

GREATER WYOMING
VALLEY AREA



PROGRAM GUIDE

FALL 2025 >>



2025 GWVA FACILITY UPGRADES



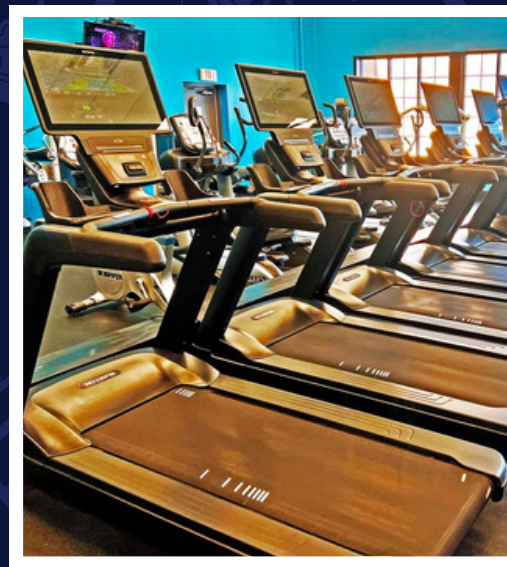
Wilkes-Barre YMCA

- New Universal Locker Rooms
- Upgraded Sauna
- Added Multipurpose Room
- Updated Men's Locker Room
- Restored Pool
- Brand-new Precor Treadmills
- Updated Women's Locker Room



Pittston YMCA

- New Universal Locker Rooms
- Mike & Mary Aquilna ELC
- Brand-New Precor Treadmills



Casterline ELC

- Building Facade Remodeled

Hazleton YMCA

- Child Care Facility Opened
- Full YMCA Opening 2026



BRANCH LOCATIONS & CHILD CARE FACILITIES



The Greater Wyoming Valley Area YMCA includes four traditional YMCA's in Luzerne County: the Wilkes-Barre Family YMCA, the Greater Pittston Area YMCA, the Hazleton YMCA and the Freeland YMCA. The association also includes YMCA Camp Kresge, Casterline Early Learning Center, Mericle Early Learning Center and Bear Creek Community Charter School. With the exception of Camp Kresge, the GWVA YMCA offers childcare at each site listed below – [scan the QR code to learn more.](#)



Wilkes-Barre Family YMCA

40 West Northampton St.
Wilkes-Barre, PA 18701

570-970-5011

Doug Miller, Executive Director

The Wilkes-Barre Family YMCA is a community hub focused on youth development, healthy living and social responsibility. It offers a variety of programs like aquatics, childcare, wellbeing activities and youth & family programs. Annual events include Bernie's Run, the Kentucky Derby Party, Healthy Senior Day and the John A. McCole & Connie Umphred Charity Golf Classic.



Pittston YMCA

10 North Main Street
Pittston, PA 18640

570-655-2255

Josh Lukaszewski, Exe. Director

The Greater Pittston YMCA is a community-focused organization offering a variety of programs and services aimed at promoting healthy living, youth development and social responsibility. The YMCA has a pool, gymnasium, fitness center, aerobics studio, and sauna/steam rooms. It has a highly rated preschool program, before and after school programs and other childcare services.



Hazleton YMCA

75 South Church Street
Hazleton, PA 18201

570-823-2191

Lisette Dishmey, Exe. Director

The Hazleton YMCA, Mericle Family Center, has reopened after undergoing renovations and joining the GWVA YMCA. The facility includes an early childhood education center – the Pasco L. Schiavo Early Learning Center and will feature a pool and gymnasium in 2026. The Hazleton YMCA has a long history, with roots tracing back to a sewing circle in 1906 and the Hazleton YWCA, which incorporated in 1914.



Freeland YMCA

600 Front Street
Freeland, PA 18224

570-636-3640

Jim Laputka, Executive Director

The Freeland YMCA has been a community cornerstone since 1899, offering preschool care and summer camps, a gymnasium, fitness/weight rooms, group exercise classes and youth leagues. Modern programs include: LEGO Robotics, a multi-sport programming, yoga classes and the annual Run for the Children event. Active older and CDP programming coming soon.



Casterline ELC

915 Wyoming Ave.
Forty Fort, PA 18704

570-931-3791

Crystal Boisseau, Child Care Director

The Casterline Early Learning Center is a child care facility named after Dr. Charlotte L. Casterline, who donated her former medical office building for the center's use. The center provides care for toddlers, preschoolers and school-age children. Casterline ELC provides affordable, quality child care and early education programs, focused on introductory curriculum for toddlers, kindergarten preparation for preschoolers and social-emotional development for all.



YMCA Camp Kresge

382 Camp Kresge Lane
White Haven, PA 18661

570-442-2267

Steph Bewley, Executive Director

Located on the shores of beautiful Beaver Lake, Camp Kresge's 1,100 acre property provides the perfect natural environment this traditional camp. Camp Kresge offers a wide variety of programs to meet your recreational needs throughout the year: Day & Overnight Summer Camps, Children's Camping Weekends, Blue Sky Outdoor Education Field Trips, Parent/Child Weekends, Family Camps, Rentals and Retreats.



Mericle ELC

1122 Oak Street
Pittston, PA 18640

570-443-2267

Trudi Dorbad, Child Care Director

The Mericle Family Center for Early Childhood Education offers affordable and quality programs for toddlers, preschoolers, and school-age children. Curriculum includes handwriting, kindergarten prep and social/emotional development. The center features a state-of-the-art facility with 15 classrooms and an outdoor play area used to prepare children for school through play-based learning with a focus on literacy, math and science.



Bear Creek

30 Charter School Way
Wilkes-Barre, PA 18702

570-990-1126

Jamie Burns, Child Care Director

Bear Creek Community Charter School offers affordable and quality programs for preschoolers and school-age children. A play-based, child-centered creative curriculum that supports whole-child development through hands-on, developmentally appropriate learning with a school partnership that incorporates environmental education.

YOUR YMCA MEMBERSHIP INCLUDES:

- ACCESS TO ALL FIVE BRANCH LOCATIONS
- YEAR-ROUND USE OF ALL OPEN FACILITIES
- ACCESS TO GROUP FITNESS CLASSES
- LAP AND RECREATIONAL SWIMMING
- PRIORITY REGISTRATION FOR PROGRAMS LIKE SWIM LESSONS, YOUTH SPORTS, AND MORE
- REDUCED PROGRAM FEES
- FITNESS EQUIPMENT ORIENTATIONS
- GUEST PRIVILEGES
- USE OF ANY PARTICIPATING YMCA FACILITY ACROSS THE COUNTRY THROUGH NATIONWIDE MEMBERSHIP

PROGRAM REGISTRATION DATES

THESE DATES CORRESPOND TO WHEN YOU CAN REGISTER FOR PROGRAMS LIKE SWIM LESSONS, YOUTH SPORTS, AND MORE.

FALL 1 | SEPTEMBER 1 TO OCTOBER 26

- OPEN ENROLLMENT BEGAN AUGUST 18

FALL 2 | OCTOBER 27 TO DECEMBER 21

- MEMBER ENROLLMENT BEGINS OCTOBER 6
- OPEN ENROLLMENT BEGINS OCTOBER 13

FUTURE REGISTRATION DATES

WINTER | JANUARY 5 TO MARCH 1

- YMCA MEMBER REGISTRATION BEGINS DEC. 8
- OPEN ENROLLMENT BEGINS DECEMBER 12

SPRING | MARCH 2 TO APRIL 26

- YMCA MEMBER REGISTRATION BEGINS FEB. 16
- OPEN ENROLLMENT BEGINS FEB. 20

WHERE YOU CAN FIND

	WB	Pittston	Hazleton	Freeland	Casterline	Mericle
Active Older Adults	✓	✓	2026	✓		
Group Fitness Classes	✓	✓	2026	✓		
Cardio Equipment	✓	✓	2026	✓		
Weights & Machines	✓	✓	2026	✓		
Childcare	✓	✓	✓	✓	✓	✓
Gymnasium	✓	✓	2026	✓		
Youth Programs	✓	✓	2026	✓		
Locker Rooms	✓	✓	2026			
Indoor Pool	✓	✓	2026			

OUR PURPOSE DEFINES US



MORE THAN A GYM: In the United States, more than 2,700 YMCAs with approximately 19,000 full-time staff and 600,000 volunteers serve 10,000 communities across the country ←

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind, and body for all.

OUR CAUSE

At the Y, strengthening community is our leading cause. Every day, we work side by side with our neighbors to ensure that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive.

WHO WE ARE

The Y is the nation's leading nonprofit committed to strengthening communities through youth development, healthy living, and social responsibility.

WHAT WE DO

The Y makes accessible the support and opportunities that empower people and communities to thrive, with a focus on youth development, healthy living, and social responsibility.

HOW WE DO IT

There is no other organization quite like the Y. That's because in 10,000 neighborhoods across the nation, we have the presence and partnership not just to promise, but to deliver lasting personal and social change.

- The Y is community-centered. For nearly 170 years, we've been listening and responding to our communities.
- The Y brings people together. We connect people of all ages and backgrounds to bridge the gaps in our community's needs.
- The Y nurtures potential. We believe that everyone should have the opportunity to grow by building a healthy spirit, mind, and body.
- The Y has local presence and national reach.
- The Y mobilizes local communities to effect lasting, meaningful change.

OUR IMPACT

The Y is, and always will be, dedicated to building confident, connected, and secure children, adults, families, and communities. Every day, our impact is felt when an individual makes a healthy choice, when a mentor inspires a child, and when a community comes together for the common good.

FOR YOUTH DEVELOPMENT ←

Nurturing the potential of every child & teen.



- **Child Care:** Safe, nurturing environment for children to learn, grow, and develop social skills.
- **Education & Leadership:** Knowledge, character development, guidance, and encouragement to help youth develop and realize their potential.
- **Swim, Sports & Play:** Positive, fun activities that build athletic, social, and interpersonal skills.
- **Camp:** Exciting, safe community for young people to explore the outdoors, build self-esteem, develop interpersonal skills, and make lasting friendships and memories.

FOR HEALTHY LIVING ←

Improving the nation's health & well-being.



- **Family Time:** Bringing families together to have fun and stay active together.
- **Health, Well-Being & Fitness:** Resources and guidance to maintain or improve physical activity as well as overall health and wellness.
- **Sports & Recreation:** Healthy lifestyle activities that bring people together with shared athletic and recreational interests.
- **Group Interest:** Social networks and activities that bring people together with shared passions and personal interests.

FOR SOCIAL RESPONSIBILITY ←

Giving back and providing support to our neighbors.



- **Social Services:** Training, resources, and support to help our neighbors make change and overcome obstacles.
- **Global Services:** Support systems that welcome, celebrate, educate, and connect diverse demographic populations in the US and around the world.
- **Giving & Volunteering:** Voluntary contributions that fund, lead, and support the Y's critical work.
- **Advocacy:** Collaborations with policy makers, community leaders, and private and public organizations to develop healthier communities for all.

GREATER WYOMING VALLEY AREA YMCA

the



PERSONAL TRAINING

1 ON 1 TRAINING

- Personalized Workout Plans
- Accountability and Expert Knowledge with our Nationally Certified Trainers
- Nutritional Guidance and Meal Plans Available



GROUP TRAINING

- Full Body Strength & Conditioning
- Train with Friends
- 45 Minute Sessions
- Led by Certified Personal Trainers

**FALL DISCOUNT:
GET 10% OFF YOUR
FIRST THREE MONTHS!**



570-931-3720



wellness.department@wvymca.org

Wilkes-Barre Family YMCA Fall Programming

Classes and programs below ARE clickable.
Click on the images to learn more!



Swim Lessons



Youth Group Swim Lessons

Designed for children ages five to 12, students will learn water safety, achieve basic swimming competency, and work on advanced swim skills (including endurance and technique) as they progress through each level.



Preschool Group Swim Lessons

Designed for children ages three to six this course will teach personal water safety skills and achieve basic swimming competency.



Parent/Child Group Swim Lessons

Accompanied by a parent/caregiver in the water, infants and toddlers (6-18 MONTHS) 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.



Adaptive Swim Lessons

Swim times and lessons are available to kids of all ages and needs. S.A.F.E. & Adaptive swim families can request FREE one-on-one swim lessons. **Parents looking to join the A-Team, a swim group for special needs swimmers, contact Sam.Reinhardt@wvymca.org**



Lego Robotics Level I

Team members learn how to design, program and control LEGO robots. This program is geared toward children ages eight to 13. Level I Lego Robotics is designed for children who are just beginning with our Lego Robotics program.



Lego Robotics Level II

Level II is for those who have completed Level I Lego Robotics. Kids ages 8 to 13 **MUST** be recommended for Level II to ensure they are ready for the class materials. Team members learn to design, program and control robots.



My Sky Elite Basketball

Winter youth dev. league for girls and boys pre-k through grade 6. Evals held Dec. 1, 3, & 6. League runs Jan. 5 to Feb. 28 (one hour weeknight practice and games on Saturdays). \$85 for Members, \$160 NM. Includes reversible jerseys, dev. sessions with pro trainers, certified coaches and PIAA officials. Registration opens Oct. 6



Swim with Santa | Sat, Dec. 7

One-day swimming event for children to enjoy the pool, dry off and then meet with Santa in the gym. Photo ops, snacks and face painting also available. FREE for All. Contact Sam.Reinhardt@WVymca.org to register. \$5 for Family Members, \$10 Members and \$15 NM.

Senior Programming



Cardiac Care

Designed for recent cardiac rehabilitation grads looking to gain confidence and continue in an exercise program. This maintenance program is led by specialists who create a prescription based on your health history, activity level, medications, etc. By appointment only, call (570) 970-5022 to register. \$35 Member / \$49 non-member.



Diabetes Prevention Program

Aimed at preventing or delaying type 2 diabetes. The program focuses on empowering individuals at high risk for type 2 diabetes with the skills and knowledge to make sustainable lifestyle changes. The program emphasizes healthy eating habits, regular physical activity, and stress management techniques.



Boxing Program

Advanced Lessons: T/TH, 5:15 PM to 6. Beginner Sessions: T/TH: 6:15 PM to 7 PM. All ages 12+. No sparring, non-contact. Learn skill, technique, boxing theory and strategy. Registration includes Up to two boxing classes per week, Coaching by a USA Boxing Certified coach. \$50 Member \$60 Non-Member.



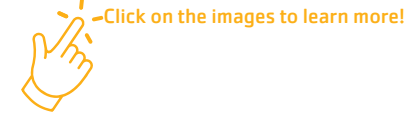
Group Personal Training

A full body strength & conditioning class. Moderate to high-intensity. Build power, strength and endurance with an expert trainer. Designed for all fitness levels in a team-based environment. Four sessions for \$40 (\$50 non-member).

Fitness Training

Additional Wilkes-Barre Family YMCA Fall Programming

Classes and programs below ARE clickable.



Additional Senior Programming



Matter of Balance

Many older adults experience a fear of falling. People who develop this fear often limit their activities, which can result in physical weakness, making the risk of falling even greater. A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 8-12 participants led by a trained facilitator.



Fit & Strong

Fit & Strong is an award-winning, multi-component, evidence-based physical activity program for older adults. This 25 session program targets older adults with osteoarthritis and has demonstrated significant functional and physical activity improvements in this population.



Senior Tech Help

The Y offers seniors FREE assistance with technology Mondays, Wednesdays (2-5 PM) and Fridays (8 AM to 5 PM). Let our professionals help you get comfortable with technology or troubleshoot problems. Call 570-823-2191 or schedule online by clicking the photo above!



Strong & Balanced

Wednesdays at 9 AM

Enhance muscle strength, flexibility and balance. This cardio class combines movement and wrist/ankle weights with chairs optional. Beginner/Intermediate class. Participants can begin at any time. Contact kasey.wasylyk@wvymca.org or call 570-970-5022 for more information.

YMCA Camp Kresge – Children's Halloween Camp



Overnight Halloween Camp

October 17 – 19

\$120 Member | \$130 NM

Join us at YMCA Camp Kresge for a hauntingly good time at Halloween Camp! The weekend includes activities like pumpkin carving, climbing tower, archery, hiking, boating, Trick or Treat Trail, campfire, and more! Campers check in Friday evening and sleep over to Sunday morning. For children ages seven to 16.



Swim Lesson Guide

Which lesson to register your child for their next session!

If this is your child's first lesson with us, they will automatically be placed into the first lesson type for their age group.

Instructors may recommend a move if they feel they are in the incorrect group.



Parent & Child Lessons A/B:

Infants: 6 months – 18 months / 18 months – 36 months

A: Parents are able to introduce water to their infants through exploration and learn water safety.

B: Parents with older infants are able to learn body movements, floating, and other essential fun water skills and safety skills together.



Red (Toddler & Preschool):

Ages 3 to 5 years old

These lessons are for our first time swimmers! They will have parents observe while they learn important and age appropriate safety skills while using a flotation device!

automatic placement for first lessons with the YMCA in this age range

Orange (Toddler & Preschool):

Ages 3 to 5 years old

These lessons are for our little swimmers who are swimming without a flotation device!

They will have parents observe while they learn more important and age appropriate safety skills.

Flotation devices may be used sparingly if needed.

Yellow (Youth Group):

Ages 6 to 12 years old

These lessons are for our transitioning older swimmers who are mostly swimming without a flotation device!

They will have parents observe while they learn more important and age appropriate safety skills.

automatic placement for first lessons with the YMCA in this age range

Green (Youth Group):

Ages 6 to 12 years old

These lessons are for our older swimmers who are swimming without a flotation device!

They will have parents observe while they learn more important and age appropriate safety skills. They will begin to learn intermediate skills & techniques to lay the foundation for more advanced skills.

Blue (Youth Group):

Ages 6 to 12 years old

These lessons are for our swimmers who are swimming without any additional assistance and are comfortable in the water! They will have parents observe while they learn more advanced skills, techniques and deep water safety & skills.

Purple (Youth Group):

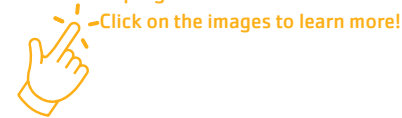
Ages 6 to 12 years old

These lessons prepare our swimmers for our YMCA Swim Team. Swimmers must be recommended by YMCA Aquatics Staff to register for these lessons. Swimmers must be able to demonstrate and pass a basic water skills test regarding strokes, safety, and advanced techniques.



Greater Pittston Area YMCA Fall Programming

Classes and programs below ARE clickable.



Swim Lessons



Youth Group Swim Lessons

Designed for children ages 5 to 12, students will learn water safety, achieve basic swimming competency, and work on advanced swim skills (including endurance and technique) as they progress through each level.



Preschool Group Swim Lessons

Designed for children ages 3 to 6 this course will teach personal water safety skills and achieve basic swimming competency.



Parent/Child Group Swim Lessons

Accompanied by a parent/caregiver in the water, infants and toddlers (6-18 MONTHS) 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.



Adaptive Swim Lessons

The GWVA YMCA is happy to work with community groups to provide swim times and lessons to kids of all ages and needs. S.A.F.E. & Adaptive swim families can request complementary one-on-one swim lessons.

Adult Sports Leagues



Men's Basketball League

An opportunity for adults to be active and social in a fun, supportive environment. SUNDAYS, Sept. 7 to Nov. 23 (9 weeks + 3 weeks of playoffs), 2:45 - 7:45 PM. Age 18+ \$450 for early TEAM registration. \$600 for late TEAM registration per team. \$40-member free agent and \$80 for non-member free agent.



Pickleball in Pittston

Lisa Licari leads learning the basics of Pickleball in a weekly lesson-style session. Participants learn the rules, regulations and necessary skills. Members can participate for free. \$10 per session for non-Members. 18+ MONDAYS, 6:30 to 8 PM. SATURDAYS & SUNDAYS, 8 to 10 AM.

Senior Programming



Cardiac Care

Designed for recent cardiac rehabilitation grads looking to gain confidence and continue in an exercise program. This maintenance program is led by specialists who create a prescription based on your health history, activity level, medications, etc. By appointment only, call (570) 970-5022 to register. \$35 Member / \$45 non-member.



Diabetes Prevention Program

Aimed at preventing or delaying type 2 diabetes. The program focuses on empowering individuals at high risk for type 2 diabetes with the skills and knowledge to make sustainable lifestyle changes. The program emphasizes healthy eating habits, regular physical activity, and stress management techniques.



Senior Tech Help

The Y offers seniors FREE assistance with technology Mondays, Wednesdays (2-5 PM) and Fridays (8 AM to 5 PM). Let our professionals help you get comfortable with technology or troubleshoot problems. Call 570-823-2191 or schedule online by clicking the photo above!



Matter of Balance

Matter of Balance is a FREE program designed to reduce the fear of falling and increase activity levels among seniors. It includes 8 two-hour sessions for a small group of 8-12 participants led by a trained facilitator. This nationally recognized program was developed at the Roybal Center at Boston University. Contact kasey.wasylyk@wvymca.org or call 570-970-5022 for more information.

Senior Programming | Continued...



Fit & Strong

This program is a multi-component, evidence-based physical activity program for older adults. This program targets seniors with osteoarthritis and has demonstrated significant functional and physical activity improvements in this population. Contact Skylar.Santacroce@wvymca.org or call 570-931-3720 for more information.



AFAP – Aqua Aerobics

The Arthritis Foundation Aquatic Program uses buoyancy to reduce impact on joints helping those with arthritis enjoy a workout. Classes improve heart fitness, boost balance and range of motion for older adults. FREE to those 60+ thanks to a sponsorship by the Area Agency on Aging. Contact kasey.wasylyk@wvymca.org or call 570-970-5022 for more information.



AFEP – Group Exercise

For people with arthritis who want to safely increase physical activity, this program also benefits anyone that wants to be more active. AFEP can be tailored to a range of ability levels – people who are sedentary with limited joint mobility to those who are active with only mild joint impairment or other symptoms. Contact kasey.wasylyk@wvymca.org or call 570-970-5022 for more information.



Gerifit

This strength training program is ideal for older adults. Rebuild strength that's been lost through the aging process and help ease arthritic pain that's associated with aging bodies. This class is ongoing and participants can begin at any time.



Youth Programming



Kids Night Out

Second Friday of the Month

The perfect opportunity for parents to escape for a DATE NIGHT! Kids Night Out is a chance to let the kids go wild in our gym/bounce house OR make crafts – dinner included! Parents can enjoy dinner by themselves at one of the local restaurants in downtown Pittston from 5-7 PM. JUST \$5 and \$15 NM.



Family Game Night

Third Friday of the Month

Join us for some friendly competition as we play board games, card games, and more – 5 to 7 PM. FREE for Members, \$15 for Non-Members.



Holiday Crafting

**Wednesdays | 5 – 5:45 PM
& 6 – 6:45**

Create holiday crafts, play games, watch movies and munch snacks while crafting for the upcoming holiday (Halloween, Thanksgiving and Christmas). \$24 with a family membership; \$50 for members, \$100 non-members.



Nature Walks

Oct. 11, Nov. 15 and Jan. 10

FREE for ages five to 12, Nature Walks are guided, educational activities with snacks! Transportation is provided from Mericle Family Center in Pittston and the Freeland YMCA. Call 570-931-3178, email Megan.Kiliti@WVymca.org or click the photo above to register online. Upcoming walks on 10/11, 11/15 and 1/10.



Family Fun Night

First Friday of the Month

Swim with your family, go in our bounce house, and make family fun crafts – 5 to 7 PM! FREE for Members \$15 NM.



Friday Friends

Fourth Friday of the Month

Designed for Special Needs Children: swim or enjoy the bounce house and make family fun crafts – 5 to 7 PM! FREE for everyone.



JD Hoops

Tuesdays Starting Nov. 10

Youth basketball league with coaching. Registration open now for ages three to 12 – 5:30 – 6:15 PM. \$25 for Members, \$50 NM.

Fitness Training



Boxing Program

Advanced Lessons: T/TH, 5:15 PM to 6.
Beginner Sessions: T/TH: 6:15 PM to 7 PM. All ages 12+. No sparring, non-contact. Learn skill, technique, boxing theory and strategy. Registration includes Up to two boxing classes per week, Coaching by a USA Boxing Certified coach. \$50 Member \$60 Non-Member.



Group Personal Training

A full body strength & conditioning class. Moderate to high-intensity. Build power, strength and endurance with an expert trainer. Designed for all fitness levels in a team-based environment. Four sessions for \$40 (\$50 non-member).



GREATER WYOMING VALLEY AREA YMCA

the



FULL BODY STRENGTH & CONDITIONING



GROUP PERSONAL TRAINING CLASSES

WILKES-BARRE SCHEDULE

MORNING

Tuesday - 8:00am

Thursday - 8:00am

Saturday - 8:30am

Sunday - 8:30am

EVENING

Monday - 5:30pm

Wednesday - 5:30pm

Friday - 5:30pm

SCHEDULE YOUR TRIAL CLASS
TODAY

570-931-3720 OR WELLNESS.DEPARTMENT@WVYMCA.ORG

Freeland YMCA Fall Programming

Youth Programming



Back to Basics Basketball

Tues. & Fri. Sept. 16 to Nov. 7

For boys and girls in third to eighth grades. 4 to 5 PM on Tuesdays and Fridays. \$70 for Members, \$100 NM. Call 570-636-3640 or email FreelandYexecdirect@outlook.com for more information.



Little Dribblers

Mon. & Wed. | Sept. 22 to Oct. 29

For boys and girls ages five to seven years old. From 4:30 to 5:30, kids will learn basketball fundamentals - dribbling, passing, shooting and rebounding. Limited to the first 30 that register. \$50 for Members, \$70 NM. Call 570-636-3640 or email FreelandYexecdirect@outlook.com for more information.



Multi-Sport After School Program

Thursdays | 4 - 5PM

For boys and girls ages seven to 11. Kids will play a different structured sport each week. \$60 for Members, \$80 NM. Call 570-636-3640 or email FreelandYexecdirect@outlook.com for more information.



Nature Walks

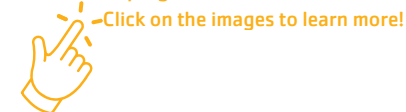
Oct. 11, Nov. 15 and Jan. 10

FREE for ages five to 12, Nature Walks are guided, educational activities with snacks! Transportation is provided from Mericle Family Center in Pittston and the Freeland YMCA. Call 570-931-3178, email Megan.Kiliti@WVymca.org or click the photo above to register online. Upcoming walks on 10/11, 11/15 and 1/10.



Coming Soon! Winter Session Begins in January

Classes and programs below ARE clickable.



Swim Lessons



Youth Group Swim Lessons

Designed for children ages 5 to 12, students will learn water safety, achieve basic swimming competency, and work on advanced swim skills (including endurance and technique) as they progress through each level.



Preschool Group Swim Lessons

Designed for children ages 3 to 6 this course will teach personal water safety skills and achieve basic swimming competency.



Parent/Child Group Swim Lessons

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Adaptive Swim Lessons

The GWVA YMCA is happy to work with community groups to provide swim times and lessons to kids of all ages and needs. S.A.F.E. & Adaptive swim families can request complementary one-on-one swim lessons.

Youth Programming



Cooking for Teens

Kiddos ages three to 12 compete in friendly competition and build new friendships.
WEDNESDAYS, Oct. 29 to Dec. 17, 5 to 5:45 PM.
\$24 with a family membership; \$50 for members, \$100 non-members.



Tikes on Bikes

This course, designed for toddlers, will be offered at both the Pittston and Wilkes-Barre YMCA's. Dates and times TBD. \$12 for Family Members, \$25 for Members & \$50 for non-members. Contact Megan.Kiliti@WVymca.org for more information.

Fitness Training



Boxing Program

Advanced Lessons: T/TH, 5:15 PM to 6.
Beginner Sessions: T/TH: 6:15 PM to 7 PM. All ages 12+. No sparring, non-contact. Learn skill, technique, boxing theory and strategy.
Registration includes Up to two boxing classes per week, Coaching by a USA Boxing Certified coach. \$50 Member \$60 Non-Member.



Group Personal Training

A full body strength & conditioning class. Moderate to high-intensity. Build power, strength and endurance with an expert trainer. Designed for all fitness levels in a team-based environment. Four sessions for \$40 (\$50 non-member).



Cardiac Care

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Diabetes Prevention Program

Aimed at preventing or delaying type 2 diabetes. The program focuses on empowering individuals at high risk for type 2 diabetes with the skills and knowledge to make sustainable lifestyle changes. The program emphasizes healthy eating habits, regular physical activity, and stress management techniques.



WE WANT YOU ON OUR TEAM



Imagine going to work knowing that what you do each day helps kids and teens on their journey to become happy, healthy adults. At the Y, you can explore countless career pathways that enable you to make a positive impact in the lives of young people in your community.

WHAT WE STAND FOR AS A COMMUNITY ORGANIZATION

The Y is the leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other.

Working locally, we focus on empowering young people, improving health and well-being, and inspiring action in and across communities. By bringing together people from different backgrounds, perspectives and generations, we ensure that we all have access to the opportunities, relationships and resources necessary to learn, grow and thrive.

OUR STAFF AND CULTURE

At the Y, our purpose is to strengthen community. Every day, we work side-by-side with our neighbors to make sure that everyone has the opportunity to learn, grow, and thrive. We strive to live our cause with purpose every day. No matter who you are or where you're from, we believe that we're stronger when we come together.

WE ARE

Welcoming: We're open to all and create spaces where you can be, belong and become

Genuine: We value who you are and encourage you to be true to yourself and others

Nurturing: We're with you on your path to reach your full potential

Hopeful: We believe in your ability to inspire a brighter tomorrow

Determined: We work relentlessly to strengthen communities, starting with you.

THE Y IS FOR ALL

The Y is made up of people of all ages and from every walk of life working side by side to strengthen communities. Together we work to ensure that everyone, regardless of ability, age, cultural background, ethnicity, faith, gender, gender identity, ideology, income, national origin, race or sexual orientation has the opportunity to reach their full potential with dignity.

Our core values are caring, honesty, respect, and responsibility—they guide everything we do.

The Y is an equal opportunity employer.

INVESTING IN YOU

The YMCA believes that a world-class organization driven to strengthen community requires highly trained employees. Through our on-site and virtual trainings and mentorship opportunities, you will develop as a leader while finding purpose and building professional skills that will last a lifetime.

EMPLOYEE BENEFITS

- Training and Development Courses
- Staff Discounts on Childcare
- Retirement Account
- Membership to the Y
- Health, Dental & Vision Insurance

JOB OPENINGS

- Membership Engagement Coordinator
- School-age Childcare in Hazleton
- Food Service Delivery Driver in Pittston
- Part-time Preschool Closer in Forty Fort,
- Part-time Massage Therapist in Wilkes-Barre
- Part-time After School Child Care in Bear Creek



» THE Y IS NOW HIRING!
SCAN TO FILL OUT A
JOB INTEREST FORM

YMCA BIRTHDAY PARTIES



2-hour PARTY
starting at **\$250** for members!

Scan the QR code or click on the photos to see how your next birthday celebration can include swimming in our pool, climbing and playing on our pool slides OR going crazy in our gym! Available in Pittston, Wilkes-Barre and the Mericle Family Center!

