

# WINTER

2023-2024 PROGRAM GUIDE



» REGISTRATION  
OPENS DEC 15!

**CARLISLE FAMILY YMCA**  
311 S. West St., Carlisle PA  
717-243-2525 | [carlislefamilyymca.org](http://carlislefamilyymca.org)

# CONNECT WITH US

## CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013



717-243-2525



[carlislefamilyymca.org](http://carlislefamilyymca.org)

### FACILITY HOURS:

Monday-Friday 5am-9pm

Saturday 7am-8pm

Sunday 10am-6pm

### POOL HOURS:

Monday-Friday 5am-8pm

Saturday 7am-5pm

Sunday 10am-3pm

### GYM HOURS:

Monday-Friday 5am-8:30pm

Saturday 7am-7:30pm

Sunday 10am-5:30pm

### PLEASE NOTE:

Building doors lock 1/2-hour prior to close. Building hours are subject to change based on facility usage.

### HOLIDAYS:

Sunday, December 24, 2023

Christmas Eve – Closing at 2pm

Monday, December 25, 2023

Christmas – Building Closed

Sunday, December 31, 2023

New Year's Eve – Closing at 4pm

Monday, January 1, 2024

New Year's Day – Open 10am-2pm

Sunday, March 31, 2024

Easter – Building Closed

### CHIEF EXECUTIVE OFFICER

Michele Holloway

[mholloway@carlislefamilyymca.org](mailto:mholloway@carlislefamilyymca.org)

717-243-2525

### ASSOCIATE EXECUTIVE

#### DIRECTOR

Justin Rose

[jrose@carlislefamilyymca.org](mailto:jrose@carlislefamilyymca.org)

717-243-2525 ext 226

### HEALTH & WELLNESS /

#### MEMBERSHIP

Jay Cattron

[jcattron@carlislefamilyymca.org](mailto:jcattron@carlislefamilyymca.org)

717-243-2525 ext 230

### AQUATICS / PARTIES & RENTALS

Tara Young

[tyoung@carlislefamilyymca.org](mailto:tyoung@carlislefamilyymca.org)

717-243-2525 ext 210

### YOUTH SPORTS

Kelly Tyrrell

[ktyrrell@carlislefamilyymca.org](mailto:ktyrrell@carlislefamilyymca.org)

717-243-2525 ext 225

### CHILD CARE / SACC

Brittany Kemp

[bkemp@carlislefamilyymca.org](mailto:bkemp@carlislefamilyymca.org)

717-243-2525 ext 202

### CAMPING SERVICES

Brittany Rose

[brose@carlislefamilyymca.org](mailto:brose@carlislefamilyymca.org)

717-243-2525 ext 208



### SOCIAL:

- [facebook.com/CarlisleFamilyYMCA](https://facebook.com/CarlisleFamilyYMCA)
- [facebook.com/CarlisleFamilyYMCAGroupExercise/](https://facebook.com/CarlisleFamilyYMCAGroupExercise/)
- [facebook.com/CampThompsonPA](https://facebook.com/CampThompsonPA)
- [facebook.com/CAYSsoccer](https://facebook.com/CAYSsoccer)
- [facebook.com/CARYSharks](https://facebook.com/CARYSharks)
- [youtube.com/user/CarlisleFamilyYMCA](https://youtube.com/user/CarlisleFamilyYMCA)
- [instagram.com/carlislefamilyymca/](https://instagram.com/carlislefamilyymca/)



### TEXT ALERTS:

To receive text messages regarding building closures and other important information, text "CARLISLEYMCA" to 84483.



### EMAIL:

Please make sure we have your current email address on file so we can keep you up to date via email.



## DOWNLOAD OUR APP!

Search for "YMCA Universal" in the Apple Store or Google Play Store. Download the app and select Carlisle Family YMCA as your branch. Enter or scan your barcode and make sure to enable push notifications in settings.



### WI-FI PASSWORD:

Network: Y-Guest  
Password: YMCA-Guest

# MEMBERSHIP

**A Carlisle Family YMCA membership gives you more than access to our facility. It helps you lead a healthier life by building relationships, providing a way for you to be part of your community and help others. A Y membership sets you on the path to good health in spirit, mind and body, helping you enjoy living a full and balanced life.**

## YOUR MEMBERSHIP INCLUDES:

- Wellness Center – State of the Art Cardio Equipment, Strength Circuit, EGYM, Free Weights & More (ages 13 and up)
- Functional Fitness Center (ages 13 and up)
- Rocky Room (ages 13 and up)
- Kids Adventure Zone (Parent/guardian must remain onsite for children under 9)
- Access to O-Zone – Area to drop off kids ages 2-12 while you work out in the building
- 25-yard, 8-lane Competitive Size Indoor Pool
- Basketball Gymnasium
- Men's, Women's, Boys' & Girls' Locker Rooms
- Family / Private Changing & Showering Rooms
- Saunas & Steam Room
- Cutting Edge Land and Water Group Exercise Classes – Yoga; Pilates; Power Cycling; ZUMBA®; Les Mills BODYPUMP™, BODYCOMBAT™, BODYATTACK™, GRIT™, SPRINT™ & CORE™; Barre Above®; LaBlast Fitness, Arthritis Water Exercise & More
- Free Personal Fitness Consultations
- Access to Personal Training
- Handball / Racquetball Courts
- Youth Sports – Basketball, Soccer, Lacrosse and Swim Team
- Reduced rates when program fees apply
- Income-based Flexible Pricing Program
- Plus, you are part of a greater cause! The YMCA is the leading nonprofit committed to strengthening community by empowering young people, improving the health and well-being of people of all ages and inspiring action in and across communities. Visit our website for more details.

## NATIONWIDE MEMBERSHIP

Nationwide Membership gives you the flexibility to use participating Y facilities across the United States at no extra charge through membership at your home YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our mission to strengthen communities. This program is for members who maintain an active full facility/full privilege membership at their home Y; program-only participants are not eligible. Nationwide member visitors must use their home Y at least 50% of the time.

**To find a Y in another location, go to [ymca.org](http://ymca.org). Please note: Some Ys have not yet resumed Nationwide Membership.**

## 24/7 WELLNESS CENTER ACCESS

We know you're constantly on the go. That's why the Carlisle Family YMCA is pleased to offer convenient 24 hour per day, 7 days per week, year-round access to our Wellness Center. Adult members of the Carlisle Family YMCA who are ages 19+ can apply for 24/7 Wellness Center access at the Welcome Center. To apply for access, you must sign a 24/7 access waiver and agree to abide by our policies, pass a background check and pay a one-time \$20 activation fee. 24/7 members are welcome to use the Wellness Center any time day or night, but no staff are available to assist members during non-staffed hours. Visit our website for more information.

## SHARE THE HEALTH MEMBER REFERRAL PROGRAM

Your goal to live a healthier, more active life was set by you, not anyone else — but, that doesn't mean you're in it alone, either.

When you and your friend commit to the Y together, you both enjoy an **exclusive 20% membership savings\*** off the standard adult or family membership rate each month. Y members may buddy with a non-member or two non-members may join together— either combination returns a 20% savings\* for each of you on your Y membership!

\*Some restrictions apply. See our website for more details. The Carlisle Family YMCA reserves the right to alter or suspend the Share the Health program at any time with 30 days notice.

## PAY ANNUALLY AND SAVE 5% ON YOUR MEMBERSHIP DUES!

### INDIVIDUAL MEMBERSHIP CATEGORIES & FEES

Category	Age	Monthly Fee	Annual Fee
Youth	12 & under	\$17	\$193.80
Teen	13-18	\$25	\$285
Young Adult	19-29	\$33	\$376.20
Adult	30-61	\$38	\$433.20
Senior Adult	62 & over	\$36	\$410.40

### HOUSEHOLD MEMBERSHIP CATEGORIES & FEES

Category	Monthly Fee	Annual Fee
2 Adults	\$58	\$661.20
1 Adult with Dependants	\$64	\$729.60
2 Adults with Dependants	\$69	\$786.60
2 Senior Adults	\$56	\$638.40
1 Senior Adult with Dependants	\$59	\$672.60
2 Senior Adults with Dependants	\$62	\$706.80





## TABLE OF CONTENTS

3-on-3 Basketball Tournament . . . . .	7	Kids Adventure Zone . . . . .	7
Birthday Parties . . . . .	13	Kids Night Out . . . . .	7
Camp Thompson Early Bird Registration . . . . .	12	Movie Night . . . . .	7
CAYS Rec Soccer . . . . .	9	NERF® Games . . . . .	6
CAYS Travel Soccer . . . . .	9	O-Zone . . . . .	6
Child Care Center . . . . .	5	Reindeer's Last Rally . . . . .	5
Comet's Clips & Cookies PJ Party . . . . .	6	Safety Around Water . . . . .	9
Counselor in Training (CIT) . . . . .	6	School Age Child Care (SACC) . . . . .	5
Girls' Lacrosse . . . . .	8	School's Out Rocks! . . . . .	5
Girls' Volleyball Clinic . . . . .	8	Splash Bash . . . . .	7
Gym 'N Swim . . . . .	8	Spring Stroke Clinic . . . . .	9
Harrisburg Heat Camps & Clinics . . . . .	12	Swim Lessons – Group . . . . .	10-11
High School Basketball . . . . .	8	Swim Lessons – Private and Semi-Private . . . . .	11
Indoor Preseason Soccer Training . . . . .	8	Time to Bounce . . . . .	6
Job Openings . . . . .	5	Youth Fitness Classes . . . . .	12

## CHILD CARE

### CHILD CARE CENTER

Our child care center promotes 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 for school and life experiences.

#### 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: 7am-5:30pm Monday through Friday, year round
- Full-time enrollment is required and is open to the public

#### Tuition Rates

- Young Toddler (1-2 years) – \$249 / week
- Older Toddler (2-3 years) – \$234 / week
- Preschool (3-5 years) – \$205 / week

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

Contact: Brittany Kemp at 717-243-2525 ext 202  
or bkemp@carlislefamilyymca.org

### 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 (weather permitting) outdoor play. We also offer special interest clubs throughout the school year.

Days: Monday – Friday  
Hours: 6:30-8:45am and 3:30-5:30pm  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

## CHILD CARE

### 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. Bring a packed lunch, swim suit and towel. Water bottle and small snack are suggested as well, but not required.

Ages: K-5th grade  
Fees: Members = \$35 / Non-Members = \$45  
Schedule: 8am-5pm  
Sessions: Wednesday, December 20, 2023  
Thursday, December 21, 2023  
Thursday, December 28, 2023  
Friday, December 29, 2023  
Tuesday, January 2, 2024  
Monday, February 19, 2024  
Friday, March 15, 2024  
Thursday, March 28, 2024  
Monday, April 1, 2024  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

### REINDEER'S LAST RALLY!

Get your last-minute shopping, wrapping or cooking done while the kids hang out at the Y! The half day School's Out Rocks program will consist of reindeer activities, swimming and a movie! Please note the program is a half day from 9am-1pm! Join us in the Living Room to spread some holiday cheer!

Who: K-5th grade  
Fees: Members = \$20 / Non-Members = \$25  
Date: Friday, December 22, 2023  
Schedule: 9am-1pm  
Location: Living Room  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

## WE'RE HIRING!

- Young Toddler Lead Teacher
- Young Toddler Assistant Teacher
- Youth Enrichment Team
- SACC Counselors
- Part-Time Assistant Teachers – Morning & Afternoon

# YOUTH DEVELOPMENT

## CHILD CARE

### O-ZONE

O-Zone is an area where members can drop off their children for up to 2 hours while they work out in the building. The room is located on the first floor directly across from the Welcome Center and beside the Kids Adventure Zone. Pre-registration is highly suggested. Register and pay online up to 2 days in advance. You also can register at the Welcome Center when you check in, but we cannot guarantee spots will be available. Each session is limited to 20 children so register early to secure a spot.

If no one is registered by noon on Mondays, the program will be cancelled that evening. If no one is registered by 5pm on Fridays, the program will be cancelled Saturday morning.

**PLEASE NOTE: YOU MUST REMAIN IN THE Y BUILDING AT ALL TIMES WHILE YOUR CHILD IS IN CARE.**

Who: Ages 2-12  
Fees: \$5 / visit  
Hours: Tuesdays from 9-11:30am  
Wednesdays from 5-8pm  
Saturdays from 9am-12pm  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

## EDUCATION AND LEADERSHIP

### COUNSELOR IN TRAINING - CIT

The CIT program focuses on leadership, communication, counseling and activity skills necessary to become a counselor. If selected, the commitment is 3 weeks and can include a combination of day camp and resident camp. This is an unpaid, volunteer program. There is no fee for participation. Applications must be submitted by May 1, 2024 and interviews will be conducted. Applications are available on our website. Teens must be age 16 by June 1, 2024 to apply.

Ages: 16 years old  
Fees: FREE!!!  
Camp Dates: June 3 - August 16, 2024  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

## SWIM, SPORTS & PLAY

### COMET'S CLIPS & COOKIES PJ PARTY

Join us for an evening of Christmas cheer! We will decorate and snack on cookies, watch Christmas Shorts on Disney+ and do some coloring pages and crafts. This is the perfect time for parents to get some last-minute items checked off their holiday to-do list!

Who: K-5th grade  
Fees: Members = \$15 / Non-Members = \$20  
Date: Friday, December 29, 2023  
Schedule: 6-8pm  
Location: Living Room  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

### NERF® GAMES

NERF® Games participants are separated into teams and "battle" each other with dart guns. A course is created in the Multipurpose Room using safe materials as obstacles for cover. Participants should wear comfortable athletic clothing and sneakers. All equipment is provided.

Ages: 7-12 years old  
Fees: Members = \$20 / session  
Non-Members = \$25 / session  
Sessions: Friday, January 5, 2024  
Friday, February 2, 2024  
Friday, March 1, 2024  
Friday, April 5, 2024  
Schedule: 6-8pm  
Location: Multipurpose Room  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

### TIME TO BOUNCE

Bring your kids to the Y for 2 hours of inflatable bouncing fun! They can get their wiggles out on our Inflatable Obstacle Course while you enjoy a well deserved break. Or parents can choose to stay and play. A special treat also will be provided!

Ages: 4-12 years old  
Fees: Members = \$20 / session  
Non-Members = \$25 / session  
Sessions: Friday, December 8, 2023  
Friday, January 12, 2024  
Friday, February 9, 2024  
Friday, March 8, 2024  
Friday, April 12, 2024  
Schedule: 6-8pm  
Location: Multipurpose Room  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

## SWIM, SPORTS & PLAY

### KIDS NIGHT OUT

Kids ages 4-12 are invited to come to the Y for Kids Night Out! They will enjoy 2 1/2 hours of fun while you have more time for a date night! Each night will have a different theme. We will incorporate glow in the dark activities, snack and games in the MPR. We also will utilize all the youth spaces in the building, including the Teaching Kitchen, O-Zone and Kids Adventure Zone!!

Ages: 4-12 years old  
Fees: Members = \$20 / session  
Non-Members = \$25 / session  
Sessions: Friday, January 26, 2024  
Friday, April 26, 2024  
Schedule: 6-8:30pm  
Location: Multipurpose Room  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

### SPLASH BASH

This program is a Y classic that offers lots of excitement for kids and a break for hardworking parents. The night combines fun and games in the pool and entertainment in the Multipurpose Room. Participants also receive a snack.

Ages: 7-12 years old  
Fees: Members = \$20  
Non-Members = \$25  
Sessions: Friday, March 22, 2024  
Schedule: 6-8pm  
Location: Multipurpose Room & Indoor Pool  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

### MOVIE NIGHT

Movie nights are back! We will have popcorn, pretzels and juice boxes. Kids are welcome to come in their PJs and bring a stuffed animal, pillow and/or blanket to watch the movie. **PLEASE NOTE: We'll be watching Trolls Band Together.**

Who: K-5th grade  
Fees: Members = \$20  
Non-Members = \$25  
Session: Friday, February 16, 2024  
Schedule: 6-8pm  
Location: Living Room  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

## SWIM, SPORTS & PLAY

### KIDS ADVENTURE ZONE

The Kids Adventure Zone is a space that allows youth to engage in interactive play. Featured items include the iWall, Exerbike, CardioWall and 3Kick – all interactive gaming systems that combine fitness, technology and gameplay to get people moving and active while having fun!

The intention of the Kids Adventure Zone is to provide an active alternative for our youth members and families. The equipment is specifically designed for children and their families.

We hope you will enjoy the Kids Adventure Zone as another added benefit of your Carlisle Family YMCA membership!

### KIDS ADVENTURE ZONE HOURS

Monday-Friday: Open until 8pm  
Saturday: Open to close  
Sunday: Open to close

**Please note that this room is not staffed.**

### 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. **Please note: Some divisions may be combined based on registration numbers. Registration ends February 24, 2024. No teams will be added after that.**

Ages: 3rd-8th grade  
Fee: \$120 / team  
Date: Saturday, March 2, 2024  
Time: 8:30am-3pm  
Location: Stuart Community Center  
415 Franklin Street, Carlisle  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or ktyrrell@carlislefamilyymca.org

**THANK YOU TO DAILY EXPRESS, INC.  
FOR SPONSORING THE 3-ON-3  
BASKETBALL TOURNAMENT!**

# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY

### HIGH SCHOOL BASKETBALL

This popular program is back this winter for high schoolers & 8th graders who want to continue their basketball careers past the middle school level. The program provides an environment for kids of all skill levels to come together to learn and practice their basketball skills and scrimmage against other players in the program. While there is not a formal game schedule, participants will play intersquad games. This program will be led by volunteer coaches whose goals are to teach basketball skills that the players can use past their high school years.

Ages: Boys and girls in grades 8-12  
Fees: Members = \$45 / Non-Members = \$50  
Session: March 5-21, 2024  
Schedule: Tuesdays & Thursdays from 6:30-8pm  
Location: Basketball Gymnasium  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or ktyrrell@carlislefamilyymca.org

### 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, mouth guard and goggles. **Registration ends February 4, 2024.**

Ages: Girls in grades 5-8  
Fees\*: Members = \$115 / Non-Members = \$135  
Dates: February - May 2024  
Practices: Indoor practice begins in February  
Outdoor practice begins in March  
Practice Locations: Indoor - Carlisle Family YMCA  
Outdoor - George B. Stuart Athletic Fields  
1213 Rockledge Drive, Carlisle  
Games: April and May at various locations  
(no home games)  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or ktyrrell@carlislefamilyymca.org

\*A \$15 late fee will be added beginning January 29, 2024.

**THANK YOU TO HILTON-DIMINICK  
ORTHODONTIC ASSOCIATES FOR  
SPONSORING HIGH SCHOOL BASKETBALL  
AND GIRLS' LACROSSE!**

## SWIM, SPORTS & PLAY

### GYM 'N SWIM

Gym 'N Swim is back! Bring your kids ages 3-kindergarten for an hour and 15 minutes of fun while you get in a good workout or have time to run errands. Children will participate in organized, age-appropriate games and activities in the Multipurpose Room from 9:45-10:30am followed by a 30-minute swim lesson taught by our qualified staff. **PLEASE NOTE: Space is limited to 8 per session.**

Ages: 3 years old through kindergarten  
Fees: Members = \$50 / Non-Members = \$80  
Sessions: Mondays, January 8-29, 2024  
Wednesdays, January 10-31, 2024  
Schedule: 9:45-11am  
Contact: Tara Young at 717-243-2525 ext 210  
or tyoung@carlislefamilyymca.org

### INDOOR PRESEASON SOCCER TRAINING

This program is open to all soccer players to help them get back in soccer shape for the spring season. The camp will be run by Sports Director Kelly Tyrrell and will focus on improving individual skills, agility and quickness and teamwork. Kelly was a 4-year starting goalkeeper at Colgate University. Over the course of her career she was named 1st Team All-Conference, a Regional All-American and the Patriot League Defensive Player of the Year. She served as an assistant coach at Colgate for six years and then was the Dickinson College head coach for 10 years. Participants also will perform a variety of fast-paced drills and small-sided game play each week. **Space is limited to 20 players so register early!**

Ages: Boys and girls ages 8-13 (limited to 20)  
Fees: Members = \$50 / Non-Members = \$60  
Session: January 28 - March 3, 2024 (skip 2/18)  
Schedule: Sundays from 10:15-11:15am  
Location: Basketball Gymnasium  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or ktyrrell@carlislefamilyymca.org

### 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!

Who: Girls in grades 6-8  
Fees: Members = \$45 / Non-Members = \$60  
Session: February 5-14, 2024  
Schedule: Mondays and Wednesdays from 5-6:30pm  
Location: Multipurpose Room  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or ktyrrell@carlislefamilyymca.org



## SWIM, SPORTS & PLAY

### CAYS TRAVEL SOCCER

Travel soccer is for ages 7-15, 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 higher level of competition. Practices begin in March and are held twice a week. Games run April through June, with half of the games played in Carlisle and the other half away. **Please note that the fundraiser is required for all participants and the fee will be collected at the time of registration (unless you already paid or participated during the Fall 2023 season).** This fee can be refunded upon completion of the fundraiser. **Additional fees (i.e. uniforms, team training, tournament fees) also could be required.**

**PLEASE NOTE: February 11, 2024 is the deadline to register.**

Ages:	7-15 years old
Fees* (U9-U11):	Members = \$120 / Non-Members = \$140
Fees* (U12 & up):	Members = \$135 / Non-Members = \$155
	Tournament Team = \$20
Season:	March - June 2024
Location:	George B. Stuart Athletic Fields 1213 Rockledge Drive, Carlisle
Contact:	Kelly Tyrrell at 717-243-2525 ext 225 or ktyrrell@carlislefamilyymca.org

\*A \$25 late fee will be added beginning Friday, January 26, 2024.

**THANK YOU TO HILTON-DIMINICK  
ORTHODONTIC ASSOCIATES  
FOR SPONSORING CAYS SOCCER!**

### SPRING STROKE CLINIC

This program is designed for the more serious swimmer who would like to get a head start on the upcoming swim season. Swimmers who are ages 9-10 will focus on technique work and drills. Participants age 11 and up will work on endurance conditioning and drills to improve the four competitive strokes according to their ability. Participants must have at least one season of competitive swimming experience.

Ages:	Competitive swimmers ages 9 and up
Fees:	Members = \$150 / Non-Members = \$200
Session:	April 8 - May 23, 2024
Schedule:	Mondays / Wednesdays / Thursdays from 4-5pm
Contact:	Tara Young at 717-243-2525 ext 210 or tyoung@carlislefamilyymca.org

## SWIM, SPORTS & PLAY

### CAYS REC SOCCER

Rec soccer is designed to introduce beginner players to 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. **Please note that the fundraiser is required for all participants and the fee will be collected at the time of registration (unless you already paid or participated during the Fall 2023 season).** This fee can be refunded upon completion of the fundraiser. **PLEASE NOTE: March 3, 2024 is the deadline to register for CAYS Rec Soccer.**

Ages:	4-12 years old
Fees* (ages 4-6):	Members = \$80 / Non-Members = \$100
Fees* (ages 7-12):	Members = \$100 / Non-Members = \$120
Season:	March - June 2024
Evaluations:	Week of March 11, 2024
Practice Begins:	Week of March 18, 2024
Games Begin:	TBD
Location:	George B. Stuart Athletic Fields 1213 Rockledge Drive, Carlisle

\*A \$15 late fee will be added beginning Friday, February 23, 2024.

### SAFETY AROUND WATER

This 4-day free swim lesson program includes water safety skills in addition to basic swim instruction. At the completion of the program participants will receive a certificate, T-shirt and goodie bag. **BACK THIS YEAR: Participants will receive dinner at the end of each evening!**

**PLEASE NOTE: This program is intended for children who have never had the opportunity to participate in swim lessons for financial reasons.**

Ages:	5-11 years old
Fee:	FREE!!!
Session:	April 29 - May 2, 2024
Schedule:	Monday-Thursday from 6-6:45pm
Location:	Indoor Pool
Contact:	Tara Young at 717-243-2525 ext 210 or tyoung@carlislefamilyymca.org

**THANK YOU TO MICHAEL PASQUARETT  
FOR SPONSORING SAFETY  
AROUND WATER!**

# YOUTH DEVELOPMENT

## SWIM LESSON SELECTOR

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



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



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



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



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

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

### FOR WHAT STAGE IS THE STUDENT READY?

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

**NOT YET**

**A/ SWIM STARTERS**

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

**NOT YET**

**B/ PARENT / SWIM BASICS 1**

Will the student voluntarily go under water?

**NOT YET**

**1/ WATER ACCLIMATION**

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

**NOT YET**

**2/ WATER MOVEMENT**

Can the student swim 10-15 yards on his / her front and back?

**NOT YET**

**3/ WATER STAMINA**

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

**NOT YET**

**4/ STROKE INTRODUCTION**

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

**NOT YET**

**5/ STROKE DEVELOPMENT**

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

**NOT YET**

**6/ STROKE MECHANICS**

\*At the Y we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents or any other type of parenting relationship.

## SWIM, SPORTS & PLAY

### Y SWIM LESSONS

One of the most effective ways the Y has nurtured potential and united communities across America to create lasting, meaningful change is to teach youth, teens and adults to swim. Learning to swim helps everyone stay safe around water and learn the skills they need to make swimming a lifelong pursuit for staying healthy. We believe swim lessons provide important life skills that could save a life and will benefit students for a lifetime.

Fees:	Members = \$50 / Non-Members = \$80
Sessions:	Dec 5, 6, 7, 12, 13 & 14, 2023 January 6-27, 2024 February 3-24, 2024 March 2-23, 2024 April 6-27, 2024

**PLEASE NOTE: THE CHILD MUST BE A Y MEMBER IN ORDER TO GET THE REDUCED MEMBER RATE.**

### SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit—and jump, push, turn, grab. Students are taught the recommended skills to have around water including safe water habits, underwater exploration and how to swim to safety and exit in the event of falling into a body of water. Activities, games and drills to reinforce learning are utilized heavily as students progress in this skill-based approach to swimming.

Stages:	1-3 (see page 10)
Schedule:	Levels 1-2: Mon & Wed from 6:30-7pm OR Tues & Thurs from 6:30-7pm Level 3: Mon & Wed from 7-7:30pm OR Tues & Thurs from 7-7:30pm Levels 1-3: Saturdays from 10-10:45am
December only:	Levels 1-2: Tues/Wed/Thurs from 6:30-7pm Level 3: Tues/Wed/Thurs from 7-7:30pm

### SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity. Swimmers are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

Stages:	4-6 (see page 10)
Schedule:	Mon & Wed from 7-7:30pm OR Tues & Thurs from 7-7:30pm OR Saturdays from 10:45-11:30am
December only:	Tues/Wed/Thurs from 7-7:30pm

## SWIM, SPORTS & PLAY

### SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision. Space is limited so sign up early!

Ages:	6-36 months old with 1 adult
Fees:	Members = \$50 / Non-Members = \$80
Sessions:	January 6-27, 2024 February 3-24, 2024 March 2-23, 2024 April 6-27, 2024
Schedule:	Saturdays from 10-10:45am

### PARENT / SWIM BASICS LEVEL 1 LESSONS

Do you have a beginner level swimmer who is too old for the Swim Starters class, but isn't quite ready for Swim Basics lessons all on his / her own? If so, this is the perfect class for your child and you. The class will be the same as Level 1 lessons, but you can be in the water to assist your child. Space is limited so sign up early!

Ages:	3 years old and up with 1 adult
Fees:	Members = \$50 / Non-Members = \$80
Sessions:	January 6-27, 2024 February 3-24, 2024 March 2-23, 2024 April 6-27, 2024
Schedule:	Saturdays from 10:45-11:30am

### 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) swim 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.

#### PRIVATE / SEMI-PRIVATE\* SWIM LESSON FEES

Category	Member Fee	Non-Member Fee
1/2 Hour Session	\$26 / \$34	\$32 / \$42
5 Lessons	\$125 / \$165	\$155 / \$205
10 Lessons	\$240 / \$320	\$300 / \$400

\*Semi-Private rates are per session NOT per student

#### Swim Lesson Questions? Contact

**TARA YOUNG, AQUATICS DIRECTOR**

717-243-2525 ext 208 | [tyoung@carlislefamilyymca.org](mailto:tyoung@carlislefamilyymca.org)

# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY



### NEW PROGRAM!!!

#### YOUTH FITNESS CLASSES

You asked for it and we are happy to now offer youth fitness classes to members ages 11-18! Our Group Fitness Department will teach a variety of classes twice a week. Offerings will range from Street Jazz, where Katie will break down a TikTok dance with an opportunity to film it at the end of class, to a variety of classes with a strength and conditioning focus, to yoga and pilates. Over the next couple of months, show up, try a class and let us know what you think!

**PLEASE NOTE: These classes are for Y members ages 11-18 only. They are not parent/child or family classes.**

Who: Ages 11-18

Schedule: **Wednesdays from 4:15-5pm**

Street Jazz TikTok breakdown with Katie

**Thursdays from 4:15-5pm**

Strength & Conditioning Rotation

Fees: **FREE!!!** for Y members only

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

## CAMP

### COMING SOON!!!

#### CAMP THOMPSON RESIDENT CAMP EARLY BIRD REGISTRATION

Already know what weeks your kids are going to Camp Thompson this summer? Sign them up for Resident Camp in February and you can save money!

**FEBRUARY 1-29, 2024**

**MEMBERS = \$325 / WEEK**

**NON-MEMBERS = \$375 / WEEK**

**AND NO REGISTRATION FEE!**

ALL CAMP REGISTRATION OPENS MARCH 1, 2024.

MORE INFORMATION WILL BE AVAILABLE IN FEBRUARY.

### HARRISBURG HEAT TEAMS UP WITH CAYS

We are excited about the partnership between Carlisle Area Youth Soccer and the Harrisburg Heat! The Harrisburg Heat is a professional soccer team that plays in the Major Arena Soccer League. Players and coaches from the Heat come to the George B. Stuart Athletic Fields in Carlisle to work with CAYS Travel & Rec teams and players. Here is a sampling of what is offered to our CAYS teams, players and coaches:

- Goalkeeper Clinics
- Footwork Clinics
- Finishing Clinics
- Coaches Clinics

Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or ktyrrell@carlislefamilyymca.org



# HOST YOUR NEXT PARTY AT THE Y!

The Carlisle Family YMCA offers a variety of ways to make your child's party special. No longer just for birthdays, these party packages turn any day into a fun occasion. We can provide a unique location and entertainment that your child and guests are sure to enjoy. Just bring the decorations and foods you know your child will love and it's sure to be a day he or she will remember forever!

## PARTY OPTIONS

- ▶ **Pool Party**
- ▶ **Pool Inflatables Party**
- ▶ **NERF® Games Party**
- ▶ **Inflatable Obstacle Course Party**
- ▶ **Camp Thompson Party**



## PARTY GUIDELINES

- ▶ All parties must be booked at least 2 weeks in advance.
- ▶ All parties require a refundable security deposit (\$50 for Y members & \$100 for non-members). The security deposit and party fee must be paid at least 1 week in advance of the party date.

### POOL PARTY

This classic package includes private use of our indoor pool after hours on Saturday or Sunday for up to 90 minutes and use of the party room for up to 30 minutes.

**Fees:** Members = \$250 / Non-Members = \$300

### POOL INFLATABLES PARTY

This package includes private use of our indoor pool after hours on Saturday or Sunday including our pool inflatables for up to 2 hours. You also can spend part of the 2 hours in the party room, if desired.

**Fees:** Members = \$325 / Non-Members = \$400

(Pool party prices listed are for up to 25 kids. Add \$15 for every 10 kids above 25.)

### NERF® GAMES PARTY

This package includes a 75-minute NERF® Games battle and up to 30 minutes in the party room. NERF® guns are provided or you can bring your own. (Prices listed are for up to 20 kids.)

**Fees:** Members = \$200 / Non-Members = \$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 party room, if desired. (Prices listed are for up to 25 kids.)

**Fees:** Members = \$225 / Non-Members = \$300

**Contact:** Tara Young at 717-243-2525 ext 210 or [tyoung@carlislefamilyymca.org](mailto:tyoung@carlislefamilyymca.org)

### CAMP THOMPSON PARTY

Camp Thompson is the perfect setting for your next birthday party, wedding reception, 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 are available. (Price listed is for up to 15 people.)

**4-hour rental:** \$300

(Includes two 1-hour activities. Choose from canoeing, slingshots, archery, paintball, team games/gaga)

**Contact:** Brittany Rose at 717-243-2525 ext 208 or [brose@carlislefamilyymca.org](mailto:brose@carlislefamilyymca.org)



## TABLE OF CONTENTS

Adult Private & Semi-Private Swim Lessons . . . . .	19	Lifeguard Training Practice Sessions . . . . .	19
Beginner Pickleball Lessons . . . . .	20	Masters Swimming . . . . .	21
Bipp's Barntique Craft Night . . . . .	22	NASM / AFFA Partnership . . . . .	16
CPR & First Aid Training . . . . .	18	Noon-Time Hoops . . . . .	21
Egg Hunt in the Pool . . . . .	15	Personal Training . . . . .	17
EGYM Smart Strength Training . . . . .	23	Pickleball Tournament . . . . .	20
Family Fitness & Fun Friday . . . . .	15	Racquetball Challenge Ladder . . . . .	21
Healthy Family Home Series . . . . .	15	Rentals . . . . .	22
Henninger Physical Therapy . . . . .	20	Rocky Room . . . . .	19
InBody Body Composition Analyzer . . . . .	20	Strengthening Families Program . . . . .	15
Indoor Pickleball . . . . .	20	Tree of Lights Tree Lighting & Holiday Party . . . . .	15
Intro to Racquetball . . . . .	21	Water Fitness Classes . . . . .	19
Iron Y Challenge . . . . .	21	Workout & Win Punch Card Contest . . . . .	16
LaBlast Splash Instructor Certification . . . . .	19	Y-Tri Indoor Sprint Triathlon . . . . .	21
Land Fitness Group Exercise Classes . . . . .	16	YMCA360 . . . . .	22
Lifeguard Training & Recertification . . . . .	18		

## FAMILY TIME

### TREE OF LIGHTS TREE LIGHTING & HOLIDAY PARTY

Join us as we flip the switch on the Tree of Lights for the entire community to enjoy this holiday season! Then enjoy some yummy cookies and milk and fun holiday crafts and activities for the whole family. And you don't want to miss the chance to get your picture taken with the Grinch!

**We're also collecting new, unwrapped toys for Toys 4 Tots as well as new and gently used winter coats, hats, gloves and scarves for Community Aid. Everyone who brings a toy or clothing item gets an entry into a drawing for a Y Prize Pack!**

Ages: All ages welcome  
Date: Friday, December 1, 2023  
Schedule: 5-7pm  
Contact: Amanda Cornwell at 717-243-2525 ext 203  
or acornwell@carlislefamilyymca.org

### EGG HUNT IN THE POOL

Come to the pool to experience our unique twist on the traditional egg hunt! **Parents of children 6 and under must be in the pool with their children.** Extra staff will be on deck and in the pool. In addition, we will keep the pool open for recreational swim until 2pm for all participants and their family members to enjoy. **All participants should wear a bathing suit and bring a towel and container for the eggs they collect. Goggles are optional. No water wings are permitted.**

Ages: Kids of all ages  
Fees: FREE!!!  
Date: Saturday, March 23, 2024  
Schedule: **Choose:** 12-12:30pm, 12:30-1pm or 1-1:30pm  
Space limited to 50 kids for each session  
Contact: Tara Young at 717-243-2525 ext 210  
or tyoung@carlislefamilyymca.org

### HEALTHY FAMILY HOME SERIES

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.

We offer various events targeted to increase awareness and opportunities for these pillars of health. Every activity is fun for the whole family!

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

**THANK YOU TO THE TUCKEY COMPANIES  
FOR SPONSORING THE HEALTHY  
FAMILY HOME SERIES!**

## FAMILY TIME

### STRENGTHENING FAMILIES PROGRAM

The Cumberland-Perry Drug & Alcohol Commission will be holding another 7-week Strengthening Families Program (10-14) at our Y this winter. This is a free evidence-based program that has shown to improve family dynamics and prevent youth from participating in risk-taking behavior such as substance abuse. A free evening meal and childcare for children under 10 is provided each week. Sign up to learn how to:

- support your youth in resisting negative peer pressure
- improve family communication
- help your youth do better in school

**REGISTRATION IS REQUIRED.** Use the contact information below for any questions and to register.

Ages: Youth ages 10-14 **AND** their parents / caregivers  
Fees: FREE!!!  
Session: February 8 - March 21, 2024  
(3/28 is a makeup date, if needed)  
Schedule: Thursdays from 5:30-8pm  
Contact: cumberlandperrydanda@cumberlandcountypa.gov  
or 717-240-6300

## SAVE THE DATE!!!

### FAMILY FITNESS & FUN FRIDAY

We have a fun night planned for Carlisle Family YMCA members of all ages. Some of the evening's activities will include family group exercise classes, NERF® Games, Pickleball, Rec Swimming with our super fun pool inflatables, free food and more!

Mark the date on your calendar now. More details and a full schedule of events will be announced closer to the time.

Who: Carlisle Family YMCA Members  
Date: Friday, February 23, 2024  
Schedule: 6-8pm  
Fee: FREE!!!  
Contact: Michelle Bell at 717-243-2525 ext 220  
or mbell@carlislefamilyymca.org

**THANK YOU TO THE TUCKEY COMPANIES  
FOR SPONSORING FAMILY FITNESS  
& FUN FRIDAY!**

# HEALTHY LIVING

## HEALTH, WELL-BEING & FITNESS

### LAND FITNESS GROUP EXERCISE CLASSES

By offering more than 80 group exercise classes each week, the Y is sure to have a class that meets your needs and leads 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 small sampling of the many classes we offer in our three brand new fitness studios and the Functional Fitness Center:

- Les Mills BODYCOMBAT™
- Les Mills BODYATTACK™
- Les Mills CORE™
- Power Cycling
- Yoga
- Tai Chi
- Pilates
- TRX Suspension Training®
- Senior Wellness
- Gyrotonics
- Restorative Sound Bath
- Les Mills BODYPUMP™
- Les Mills SPRINT™
- Les Mills GRIT™
- R.I.P.P.E.D.™
- Meditation
- Zumba®
- VeraFlow
- Barre Above®
- Qigong
- LaBlast Fitness

## WORKOUT&WIN

LAND GROUP EXERCISE PUNCH CARD CONTEST

### CONTEST RULES:

1. Get a punch card from any land group fitness instructor and print your name on it. Present it to your instructor following every class you take for a punch.
2. Once your card is filled with 8 punches, put it in the jar in Studio A, B or C to be entered for that month's prize drawing. You can drop in as many cards as you can fill each month.
3. Winners will be drawn and notified the first week of each month.

**MONTHLY WINNERS GET \$50 IN LOVEBUCKS TO USE AT DOWNTOWN CARLISLE SHOPS AND RESTAURANTS!**

## HEALTH, WELL-BEING & FITNESS

### NEW CLASSES!!!

#### RESTORATIVE SOUND BATH

Sound bath is a variation of meditation that includes the use of crystal bowls & other sound-making objects to help create a calm, relaxing environment. Appropriate for all levels & abilities. Participants will sit comfortably in a chair or on a mat to experience the restorative benefits of this class. Allow your mind to rest & ease any stress or tightness in your body as you settle in.

#### LABLAST FITNESS

Ballroom dance partner free. This interval-based workout offers modifications, weight training & a playlist that covers all genres. LaBlast introduces students to the true skill & essences of over 12 different dances around the world including swing, tango & quickstep.

#### GYROTONICS

The next big thing in wellness to increase spinal mobility with movement of the body through circular sequences & patterns. The class incorporates movements that flow into the next, allowing the joints to move through a natural range of motion without jarring or compression. Its sequencing creates balance, efficiency, strength & flexibility. Class will be instructed standing, seated & on a mat. <<Class will be back in Jan>>

#### TGA SIGNATURE BARRE

Develop core awareness while toning, lifting & lengthening your muscles from inside out. A perfect blend of traditional ballet positions, endurance training & mat Pilates will improve your overall physique & center your mind. Benefits include a full body toning, a strengthened core & increased energy.

#### NASM / AFAA PARTNERSHIP

The Carlisle Family YMCA is proud to partner with two outstanding, accredited and nationally recognized certification organizations — the National Academy of Sports Medicine (NASM), which certifies personal trainers, and the Athletics and Fitness Association of America (AFAA), which certifies group exercise instructors. With this partnership, both organizations offer deep discounts to our current or potentially employed trainers and instructors to obtain highly recognized certifications in the health and wellness field as well as continuing education credits to keep their certifications active. If you are interested in becoming a trainer or group exercise instructor or are looking for more affordable ways to obtain accredited CECs, contact Health & Wellness Director Jay Cattron at [jcattron@carlislefamilyymca.org](mailto:jcattron@carlislefamilyymca.org).



## HEALTH, WELL-BEING & FITNESS

### PERSONAL TRAINING (EXCLUSIVELY FOR Y MEMBERS)

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:

#### Katie Arostegui

Email: [katie@thegracefulathlete.com](mailto:katie@thegracefulathlete.com)

#### Gil Bucher

Email: [pgbuch@hotmail.com](mailto:pgbuch@hotmail.com)  
Phone: 717-580-2665

#### Deb Denlinger

Email: [lastarrowranch@gmail.com](mailto:lastarrowranch@gmail.com)  
Phone: 717-636-8553

#### Derek Farris

Email: [derek.farris@gmail.com](mailto:derek.farris@gmail.com)  
Phone: 717-386-5531

#### Jim Mader

Email: [maderjim@yahoo.com](mailto:maderjim@yahoo.com)  
Phone: 717-385-6927

#### Lea Nadler

Email: [CPTNadler@icloud.com](mailto:CPTNadler@icloud.com)

Ages:	13 years old and up
Member Fee:	Contact the trainer for rates
Schedule:	By appointment
Contact:	Jay Cattron at 717-243-2525 ext 230 or <a href="mailto:jcattron@carlislefamilyymca.org">jcattron@carlislefamilyymca.org</a> or contact the trainer directly

## HEALTH, WELL-BEING & FITNESS

### PERSONAL TRAINING PACKAGES

You can buy individual sessions or purchase a 4-, 8- or 12-pack of sessions for a discounted price per session.

#### INDIVIDUAL SESSIONS

# of sessions	60 minutes	30 minutes
1 session	\$50	\$35
4 sessions	\$180	\$120
8 sessions	\$320	\$200
12 sessions	\$420	\$240

#### BUDDY SESSIONS (2 PEOPLE)

# of sessions	60 minutes	30 minutes
1 session	\$65	\$50
4 sessions	\$240	\$180
8 sessions	\$440	\$320
12 sessions	\$600	\$420

Contact the personal trainer of your choice to schedule a personal training session.

**LAP SWIMMING IS A GREAT  
ALTERNATIVE TO YOUR REGULAR  
WORKOUT! AT LEAST ONE LAP LANE  
IS ALWAYS AVAILABLE.  
PLEASE SHARE A LANE  
WHEN NECESSARY!**

# HEALTHY LIVING

## HEALTH, WELL-BEING & FITNESS

### CPR & AED CLASS

Get certified to perform CPR on an adult, child & infant and be prepared to effectively respond in an emergency situation. And get trained to use an Automatic External Defibrillator (AED). **These are blended learning classes. You will get a link for the online portion of the class with a deadline to complete everything. In-class skill work will be scheduled & tested on the dates listed below.** Certification is through the American Red Cross and is valid for two years.

Ages: 12 years old and up  
Fees: Members = \$60 / Non-Members = \$80  
Y Staff Fee: FREE (contact your supervisor to schedule)  
December Session: **Registration** – closes December 12, 2023  
**Online training** – December 13-19, 2023  
**In-person skill work & test** – week of Dec 20  
January Session: **Registration** – closes January 14, 2024  
**Online training** – January 15-21, 2024  
**In-person skill work & test** – week of Jan 22  
February Session: **Registration** – closes February 18, 2024  
**Online training** – February 19-25, 2024  
**In-person skill work & test** – week of Feb 26  
March Session: **Registration** – closes March 18, 2024  
**Online training** – March 19-24, 2024  
**In-person skill work & test** – week of March 25  
April Session: **Registration** – closes April 14, 2024  
**Online training** – April 15-21, 2024  
**In-person skill work & test** – week of April 22  
Contact: Tara Young at 717-243-2525 ext 210  
or tyoung@carlislefamilyymca.org

### CPR, AED & FIRST AID CLASS

This class combines CPR/AED with First Aid Training. **These are blended learning classes. You will get a link for the online portion of the class with a deadline to complete everything. In-class skill work will be scheduled & tested on the dates listed below.** Certification is through the American Red Cross and is valid for two years.

Ages: 12 years old and up  
Fees: Members = \$75 / Non-Members = \$95  
January Session: **Registration** – closes January 2, 2024  
**Online training** – January 3-7, 2024  
**In-person skill work & test** – week of Jan 8  
February Session: **Registration** – closes February 4, 2024  
**Online training** – February 5-11, 2024  
**In-person skill work & test** – week of Feb 12  
April Session: **Registration** – closes March 31, 2024  
**Online training** – April 1-7, 2024  
**In-person skill work & test** – week of April 8  
Contact: Tara Young at 717-243-2525 ext 210  
or tyoung@carlislefamilyymca.org

## HEALTH, WELL-BEING & FITNESS

### LIFEGUARD TRAINING

This comprehensive Lifeguard, CPR for the Professional Rescuer, First Aid & AED class will prepare you for employment as a lifeguard. **These are blended learning classes. You will get a link for the online portion of the class with a deadline to complete everything. In-water skills will be tested on the dates listed below.** You must be able to complete a 300-yard swim non-stop using freestyle and breaststroke and one other timed swimming test to participate in the class. Please be sure to bring a swim suit and towel and your personal pocket mask to all in-person sessions. If you do not have a personal pocket mask, you must purchase one at the time of registration. Participants must 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  
Fees: Members = \$160 / Non-Members = \$200  
CPR Mask: \$14 (mandatory)  
Session 1: **Registration** – closes March 10, 2024  
**Online training** – March 11-17, 2024  
**In-person training and testing** – March 18, 20, 25 & 27 from 5-6:30pm  
Session 2: **Registration** – closes March 31, 2024  
**Online training** – April 1-7, 2024  
**In-person training and testing** – April 8, 10, 15 & 17 from 5-6:30pm  
Session 3: **Registration** – closes May 5, 2024  
**Online training** – May 7-12, 2024  
**In-person training and testing** – May 13, 15, 20 & 22 from 5-6:30pm  
Contact: Tara Young at 717-243-2525 ext 210  
or tyoung@carlislefamilyymca.org

### LIFEGUARD 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 lifeguard whose certification is about to expire  
Fees: Members = \$70 / Non-Members = \$95  
CPR Mask: \$14 (if needed)  
Sessions: Sunday, March 10, 2024  
Sunday, April 21, 2024  
Sunday, May 5, 2024  
Sunday, May 19, 2024  
Schedule: 10am-1pm  
Contact: Tara Young at 717-243-2525 ext 210  
or tyoung@carlislefamilyymca.org

## HEALTH, WELL-BEING & FITNESS

### NEW PROGRAM!!!

#### LIFEGUARD TRAINING PRACTICE SESSIONS

Are you planning to get certified as a lifeguard, but want to work on your in-water skills first? Sign up for as many of the sessions below as you want to prepare for the American Red Cross Lifeguard Trainings on page 18. We will work on freestyle, breaststroke, treading water and building endurance so you can pass the prerequisites. **PLEASE NOTE: Each session is limited to 8 participants.**

Who: 15 years old and up  
Fees: Members = \$10 / session  
Non-Members = \$15 / session  
Sessions: January 22, 2024  
January 29, 2024  
February 12, 2024  
February 26, 2024  
March 4, 2024  
March 11, 2024  
April 1, 2024  
April 15, 2024  
Schedule: 6:30-7:30pm  
Contact: Tara Young at 717-243-2525 ext 210  
or tyoung@carlislefamilyymca.org

#### 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.

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

#### PRIVATE / SEMI-PRIVATE\* SWIM LESSON FEES

Category	Member Fee	Non-Member Fee
1/2 Hour Session	\$26 / \$34	\$32 / \$42
5 Lessons	\$125 / \$165	\$155 / \$205
10 Lessons	\$240 / \$320	\$300 / \$400

\*Semi-Private rates are per session NOT per student

## HEALTH, WELL-BEING & FITNESS

#### ROCKY ROOM

The Rocky Room on the 2nd floor has a heavy bag, speed bag and gloves available for members ages 13 and up. Stop at the Welcome Center to sign out the key. No more than 2 people can use the Rocky Room at a time. If 2 people are in the room at the same time, the person who originally signed out the key must return it to the Welcome Center. The person who signs out the key is responsible for the condition of the room and will be held responsible if something is damaged or stolen. Be sure to clean up, turn off the lights, lock the room and return the key to the Welcome Center when you are done.

Ages: 13 years old and up  
Fee: FREE!!!  
Hours: Open during normal business hours, closing 30 minutes before the building closes  
Contact: Jay Cattron at 717-243-2525 ext 230  
or jcattron@carlislefamilyymca.org

#### 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 must pre-register for all classes through the schedule on our website or mobile app. Water fitness classes are for all members age 13 and up. Here is a sampling of our current classes:

- Wet 'N Wild
- Arthritis Water Exercise
- LaBlast Splash **\*NEW\***
- Aqua Dance Conditioning **\*NEW\***

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

### NEW PROGRAM!!!

#### LABLAST SPLASH INSTRUCTOR CERTIFICATION

We are excited to have LaBlast Splash trainer Megan Cooperman coming to our Y! **PLEASE NOTE: We must get at least 5 participants to run this training.**

Who: 18 years old and up  
Fees: Early Bird = \$199  
Full Price (starting 1/21/24) = \$249  
Session: Sunday, February 4, 2024  
Schedule: 8:30am-5pm  
Register: Online at lablastfitness.com  
Contact: Tara Young at 717-243-2525 ext 210  
or tyoung@carlislefamilyymca.org

# HEALTHY LIVING

## HEALTH, WELL-BEING & FITNESS

### INBODY 570 BODY COMPOSITION ANALYZER

Step off the old school scale and hop onto InBody. This 45-second full body BMI scan will not only give you weight, but also several other outputs like Body Composition, Muscle – Fat Analysis and Water Weight. This analyzer does not use empirical estimations based on age, sex, ethnicity or body type. Instead, Direct Segmental Multi-Frequency BIA technology measures body segments separately for an accurate analysis based on your unique body.

Before even stepping on the InBody analyzer, we recommend downloading the InBody App. You can start by just stepping on the InBody, but the process is significantly more involved. Scan the QR code below for links to download the app first.



Once downloaded, open the app and follow the prompts to set up your account. After completing the activation process, you are ready for your first scan. The InBody is located in the Cardio section of the Wellness Center beside the traditional scale. Step on the InBody and follow the on-screen prompts.

After your scan is completed, you will see some basic stats on the screen. For more detailed data, go into your app and refresh it and click on the "Details" tab. You also have the option to set goals within the app.

For more information about InBody, contact Health & Wellness Director Jay Catron at 717-243-2525 ext 208 or [jcatron@carlislefamilyymca.org](mailto:jcatron@carlislefamilyymca.org).

### HENNINGER PHYSICAL THERAPY

We are proud to partner with Henninger Physical Therapy! They are a family-owned and operated Orthopedic and Pelvic Health Physical Therapy practice dedicated to getting you back to the things you love. Henninger Physical Therapy provides individualized, one-on-one physical therapy care through 60-minute sessions where you are with the same Certified Orthopedic Clinical Specialist every visit. Learn what you can do today to start taking charge of your health and make positive lifestyle changes. Whether you have aches, pains or an acute injury – contact them today to book an appointment.

Therapists: Dr. Mat Henninger, PT, DPT, OCS  
Dr. Angelina Henninger, PT, DPT, OCS  
Phone: 717-462-7606  
Email: [henningerpt@gmail.com](mailto:henningerpt@gmail.com)  
Hours: By appointment only  
Location: Beside the elevator on the 1st floor of the Y

## SPORTS & RECREATION

### BEGINNER PICKLEBALL LESSONS

Are your friends raving about Pickleball and you want to get in on the fun? Sign up for lessons and learn the basics and rules of the game. Limited to 8 people per session. We must have at least 2 registered to run each session. **PLEASE NOTE: Registration is required – no drop-ins allowed!**

Who: 18 years old and up  
Fees: Members = FREE!!!  
Sessions: Tuesday, February 13, 2024  
Tuesday, February 20, 2024  
Tuesday, February 27, 2024  
Schedule: 5:30-6:45pm  
Location: Multipurpose Room  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or [ktyrrell@carlislefamilyymca.org](mailto:ktyrrell@carlislefamilyymca.org)

### PICKLEBALL TOURNAMENT

Our Pickleball Tournament is back for 2024! Two-person mixed doubles teams can compete in the Intermediate or Advanced divisions and are guaranteed at least 4 games. The tournament is limited to 8 teams per division and is a round robin format with semi-final and championship rounds. **PLEASE NOTE: Teams MUST have 1 male and 1 female.** Registration ends January 14, 2024.

Ages: 18 years old and up  
Member Fee: \$40 (at least 1 person is a Y member)  
Non-Member Fee: \$50  
Date: Sunday, January 21, 2024  
Schedule: 10am-6pm  
Location: Carlisle Family YMCA Gymnasium  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or [ktyrrell@carlislefamilyymca.org](mailto:ktyrrell@carlislefamilyymca.org)

### INDOOR PICKLEBALL

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 open play is for Carlisle Family YMCA members only.** Come experience the excitement of this fun sport!

Who: Members ages 18 years old and up  
Fees: Members = FREE!!!  
Session: December 2023 – April 2024  
Schedule: Sundays – 4-5:30pm (MPR)  
Mondays – 12-2pm (MPR)  
Tuesdays & Thursdays – 5-10am (Gym)  
Wednesdays – 12-2pm & 7:45-8:30pm (MPR)  
Locations: Multipurpose Room and Basketball Gymnasium  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or [ktyrrell@carlislefamilyymca.org](mailto:ktyrrell@carlislefamilyymca.org)



## SPORTS & RECREATION

### IRON Y CHALLENGE

If you are looking for a fun way to challenge yourself, sign up for our Iron Y Challenge! Participants can register to swim 25 miles, run or walk 60 miles and bike 120 miles—or you can sign up for each of the disciplines individually. Participants track their progress on the windows of the Multipurpose Room in the main hallway. Tally the miles you ride in power cycling classes or on bikes in the Wellness Center, miles you run outside and on our treadmills and yards you swim in our pool. Then sign up for the **Y-Tri Indoor Sprint Triathlon** to finish off your miles on the final day of the challenge. Prizes are awarded to everyone who completes the swim, run and/or walk and everyone who finishes all three also gets a finisher shirt.

Who: All ages  
Session: November 23, 2023 – February 25, 2024  
Fees: Swim, Bike or Run/Walk = \$10 each  
Swim Bike and Run/Walk = \$25  
Contact: Tara Young at 717-243-2525 ext 210  
or [tyoung@carlislefamilyymca.org](mailto:tyoung@carlislefamilyymca.org)

### Y-TRI INDOOR SPRINT TRIATHLON

It's not too soon to start training for the Y's 15th annual Indoor Sprint Triathlon. Participants over 19 will swim 800 yards in our indoor pool, bike 12 miles on our power cycles and run a 5K on our 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 are not counted; only the time elapsed to finish the events. Each participant receives a 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! **Participants must be registered by Thursday, February 8, 2024 to guarantee a shirt.**

Ages: 10 years old and up  
Individual Fees: Members = \$40 / Non-Members = \$55  
Relay Fee: \$75  
Date: Sunday, February 25, 2024  
Contact: Jay Cattron at [jcattron@carlislefamilyymca.org](mailto:jcattron@carlislefamilyymca.org)  
or 717-243-2525 ext 230

**THANK YOU TO FREY & TILEY  
ATTORNEYS-AT-LAW; DAILY EXPRESS,  
INC.; AND THE DAVE HOOKE TEAM –  
KELLER WILLIAMS OF CENTRAL PA  
FOR SPONSORING THE Y-TRI!**

## SPORTS & RECREATION

### RACQUETBALL CHALLENGE LADDER

Looking for more competition in your life? Looking for ways to meet new players and play more often? We'll look no further than the Carlisle Racquetball Challenge Ladder!

You can register for this event online at [R2sports.com](https://R2sports.com) starting December 15. The event will run January 2 – March 31, 2024. You can join anytime throughout the event and play as much or as little as you choose. Visit our website for more information.

Contact: Jay Cattron at 717-243-2525 ext 230  
or [jcattron@carlislefamilyymca.org](mailto:jcattron@carlislefamilyymca.org)

### INTRO TO RACQUETBALL

If you are interested in learning how to play racquetball, we have a USA Racquetball certified instructor who would love to introduce you to this exciting and fast-paced game! Reach out to Health & Wellness Director Jay Cattron today to get started.

Contact: Jay Cattron at 717-243-2525 ext 230  
or [jcattron@carlislefamilyymca.org](mailto:jcattron@carlislefamilyymca.org)

### MASTERS SWIMMING

Masters refers to age, not expertise! All levels are welcome and you do not need to compete to join. Coach Gary Shank is on deck to provide workouts and give you feedback and encouragement. Participants pay monthly to participate. Can't train the whole month? Walk-ins are welcome. Just register and pay the daily walk-in rate online first.

Ages: 19 years old and up  
Monthly Fees: Members = \$35 / Non-Members = \$70  
Walk-Ins: \$10 / day  
Schedule: Monday / Wednesday / Friday from 5:30–7am  
Dates: Now through May 17, 2024  
Contact: Tara Young at 717-243-2525 ext 210  
or [tyoung@carlislefamilyymca.org](mailto:tyoung@carlislefamilyymca.org)

### NOON-TIME HOOPS (EXCLUSIVELY FOR Y MEMBERS)

Do you 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: Basketball Gymnasium  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or [ktyrrell@carlislefamilyymca.org](mailto:ktyrrell@carlislefamilyymca.org)

# HEALTHY LIVING

## GROUP INTERESTS

### BIPP'S BARNTIQUE CRAFT NIGHT

Calling everyone who enjoys crafting! Participants will join Bipp at a local establishment in Carlisle for drinks and to make a few crafts. Participants will have several options each session. Check our website to see what the projects will be a few weeks before each session. Space is limited so don't wait to register!

Ages: 21 years old and up  
Fee: \$20  
Sessions: Wednesday, February 21, 2024 (Castlerigg)  
Wednesday, March 20, 2024 (Appalachian)  
Locations: Castlerigg Wine Shop - 110 S. Hanover Street  
Appalachian Brewing Company 1757 Grille -  
920 Jim Thorpe Road, Carlisle  
Schedule: 6-8pm  
Registration: Closes 2 days before each event  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

## GROUP INTERESTS

### RENTALS

Did you know the Carlisle Family YMCA makes its facility and camp property available for groups to rent? We can host your pool party or other event in our South West Street facility. Or you can rent Camp Thompson for a party, 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.



**Anywhere, Anytime**  
HEALTHY LIVING SUPERCHARGED BY YMCA360

**A 360-DEGREE SEAMLESS DIGITAL EXPERIENCE  
FOR Y MEMBERS ON MOBILE, TV AND WEB**

The advertisement features three individuals in athletic wear: a woman on the left, a woman in the center, and a man on the right. They are all wearing headsets, suggesting they are part of a digital experience or a live broadcast. The background is a dark, solid color, and the text is in a bold, white, sans-serif font. The YMCA logo is visible in the top right corner.



## WHAT IS EGYM?

An automated, personalized and full-body strength-training experience in less than 30 minutes. With just the swipe of your RFID band, each smart machine auto-adjusts to your body and sets your reps, speed and resistance settings to optimize your workout. The smart machines record your progress, regularly measure your strength and adapt your weights automatically to suit your training objective. **EGYM is included with your Carlisle Family YMCA membership!**

## BENEFITS OF EGYM

- Easy:** No need to remember seat settings, weight or range of motion; tap your band and train!
- Personalized:** Strength test to determine your proper training weight, individualized to you.
- Effective:** Customized plans to maximize benefit; efficient use of workout time to optimize work and rest ratios; one circuit takes about 10 minutes to complete a full body workout.
- Fun:** Just sit down and collect coins; compete against others for points; climb higher levels

## HOW TO GET STARTED

1. Call or stop by the Welcome Center to schedule your **FREE!** orientation
2. Meet with a Y Fitness Department staff member to get an understanding of the EGYM circuit, get your RFID band and get set up on each piece of equipment
3. Always start the circuit at machine number 1 and follow the numbered order of the EGYM Smart Strength training machines
5. Train during the **ORANGE PHASE**
6. Clean and change machines and rest during the **BLUE PHASE**
7. Have fun!

**FORGOT YOUR BAND OR GRABBED THE WRONG ONE? SEE A FITNESS DEPARTMENT STAFF MEMBER OR GO TO THE WELCOME CENTER FOR A TEMPORARY BAND.**



## TABLE OF CONTENTS

Annual Campaign . . . . .	26	Nan's Kitchen . . . . .	26
Blood Drive. . . . .	25	Online Giving. . . . .	26
Golf Tournament . . . . .	27	Sponsorship Opportunities . . . . .	27
Guidelines, Rules & Policies . . . . .	28-31	Sports Buddies. . . . .	25
Healthy Kids Day® . . . . .	25	Tree of Lights . . . . .	26
Lions Recycle for Sight Eyeglass Collection . . . . .	26	Volunteer. . . . .	27
Military Outreach Initiative . . . . .	25	Y's Men and Women's Club . . . . .	25
MORE Foundation Group Used Shoe Collection. . . . .	26	Y's Men & Women's Club Christmas Tree Sale . . . . .	25



## SOCIAL SERVICES

### 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.

Ages: 16 years old and up  
Date: Friday, March 15, 2024  
Time: 8am-2pm  
Location: Multipurpose Room  
Contact: Michelle Bell at 717-243-2525 ext 220  
or mbell@carlislefamilyymca.org

### SPORTS BUDDIES

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

Who: Males and females age 18+ can be mentors  
Contact: Parents, caregivers and interested volunteers should contact Kelly Tyrrell at ktyrrell@carlislefamilyymca.org or 717-243-2525 ext 225

### 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.

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

## 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: Keith Adams, Club President  
keithadams125@gmail.com

## SOCIAL SERVICES

## SAVE THE DATE!!!

### HEALTHY KIDS DAY®

Healthy Kids Day® is an annual, national initiative to improve the health & well-being of kids and families. When a child is healthy, happy, motivated and excited, amazing things are bound to happen. Healthy Kids Day is a powerful reminder not to let children idle away their summer days but instead, focus on physical and mental play.

**We are looking for local agencies to provide information and activities for kids and their families. If you are interested in being part of this event, please contact Michelle Bell. All organizations can participate at no cost.**

Who: All area families  
Fee: FREE!! for everyone  
Date: Saturday, April 20, 2024  
Schedule: 10am-2pm  
Location: Carlisle Family YMCA  
Contact: Michelle Bell at 717-243-2525 ext 220  
or mbell@carlislefamilyymca.org

**THANK YOU TO THE TUCKEY COMPANIES  
FOR SPONSORING HEALTHY KIDS DAY®!**

## LOOKING FOR A CHRISTMAS TREE?

### Annual Y's Men and Women's Club Christmas Tree & Wreath Sale

**WHEN:** Starts November 24  
until all the trees are gone

**HOURS:** Monday thru Friday: 12-6pm  
Saturday: 9am-6pm  
Sunday: 12-5pm

**WHERE:** CARLISLE ELKS LODGE  
120 W. Ridge St., Carlisle



# SOCIAL RESPONSIBILITY

## SOCIAL SERVICES

### NAN'S KITCHEN

Nan's Kitchen is a new initiative the Carlisle Family YMCA introduced at the beginning of November to help address food insecurity among its members and program participants. Thanks to a generous grant from The Stabler Foundation, the Y is offering:

- After-school snacks from 3-4pm Monday-Friday
- Bagel Tuesdays for seniors from 8-11am
- 7GI hot meals on Wednesdays from 3-4pm
- Food pantry for our child care families

Contact: nanskitchen@carlislefamilyymca.org  
if you need greater assistance or if you  
would like to make a donation

## 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.

Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or ktyrrell@carlislefamilyymca.org

### LIONS RECYCLE FOR SIGHT EYEGLASS COLLECTION

Refractive errors can be easily corrected with eyeglasses, yet millions living in low and middle income countries lack access to basic eye care services. Lions Club International recognizes the urgent need for corrective lenses and collects usable glasses to support the Lions Recycle For Sight Program.

Bring your used glasses, including sunglasses and reading glasses, to the Y and place them in the collection box near the Racquetball Courts. Your donation will provide usable eyeglasses to children and adults throughout the world!

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

## VOLUNTEERISM & GIVING

### 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. **Tree of Lights donations must be postmarked by December 31.**

We invite you to participate by purchasing a light that will be placed on the tree on the west side of the Carlisle Family YMCA.

**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:  
<https://carlisle.recliquecore.com/donate/campaign/20052/>

Contact: Amanda Cornwell at 717-243-2525 ext 203  
or acornwell@carlislefamilyymca.org

### ANNUAL CAMPAIGN

At the Y – no child, family or adult is turned away for membership or program participation. We recognize 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 3,262 people totaling \$318,302. Donations to the Annual Campaign go toward subsidizing our programs and memberships to ensure the Carlisle Family YMCA is accessible to everyone.

We would like to thank everyone who contributed to the 2023 Annual Campaign. We raised \$100,480 to support our mission. Please contact Fundraising Manager Amanda Cornwell if you would like to make a 2023 year end donation to the campaign or to help kick off the 2024 campaign.

Contact: Amanda Cornwell at 717-243-2525 ext 203  
or acornwell@carlislefamilyymca.org

**ONLINE DONATIONS CAN BE  
MADE ANY TIME BY VISITING OUR  
WEBSITE:  
[CARLISLEFAMILYYMCA.ORG/DONATE](https://carlislefamilyymca.org/donate)**

**THANK YOU TO M&T BANK  
FOR BEING OUR 2023 ANNUAL CAMPAIGN  
COMMUNITY PARTNER & CONTRIBUTING  
OUR LEAD GIFT OF \$15,000!**

## SAVE THE DATE!!!

### CARLISLE FAMILY YMCA GOLF TOURNAMENT

FRIDAY, SEPTEMBER 27, 2024  
EAGLES CROSSING GOLF CLUB

11am Registration | 12pm Shotgun Start  
5pm Dinner, Awards & Entertainment

#### TAKE ADVANTAGE OF EARLY BIRD PRICING THRU AUGUST 31, 2024!!

\$85 per golfer | \$340 per foursome  
Includes greens fees, golf cart, dinner,  
snacks, beverages, individual on-course  
games, range balls & tee gift!

#### BACK THIS YEAR!!

\$40 Dinner & Putting Contest tickets with the  
return of popular local band Vintage Crew!

Contact Fundraising Manager Amanda  
Cornwell at 717-243-2525 ext 203 or  
[acornwell@carlislefamilyymca.org](mailto:acornwell@carlislefamilyymca.org) if you  
are interested in playing and/or sponsoring  
the 2024 golf tournament.

#### VOLUNTEER

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.

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, visit our website to view our current volunteer opportunities and our volunteer application.

## CURRENT SPONSORSHIP OPPORTUNITIES

### SPONSORSHIPS AND SCHOLARSHIP FUNDING RANGE FROM \$500-\$25,000

- Everyone is Welcome Scholarships & Financial Assistance Funding
- Department Sponsorships: Aquatics, Wellness, Youth Sports, Youth Programs, Child Care, Camps
- Iron Y Challenge
- Golf Tournament
- Pickleball Tournament
- Y-Tri Indoor Sprint Triathlon
- Workout & Win Contest
- Les Mills Launch Parties
- Family Fitness & Fun Fridays
- George B. Stuart Athletic Fields Sponsorship

Contact Fundraising Manager Amanda  
Cornwell at 717-243-2525 ext 203 or  
[acornwell@carlislefamilyymca.org](mailto:acornwell@carlislefamilyymca.org) if  
you are interested in joining our team  
of sponsors!

**RAISE BRAND AWARENESS &  
INCREASE MARKET PENETRATION  
FOR YOUR BUSINESS THROUGH  
SPONSORSHIP OF Y EVENTS &  
PROGRAMS! GIVE BACK WHILE  
ACCOMPLISHING YOUR GOALS!**

# GUIDELINES, RULES & POLICIES

## 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 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 and the Youth Adventure Zone.
- 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 Youth Adventure Zone and the Y facility for program participation without an accompanying adult and as area schedules allow until 8pm (not including racquetball courts).
- must be accompanied by an adult member to utilize the racquetball courts and must use the Youth Locker Rooms.
- have access to 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 Wellness 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, Saunas and Steam Room.



### LOCKER RENTALS:

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 YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation and remove visitation access.



## 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 also must 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.
- 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.
- Guests may be denied access to the building if they have an inactive membership account with an outstanding balance due. To regain access to the building, the balance must be paid in full.



## 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.



## GENERAL FACILITY POLICIES:

- Prior to accessing any YMCA facility or participating in any YMCA program, all members, participants or guests must have completed the appropriate waiver(s). This waiver is necessary to acknowledge and understand the risks associated with facility usage or program participation.
- All members, participants or guests using a YMCA facility must provide proof of membership or program participation for building access. 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.
- Individuals with outstanding balances, including both members and guests, will be denied access to YMCA facilities until the balance is paid in full. This policy applies to all outstanding dues, fees or charges incurred by the individual.
- The Y is a tobacco-free facility and using tobacco products is not permitted on Y property. This includes all types of e-cigarettes.
- Food and drink are only permitted in the lobby area.
- No weapons, drugs or alcohol are permitted on Y property.
- Cleansing showers are required prior to using the pool, steam room or sauna.
- Observe proper attire while in the Y. Shirts and shoes are required. No bathing suits or bare feet 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.

**Check our website or stop by the Welcome Center for a complete listing of all of our policies.**

## DID YOU KNOW?

A cancellation link can be found at the bottom of your confirmation email for the following reservations:

- REC SWIMMING
- ALL LAND & WATER GROUP EXERCISE CLASSES
- RACQUETBALL/HANDBALL COURTS

If you need to cancel your spot and it is more than 1 hour before the start of the class or session, just click the link and follow the prompts so someone else can claim your spot.

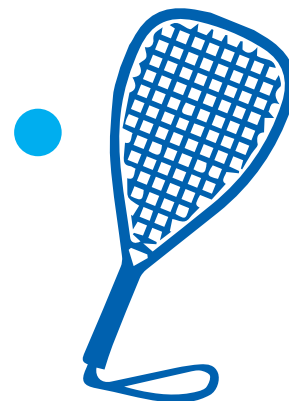
## RACQUETBALL AND HANDBALL COURT RULES:

### ACCEPTABLE EQUIPMENT

- Racquetballs & rackets
- Handballs
- Wallyballs / Volleyballs
- Non-marking shoes

### UNACCEPTABLE EQUIPMENT

- Baseballs & baseball bats
- Softballs & softball bats
- Lacrosse balls & sticks
- Tennis balls & rackets
- Pickleballs & paddles
- Soccer balls
- Anything not on the list of acceptable equipment



### RULES

- Using anything other than what is on our list of acceptable equipment can damage the walls and flooring and result in expensive repairs and the need to close the courts. Thank you for your cooperation.
- For your own protection, we highly recommend the use of protective eye wear while playing any court sport. If you do not have eye wear, please go to the Welcome Center to borrow a pair of protective glasses.
- Members age 12 and under are only allowed in the courts with an adult (age 19 and over).

## RESERVATIONS POLICIES:

**PLEASE NOTE: Reservations are required for the Racquetball/ Handball Courts, Rec Swimming and all group exercise classes.**

### POOL RESERVATIONS

- **Rec Swimming:** Please note that there is a limit of 6 people per reservation slot. Reservations open 23 hours in advance and close 15 minutes after the start of each session.
- **Water Exercise Classes:** Reservations are required for all water exercise classes. Reservations open 48 hours in advance and close 15 minutes before the start of each class. Each class is limited to 25 people (7 in Aqua Yoga).

### GROUP EXERCISE RESERVATIONS

- Reservations are required for all group fitness classes.
- Reservations can be made 48 hours in advance up to 15 minutes before the start of class.
- Space is limited to 30 people in most classes in Studio A (29 for Les Mills BODYPUMP™). Space is limited to 22 for all power cycling classes in Studio B. Space is limited to 20 for all classes in Studio C.

### RACQUETBALL AND HANDBALL COURT RESERVATIONS

- Court reservations can be made one week 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 court reservation that is not met within 10 minutes will be considered open.



# GUIDELINES, RULES & POLICIES

## POOL RULES:

- No diving.
- No running.
- Swimming without a lifeguard is prohibited.
- Hanging on the lanes lines is not permitted.
- Persons with bandages, open cuts or wounds cannot be in the pool.
- Kids are not allowed to use scuba snorkels. Adults may use a front, competitive swimming snorkel. **NO FULL FACE MASKS ALLOWED!**
- **CLIMBING WALL:** Hands must be on the rocks. Wait behind the cones. Swimmers with packs are not allowed to use the climbing wall.
- Use of the starting blocks must be with a YMCA swim instructor or swim coach.
- Lap lanes are for lap swim only (**NO REC SWIMMING**). Swimmers under 13 must have a green band.
- Prolonged breath holding is prohibited.
- Swim bands are required for anyone under age 13:
  - » **RED BAND** is for kids 8 and under. Must stay with parent at all times. Parent must be in the pool.
  - » **YELLOW BAND** is for kids ages 9–12 who did not pass the swim test. Must stay in the shallow end and cannot go past the lifeguard stand unless the parent is with them in the water.
  - » **GREEN BAND** is for swimmers who pass the swim test: swim 25 yards with face in breathing and 1 minute of treading without going to the wall. Once they have passed, they may go in the deep end.  
**If the swimmer is 8 and under with a green band, the parent must be in the pool area.**
- Kickboards are for adult use only unless swimming in the lap lanes or the lifeguard gives permission.
- Aqua joggers are for adults only.
- **NO MERMAID FINS!**
- **BASKETBALL HOOP:** You must shoot from in the water. No touching or hanging on the rim allowed.
- Proper swimming attire is required. **NO COMPRESSION SHORTS, UNDERWEAR, SPORTS BRAS ETC.**
- Everyone must obey all requests made by the lifeguards.

THE CARLISLE FAMILY YMCA RESERVES THE RIGHT TO MODIFY THE RULES AS NECESSARY. VIOLATION OF RULES MAY RESULT IN LOSS OF POOL AND/OR FACILITY PRIVILEGES.



## WELLNESS CENTER & FFC RULES & ETIQUETTE:

### RULES

- Consult your physician before beginning any fitness program
- 13 is the minimum age to use the Wellness Center
- No food or drink allowed (except capped plastic bottles)
- Shirts and sneakers must be worn at all times
- No chalk allowed in the Wellness Center
- No chalk, bars, plates or dumbbells allowed in the FFC
- Only YMCA personal trainers can train clients on Y property

### ETIQUETTE

- Wear clean and dry shoes into the Wellness Center and FFC
- Wipe down equipment before and after use
- Refrain from loud conversations
- Don't monopolize several pieces of equipment – allow others to work in
- Derogatory and obscene language is not allowed
- Return equipment and rack weights when finished
- Please refrain from taking phone calls in the Wellness Center or FFC
- It is highly recommended that ages 13–18 be trained by staff

THE CARLISLE FAMILY YMCA RESERVES THE RIGHT TO MODIFY THESE RULES AS NECESSARY. VIOLATION OF RULES MAY RESULT IN LOSS OF WELLNESS CENTER, FFC AND/OR FACILITY PRIVILEGES.

## BASKETBALL GYMNASIUM RULES:

- No food or drink allowed (except capped plastic bottles)
- Music played on external speakers is not allowed
- Derogatory and obscene language is not allowed
- Shirts and sneakers must be worn at all times
- Do not kick or throw balls against the wall

### ACCEPTABLE EQUIPMENT

- Basketballs
- Non-marking shoes

### UNACCEPTABLE EQUIPMENT

- Baseballs and baseball bats
- Softballs and softball bats
- Lacrosse balls and sticks
- Skateboards
- If it is not a basketball, it is not to be used in the basketball gym unless you are participating in a program supervised by a Y staff member (i.e. volleyball, lacrosse or soccer)



Using anything other than what is on our list of acceptable equipment can damage the walls and flooring and result in expensive repairs and the need to close the gym. Thank you for your cooperation.

**MEMBER REC:** For use by members of all ages. Games are limited to half court unless low numbers allow full court.

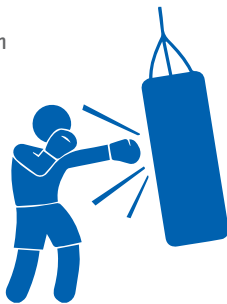
**YOUTH REC:** For use by youth ages 18 and under. Games are limited to half court unless low numbers allow full court.

**ADULT / TEEN FULL COURT:** Full court play. Pick-up format.

**NOON-TIME HOOPS IS FOR MEMBERS AGE 19 AND OVER. NO GUESTS ARE PERMITTED.**

## ROCKY ROOM RULES:

- 13 is the minimum age to use the Rocky Room
- Sign out the key at the Welcome Center and return it when finished
- If two people are in the room at the same time, the person who originally signed out the key must return it to the Welcome Center
- No food or drink allowed (except capped plastic bottles)
- Shoes are required at all times
- Door must be closed while working out
- Wipe down bags and gloves before and after use
- Return equipment and keep the room neat and organized
- Turn off the lights and lock the door when you exit
- PLEASE NOTE: The person who signs out the key is responsible for the condition of the room and will be held responsible if something is damaged or stolen.



**THE CARLISLE FAMILY YMCA RESERVES THE RIGHT TO MODIFY THE RULES AS NECESSARY. VIOLATION OF RULES MAY RESULT IN LOSS OF ROCKY ROOM AND/OR FACILITY PRIVILEGES.**

## KIDS ADVENTURE ZONE RULES:

- Youth can use the Kids Adventure Zone without a parent or guardian
- Children under 9 can use the Kids Adventure Zone as long as a parent or guardian remains on-site and indicates their location on the sign-in sheet
- No food or drink allowed (except capped plastic bottles)
- Wipe down equipment before and after use
- Return equipment and keep the room neat and organized



**THE CARLISLE FAMILY YMCA RESERVES THE RIGHT TO MODIFY THE RULES AS NECESSARY. VIOLATION OF RULES MAY RESULT IN LOSS OF YOUTH ADVENTURE ZONE AND/OR FACILITY PRIVILEGES.**

**PLEASE NOTE:** Compliance with Carlisle Family YMCA access and waiver requirements is mandatory for all individuals utilizing YMCA facilities or participating in YMCA programs. YMCA staff members are authorized to enforce these policies and may request proof of membership, program participation or waiver completion at any time.

## MEMBER CODE OF CONDUCT:

The Carlisle Family YMCA is committed to providing a safe and welcoming environment for all members and guests. To promote safety and comfort for all, all individuals are asked to always act appropriately when in our facility or participating in our programs. We expect persons using the Y to act maturely, to behave responsibly and to respect the rights and dignity of others. Our Code of Conduct lists examples of expected behavior in our facility and programs.

### BE RESPONSIBLE:

- Bring membership card and photo ID when using the facilities.
- Secure your personal items using lockers, available for use during the day, providing your own lock.
- Wear appropriate attire suitable for a family atmosphere.
- Use equipment & facilities appropriately and put items back when you finish using them. Keeping the facility clean is everyone's job.
- Keep all facilities and playing fields free from alcohol, drugs and weapons. This includes any type of devices or objects that could be used or perceived as weapons.

### DEMONSTRATE RESPECT TO OTHERS:

- Create positive interactions with members, program participants, guests and staff by avoiding any physical or verbal confrontations with others that may be interpreted as angry, threatening or harassing.
- Use respectful language and actions, avoiding angry or vulgar words and gestures including, but not limited to, swearing, bullying, name calling or shouting.
- Use appropriate behavior for a family facility by avoiding any demonstration of sexual activity or sexual contact.

### DISPLAY CARE TOWARDS OTHERS:

- Refrain from misuse, abuse or theft of any Carlisle Family YMCA facility and property.
- Respect others' belongings and refrain from theft.
- Media devices: Any photographs or imaging – including cell phones, cameras or videos – are not permitted on Y property without written permission from the CEO.

### BE HONEST WITH YOURSELF AND OTHERS:

- Conduct that does not support the Carlisle Family YMCA's mission or core values of caring, honesty, respect and responsibility are not acceptable.
- Members, program participants and guests are expected to identify themselves when asked.

Members, guests and program participants are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a staff person or Program Director. Y staff members are eager to be of assistance. Please do not hesitate to notify a staff member if assistance is needed.

If any of the above Code of Conduct expectations are in question or have occurred, membership or program privileges to the Carlisle Family YMCA may be suspended or terminated.



# RALLY *for the* Y

## FEBRUARY 1-29, 2024

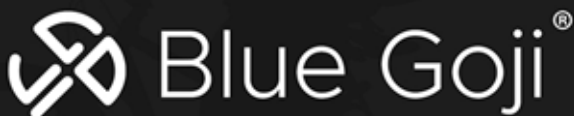
**STAY TUNED FOR AN INVITATION TO JOIN OUR TEAM!**

**We need all the help we can get to surpass last year's  
record-breaking mileage and fundraising totals!**



24-HOUR  
**RIDE**  
**FEB** 8PM  
22-23 TO  
8PM

**MARK YOUR  
CALENDARS NOW  
SO YOU DON'T MISS  
OUT ON THIS YEAR'S  
EXPRESSO BIKE  
24-HOUR RIDE  
EXTRAVAGANZA!**



## CARLISLE FAMILY YMCA

311 South West Street  
Carlisle PA 17013  
717-243-2525  
[carlislefamilyymca.org](http://carlislefamilyymca.org)



**CONNECT WITH US!**



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.