

# SUMMER

2024 PROGRAM GUIDE



» REGISTRATION  
OPENS APRIL 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

### FACILITY HOURS:

Monday-Friday 5am-9pm\*  
Saturday 7am-8pm\*  
Sunday 10am-6pm\*

#### \*Beginning May 1:

Monday-Friday 5am-9pm  
Saturday 7am-5pm  
Sunday 10am-4pm

### POOL HOURS:

Monday-Friday 5am-8pm\*  
Saturday 7am-5pm\*  
Sunday 10am-3pm\*

#### \*Beginning May 1:

Monday-Friday 5am-8pm  
Saturday 7am-4pm  
Sunday 10am-3pm

### GYM HOURS:

Monday-Friday 5am-8:30pm  
Saturday 7am-7:30pm  
Sunday 10am-5:30pm

#### \*Beginning May 1:

Monday-Friday 5am-8:30pm  
Saturday 7am-4:30pm  
Sunday 10am-3:30pm

### PLEASE NOTE:

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

### HOLIDAYS:

Sunday, March 31, 2024

Easter – Building Closed

Monday, May 27, 2024

Memorial Day – Building Closed

Thursday, July 4, 2024

Independence Day – Building Closed

### CHIEF EXECUTIVE OFFICER

Michele Holloway

mholloway@carlislefamilyymca.org

717-243-2525

### ASSOCIATE EXECUTIVE

#### DIRECTOR

Justin Rose

jrose@carlislefamilyymca.org

717-243-2525 ext 226

### HEALTH & WELLNESS /

#### MEMBERSHIP

Jay Cattron

jcattron@carlislefamilyymca.org

717-243-2525 ext 230

### AQUATICS / PARTIES & RENTALS

Tara Young

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717-243-2525 ext 210

### YOUTH SPORTS

Kelly Tyrrell

ktyrrell@carlislefamilyymca.org

717-243-2525 ext 225

### CHILD CARE / SACC

Brittany Kemp

bkemp@carlislefamilyymca.org

717-243-2525 ext 202

### CAMPING SERVICES

Brittany Rose

brose@carlislefamilyymca.org

717-243-2525 ext 208



### SOCIAL:

- facebook.com/CarlisleFamilyYMCA
- facebook.com/  
CarlisleFamilyYMCAGroupExercise/
- facebook.com/CampThompsonPA
- facebook.com/CAYSsoccer
- facebook.com/CARYSharks
- youtube.com/user/CarlisleFamilyYMCA
- instagram.com/carlislefamilyymca/



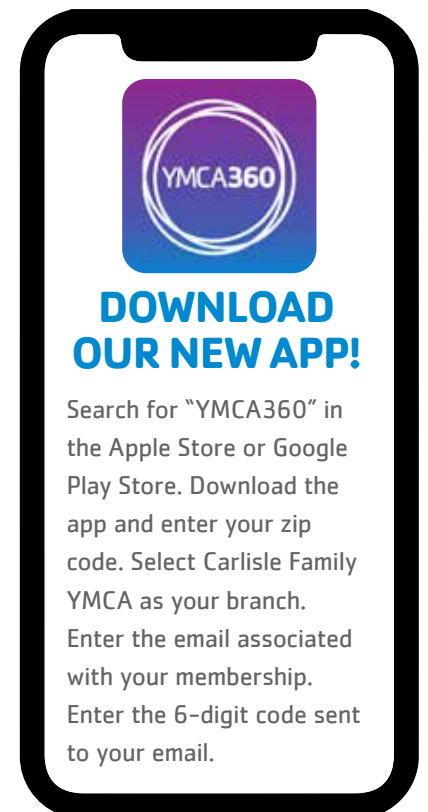
### TEXT ALERTS:

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.



### 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, Assisted Stretch Coaching & Total Health Nutrition Sessions
- 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 our Y 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 \$20 activation fee\*. 24/7 members can use the Wellness Center any time day or night, but no staff are available during non-staffed hours. Visit our website for more information.

\*If you terminate your membership and then rejoin, you must sign the waiver and pay the \$20 activation fee again.

## 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





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## 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.

**PLEASE NOTE: The enrollment packet for the 2024-2025 school year will be available by early June. We are not accepting completed packets until the new packet is available. Thank you!**

Days: Monday - Friday  
Hours: 6:30-8:45am and 3:30-5:30pm  
Contact: Brittany Kemp at 717-243-2525 ext 202  
or bkemp@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: Friday, March 29, 2024  
Monday, April 1, 2024  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

### 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 Wednesdays, 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: Wednesdays from 5-8pm  
Saturdays from 9am-12pm  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

## WE'RE HIRING!

- Young Toddler Lead Teacher
- Young Toddler Assistant Teacher
- Older Toddler Teacher
- SACC Site Coordinator

# YOUTH DEVELOPMENT

## 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

## CAMP

### CAMP THOMPSON OPEN HOUSE

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

Date: Saturday, May 11, 2024  
Schedule: 2-4pm  
Location: Camp Thompson  
800 Pine Grove Road, Gardners

### NEW FRONTIERS OPEN HOUSE

Never been to New Frontiers? Camp will be open and summer staff will be there to greet you and answer any questions. This is the perfect chance to meet some staff, see the facility and activities available at New Frontiers Day Camp this summer!

Date: Sunday, June 2, 2024  
Schedule: 12-2pm  
Location: New Frontiers Day Camp  
700 Stone Church Road, Carlisle

**LOOKING FOR A SUMMER INTERNSHIP?  
WE HAVE OPPORTUNITIES WITH OUR  
SUMMER CAMPS! CONTACT CAMPING  
SERVICES DIRECTOR BRITTANY ROSE  
FOR MORE INFORMATION.**

## CAMP

### NEW PROGRAM!!!

#### READY, SET, CAMP!

This Pre-K version of YADC is intended to prepare younger campers for a full day of camp while catering to a small group. We rotate through stations like arts and crafts, group games, story time, cooking, imaginative play and more! We have guest speakers, walking field trips, creative themed weeks and swimming on Fridays!

Ages: 4-5 years old  
Fees: Members = \$118 / week^  
Non-Members = \$152 / week^  
Structured Camp Day: 9am-3pm  
Dates: June 10 - Aug 16 (no camp July 1-5)

### YOUTH ADVENTURE DAY CAMP

Small groups are led by a counselor and rotate through sessions and group games including arts & crafts, swimming, cooking, large group games, dance & drama, reading & math and much more! Includes weekly field trips!

Ages: 6-8 years old  
Fees: Members = \$118 / week^  
Non-Members = \$152 / week^  
Structured Camp Day: 9am-4pm  
Dates: June 10 - Aug 16 (no camp July 1-5)

### NEW FRONTIERS DAY CAMP

Day campers travel 10 minutes to our 100-acre Y's Men's Club farm. Campers rotate between different themes and activities like sports, water, nature, hobbies, rocks & caves, animals, beach and more.

Ages: 9-12 years old  
Fees: Members = \$147 / week^  
Non-Members = \$182 / week^  
Structured Camp Day: 10am-3pm at New Frontiers  
Dates: June 10 - Aug 16 (no camp July 1-5)

^A one-time registration fee of \$30 per camper will be charged at the time of registration.

**Summer Camp Questions? Contact  
BRITTANY ROSE, CAMPING SERVICES DIRECTOR  
717-243-2525 ext 208  
brose@carlislefamilyymca.org**

## CAMP

### CAMP THOMPSON DAY CAMP & AFTER DARK OPTION 1

Swim, hike Pole Steeple and enjoy Camp Thompson tradition. Day campers can stay overnight one night and experience Camp Thompson After Dark! Only Camp Thompson Day Campers are eligible for this extra night of fun. **NEW THIS YEAR: You have two chances to enjoy Camp Thompson Day Camp! For Option 1, drop off and pickup are at the Carlisle Family YMCA and campers ride a bus to and from Camp Thompson.**

Ages: 6-11 years old  
Fees: Members = \$125^  
Non-Members = \$150^  
After Dark = additional \$30  
Drop Off: 7:45-8:30am (bus leaves at 9am)  
Pick Up: 4-5pm  
Dates: July 1-3, 2024 (No camp July 4-5)  
After Dark - July 2-3, 2024

### CAMP THOMPSON DAY CAMP & AFTER DARK OPTION 2

Swim, hike Pole Steeple and enjoy Camp Thompson tradition. Day campers can stay overnight one night and experience Camp Thompson After Dark! Only Camp Thompson Day Campers are eligible for this extra night of fun. **NEW THIS YEAR: You have two chances to enjoy Camp Thompson Day Camp! For Option 2, drop off and pickup are at Camp Thompson.**

Ages: 6-11 years old  
Fees: Members = \$147^  
Non-Members = \$182^  
After Dark = additional \$30  
Drop Off: Begins at 9am  
Pick Up: 3:30pm  
Dates: June 17-21, 2024  
After Dark - June 20-21, 2024

^A one-time registration fee of \$30 per camper will be charged at the time of registration.

## THANK YOU TO OUR CAMP SPONSORS!



PPL Foundation

## CAMP

### CAMP THOMPSON RESIDENT CAMP

Enjoy an authentic Sunday-Friday resident camp experience. Campers enjoy arts & crafts, climbing our Alpine Tower, canoeing and kayaking, competing in Color Wars, cabin time at the lake and more!

Ages: 7-14 years old  
Fees: Members = \$365 / week^  
Non-Members = \$415 / week^  
Drop Off: Sunday at 4pm  
Pick Up: Friday by 7pm  
Dates: July 7-12, 2024  
July 14-19, 2024  
July 21-26, 2024  
July 28 - August 2, 2024

### MY FIRST OVERNIGHT!

This 3-day experience helps younger campers make the transition from day camp to resident camp. Campers enjoy all Camp Thompson has to offer for their age group—archery, canoeing, messy games and more!

Ages: 6-9 years old  
Fees: Members = \$125^  
Non-Members = \$150^  
Drop Off: Wednesday between 9am  
Pick Up: Friday by 1pm (light lunch provided)  
Dates: June 5-7, 2024

### LEADERSHIP IN TRAINING (LIT) POWERED BY PPL

Teens build leadership skills (time management, leading organized activities, service learning, public speaking & listening) in a supervised and structured environment. Teens create, plan & implement a 2- to 3-day back-packing trip. **Please note: This is a 2-week residential program and campers are expected to remain at camp over the first weekend.**

Ages: 15 years old  
Fees: Members = \$525^  
Non-Members = \$575^  
Dates: July 7-19, 2024

^A one-time registration fee of \$30 per camper will be charged at the time of registration.





# YOUTH DEVELOPMENT

## SWIM, SPORTS & PLAY

### 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, 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, April 12, 2024  
Schedule: 6-8pm  
Location: Multipurpose Room  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

### 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, April 26, 2024  
Schedule: 6-8:30pm  
Location: Multipurpose Room  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

## SWIM, SPORTS & PLAY

### 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

### 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!**



## SWIM, SPORTS & PLAY

### CAYS TRAVEL SOCCER

Travel soccer is for ages 7-17, 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 as early as mid-July depending on the team/coach and are held twice a week. Games run from September through the beginning of November; skipping Labor Day and Columbus Day weekends. Tournaments are available both weekends. Half of the games are played in Carlisle and the other half away. **Please note that the fundraiser is OPTIONAL for all participants.** We encourage families to participate as those extra funds are used for facility and equipment upgrades. We also offer incentives to top sellers. Additional fees (i.e. uniforms, team training, tournament fees) also could be required. **NEW THIS YEAR: Your registration fee includes one tournament! Registration ends Sunday, May 12, 2024.**

Ages:	7-17 years old
Member Fees*:	U9-U11 = \$185 / U12 & up = \$210
Non-Member Fees*:	U9-U11 = \$205 / U12 & up = \$230
Tryouts:	Week of May 5-9 (players must attend the Sunday tryout and at least one other tryout held May 6-9)
Season:	August - November 2024
Contact:	Kelly Tyrrell at 717-243-2525 ext 225 or <a href="mailto:ktyrrell@carlislefamilyymca.org">ktyrrell@carlislefamilyymca.org</a>

\*A \$25 late fee will be added beginning Monday, April 15, 2024.

### CAYS REC SOCCER

Rec soccer is designed to introduce beginner players to soccer and teach the basics and fundamental skills of the game. 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 OPTIONAL for all participants.** We encourage families to participate as those extra funds are used for facility and equipment upgrades. We also offer incentives to top sellers. **Registration ends Sunday, July 21, 2024.**

Ages:	3-12 years old
U5 & U7 Fees*:	Members = \$99 / Non-Members = \$120
U10 & U13 Fees*:	Members = \$119 / Non-Members = \$140
Evaluations:	Week of July 29, 2024
Practice Begins:	Week of August 12, 2024
Games Begin:	August 24, 2024
Location:	George B. Stuart Athletic Fields 1213 Rockledge Drive, Carlisle
Contact:	Kelly Tyrrell at 717-243-2525 ext 225 or <a href="mailto:ktyrrell@carlislefamilyymca.org">ktyrrell@carlislefamilyymca.org</a>

\*A \$50 late fee will be added beginning Monday, July 15, 2024.

## SWIM, SPORTS & PLAY

### SOCCER DAY CAMP

This camp helps travel and recreational soccer players develop their soccer skills. Each day campers work on a specific skill set earlier in the day, which they later will incorporate into small-sided games. Every player receives a camp T-shirt. Campers need to wear shin guards and bring a water bottle, soccer ball and snack every day. Additional water will be provided.

Ages:	Boys and girls 4-12 years old
Fees:	Members = \$90 / Non-Members = \$105
Dates:	July 8-11, 2024
Schedule:	9:30am-12pm
Location:	George B. Stuart Athletic Fields 1213 Rockledge Drive, Carlisle
Deadline:	Register by Sunday, June 30, 2024
Contact:	Kelly Tyrrell at 717-243-2525 ext 225 or <a href="mailto:ktyrrell@carlislefamilyymca.org">ktyrrell@carlislefamilyymca.org</a>

THANK YOU TO OUR CAYS SPONSOR!



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

# 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. **PLEASE NOTE: The child must be a Y member in order to get the lower member rate.**

Fees: Members = \$50 / Non-Members = \$80  
Sessions: May 4 - June 1, 2024 (skip 5/25)  
May 28 - June 6, 2024 (PM only)  
June 11-20, 2024  
June 25 - July 3, 2024  
July 9-18, 2024  
July 23 - August 1, 2024  
August 6-15, 2024

### 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  
Schedule 5/28 on: Levels 1-2: Tues / Wed / Thurs  
from 10-10:30am OR 6-6:30pm  
Level 3: Tues / Wed / Thurs  
from 10:30-11am OR 6:30-7pm

### 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  
Schedule 5/28 on: Tues / Wed / Thurs  
from 10:30-11am OR 6:30-7pm

## SWIM, SPORTS & PLAY

### BACK THIS SUMMER OUTDOOR SWIM LESSONS!

We are teaming up with Carlisle Parks & Recreation to offer group Swim Basics and Swim Strokes Swim Lessons at the Carlisle Community Pool again this summer.

The following sessions will be held Tuesday, Wednesday and Thursday mornings at the Carlisle Community Pool at 1236 Franklin Street, Carlisle:

- June 25 - July 3
- July 9-18
- July 23 - August 1

**PLEASE NOTE: ALL EVENING SWIM LESSONS AND OTHER MORNING SESSIONS NOT LISTED ABOVE STILL WILL BE HELD AT THE Y.**

### 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: May 4 - June 1, 2024 (skip 5/25)  
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: May 4 - June 1, 2024 (skip 5/25)  
Schedule: Saturdays from 10:45-11:30am

### 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

### 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 lesson credits. After purchasing credits, you can book appointments through our new online scheduling system at your convenience.

#### 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

### YOUTH FITNESS CLASSES

You asked for it and we are happy to now offer youth fitness classes for our youth members! Our Group Fitness Department teaches a variety of classes twice a week. Get ready to learn new your favorite TikTok dance challenges and share them with your friends with Katie's Street Jazz dance class. All levels are welcome and no experience is required. We'll also offer variety of classes with a strength and conditioning focus, yoga and Pilates. Try a class and let us know what you think!

**PLEASE NOTE:** The TikTok Breakdown classes are for Y members ages 8-16 and Strength & Conditioning classes are for ages 11-18 only. They are not parent/child or family classes.

Who: Ages 8-18  
Schedule: Wednesdays from 4:15-5pm  
Street Jazz TikTok Breakdown (ages 8-16)  
Thursdays from 4:15-5pm  
Strength & Conditioning Rotation (ages 11-18)  
Fees: FREE!!! for Y members only  
Contact: Jay Cattron at 717-243-2525 ext 230  
or jcattron@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.





# 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
- ▶ Laser Tag 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.

## 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!

### 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.)

### \*\*NEW\*\* LASER TAG PARTY

This package includes 75 minutes of Laser Tag battles and up to 30 minutes in the party room. Laser Tag guns are provided. (PLEASE NOTE: We can accommodate 10 kids max for this option!)

**Fees: Members = \$250 / Non-Members = \$325**

### 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)**

Custom packages are available. Contact Brittany Rose at 717-243-2525 ext 208 or [brose@carlislefamilyymca.org](mailto:brose@carlislefamilyymca.org) for details. (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)



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## FAMILY TIME

### CAMP THOMPSON FAMILY CAMP

The fun begins Saturday at 1pm and ends at 11am Sunday. Come to Camp Thompson and enjoy a spring weekend with your family. During the weekend, camp staff will provide activities or you can just take time to relax in scenic Pine Grove Furnace State Park in the Michaux State Forest. Saturday dinner and Sunday breakfast are included, but please bring your own snacks. Be sure to dress appropriately for outdoor activities including archery, canoeing, climbing the Alpine Tower, hiking, sling shots and more!

Ages: Parents and children of all ages  
Member Fee: \$120 / cabin (limited to 10 people)  
Non-Member Fee: \$140 / cabin (limited to 10 people)  
Dates: May 11-12, 2024  
Schedule: arrive Saturday between 1-3pm - Sunday by 11am  
Contact: Brittany Rose at 717-243-2525 ext 208  
or brose@carlislefamilyymca.org

### SUMMERFAIR PHOTO SCAVENGER HUNT

Grab some friends and/or family and meet at the Y for a fun walking photo scavenger hunt in Downtown Carlisle. You need at least one smartphone with a camera and the GooseChase app downloaded to do this event. At least one member of your team must walk to the various locations. It is OK for some members to drive if they are unable to walk, but they must wait until the rest of the team arrives at each location. Teams must follow all traffic and safety laws at all times.

Ages: All ages welcome  
Fee: FREE!!!  
Date: Saturday, June 29, 2024 from 10am-12pm  
Contact: Michelle Bell at 717-243-2525 ext 220  
or mbell@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 OUR  
HEALTHY FAMILY HOME SPONSOR!**



## FAMILY TIME



## SAVE THE DATE!!!

### FAMILY FITNESS & FUN FRIDAY BACK TO SCHOOL BASH

Enjoy a warm summer evening with some free family fun! We will have carnival games, inflatables and other outdoor activities, as well as Rec Swim time with the inflatable obstacle course in our Indoor Pool. Make sure to check out the free food, including Roger's famous hotdogs!

We're also inviting military families from the Army War College to join the fun and see all our Y has to offer.

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, September 6, 2024  
Schedule: 5-7pm  
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

### 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)  
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  
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

### 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.





## 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)  
 April Session: **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  
 May Session: **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, 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

### 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: April 1, 2024  
 April 15, 2024  
 Schedule: 6:30-7:30pm  
 Contact: Tara Young at 717-243-2525 ext 210 or tyoung@carlislefamilyymca.org

### 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
- Strive to Thrive
- Get Wet & Sweat

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

# HEALTHY LIVING

## 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: [debdenlinger@gmail.com](mailto:debdenlinger@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  
Fees: See rates on page 19  
Schedule: By appointment  
Contact: Jay Cattron at 717-243-2525 ext 230  
or [jcattron@carlislefamilyymca.org](mailto:jcattron@carlislefamilyymca.org)  
or contact the trainer directly

## HEALTH, WELL-BEING & FITNESS



### NEW PROGRAM!!!

#### STRETCHWORKS ASSISTED STRETCH COACHING (EXCLUSIVELY FOR Y MEMBERS)

Assisted stretching is a technique that involves having one person guide another person through a series of static stretches to increase mobility, strength and flexibility of one or a group of muscles. Assisted stretching not only keeps the body in motion longer than traditional stretching. It also increases blood circulation, improves mobility (spine and joints), strengthens muscles (and bones) and heightens the state of overall well-being.

For the last 30-40 years, assisted stretch practitioners have been primarily found in physical therapy offices, hospitals or athletic sport teams. Over the last decade, fitness boutiques solely dedicated to assisted stretching have emerged and are quickly becoming mainstream in the U.S. Why? Simply, because it works.

Stretch therapy is like massage therapy in the sense that it involves physical touch and is very relaxing. However, unlike massage, with proper maintenance (i.e. homework stretches) the benefits of an assisted stretch can last much longer.

Who: 13 years old and up  
Fees: See rates on page 19  
Schedule: Scan the QR Code to schedule your introductory stretch!  
Contact: Katie Arostegui  
[katie@thegracefulathlete.com](mailto:katie@thegracefulathlete.com)



## HEALTH, WELL-BEING & FITNESS

### NEW PROGRAM!!!

#### TOTAL HEALTH NUTRITION (EXCLUSIVELY FOR Y MEMBERS)

Are you interested in developing personal growth and health through better nutrition? If so, Total Health Nutrition is for you!

We will start with nutrition, but we will work together to take a whole person, whole life approach to health. This includes physical, mental, emotional, existential, social and environmental health. No matter where you are in your health journey, our goal in Total Health Nutrition is to help you understand the science of nutrition while assessing behaviors, patterns and mindset.

Once we create that foundation, then we will work to make small changes, one at a time to achieve lasting change. Our certified nutrition coaches will customize a plan with you to help you achieve your goals.

Participants will meet with their nutrition coach regularly, assess nutrition, life factors attributing to total health and develop a plan for changes that will lead to meeting the goal. Purchase sessions and then show up with a positive attitude and willingness to change!

Who: 18 years old and up  
Under 18 with parent / guardian

Fees: See rates on this page

Schedule: By appointment only

Contact: **Gil Bucher**  
pgbuch@hotmail.com  
717-580-2665

**Deb Denlinger**  
debdenlinger@gmail.com  
717-636-8553

**Lea Nadler**  
CPTNadler@icloud.com

## HEALTH, WELL-BEING & FITNESS

### HEALTH & WELLNESS PACKAGES

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

**PLEASE NOTE:** Sessions can be redeemed for Personal Training, StretchWorks Assisted Stretch Coaching and/or Total Health Nutrition.

#### 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, Stretch Practitioner and / or Nutrition Coach of your choice to schedule sessions.

**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

### 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

## HEALTH, WELL-BEING & FITNESS

### ADULT PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Not comfortable in a group setting? Private lessons are available for adults who would prefer one-on-one instruction. Register and make payment online for lesson credits. After purchasing credits, you can book appointments through our new online scheduling system at your convenience.

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

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

For more information about Camp Thompson rentals, contact Brittany Rose at 717-243-2525 ext 208 or [brose@carlislefamilyymca.org](mailto:brose@carlislefamilyymca.org).

## SPORTS & RECREATION

### 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)



## SPORTS & RECREATION

### ADULT 7V7 SOCCER LEAGUE

The Adult Soccer League is back for another action-packed season! The league is divided into two divisions. The A division is for competitive teams looking to play high-level soccer. The B division is geared toward recreational teams. Teens may play in the league if they feel they can compete. **PLEASE NOTE: Makeup games may be held on Wednesdays.**

Ages: 13 years old and up  
Fees: \$655 per team (for the entire season)  
Schedule: June - August 2024  
Games: Mondays, Tuesdays and Thursdays at 6 and 7:15pm  
Location: George B. Stuart Athletic Fields  
1213 Rockledge Drive, Carlisle  
Deadline: Register by May 26, 2024  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or [ktyrrell@carlislefamilyymca.org](mailto:ktyrrell@carlislefamilyymca.org)

### INDOOR PICKLEBALL

Pickleball is a paddle sport that combines elements of tennis, badminton and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels. **This open play is for Carlisle Family YMCA members only.** Come experience the excitement of this fun sport! **PLEASE NOTE: Summer camps get priority on Mon/Wed in cases of inclement weather.**

Who: Members ages 18 years old and up  
Fees: Members = FREE!!!  
Session: April - August 2024  
Schedule: Sun - 4-5:30pm (MPR) **APRIL ONLY**  
Mon & Wed - 12-2pm (MPR) **APRIL-MAY**  
Mon & Wed - 1-3pm (MPR) **JUNE-AUGUST**  
Tues & Thurs - 5-10am (Gym)  
Locations: Multipurpose Room and Basketball Gymnasium  
Contact: Kelly Tyrrell at 717-243-2525 ext 225  
or [ktyrrell@carlislefamilyymca.org](mailto:ktyrrell@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)

## SPORTS & RECREATION

### SAVE THE DATE!!!

#### CARLISLE CRUSH GRASS VOLLEYBALL TOURNAMENT

Get ready to spike, set and crush at the 2nd Annual Carlisle Crush Grass Volleyball Tournament! **Mark your calendars for a weekend of thrilling action and camaraderie taking place July 12-14.** Whether you're a seasoned player or just love the game, this event promises to be fun for all skill levels.

Hosted by the Carlisle Family YMCA on our George B. Stuart Athletic Fields, this tournament brings together teams from across the region for a couple days of intense competition and community spirit. With multiple courts, exciting matchups and a lively atmosphere, it's an event you won't want to miss!

For any inquiries about the tournament, including registration details and rules, reach out to Justin Rose (info below).

**Interested in supporting the tournament and gaining exposure for your brand? Contact Amanda Cornwell at [acornwell@carlislefamilyymca.org](mailto:acornwell@carlislefamilyymca.org) to explore sponsorship opportunities and join us in making this event a memorable one.**

Don't miss out on the excitement! Stay tuned for more updates and get ready to bring your A-game to the courts. Let's make this year's Carlisle Crush a success!

For more information, visit the official Carlisle Crush website - [carlislecrush.com](http://carlislecrush.com).

Dates: July 12-14, 2024  
Registration: Opens by May 15  
Location: George B. Stuart Athletic Fields  
1213 Rockledge Drive, Carlisle  
Contact: Contact Justin Rose at 717-243-2525 ext 226  
or [jrose@carlislefamilyymca.org](mailto:jrose@carlislefamilyymca.org)

**THANK YOU TO BENEFIT CONNECTIONS &  
INSURANCE CONNECTIONS - THE KOLE  
GROUP, AND CUMBERLAND COUNTY  
VISITOR'S BUREAU FOR SPONSORING  
CARLISLE CRUSH!**

# HEALTHY LIVING

## SPORTS & RECREATION

### SAVE THE DATE!!!

#### CARLISLE FAMILY YMCA TURKEY TROT PRESENTED BY PENN STATE HEALTH

If you are looking for a great way to enjoy family, friends and fitness this Thanksgiving, then you won't want to miss the 23rd Annual Carlisle Family YMCA Turkey Trot—the area's premiere Thanksgiving Day race. In the past, over 3,000 participants have run, walked and enjoyed this celebratory event. The 5K run / walk starts and finishes at the Carlisle Family YMCA.

Date: Thursday, November 28 at 9am  
Registration: Opens September 4  
Location: Carlisle Family YMCA  
Sponsorship: Contact Jay Cattron  
at 717-243-2525 ext 230  
or jcattron@carlislefamilyymca.org

We are still looking for a few supporting sponsors for this year's race. This is an amazing opportunity for a business looking to raise brand awareness and increase market penetration! If you are interested, please contact Jay Cattron at the number or email address above.

**THANK YOU TO OUR PRESENTING SPONSOR!**



**PennState Health**

**THANK YOU ALSO TO OUR SUPPORTING SPONSORS:  
VOLVO CONSTRUCTION EQUIPMENT; THE DAVE HOOKE  
TEAM – KELLER WILLIAMS OF CENTRAL PA; CARLISLE  
BUICK GMC; PLANT SITE LOGISTICS; BOBBY RAHAL  
AUTOMOTIVE GROUP; UPMC CARLISLE; COMMON SENSE  
ADOPTION & FOSTER CARE SERVICES; APPALACHIAN  
RUNNING COMPANY; RED 102.3; DYNDES MEDIA  
INC.; CASSES CHIROPRACTIC CLINIC; MEMBERS 1ST  
FEDERAL CREDIT UNION; PROPERTY MANAGEMENT  
INC.; DIAMOND WEALTH ADVISORS; PHOENIX PHYSICAL  
THERAPY; ALLEN DISTRIBUTION; BRIGHTSPEED;  
THE TUCKEY COMPANIES; STROUSE ENTERTAINMENT;  
AND KONA NUTRITION.**

## SPORTS & RECREATION

### NEW PROGRAM!!!

#### SPRING FLING RACQUETBALL SHOOTOUT TOURNAMENT

Carlisle Family YMCA members who enjoy playing racquetball are invited to join us for the Spring Fling Racquetball Shootout Tournament. You can register for Singles (Open and B) and Blind Date Doubles (random partner draw). Everyone is guaranteed a minimum of two matches. Exact start times each day will be determined once registration closes and will be announced Thursday, May 2.

Players referee their own matches. Eye guards are mandatory and must be worn properly. Penn Blue balls will be provided.

**PLEASE NOTE: The committee reserves the right to reclassify all brackets and divisions or play round robin based on registration numbers.**

Who: Members ages 16 and up  
Date: May 4-5, 2024  
Schedule: Morning start for Saturday Singles  
Late morning start for Sunday Doubles  
Fees: \$10 / person  
Registration: Opens April 4 and closes May 1  
Location: Carlisle Family YMCA Racquetball Courts  
Contact: Jay Cattron at 717-243-2525 ext 230  
or 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



## 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!**

### 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.**



**A PERFECT FIT FOR ANYONE.  
ANYTIME. ANYWHERE.**

**THE CARLISLE FAMILY YMCA IS PROUD TO ANNOUNCE YMCA360!  
THIS NEW SERVICE GIVES YOU ACCESS  
TO HUNDREDS OF GROUP EXERCISE CLASSES,  
YOUTH SPORTS TRAININGS, WELL-BEING CLASSES,  
LIVE FITNESS CLASSES AND SO MUCH MORE!  
AND IT'S FREE TO ALL CARLISLE FAMILY YMCA MEMBERS!**



**DOWNLOAD THE APP TODAY**



**ANDROID**



**APPLE**





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## SOCIAL SERVICES

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

### 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
- 7Gl hot meals on Wednesdays from 3-4pm
- Food pantry for our child care families

Contact [nanskitchen@carlislefamilyymca.org](mailto:nanskitchen@carlislefamilyymca.org) if you need greater assistance or if you would like to make a donation.

## SOCIAL SERVICES

### 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](mailto:ktyrrell@carlislefamilyymca.org) or 717-243-2525 ext 225

## 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](mailto:keithadams125@gmail.com)  
Website: [www.carlisleymwc.com](http://www.carlisleymwc.com)



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.

**Join us for a day of fun for the whole family! Visit our website for the schedule and list of participating local businesses and organizations.**

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](mailto:mbell@carlislefamilyymca.org)

**THANK YOU TO THE TUCKEY COMPANIES FOR SPONSORING HEALTHY KIDS DAY® & OUR HEALTHY FAMILY HOME SERIES!**

# SOCIAL RESPONSIBILITY

## SOCIAL SERVICES

### CONCESSION STAND TO BENEFIT THE UNITED WAY

Our Management Team is running a concession stand at the George B. Stuart Athletic Fields during the CAYS Rec Soccer End of Season Tournament on Saturday, May 18. We will have a full breakfast and lunch menu as well as plenty of hot and cold drinks and snacks to get you through the day. All proceeds from the sale will be donated to the 2024 United Way of Carlisle & Cumberland County Campaign.

Are you interested in donating food or supplies for the sale? Contact Michelle Bell for more information.

Date: Saturday, May 18, 2024  
Schedule: 8am-4pm  
Location: George B. Stuart Athletic Fields  
1213 Rockledge Drive, Carlisle  
Contact: Michelle Bell at 717-243-2525 ext 220  
or mbell@carlislefamilyymca.org

## SAVE THE DATE!!!

### MILITARY WELCOME NIGHT

We are excited to offer a special evening of activities at the Y especially for military families new to the area. This year we are combining this event with our Family Fitness & Fun Friday Back to School Bash (see page 15 for more information.) We hope to bring military families together to try out the Y and meet our staff and members as well as other military families. A full schedule of events will be available on our website closer to the date.

Who: Military families and Y members  
Fee: FREE!!  
Date: Friday, September 6, 2024  
Schedule: 5-7pm  
Contact: Michelle Bell at 717-243-2525 ext 220  
or mbell@carlislefamilyymca.org

**THANK YOU TO MICHAEL PASQUARETT  
FOR SPONSORING  
MILITARY WELCOME NIGHT!**

## 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

### 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.

**ONLINE DONATIONS CAN BE MADE  
ANY TIME BY VISITING  
CARLISLEFAMILYMCA.ORG/DONATE**

## VOLUNTEERISM & GIVING

### 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. Volunteers will be contacting you this spring and we hope you will consider a generous donation to the 2024 campaign. If you would like to donate or volunteer to help, please contact Fundraising Manager Amanda Cornwell. In partnership with the Y, you can feel confident your contribution is making a meaningful and lasting impact and to move people forward.

Contact: Amanda Cornwell at 717-243-2525 ext 203  
or [acornwell@carlislefamilyymca.org](mailto:acornwell@carlislefamilyymca.org)

**THANK YOU TO OUR ANNUAL CAMPAIGN  
COMMUNITY PARTNER & \$15,000  
LEAD GIFT CONTRIBUTOR**



## SAVE THE DATE!!!

### CARLISLE FAMILY YMCA GOLF TOURNAMENT

Grab a few friends and plan to join us for a fun day on the golf course. Your tournament fees include greens fees, golf cart, dinner, snacks, beverages, individual on-course games, range balls & tee gift. Can't play? We'll have Dinner, Putting Contest & Entertainment only tickets for sale too. And we have several sponsorship opportunities available.

Fee: \$85 per golfer / \$340 per foursome (thru 8/31)  
Date: Friday, September 27, 2024  
Location: Eagles Crossing Golf Club  
Schedule: 11am – Registration | 12pm – Shotgun Start  
5pm – Dinner, Awards & Entertainment  
Contact: Amanda Cornwell at 717-243-2525 ext 203 or [acornwell@carlislefamilyymca.org](mailto:acornwell@carlislefamilyymca.org)

# 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
- Carlisle Crush Volleyball Tournament
- Golf Tournament
- Turkey Trot
- Safety Around Water
- 7v7 Adult Soccer League
- 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.

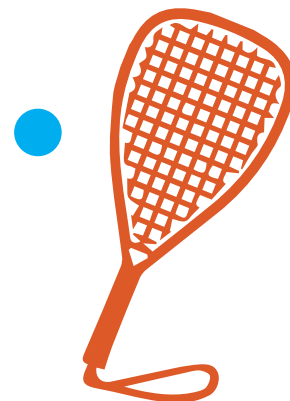
## RACQUETBALL AND HANDBALL COURT RULES:

### 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 you 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.

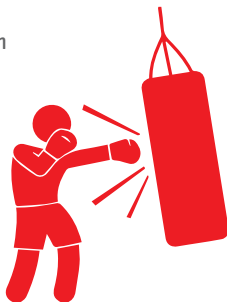
**ADULT / TEEN FULL COURT:** Full court play. Pick-up format.

**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.**

## 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.

**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.



# YOUR Y. YOUR IMPACT.

For a better us.®

» FIND YOUR Y  
AT CARLISLE  
FAMILY YMCA  
DONATE TODAY

## CARLISLE FAMILY YMCA

# 2024 ANNUAL CAMPAIGN

Whenever we see a neighbor who needs support, the Carlisle Family YMCA stands ready to help with open arms and caring hearts. Join us and discover what a gift it is to give.

## GIVE TODAY

Every dollar donated to our Y has a lasting impact on our community. Give today for a better us.

**\$52**

covers the cost of 2 School's Out Rocks sessions

**\$156**

provides funds for 1 week of YADC or New Frontiers Day Camp

**\$312**

allows a youth to play 2 seasons of CAYS Travel Soccer

**\$520**

grants a child 10 Group Swim Lessons

**\$780**

gives a toddler one month of Child Care

To learn more about giving to the Y contact Amanda Cornwell, Fundraising Manager, at 717-243-2525 ext 203 or [acornwell@carlislefamilyymca.org](mailto:acornwell@carlislefamilyymca.org)

## READY TO DONATE?

Visit [carlislefamilyymca.org/donate/](http://carlislefamilyymca.org/donate/) and select Annual Campaign to make a fast, easy & secure online donation!

## CARLISLE FAMILY YMCA

311 South West Street  
Carlisle PA 17013  
717-243-2525

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



CONNECT WITH US!

United Way of Carlisle & Cumberland County



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.