

CHRISTIAN STREET  
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](http://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  
215-235-2100

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



## HOURS OF OPERATION

Monday - Friday	6:00 AM - 10:00 PM
Saturday	8:00 AM - 7:00 PM
Sunday	9:00 AM - 5:00 PM

Pool closes 30 minutes before building,  
15 minutes before on weekends.

## HOLIDAY HOURS

Labor Day	CLOSED
Thanksgiving	CLOSED
Christmas	CLOSED

## FALL SESSION DATES

Early Fall: September 11 - 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 215-735-5800 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

## 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 - Saturday	8:30 AM - 12:30 PM
Monday - Thursday	5:00 PM - 8:00 PM
Sunday	9:00 AM - 12:30 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

### Michele Stevenson

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[mstevenson@philaymca.org](mailto:mstevenson@philaymca.org)

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### Lynne Saunders

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[lisaunders@philaymca.org](mailto:lisaunders@philaymca.org)

Youth Director, Ext. 1610  
Wellness Director, Ext. 1616

# 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	10:00 AM - 10:30 AM
Tuesday	10:00 AM - 10:30 AM
Wednesday	11:00 AM - 11:30 AM
Thursday	10:30 AM - 11:00 AM 6:00 PM - 6:30 PM
Saturday	9:00 AM - 9:30 AM 10:00 AM - 10:30 AM
Sunday	10:00 AM - 10:30 AM

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	10:30 AM - 11:00 AM
Tuesday	10:30 AM - 11:00 AM 6:00 PM - 6:30 PM
Wednesday	11:30 AM - 12:00 PM
Thursday	10:00 AM - 10:30 AM 5:30 PM - 6:00 PM
Saturday	9:30 AM - 10:00 AM 10:30 AM - 11:00 AM 11:15 AM - 11:45 AM
Sunday	9:30 AM - 10:00 AM 10:30 AM - 11:00 AM 11:00 AM - 11:30 AM

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	11:00 AM - 11:30 AM
Tuesday	11:30 AM - 12:00 PM 4:00 PM - 4:30 PM 4:30 PM - 5:00 PM 6:30 AM - 7:00 PM
Wednesday	10:30 AM - 11:00 AM
Thursday	11:00 AM - 11:30 AM 4:00 PM - 4:30 PM 5:00 PM - 5:30 PM 5:30 PM - 6:00 PM 6:30 PM - 7:00 PM
Saturday	10:00 AM - 10:30 AM 10:30 AM - 11:00 AM 11:45 AM - 12:15 PM
Sunday	9:30 AM - 10:00 AM 11:00 AM - 11:30 AM

Members: \$56

Program Members: \$112

#### School Age

Tuesday	5:45 PM - 6:25 PM
Thursday	4:15 PM - 4:55 PM
Saturday	10:30 AM - 11:10 AM
Sunday	12:15 PM - 12:55 PM

Members: \$64

Program Members: \$128

#### Teen/Adult

Thursday	7:30 PM - 8:15 PM
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Members: \$64

Program Members: \$128

Learn more about swim  
lessons with our swim tree!

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

## 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	11:30 AM - 12:00 PM
Tuesday	4:00 PM - 4:30 PM 4:30 PM - 5:00 PM 5:00 PM - 5:30 PM 5:30 PM - 6:00 PM 6:30 PM - 7:00 PM
Wednesday	10:00 AM - 10:30 AM 4:30 PM - 5:00 PM
Thursday	4:30 PM - 5:00 PM 6:30 PM - 7:30 PM
Saturday	9:30 PM - 10:00 AM 11:00 AM - 11:30 AM
Sunday	10:30 AM - 11:00 AM 12:30 AM - 1:00 PM

Members: \$56  
Program Members: \$112

### School Age

Wednesday	5:45 PM - 6:25 PM
Thursday	5:45 PM - 6:25 PM
Saturday	11:00 AM - 11:40 AM
Sunday	11:30 AM - 12:10 PM

Members: \$64  
Program Members: \$128

## 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	11:00 AM - 11:30 AM 4:00 PM - 4:30 PM 4:30 PM - 5:00 PM
Thursday	4:30 PM - 5:00 PM 5:00 PM - 5:30 PM
Saturday	10:30 AM - 11:00 AM 11:30 AM - 12:00 PM
Sunday	10:00 AM - 10:30 AM

Members: \$56  
Program Members: \$112

### School Age

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

Members: \$64  
Program Members: \$128

## 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

Thursday	6:00 PM - 6:30 PM
Saturday	9:00 AM - 9:30 AM

Members: \$56  
Program Members: \$112

### School Age

Tuesday	5:00 PM - 5:40 PM
Saturday	9:45 AM - 10:25 AM
Sunday	11:45 AM - 12:25 PM

Members: \$64  
Program Members: \$128

### Teen/Adult

Tuesday	7:30 PM - 8:15 PM
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Members: \$64  
Program Members: \$128

## 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

Thursday	5:00 PM - 5:40 PM
Saturday	9:45 AM - 10:25 AM

Members: \$64  
Program Members: \$128

# YOUTH

## 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	5:00 PM - 5:40 PM
Thursday	5:45 PM - 6:25 PM
Saturday	9:00 AM - 9:40 AM 11:30 AM - 12:10 PM

Members: \$64  
Program Members: \$128

## 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.

Full Privilege 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.

Full Privilege Members: \$100 per person  
Program Members: \$200 per person

# ARTS & HUMANITIES

## 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	11:00 AM – 11:30 PM
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Family Members: \$17.50  
Members: \$35  
Program Members: \$70

## Arts & Crafts – Youth (Ages 6-12)

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.

Monday	6:30 PM – 7:30 PM
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Family Members: \$20  
Members \$40  
Program Members: \$80

## Ballet – Preschool (Ages 3-5)

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.

Thursday	4:15 PM - 5:00 PM 5:05 PM - 5:50 PM
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Family Members: \$25.50  
Members: \$51  
Program Members: \$102

## Hip Hop – Preschool/Youth

Dancers will quickly learn or review the basics of 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.

Preschool (Ages 3-5)

Saturday	11:00 AM – 11:45 AM
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Youth (Ages 6-12)

Saturday	12:00 PM – 12:45 PM
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Family Members: \$25.50  
Members: \$51  
Program Members: \$102

## Jazz – Youth (Ages 6-12)

This class will provide an introduction to the jazz style of dance. Dancers will learn and review jazz basics, learn new techniques and incorporate new combinations.

Tuesday	4:30 PM - 5:15 PM
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Family Members: \$25.50  
Members: \$51  
Program Members: \$102

# INSTRUCTIONAL SPORTS

## 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.

Saturday	12:00 PM - 12:45 PM
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Family Members: \$25.50  
Members: \$51  
Program Members: \$102



## 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)

Saturday 12:45 PM - 1:45 PM

(Ages 8-12)

Saturday 1:45 PM - 2:45 PM

Family Members: \$25.50  
Members: \$51  
Program Members: \$102

## Gym & Swim – Preschool (Ages 3-5)

The class will consist of a gym class followed by swim. Children will be introduced to a new sport each week through skill building and games. Participants will play games to learn and practice basic swim skills in a fun environment. Parents will receive a recommendation for the appropriate group swim level.

Tuesday 9:30 AM - 11:00 AM

Wednesday 9:30 AM - 11:00 AM

Thursday 9:30 AM - 11:00 AM

Family Members: \$32.50  
Members: \$65  
Program Members: \$130

## 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 3:30 PM - 4:15 PM

Family Members: \$25.50  
Members: \$51  
Program Members: \$102

## Soccer – Youth (Ages 5-10)

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

Saturday 3:00 PM - 4:00 PM

Family Members: \$25.50  
Members: \$51  
Program Members: \$102

## Sports Introduction- Parent/Child

(Ages 2-4)

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.

Saturday 11:30 AM - 12:00 PM

Family Members: \$25.50  
Members: \$51  
Program Members: \$102

# MARTIAL ARTS

## Karate – Youth/Teen

Karate for ages 6-14 taught in a fun, energetic, yet well-structured setting. Children will have a great workout learning discipline, focus, leadership, team work, and self-confidence, and will have the capability to earn belt rankings.  
(Ages 6-14)

Wednesday 6:45 PM - 8:00 PM

Friday 7:00 PM - 8:30 PM

Saturday 9:30 AM - 11:00 AM

Family Members: \$28.50  
Members: \$57  
Program Members: \$114

## HOW TO GET OUR NEW

# YMCA MOBILE APP

Here's How To Get Started...

Go To the App Store or Google Play

Search PHILAYMCA

Download the Free App

Click Log In

Create a New Account

Select Your Branch

*and you're ready to go!*

Please note, you will need to create a new account as your current information will not transfer to this app. Please delete the previous version of the app, as it will no longer be updated.



# YOUTH

## CHILD CARE

A YMCA Youth Program Membership is included with enrollment in Full Day Preschool Child Care programs. The Christian Street YMCA offers a complete state licensed Keystone Star ranked early learning center.



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.

### PRESCHOOL PROGRAMS

The Christian Street 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 from our program:

- Full Day Program runs from 7:00 AM – 6:00 PM
- Cheerful atmosphere
- Stimulating environment with texture, sight and sound
- A curriculum that includes: language development, reading and math readiness, love of the fine arts, weekly swim classes, gross and fine motor skill development, and socialization
- Age appropriate equipment
- Social skills, independent and group playtime
- Outdoor games and playground activities
- Financial Assistance available
- CCIS accepted
- Meals and snacks provided

#### Registration Information:

Children are accepted throughout the year on a space available basis. The Christian Street YMCA is a subsidy participating agency. Financial assistance may be available to those who qualify.

**For more information please call ext. 1611. All registration information is available online or at the Welcome Center. Please complete the information and contact Lynne Saunders at ext. 1611 for further enrollment details. Financial assistance may be available to those who qualify.**

### FULL DAY PRESCHOOL

#### Toddler Care

24 – 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.

### SCHOOL AGE PROGRAMS

Ages 5-12

The Christian Street 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 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.

#### Program includes:

- Homework help
- Snack time
- Free choice of activities
- Planned recreational activities
- Sports, games, Arts & Crafts, swimming
- Low staff-to-child ratio
- Highly qualified and trained staff
- A safe environment

Transportation is currently provided from the following schools: Andrew Jackson, Chester Arthur Elementary School, Christopher Columbus Charter School, Christopher Columbus South, E.M. Stanton Elementary School, George Childs Elementary School, Independence Charter School, Mastery Charter, Philadelphia Free School, and Universal Charter School.

Transportation is subject to change based on enrollment and availability. The Y will consider providing transportation where there are 5 or more students enrolled in our program. If you would like your child's school to be considered for pick up, please call ext. 1611.

Class	Days	Time
Before Care	M-F	7:00 AM - 8:00 AM
After Care	M-F	3:00 PM - 6:00 PM



## BIRTHDAY PARTIES

### Gym Party

Gym parties include your child's choice of sports and games facilitated by YMCA staff. Parties are for children ages 3 and up. Decorations and food are not provided.

\$125 deposit  
 \$250 members  
 \$350 non-member

### Pool Party

Pool parties include non-exclusive use of the pool for one or two hours for up to 20 guests ages 7 to 12 years old. Pool parties include use of a room for cake and presents (food and decorations are not provided). Guests must swim test before entering the pool.

\$100/hour members  
 \$200/hour non-members

Y Achievers Sponsored By:



# 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)

## TEEN SWIM LESSONS

(Ages 13+)

Please refer to the aquatics section on page 4 for stage descriptions and details.

### Stage 1 - Swim Basics Summer (1x week for 8 weeks)

Thursday 7:30 PM - 8:15 PM  
 Members: \$64  
 Program Members: \$128

### Stage 4 - Swim Strokes Summer (1x week for 8 weeks)

Tuesday 7:30 PM - 8:15 PM  
 Members: \$64  
 Program Members: \$128

### Stroke & Turn Clinic

Adults who already lap swim, work with a coach to improve technique, endurance and speed. Great for swimmers preparing for tri-athalons.

Tuesday & Thursday 7:30 PM - 8:30 PM  
 Members: \$64  
 Program Members: \$128

# ADULTS

## ADULT SWIM LESSONS

(Ages 13+)

Please refer to the aquatics section on page 4 for stage descriptions and details.

### Stage 1 - Swim Basics Summer (1x week for 8 weeks)

Thursday 7:30 PM - 8:15 PM

Members: \$64

Program Members: \$128

### Stage 4 - Swim Strokes Summer (1x week for 8 weeks)

Tuesday 7:30 PM - 8:15 PM

Members: \$64

Program Members: \$128

### Stroke & Turn Clinic

Adults who already lap swim, work with a coach to improve technique, endurance and speed Great for swimmers preparing for tri-athalons.

Tuesday & Thursday 7:30 PM - 8:30 PM

Members: \$64

Program Members: \$128

## ADULT AQUATIC EXERCISE

AOA

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

### BIAP Key:

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

### 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. Taught in the shallow end of the pool.

### Aqua Yoga/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.

### 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.

## 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. Contact Tom Wielgus for more information at twielgus@philaymca.org

1 session \$50

5 sessions \$225

10 sessions \$425

## SMALL GROUP TRAINING

### Barre

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 but high intensity intervals of strength training followed by deep recovery stretching.

Wednesday 10:00 AM - 11:00 AM

Members: \$35

### Shock

A class designed to "shock" an individual's current training routine or jump start a person that has gotten off track back to a fit lifestyle. Pre and post fitness testing will show how hard work and challenging training pays off.

TBD TBD

Members: \$35

### Women and Weights (B I A P)

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.

TBD TBD

Members: FREE

## GROUP EXERCISE

### 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® (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.

### BodyJAM® (B I A)

House, Hip-hop, Drum 'n' Bass, Trap, all styles of electronic dance music, it's the soul of BODYJAM®. Dance you heart out and have fun doing it.

### 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.

### 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.

### Chair Yoga (B I)

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

### 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!

### 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.

### 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.

### 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.

### 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. Handheld 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) 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! 45 Minutes

### Silver Conditioning (B I A) AOA

This class is designed to teach fundamentals in cardiovascular and strength based movements in a low impact, low intensity setting.

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

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

### T'ai Chi (B I A)

T'ai Chi, also written as Taiji, is a gentle Chinese exercise that simultaneously teaches self defense, promotes good health and serves as a meditative exercise that teaches "stillness through movement." There are several styles of T'ai Chi; this class is Yang Family Long Form.

### 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.

### Yoga (B I)

Traditional yoga for the first time enthusiast. Learn the foundations of yoga postures for strength, flexibility, balance, breath work and relaxation.

# ADULTS

## 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® - Toning (B I A)

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

# HEALTHY LIVING PROGRAMS

## 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.

## LiveSTRONG at the YMCA

The Y and LiveSTRONG joined together to create LiveSTRONG at the YMCA, a 12-week 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. Contact Tom Wielgus for more information at ext. 1616 or [twielgus@philaymca.org](mailto:twielgus@philaymca.org). Free for Members.

## 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

## Smart Start

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! **Free for Members.**

## The Y's 12-week Weight Loss Program

12 week session  
Experience the Y's 12-week 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.

# FAMILY

## Tots & Kids Night Out (Ages 2-10)

Enjoy an evening without the little ones, while they enjoy a night out at the Y! Children will enjoy gym time, free play, story time, arts & crafts, dinner, and a movie. Send a pillow, blanket, and pajamas and the kids will be ready for bed when you pick them up. Sneakers must be worn in order to participate in gym time.

One Friday/Month	5:00 PM – 9:00 PM
\$15/child	

## Sponsorship Opportunities

The Christian Street YMCA will proudly recognize your company's donation with a banner in our gymnasium or pool, on our youth sports t-shirts, or in many other ways. Show your community you care by sponsoring a YMCA program or team. For more information, contact Shea Trogdon at ext. 1620.

## Christian Street 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 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**

**CHRISTIAN STREET YMCA**  
1724 Christian Street  
Philadelphia, PA 19146  
Phone: 215-735-5800  
Fax: 215-735-2649

## 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  
Havertown, PA 19083  
610-649-0700

### Northeast Family YMCA

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

### Phoenixville YMCA

400 E. Potthouse Road  
Phoenixville, PA 19460  
610-933-3861

### 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