Brittany Rose at brose@carlislefamilyymca.org or 717 243 2525 ext 208

**EASTER SEALS “SPLASH IT UP!” PROGRAM**

This program is designed to accommodate the needs and abilities of individuals with a disability or special needs. The 6-week program provides 30-minute lessons. In addition to teaching water safety skills and swimming techniques, the program seeks to enhance the development of physical fitness and appropriate social interaction skills.

Schedule: Thursdays from 5-5:30pm | 5:30-6pm | 6-6:30pm

Sessions: January 12 - February 16, 2017

March 2 – April 6, 2017

To register: Contact Josh Wolfe at 717 901 3993 or jwolfe@eastersealscentralpa.org

**CENTRAL PENNSYLVANIA BLOOD BANK BLOOD DRIVE**

Donating blood may be one of the most important things you ever do. It is a safe and easy process which takes about 45 minutes. Generally, anyone age 16 or older (16-year-old donors require parental consent), weighing at least 110 pounds and in good health, can donate blood. There is an eight-week (56-day) waiting period between donations. You can pre-register for a time slot on our website.

Ages: 16 years old and up

Date: Saturday, February 18, 2017

Time: 9am-1pm

Location: Carlisle Family YMCA

Contact: Michelle Bell at mbell@carlislefamilyymca.org or 717 243 2525 ext 220
SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors

SOCIAL SERVICES

CHECK OUT THIS NEW PROGRAM!!!

#SWEATANGELS
We are excited to team up with Causely to start a new program called #sweatangels. Every time our members, program participants or guests check in on Facebook, or add our location on Instagram, Causely makes a charitable donation on your behalf. Every month features a different cause that you can support just by taking a few seconds on your phone every time you come to the Y. Help make a difference in our world!

Who: Anyone with a Facebook or Instagram account
When: As often as possible
How: Check into the Carlisle Family YMCA on Facebook or tag the Carlisle Family YMCA as the location for your photo on Instagram
Why: It doesn't get much easier to give back
Contact: Michelle Bell at 717 243 2525 ext 220 or mbell@carlislefamilyymca.org

LIFEFIT - A SERVICE OF THE UCP OF CENTRAL PA
LifeFit is a fitness and nutrition program that provides assistance to individuals with intellectual and developmental disabilities. LifeFit provides education and modeling of healthy living to increase the individual’s health, independence and ability to perform activities of daily living. Contact Erica Marsh, Project Director, at emarsh@ucpcentralpa.org, for more details or to get involved.

GLOBAL SERVICES

MORE FOUNDATION GROUP USED SHOE COLLECTION
The MORE Foundation Group provides used athletic shoes to vendors in developing nations. With the proceeds MORE sends millions of tree seeds and training to Ys overseas, who plant the trees that provide them with food, fuel, fiber and income. Each pair can send 10 seeds to a Y overseas. Drop your gently used running and soccer shoes (adult sizes 6-11 only) in the collection box in the lobby. BE A PART OF THIS LOCAL ACTION WITH A GLOBAL REACH!

Who: Teens must be age 15 by June 1, 2017 to apply.
Age: 15-16 years old
Fees: FREE!!!
Contact: Tyler Getz at tgetz@carlislefamilyymca.org or 717 243 2525 ext 225

BUY A TREE AND HELP AREA KIDS
Annual Y's Men and Women's Club Christmas Tree & Wreath Sale Begins Nov. 20

WHEN: Nov. 18 – Dec. 24, 2016* (or until the trees are gone, whichever comes first)
HOURS: Monday thru Friday: 12-7pm
Saturday: 8am-7pm
Sunday: 12-5pm
WHERE: CARLISLE FAMILY YMCA
311 S. West St., Carlisle PA
WHY: Proceeds are donated to youth programs at the Carlisle Family YMCA

*trees will not be available for purchase on Thanksgiving Day

ADVOCACY

Y’S MEN AND WOMEN’S CLUB
Become a member of a group of men and women dedicated to serving the community and having fun doing it. Enjoy the personal pleasure of friendship, fellowship and shared ideals along with the satisfaction you receive from helping make your community a better place to live.
Contact: Mike Adler, Club President, at jmadler@comcast.net

VOLUNTEERISM & GIVING

VOLUNTEER
The Y is a cause for strengthening communities, committed every day to youth development, healthy living and social responsibility. When you volunteer at the Y, you take an active role in bringing about meaningful, enduring change right in your own neighborhood. If you are interested in helping us make a difference in the lives of others, check out the current volunteer options available on our website or call the Y at 717 243 2525.

COUNSELOR IN TRAINING – C.I.T.
The C.I.T. program focuses on leadership, communication, counseling and activity skills necessary to become a counselor. If selected, C.I.T.s may request positions lasting from 3-6 weeks. This is an unpaid, volunteer program. There is no fee for participation. Applications must be submitted by May 25, 2017 and interviews will be conducted. Applications will be available beginning Jan. 15, 2017. Teens must be age 15 by June 1, 2017 to apply.

Who: Anyone with a Facebook or Instagram account
When: As often as possible
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WHERE: CARLISLE FAMILY YMCA
311 S. West St., Carlisle PA
WHY: Proceeds are donated to youth programs at the Carlisle Family YMCA

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TOGETHERHOOD®
Togetherhood® is the Y’s member-led volunteer service program. Through Togetherhood, Y members from all backgrounds work with their neighbors and community partners to plan and lead service projects that respond to community needs. Togetherhood enables members to experience the power of the Y’s cause in action and play a direct role in shaping the future of their community. It also helps Ys demonstrate community benefit, showing the public that we’re more than just a gym—we’re a charity dedicated to strengthening community.

Contact: Justin Rose at jrose@carlislefamilyymca.org or 717 243 2525 ext 226

TREE OF LIGHTS
The Carlisle Family YMCA Tree of Lights is a community-wide fundraising project held during the holiday season. Lights may be sponsored in memory of a loved one, in honor of a family member, friend or business associate or as a year-end gift to the Y. The Tree of Lights is located in front of the Y and will be illuminated for the entire community to enjoy during the holiday season. All donors will be acknowledged on a plaque in the lobby.

Lights may be sponsored in the following colors:
- GOLD = $500 donation
- GREEN = $100 donation
- BLUE = $50 donation
- RED = $25 donation
- WHITE = $10 donation

To make an online Tree of Lights donation, visit: http://carlislefamilyymcatreeoflights.causevox.com/

ANNUAL CAMPAIGN
At the Y no child, family or adult is turned away for membership or program participation. We recognize that for communities to succeed, everyone must be given the opportunity to be healthy, confident, connected and secure. We can’t do this alone!

Last year financial assistance was provided to 1,251 people totaling $236,934. This is made possible through donations to our Annual Campaign and the support of the United Way of Carlisle and Cumberland County. Scholarships are not funded through membership fees, which makes the success of our Annual Campaign vital to our community-strengthening efforts.

We would like to thank everyone who contributed to the campaign in 2016. We raised $108,335, far surpassing our $100,000 goal. Volunteers will be contacting you in the spring and we hope you will consider a generous donation to the 2017 campaign.

In partnership with the Y, you can feel confident your contribution is making a meaningful and lasting impact and to move people forward.

Contact: Cate Mellen at cmellen@carlislefamilyymca.org or 717 243 2525 ext 203

ONLINE DONATIONS MAY BE MADE AT ANYTIME BY VISITING OUR WEBSITE: www.carlislefamilyymca.org
SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors

GENERAL FITNESS CENTER GUIDELINES
• All members must sign in before use
• No food and only capped plastic bottles of water or sports drinks are permitted
• Proper gym attire required:
  - Clean, dry athletic shoes—no sandals, boots, etc.
  - A shirt must be worn at all times
  - No jeans
• Please clean and re-rack equipment after each use
• Please refrain from using your phone; if you must take a call please step outside
• Absolutely no swearing or inappropriate language

ADDITIONAL CONSIDERATIONS FOR THE FUNCTIONAL FITNESS CENTER
• Please do not bring equipment from home or other areas of the Y into the FFC
• Please do not remove any equipment from the FFC
• Refrain from bringing bags and coats into the FFC—we want you to have a clear space for your workout
• No guests are allowed in the Functional Fitness Center

GENERAL FACILITY POLICIES
• Proof of membership or program participation is required to access the Y. Anyone with an outstanding balance will be denied access until the balance is paid in full, including guests.
• Members must scan their membership cards before entering the facility. Guests and program participants must sign in at the Welcome Center before accessing the facility.
• The Y is a tobacco-free facility and using tobacco products is not permitted on Y property.
• Food and drink are only permitted in the lobby area.
• No weapons, drugs or alcohol are permitted on Y property.
• When using the sauna, steam room or pool please take a cleansing shower before use.
• Observe proper attire while in the Y. Shirts and shoes are required. No bathing suits in the lobby please.
• We are committed to maintaining your facility. Necessary maintenance will be planned during low use times. Membership dues will not be refunded during maintenance.
• Please do not bring valuables to the Y. The Y is not responsible for lost or stolen personal property.

GUEST POLICY
• All guests must be accompanied by a member at all times.
• Guests must sign in and present a photo ID at the Welcome Center. A guest fee is required to use the Y facility. The guest fee is good for 2 consecutive days. No refund is given for failure to visit the second day. Guest fees are as follows:
  - Youth Guests (12 & under) = $5
  - Teen Guests (13-18) = $8
  - Adult Guests (19 & over) = $10
• Teen members may only bring one guest per visit. The guest must also be 13 or older.
• Youth guests must be supervised by an adult member.
• Non-members may visit the Y as a guest 3 times in a calendar year.
• Members are responsible for their guest’s behavior. Misbehavior will result in loss of privileges.
• Teen guests (13-18 years old) are not permitted to use the Adult Fitness Center or Functional Fitness Center.
• Students of a college outside a 10-mile radius, on break, may use the Y for a $10 guest fee per visit with a valid college ID.
• Military personnel on leave may use the Y for a $8 guest fee per visit with a valid military ID.
• AWAY program members may use the Y for 14 consecutive days each calendar year. After 14 days they may continue to use the Y, but must pay the guest fee. AWAY members are not required to be accompanied by a Y member.
PROGRAM REGISTRATION POLICIES

• Program fees or deposits must be paid in full at the time of registration.
• Participants will be denied access to programs if they have an outstanding balance with the Y.
• Participants must complete any required waivers or permission slips before participating in Y programs. This may include a physician’s authorization or photograph release.
• Program offerings are subject to change. Check website for up-to-date information.

CANCELLATIONS AND REFUNDS

• Program participants may cancel their registration at any time.
• Cancellations made prior to the registration deadline will receive a 75% refund minus the deposit (if a deposit was required). Please see camp brochure for specific policies regarding camp registration.
• Cancellations made after the registration deadline are not eligible for a refund or credit.
• All program deposits are non-refundable.

RESERVATIONS AND LOCKER RENTALS

• Power cycling and Les Mills BODYPUMP™ reservations can be made 48 hours in advance.
• Court reservations can be made two weeks in advance. Please confirm your attendance upon arrival.
• If you are unable to make your reserved time please call ahead. If we are not notified in advance, a reservation that is not met with in 10 minutes will be considered open.
• The Y provides lockers for daily use and kit lockers for yearly rental. Any locks found on daily use lockers will be cut off at closing. Please do not leave your locks on the daily use lockers.

REGISTERED SEX OFFENDER POLICY

The Carlisle Family YMCA reserves the right to reject or cancel any application or membership. We take very seriously the safety and well-being of our members and participants. Registered and/or convicted sex offenders are not allowed employment, membership or participation in programs or to be present on Y property. The Y performs periodic sex offender checks against the National Sex Offender List. Members agree as a condition of membership to comply with the rules and regulations of the Y in regards to the check.

AGE GUIDELINES

YOUTH MEMBERS AGES 3-8:
• may use the Y facility if they are accompanied by an adult member 19 and over.
• may participate in Y programs and use the Functional Fitness Center and Exergame Youth Room (age 7 and up only) without an adult present, but must be signed in/out of the program by an adult.
• must be accompanied by an adult in the pool area.
• who are non or weak swimmers, must have an adult in the pool with them.
• should not arrive prior to 2pm on weekdays when school is not in session and during the summer unless they are in a program or with an adult over 19.

YOUTH MEMBERS AGES 9-12:
• may use the Y facility for program participation without an accompanying adult and as area schedules allow until 8pm (not including squash and racquetball courts).
• must be accompanied by an adult member to utilize the racquetball courts and must use the Youth Locker Rooms.
• have access to the Functional Fitness Center, Exergame Youth Room and pool during designated times.
• should not arrive prior to 2pm on weekdays when school is not in session and during the summer unless they are in a program or with an adult over 19.

TEEN MEMBERS AGES 13-18:
• may use the Y facility for program participation as area schedules allow, including land and water fitness classes.
• should be trained by staff for Adult Fitness Center, Functional Fitness Center and racquetball courts.
• must use the Youth Locker Rooms.
• and their guests may not participate in Noon Time Hoops. This is an exclusive adult member benefit.

ADULT MEMBERS AGES 19 & UP — have full facility access, including use of Adult Locker Rooms, Steam Room and Sauna.
The Carlisle Family YMCA is a United Way agency. The Y and its employees are proud supporters of United Way of Carlisle & Cumberland County, the leader in coordinating resources to meet the human services needs of our community.