

AUDUBON YMCA

FALL  
2017


MAKE YOUR  
**SEPTEMBER**  
RESOLUTION!

Your Y Program Guide

FALL 2017

Registration begins August 7<sup>th</sup>



 **START THE SCHOOL YEAR WITH A SPLASH!**  
Sign up for our all new swim lessons before classes fill up!

[philaymca.org](http://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**



## 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  
215-235-6440

### 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 Nichecronk Road  
Dingmans Ferry, PA 18328  
570-828-2329



## HOURS OF OPERATION

Monday - Thursday	5:30 AM - 9:00 PM
Friday	5:30 AM - 7:00 PM
Saturday	8:00 AM - 4:00 PM
Sunday	8:00 AM - 1:00 PM

Pool hours held at Norristown Area High School

## HOLIDAY HOURS

Labor Day	Sept. 4	CLOSED
Thanksgiving	Nov. 23	CLOSED
Christmas	Dec. 25	CLOSED

## 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](http://PhilaYMCA.org)
- By calling 610-539-0900 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

## NORRISTOWN HIGH SCHOOL SWIMMING POOL HOURS

1900 Eagle Dr., Norristown, PA 19403  
610-630-5087

Tuesday & Thursday	5:30 PM - 8:00 PM
Saturday	8:00 AM - 11:00 AM

\* Please call ahead

## KIDZONE (6 weeks 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 - Friday	9:00 AM - 12:30 PM
Monday - Thursday	5:30 PM - 8:30 PM
Friday	5:00 PM - 7:00 PM
Saturday	8:00 AM - 11:30 AM
Sunday	9:00 AM - 11:30 PM

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**FAMILY MEMBERSHIPS RECEIVE**

**50% OFF**

**MOST YOUTH PROGRAMMING!**

\*Exclusions apply. Cannot be combined with any other offers. Please visit page 14 for more information.

### MEET OUR STAFF

<p><b>Zeffi Angelikas</b> Executive Director 484-674-6204</p>	<p><b>Erica Genuardi</b> Senior Program Director - Operations 484-674-6203</p>	<p><b>Denny Rumler</b> Facilities Manager 610-539-0900</p>
<p><b>Annette Bryans</b> Senior Services Director- Child Care 484-674-6205</p>	<p><b>Nicole Morton</b> Preschool Director 484-674-6208</p>	<p><b>Nichole Shreve</b> Business Manager 610-539-0900</p>

# 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.

#### Summer (1x week; 8 weeks)

Saturday 9:00 AM - 9:30 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.

Saturday 9:35 AM - 10:05 AM

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

Learn more about swim lessons with our swim tree!

Visit [PhilaYMCA.org](http://PhilaYMCA.org)

## 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

Tuesday 5:30 PM - 6:00 PM  
Thursday 6:05 PM - 6:35 PM  
Saturday 9:35 AM - 10:05 AM

Members: \$48  
Program Members: \$96

#### School Age

Tuesday 5:50 PM - 6:35 PM  
Thursday 6:40 PM - 7:25 PM  
Saturday 9:00 AM - 9:45 PM

Full Privilege Members: \$55  
Program Members: \$110

### 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

Tuesday 5:30 PM - 6:00 PM  
Thursday 6:05 PM - 6:35 PM  
Saturday 9:35 AM - 10:05 AM

Members: \$48  
Program Members: \$96

#### School Age

Tuesday 6:40 PM - 7:25 PM  
Thursday 6:40 PM - 7:25 PM  
Saturday 10:10 AM - 10:55 AM

Members: \$55  
Program Members: \$110

## 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

Tuesday	6:05 PM - 6:35 PM
Thursday	6:05 PM - 6:35 PM
Saturday	9:35 AM - 10:05 AM

Members: \$48  
Program Members: \$96

### School Age

Tuesday	6:40 PM - 7:25 PM
Thursday	6:40 PM - 7:25 PM
Saturday	10:10 AM - 10:55 AM

Members: \$55  
Program Members: \$110

## 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.

## 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

Tuesday	6:05 PM - 6:35 PM
Thursday	6:40 PM - 7:10 PM
Saturday	9:40 AM - 10:10 AM

Members: \$48  
Program Members: \$96

### School Age

Tuesday	6:40 PM - 7:25 PM
Thursday	5:50 PM - 6:35 PM
Saturday	10:10 AM - 10:55 AM

Members: \$55  
Program Members: \$110

## 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

Tuesday	6:40 PM - 7:25 PM
Thursday	5:50 PM - 6:35 PM
Saturday	10:10 AM - 10:55 AM

Members: \$55  
Program Members: \$110

## 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

Tuesday	6:40 PM - 7:25 PM
Saturday	9:00 AM - 9:45 PM

Members: \$55  
Program Members: \$110

## 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 scheduled in 30 minute increments.

# of Classes	Full Privilege Member	Program Member
5	\$150	\$300

To set up appointments or inquire about your child's swim level contact Erica Genuardi at 484-674-6238.

## ARTS & HUMANITIES

### Art Education – Painting (Ages 5-7)

Students will learn about colors and the technique of painting while exploring different surfaces and textures in this beginner painting class.

Friday	6:00 PM - 6:45 PM
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Family Members: Free  
Members: \$30  
Program Members: \$60

### Arts & Crafts – Parent/Child (Ages 2-4)

In this parent participation class, students will use different types of materials to make art projects to take home. Please bring a smock or wear old clothes; this class may be messy.

Saturday	9:30 AM - 10:15 AM
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Family Members: Free  
Members: \$30  
Program Members: \$60

# YOUTH

## Arts & Crafts – Preschool (Ages 3-5)

Each week your child will create a masterpiece through a combination of shapes, lines and colors. Your preschooler will expand their creative thinking while improving their fine motor skills. Please have your child bring a smock or wear old clothes.

Saturday 10:30 AM - 11:15 AM

Family Members: Free  
Members: \$30  
Program Members: \$60

## Arts & Crafts – Youth (Ages 4-6)

Let your child create their own masterpiece. Students will create a new project to take home nearly every week. Please have your child bring a smock or wear old clothes.

Saturday 10:30 AM - 11:15 AM

Family Members: Free  
Members: \$30  
Program Members: \$60

## Cooking – Preschool/Youth (Ages 4-7)

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.

Wednesday 4:30 PM - 5:15 PM

Family Members: Free  
Members: \$30  
Program Members: \$60

## Lego and Building – Preschool (Ages 3-5)

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.

Friday 5:00 PM - 5:45 PM

Family Members: Free  
Members: \$30  
Program Members: \$60

# DANCE

## Ballet – Preschool (Ages 2-4)

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 - 6:00 PM

Family Members: \$15  
Members: \$30  
Program Members: \$60

# MARTIAL ARTS

## Karate – Basic (Ages 5 & up)

This 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.

Preschool

Wednesday 4:30 PM - 5:15 PM

Youth

Wednesday 5:30 PM - 6:15 PM

Family Members: \$15  
Members: \$30  
Program Members: \$60

# HEALTH & WELLNESS

## Youth Strength Training (Youth 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.

Monday 6:00 PM - 6:45 PM

Members: Free  
Program Members: \$60

## Agility – Youth/Teen (Ages 10-15)

The class will enhance athletes speed and agility to better prepare them for various sports. Will consist of conditioning, cardio and drills for participants.

Monday 5:00 PM - 5:30 PM

Members: Free  
Program Members: \$60

# GYMNASTICS

## 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 4:15 PM - 5:00 PM

Family Members: \$15  
Members: \$30  
Program Members: \$60

## CHILD CARE

### Gymnastics - Youth (Ages 6-10)

(Previously Gymnastics Progressive)

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, floor and vault.

Tuesday 5:00 PM - 5:45 PM

Family Members: \$15

Members: \$30

Program Members: \$60

### Family Fitness (B I)

Family fitness is consistent of a family fun camp. Anything goes, even dancing. Bring the whole family for fitness, obstacle courses, circuits, games, dancing and more.

A YMCA Membership is required to participate in Child Care programs.

The Audubon YMCA offers a complete state licensed early learning center ranked at 4 Stars for Keystone Stars.

Keystone Stars encourages and supports programs to develop and sustain higher levels of quality, in order to strengthen outcomes for children and families and improve school readiness.



Keystone Stars 4 Rating

## ABILITY PROGRAMS

### ABILITY AQUATICS

#### Ability - Aquatic Instruction Beginner/Intermediate

For students with physical and/or mental challenges. Small class size and individualized attention to help students progress to regular swim lessons. Socialization and group participation encouraged.

Thursday 6:40 PM - 7:10 PM

Saturday 9:00 AM - 9:30 AM

Members: \$30

Program Members: \$60

#### Ability - Aquatic Community Swim

Splash. Splash. And have some FUN. Designed for children with physical or physiological disabilities, Ability Aquatic Community Swim was created to provide a safe fun environment where children can explore the joys of a healthy active lifestyle.

Tuesday 6:30 PM - 7:00 PM

Thursday 6:30 PM - 7:00 PM

Saturday 10:00 AM - 11:00 AM

Members: Free

### HEALTH & WELLNESS

#### Ability - Movement - Parent/Child

(Previously Super Stars)

A whole body experience for children with physical or physiological challenges to run, jump, and play with their peers. Make new Friday friends while having fun. Participant must come with caregiver. Open to community. (Ages Birth - 5 yrs. with parent)

Tuesday 12:15 PM - 12:45 PM

Members, Program Members & Non Members:

Free

### PRESCHOOL PROGRAMS

The Audubon 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:

- Library
- Toys & Games
- Dramatic Play
- Computers
- Sand & Water
- Art
- Blocks
- Outdoor Recreation
- Discovery

#### Infant

6 weeks - 12 months

Infants thrive in a safe, nurturing environment surrounded by experienced care givers.

#### Toddler

13-35 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.

### 2017-2018 REGISTRATION

Learn more about our Child Care Programs at [PhilaYMCA.org/child-care](http://PhilaYMCA.org/child-care) or contact the Welcome Center.

# YOUTH/TEENS

## Childcare (Cont'd)

### SCHOOL-AGE PROGRAMS

#### K-5th grade

The Audubon 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 Public Welfare. In addition, all programs have achieved a STAR 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.

#### Before Care

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

#### 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.

Our Before and After Care programs offer an opportunity for kids to engage in a variety of activities, expanding learning beyond what they experience during school hours. Directed at children in elementary grades and supplemental kindergarten.

- Trained, Experienced Staff
- State-Licensed and STAR Rated
- Planned Curriculum
- Homework Supervision
- Arts & Crafts
- Indoor/Outdoor Recreation
- Games and Activities

#### Kindergarten Half-Day Care

Supplement your child's half day kindergarten program with the Y! Audubon YMCA Kindergarten Half Day Program offers an AM or PM schedule.

#### School Age Holiday Care

Provides care on the days that your child's school is closed, including most in-service days, holidays and snow closings. Your child will engage in social and educational activities while having fun.

Visit our website for registration and financial assistance information, or for more information contact the Welcome Center. [PhilaYMCA.org](http://PhilaYMCA.org)



## TOMORROW'S LEADERS

### Y ACHIEVERS PROGRAM

FOR YOUTH IN GRADES 5-12

#### Y Achievers Program Pillars:

- Academics
- College Knowledge
- Positive Relationships
- Life Skills
- Positive Identity

FOR MORE INFORMATION  
PLEASE CONTACT:

**Reaona Jones-Edwards**  
[rjedwards@philaymca.org](mailto:rjedwards@philaymca.org)



## HEALTH & WELLNESS

### Agility – Youth/Teen (Ages 10-15)

The class will enhance athletes speed and agility to better prepare them for various sports. Will consist of conditioning, cardio and drills for participants.

Monday 5:00 PM - 5:30 PM

Members: Free  
Program Members: \$60

### Teen Fitness (B I) (Ages 12-13)

Run, jump, move, and play in this 3.0-minute dynamic workout designed for adolescents ages 12-up. The class format will vary based on the week (boot camp, kickboxing, strength). No prior experience required. Instructor will offer guidance on how to modify for all fitness levels.

Tues. & Thurs. 5:00 PM - 6:00 PM

Members: Free

### Teen Strength Training (Ages 13-17)

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

Monday 6:00 PM - 6:45 PM

Members: Free  
Program Members: \$60

## ADULT SWIM LESSONS

### 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.

Tuesday 5:30 PM - 6:30 PM

### 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.

Tuesday 6:45 PM - 7:45 PM

## TEENS/ADULTS

## ADULT AQUATIC EXERCISE

AOA

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

### 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.

Tuesday 6:45 PM - 7:30 PM

Saturday 8:30 AM - 9:15 AM

Members: Free  
Program Members: \$84

## HEALTH & WELLNESS

### 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

### The Perfect Balance

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. 12 week session: \$100

# ADULTS

## GROUP EXERCISE

### Arthritis Foundation (B I A) **AOA**

Low impact physical activity program to reduce pain and decrease stiffness. The class includes gentle range of motion exercises that are suitable for every fitness level and ability.

### 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.

### BodyCOMBAT® (B I A)

Body COMBAT® 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.

### BodyVIVE 3.1® (B I A)

Setup into a BODYVIVE® 3.1 class and you can be sure you're heading into one of the safest and most effective workouts around. The challenging mix of lunges, squats, running tubing exercises will help you burn up to 490 calories each class. The great music will leave you fizzing with energy and feeling great.

### 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.

### CXWORX™ (B I A)

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

### 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!

### Fit and Fifty (B I A)

This class consists of varied exercises including walking, stretching, light strength training, low-impact aerobics and relaxation techniques.

### H.I.I.T (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.

### Kettlebell (I A)

This class offered by an instructor/trainer will give fast results for strength, endurance, and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movement. Intensity can be modified by using a smaller or larger bell, allowing participants of all fitness levels to work together in the same group.

### Senior Circuit Express (B I A) **AOA**

This class is geared to the 65 and older population. We will combine fun with fitness to increase your cardiovascular and muscular endurance power. This is a 45 minute standing circuit workout.

### Silver&Fit® Experience **AOA**

Silver&Fit® Experience is for moderately active older adults who exercise in some way one or two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance.

### Stretch & Balance (B I A) **AOA**

Exercises to challenge and improve functional balance of varying levels. Equipment may be used depending on ability. End your day with improved flexibility and balance while creating calm and relaxation.

### Tabata (I A)

The Tabata Protocol is the best supra-aerobic cardio workout to quickly and effectively burn fat and increase metabolism. The class will consist of intense 20 second intervals followed by 10 seconds of rest.

### 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.

### Zero to 5K Running Club

This series will incorporate a progressive running program, strength training sessions and nutritional principles to help you get fit, stay motivated and have fun. This program will culminate with several of our YMCA-5K Runs throughout the season.

### 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)

Modified movements and pacing to suit the needs of the active older **AOA** 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.

## ZUMBA® Toning (B I A)

Body sculpting techniques and specific ZUMBA® moves fused into one calorie-burning, strength-training class. Uses light weights to enhance rhythm and build strength.

## 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.

### Chair Yoga (B I)

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

## ARTS & HUMANITIES

### Art Education - Crochet

Must bring a G or H hook and yarn.

Friday 9:00 AM - 10:00 AM

Members: Free

### Book Club

Club meets once a week to discuss a group book. Coffee and light refreshments – Books are chosen collectively by the group.

Monday 7:00 PM - 7:45 PM

Friday 11:30 AM - 12:15 PM

Members: Free

## DIY Moms

Moms meet once a week and put together crafty projects, have discussion groups, and take a break from the daily busy schedule of a mom! For more information contact Erica Genuardi at 484-674-6203.

## HEALTHY LIVING PROGRAMS

### Active Older Adult the EnhanceFitness Program

EnhanceFitness is an evidence-based group exercise program that uses simple, easy-to-learn movements that motivate individuals with arthritis to stay active throughout their life. EnhanceFitness participants overcome the obstacles of living with arthritis and revitalize their well-being within a safe community of support.

### Weight Watchers®

Meets at the Audubon YMCA every Wednesday morning and evening. For more information contact the Welcome Center.

Wednesday 6:00 PM - 9:00 PM

### YMCA's Diabetes Prevention Program

The YMCA's Diabetes Prevention Program is a yearlong program designed for individuals who have either been diagnosed as pre-diabetic by their physician or who are considered at high risk of developing Type II diabetes (individuals with diabetes may not participate). The initial six month phase offers at least 19 sessions over 26 weeks; the second six month phase offers at least one session a month. All interested members should contact the YMCA's Diabetes Prevention Program Coordinator at (215) 963-3726 to confirm eligibility.



**IF YOU'RE AT RISK WE CAN HELP**

Diabetes Prevention Program  
PHILADELPHIA FREEDOM VALLEY YMCA  
FOR MORE INFORMATION:  
dpp@philaymca.org  
267-592-4383



# ADULTS

## ACTIVE OLDER ADULTS

### Active Older Adult the EnhanceFitness Program

EnhanceFitness is an evidence-based group exercise program that uses simple, easy-to-learn movements that motivate individuals with arthritis to stay active throughout their life. Enhance Fitness participants overcome the obstacles of living with arthritis and revitalize their well-being within a safe community of support.

### Senior Coffee Clutch

A place for our Active Older Adult Community to come and socialize with light healthy refreshments and motivating java to help push them to the next level with their workout! Contact Kay Bergmann for more details. Meet in the Senior Room.

### Senior Ambassadors of Social Services at the YMCA (S.A.S.S.Y.)

A vibrant seniors group of men and women within the Philadelphia Freedom Valley YMCA who are active and involved. We get together socially and meet at the YMCA for monthly informative or planning meetings. For more information contact the Welcome Center.

2nd Thursday of each month 11:00 AM

## SPECIAL EVENTS

### Community Activities

Help us make a difference!

September	Cards for Gran
October	ARC Blood Drive & Socktober Collection
November	Holiday Cards for Troops & Halloween Candy Collection
December	Food Drive & "Survival" Bags to Local Community Heroes

Visit the Welcome Center for more details.

### Family First Friday

Join us on the first Friday of each month for a night of family fun.

September	Movie with Popcorn Bar
October	Scare Ya Later Movie Night
November	Glow Night
December	Movie with Hot Cocoa Night

### Sharpening Your People Skills

Interpersonal relationships make up our daily lives. Studies show that 85% of the reason why people are effective in every area of life is because of their interpersonal skills. This four-week seminar will help you understand yourself and others better so that you can improve your skills in dealing with all kinds of people – at home, at work, everywhere!

Instructor: Dr. W. Gregory Aikins

Mondays, March 6, 13, 20, 27 7:30 PM - 9:00 PM

Audubon YMCA | West Norriton, Pennsylvania  
Cost: \$30 per person

## 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, breast and backstroke 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.

Members: \$350

## HEALTH & WELLNESS

### Ability - Movement - Parent/Child

(Previously Super Stars)

A whole body experience for children with physical or physiological challenges to run, jump, and play with their peers. Make new Friday friends while having fun. Participant must come with caregiver. Open to community. (Ages Birth - 5 years with parent)

Tuesday 12:15 PM -12:45 pm

Members, Program Members & Non Members: Free

Audubon 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. 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.

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# POLICIES

## 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

## 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 - Thursday	5:30 AM - 9:00 PM
Friday	5:30 AM - 7:00 PM
Saturday	8:00 AM - 4:00 PM
Sunday	8:00 AM - 1:00 PM

## 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.

## 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.

## 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

**AUDUBON YMCA**  
2460 Blvd of the Generals  
W. Norriton, PA 19403  
Phone: 610-539-0900  
Fax: 610-539-2975

## Philadelphia Freedom Valley YMCA

### Abington YMCA

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

### Ambler Area YMCA

1325 McKeon 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