

ROCKY RUN YMCA

FALL
2017

MAKE YOUR
SEPTEMBER
RESOLUTION!

Your Y Program Guide

FALL 2017

Registration begins August 7th



START THE SCHOOL YEAR WITH A SPLASH!

Sign up for our all new swim lessons before classes fill up!

philaymca.org

WELCOME TO THE Y!

YMCA ONLINE ACCOUNT MANAGEMENT

- Register for programs and summer day camp
- View your membership account
- Update credit card information
- Make payments online

Go to philaymca.org, click the My Account link and follow the directions to log into your online membership account.

DOWNLOAD OUR APP FOR CURRENT SCHEDULES

Find us in Google Play and the Apple store under PhilaYMCA.



**FOLLOW US ON FACEBOOK,
TWITTER, INSTAGRAM &
PINTEREST**

HEALTHY LIVING PROGRAMS
SPONSORED BY

Independence 
LIVE FEARLESS®

ENJOY ALL 19 PHILADELPHIA FREEDOM VALLEY YMCA LOCATIONS IN YOUR MEMBERSHIP!

Abington YMCA

1073 Old York Road
Abington, PA 19001
215-884-9622

Ambler Area YMCA

1325 McKean Road
Ambler, PA 19002
215-628-9950

Audubon YMCA

2460 Boulevard of the Generals
W. Norriton, PA 19403
610-539-0900

Boyertown YMCA

301 W. Spring Street
Boyertown, PA 19512
610-369-9622

Christian Street YMCA

1724 Christian Street
Philadelphia, PA 19146
215-735-5800

Columbia North YMCA

1400 N. Broad Street
Philadelphia, PA 19121
215-235-6440

Hatboro Area YMCA

440 South York Road
Hatboro, PA 19040
215-674-4545

Haverford Area YMCA

891 N. Eagle Road
Havertown, PA 19083
610-649-0700

Northeast Family YMCA

11088 Knights Road
Philadelphia, PA 19154
215-632-0100

Phoenixville YMCA

400 E. Pothouse Road
Phoenixville, PA 19460
610-933-5861

Pottstown YMCA

724 N. Adams Street
Pottstown, PA 19464
610-323-7300

Rocky Run YMCA

1299 W. Baltimore Pike
Media, PA 19063
610-627-9622

Roxborough YMCA

7201 Ridge Avenue
Philadelphia, PA 19128
215-482-3900

Spring Valley YMCA

19 W. Linfield-Trappe Road
Limerick, PA 19468
484-984-2000

Upper Perkiomen Valley YMCA

1399 Quakertown Road
Pennsburg, PA 18073
215-679-9622

West Philadelphia YMCA

5120 Chestnut Street
Philadelphia, PA 19139
215-476-2700

WELLNESS CENTER LOCATION

Stephen Klein Wellness Center
2108 Cecil B. Moore Ave.
Philadelphia, PA 19121
215-400-2100

WELLNESS & TRAINING COMPLEX/ CHILD CARE CENTER LOCATION

Gilbertsville Center
144 Holly Road
Gilbertsville, PA 19525
610-367-9622

RESIDENT CAMP LOCATION

Camp Speers YMCA
143 Nichcronk Road
Dingmans Ferry, PA 18328
570-828-2329



HOURS OF OPERATION

Monday - Friday	5:00 AM - 10:00 PM
Saturday	6:00 AM - 7:00 PM
Sunday	7:00 AM - 7:00 PM

Pool closes 15 minutes before building.

HOLIDAY HOURS

Labor Day	CLOSED
Thanksgiving	CLOSED
Christmas Eve	7:00 AM - 3:00 PM
Christmas	CLOSED
New Year's Eve	7:00 AM - 3:00 PM
New Year's Day	9:00 AM - 3:00 PM

FALL SESSION DATES

Early Fall: September 5 - October 29

Late Fall: October 30 - December 24

Registration:

Family Members:

Early Fall: August 7 - October 8

Late Fall: October 9 - November 26

Members:

Early Fall: August 9 - October 8

Late Fall: October 11 - November 26

Program Members:

Early Fall: August 14 - October 8

Late Fall: October 16 - November 26

HOW TO REGISTER FOR PROGRAMS

- Register for classes any time at PhilaYMCA.org
- By calling the 610-627-9622 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

KIDS FIT ZONE (6 to 12 years)

Kids Fit Zone is a fun way for our members aged 6-12 to be physically fit and develop healthy lifestyles.

Monday - Thursday	4:00 PM - 8:30 PM
Friday	4:00 PM - 7:00 PM
Saturday	9:00 AM - 4:30 PM
Sunday	9:00 AM - 4:00 PM

Youth members must be signed in and out of Kids Fit Zone by their parents or legal guardian.

CHILD WATCH (3 months to 12 years)

Child Watch is a value added member benefit and is included with the cost of Full Privilege adult or family memberships. This service is offered on-site with convenient drop-in hours that vary by location. Hours are subject to change around holidays. Registration is not required and Child Watch is operated on a first come, first served basis. This service is intended to support parents while working out. Parents must remain at the YMCA and are limited to two hours per day. Parents will be contacted to pick up their child if there are any problems.

Monday - Thursday	7:45 AM - 8:45 PM
Friday	7:45 AM - 7:00 PM
Saturday	7:45 AM - 4:30 PM
Sunday	8:00 AM - 4:00 PM

TABLE OF CONTENTS

YOUTH	4
TEENS	14
ADULTS	15
COMMUNITY	20
POLICIES	21

MEET OUR STAFF

Katie Duffus

Executive Director
ext. 1210

AJ Beaulieu

Advanced Program Director Teens
/Y Achievers
ext. 1223

Clark Bickling

Head Swim Team Coach
ext. 1204

Mike Bream

Wellness Director
ext. 1224

Mary Curcio

Associate Executive Director
ext. 1234

Martin Early

Facilities Director
ext. 1217

Mike Franchi

Advanced Program Director -
Sports & Camp
ext. 1209

Chrissy Gillis

Director of Administration
ext. 1208

Annette Horta

Advanced Family Director
ext. 1251

Kelcie Ireson

Membership Director
ext. 1254

Evan Klokis

Advanced Aquatics Director
ext. 1242

Devin Manion

Senior Program Director -
Youth & Family
ext. 1214

Yashi McGowan

Teen and Community
Outreach Director
ext. 1250

Ashley McKay

Program Director/
School Aged Child Care
ext. 1211

Ashley Seiler

Senior Program Director
Membership & Wellness
ext. 1219

Michelle Smith

Group Fitness Director
ext. 1213

Cailin Walters

Advanced Child Care Director
ext. 1246

YOUTH

AQUATICS

AGE KEY:

Preschool: Ages 3-5
School Age: Ages 6-12
Teen/Adult: Ages 13+

SWIM STARTERS (30 minutes)

Develops water enrichment and aquatic readiness in children. In the two stages that make up this parent-child category, children learn to be comfortable in the water. Swim Starters focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn essential skills in Swim Starters. Parents learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.

Swim-Parent/Child (6-18 months)

Water Discovery - Parents accompany children in the water in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Monday	10:35 AM - 11:05 AM 5:10 PM - 5:40 PM
Tuesday	11:10 AM - 11:40 AM 4:00 PM - 4:30 PM
Wednesday	10:00 AM - 10:30 AM
Thursday	4:00 PM - 4:30 PM 5:10 PM - 5:40 PM
Saturday	9:05 AM - 9:35 AM

Family Members: \$25
Members: \$50
Program Members: \$100

Swim-Parent/Child (18 months - 3 years)

Water Exploration - Parents work with their children in the water to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Monday	10:00 AM - 10:30 AM 5:45 PM - 6:15 PM
Tuesday	11:10 AM - 11:40 AM 1:00 PM - 1:30 PM 5:45 PM - 6:15 PM
Wednesday	11:45 AM - 12:15 PM 6:20 PM - 6:50 PM
Thursday	11:45 AM - 12:15 PM 4:35 PM - 5:05 PM 5:45 PM - 6:15 PM
Saturday	9:40 AM - 10:10 AM 11:25 AM - 11:55 AM 12:00 PM - 12:30 PM

Family Members: \$25
Members: \$50
Program Members: \$100

SWIM BASICS

(Preschool 30 minutes)
(School Age/Teens/Adults 40 minutes)

Develops personal water safety and basic swimming skills in students of all ages. In these three stages, students develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water. Group activities that reinforce learning help students progress.

Swim Basics - Stage 1

Water Acclimation - Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water.

Preschool

Monday	10:35 AM - 11:05 AM 11:45 AM - 12:15 PM 1:35 PM - 2:05 PM 2:45 PM - 3:15 PM 4:00 PM - 4:30 PM 4:35 PM - 5:05 PM 5:10 PM - 5:40 PM 6:20 PM - 6:50 PM 6:55 PM - 7:25 PM
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Tuesday	10:35 AM - 11:05 AM 11:45 AM - 12:15 PM 1:00 PM - 1:30 PM 1:35 PM - 2:05 PM 4:00 PM - 4:30 PM 4:35 PM - 5:05 PM 5:45 PM - 6:15 PM 6:20 PM - 6:50 PM 6:55 PM - 7:25 PM
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Wednesday	10:00 AM - 10:30 AM 10:35 AM - 11:05 AM 1:35 PM - 2:05 PM 2:10 PM - 2:40 PM 2:45 PM - 3:15 PM 4:00 PM - 4:30 PM 4:35 PM - 5:05 PM 5:10 PM - 5:40 PM 5:45 PM - 6:15 PM 6:20 PM - 6:50 PM
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Thursday	10:00 AM - 10:30 AM 11:45 AM - 12:15 PM 1:35 PM - 2:05 PM 2:10 PM - 2:40 PM 4:00 PM - 4:30 PM 5:10 PM - 5:40 PM 5:45 PM - 6:15 PM 6:20 PM - 6:50 PM 6:55 PM - 7:25 PM
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Saturday	8:30 AM - 9:00 AM 9:05 AM - 9:35 AM 9:40 AM - 10:10 AM 10:15 AM - 10:45 AM 10:50 AM - 11:20 AM 11:25 AM - 11:55 AM 12:00 PM - 12:30 PM
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Stage 1 - Preschool (Cont'd)

Sunday	10:25 AM - 10:55 AM 11:00 AM - 11:30 AM 11:35 AM - 12:05 PM 12:10 PM - 12:40 PM 12:45 PM - 1:15 PM
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Members: \$64
Program Members: \$128

School Age

Monday	5:00 PM - 5:40 PM
Tuesday	5:50 PM - 6:30 PM 6:40 PM - 7:20 PM
Wednesday	5:00 PM - 5:40 PM
Thursday	5:50 PM - 6:30 PM
Sunday	11:00 AM - 11:40 AM 12:40 PM - 1:20 PM

Members: \$72
Program Members: \$144

Swim Basics - Stage 2

Water Movement - Students focus on body position and control, directional change and forward movement in the water while continuing to practice how to safely exit in the event of falling into a body of water.

Preschool

Monday	10:00 AM - 10:30 AM 2:10 PM - 2:40 PM 5:45 PM - 6:15 PM 6:55 PM - 7:25 PM
Tuesday	11:45 AM - 12:15 PM 4:35 PM - 5:05 PM 6:20 PM - 6:50 PM
Wednesday	11:10 AM - 11:40 AM 1:00 PM - 1:30 PM 4:00 PM - 4:30 PM 5:10 PM - 5:40 PM 6:55 PM - 7:25 PM
Thursday	10:35 AM - 11:05 AM 1:00 PM - 1:30 PM 4:35 PM - 5:05 PM 5:45 PM - 6:15 PM
Saturday	9:05 AM - 9:35 AM 10:15 AM - 10:45 AM 11:25 AM - 11:55 AM

Members: \$64
Program Members: \$128

School Age

Monday	5:00 PM - 5:40 PM 5:50 PM - 6:30 PM
Tuesday	5:00 PM - 5:40 PM
Wednesday	5:00 PM - 5:40 PM 6:40 PM - 7:20 PM
Thursday	5:50 PM - 6:30 PM
Saturday	9:40 AM - 10:20 AM
Sunday	10:10 AM - 10:50 AM 11:50 AM - 12:30 PM

Members: \$72
Program Members: \$144

View current schedules online: PhilaYMCA.org

Swim Basics - Stage 3

Water Stamina - Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Preschool

Monday	1:00 PM - 1:30 PM 11:10 AM - 11:40 AM 6:20 PM - 6:50 PM
Tuesday	2:10 PM - 2:40 PM 6:55 PM - 7:25 PM
Wednesday	4:35 PM - 5:05 PM 5:45 PM - 6:15 PM
Thursday	10:35 AM - 11:05 AM 1:35 PM - 2:05 PM 4:35 PM - 5:05 PM 5:10 PM - 5:40 PM
Saturday	9:05 AM - 9:35 AM 9:40 AM - 10:10 AM

Members: \$64
Program Members: \$128

School Age

Monday	5:00 PM - 5:40 PM 5:50 PM - 6:30 PM
Tuesday	5:00 PM - 5:40 PM 5:50 PM - 6:30 PM 6:40 PM - 7:20 PM
Wednesday	6:40 PM - 7:20 PM
Thursday	5:00 PM - 5:40 PM 7:30 PM - 8:10 PM
Saturday	8:50 AM - 9:30 AM 10:30 AM - 11:10 AM 11:20 AM - 12:00 PM

Members: \$72
Program Members: \$144

SWIM STROKES

(Preschool 30 minutes)

(School Age/Teens/Adults 40 minutes)

Introduces and refines stroke technique in older students. In these three stages, having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

YOUTH

Swim Strokes - Stage 4

Stroke Introduction - Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Preschool

Wednesday	10:35 AM - 11:05 AM 5:45 PM - 6:15 PM
Thursday	1:00 PM - 1:30 PM 6:20 PM - 6:50 PM
Saturday	11:25 AM - 11:55 AM

Members: \$64
Program Members: \$128

School Age

Monday	5:50 PM - 6:30 PM
Tuesday	5:00 PM - 5:40 PM 6:40 PM - 7:20 PM
Wednesday	5:50 PM - 6:30 PM
Thursday	6:40 PM - 7:20 PM
Saturday	10:30 AM - 11:10 AM

Members: \$72
Program Members: \$144

Swim Strokes - Stage 5

Stroke Development - Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

School Age

Monday	5:00 PM - 5:40 PM
Tuesday	5:50 PM - 6:30 PM
Wednesday	6:40 PM - 7:20 PM
Saturday	11:20 AM - 12:00 PM

Members: \$72
Program Members: \$144

Swim Strokes - Stage 6

Stroke Mechanics - Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

School Age

Monday	7:30 PM - 8:10 PM
Thursday	5:00 PM - 5:40 PM

Members: \$72
Program Members: \$144

Private Swim Lessons

Private lessons are for all ages and swimming ability. Individual lessons are scheduled with an instructor and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are schedule in 30 minute increments.

5-Lesson Package:

Members: \$150
Program Members: \$300

Semi-Private Swim Lessons

Semi-Private lessons are for all ages and swimming ability. Lessons are scheduled with an instructor and two or three participants. They will learn the basics of swimming, refine current skills or perfect your stroke mechanics. Semi-Private lessons are schedule in 30 minute increments and each participant will register individually.

5-Lesson Package:

Members: \$100
Program Members: \$200

The Rocky Run YMCA Reef Sharks Swim Team gives everyone a great opportunity to achieve his or her potential! Our mission is to provide a safe environment where children can leave, improve, and enjoy the sport of swimming. Visit www.swimrockyrun.com to learn more. The fall session runs September - March.

Evaluation Dates: (New Swimmers Only) at Garnet Valley Middle School

Mon., Aug. 21	6:00 PM - 7:00 PM
Mon., Aug. 28	6:00 PM - 7:00 PM

Informational Meetings/Registration Returning Swimmers:

Thurs., Aug. 17	5:30 PM - 6:00 PM	Registration begins at 6:00 PM
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New Swimmers:

August 24 & 30	5:30 PM - 6:00 PM	Registration begins at 6:00 PM
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Swim Team:

Senior (Ages 14-19): \$660
Age Group 2 (Ages 10-14): \$620
Age Group 1 (Ages 8-12): \$560
Developmental 1 (Ages 6-9): \$360
Developmental 2 (Ages 5-8): \$360
High School Prep **Sept. 11 - Nov. 17**
(High school students only): \$250

GARNET VALLEY MIDDLE SCHOOL POOL

Memberships are available for the Garnet Valley Middle School Pool, located on Smithbridge Road in Glen Mills. Use of the Garnet Valley Middle School Pool is not included in the cost of the Full Privilege Membership to the Rocky Run YMCA. For further information please contact the Welcome Center at the Rocky Run YMCA.

Garnet Valley Pool (Cont'd)

Category & Age	Garnet Valley	Non - Resident
Adult (18-61)	\$190	\$235
Family	\$285	\$360
Senior (62 & older)	Free w/ Registration	\$110

* Renewals and people applying for resident membership to the Garnet Valley Middle School Pool will need to produce proof of residency such as a school tax statement and a valid PA driver's license.

ARTS & HUMANITIES

Art Education - Preschool (Ages 3-5)

Allow your child to experiment with shapes, lines, space and colors. Fine motor and creative thinking skills will be enhanced while the children learn about different art techniques.

Thursday	10:30 AM - 11:15 AM
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Family Members: \$26
Members: \$52
Program Members: \$104

Art Exploration - Parent/Child

(Ages 18 mos. - 3 years)

Create with more than crayons and pencils! Your child will explore fine arts materials, as well as, non-traditional techniques. Each week there will be a theme explored to reinforce fine motor skills and creative thinking. This is the perfect class to help expand your child's horizons and delve into more complex art making ideas. Please have your child bring a smock or wear old clothes.

Monday	9:00 AM - 9:45 AM
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Thursday	9:30 AM - 10:15 AM
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Family Members: \$26
Members: \$52
Program Members: \$104

Art & Science - Preschool (Ages 3-5)

Let your child explore the world of science through arts. We will get messy and have fun as we make artistic creations while experimenting with science concepts at the same time. Please bring a smock or wear old clothes.

Wednesday	9:30 AM - 10:15 AM
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Family Members: \$26
Members: \$52
Program Members: \$104

Cooking - Preschool/Youth

Hands-on food preparation teaches healthy eating, basic cooking terms, sharing and teamwork. Please inform Program Director of allergies prior to the start of the session. (Ages 3-4)

Tuesday	1:00 PM - 1:45 PM
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Wednesday	10:30 AM - 11:15 AM
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Cooking (Cont'd)

(Ages 5-8)

Tuesday	5:00 PM - 5:45 PM
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Family Members: \$26
Members: \$52
Program Members: \$104

Imaginative Play - Preschool (Ages 3-5)

For the child who enjoys dress-up and role playing, this is the perfect opportunity to pretend. Children will make a simple craft to use during their creative playtime. Rock star, athlete, princess or pirate, each week has a different theme.

Monday	1:00 PM - 1:45 PM
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Tuesday	10:00 AM - 10:45 AM
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Family Members: \$26
Members: \$52
Program Members: \$104

Lego and Building - Youth (Ages 5-8)

This class will create a stimulating hands-on experience that engages the participants and helps them work through challenges and gain confidence all while having fun "playing" with Legos.

Monday	5:00 PM - 5:45 PM
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Family Members: \$26
Members: \$52
Program Members: \$104

Music - Preschool (Ages 3-5)

Children will explore musical concepts through song, dance and creative movement. Children will try out different musical instruments and make their own individual songs.

Monday	10:00 AM - 10:45 AM
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Thursday	1:00 PM - 1:45 PM
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Family Members: \$26
Members: \$52
Program Members: \$104

Music & Movement - Parent/Child

(Ages 18 mos. - 2 years)

This class is a blend of dancing, music and rhythm. An instructor will guide children through various activities that will make discovering movement, balance and listening skills easy and fun while instilling a love of music.

Tuesday	11:00 AM - 11:45 AM
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Friday	9:30 AM - 10:15 AM
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Saturday	10:30 AM - 11:15 AM
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Family Members: \$26
Members: \$52
Program Members: \$104

Playdough - Preschool (Ages 3-5)

Children will use their imagination to make dough creations that correspond with the theme of the day! Your child will develop fine motor skills, hand-eye coordination, teamwork and creativity.

Wednesday	1:00 PM - 1:45 PM
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Friday	10:30 AM - 11:15 AM
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Family Members: \$26
Members: \$52
Program Members: \$104

YOUTH

Theater - Youth (Ages 6-8)

Children will get an overview of the work that is done on stage and behind the scenes. They will learn theater terminology, stage directions and self-expression.

Wednesday 5:00 PM - 5:45 PM

Family Members: \$26

Members: \$52

Program Members: \$104

DANCE

The Rocky Run School of Dance, under the guidance of Miss Melissa, are excited for the second year! We will be offering more classes to help each dancer develop their love for dance. The Rocky Run School of Dance focuses on proper technique and placement while in a fun and supportive environment. Our goal is to provide every student with a solid foundation for dance while helping them discover their strengths and reach their own personal potential.

Non-Recital (NR) 8 week programs

Classes will run in 8 week sessions starting in September through May. Dancers will not participate in the Holiday Show or Spring Recital. Classes will focus on coordination, rhythm, creativity, technique and terminology.

Family Members: \$26

Members: \$52

Program Members: \$104

Recital (R)

Classes start in September and run through May with a Holiday Show at the Y in December and a Spring Recital on a stage with costumes in May. Participants may enroll in Session I (Sept-Dec) Session II (Jan-May) or the full year. Costume fees for the Spring Recital will be included in January registration.

Session	Date	Member Price	Program Member Price
Session I	Sept. - Dec.	\$135	\$190
Session II	Jan. - May	\$205	\$250
Full Year	Sept. - May	\$320	\$450

Ballet I - Preschool (R) (Ages 3-4)

Dancers will learn basic ballet terminology in an imaginative and creative way.

Monday 10:00 AM - 10:45 AM

Wednesday 4:00 PM - 4:45 PM

Saturday 9:00 AM - 9:45 AM

Sunday 9:00 AM - 9:45 AM

Ballet I - Preschool (NR) (Ages 3-4)

An introduction to basic ballet technique will be taught in this class and will allow young dancers to explore movement. It encourages children to develop motor skills, agility, coordination and flexibility.

Monday 5:00 PM - 5:45 PM

Wednesday 5:00 PM - 5:45 PM

Ballet II - Preschool (R) (Ages 3-4)

This class is for dancers who have completed level I and are ready to build on what they have learned.

Wednesday 10:30 AM - 11:15 AM
5:00 PM - 5:45 PM

Saturday 9:00 AM - 9:45 AM

Sunday 10:00 AM - 10:45 AM

Ballet II - Preschool (NR) (Ages 3-4)

An introduction to basic ballet technique will be taught in this class and will allow young dancers to explore movement. It encourages children to develop motor skills, agility, coordination and flexibility.

Tuesday 5:00 PM - 5:45 PM

Ballet I - Youth (NR) (Ages 5-7)

Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination, and creativity.

Monday 6:00 PM - 6:45 PM

Ballet I - Youth (R) (Ages 5-7)

Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination, and creativity.

Thursday 5:00 PM - 5:45 PM

Saturday 10:00 AM - 10:45 AM

Sunday 11:00 AM - 11:45 AM

Ballet II - Youth (R) (Ages 5-7)

This class is designed for the dancer who has been through level I and is ready for more ballet terminology and choreography.

Thursday 6:00 PM - 6:45 PM

Saturday 10:00 AM - 10:45 AM

Ballet III - Intermediate Youth (R)

(Ages 8-12)

This class is designed for a beginner-intermediate dancer who wants to better develop their technique & deepen their skill.

Tuesday 6:00 PM - 6:45 PM

Ballet - Youth (NR) (Ages 8-12)

Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination, and creativity.

Wednesday 6:00 PM - 6:45 PM

HEALTH & WELLNESS

Ballet/Tap I - Preschool (R) (Ages 3-4)

Class will be divided into 1/2 ballet and 1/2 tap. Dancers will learn the basics in both disciplines.

Monday 4:00 PM - 4:45 PM

Tuesday 4:00 PM - 4:45 PM

Saturday 11:00 AM - 11:45 AM

Jazz I - Preschool (R) (Ages 3-4)

This class will provide an energetic and fun introduction to the style of jazz dance using basic terminology & technique.

Monday 4:00 PM - 4:45 PM

Jazz II - Youth (R)

Dancers will build on their basic jazz foundation by adding isolations, strengthening exercises and technique that will be incorporated into choreography.

(Ages 5-7)

Monday 5:00 PM - 5:45 PM

(Ages 8-12)

Tuesday 7:00 PM - 7:45 PM

Tap I - Youth (R) (Ages 5-7)

Dancers will learn tap basics and apply their skills to across the floor and center floor combinations.

Tuesday 5:00 PM - 5:45 PM

Tap - Youth (NR) (Ages 5-7)

Students will learn tap technique, review tap basics, learn new more advanced techniques and incorporate combinations at a faster pace all while working on rhythm and musicality

Thursday 6:00 PM - 6:45 PM

Tap II - Youth (R) (Ages 8-12)

Dancers will quickly learn and review tap basics, learn more advanced techniques and incorporate new combinations.

Monday 6:00 PM - 6:45 PM

Hip-Hop - Youth (R) (Ages 8-12)

Have fun learning high energy routines that fuse both hip hop and jazz styles. Students will be challenged with choreography and have the opportunity to express themselves through movement and music.

Wednesday 6:00 PM - 6:45 PM

Saturday 11:00 AM - 11:45 AM

Hip-Hop - Youth (NR) (Ages 8-12)

Students will learn routines that fuse both hip hop and jazz styles. Students will be challenged with choreography and have the opportunity to express themselves through movement and music.

Tuesday 6:00 PM - 6:45 PM

Group Training - F.I.T. Kids (Ages 8-12)

Perform a combination of team games, activities and fun exercises to create a positive environment for children. F.I.T. Kids: Functional-Interactive-Teamwork, will provide the opportunity for children to stay active and interact with peers.

Monday 6:00 PM - 6:45 PM

Wednesday 6:00 PM - 6:45 PM

Saturday 9:00 AM - 9:45 AM

Family Members: \$26

Members: \$52

Program Members: \$104

Speed School - Youth/Teen (Ages 10-12)

Speed School provides the aspiring athlete an opportunity to increase speed, agility and lower body strength. The Speed School students will meet once a week with an Athletics Specialist and will focus on drills that will enhance skills for a variety of sports.

Tuesday 6:30 PM - 7:15 PM

Thursday 6:30 PM - 7:15 PM

Saturday 9:00 AM - 9:45 AM

Family Members: \$26

Members: \$52

Program Members: \$104

Strength Training - Youth (Ages 10-12)

This program will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence.

Wednesday 5:00 PM - 5:45 PM

Saturday 10:00 AM - 10:45 AM

Family Members: \$26

Members: \$52

Program Members: \$104

Girls Running Program Go G-I-R-L!

(Ages 8-12)

An 8-week running program designed to teach girls how to deal with challenges in obstacles all while training to run two miles. This is not a race, but a place for girls to support and to cheer one another on, while growing mentally, physically and personally. Girls should come dressed in sneakers and comfortable exercise clothing.

Monday 5:00 PM - 6:30 PM

Thursday 6:00 PM - 7:30 PM

Family Members: \$26

Members: \$52

Program Members: \$104

YOUTH

INSTRUCTIONAL SPORTS

Archery- Youth/Teen (Early Fall Only)

Introduction to Archery and the skills required to join a team. Participants will learn fundamentals, rules and good sportsmanship all while having fun.

(Ages 8-10)

Thursday 4:00 PM - 4:45 PM

(Ages 11-14)

Monday 4:00 PM - 4:45 PM

Family Members: \$26

Members: \$52

Program Members: \$104

Cheerleading – Tumbling

Learn the basic tumbling elements to cheer. Class consists of basic tumbling instruction, jumps and strength exercises.

(Ages 5-7)

Wednesday 4:00 PM - 4:45 PM

(Ages 8-12)

Monday 4:00 PM - 4:45 PM

Basketball – Preschool (Ages 3-5)

This class will teach the fundamentals and rules of basketball and assist in developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

Monday 9:00 AM - 9:45 AM

Friday 12:00 PM - 12:45 PM
1:00 PM - 1:45 PM

Family Members: \$26

Members: \$52

Program Members: \$104

Basketball – Youth

This class will teach the fundamentals and rules of basketball and assist in developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

(Ages 5-7)

Monday 5:00 PM - 5:45 PM

Wednesday 5:00 PM - 5:45 PM

Sunday 10:00 AM - 10:45 AM

(Ages 8-12)

Monday 6:00 PM - 6:45 PM

Family Members: \$26

Members: \$52

Program Members: \$104

Dodgeball – Youth (Ages 11-14)

This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem.

Wednesday 5:00 PM - 5:45 PM

Family Members: \$26

Members: \$52

Program Members: \$104

Hockey – Preschool (Ages 3-5)

This class will teach the fundamentals and rules of hockey and assist in developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

Wednesday 12:00 PM - 12:45 PM
1:00 PM - 1:45 PM

Family Members: \$26

Members: \$52

Program Members: \$104

Sports Introduction – Parent/Child

(Ages 1-3)

Children are introduced to a variety of different sports and games. This is a great way to get your child excited about playing sports while building self-esteem and improving coordination and motor skills. Parent participation is encouraged.

Monday 9:00 AM - 9:45 AM

Tuesday 9:00 AM - 9:45 AM

Wednesday 10:00 AM - 10:45 AM

Friday 10:00 AM - 10:45 AM

Sunday 9:00 AM - 9:45 AM

Family Members: \$26

Members: \$52

Program Members: \$104

Sports Introduction – Preschool

(Ages 3-5)

Children are introduced to a variety of different sports and games. This is a great way to get your child excited about playing sports while building self-esteem and improving coordination and motor skills.

Monday 12:00 PM - 12:45 PM
1:00 PM - 1:45 PM

Thursday 10:00 AM - 10:45 AM

Family Members: \$26

Members: \$52

Program Members: \$104

Soccer – Preschool (Ages 3-5)

This class will teach the fundamentals and rules of soccer and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.

Tuesday 12:00 PM - 12:45 PM
1:00 PM - 1:45 PM

Wednesday 9:00 AM - 9:45 AM

Thursday 9:00 AM - 9:45 AM

Saturday 9:00 AM - 9:45 AM

Family Members: \$26

Members: \$52

Program Members: \$104

Soccer – Youth (Ages 5-7)

This class will teach the fundamentals and rules of soccer and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.

Monday 5:00 PM - 5:45 PM

Thursday 5:00 PM - 5:45 PM

Family Members: \$26

Members: \$52

Program Members: \$104

T-Ball – Preschool (Ages 3-5)

Participants will learn the fundamentals and rules of T-Ball while developing good teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

Tuesday	9:00 AM - 9:45 AM
Thursday	12:00 PM - 12:45 PM 1:00 PM - 1:45 PM
Friday	9:00 AM - 9:45 AM
Saturday	10:00 AM - 10:45 AM

Family Members: \$26
Members: \$52
Program Members: \$104

Tennis – Youth

Participants are introduced to tennis through supplemental activities such as basic strokes and fun games.
(Ages 5-7)

Thursday	5:00 PM - 5:45 PM
(Ages 8-10)	
Tuesday	5:00 PM - 5:45 PM
Wednesday	6:00 PM - 6:45 PM

Family Members: \$26
Members: \$52
Program Members: \$104

Volleyball – Youth

This class will teach the fundamentals and rules of volleyball and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.
(Ages 8-10)

Thursday	6:00 PM - 6:45 PM
(Ages 11-14)	
Tuesday	6:00 PM - 6:45 PM

Family Members: \$26
Members: \$52
Program Members: \$104

SPORTS LEAGUES

YMCA Youth Sports Leagues provide positive sports experiences that focus on competitive play, sportsmanship, and skill development. Players receive individual attention geared toward improvement of skills and game knowledge. All participants will receive equal playing time.

2017 Summer Youth Sports Leagues

Season	League	Start Date
Early Fall	Soccer	Sept. 9
Late Fall	T-Ball	Nov. 5

Family Members: \$40
Members: \$80
Program Members: \$160

EARLY FALL

Soccer League – Preschool (Ages 3-5)

Saturday	11:00 AM - 11:45 AM
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Soccer League – Rookies (Ages 6-7)

Saturday	12:00 PM - 12:45 PM
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Soccer League – Winners (Ages 8-12)

Saturday	1:00 PM - 1:45 PM
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LATE FALL

T-Ball League – Preschool (Ages 3-5)

Sunday	11:00 AM - 11:45 AM
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T-Ball League – Rookies (Ages 6-7)

Sunday	12:00 PM - 12:45 PM
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T-Ball League – Winners (Ages 8-12)

Sunday	1:00 PM - 1:45 PM
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GYMNASTICS

Gymnastics – Parent/Child (Ages 1-3)

This parent participation program introduces balancing, tumbling, hanging and agility skills in a fun, open environment. Short structured experiences mixed with free play and choice.

Monday	10:00 AM - 10:45 AM
Tuesday	10:00 AM - 10:45 AM
Wednesday	9:00 AM - 9:45 AM
Thursday	9:00 AM - 9:45 AM
Friday	9:00 AM - 9:45 AM
Saturday	9:00 AM - 9:45 AM
Sunday	10:00 AM - 10:45 AM

Family Members: \$26
Members: \$52
Program Members: \$104

Gymnastics – Preschool (Ages 3-5)

Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age appropriate equipment to ensure the safest and most effective learning environment.

Tuesday	4:00 PM - 4:45 PM
Saturday	10:00 AM - 10:45 AM
Sunday	9:00 AM - 9:45 AM

Family Members: \$26
Members: \$52
Program Members: \$104

Gymnastics – Youth (Ages 5-7)

For beginners with no experience, intermediates familiar with basic gymnastic skills and advanced children mastering more difficult skills. Learn conditioning and flexibility techniques and instruction on bars, balance beam and floor.

Thursday	4:00 PM - 4:45 PM
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Family Members: \$26
Members: \$52
Program Members: \$104

YOUTH

MARTIAL ARTS

Karate - Basic (Ages 5-7)

This is program teaches the foundations of focus, respect, self-control and coordination through fun games and activities. Children learn listening skills, good sportsmanship and how to follow directions.

Friday 7:15 PM - 7:45 PM

Family Members: \$26
Members: \$52
Program Members: \$104

Shotokan - Youth / Teen (Ages 7 - 14)

Students are taught the main objectives of Karate: development of character, effort, and self-control. These are the virtues that have been emphasized since the inception of the art of Karate. Beginner - Intermediate

Tuesday & Thursday 6:45 PM - 7:45 PM
*Meets two times a week

Family Members: \$57.50
Members: \$115
Program Members: \$230

Shotokan - Adult (Ages 15 - Adult)

Students are taught the main objectives of Karate: development of character, effort, and self-control. These are the virtues that have been emphasized since the inception of the art of Karate. No experience necessary.

Tues. & Thurs. 7:45 PM - 8:45 PM

Members: \$115

ABILITY PROGRAMS

Adult Ability Fitness Class (Ages 16+)

A class designed for special needs adults who are looking to jump start their fitness path & create a healthy lifestyle. Every class will be designed to fit the individual and group needs of the participant. Studio 4 group fitness schedule, no sign up required. There must be at least 3 participants to run the class. Free!

Wednesday 3:00 PM - 3:45 PM

Sports Various - Ability

Our new Ability Program introduces a different area of our YMCA each week. Activities will include dance, music, swim, sports and fitness. (Ages 5-9)

Wednesday 5:30 PM - 6:15 PM

(Ages 10-16)

Thursday 5:30 PM - 6:15 PM

Family Members: \$31
Members: \$62
Program Members: \$124

BIRTHDAY PARTIES

Book a party at the Y!

Let the YMCA do everything for you on your child's special day. Our trained staff will run your child's birthday party from beginning to end. All you need to do is show up, relax, and enjoy! For more information or to make a reservation, email RRparty@philaymca.org.

All parties: 25 Kids
Full Privilege Members: \$250
Non Members: \$350

*Parties are held Saturdays and Sundays from 1:00 PM - 3:00 PM or 4:00 PM - 6:00 PM.

BIRTHDAY PARTY CATEGORIES:

Cooking	Music
Arts and Crafts	Princess Tea
Sports	Pool
Dance	Nature

KIDS NIGHT OUT

Kids Night Out (Ages 2-12)

Enjoy an evening without the little ones when you send them to the Y for their own night out. Children will enjoy gym time, open play, circle story time, crafts, and a movie. Dinner is provided. Send a pillow, blanket and pajamas and the children will be ready for bed when you pick them up. Sneakers must be worn in order to participate in gym time. Children are divided into age appropriate groups and rotate throughout the activities.

Wednesday	September 6*	5:00PM-9:00PM
Saturday	September 16	3:00PM-7:00PM
Friday	September 29	5:00PM-9:00PM
Saturday	October 14	3:00PM-7:00PM
Friday	October 20	5:00PM-9:00PM
Saturday	November 4	3:00PM-7:00PM
Friday	November 17	5:00PM-9:00PM
Saturday	December 2	3:00PM-7:00PM
Friday	December 15*	5:00PM-9:00PM

Full Privilege Members: \$20 per child
\$18 per additional child

*September 6 - Last "Dinning under the Stars" for the summer

*December 15 "Santa's PJ Party"

Parent's Afternoon Out (Ages 3-12)

The Parent's Afternoon Out is a peanut and nut free program. Please DO NOT send any products containing peanuts or nuts for your child to eat for lunch during this program.

Wed.	September 27	12:00 PM - 3:00 PM
Wed.	October 4	12:00 PM - 3:00 PM
Wed.	October 11	12:00 PM - 3:00 PM
Wed.	October 18	12:00 PM - 3:00 PM
Wed.	October 25	12:00 PM - 3:00 PM
Wed.	November 1	12:00 PM - 3:00 PM
Wed.	November 8	12:00 PM - 3:00 PM
Wed.	November 15	12:00 PM - 3:00 PM
Wed.	November 29	12:00 PM - 3:00 PM
Wed.	December 6	12:00 PM - 3:00 PM
Wed.	December 13	12:00 PM - 3:00 PM
Wed.	December 20	12:00 PM - 3:00 PM

Members: \$10 per child

CHILD CARE

Child Care programs. The Rocky Run YMCA offers a complete state licensed early learning center ranked at 4 stars for Keystone Stars.



The YMCA Child Development Center has earned a 4 Star rating through the Keystone STARS program.

PRESCHOOL PROGRAMS

Rocky Run YMCA Preschool programs are consistent with the Philadelphia Freedom Valley YMCA's philosophy, which is grounded in a child-centered and holistic approach to early childhood education. This allows us to adjust to the needs of the child with independent classroom exploration and active social time.

What to expect:

- Full day program
- Stimulating environment with texture, sight and sound
- Language development, reading and math readiness
- Age appropriate equipment
- Social skills, independent and group playtime
- Art, music and movement
- Outdoor games and playground activities
- Ongoing communication between parents and staff
- Gym, swim and music
- CCIS accepted
- Financial Assistance available

Full Day Programming

Toddler Care (12-35 months)

Teachers and staff support and facilitate child development as toddlers experience their new independence in a stimulating atmosphere.

Preschool (3-5 years)

This program provides a beneficial social experience and good foundation for future education. Experienced teachers and aides utilize child-centered activities to encourage attentive listening skills, pro-social behavior and provide opportunities to increase self-awareness. Full day program 6:30 AM - 6:00 PM

*Preschool class children must be of age by August 31 and potty trained to be in the classroom to start in September. Younger Toddlers must be walking.

Half Day Preschool (Ages 2-5)

September - May

Little Sprouts and Tiny Tots is more than a play group, this is your child's first experience away from parents or guardians. Children will be introduced to the wonderful world of colors, shapes, letters, music, movement, friendship, social skills and more. The program is designed to promote developmental growth through creative interaction between children and staff within a warm, caring environment.

Tiny Tots (Ages 2-3)

Tues. & Thurs. 9:00 AM - 12:00 PM

Little Sprouts (Ages 3-5)

Mon. Wed. & Fri. 9:00 AM - 12:00 PM

SCHOOL AGE PROGRAMS (Grade K - 8)

The Rocky Run YMCA is committed to providing a quality School Age Program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Human Services. In addition, all programs have achieved a STAR 4 rating based on the Pennsylvania Keystone Stars quality assurance program. Each program day, our qualified staff provides creative learning experiences and supervised activities for a child's development and enjoyment. Programs offered at two sites, Concord Elementary School, Bethel Springs Elementary School.

Before Care

Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc.

Concord 6:45 AM - 9:00 AM

Bethel Springs 6:45 AM - 8:45 AM

YOUTH/TEENS

Childcare (Cont'd)

After Care

Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours.

Programs include:

- Homework help
- Enhances social leadership skills
- Arts and Humanities
- Character Development
- Health and Fitness
- Literacy
- Science and Technology
- Service Learning

Locations:

Concord	3:00 PM - 6:00 PM
Bethel Springs	3:00 PM - 6:00 PM

Kindergarten Enrichment Programs

Supplement your child's half day kindergarten program with the Y! Rocky Run YMCA Kindergarten Enrichment Program (KEP) offers an AM or PM schedule. This Enrichment Program includes a YMCA child-centered curriculum to balance your kindergartner's day at school.

Kindergarten Enrichment Program includes:

- Language Arts
- Math
- STEM
- Literacy
- The Arts
- Physical Activity

Locations:

Concord Elem. School	9:00 AM - 12:20 PM & 11:30 AM - 3:00 PM
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School Age Holiday Care

Provides care on the days that your child's school is closed, including most in-service days and holidays. Your child will engage in social and educational activities while having fun. School Age Holiday Care is usually held at the Rocky Run YMCA and the schedule follows the Garnet Valley School District calendar. We may be able to add an additional Holiday Care if we have a request for 6 or more children, kindergarten through 8th grade.

2017-2018 FEES

1st Child	2nd Child
\$45	\$40

TEEN & ADULT SWIM LESSONS

For more information regarding swim stages please refer to page 4.

SWIM BASICS

Swim Basics - Stage 1

Water Acclimation - Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water.

Swim Basics - Stage 2

Water Movement - Students focus on body position and control, directional change and forward movement in the water while continuing to practice how to safely exit in the event of falling into a body of water.

Swim Basics - Stage 3

Water Stamina - Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Tuesday	7:30 PM - 8:10 PM
Thursday	6:40 AM - 7:20 AM
Saturday	9:00 AM - 9:40 AM

Members: \$72

(Stage 1, 2 and 3 in any time above)

SWIM STROKES

Swim Strokes - Stage 4

Stroke Introduction - Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Swim Strokes - Stage 5

Stroke Development - Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

Swim Strokes - Stage 6

Stroke Mechanics - Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

Wednesday	7:30 AM - 8:10 AM
Thursday	10:00 AM - 10:40 AM
Saturday	8:00 AM - 8:40 AM

Members: \$72

(Stage 4, 5 and 6 in any time above)

Master's Swim Team

Master swimming is coached swim workouts designed to improve strokes, increase endurance, and provide excellent cardiovascular fitness. Every day there are three workout options: novice (600-2000 meters), intermediate (1800-3200 meters) and competitive (3000-4500). Although all strokes are offered, only freestyle is required. Perfect for triathletes and swimmers alike, participants will have the opportunity to compete in the Masters swim meets. Regular attendance not required, but recommended. Free!

Mon., Wed., Fri. 5:30 AM - 7:00 AM

Coaching Program

A program designed to provide both individual and group training for the serious masters swimmer, triathlete, or open water swimmer who wants to be actively "coached" by a professional coach. Contact Rick Field for more details at rfield@philaymca.org

2-3 sessions/week per month \$100/month

Aquatic Scout Badges

Scout members will be guided through specific scouting requirements by a YMCA instructor. Scout leaders must furnish requirements and supply the badges, pins, etc. Minimum of 8 scouts per group. For more information contact Evan Klokis at eklokis@philaymca.org. Scout Group Fee: \$10/Scout

Private Swim Lessons

Private lessons are for all ages and swimming ability. Individual lessons are scheduled with an instructor and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are schedule in 30 minute increments.

5-Lesson Package:

Members: \$150
Program Members: \$300

Semi-Private Swim Lessons

Semi-Private lessons are for all ages and swimming ability. Lessons are scheduled with an instructor and two or three participants. They will learn the basics of swimming, refine current skills or perfect your stroke mechanics. Semi-Private lessons are schedule in 30 minute increments and each participant will register individually.

5-Lesson Package:

Members: \$100
Program Members: \$200

ADULT AQUATIC EXERCISE

Our Group Exercise Classes offer a variety of exercise options and intensities. The following icons will help you select the best class for you. Schedules are posted on our website and mobile app and are available at the Welcome Center.



Please look for the AOA icon throughout the Program Guide for designated Active Older Adult programs.

B = Beginner, I = Intermediate,
A = Advanced, P = Pre-Natal

Ai Chi (B I A P)

Ai Chi is a water exercise and relaxation program that increases oxygen and caloric consumption focusing on correct form and positioning in the water. Ai Chi is performed standing in shoulder depth warm water using a combination of deep breathing and slow, broad movements of the arms, legs, and torso.

Aqua Bootcamp (I A)

Give your workout routine the high intensity boost it has been looking for. This class is a combination of calisthenics, cardio and strength.

Aqua Combo (B I A P)

The best of shallow and deep aquatic exercise come together for this energetic class. Cardiovascular training, muscular resistance training and endurance are all featured. This workout will begin in the shallow water and move to the deep water using buoyance belts or flotation noodles during the workout.

Aqua Dance (B I A)

This dance-based fitness class is specially designed with great international rhythms and resistance aides to help you dance your way into shape. This class is taught in the shallow end of the pool.

Aqua Deep (B I A P)

Deep-water exercise provides the benefits of cardiovascular training with little to no stress on your joints. The water's natural resistance turbo charges muscle work, while the water keeps you feeling cooler than a land workout. We use buoyancy belts and noodles so even the non-swimmer will feel comfortable in deep water and may enjoy all of its benefits.

Aqua Shallow (I A)

Working out in shallow water cushions and protects the lower body and spine by reducing the impact created on land by 50% or more. This class provides different challenges each day to help keep your bones strong, your heart healthy and muscles toned.

ADULTS

Aqua Stretch & Strength (B I P) **AOA**

Get a complete workout with strength and cardiovascular training using resistance equipment and buoyancy belts during the workout. This workout can be adapted to most fitness levels with options given to make it more or less challenging as your day-to-day needs change.

Aqua Yoga / Aqua Pilates (B I A P)

This class combines one of our oldest forms of exercise (Yoga) with one of our newest (Pilates) to bring the best mind and body disciplines together. The result is a class that can stretch and tone the entire body, lower blood pressure, increase circulation, improve balance and increase core strength.

Aqua ZUMBA® (B I A)

A low impact, high energy aquatic exercise program for people of all abilities. Water creates a natural resistance, which means every step is more challenging.

Arthritis Foundation Aquatics Program (B I P) **AOA**

Arthritis Foundation Aquatics Program is a water exercise program for people with arthritis. Concentration is on range of movement, flexibility and joint strength. All exercises are done in the shallow end of the pool. Participants do not need to know how to swim.

Silver Sneakers® Splash (I A P) **AOA**

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. A SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. Participants do not need to know how to swim.

SMALL GROUP TRAINING

TRX

1 hour - 8 week session

Revolutionary method of leveraged body weight exercise using the TRX Trainer. Safely perform hundreds of exercises that build power, strength, flexibility, balance and mobility, as well as prevent injuries, all at the intensity you choose. Come experience one of the best total body workouts you've ever had!

Members: \$35

Barre

1 hour - 8 week session

Barre is a full body workout that fuses the best elements of ballet, Pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact with high intensity intervals of strength training followed immediately by deep recovery stretching.

Members: \$35

Dynamic Boxing

1 hour - 8 week session

Boxing, strength and conditioning mixed with technique. Boxing gloves recommended.

Members: \$35

Flowmotion Fit Mat

1 hour - 8 week session

This aquatic class will tone and strengthen your core like never before. The board floats on the water in a combination of strength, cardio, muscle endurance, balance and flexibility! Move through cardio drills, tubing, pilates and yoga. This one hour class will work every part of your body. The class meets on the pool deck by the lap pool.

Members: \$35

Women and Weights (B I A)

This program is guided by a Wellness Coach who will demonstrate proper techniques and allow you to become familiar with and engage in a variety of strength training methods.

Through this program you will gain strength and confidence.

Beginner Class

Monday	7:00 PM - 8:00 PM
Tuesday	9:00 AM - 10:00 AM
Wednesday	7:00 PM - 8:00 PM
Thursday	9:00 AM - 10:00 AM

Members: Free

One class per week per member.

The Perfect Balance - 12 week session

A fitness and nutrition program focusing on creating the healthiest you. Join our fitness team and registered dietitian in this 12 week healthy living program. The Perfect Balance will provide the tools and motivation you need to reach your goals and maintain healthier habits for life. Gain the support you need through group and individual settings to create the perfect balance in your life. Class may have 4-6 participants.

WELLNESS PERSONAL TRAINING

Wellness Consultations

Our Wellness Coaches will assist you in getting familiar with all of our exercise equipment and program options. Your Wellness Coach will discuss your wellness goals and help you establish a beginning program. Three complimentary appointments are available for new and existing members.

Personal Training

One on one training with a nationally certified personal trainer. They will help you meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals.

1 session	\$50
5 sessions	\$225
10 sessions	\$425

Perfect Balance (Cont'd)

Sept. 5th - Nov. 21st

Tuesday 6:30 PM - 7:30 PM

Sept. 6th - Nov. 22nd

Wednesday 12:00 PM - 1:00 PM

Sept. 9th - Nov. 18th

Saturday 9:00 AM - 10:00 AM

Members: \$100

GROUP EXERCISE

CYCLE

Beginner Cycle (B I A)

This class is a great introduction to Cycling and is perfect for those members looking for a beginner level experience. Enjoy cardio biking with an emphasis on form and pace.

Cycle (B I A)

An indoor cycling class created to challenge both the beginner fitness enthusiast and the seasoned athlete. Each ride on the bike helps to increase your cardiovascular endurance, reduce body fat and increase muscular strength. As part of the cycling team you travel on flat roads, climb hills, sprint and race! You get a great workout – no matter what the weather is outside!

Advanced Cycle (I A)

This advanced level class is geared toward the experience cyclist. This program runs 15 minutes longer than a standard class.

Cycle Express (B I A)

A 30 minute cycling class intended to support your busy schedule or take this with another express class.

RPM™ (B I A)

RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your team through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

Silver Cycle (B I) **AOA**

A cycling class for older adults. Ride to the music of the 60's and 70's! Get a vigorous workout without the high intensity of interval training or heavy mountain climbing.

LAND

BodyATTACK® (B I A)

BodyATTACK™ is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BodyCOMBAT® (B I A)

BodyCOMBAT is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Boxing and Muay Thai. Each 60 minute class is choreographed to the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

BodyPUMP® (B I A)

A strength endurance training class where muscle and music collide! Max results in the shortest amount of time by working your ENTIRE body in one hour.

BOOM® (B I A)

Brought to you by SilverSneakers this 3 class series is designed to meet the needs of baby boomers. It focuses on strength, dance, and mind body class format for those who may be too young for SilverSneakers but want an alternative to standard group exercise classes.

Boot Camp (I A)

Challenge your limits with a total body workout mixing traditional calisthenics and body weight exercises with interval training and strength training. Program meets outside or in the gym, depending on weather.

Butts & Guts (B I A)

Target your core and lower body with a combination of exercises using equipment and your own body weight.

CXWORX™ (B I A)

A 30-minute class using scientifically proven movements that isolate and integrate all of the core muscle groups.

Cardio Fusion (B I A)

Full Body workout offering a variety of cardio styles which vary by branch. Program may include kickboxing, step, aerobic dance, and military drills. Also incorporates strength training using weights and resistance moves

Core & Strength (B I A)

Functional, whole body, multi-planar movements are in! Get stronger and leaner working your core from the inside out. Not your typical Total Body class.

Core Works (B I A)

This class will strengthen the core which includes the abdominal muscles, oblique's and lower back. This class is great to help improve core function as well as improved posture.

H. I. I. T (B I A)

This class is High Intensity Interval Training. Exercises will be executed immediately following another opposing exercise in a high paced environment of constantly variable exercises.

Indoor Row (B I A)

This class utilizes in-door rowers to simulate the high cardiovascular movement in rowing. This class will be a full body cardiovascular workout in a non-traditional movement, simulating rowing techniques.

ADULTS

Les Mills GRIT (I A)

A 30 minute high intensity interval training that challenges you mentally and physically. Strength, plyo and cardio training programs accelerate fat burning and rapidly improve athletic capability. Branches post schedules for strength, plyo and Cardio classes.

Movin' to Motown (B I A)

Definitely a blast from the past! This program guaranteed to get your groove going.....an easy dance fitness Motown party with a lot of "sole." This class is perfect for all age groups and abilities.

Muscle Confusion (B I A)

Constantly changing your exercise routines prevents the body from adapting, causes the muscles to work harder and produces visible results. The goal is to always keep the body guessing so that it does not become accustomed to one specific workout and stop responding.

POUND®

A full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-style movements, inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Pure Strength (B I A)

You'll build and sculpt defined, lean and strong muscles. This class focuses on all the major muscle groups in the lower body, upper body, and core. You'll improve your posture and develop strength to aid in all aspects of physical well-being and overall health

QuickFit (B I A)

Get it all done in 30 minutes - Warm-up, workout including strength, endurance, cardio and agility and a cool-down. Options and modifications are provided for all levels.

SilverSneakers® Classic (B I) AOA

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Silver&Fit® Experience (B I A) AOA

This class is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help your heart health, muscular endurance and strength, flexibility and balance. All exercises are performed in a standing position with the option of using a chair for light support. This class will help you take on daily tasks with more ease and keep up with your grandkids! 55 Minutes

Total Body Conditioning (B I A)

Work all the muscles, using your own body weight and various pieces of equipment. Cardio intervals are added to keep the heart rate elevated. Class ends with awesome abs and a final stretch.

ZUMBA® (B I A)

ZUMBA is a fusion of body sculpting movements with easy to follow dance steps to Latin and International music. Aerobic interval training using fast and slow rhythms maximizes caloric output, fat burning and total body toning.

ZUMBA® Gold (B I) AOA

Modified movements and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Body sculpting techniques and specific Zumba moves fused into one calorie-burning, strength training class while using light weights to enhance rhythm.

Endorsed by Silver&Fit

MIND BODY

BodyFLOW® (B I A)

Controlled breathing, concentration and a series of stretches and poses to music create a holistic experience that brings the body into a state of harmony and balance.

Functional Pilates (B I A)

Vertical and horizontal training to lengthen and lean all muscle groups, with a focus on postural awareness, correct functional movement patterns, flexibility, balance/alignment training, and challenges core stability and strength.

Hatha Yoga (B I A)

Integration of postures, breath and mental focus with an emphasis on refining and holding postures.

Meditation (B I A)

Meditation through breathing techniques, full body scan, and muscular relaxation exercises and visual imagery with sensory grounding exercises.

Pilates (B I A)

This class focuses on the 'powerhouse'. It is from within the abdominal region of the body, the powerhouse that supports the spine and all of our major organs. When you strengthen this area you dramatically improve your alignment and posture.

Power Pilates (B I A)

Using classical integrative movement you will find the connection to your core - which will completely change the body and decrease chronic weaknesses. This systematic approach allows for clearer and more effective progress.

Power Chair Pilates (B I A)

With the aid of a chair, use classical and integrative movements to find the connection to your core - which will completely change the body and decrease chronic weaknesses.

T'ai Chi Chih (B I A)

A series of gentle movements that stimulate, circulate and balance internal energy. Beneficial results are obtained regardless of age, physical condition, or agility. Come and relax your body while focusing your mind.

Yang Style T'ai Chi (B | A)

Gentle movements foster a relaxed body and a peaceful state of mind, which are essential ingredients for cultivating healthy energy.

Chair Yoga (B | A) **AOA**

This class is a series of seated poses designed to increase flexibility and strength.

Power Yoga (I | A)

Power Yoga is designed to both stretch and strengthen the body while providing the deeper benefit of stress reduction. Classes will include yoga asana (postures), breath work (pranayama) and time for meditation and relaxation.

Yoga for Relaxation (B | A)

A great starting point for first timers or someone interested in a relaxing stretch.

Vinyasa Yoga (I | A)

An active class emphasizing the development of strength, flexibility, balance and grace through the use of postures linked through the synchronization of breath with movement.

HEALTHY LIVING PROGRAMS

Adult Ability Fitness Class (Ages 16+)

A class designed for special needs adults who are looking to jump start their fitness path & create a healthy lifestyle. Every class will be designed to fit the individual and group needs of the participant. Meets in Studio 4. Free!

Wednesday	3:00 PM - 3:45 PM
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Fit Start 90

Experience Fit Start 90 weight loss program. Set your course with realistic goals, a plan of action and progress you can measure. Fit Start 90 is a free program for members that will help you reach your health and fitness goals. Weekly challenges include a workout of the week, cardio challenge of the week and health challenge of the week. Sign up at the Welcome Center.

Massage

Table - Expect a complete massage and concerted focus on problem area and/or deeper levels of relaxation or calm. With the more relaxed pacing, we will dwell on muscles where our work feels best and/or is most needed.

Chair - A great introduction to massage for the uninitiated or quick indulgence for those who recognize the benefits of massage but don't have quite enough time for a full table work session. The client remains fully dressed and sits on a specially designed chair while the massage progresses. A quick 10-30 minute session can make a huge difference on a break from work or whenever.

30 minutes Chair Massage:	\$25
30 minutes Table Massage:	\$30
60 minutes Table Massage:	\$60

Massage (Cont'd)

Buy a package of 6:

30 minute Chair:	\$120
30 minute Table:	\$150
60 minute Table:	\$330

***Gift Cards Available**

Nutritional Education

Our diet analysis is conducted by a Registered Dietitian and provides an excellent way for you to learn how to make smart dietary changes for long term weight loss, optimal health or optimal athletic performance. The analysis will examine the aspects of your current dietary intake and our Registered Dietician will be able to find areas where you can improve.

1 session	\$50
3 sessions	\$140
6 sessions	\$275

LiveSTRONG at the YMCA

Save the Date for our Fall session!

Sept. 26 - Dec. 14 (12 Week Program)

The Y and LiveSTRONG joined together to create LiveSTRONG at the YMCA, a physical activity and wellbeing program designed to help adult cancer survivors improve strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve their quality of life. The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities. For more information please contact Jennifer Corcoran at ext. 1218.

Smoking Cessation

Participate in SmokeFREE, MLH/Riddle's FREE six session smoking cessation program. Participants may be eligible to receive up to six weeks of FREE nicotine replacement therapy (patch, gum, lozenge). Call 610-891-3635 to register.

SMART START Program

Your first step to fitness isn't a leap! The key to long-term fitness is to start slow, build steadily and enjoy yourself. SMART START provides members with a clear template for achieving a healthy lifestyle in just six weeks, while optimizing adherence and boosting the chances those first few weeks will turn into a lifelong love of fitness. Visit the Welcome Center to get started!

SPECIAL EVENTS

Club AOA

Join in the fun each week as we learn from guest speakers, create Arts & Crafts projects, try out new activities, play mind-sharpening games, and more! This "just for fun" club is FREE for members. Stop by the Welcome Center for a flyer of upcoming events.

ADULTS/COMMUNITY

FAMILY EVENTS

Trunk or Treat

Join us for our Annual Trunk or Treat Halloween event. It's just like trick or treat – decorate the trunk of your car and bring wrapped candy to hand out to the kids. Prizes will be awarded for most creative. We'll also be enjoying snacks and craft projects. See you there!

Oct. 27 6:00 PM - 8:00 PM

Countdown to Noon

Countdown to Noon! We'll have family activities, a DJ, refreshments and more!

Dec. 31 10:00 AM - 12:00 PM

TRAINING & CERTIFICATION

ARC Lifeguard Certification

This American Red Cross Lifeguard program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Pre-requisites: Must be at least 15 years old and be able to complete a standard swim test on the first day of class. The swim test includes a 300 yard swim using front crawl and breaststroke as well as diving to the bottom of the pool and retrieving a weighted brick. Fee includes Lifeguarding, First Aid and Professional CPR certification, textbook and pocket mask. There will be no refunds given 2 business days prior to the start of class. Participants are required to attend all scheduled class days. Must be able to attend all dates.

Sept. 14th, 15th 4:00 PM - 9:00 PM

Sep 16th 9:00 AM - 5:00 PM

Sep 22nd 4:00 PM - 9:00 PM

Sep 23rd 9:00 AM - 5:00 PM

Oct 12th 4:00 PM - 9:00 PM

Oct 13th 4:00 PM - 9:00 PM

Oct 14th 9:00 AM - 5:00 PM

Oct 20th 4:00 PM - 9:00 PM

Oct 21st 9:00 AM - 5:00 PM

Nov 2nd 4:00 PM - 9:00 PM

Nov 3rd 4:00 PM - 9:00 PM

Nov 4th 9:00 AM - 5:00 PM

Nov 10th 4:00 PM - 9:00 PM

Nov 11th 9:00 AM - 5:00 PM

Dec 26th 12:00 PM - 5:00 PM

Dec 27th 9:00 AM - 5:00 PM

Dec 28th 9:00 AM - 5:00 PM

Dec 29th 9:00 AM - 5:00 PM

Members and Non Members: \$350

Lifeguard Recertification

This nationally recognized program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Includes First Aid, CPR/AED for Professional Rescuer and Lifeguarding. You can be no more than 30 days past your certification expiration date.

September 29th 4:30 PM - 9:00 PM
September 30th 9:00 AM - 4:00 PM

October 27th 4:00 PM - 9:00 PM
October 28th 9:00 AM - 4:00 PM

November 17th 4:00 PM - 9:00 PM
November 18th 9:00 AM - 4:00 PM

Dec 28th 12:00 PM - 5:00 PM
Dec 29th 9:00 AM - 5:00 PM

*Must attend both days

Members and Non Members: \$125

Red Cross Community First Aid/CPR/AED Adult and Pediatric

November 5th 9:30 AM - 4:30 PM

COMMUNITY

ROPES COURSE & TEAM BUILDING

Learn together, develop character, and grow as a team. Your entire day is specifically tailored to your group. The Ropes Course & Team Building programs create hands on experiences for groups to excel through collaborative problem solving and decision making. Groups will work through various obstacles and activities to improve communication and teamwork, while having fun. Contact Mike Franchi at mfranchi@philaymca.org to get started.

Program Options

Option A:

\$45 per person	10 person minimum	3 Hours
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*includes light breakfast

Option B:

\$65 per person	10 person minimum	6 Hours
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*includes light breakfast and lunch

SAVE THE DATE!

Rocky Run Y Gala

Tyler Arboretum

Friday, Nov. 10 6:30 PM



Rocky Run YMCA is a No Place for Hate® Facility

FULL PRIVILEGE MEMBERSHIP

Full Privilege Membership allows members to utilize all Philadelphia Freedom Valley YMCA facilities and participate in programs at a reduced rate. Members also receive priority registration. Facility usage by youth members is restricted due to supervision requirements.

PROGRAM MEMBERSHIP – YOUTH

Program Memberships are available for youth on an annual basis and allow Program Members access to programs such as swim lessons, youth sports, child care and day camp. This fee is non-refundable.

Program Members are limited to use of the facility during program times that they have registered to attend. Facility use outside of scheduled program time requires the individual to follow the established facility guest policy.

7TH GRADE MEMBERSHIPS

The Philadelphia Freedom Valley YMCA offers a free one year membership to every 7th grader. Upon graduating 6th grade and before starting 8th grade, 7th graders may activate their free membership. The membership is good for one year from the date of activation. To register, bring proof of 7th grade status (a student ID card, class roster, class schedule, or report card) and a parent or guardian.

MEMBERSHIP RIGHTS & RESPONSIBILITIES

Philadelphia Freedom Valley YMCA reserves the right to revoke or deny membership privileges if a member:

- Abuses or misuse any YMCA owned or operated equipment or facilities.
- Engages in conduct which is abusive, illegal, disruptive or poses a threat to the safety of others.
- Engages in activities contrary to the mission and purpose of the YMCA.
- Is identified as a registered sex offender through Raptor.
- Is consistently threatening or abusive to staff or other members.

The Executive Director has the authority to deny or suspend membership privileges at any time. For permanent revocation of membership privileges, the Group Vice President and Vice President of Membership should be consulted.

MEMBER CODE OF CONDUCT

For the enjoyment of all, our members agree to abide by the rules and regulations of the YMCA. The protection of members and guests who are utilizing the facility is of paramount concern to the Philadelphia Freedom Valley YMCA.

Member Code of Conduct (Cont'd)

We reserve the right to deny access of membership to any person whose behavior is judged to be in conflict with the welfare and safety of other members and/or staff; or who is a registered sexual offender; has plead guilty to or been convicted of any crime involving sexual abuse; or a crime against persons such as a child, spousal or parental abuse or any offense related to the sale or transportation of illegal, habit forming or dangerous drugs; is presently clearly under the influence of intoxicating beverages or behavior modifying drugs.

This code of conduct does not permit language or any action that can hurt or frighten another person or that falls below a generally accepted standard of conduct specifically inappropriate attire, angry or vulgar language, physical contact with another person in an angry or threatening way, any demonstration of sexual contact or activity, harassment or intimidation by words, gestures, body language or any other menacing behavior, theft or behavior resulting in destruction of property. Parents will be held responsible for the behavior of their children.

The YMCA is a weapon and smoke free environment. This includes any type of devices or objects which may be used as weapons.

POLICY OF NON-DISCRIMINATION

It is the policy of the YMCA to make membership available to all persons regardless of race, color, religion, sex, age, marital status, sexual orientation, national origin, disability, or financial circumstances without discrimination.

ASSOCIATION BRANCH RECIPROCITY

Members are expected to purchase a membership at the branch they intend to use most of the time. Members may use all branches within the Philadelphia Freedom Valley YMCA. We reserve the right to transfer a membership if a member violates this policy. The Y will notify the member 30 days in advance of the transfer. The fee at the new branch will then be charged.

PA STATE ALLIANCE AND YMCA OF DELAWARE MEMBERSHIP RECIPROCITY PROGRAM

The YMCA has full facility reciprocity with the Pennsylvania State Alliance and the Delaware YMCA's. Members will be allowed full access to branches. Membership eligibility will be confirmed using DAXKO Reciprocity. Full details are provided in the Delaware Reciprocity Policy.

Membership Reciprocity does not allow for participation in paid programs. Our system will not allow non-facility members to sign up or take programs such as swim lessons, youth sports and personal training. All programs and services that are included in membership are available to members visiting under the reciprocal agreement. This includes free adult fitness classes and Child Watch babysitting services.

POLICIES

AWAY MEMBERS

Always Welcome At YMCA (AWAY) is a national program. Y members who are planning a trip or to visit another Y should call that YMCA for policies. All visiting members will complete a guest waiver form and present valid photo identification as well as a current membership ID. All visiting guests and members will be screened through Raptor.

Local AWAY visitors are Members at a Y within a 50 mile radius of our Y and will be charged a fee for their visit. If they are a member of the PA State Alliance they will not be charged. If they are not part of the State Alliance, members will be charged \$5 for Adults and \$2.50 for children while with an adult. Children under 12 may not use the facility without a parent or guardian.

AWAY visitors who hold a membership from outside of a 50-mile radius will be permitted 3 complimentary visits per month. After 3 visits, a fee will be charged for each visit. Again, if the member is part of the PA State Alliance, they will not be charged.

TRANSFER OF MEMBERSHIP

- Transfer between Individuals: Membership and the use of particular privileges shall not be transferred from one person to another.
- Members from another Association: The Membership Director or designee will contact the other YMCA or Association (via telephone) to verify the current status of the inquiring potential member. The entire joining fee will be waived, provided that the membership has not lapsed more than 60 days. The full amount is waived, regardless of the amount paid at the former YMCA.
- Transfers to another Association: Members who move to another geographic area outside of the Philadelphia Freedom Valley YMCA will need to contact that YMCA for its specific policy on membership transfers.

MEMBERSHIP HOLD POLICY

Members may put their membership bank draft on hold for a period up to two (2) months per year at no charge. This hold must be by calendar month.

Each additional month a Hold is requested beyond the initial two months requires the payment of one-half the standard fee. This payment may be due at the time the Hold request is made or upon member's return. The Hold request should be made in person at the YMCA membership desk or by mail. Use of the YMCA Membership Hold Form is required. Hold request must be received at least 15 working days prior to the month of the Hold. The membership will be automatically reactivated and the draft will resume on the ending date of the Hold.

UPGRADING/DOWNGRADING FULL PRIVILEGE MEMBERSHIP

No join fee is charged when a member is upgrading from one full privilege membership category to another. No refund of join fee is provided when a member is downgrading from any full privilege membership to a membership which charges a lesser joining fee.

GUEST POLICY

Free Guest passes are provided to full privilege members, 18 or older as a benefit to their membership.

For the safety of our guests and members, all guests must be accompanied by an active adult member. Adult members may bring up to 3 guests per Y visit. Each guest may only be a guest three times per calendar year and must present a valid photo ID to participate in any activity at the Y. Restrictions may apply to pool usage; confirm with branch for details. Program Members are entitled to participate only in programs for which they have registered.

Guest hours, facility usage and free guest pass usage may vary by branch and is at the discretion of the Executive Director. Non Y members must enter as a guest with a member and present a valid photo ID to participate in any activity at the Y.

GUEST HOURS

Monday - Friday	5:00 AM - 3:00 PM 8:00 PM - 10:00 PM
Saturday	6:00 AM - 7:00 PM
Sunday	7:00 AM - 7:00 PM

GUEST PROCEDURES

- Guest must complete a Guest Waiver Form and present a valid photo ID. A Guest Waiver Form must be completed on each visit. Guest must be entered into the membership data base and a photo taken and stored prior to using the facility.
- Every guest will be screened through Raptor to prevent access by registered sex offenders.
- A Guest is only eligible to use the Philadelphia Freedom Valley YMCA up to three times per year, regardless of the Association Branch they are visiting.

FAMILY MEMBERSHIP PROGRAM

*Family Membership Programming Discount cannot be combined with any other offer. No additional discounts will be applied to already reduced youth programs as part of the family program discounts. Discount does not include most aquatics, recital dance, competitive gymnastics, child care, camp or teen programming. Please visit your Welcome Center Desk for more information.

FINANCIAL ASSISTANCE POLICY

• Open Doors Program

All branches offer an Open Doors membership program, which provides for a 25% reduction in membership and joining fee for individuals who qualify. Eligible individuals can receive an immediate reduction.

• Financial Assistance

Additional Assistance is available beyond the Open Doors level. It is the goal of the YMCA to serve all people regardless of financial circumstances. Financial assistance shall be provided based upon a sliding fee scale at each branch subject to available resources. See Financial Assistance Policy.

REFUNDS OR EXTENSIONS/ CREDITS

- All credits will expire after one year from date issued to a member's account.
- Program fees will be refunded/credited if the YMCA cancels programs due to insufficient enrollment or if a member provides a doctor's note due to illness.
- A credit may also be issued for the following reasons:
 - If the YMCA is notified before classes begin, 100% refund/credit will be given.
 - Credits will be pro-rated based upon participation and all requests for refunds/credits must be approved by the program director
 - Deposits specific to programs such as Child Care or Day Camp are non-refundable
- Membership payments will not be credited or refunded for non-usage. A credit card/bank cancellation form must be submitted to cancel a bank draft

CHILD WATCH

Child Watch is a value added member benefit and is included with the cost of a full privilege adult, senior or family memberships. It is not available for youth, teen or program members. This service is offered on-site with convenient drop-in hours that vary by location. Hours are subject to change around holidays. Advanced registration is not required and Child Watch is operated on a first come, first served basis. This service is intended to support parents while working out. Parents must remain at the YMCA and are limited to two hours per day. Parents will be contacted to pick up their child if there are any problems.

AGE RESTRICTION POLICY FOR FACILITY USAGE

The YMCA has established a minimum age for youth to use the facilities. Members under the age of 12 must be accompanied by a parent or guardian, 18 years or older at all times.

AGE POLICY FOR WELLNESS CENTER USAGE

To ensure the physical and mental well-being of all participants, the minimum age required to work out in the Wellness Center is 10 years old. Participants ages 10-12 may use the Wellness Center under direct supervision from a parent or guardian. Participants must be a minimum of age 13 or in 7th Grade to work out alone. Pre-teens (10-14) and teens should also check in with a Wellness Coach prior to beginning their workout. The Y offers free Wellness Consultations with trained Wellness Coaches to help participants of all ages learn safe, effective workout techniques. Participants ages 10-14 must attend a consultation prior to using the Wellness Center. Wellness Consultations are strongly recommended for teens and adults as well.

AGE GUIDELINES FOR GROUP EXERCISE CLASSES

Members ages 10-14 may participate in all classes upon completion of a wellness consultation. Members ages 10-11 must then attend a class with a parent or guardian that is 18 years or older and also has a Full Privilege Membership. Class participation by members ages 10-14 is subject to instructor discretion for member safety. Members must also meet height requirements to attend cycling classes for safety purposes.

AQUATIC POLICIES

All children 16 and under (members and guests) will be swim tested and marked with a colored wrist band. Children who have been swim tested must verify their swimming ability on subsequent visits by wearing the wrist band or be re-tested. Participants of any age may also be swim tested at the discretion of the lifeguard.

The supervision of children is a safety precaution designed to provide an extra degree of safety beyond that provided by YMCA lifeguards for all children under 12. Adult supervision is defined as a responsible person 18 or older. Teen supervision is defined as a responsible person 17 or older.

- Children 6 and Under: Will be supervised in the water even after successful completion of the shallow or deep water test. This supervision may be by an adult OR alternatively by a teen with an adult on deck.
- Children 7-11: Do not have to be supervised in the water, but require an adult on deck, unless they can't pass the shallow water test. If the child cannot pass the shallow water test, in water supervision is required.



FOR YOUTH DEVELOPMENT[®]
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ROCKY RUN YMCA
1299 W. Baltimore Pike
Media, PA 19063
Phone: 610-627-9622
Fax: 610-627-0902

Philadelphia Freedom Valley YMCA

Abington YMCA
1073 Old York Road
Abington, PA 19001
215-884-9622

Ambler Area YMCA
1325 McKean Road
Ambler, PA 19002
215-628-9950

Audubon YMCA
2460 Boulevard
of the Generals
W. Norriton, PA 19403
610-539-0900

Boyetown YMCA
301 W. Spring Street
Boyetown, PA 19512
610-369-9622

Christian Street YMCA
1724 Christian Street
Philadelphia, PA 19146
215-735-5800

Columbia North YMCA
1400 N. Broad Street
Philadelphia, PA 19121
215-235-6440

Hatboro Area YMCA
440 S. York Road
Hatboro, PA 19040
215-674-4545

Haverford Area YMCA
891 N. Eagle Road
Haverford, PA 19083
610-649-0700

Northeast Family YMCA
11088 Knights Road
Philadelphia, PA 19154
215-632-0100

Phoenixville YMCA
400 E. Pothouse Road
Phoenixville, PA 19460
610-933-5861

Pottstown YMCA
724 N. Adams Street
Pottstown, PA 19464
610-323-7300

Rocky Run YMCA
1299 W. Baltimore Pike
Media, PA 19063
610-627-9622

Roxborough YMCA
7201 Ridge Avenue
Philadelphia, PA 19128
215-482-3900

Spring Valley YMCA
19 W. Linfield-Trappe Road
Limerick, PA 19468
484-984-2000

Upper Perkiomen Valley YMCA
1399 Quakertown Road
Pennsburg, PA 18073
215-679-9622

West Philadelphia YMCA
5120 Chestnut Street
Philadelphia, PA 19139
215-476-2700

WELLNESS CENTER LOCATION
Stephen Klein Wellness Center
2108 Cecil B. Moore Ave.
Philadelphia, PA 19121
215-400-2100

**SPORTS & WELLNESS CENTER/
CHILD CARE CENTER LOCATIONS**

Gilbertsville Center
144 Holly Road
Gilbertsville, PA 19525
610-367-9622

RESIDENT CAMP LOCATION
Camp Speers YMCA
143 Nichecronk Road
Dingmans Ferry, PA 18328
570-828-2329