

# Let's Play!



**Find free and low-cost opportunities and ideas for youth to be active in Franklin County.**



# GET FIT, FRANKLIN COUNTY

**Get Fit, Franklin County is a movement; a call to action to get moving!**

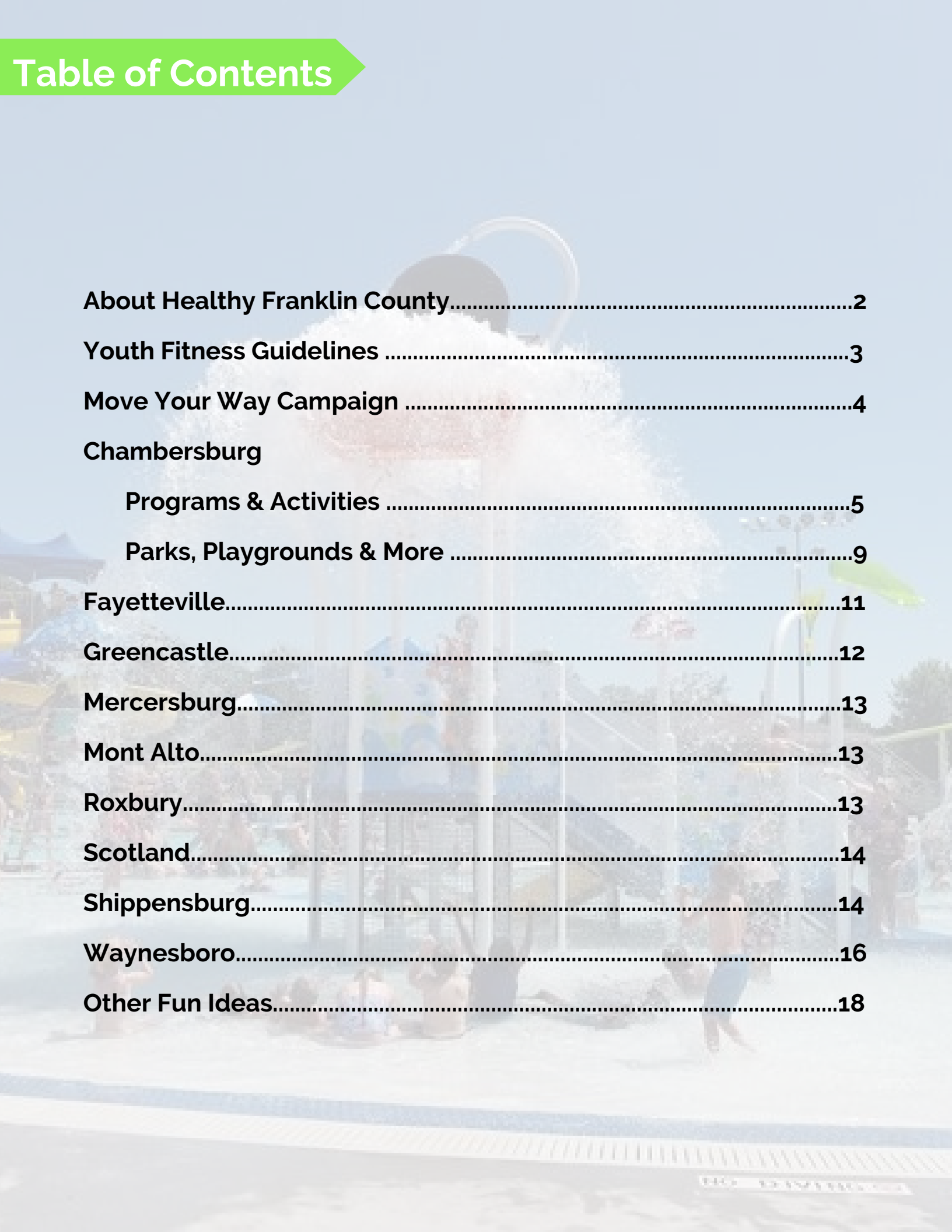
According to the 2015 Community Health Needs Assessment, over 25% of adults reported no leisure time for activity. We aim to increase this number by supporting and encouraging healthy activity habits from a young age

Get Fit, Franklin County is the Healthy Franklin County physical activity taskforces' response to the Surgeon General's Call to Action, Step It Up!, which calls on communities to spread the word about walking and safe places to be active.

This resource highlights programs and spaces for youth in Franklin County to stay moving so that our kids can grow up to be healthy adults!



# Table of Contents



**About Healthy Franklin County.....2**

**Youth Fitness Guidelines .....3**

**Move Your Way Campaign .....4**

**Chambersburg**

**Programs & Activities .....5**

**Parks, Playgrounds & More .....9**

**Fayetteville.....11**

**Greencastle.....12**

**Mercersburg.....13**

**Mont Alto.....13**

**Roxbury.....13**

**Scotland.....14**

**Shippensburg.....14**

**Waynesboro.....16**

**Other Fun Ideas.....18**



## HEALTHY FRANKLIN COUNTY

Healthy Franklin County is a community-based initiative comprised of partners who work together to improve the health and well-being of Franklin County residents.

By using the data collected by the Summit Health, now part of WellSpan, Community Health Needs Assessment, we integrate practices and coordinate improvements that provide collective impact, leading to positive changes in our community.

### Our Vision

To have all people in Franklin County live in a state of optimal physical, mental, and social well-being.

### Our Mission

To engage and partner Franklin County communities to create and support healthy behaviors and lifestyles through education, awareness, programming, and access to service.



The US Department of Health and Human Services recommends kids ages 6-17 get at least **60 minutes** of moderate to vigorous physical activity **each day**.

But is it really that important?

**Yes it is.**

Everyone benefits from regular exercise. Active kids may be at less risk for symptoms of anxiety and depression, more likely to control weight, and will build strong muscles and bones and reduce their risk for health conditions such as type 2 diabetes and high blood pressure.

We hope this guide of free and low-cost resources will encourage families to have fun and more more, together!



The US Department of Health and Human Services created the Move Your Way Campaign to promote the recommendations from the Physical Activity Guidelines for Americans. Their campaign shares tools, videos, and fact sheets with tips that make it easier to get a little more active.

As parents and caregivers, you already know your kids need physical activity to grow up strong and healthy. Find ideas on how to help your kids move more before school, at recess, and after school to meet 60 minutes of physical activity every single day!

<https://health.gov/moveyourway>



# Chambersburg

## Programs & Activities

### **Chambersburg Aquatic Center**

1 Memorial Drive, Chambersburg

Telephone: 717-251-2466

Located in Memorial Park, this facility includes 4 separate bodies of water (a sprayground, an activities pool, a lazy river, and a tot pool). The facility also includes mini-golf, beach volleyball, and a skate park. An admittance fee is required, with a lower cost for Chambersburg Boro residents. Open from late May until school resumes.

### **Chambersburg Memorial YMCA**

570 East McKinley Street, Chambersburg

Telephone: 717-263-8508 Website: [www.chbgy.org](http://www.chbgy.org) Facebook: Chambersburg Memorial YMCA

Financial Assistance - No one will be denied a membership due to financial constraints. Financial assistance members will be responsible for a portion of their membership fees. Applications are available at the Welcome Center desk or on the website.

#### Splash Time

Splash Time is a designated open pool time once a week for the Chambersburg community (YMCA members and non-members) to use the Y's pool with their young children for a reduced fee. Contact the YMCA for the scheduled day and time. Children must be 6 months or older and accompanied by their parent or guardian in the water.

#### Home School Gym & Recreational Swim

Grades 1 - 8 recreational swimming and open gym times are provided for home schooled children during the school year. For times contact the YMCA or visit their website.

#### Swim, Sports & Play

Various programs and activities are available for kids of all ages, including swimming lessons, group exercise classes, dance lessons, and youth sports. Contact the YMCA for more details.



Chambersburg Aquatic Center

## Chambersburg Recreation Department

235 South 3rd Street, Chambersburg

Email: [chambersburgrec@chambersburgpa.gov](mailto:chambersburgrec@chambersburgpa.gov) Telephone: 717-261-3275

Website: [www.chambersburgpa.gov/rec\\_dep/index.php](http://www.chambersburgpa.gov/rec_dep/index.php)

Financial Assistance is available for families that are income-eligible for SNAP benefits. Please contact Julie Redding at 717-261-3275 x 7401 for details.

Preschool-adult programming is offered including various classes, sports, activities, open gyms, swimming lessons, and more. Use the contact information above for more details. Discounts are given to Chambersburg Borough residents and military families. Discount tickets to amusement parks are also available.

### Open gyms:

Kids can play with basketballs, soccer balls, scooters, and other gym toys.

Preschoolers - ages 5 and under - Mondays and Fridays 9 am - 12 pm

Wednesdays 1 - 3 pm. Cost: \$3 per child for non-boro residents, \$2 per

child for boro residents. Children under 2 are FREE.

Youth - FREE after-school open gym; sports equipment is provided. Grades

6-8 Mondays & Wednesdays 3 - 4 :30 pm. Grades 9-12 Tuesdays &

Thursdays 3 - 4:30 pm.



## Cluggy's Amusement Center

393 Bedington Blvd., Chambersburg

Telephone: 717-267-3772 Website: [www.cluggys.com](http://www.cluggys.com) Facebook: Cluggy's Amusement Center

Summer Hours (June - September): Monday-Saturday 11 am-10 pm, Sunday 12 pm-9 pm

Winter Hours (Labor Day - June): Monday-Thursday 2 pm-9 pm, Friday 12 pm-10 pm, Saturday 11 am-10 pm,

Sunday 12 pm-9 pm. Holidays 11 am-7 pm. Closed: Easter, Thanksgiving, Christmas.

### Tunnels of Fun Play Area

Kids love the exciting three-story-high play area where they can climb, slide and bounce. Ages 10 and under. \$5.50/person: 3-10 years, \$3.50/person: 2 years and under

### Batting Cages

An indoor facility with 40, 60, & 80 MPH baseballs, and fast & slow pitch softballs. Bats & helmets provided. \$3.00 for 1 batting token (36 pitches) \$10.00 for 4 batting tokens (144 pitches).



### Outdoor Tactical Laser Tag

Test your skills against each other during fun-filled, attendant-guided sessions in an outdoor urban battlefield enclosure. Ages 10 and up, \$8.50 per person.

### Mini Golf

An 18-hole miniature golf course for ages 5 and up. \$6.50 per person ages 13+, \$5.50 per person ages 7-12, \$4.50 per person ages 6 and under.





### Go Girls Go!

A local after-school empowerment and running program for local girls implemented by Healthy Communities Partnership. The program is for girls in 4th – 6th grades. Participants will be paired with adult coaches/mentors who give lessons on a variety of topics including peer relationships, goal-setting, decision-making, healthy eating, hygiene, self-esteem, teamwork, and more; as well as a running lesson/activity each day. The group meets twice a week for 10 weeks. Girls work on improving their personal fitness levels and endurance, and complete a 5K at the end of the program. For more information contact Christy Unger at [christy.hcp@gmail.com](mailto:christy.hcp@gmail.com).

### Red Bridge Roller Rink

1993 Philadelphia Avenue, Chambersburg Email: [questions@redbridgerollerrink.com](mailto:questions@redbridgerollerrink.com)  
Telephone: 717-264-9916 Website: [www.redbridgerollerrink.com](http://www.redbridgerollerrink.com) Facebook: Red Bridge Roller Rink

#### Value Night

\$4.50 Admission/\$1.50 Skates on Tuesdays from 6:00 pm - 8:30 pm.

#### Pre-School Skate and Fun

Kids can practice skating for 1 hour then kids who are 6 and under can play with riding toys for the last half hour. \$3 admission with skates Included (kids 23 months & under are free) Tuesdays from 10:30 am - 12:00 pm.

#### Pre-School Play Time (No Skating)

For kids 6 and under, this is a great place to meet new friends. This program teaches teamwork and sharing and helps burn excess energy (and calories too!). \$3 per child (free for children 11 months & under). Wednesdays from 10:30 am - 11:30 am.

#### Home School Skate & Play

\$5 per skater with skates included, and each family's maximum cost is \$15. Held the last Thursday of each month (except in July) from 10:00 am - 12:30 pm (if this date falls on a holiday, it is held the Saturday before the final Saturday of the month.) The last half hour is PlayTime and specifically for children 8 and under.

#### Saturday Morning Tiny Tots

For kids 7 and under and their parents, admission is \$5 and skates are included. This program is held on Saturdays from 10 am - 12 pm. Anyone is allowed to skate for the first 90 minutes. The last half hour is PlayTime for kids ages 7 and under only. Note: During Spring, Summer and early Fall there must be 10 skaters to remain open for the session.



## Wilson School of Gymnastics, Cheer, and Dance

91 Brim Blvd., Chambersburg Email: [tumble@wsgd.net](mailto:tumble@wsgd.net)

Telephone: 717-264-1706 Website: [www.wsgd.net](http://www.wsgd.net) Facebook: Wilson School of Gymnastics Cheer and Dance

### Pre-School Playtime

For children walking to 7 years old, this 1 hour weekly fun time is for parents to bring their little ones to the gym for fun, fun, fun! Make use of the parachute, beanbags, mats, shapes, and so much more, all while playing on the super springy floor! This self-directed playtime is supervised by professional staff, but requires that a parent is with their child(ren) at all times. It is the parents' responsibility to follow our safety rules. Only \$3 per visit with no membership fee required. Held in the BACK gym, just stop in! Held from 11:10 am - 12:10 pm on Mondays, Wednesdays, and Thursdays.

### Open Gym

For children 10 years old and older, this 1 hour program allows use of the gym including the in-ground resi-pit and 30-foot tumble track. A trained instructor is in the gym supervising every session to ensure safety, but this is not an instructional class. No membership fee is required to participate in this program. Held in the BACK gym on Tuesdays from 8 pm - 9 pm. \$8 for non-members, \$6 for members, and \$4 for team members.

### Fun Days

Professional coaches lead the fun! Games, gymnastics instruction, snack time and a craft activity will be included. Children 3 1/2 (and potty-trained) and older can attend. No experience or membership is necessary. Comfortable clothes such as a leotard, leotard with shorts, or shorts and a tee shirt are fine. No zippers, buttons or snaps please. No jewelry is preferred but stud earrings are acceptable. Long hair should be pulled away from the face and the children are barefoot in the gym. Please send a light snack (crackers, fruit etc.) but please avoid peanut butter products. \$18.00 per child with membership. \$22.00 per child for non-members. These events are generally held the Monday after Thanksgiving, the Friday after Christmas, Martin Luther King Jr. Day, President's Day, and the Monday after Easter (call or visit the website to confirm dates).



# Parks, Playgrounds, & More

## Chambersburg Memorial Park

Located on McKinley Street across from CAMS South, this park includes a large playground for children 5 and older and a younger play area for tots and preschoolers. It also includes two softball fields, open field areas used for soccer and other recreational sports, a basketball court, 4 tennis courts, and 3/4-mile asphalt pathway throughout the park.

## Chambers Park

Located off Orchard Drive, this park contains a play structure, a dino rider, and tire swing. The open grass area beside the playground provides ample space for a soccer field or other sport and game opportunities.

## Chambers Fort Park

Located off of Montgomery Alley and Spring Street, you can enjoy the scenic views of the Conococheague Creek, and old water wheel. This park is animal-friendly, one of only two parks in the Borough that allow animals (the other being the Chambersburg Rail Trail, which is adjacent). This park often holds free movies and concerts during summer months.



Chambersburg Memorial Park

## Fourth Street Playground & Skate Park

411 S. Fourth Street, Chambersburg

This park offers a playground, a half court basketball court, and a "street skate" park.

## Franklin County Eco-Park

Franklin Farm Lane, Chambersburg

A 3/4-mile hiking/nature trail features a wetland, planted with native moisture-loving trees and shrubs. Along the trail, signs identify a variety of trees and other plantings. Three picnic tables are situated along the trail.

## Henninger Playground

Located adjacent to Henninger Baseball Field, off of Popular Street, this area includes a playground structure, sandbox, pavilion that seats approximately 25 people, bucket and bench swings, and open grass areas. Also located within the Henninger Field and Playground area is one tennis court and a full-court basketball area.



Henninger Playground

## Hillcrest Park

Located on Westgate Drive, this park has early 2 acres of open green space. There is a small pavilion with picnic tables in the park area.

### **John A. Redding Memorial Park**

Located off Parkwood Drive, this area offers six acres of open green space and a fun play area for kids including swings, monkey bars, a mini "town" to explore, and more.

### **Mike Waters Memorial Park**

It is located on S. 2nd Street between the blocks of McKinley and Catherine Street. This park has two full-size lighted basketball courts, a new pavilion that seats approximately 35 people, a large playground structure, shaded picnic areas, restrooms, an asphalt walking path around the park, a multi-purpose grass playing field and and a Splash Pad for the kids to play in. Splash Pad is open Memorial Day to Labor Day.



John A. Redding Memorial Park

### **Mill Creek Acres Park**

300 Eisenhower Drive, Chambersburg

This 8-acre park includes two play units, an area for kids under 5, an area for kids ages 5-12, and multiple swing sets. There is also a multi-purpose field for sports activities and a pathway throughout the park that is more than a 1/4 mile in length. There are parking lots at both the Hollywell Ave. and Eisenhower Dr. entrances. There rest of the park is open green space.

### **Nicholson Square Park**

Located off Bassett Drive, this park has five acres of open green space including playground areas.

### **Park of the Valiant**

Located off 2nd Street next to the Chambersburg Fire Department, this park offers an acre of open green space with benches and a memorial fountain.

### **Phoenix Tract**

Located off Phoenix Drive in the Phoenix Drive neighborhood, this park has an acre of open green space.

### **Pine Woods**

Located off Dump Road, this park offers four acres of open green space along the Conococheague Creek. There is a kayak launch in the park as well as paths leading fisherman or naturalists to the creek. This a great place to hear and see song birds and other wildlife.



Mill Creek Acres Park



Mike Waters Memorial Park

## Rail Trail

The Chambersburg section of the Cumberland Valley Rail Trail, is a 1.6-mile linear park with opportunities for walking, jogging, biking, dog walking, skateboarding, and rollerblading. Located between Commerce and South Main Streets, the trail encompasses the natural scenic section between Commerce and King Streets (which now includes the Chambersburg Bike Park, which has a Pump Track and a Jump Track for bicycles). The trail passes the Ice Cream Station at Lincoln Way West, crosses the Conococheague Creek, and continues through the South Gate Shopping Plaza to conclude at South Main Street.



Chambersburg Bike Park



Reservoir Hill Park

## Reservoir Hill Park

Located off Reservoir Street, this park has an acre of open grass space, a small play unit and two sets of swings. There is also one small grill, picnic benches and a pathway lined with benches.

## Woodvale Tract

Located off Woodvale Drive and Short Drive in the Phoenix Drive neighborhood, this area is an acre of open green space.

# Fayetteville

## Caledonia State Park

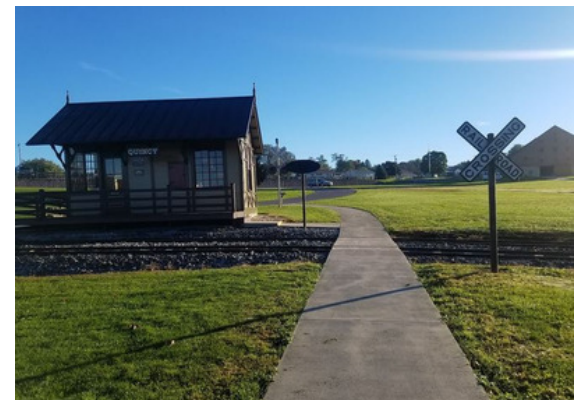
101 Pine Grove Road, Fayetteville

The park is open every day of the year, sunrise to sunset (day use areas close at dusk). Features include a playground and a large, ADA-accessible swimming pool with a small snack bar. The pool is open 11 am - 7 pm from Memorial Day weekend to Labor Day, unless posted otherwise. A fee is charged for pool use.

## Norlo Park

3050 Lincoln Way East (US Route 30), Fayetteville

Park hours are from sunrise to sunset. There is a dog park, five softball fields, three soccer fields, two pavilions with onsite grills, a playground area, over 3 miles of paved walking trails, horseshoe pits and tot lots. The park also offers two sand volleyball courts, two basketball courts, and four tennis courts. The original Quincy railroad station was relocated to Norlo Park, and there is a train for children and adults to enjoy a train ride, manned by members of the Cumberland Valley Railway Historical Society. A display of two cabooses, a flat car, and a wooden tank car are also on site.



Norlo Park

# Greencastle

Visit [www.twp.antrim.pa.us/parks-and-recreation](http://www.twp.antrim.pa.us/parks-and-recreation) for more information about Greencastle-Antrim parks.

## **Antrim Township Community Park**

12315 Grant Shook Road, Greencastle

Facilities include three soccer fields, a large all-purpose field, a large pavilion, a gazebo, a playground, restrooms, and over 4 miles of walking and hiking trails. Memorial Trail is located closest to the pavilion,

## **Enoch Brown Park**

2730 Enoch Brown Road, Greencastle

This 3-acre site offers a pavilion, walking trails, and play equipment.

## **Jerome R. King Playground**

240 N Carlisle Street, Greencastle

Occupying approximately 15 acres, this park offers picnic facilities, playground areas, tennis courts, softball field, volleyball court, horseshoe pits, basketball courts, and a baseball field.

## **Martins Mill Bridge Park**

3505 East Weaver Road, Greencastle

The grounds include a pavilion, grill area, picnic tables and restroom facilities. The facilities are primitive with no electricity or running water. The grounds are open from 8 am until sunset and can be accessed by walking most days. The gate is opened for special events.



## **Moss Spring Swim Club**

475 N. Allison Street, Greencastle

Telephone: 717-597-4067

Must be a member or be accompanied by a member (if attending with a member, there is a fee of \$4-\$6 depending on the day).

Email [msscs swim@gmail.com](mailto:msscs swim@gmail.com) for information on becoming a member.

## **Whispering Falls Disc Golf Course**

12315 Grant Shook Road, Greencastle

Located in Antrim Township Community Park, the course is laid out with 18 holes with each hole consisting of a launch area, a fairway, and a basket. Players throw "frisbees" or discs instead of hitting golf balls.

# Mercersburg

## **Buchanan's Birthplace State Park**

2831 Stony Batter Road, Mercersburg Telephone: 717-485-3948

An 18.5-acre park nestled in a gap of Tuscarora Mountain in Franklin County. The park and the surrounding forested mountains offer an abundance of beauty throughout the year. Buck Run flows through the park and hosts a population of native trout. Pennsylvania Fish and Boat Commission regulations and laws on approved trout waters apply to Buck Run. The Tuscarora Trail passes to the west of the park. The trail serves as a bypass to the Appalachian Trail and follows the crest of Tuscarora Mountain.

# Mont Alto



## **Mont Alto State Park**

A quiet, 24-acre park featuring a pavilion, picnicking, and trout fishing. The park is open every day of the year, sunrise to sunset. Day use areas close at dusk. It can be reached from Caledonia State Park on US 30, the Lincoln Highway, by traveling seven miles south on PA 233, or from the south, travel north on PA 233, one mile from the town of Mont Alto.

# Roxbury

## **Blue Mountain Skating Rink**

12322 Forge Hill Road, Roxbury

Telephone: 717-530-5281 Email: [kthy\\_hewitt@yahoo.com](mailto:kthy_hewitt@yahoo.com) Facebook: Blue Mountain Skating Rink

Blue Mountain Skating Rink is a great family-friendly venue for groups. Open to the public on Friday evenings 7 - 9 pm. \$4 admission, \$1 skate rentals, children under 6 are free.

# Scotland

## Greene Township Park

996 Elevator Street, Scotland

This park includes a baseball/softball field, a soccer field, a multi-purpose field, 1.6 miles of paved walking surfaces, outdoor ice skating rink, two playgrounds, adult exercise equipment, and cell-phone charging stations.



# Shippensburg

## Branch Creek Children's Park

Located between the Borough of Shippensburg Office and the Shippensburg Senior Center off of Fayette Street. The park includes playground equipment, a gazebo, a walking path, sand diggers and fresh sand...a favorite of children of all ages!

## Dentler Village Park

25 Mount Rock Road, Shippensburg

A two-acre park that includes a baseball field, basketball court, volleyball court, four horseshoe pits, grills, and a large playground apparatus with climbing walls, swings and slides.

## Dykeman Park

1 Dykeman Road, Shippensburg

This 50-acre park surrounds historic Dykeman Springs, a National Historic Register landmark. The park consists of three different walking trails, a picnic facility, and a baseball/softball field. The park is open from dawn until dusk. Pets are allowed, but they must be leashed.



Dentler Village Park



## Shippensburg Memorial Park

Park Place, Shippensburg

The park covers twenty acres and includes a public swimming pool, six baseball and softball fields, a soccer field, two basketball courts, four tennis and pickle ball courts, sand volleyball court, playground equipment, a public botanical garden, and three pavilions available to reserve.



Shippensburg Memorial Park

## Shippensburg Township Park

304 Britton Road, Shippensburg

This park features a number of sports, recreation, and event facilities. Most are open to the public between dawn and 11:00 pm, though a few require registration in advance. The park grounds are also home to the "SU Campus Farm," a university-affiliated sustainability project that supplies fresh produce to the campus and community. Facilities include Bubba's Happy Tails Dog Park, Papa Jack's Disc Golf Course, a water play area, Burd Run Nature Trail, a paved walking path, a playground, basketball courts, horseshoe pit, horse trailer parking and hitching post, and Cumberland Valley Rail Trail access.

## Southampton Township Municipal Park

200 Airport Road, Shippensburg

This park offers a one-mile oval walking trail, additional hiking and walking trails through the woods, a 13-stage exercise trail, a soccer complex, and pavilions.

## Youth Summer Scholarship Program

Website: [www.shipresources.org/youth-summer-scholarships](http://www.shipresources.org/youth-summer-scholarships)

This program, funded by the Partnership for Better Health, provides a limited number of scholarships for children ages 6-17 to participate in camps, recreational programs, farm-based or nutrition programs, positive youth development programs promoting healthy practices, and family pool passes.

For more information email [swk-scrs@ship.edu](mailto:swk-scrs@ship.edu) or call 717-477-9100.

Complete the application by June 1st and email it to [swk-scrs@ship.edu](mailto:swk-scrs@ship.edu) or mail it to Katie's Place at 130 South Penn Street, Shippensburg, PA 17257.



# Waynesboro

## **Antietam Meadow Park**

A 25-acre park located west of North Welty Road along the East Branch of Antietam Creek in Washington Township.

## **Dunlap Family Skate Park**

12684 Mentzer Gap Road, Waynesboro

Telephone: 717-762-3128 Website: [www.washtwp-franklin.org/dunlap-family-skate-park/](http://www.washtwp-franklin.org/dunlap-family-skate-park/)

A skateboarding park that's open year-round, except in the event of any inclement weather. The park is open from dawn until 30 minutes before sunset. To register, please print out the Rules & Registration and Waiver & Release Form on the website (listed above) and drop them off at the Township Office to receive your helmet sticker.



## **Happel's Meadow Wetlands**

Located along PA Route 16, six miles east of Waynesboro.

## **Memorial Park**

220 Memorial Park Drive, Waynesboro

Features include a little league, softball, and baseball field, four tennis courts, three play areas, a small pavilion, a basketball court, a volleyball court, a walking trail (.42 miles), and a memorial to all who have served our country in war.

## **Michaux State Forest**

10099 Lincoln Way East, Fayetteville

Website: [www.dcnr.pa.gov/StateForests/FindAForest/Michaux](http://www.dcnr.pa.gov/StateForests/FindAForest/Michaux)

This area provides plenty of opportunities to enjoy the outdoors with activities including hiking, biking, geocaching (an outdoor treasure hunt using technology), fishing, swimming, and more. Visit the website for more details.



## **Mt. Airy Avenue Park**

235 Mt. Airy Avenue, Waynesboro

1.92 acres featuring a half-court basketball area and an age 5-12 play area with climbers, a sliding board, spring toys, balance beam, and merry-go-round.

## **Northside Park/Pool**

138 Brown Street, Waynesboro

Features include a zero-depth entrance, two slides, bubblers, and other water features.

### **Pine Hill Recreation Area**

12684 Mentzer Gap Road, Waynesboro

Top-of-the-line picnic facilities with excellent vista views. Three pavilions grace the landscape, along with a gazebo and two mini-pavilions. Restrooms are also available year-round. A pony league baseball field, softball/little league field and a soccer field are in place for use by local leagues as well as visitors. Other recreational facilities include two state-of-the-art playgrounds, horseshoe pits, and a sand volley ball court.



Pine Hill Recreation Area

### **Red Run Park**

12143 Buchanan Trail East, Waynesboro

The park consists of a man-made lake, picnic area, playground equipment, public restrooms, concession stand, and miniature train.

### **Renfrew Park**

1010 East Main Street, Waynesboro

Explore miles of nature trails and the historic grounds. Open dawn to dusk year-round.

### **Rolando Park**

14299 Charmian Road, Waynesboro

A great picnic area with lots of history including pavilions and a playground.

### **Rotary Park**

Located in the southeast corner of Waynesboro, at the intersection of W. Ninth Street and Anthony Avenue Park, features include a fitness trail, pavilion, basketball court, and restrooms. The outer-most loop of the walking trail is .38 miles.



Rotary Park

### **Welty Road Park**

13177 Welty Road, Waynesboro

An open area of green space, sports fields, and a playground area.



Welty Road Park

## Waynesboro YMCA

810 East Main Street, Waynesboro

Telephone: 717-762-6012 Website: [www.waynesboroymca.org](http://www.waynesboroymca.org) Facebook: Waynesboro Area YMCA

### Open Doors Financial Assistance

Each year, over 300 youth and 150 adults receive financial assistance for membership and programs. Financial assistance scholarships can be awarded for general membership, adult or youth programs, child care and summer day camps.

### The 7th Grade Initiative

As youth begin to face the varied challenges of adolescence, they are more likely to begin disassociating from formal organizations, distancing themselves from family, and may begin to experiment with unhealthy behaviors. This program offers free memberships to 7th grade students. This membership includes the teen center, pools, gyms, fitness rooms (for those 13 years +), and member prices for all YMCA programs.



## More Info and Ideas

**The Get Fit, Franklin County page at [healthyfranklincounty.org](http://healthyfranklincounty.org) houses an interactive map of recreational assets that we continually update. Take a look to find a comprehensive list of parks, playgrounds, and trails!**

We know that exercise is important for everyone, so get the whole family involved!

Take a walk together and have an outdoor scavenger hunt (who can spot the first red bird or someone walking a dog?) have an at-home dance party, go for a bike ride, search for free exercise videos online (including ones for kids!), do yard work or garden together, go swimming, bowling, or mini golfing.

**The possibilities are endless - how will your family get moving?**

