



For a better us.®



YOUR JOURNEY STARTS HERE

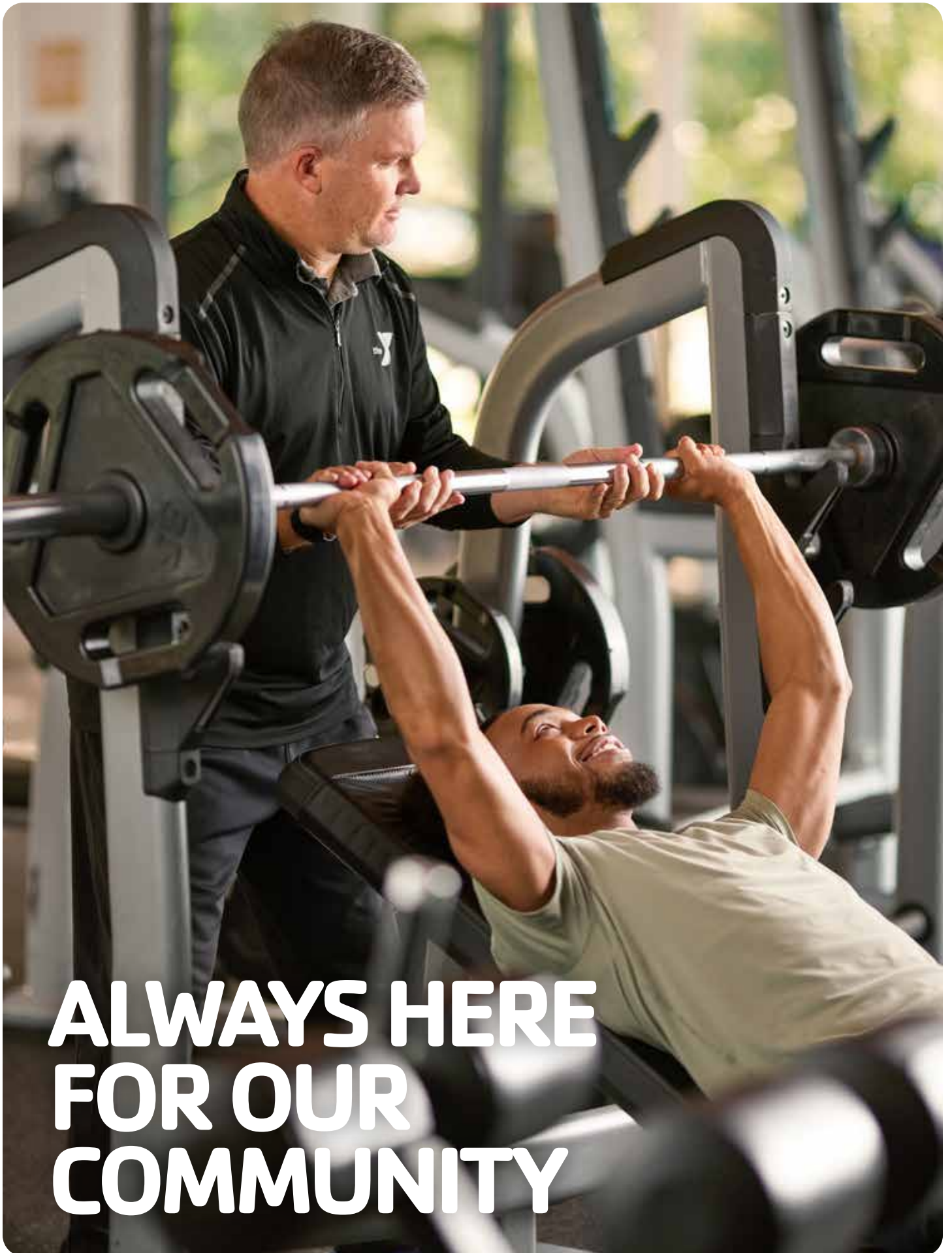
At the Y, you'll find countless opportunities to get moving and experience the joy of embracing a healthier lifestyle.

ALL IT TAKES IS ONE FIRST STEP.



CARLISLE FAMILY YMCA
WELCOME GUIDE





**ALWAYS HERE
FOR OUR
COMMUNITY**

STRONG COMMUNITIES START HERE

When you join the Y, you're not just a member of a facility; you are part of a cause. With a shared commitment to nurturing the potential of kids, improving health and well-being and giving back and supporting our neighbors, membership at the Y gives you and your family the opportunity to learn, grow and thrive.

CARLISLE FAMILY YMCA

311 S. West St., Carlisle PA 17013 | Phone: (717) 243-2525 | carlislefamilyymca.org

AMENITIES

- 8-Lane, 25-Yard Pool
- Saunas & Steam Room
- Locker Rooms & Private Changing Areas
- Basketball Gymnasium
- Racquetball / Handball Courts
- Wellness Center
- Functional Fitness Center
- Youth Adventure Zone
- Multipurpose Room
- Large Group Exercise Studio
- Group Cycling Room
- Yoga Studio
- Soccer Field Complex
- Camp Thompson Resident Camp
- On-site Physical Therapy Practice, run by Henninger Physical Therapy



FACILITY HOURS

NOVEMBER-APRIL

MON-FRI 5am - 9pm
SAT 7am - 8pm
SUN 10am - 6pm

MAY-OCTOBER

MON-FRI 5am - 9pm
SAT 7am - 5pm
SUN 10am - 4pm



POOL HOURS

NOVEMBER-APRIL

MON-FRI 5am - 8pm
SAT 7am - 5pm
SUN 10am - 3pm

MAY-OCTOBER

MON-FRI 5am - 8pm
SAT 7am - 3pm
SUN 10am - 3pm



PLEASE NOTE:

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

HOLIDAYS

New Year's Day – Building Closed
Easter Sunday – Building Closed
Memorial Day – Building Closed
Fourth of July – Building Closed
Labor Day – Building Closed
Thanksgiving Day – Building Closed
Christmas Eve – Building Closes Early
Christmas Day – Building Closed
New Year's Eve – Building Closes Early

WI-FI ACCESS

Network:

Y-Guest

Password:

YMCA-Guest

.....

Network: LiftZone
(no password)

LiftZone is available in the South Entrance Lobby, Multipurpose Room & Living Room



A PLACE WHERE YOU BELONG

At the Y, you belong to a place where parents find a safe, positive environment for children to learn good values, social skills and behaviors; families come together to have fun and spend quality time with each other; children and teens play, learn who they are and what they can achieve and are accepted; and adults connect with friends, pursue interests and learn how to live healthier. But most importantly, you'll find a place where you belong.

WHERE GREAT THINGS HAPPEN EVERY DAY

The Carlisle Family YMCA offers several membership categories to meet the needs of the community we serve.

MEMBERSHIP TYPES

HOUSEHOLD

- 2 Adults
- 1 Adult with Dependents
- 2 Adults with Dependents
- 2 Senior Adults
- 1 Senior Adult with Dependents
- 2 Senior Adults with Dependents



INDIVIDUAL

- Youth
- Teen
- Young Adult
- Adult
- Senior Adult



24/7 ACCESS

Members 19+ can apply for after hours use of the Wellness Center & FFC after passing a background check and paying a \$20 activation fee.

SHARE THE HEALTH

SHARE THE Y EXPERIENCE WITH YOUR FRIENDS AND FAMILY.

If you refer a friend to the Y, you both could get 20% off your monthly membership dues.

To learn more, go to our website or stop by the Welcome Center during your next visit.

Some restrictions may apply.



CARLISLE FAMILY YMCA MEMBERSHIP BENEFITS

- 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 – Heavy Bag & Speed Bag Room (ages 13 and up)
- Kids Adventure Zone (Parent/guardian must remain on-site 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 & water Group Exercise Classes offered 7 days a week – Yoga; Pilates; Power Cycling; ZUMBA®; Les Mills BODYPUMP™, BODYCOMBAT™, BODYATTACK™, GRIT™, SPRINT™ & CORE™; Barre Above®; LaBlast Fitness, Low-Impact Water Exercise, Aqua Kickboxing & more!
- Free Personal Fitness Consultations
- Access to Personal Training, Assisted Stretch Coaching & Total Health Nutrition sessions
- Handball / Racquetball Courts
- Youth Sports – basketball, soccer, lacrosse & swim team
- Priority registration on all programs, including summer day camps, swim lessons and youth sports leagues
- Reduced rates & significant cost savings on Y program fees
- Income-based Flexible Pricing Program
- Access to our YMCA360 mobile app & virtual programming
- Free Wi-Fi
- Limited guest privileges for friends and family
- Access to more than 2,700 Ys nationwide, at no extra charge, through our Nationwide Membership program. Simply present your active Y membership card and photo ID at the Y you are visiting and enjoy free access. Some restrictions may apply, so be sure to contact the Y you are visiting for details.
- No long-term contracts to sign, with a variety of payment options to choose from, including monthly and annual bank drafts or credit/debit card payments.

MEMBERSHIP FEES

Membership fees are payable through a monthly electronic withdrawal from a valid checking account, debit card or credit card on the 1st of each month. Membership fees also can be paid annually by cash, check or debit/credit card. Membership fees are nonrefundable. Membership monthly payments are ongoing until canceled by the primary member prior to the scheduled payment date.

MEMBER CODE OF CONDUCT

In support of our character values of caring, honesty, respect and responsibility, all members are expected to behave appropriately while using Y facilities and abide by the Member Code of Conduct. Those who choose to act inappropriately, as defined by Y staff, may be asked to leave the building. Repeat offenses may lead to a membership suspension or revocation of all privileges. Visit our website to view the complete Member Code of Conduct.

EVERYONE IS WELCOME! POWERED BY brightspeed

At the Y, no one is turned away due to the inability to pay. Visit our website to learn about the Y's financial assistance programs.

LEARN MORE
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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 Dependents	\$64	\$729.60
2 Adults with Dependents	\$69	\$786.60
2 Senior Adults	\$56	\$638.40
1 Senior Adult with Dependents	\$59	\$672.60
2 Senior Adults with Dependents	\$62	\$706.80

» WHAT YOU CAN DO AT THE Y



If I am a baby I CAN...

- Enroll in parent/child swim classes
- Swim with mom, dad or an adult guardian in the pool
- Enjoy playtime and engagement activities with my family in the Kids Adventure Zone
- Have my birthday party at the Y
- Attend community events with my family



If I am 2–5 yrs. old I CAN...

- Enroll in swim lessons
- Swim with mom, dad or an adult guardian in the pool
- Play sports at the Y (4+)
- Enroll in summer day camp (4+)
- Meet new friends at Friday Night Fun (4+)
- Enjoy playtime and engagement activities in O-Zone & Kids Adventure Zone
- Have a Y birthday party celebration
- Attend community events with my family



If I am 6–12 yrs. old I CAN...

- Enroll in swim lessons
- Enroll in summer day & resident camps
- Participate in summer sports and specialty camps
- Swim with mom, dad or an adult guardian in the pool
- Join the CARY Sharks Swim Team
- Celebrate my birthday at the Y
- Play on a youth sports team
- Attend sports clinics
- Hang out with friends in O-Zone & Kids Adventure Zone
- Meet new friends at Friday Night Fun
- Attend the Y's before and after school program at W.G. Rice Elementary School
- Attend community events with my family

If I am a teen I CAN...

- Work out in the Wellness Center & FFC
- Participate in group exercise classes
- Reserve and use Racquetball Courts
- Use Youth Locker Rooms
- Join 7GI
- Play sports at the Y
- Enroll in swim lessons
- Join the CARY Sharks Swim Team
- Attend Leadership in Training Camp
- Become a Counselor in Training for our day & resident camps
- Work at the Y (15+)
- Enjoy swimming in the pool with friends
- Become a Y volunteer to earn service hours
- Enjoy the FREE Wi-Fi throughout the building

A Place For Everyone



If I am an adult I CAN...

- Participate in land & water group exercise classes
- Work out with a personal trainer
- Take swim lessons
- Work out in the Wellness Center & Functional Fitness Center
- Use Adult Locker Rooms, including Steam Room & Saunas
- Swim in the pool
- Volunteer on a committee, the Y Board or help with fundraising
- Form a team and participate in an adult sports league or tournament
- Play Noon-Time Hoops
- Participate in a fitness challenge
- Volunteer to coach a youth sports team
- Attend Lunch & Learn seminars
- Work at the Y
- Attend community events
- Enjoy the FREE Wi-Fi throughout the building
- Bring a guest to try out the Y

If I am an active older adult I CAN...

- Enroll in a water fitness class
- Participate in a group exercise class
- Work out with a personal trainer
- Take a swim lesson
- Work out in the Wellness Center & Functional Fitness Center
- Swim in the pool
- Work at the Y
- Volunteer on a committee, the Y Board or help with fundraising
- Volunteer in a Y program
- Attend Lunch & Learn seminars
- Attend community events
- Enjoy the FREE Wi-Fi throughout the building
- Bring a guest to try out the Y



My family CAN...

- Swim in the pool
- Play a game of HORSE in the gym
- Attend Family Fitness & Fun Nights
- Host a birthday party for family and friends
- Volunteer as a family at the Y or a special event
- Attend community events



ALL AGE REGULATIONS

Scan here





FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

WHERE KIDS THRIVE

We believe the values and skills learned early on are vital building blocks for life. Because of the Y, more young people are taking a greater interest in learning and making smarter life choices. At the Y, children and teens learn values and positive behaviors and can explore their unique talents and interests, helping them realize their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

CHILD CARE

CHILD CARE CENTER

At the Carlisle Family YMCA, we offer quality full-day Child Care for toddlers through preschoolers, enabling parents and family members to go to work knowing their children are in safe, stimulating environments.

Enrollment includes a family membership to the Carlisle Family YMCA.

- Young Toddler (1-2 years)
- Older Toddler (2 to 3 years)
- Preschool (3 years to 5 years)

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



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SCHOOL'S OUT ROCKS!

Fill your K-5 child's day off from school with fun and excitement with other kids at the Y. They'll enjoy a day of educational field trips, games, swimming and fun. Kids have a great time and parents can relax knowing their children are in good hands.

Please Note: School's Out Rocks is offered on select days off during the school year.

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SCHOOL AGE CHILD CARE

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 at Iron Forge Educational Center. In the mornings students can choose various activity stations including board games, art projects, LEGO building blocks, etc. We also play large group games in the gym. Afternoons have a more structured schedule with designated times for homework help, gym games, activity stations, snack and (when weather permits) outdoor play. Please Note: This program has limited space and is filled on a first come, first served basis.

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FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

CHILD CARE

O-ZONE

O-Zone is an area where parents can drop off kids ages 2-12 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.

While your child does not have to be potty trained to utilize this program, staff will not change diapers or help in the bathroom. If an accident happens, you will be called.

You must register and pay before drop-off. Space is limited to 20 children so register early to ensure a spot! The max time limit is 2 hours. Please be prompt to pick up by the 2-hour mark. This will allow for others to utilize the program.

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

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KIDS ADVENTURE ZONE

The Kids Adventure Zone is a space that allows youth to engage in interactive play. The room is located on the first floor directly across from the Welcome Center.

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. 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 in the room.

PLEASE NOTE: THIS ROOM IS NOT STAFFED.

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SUMMER CAMP

The Carlisle Family YMCA offers a huge variety of summer programs for ages 4-16. Whether you're looking for a day camp, a mini overnight camp, a full resident camp experience, a leadership experience for your teen or a volunteer experience for your young adult, we've got you covered.

Youth need ongoing enrichment opportunities during the summer to learn, grow and reach their full potential. Our summer camps' energetic staff and structured programs provide a perfect backdrop of fun, friendship, activities and healthy play that encourages children to develop in their own unique way and fosters a desire for learning that they'll carry into the coming school year.

Financial assistance is available for all day & resident camps.

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AMAZING LEARNING EXPERIENCES

- Ready, Set, Camp! (ages 4-5)
- Camp Thompson Day Camp (ages 5-11)
- Youth Adventure Day Camp (ages 6-8)
- My First Overnight (ages 6-9)
- Camp Thompson Resident Camp (ages 7-14)
- New Frontiers Day Camp (ages 9-12)
- Leadership in Training Camp (age 15)

COUNSELORS IN TRAINING (age 16)

The summer camp environment provides a unique opportunity for teens to build leadership skills by gaining hands-on experience assisting our fantastic team of camp counselors with our summer campers. To learn more about the Y's Counselor in Training program, please contact Camp Director Brittany Rose at brose@carlislefamilyymca.org.





FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

EDUCATION & LEADERSHIP

7TH GRADE INITIATIVE

This initiative offers free Y memberships to all 7th-grade students in the Carlisle community. The goal of the program is to inspire youth to discover their passions, develop a healthy lifestyle and gain the assets needed to avoid risky behaviors and succeed in school and life.

To activate the free membership, 7th-graders should bring their school ID or report card and a parent or guardian with them to the Carlisle Family YMCA during the enrollment period in September. The free membership expires May of the following year.

Weekly programming for 7th grade students is offered throughout the program. Mandatory leadership meetings are held throughout the year. Meetings are required for 7GI participants except with prior approval to be excused for extracurricular activities.

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LEO CLUB

Leadership, Experience, Opportunity.

That's what makes a Leo. They are devoted young people ages 12-18 who realize the power of action. Together, Leos and Lions form a powerful partnership — one of mutual respect where Lions learn from the innovative insights of Leos, and where Leos gain access to the proven strategies of those who've successfully served the world for decades.

People have a lot of ways to give back to their community — but being a Leo is much more than just service. Choosing Leo Club helps you grow as an individual and as a leader as you join a global family of young people making the world a better place. Meetings are held once or twice a month and dates & times are set by club members.



This program is offered in collaboration with the Carlisle Lions Club.

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LET'S PARTY!

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

PARTY OPTIONS

- Pool Party
- Pool Inflatables Party
- Laser Tag Party
- NERF® Games Party
- Inflatable Obstacle Course Party
- Camp Thompson Party

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FITNESS & RECREATION

FRIDAY NIGHT FUN

If you are looking for a way for your kids to burn some energy after a long week, look no further than our full lineup of Friday Night Fun programs!

- NERF® Games (ages 7-12)
- Time to Bounce (ages 4-12)
- Splash Bash (ages 7-12)
- Movie Nights (grades K-5)

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Check out website for more details on each program and for current offerings.



YOUTH FITNESS CLASSES

Check out Group Fitness Schedules for the current list of fitness classes especially designed for our youth members!

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FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

YOUTH SPORTS

BASKETBALL

REC BASKETBALL LEAGUE

This program is for all youth ages 4 years old to 8th grade who want to play basketball in a fun and learning-friendly environment.

Practices are held once a week and games are played mostly on Saturdays from December to February.

PLEASE NOTE: Some weekday games may be scheduled depending on the number of teams in each division.

The **Dickinson College Women's Basketball Team** offers a clinic at the start of the season for girls and boys in grades K-8. It's a great chance to brush up on your skills.



HIGH SCHOOL BASKETBALL

This program is for girls and boys in grades 8-12 who want to come together to learn and practice their basketball skills and scrimmage against other players in the program. Participants play intrasquad games.

This program takes place at the end of the winter and is led by volunteer coaches whose goals are to teach basketball skills players can use past their high school years.

3-ON-3 BASKETBALL TOURNAMENT

This co-ed round-robin tournament with playoffs guarantees each team at least 3 games. Trophies are awarded for the top 2 teams in each division – Grades 3/4, 5/6 and 7/8.

PLEASE NOTE: We make separate male and female divisions only if we have enough teams. Some divisions may be combined based on registration numbers.



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SOCCER

CAYS TRAVEL SOCCER

Carlisle Area Youth Soccer (CAYS) Travel Teams offer competitive play for U9 & up players in the Central Pennsylvania Youth Soccer League (CPYSL), a member of the Eastern Pennsylvania Youth Soccer Association (EPYSA).

We offer sessions in the Spring and Fall. Open tryouts are held for the Fall sessions. Spring tryouts are offered for teams with open spots. CAYS travel teams practice twice a week and games are on the weekends.

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REFINING SKILLS

We offer a Summer Soccer Day Camp as well as a number of indoor and outdoor soccer clinics throughout the year. Check our website for the current list of opportunities to work on your individual and team skills.



We're also excited to offer our CAYS players the opportunity to train with Harrisburg Heat players and coaches! The Harrisburg Heat is a professional soccer team that plays in the Major Arena Soccer League.

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CAYS REC SOCCER

Rec soccer is for youth ages 3-12 who want to learn fundamental soccer skills and play in a nurturing, fun environment. Players receive equal playing time. Coaches and parents are encouraged to focus on player development and improvement throughout the season.

Practices are held one night per week and most games are on Saturdays. **PLEASE NOTE:** Some weekday games may be scheduled depending on the number of teams in each division.



Thank you to Hilton Diminick Orthodontics for sponsoring our Carlisle Area Youth Soccer programs!

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FOR YOUTH DEVELOPMENT

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YOUTH SPORTS

LACROSSE

GIRLS LACROSSE TEAM

This program is for girls in grades 5-8 and focuses on introducing the game of lacrosse and teaching the fundamentals and rules of the game. The team practices

twice a week and compete in games and tournaments on Saturdays and Sundays from March-May.

PLEASE NOTE: We try to offer two teams divided by skill level when registration numbers allow.



GIRLS LACROSSE CLINICS

Our indoor and outdoor Lacrosse Clinics are for girls in grades K-8. Both new and returning players are welcome. The focus is teaching the basics of lacrosse and building skills.

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VOLLEYBALL

Looking to develop your volleyball skills in a fun and encouraging climate? In our volleyball clinics, participants practice skills including serving, forearm passing, setting, hitting and blocking. These programs emphasize skill work, proper mechanics and basics to give the players a solid foundation of the sport.

We offer a clinic for girls in grades 6-8 in February. We also collaborate with the **Dickinson College Women's Volleyball Team** to offer a clinic for girls and boys in grades 6-12.



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CARY SHARKS SWIM TEAM

This competitive swim program for youth ages 5-18 includes development and training for all levels from the novice swimmer who can complete one length of the pool unassisted to the national elite. Swimmers learn the importance of teamwork, sportsmanship and goal-setting while developing their competitive swimming skills. Swim team runs from October-March.

PLEASE NOTE: All swimmers must have an active Y membership for the duration of the season.



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PRESEASON TRAINING

CARY coaches offer Preseason Training in the spring and fall. Swimmers do drills to improve their technique and make their strokes more efficient. This is great opportunity to learn more about the Sharks and meet the team and coaching staff.



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IGNITE YOUR PASSION

We are blessed with a supportive community of volunteers who donate their time and talents to coach in our youth sports leagues. All Y volunteers must complete background and reference checks before volunteering in Y programs. Make a difference in a child's life by signing up to volunteer as a coach in our youth sports programs today!

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FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen

SWIM LESSONS

GROUP SWIM LESSONS

Learning to swim helps everyone stay safe around water and learn the skills to make swimming a lifelong pursuit for staying healthy.

- Year-round swim instruction for children 6 months and up
- Small class sizes
- Weeknight & weekend options (& summer weekdays too)

SWIM STARTERS (6-36 months)

Infants and toddlers – accompanied by a parent – 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.

PARENT / SWIM BASICS (2 years & up)

Do you have a beginner level swimmer who is too old for Swim Starters, but not quite ready for Swim Basics? If so, this is the perfect class for your child and you. The class is the same as Level 1, but you can be in the water to assist your child.

SWIM BASICS (3 years & up)

Students in Levels 1-3 learn personal water safety and achieve basic swimming competency. Regular sessions and Small Group Sessions (limited to 3) offered.

SWIM STROKES (3 years & up)

Swimmers in Levels 4-6 are introduced to the four competitive swimming strokes as well as rescue skills and healthy lifestyle habits.

PLEASE NOTE: The child taking swim lessons must be a member to get the member rate.

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AMERICA'S MOST TRUSTED
SWIM LESSON INSTRUCTOR

The Y has been teaching
kids to swim for more than

100 years.



GOGGLE UP

To determine the level Swim Lessons for which your child should register, use the Swim Lesson Selector tool on our website.

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SAFETY AROUND WATER

This 4-day FREE swim lesson program at the end of April / beginning of May includes water safety skills, basic swim instruction & a free meal each night.

PLEASE NOTE: This program is intended for kids who haven't had the opportunity to take swim lessons for financial reasons.

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PRIVATE SWIM LESSONS

If you are more comfortable with 1-on-1 instruction, our **Private Swim Lessons** are for you! We offer private swim lessons for children, adults and those with special needs. Whether you're just starting out in the pool or looking to improve swimming techniques, private swim lessons are a great way to learn at your own pace.

Semi-Private Swim Lessons also are available for 2 students and 1 instructor. They are great for siblings and friends to learn together and grow at their own pace!

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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

ONLINE LESSON SCHEDULING

Private and Semi-Private Swim Lessons are 30-minute sessions and can be scheduled at your convenience. Our new process to purchase and schedule private sessions allows participants to schedule lessons immediately instead of waiting to be contacted by an instructor. This reduces the time between purchase and the start of lessons. The guide on our website walks you through the process to purchase and redeem swim lesson credits.

FOR HEALTHY LIVING Improving the nation's health and well-being

In communities across the nation, the Y is a leading voice on health and well-being. With a mission centered on balance, the Y brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, millions of youth, adults and families are receiving the support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

FREE FITNESS ORIENTATIONS (AGE 13+)

New members are encouraged to register for a free Fitness Orientation. Contact one of our Personal Trainers for an introductory tour of our Wellness & Functional Fitness Centers and to learn how to use our exercise equipment to maximize your workouts and ensure your safety.

EGYM ORIENTATIONS (AGE 16+)

Get a state-of-the-art, automated, personalized full-body strength-training experience in less than 30 minutes. With just the swipe of your RFID band, each 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. Stop by the Welcome Center to schedule a time to meet with a trainer to get you set up or make adjustments to your current EGYM program.

INBODY BODY COMPOSITION ANALYZER

Step off the old school scale and hop onto InBody. This 45-second full body BMI scan not only gives you weight, but also several other outputs like body composition, muscle-fat analysis, water weight & more. Download the InBody app before your first scan. InBody is located in the Cardio section of the Wellness Center.

STAY IN THE KNOW ON THE GO

**Download the YMCA360
Mobile App today!**

Reserve spots in classes, access virtual workouts, your barcode and more. Included with all Y memberships.



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All these services are included with your Carlisle Family YMCA membership!

PERSONAL TRAINING

Whether you're just starting a fitness routine or looking to add a little variety to your exercise program, a Y personal trainer can help you achieve your wellness goals. One-on-one or small group coaching enables our certified personal trainers to interact with members in creating a fitness program that meets their needs and offers direction, education, motivation and support every step of the way. Visit our website to read our trainer bios. Then choose a trainer & get started!

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TOTAL HEALTH NUTRITION (AGES 18+)

In Total Health Nutrition, we start with nutrition, but we work together to take a whole person, whole life approach to health. This includes physical, mental, emotional, existential, social and environmental health. Once we create that foundation, then we work to make small changes, one at a time to achieve lasting change. Our certified nutrition coaches customize a plan with you to help you achieve your goals.

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STRETCHWORKS (AGE 13+)

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, strengthens muscles and bones and heightens the state of overall well-being.



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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.

FOR HEALTHY LIVING

Improving the nation's health and well-being

GROUP FITNESS

Wellness is an overall feeling of health and wholeness. It's a sense of belonging. It's having the energy to live each day to the fullest. Our dedicated staff team helps you to achieve your health and wellness goals one day at a time.



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SCHEDULES

We offer over 100

classes each week in our 3 studios and indoor pool. Class offerings and schedules vary throughout the year. Please visit our website or ymca360.org or download our app to view our class schedules.

RESERVATIONS REQUIRED

All land and water group exercise classes require reservations as space is limited. You can sign up for classes up to 48 hours in advance through our Mobile App or online at ymca360.org.

Can't attend class? Please cancel your reservation so someone else can attend. If a class is full, we have 4 slots available on the waitlist. If a participant cancels their registration, members on the waitlist will be alerted that they have a spot.

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WORKOUT & WIN CONTEST

Working out with others can positively influence your health. To encourage our members to reap the benefits, we offer a monthly contest called **WORKOUT&WIN!**

Get a punch card from any land group fitness instructor and collect punches after every class you take. Once your card is filled, put it in the jar in one of the studios to be entered for that month's prize drawing. You can drop in as many cards as you can fill each month.

Winners get \$50 in LoveBucks and are notified the first week of each month.

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ADULT AQUATICS

Swimming is one of the best aerobic exercises you can do to improve your overall health. Swimming exercises your heart, lungs and muscles, and causes very little stress on your joints and tendons. Our expert aquatic professionals help you change up your fitness routine by introducing you to one of the many water-based activities you'll find at the Y.

- Water Fitness Classes
- Masters Swimming
- Lap Swimming
- Rec Swimming (reservations required)
- Aqua Jogging (reservations required)

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SWIM LESSONS AREN'T JUST FOR KIDS

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 everyone no matter their age.

In addition to the Private and Semi-Private Swim Lessons we offer year-round, we also run occasional Adult Group Swim Lesson sessions because you're never too old to learn how to swim.

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LIFEGUARDING & CPR CLASSES

As an industry leader in aquatic safety, the Y offers multiple lifeguarding and CPR class options. These certifications are an important part of our commitment to health and water safety for our community.

- American Red Cross Lifeguarding Course
- American Red Cross Lifeguarding Recertification Course
- American Red Cross CPR & AED Course
- American Red Cross CPR / AED & First Aid Course

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BLENDED LEARNING

All these trainings are blended learning courses. Participants get a link for the online portion of the class with a deadline to complete everything. Skills are practiced and tested in person before getting certified.



SPORTS & RECREATION

We believe sports, friendly competition and exploring new interests are for everyone. And when teamwork is involved, there's the added benefit of connecting with others. That's why you'll find a wide range of recreational activities at the Y, so there's always something for everyone.

ADULT SPORTS

There's no such thing as being too old to get in the game. Check out our Adult Sports programs:

7V7 SOCCER LEAGUE

This summer league is divided into two divisions and all games are played at the George B. Stuart Athletic Fields. 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.

HANDBALL / RACQUETBALL

We have 2 courts available for members ages 13 & up to reserve to play handball or racquetball. Reservations can be made in 30-minute increments up to 1 week in advance.

We also host various tournaments and ladder challenges throughout the year.

BASKETBALL

Do you like to play full-court basketball? We set aside time for members age 19 and up to enjoy playing over the lunch hour. Join other Y members and relieve some stress while having fun! No guests allowed during Noon-Time Hoops.

We also schedule time for full-court play on the weekends and some evenings. Check the monthly Gym Schedule on our Mobile App for the current schedule.

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ROCKY ROOM (AGES 13+)

The Rocky Room is located on the second floor across from Studio C. It features a speed bag, heavy bag and gloves. It is open during regular business hours and closes 30 minutes before the building closes.

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PICKLEBALL

Pickleball is a racket sport that combines elements of badminton, tennis and table tennis. The game is played on a court with the same dimensions and layout as a badminton court, and a net and rules similar to tennis. We offer open play throughout the week, an annual tournament and occasional beginner lessons.

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LET'S GET CRUSHING!

The Carlisle Crush Grass Volleyball Tournament is a 3-day dynamic and family friendly event that has grown tremendously since it's inception in 2023.

As many as 369 teams and 972 individuals have played in what is quickly becoming a premier event on the grass volleyball calendar. With over 20 divisions ranging from youth to adult including a special parent-child category and pros with guaranteed payouts, the tournament has something for players of all ages and skill levels!

The tournament is held in the summer at the George B. Stuart Athletic Fields. The weekend includes Center Court, music, food trucks, skill games, clinic, prizes for all winning teams and more!

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PennState Health

Thank you to Penn State Health
for sponsoring the Carlisle Family
YMCA Turkey Trot 5K!



FOR HEALTHY LIVING

Improving the nation's health and well-being

RACES

The Carlisle Family YMCA hosts several competitive events each year. Participating in these fun competitions inspires community and family health and involvement. Proceeds support the mission of the Carlisle Family YMCA.

These events also offer local businesses and organizations a great way to reach the public to increase brand awareness.

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CARLISLE FAMILY YMCA TURKEY TROT

If you are looking for a great way to enjoy family, friends and fitness this Thanksgiving, then you won't want to miss the area's premiere Thanksgiving Day 5K. The 5K run / walk starts and finishes at the Carlisle Family YMCA.

YTRI INDOOR SPRINT TRIATHLON

Swim 800 yards in our indoor pool, bike 12 miles on our power cycles and run a 5K on our treadmills. Youth ages 10-18 can do the full race or complete the novice distances—swim 400 yards, bike 6 miles and run 1.5 miles.

Don't want to do the whole race by yourself? Grab 2 friends and form a 3-person relay team!

This is the perfect event to keep your training on track in the cold winter months!



HENNINGER PHYSICAL THERAPY

Henninger Physical Therapy is a family-owned and operated Orthopedic and Pelvic Health Physical Therapy practice located inside the Carlisle Family YMCA. HPT provides individualized, 1-on-1 physical therapy care with the same Certified Orthopedic Clinical Specialist every visit.

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FAMILY TIME

Serving families has always been at the heart of the Y. We are a place where they can find respite from social, economic and educational challenges, and learn how to overcome them. We have a fundamental desire to provide opportunities for every family to build stronger bonds, achieve greater work/life balance and become more engaged with their communities.

CAMP THOMPSON FAMILY CAMP

Come to Camp Thompson and unplug for some family fun! Camp staff provide activities for you and your family like archery, canoeing, climbing the Alpine Tower, hiking, sling shots and more! Or just take time to relax in scenic Pine Grove Furnace State Park in the Michaux State Forest. All meals are included. Cabins can hold up to 10 people.

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BIPP'S BARNTIQUE CRAFT NIGHTS

Calling everyone who enjoys crafting! Participants join Camping Services Director Brittany Rose (aka Bipp) at a local establishment in Carlisle for drinks and to make a craft. Projects are announced several weeks before each session. Space is limited so register early!!

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HEALTHY FAMILY HOME

Every family can be a healthy family. 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 | Sleep Well

We offer various events throughout the year targeted to increase awareness and opportunities for these pillars of health.

A few of those events are:

- Family Fitness & Fun Nights
- Egg Hunt in the Pool
- Healthy Kids Day
- Family Photo Scavenger Hunt
- Floating Pumpkin Patch



Thank you to The Tuckey Companies for sponsoring our Healthy Family Home Program!



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FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

As a non-profit 501(c)(3) organization, the generosity of others is at the core of the Y's existence. The Carlisle Family YMCA embraces the Y's mission and furthers its cause thanks to the support of our members, staff, community partners, volunteers and generous donors.



ANNUAL CAMPAIGN

For more than 160 years, the Carlisle Family YMCA has worked hand-in-hand with our neighbors to bring about meaningful change in our community. As one of the nation's leading nonprofit organizations, the Y is committed to strengthening our community by empowering young people, improving individual and community well-being and inspiring action.

Each day at our Y facilities and at all of our program sites throughout our community, the Y's mission is making an impact.

Kids of all ages are learning to swim and making new friends at summer camp and through our before and after school program; seniors are experiencing community, connecting with neighbors once again and becoming physically stronger; and teens are setting goals for their future while growing as an individual and as a leader to make the world a better place. None of this would be possible without the support of generous donors like you.

You can help to ensure that the Y's mission can continue to thrive and help those in our community who need it most by making a tax-deductible donation to the Annual Campaign.

Your charitable gift, in any amount, will make a difference in the lives of people living in our community—your friends and neighbors.



MAKE A DONATION TODAY
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Thank you to M&T Bank for being our Annual Campaign Community Partner & contributing our lead gift of \$15,000!

TREE OF LIGHTS

The Tree of Lights campaign is an annual community-wide fund-raising project which provides an opportunity to remember or honor loved ones. All funds raised support the mission of the Carlisle Family YMCA.

Lights may be sponsored in memory of a loved one; in honor of a family member, friend or business associate; or as a year-end gift to the Y.

Our Tree of Lights is illuminated for the entire community to enjoy, beginning in December.



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GOLF TOURNAMENT

Make your plans to join us out on the course for a day of fun and fellowship while we raise awareness and charitable dollars to support our Y. Guests at the Carlisle Family YMCA Golf Tournament enjoy 18 holes of golf including greens fees, golf cart, dinner, snacks, beverages, individual on-course games, range balls, tee gift, putting contest and more!

Sponsorship opportunities are available for this annual fall event!

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DAY OF GIVING

Join us on March 4, 2025 for a day filled with excitement as we rally together to support children and families in our community. Help us raise awareness and funds for the Annual Campaign!

We have lots of fun challenges and activities you can do throughout the day like Biking for Bucks, special edition classes & more! All that is required to participate is a donation in any amount.

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SPONSORSHIPS

Our Y relies on the generosity of local businesses to help underwrite the costs of our programs and events through sponsorships.

Y program and event sponsorships also give local businesses a way to give back to our community and raise brand awareness at the same time. Visit our website to see our current list of sponsorship opportunities

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FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors

VOLUNTEER OPPORTUNITIES

Are you looking to take an active role in bringing about meaningful, enduring change right in your own neighborhood? The Y is for you! We are proud to say that volunteers play an important role in the success and quality of the programs we offer at the Y.



VOLUNTEERS AT THE Y:

- Lead our board of directors and committees
 - Raise funds to ensure the Y is accessible to all members of our community
 - Coach our youth sports teams
 - Motivate and support young people in our summer camp and teen programs
 - Participate in opportunities to give back and support our neighbors through community service projects and events
- The Y welcomes and appreciates anyone in high school or older who volunteers his or her time and expertise. Visit our website for a current list of volunteer opportunities.



VOLUNTEER TODAY
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NAN'S KITCHEN

Nan's Kitchen is an initiative the Carlisle Family YMCA introduced in November 2023 to help address food insecurity among its members and program participants. Thanks to generous support from The Stabler Foundation and Giant, we offer:

- Bagel Tuesdays for seniors
- Hot meals on Wednesdays
- Afterschool snacks
- Food pantry for child care families
- Summer Chillin' & Grillin' events

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SOCIAL SERVICES

We work to provide kids, families and communities with the resources and opportunities they need to learn, grow and thrive. That's why we offer a range of programs and services to meet the unique needs of our community.

- **Blood Drives** – multiple opportunities to donate on-site each year
- **Lunch & Learn** – variety of seminars & workshops offered
- **Military Connection** – annual Welcome Day in the fall and ongoing support to deployed soldiers through the Military Outreach Initiative
- **Sports Buddies** – boys & girls ages 7-16 are matched with screened & trained volunteer mentors



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HEALTHY KIDS DAY®

This annual, national initiative aims to improve the health & well-being of kids and families. Mark your calendar now and plan to join us Saturday, April 26 for a day of fun for the whole family!

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DOUBLE THE FUN BRING A FRIEND

GUEST POLICY

- All guests must be accompanied by a member at all times.
- Guests must sign in and present a photo ID (can be school ID, PowerSchool, etc.) 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 at all times.
- 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.



CARLISLE FAMILY YMCA POLICIES

At the Y, we truly value all of our members, program participants and neighbors who visit our facilities. Our goal is to create the best experience possible for everyone who walks through our doors. Visit our website for a complete list of all of our policies. Questions? Reach out to our team!

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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 can't 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 Y swim instructor or swim coach
- Lap lanes are for lap swim only (**NO REC SWIMMING**). Lap 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.
- Kick boards 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.



CARLISLE FAMILY YMCA RULES

Members and guests are encouraged to be responsible for their personal comfort and safety and ask any person whose behavior threatens their comfort to refrain. If a member or guest feels uncomfortable in confronting the person directly, he or she should report the behavior to a staff person.

Visit our website for a complete list of rules by area.

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CONNECT WITH US

SOCIAL MEDIA

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



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.

LOVE WHERE YOU WORK

Working at the Y, you'll discover more than a job—you'll have the opportunity to make a lasting difference in the lives of those around you. No matter your role, you'll find satisfaction in knowing your contributions are helping support young people in our community and improve the health and well-being of your friends and neighbors.

The Y is always looking to add talented, qualified and positive part-time employees to our Y family. If you are newly retired and seeking new challenges and a second career you will LOVE, the Y is for you! The Y also is perfect for teens looking to enter the workforce for the very first time. All employees receive a FREE or reduced Y membership. Visit our website for a current list of openings.



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**FIND YOUR
COMMUNITY.
FIND YOUR Y.**

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Y's Men and Women's Club



PPL Foundation



United Way of Carlisle
& Cumberland County

The
Rahal Family
Foundation



CommunityAid
NEIGHBORS HELPING NEIGHBORS

Organizations that contribute money or services to our Y totaling at least \$5,000 qualify for the Community Partner recognition plan. We also recognize these businesses and organizations on our website and on the informational TVs located throughout the building. It is our hope that this recognition within the Y promotes and generates good will for these companies.

If you have any questions about this program or want to get involved, contact Fundraising Manager Amanda Cornwell at 717-243-2525 ext. 203 or acornwell@carlislefamilyymca.org.