

# FALL INTO WELLNESS!



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Jersey Shore Branch YMCA

826 Allegheny Street, Jersey Shore, PA 17740

570.398.2150 [www.jerseyshorepaymca.org](http://www.jerseyshorepaymca.org)

A NEWSLETTER FOR MEMBERS AND VOLUNTEERS OF THE YMCA

SEPTEMBER 2012

## Ride/Walk with the Y

Sunday, September 23, 2012, 10am-5:30pm

The 9th Annual Ride/Walk with the Y will offer three different courses on the Rails to Trails; Ramsey to Whitetail (5 miles), Waterville to Whitetail (9 miles), and Slate Run to Whitetail (25 miles). All proceeds directly benefit the Jersey Shore Branch YMCA's Strong Kids Campaign.

- Individual registration - \$10
- Family registration - \$25

-Join us for a complimentary lunch after the event from 2:00pm-5:30pm behind the Venture Inn!



Register at our front desk today!

Thanks to our major sponsor of this year's event:



## Its Time for a Change...

Big changes are in store for the Jersey Shore Branch YMCA! The Y is currently undergoing renovations that will be completed by this fall. The renovation plans include a 3,000 square foot Wellness Center that will accommodate treadmills, ellipticals, and strength training equipment. A new 1,600 square foot Aerobics Room will provide space for group exercise classes, as well as popular programs such as *Zumba* and *Silver Sneakers*. Rounding out the new fitness areas will be a new 900 square foot free-weight room.

Rounding out the renovations will be the creation of a new Teen Center. Once completed, teens will be able to use the new room to work on homework, socialize with friends, or enjoy games like air hockey, billiards, or sports. Stop by or give us a call to learn about the exciting new changes coming to our YMCA in the very near future!

## Fall/Winter/Spring Facility Hours

Mon.-Fri. 5:30AM-9:00PM

Saturday 8:00AM-5:00PM

Sunday 12:00PM-5:00PM

\*Facility hours effective starting Sept.

## Fall Programs

Tiny T-Ball - Fall Session  
Wed 6:00-6:45pm  
Begins September 5

Tot Tumbling - Fall Session 1  
Thurs 6:00-6:45pm  
Begins September 6

Youth Instructional Volleyball Program  
Thurs 6:30-8:30pm  
Begins September 6

Bitty Basketball - Fall Session 1  
Mon 6:00-6:45pm  
Begins September 10

Super Soccer - Fall Session 1  
Tues 6:00-6:45pm  
Begins September 11

Co-Ed Adult Volleyball League  
Mon 6:00-9:00pm  
Begins September 24

Ninjitsu Karate  
Mon and Wed 7:00-7:45pm



## Susquehanna Greenway Partnership

### Jersey Shore Public River Access Project

The Susquehanna Greenway is an evolving corridor of interconnected parks, trails, river access points, conserved areas, and river communities, linking people to the natural and cultural treasures of the Susquehanna River and its West Branch. The Susquehanna Greenway balances the needs of generations today and tomorrow; conserves the environment for all living things; and creates healthy and successful communities, wide-ranging recreation, and economic prosperity.

#### Project Description

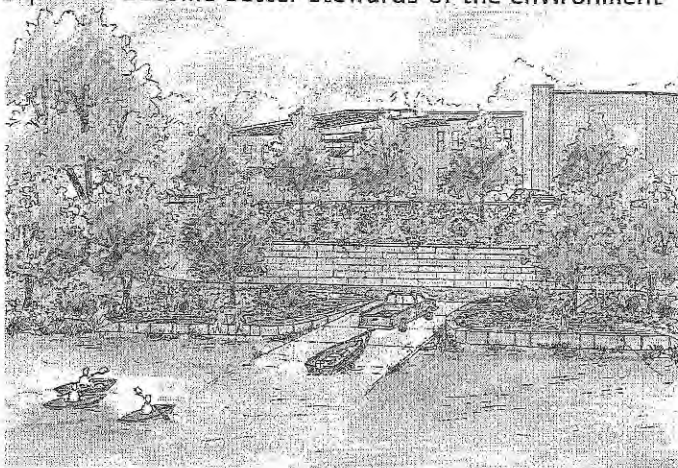
The historic town of Jersey Shore is located within PA Wilds along the scenic West Branch of the Susquehanna River just downstream from the confluence with Pine Creek. The town's location and identity are entwined in its river heritage, yet there is not public access to connect with the rich resources of the river. The Susquehanna Greenway Partnership is working with community leaders in Jersey Shore to develop a safe public river access that offers recreational opportunities for boating, fishing, swimming and sightseeing.

#### Project Plans

- Improve access drive by widening, resurfacing, guide rail, and providing a turn-around at the bottom
- Construct a concrete boat launch
- Stabilize riverbank
- Provide accessibility for viewing the river, and ADA compliant surfaces adjacent to the water

#### Project Benefits

- Residents will have the opportunity to lead more active and healthy lives
- The River Access will be a driver for sustainable economic development
- Will enhance property values
- The River Access will attract tourism dollars and stimulate the growth of tourism-related businesses
- People will become better stewards of the environment



## COMMIT TO BE FIT - RVR YMCA Fitness Challenge

October 15 - December 8

Our annual eight-week fitness program has an Olympic theme this year! The program will feature weekly calories burned and achievements to obtain a medal (bronze, silver, and gold) for each week. At the end of the eight-week session, our YMCA has a chance to 'bring home the gold' at the Williamsport YMCA Pickelner Arena in a fitness challenge against our 4 neighboring branches of the RVR YMCA, who will have also participated in this challenge during its course. More details are coming soon - ask us how to get involved!

Fees: \$10 Member

\$50 Non-Member

## Volunteer Opportunities

The Jersey Shore Branch YMCA is always searching for dedicated and passionate volunteers. If you are interested in making a difference in your community, please notify one of our staff members to learn how you can help us promote our focus areas of healthy living, youth development, and social responsibility.

## Staff

Laura McMahon- Branch Executive Director  
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Lisa Busch- Program & Membership Director  
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