

HAVERFORD AREA  
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



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HEALTHY LIVING PROGRAMS  
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**Independence**   
LIVE FEARLESS<sup>SM</sup>

## 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	5:00 AM - 10:00 PM
Saturday	6:00 AM - 7:00 PM
Sunday	7:00 AM - 7:00 PM

## 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
- By calling 610-649-0700 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center

## CHILD WATCH

(12 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.

### Hours

Monday - Thursday	7:45 AM - 9:00 PM
Friday	7:45 AM - 7:00 PM
Saturday - Sunday	7:45 AM - 4:00 PM

## YOUTH ACTIVITY CENTER

(6 years to 12 years)

Monday - Thursday	2:30 PM - 8:30 PM
Friday	2:30 PM - 7:00 PM
Saturday - Sunday	8:00 AM - 4:00 PM

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## MEET OUR STAFF

### Dave Mullin

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# 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 9:30 AM - 10:00 AM  
6:15 PM - 6:45 PM

Wednesday 11:00 AM - 11:30 AM  
6:50 PM - 7:20 PM

Friday 9:30 AM - 10:00 AM

Saturday 8:45 AM - 9:15 AM  
10:30 AM - 11:00 AM  
11:05 AM - 11:35 AM

Sunday 8:45 AM - 9:15 AM  
10:30 AM - 11:00 AM  
11:05 AM - 11:35 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 6:50 PM - 7:20 PM

Tuesday 9:30 AM - 10:00 AM

Wednesday 9:30 AM - 10:00 AM  
11:00 AM - 11:30 AM  
6:15 PM - 6:45 PM

Thursday 9:30 AM - 10:00 AM

Friday 10:30 AM - 11:00 AM

Saturday 9:20 AM - 9:50 AM  
9:55 AM - 10:25 AM

Sunday 9:20 AM - 9:50 AM  
9:55 AM - 10:25 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 9:30 AM - 10:00 AM  
1:30 PM - 2:00 PM  
2:30 PM - 3:00 PM  
5:05 PM - 5:35 PM  
5:40 PM - 6:10 PM

Tuesday 9:30 AM - 10:00 AM  
1:30 PM - 2:00 PM  
2:30 PM - 3:00 PM  
5:05 PM - 5:35 PM

Wednesday 9:30 AM - 10:00 AM  
1:30 PM - 2:00 PM  
5:05 PM - 5:35 PM  
5:40 PM - 6:10 PM

Thursday 9:30 AM - 10:00 AM  
1:30 PM - 2:00 PM  
5:05 PM - 5:35 PM

Friday 10:00 AM - 10:30 AM  
1:30 PM - 2:00 PM

Saturday 8:45 AM - 9:15 AM  
9:20 AM - 9:50 AM

Sunday 8:45 AM - 9:15 AM  
9:20 AM - 9:50 AM

Members: \$56

Program Members: \$112

#### School Age

Monday 6:00 PM - 6:40 PM

Tuesday 5:05 PM - 5:45 PM

Wednesday 6:00 PM - 6:40 PM

Thursday 1:30 PM - 2:10 PM  
5:05 PM - 5:45 PM

Saturday 8:45 AM - 9:25 AM

Sunday 8:45 AM - 9:25 AM

Members: \$64

Program Members: \$128

## 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	2:00 PM - 2:30 PM 5:05 PM - 5:35 PM 5:40 PM - 6:10 PM 6:15 PM - 6:45 PM
Tuesday	2:00 PM - 2:30 PM 5:05 PM - 5:35 PM 5:40 PM - 6:10 PM 6:15 PM - 6:45 PM
Wednesday	2:00 PM - 2:30 PM 5:05 PM - 5:35 PM 5:40 PM - 6:10 PM 6:15 PM - 6:45 PM
Thursday	1:30 PM - 2:00 PM 2:00 PM - 2:30 PM 2:05 PM - 2:35 PM 5:05 PM - 5:35 PM 5:40 PM - 6:10 PM 6:15 PM - 6:45 PM
Friday	9:30 AM - 10:00 AM 10:30 AM - 11:00 AM 2:00 PM - 2:30 PM
Saturday	8:45 AM - 9:15 AM 9:55 AM - 10:25 AM 10:30 AM - 11:00 AM 11:05 AM - 11:35 AM
Sunday	8:45 AM - 9:15 AM 9:55 AM - 10:25 AM 10:30 AM - 11:00 AM 11:05 AM - 11:35 AM

Members: \$56  
Program Members: \$112

### School Age

Monday	5:15 PM - 5:55 PM 6:15 PM - 6:55 PM
Tuesday	6:00 PM - 6:40 PM
Wednesday	5:15 PM - 5:55 PM 6:15 PM - 6:55 PM
Thursday	6:00 PM - 6:40 PM
Saturday	8:45 AM - 9:25 AM 9:30 AM - 10:10 AM
Sunday	8:45 AM - 9:25 AM 9:30 AM - 10:10 AM

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

Monday	1:30 PM - 2:00 PM 2:30 PM - 3:00 PM 5:05 PM - 5:35 PM
Tuesday	1:30 PM - 2:00 PM 2:30 PM - 3:00 PM 5:40 PM - 6:10 PM
Wednesday	2:30 PM - 3:00 PM 5:05 PM - 5:35 PM
Thursday	2:30 PM - 3:00 PM 5:40 PM - 6:10 PM
Friday	10:30 AM - 11:00 AM 2:30 PM - 3:00 PM
Saturday	9:20 AM - 9:50 AM 10:30 AM - 11:00 AM 11:05 AM - 11:35 AM
Sunday	9:20 AM - 9:50 AM 10:30 AM - 11:00 AM 11:05 AM - 11:35 AM

Members: \$56  
Program Members: \$112

### School Age

Monday	6:00 PM - 6:40 PM
Tuesday	5:15 PM - 5:55 PM
Wednesday	6:00 PM - 6:40 PM
Thursday	2:15 PM - 2:55 PM 5:15 PM - 5:55 PM
Saturday	9:30 AM - 10:10 AM 10:15 AM - 10:55 AM
Sunday	9:30 AM - 10:10 AM 10:15 AM - 10:55 AM

Members: \$64  
Program Members: \$128



Learn more about  
swim lessons with our  
swim tree!

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

# YOUTH

## 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

Monday	5:40 PM - 6:10 PM
Tuesday	6:15 PM - 6:45 PM
Wednesday	5:40 PM - 6:10 PM
Thursday	6:15 PM - 6:45 PM
Saturday	9:55 AM - 10:25 AM
Sunday	9:55 AM - 10:25 AM

Members: \$56

Program Members: \$112

#### School Age

Monday	6:45 PM - 7:25 PM 7:00 PM - 7:40 PM
Tuesday	6:00 PM - 6:40 PM
Wednesday	6:45 PM - 7:25 PM
Thursday	6:00 PM - 6:40 PM
Friday	10:15 AM - 10:55 AM
Saturday	11:00 AM - 11:40 AM
Sunday	11:00 AM - 11:40 AM

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

Monday	6:45 PM - 7:25 PM
Tuesday	6:00 PM - 6:40 PM
Wednesday	6:45 PM - 7:25 PM
Thursday	6:00 PM - 6:40 PM
Saturday	10:15 AM - 10:55 AM
Sunday	10:15 AM - 10:55 AM

Members: \$64

Program Members: \$128

### Swim Strokes – Stage 6

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

#### School Age

Monday	5:15 PM - 5:55 PM
Tuesday	5:15 PM - 5:55 PM
Wednesday	5:15 PM - 5:55 PM
Thursday	5:15 PM - 5:55 PM

Members: \$64

Program Members: \$128

## ADULT SWIM LESSONS

### 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.

Wednesday	6:50 PM - 7:30 PM
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Members: \$64

### Swim Basics – Stage 2

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

Tuesday	11:00 AM - 11:40 AM
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Members: \$64

### 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.

Monday	6:50 PM - 7:30 PM
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Members: \$64

### Private Swim Lesson

(4 years & up)

5 lessons:

Members: \$150

Program Members: \$300

### Semi-Private Swim Lesson

(3 years & up)

5 lessons:

Members: \$100

Program Members: \$200

For more information contact

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

## Pre-Competitive Swim Team (Ages 7-15)

Advanced swim program led by swim team coaches. Focuses on competitive skills without the full commitment of swim team. Please contact Maura McGinley at [maura.mcginley@philaymca.org](mailto:maura.mcginley@philaymca.org) to schedule an evaluation prior to registration. Registration is required.

Tuesday & Thursday 6:15 PM - 7:15 PM

**Prerequisite:** 50 yards each ALL FOUR STROKES LEGAL (freestyle, backstroke, breaststroke and butterfly). Endurance swim 200 yards.

Members: \$175 per session  
Program Members: \$300 per session

## Stroke and Turn Clinic

The Haverford Area YMCA Stroke and Turn Clinic runs 8 weeks. Each clinic is 1 hour and focuses on one of four strokes, flipturns or starts (diving) in technical detail. The three main focuses taught in this clinic are:

- Body Position and Balance – proper streamline, catch, head positioning, etc. for all four strokes
- Drills and Skills – various drills to improve technique and make strokes more efficient
- Power and Speed – when to apply effort at what part of the stroke to ensure the effectiveness of each stroke.

Wednesday 6:15 PM - 7:15 PM

Members: \$85 per session  
Program Members: \$170 per session

# ARTS & HUMANITIES

## Art Exploration- Parent/Child

(Ages 18 months-3 years)

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

Tuesdays 9:30 AM - 10:15 AM

Family Members: \$28  
Members: \$56  
Program Members: \$112

## 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.

Tuesday 10:30 AM - 11:15 AM

Family Members: \$28  
Members: \$56  
Program Members: \$112

## Arts & Science - Preschool (Ages 3-5)

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

Thursday 10:30 AM - 11:15 AM  
4:30 PM - 5:15 PM

Sunday 9:00 AM - 9:45 AM

Family Members: \$32  
Members: \$64  
Program Members: \$128

## Chess Class (Ages 8-12)

Learn the fundamentals and strategy of chess. This class gives youth the chance to exercise their mental skills while having fun and competing with their peers.

Thursday 5:25 PM - 6:10 PM

Family Members: \$28  
Members: \$56  
Program Members: \$112

## Cooking - Youth (Ages 5-7)

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.

Tuesday 5:00 PM - 5:45 PM

Saturday 12:50 PM - 1:35 PM

Family Members: \$32  
Members: \$64  
Program Members: \$128

## Drawing, Doodling and Cartooning

(Ages 8-12)

Come experience drawing, doodling and cartooning in this introductory, mistake and pressure-free class. Students will learn the basics of drawing, storytelling and page design. Sketch pad suggested for class.

Saturday 12:00 PM - 12:45 PM

Family Members: \$28  
Members: \$56  
Program Members: \$112

## Guitar Lessons - Beginner

Your child will learn the basics of how to play and care for a guitar while developing their appreciation for a variety of musical genres. A playable guitar is required.

Monday 5:00 PM - 5:45 PM

Family Members: \$32  
Members: \$64  
Program Members: \$128

## Guitar Lessons - Intermediate

The intermediate guitar class builds upon the skills learned in the beginner level. While enjoying the playing of traditional and popular songs, the students will learn more advanced guitar skills. A playable guitar is required.

Monday 5:50 PM - 6:35 PM

Family Members: \$32  
Members: \$64  
Program Members: \$128

# YOUTH

## **Lego & Building – Youth** (Ages 6-12)

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.

Thursday	6:15 PM - 7:00 PM
Saturday	11:10 AM - 11:55 AM
Family Members:	\$28
Members:	\$56
Program Members:	\$112

## **Music – Parent/Child** (Ages 1-3)

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

Wednesday	9:45 AM - 10:30 AM 10:45 AM - 11:30 AM
Family Members:	\$28
Members:	\$56
Program Members:	\$112

## **Playdough – Preschool** (Ages 3-5)

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

Sunday	11:00 AM - 11:45 AM
Family Members:	\$28
Members:	\$56
Program Members:	\$112

## **Story Time – Preschool** (Ages 3-5)

Join us for a journey through reading. We will compare books and explore story stretching. This may include a craft, movement or pretend play

Thursday	9:30 AM - 10:15 AM
Sunday	10:00 AM - 10:45 AM
Family Members:	\$28
Members:	\$56
Program Members:	\$112

## **Theater – Youth** (Ages 5-7)

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

Saturday	1:40 PM - 2:25 PM
Family Members:	\$28
Members:	\$56
Program Members:	\$112

# DANCE

## **Ballet – Youth**

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

(Ages 5-7)

Friday	4:15 PM - 5:00 PM
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## **Ballet – Youth (Cont’d)**

(Ages 8-12)

Friday	5:15 PM - 6:00 PM
Family Members:	\$28
Members:	\$56
Program Members:	\$112

## **Dance Combo – Preschool** (Ages 3-5)

Participants work on foot and arm positions, control, stability, poise and grace and are encouraged to express themselves through different styles of dance.

Friday	1:00 PM - 1:45 PM
Family Members:	\$28
Members:	\$56
Program Members:	\$112

## **Jazz – Preschool/Youth**

Dancers will learn basic to advanced jazz technique. They will be able to pronounce, execute, and perform skills learned.

(Ages 5-7)

Tuesday	4:15 PM - 5:00 PM
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(Ages 8-12)

Tuesday	5:00 PM - 5:45 PM
Family Members:	\$28
Members:	\$56
Program Members:	\$112

# HEALTH & WELLNESS

## **Empow(HER)** (10-14 years)

Empow(HER) is a weekly program designed to encourage teen girls to try new fitness activities in a supportive, small group environment! The program will assist them in establishing a healthy lifestyle at an early age.

Thursday	5:00 PM - 6:00 PM
Members:	Free

## **Speed School (B I A)** (Ages 10-15)

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

Ages 10-12

Monday	4:30 PM - 5:30 PM
Wednesday	4:00 PM - 5:00 PM
Ages 13-15	
Wednesday	5:00 PM - 6:00 PM
Members & Program Members:	Free



## INSTRUCTIONAL SPORTS

### Basketball – Preschool (Ages 3-5)

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

Tuesday 1:00 PM - 1:45 PM

Sunday 9:00 AM - 9:45 AM

Family Members: \$28

Members: \$56

Program Members: \$112

### Basketball – Youth

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

(Ages 5-7)

Tuesday 5:15 PM - 6:00 PM

Wednesday 6:15 PM - 7:00 PM

Thursday 5:15 PM - 6:00 PM

(Ages 8-12)

Tuesday 6:15 PM - 7:00 PM

Wednesday 5:15 PM - 6:00 PM

Family Members: \$28

Members: \$56

Program Members: \$112

### Golf – Youth

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

(Ages 5-7)

Tuesday 6:15 PM - 7:00 PM

(Ages 8-12)

Tuesday 7:15 PM - 8:00 PM

Family Members: \$28

Members: \$56

Program Members: \$112

### Hockey – Youth

Kids are introduced to the rules and skills of the game of floor hockey. The goal is to learn basic fundamentals of the game in a fun and non-competitive environment.

(Ages 5-7)

Thursday 5:15 PM - 6:00 PM

(Ages 8-12)

Thursday 6:15 PM - 7:00 PM

Family Members: \$28

Members: \$56

Program Members: \$112

### Lacrosse (Ages 8-12)

This program focuses on improving the child's motor skills while teaching the basic fundamentals of the game such as passing, cradling, scooping and shooting. Sportsmanship and teamwork will also be emphasized during this program.

Wednesday 6:15 PM - 7:00 PM

Family Members: \$28

Members: \$56

Program Members: \$112

### Soccer – Parent/Child (Ages 2-3)

Children are introduced to the basic fundamentals of soccer. Fun skills and drills followed by non-competitive matches. Parent participation is encouraged.

Sunday 10:00 AM - 10:45 AM

Family Members: \$28

Members: \$56

Program Members: \$112

### Soccer – Preschool (Ages 3-5)

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

Monday 4:15 PM - 5:00 PM

Wednesday 1:00 PM - 1:45 PM

Thursday 10:30 AM - 11:15 AM

Family Members: \$28

Members: \$56

Program Members: \$112

### Soccer – Youth

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

(Ages 5-7)

Monday 5:15 PM - 6:00 PM

Thursday 6:15 PM - 7:00 PM

(Ages 8-12)

Monday 6:15 PM - 7:00 PM

Family Members: \$28

Members: \$56

Program Members: \$112

### Sports Introduction – Parent/Child

(Ages 2-3)

Children are introduced to a variety of different sports and other 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.

Tuesday 10:30 AM - 11:15 AM

Friday 10:30 AM - 11:15 AM

Saturday 9:00 AM - 9:45 AM

Family Members: \$28

Members: \$56

Program Members: \$112

# YOUTH

## Sports Introduction – Preschool (Ages 3-5)

This class introduces children to a variety of different sports and other games. This is a great way to get your child excited about playing sports while building self esteem and improving coordination and motor skills.

Monday	1:00 PM - 1:45 PM
Wednesday	10:00 AM - 10:45 AM 4:15 PM - 5:00 PM
Friday	1:00 PM - 1:45 PM
Saturday	10:00 AM - 10:45 AM

Family Members: \$28  
Members: \$56  
Program Members: \$112

## Tennis – Preschool (Ages 3-5)

Participants are introduced to tennis through supplemental activities such as basic strokes and fun games.

Thursday	1:00 PM - 1:45 PM
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Family Members: \$28  
Members: \$56  
Program Members: \$112

## Tennis – Youth

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

Tuesday	4:15 PM - 5:00 PM
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Family Members: \$28  
Members: \$56  
Program Members: \$112

## Volleyball – Youth (Ages 8 -12)

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

Monday	6:15 PM - 7:00 PM
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Family Members: \$28  
Members: \$56  
Program Members: \$112

# SPORTS LEAGUES

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

## 2017 Fall Sports Leagues

Sport	Start Date
Basketball	September 9
Soccer	September 10

Family Members: \$39  
Members: \$78  
Program Members: \$156

## Basketball League (Ages 3-4)

Saturday	11:00 AM - 11:45 AM
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## Basketball League (Ages 5-7)

Saturday	12:00 PM - 1:00 PM
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## Basketball League (Ages 8-12)

Saturday	1:00 PM - 2:00 PM
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## Soccer League (Ages 3-4)

Sunday	11:00 AM - 11:45 AM
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## Soccer League (Ages 5-7)

Sunday	12:00 PM - 1:00 PM
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## Soccer League (Ages 8-12)

Sunday	1:00 PM - 2:00 PM
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# GYMNASTICS

## Cheerleading – Tumbling (Ages 5-12)

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

Friday	5:15 PM - 6:00 PM
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Family Members: \$28  
Members: \$56  
Program Members: \$112

## Gymnastics – Parent/Child

(18 mos. - 3 yrs.)

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

Monday	9:30 AM - 10:15 AM
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Tuesday	9:30 AM - 10:15 AM
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Wednesday	11:00 AM - 11:45 AM
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Thursday	9:30 AM - 10:15 AM
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Friday	9:30 AM - 10:15 AM
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Sunday	9:00 AM - 9:45 AM
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Family Members: \$28  
Members: \$56  
Program Members: \$112

# YOUTH

## 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.

Monday	10:30 AM - 11:15 AM 4:15 PM - 5:00 PM
Wednesday	4:15 PM - 5:00 PM
Saturday	9:00 AM - 9:45 AM 10:00 AM - 10:45 AM
Sunday	10:00 AM - 10:45 AM

Family Members: \$28

Members: \$56

Program Members: \$112

## Gymnastics - Youth (Ages 5-7)

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

Monday	5:15 PM - 6:00 PM
Thursday	4:15 PM - 5:00 PM
Saturday	10:00 AM - 10:45 AM

Family Members: \$28

Members: \$56

Program Members: \$112

## Gymnastics Team

The Haverford Area YMCA Gymnastics team is an invitational competitive gymnastics program for levels 2-9. Full Privilege Membership is required for competition. All Levels participate in the "YMCA League," and some of the levels will participate in the USA Gymnastics League. Program located at Hilltop Preparatory School, 737 South Ithan Ave, Rosemont, PA 19010. Competitive Team Members must try out.

## Gymnastics Pre-Team - Level 1 (Ages 6-14)

Pre-Competitive Level. Students continue to refine advanced skills in preparation to reach the next level. Pre-team- Level 1 meets one day per week (for one hour).

Saturday	9:45 AM - 10:45 AM 11:00 AM - 12:00 PM
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Members: \$50/month

## Gymnastics Pre-Team - Level 2 (Ages 6-14)

Pre-Competitive Level. Skills are now continued into a routine. Students continue to refine advanced skills in preparation to reach the competitive team. Options are either 1 day per week (for one hour), 2 days per week (for one hour each day). Team members must try out to be enrolled in program.

Wednesday	6:30 PM - 7:30 PM
Friday	7:00 PM - 8:00 PM
Saturday	1:00 PM - 2:00 PM

Members: \$50/month (1 day)

\$105/month (2 days)

## Gymnastics Team - Level 3 (Ages 6-18)

Gymnasts compete in the "YMCA League" for gymnastics. Team members practice for 8 months out of the year and a Full Privilege Membership is required to participate. Level 3 participants will practice for 6 hours per week (either 2 days for 3 hours each or 3 days for 2 hours each).

Wednesday	4:30 PM - 7:30 PM
Friday	5:00 PM - 8:00 PM
Saturday	1:00 PM - 4:00 PM

Members: \$160/month

## Gymnastics Team - Level 4-9 (Ages 6-18)

Gymnasts compete in the "YMCA League" for gymnastics, and some of the levels will participate in the USA Gymnastics League. Level 4-9 participants will practice for 9 hours per week (3 days per week for 3 hours each).

Wednesday	4:30 PM - 7:30 PM
Friday	5:00 PM - 8:00 PM
Saturday	1:00 PM - 4:00 PM

Full Privilege Members: \$208/month

All gymnastics team members are signed up through Sports Director Amy Jugan ext. 1421

# MARTIAL ARTS

## Aikido Martial Arts

Aikido is a modern Japanese martial art. The aim of this program is to teach respect while building character, confidence, and discipline. We focus on fitness, self-defense, and learning proper practice techniques.

Youth (Ages 5-7)

Tuesday	4:30 PM - 5:15 PM 5:15 PM - 6:00 PM
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Youth (Ages 8-12)

Tuesday	6:15 PM - 7:15 PM
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Beginner (Ages 5-18)

Saturday	9:15 AM - 10:15 AM
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Colored Belts (Ages 5-18)

Saturday	10:15 AM - 11:15 AM
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Family Members: \$28

Members: \$56

Uniform Fee: \$25

# YOUTH

## FAMILY

### Kids Night Out (Ages 3-12)

Enjoy an evening without the little ones when you send them to the Y for their own night out. Children will enjoy gym time, open play, story time, crafts and a movie. Sinner is provided. Come dressed in pajamas and sneakers. Sneakers must be worn in order to participate in gym time. Children are divided into age-appropriate groups and rotate throughout activities. No refunds will be given. For more information please contact Michelle Papurt at mpapurt@philaymca.org

Friday, Sep 8	5:00 PM - 9:00 PM
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Saturday, Sep 30	5:00 PM - 9:00 PM
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Friday, Oct 13	5:00 PM - 9:00 PM
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Saturday, Oct 28	5:00 PM - 9:00 PM
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Friday, Nov 10	5:00 PM - 9:00 PM
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Saturday, Nov 18	5:00 PM - 9:00 PM
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Friday, Dec 8	5:00 PM - 9:00 PM
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### Family Fun Night

In our efforts to build strong families, we will host Family Fun Nights at the Haverford Area Y. You and your family will be able to enjoy arts and crafts, organized gym time, and much more all geared towards a theme! Light snacks and refreshments will be provided! Please note that all children will need to be accompanied by a parent/guardian at all times. Sneakers must be worn in order to participate. Children are divided into age appropriate groups and rotate throughout the activities. We look forward to seeing you at our next Family Fun Night. For more information, please view our website, check for flyers or call our Welcome Center. This program is free but registration is required as there are limited spots available. For more information contact Heather Williams at hrago@philaymca.org

## BIRTHDAY PARTIES

Members: \$230

Program Members: \$330

### Carnival

Max: 20 Children

Invite your guests to join us for a YMCA Carnival to celebrate your special day. This themed party will take place in the Gym for an hour and then 45 minutes in the party room. Activities include: carnival-like games, tattoos, and a craft. For ages 4 and up.

### Cooking

Max: 15 Children

Children will enjoy the "Munchkin Cooking" experience to celebrate their special day. They will make and serve their own food. Choices for food include: pancakes, fruit/candy sushi, and pizza rolls. Children will receive a cooking craft to decorate and wear. For Ages 5 and up.

### Pool

Max: 15 Children

Splash parties include one hour and 15 minutes in the pool and 45 minutes in the party room. For Ages 8 and up.

### Princess Party

Max: 20 Children

Invite all your guests to dress up in their favorite princess costumes and come decorate cookies and enjoy some tea. A craft, story, and games are also included. For Ages 4 and up.

### Sports

Max: 20 Children

Sports parties include one hour of sports activity and 45 minutes in the party room. Sports activities may include: Soccer, Floor Hockey, Basketball, Kickball, Dodgeball, etc. For Ages 4 and up.

### Superhero Party

Max: 20 Children

Invite your guests to dress up as their favorite superhero and enjoy creating your very own "kid friendly" energy drink and energy bites. A craft, story, and games will be included. For ages 4 and up.

For more information please contact haverfordbirthdayparties@philaymca.org

## ABILITY PROGRAMS

### Ability Aquatic Instruction

Make a Splash. An interactive aquatic class for children diagnosed with social disabilities that combines games and activities with basic swimming skills. Come join this fun, supportive environment. Class size is limited to ensure one-on-one time and promote group interaction. Parents, TSS workers or legal guardians are encouraged to be in the water at all times for parent/child class.

Beginner (Ages 4-12)

Tuesday	5:00 PM - 5:30 PM
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Tuesday	4:30 PM - 5:00 PM 5:30 PM - 6:00 PM
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Sunday	10:00 AM - 10:30 AM 10:30 AM - 11:00 AM
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Intermediate (Ages 4-12)

Tuesday	6:00 PM - 6:30 PM
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Members: \$56

Program Members: \$112

## Ability - Teen/Tween Night

This is a night that is dedicated to Teens and Tweens with special needs, in which they take part in fun activities that are appropriate for each individual. These nights will comprise of arts & crafts, swimming, snacks, and more!

September 22	6:30 PM - 9:00 PM
October 27	6:30 PM - 9:00 PM
November 24	6:30 PM - 9:00 PM
December 22	6:30 PM - 9:00 PM

Members: \$10  
Non Members: \$20

## Group Training – Ability (Ages 10-17)

This semi-private class is designed for individuals with special needs. Participants will be introduced to the fitness center mezzanine in a 1:4 trainer to participant ratio. Strength, balance, flexibility and cardiovascular fitness will be developed in a fun, caring atmosphere. Importance of healthy lifestyle choices and fitness center etiquette will be discussed to institute lifelong fitness goals.

Thursday	6:15 PM - 7:00 PM
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Members: \$56  
Program Members: \$112

## CHILD CARE

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

The Haverford Area YMCA offers a complete state licensed, safe and fun After School Program for children grades K-5.

## SCHOOL AGE CHILD CARE

### Registration for school year

2017-2018

One half month's tuition reserves your space for the program. Information on programs structure and fees can be found on our website PhilaYMCA.org.

The YMCA is committed to providing a quality program that is both fun and safe for children. Our School Age programs are licensed by the Pennsylvania Department of Human Services. Each program day our qualified staff provides creative learning experiences and supervised activities for the child's development and enjoyment.

### School Age After Care (K-5th Grade)

Hours: Dismissal - 6:30 PM

The After School program provides children with a well rounded learning experience with a focus on fun, friends, and creativity through supervised activities. Activities include Arts and Crafts, games, homework supervision, fitness, recreation and daily transfat free snack. The program is designed to meet the age and interests of the children, and is directed by certified and trained staff. The program emphasizes character development that is reinforced through all activities and events. After School is held in the Haverford Area YMCA. For more information contact Sarah Madden at ext. 1435.

## School Age Holiday Care

The YMCA is committed to a quality program that is both safe and fun for children. Our School Age Holiday Care, led by experienced, certified professionals, offers children a safe environment on school holidays and in-service days.

September 21	7:00 AM - 6:00 PM
November 7	7:00 AM - 6:00 PM
December 26-29	7:00 AM - 6:00 PM

## 7TH GRADE MEMBERSHIP INITIATIVE

A YMCA Program

### FREE ONE-YEAR YMCA MEMBERSHIP FOR 7th GRADERS



## SIGN UP TODAY!

Here's how:

Stop by any of the Philadelphia Freedom Valley YMCA branch locations and bring:

1. Proof of 7th grade status - a student ID card, class roster, class schedule, or report card.
2. A parent or guardian

**All 7th Graders are encouraged to sign up!**

# TEENS/ADULTS

## Y ACHIEVERS

9th -12th Grade at Villanova  
Transportation and lunch provided  
Arrive by 9:20 AM

Every other Saturday 10:00 AM - 2:00 PM

5th-8th Grade at the Haverford Area Y  
Dinner provided

Every other Thursday 6:30 PM - 7:30 PM

\*Calendar dates are sent via e-mail once registered for the program

Y Achievers Sponsored By:



## ARTS & HUMANITIES

### Chess - Teen (Ages 13-18)

Challenge your problem solving skills while learning a game that you can play for life. Gain instruction in the rules of chess and practice strategies through playing against others. Perfect for people of all levels to sharpen their chess skills.

Thursday 7:10 PM - 7:55 PM

Family Members: \$32  
Members: \$64  
Program Members: \$128

## HEALTH & WELLNESS

### Nutrition 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 Dietitian will be able to find areas where you can improve. For more information contact Monique Dowd at [Monique.Dowd@philaymca.org](mailto:Monique.Dowd@philaymca.org)

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

### Empow(HER) (10-14 years)

Empow(HER) is a weekly program designed to encourage teen girls to try new fitness activities in a supportive, small group environment! The program will assist them in establishing a healthy lifestyle at an early age.  
Members: Free

### Speed School (B I A) (Ages 13-15)

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

## INSTRUCTIONAL SPORTS

### Indoor Track - Teen (Ages 11-18)

Improve endurance and build friendships as you set and break personal and team goals in this running club. Weekly character lessons are built into the curriculum to promote the idea that a healthy lifestyle is something that is built daily by making the right choices.

Tuesday 5:15 PM - 6:00 PM

Family Members: \$32  
Members: \$64  
Program Members: \$128

## TEEN SWIM LESSONS

### 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.

Saturday 12:05 PM - 12:50 PM

Members: \$64

### TEEN PRIVATE SWIM LESSONS

For more information, email: [haverfordprivateswimlessons@philaymca.org](mailto:haverfordprivateswimlessons@philaymca.org)

#### Private Lessons

Members: \$150  
Program Members: \$300

#### Semi-Private

Members: \$100  
Program Members: \$200

## ADULT SWIM LESSONS

### 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.

Wednesday 6:50 PM - 7:30 PM

Members: \$64

## Swim Basics - Stage 2

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

Tuesday 11:00 AM - 11:40 AM

Members: \$64

## 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.

Monday 6:50 PM - 7:30 PM

Members: \$64

## ADULT PRIVATE SWIM LESSONS

For more information, contact email: [haverfordprivateswimlessons@philaymca.org](mailto:haverfordprivateswimlessons@philaymca.org)

**Private Lessons:** Members: \$150

**Semi-Private:** Members: \$100

## AQUATIC PERSONAL TRAINING

### Aquatic 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

## 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

### Ai Chi (B I A)

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

### Aquacize (B I A)

A high intensity, shallow water, cardiovascular water fitness class that tones, tightens, and trims your body. Class includes use of barbells and noodles to enhance your total body workout as well as swim belts so that both swimmers and non-swimmers may participate.

### Aqua Deep (B I A P)

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

### Aqua Stretch & Strength (B I A)

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

### Aqua ZUMBA® (B I A)

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

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

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

### SilverSneakers Splash® (B I A P) AOA

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

### Tri-Training (B I A)

Triathlons can be intimidating for the beginner triathlete. Solid training and access to the right information will help smooth the transition from mere athlete to triathlete! This is a free program. This class is for beginners to experienced athletes.

**SWIM:** To many, the swim is the hardest part! Stop being intimidated and enjoy the water with new confidence, techniques, tools and workouts.

**BIKE:** Triathlon biking is not your typical ride. Individuals new to the sport will want to pay particular attention to understanding equipment, proper equipment fit and technique.

**RUN:** While most athletes enter Triathlons with a running background, preparing for the last leg of the race is important both physically and mentally. Mental toughness, confidence and technique win the race.

# ADULTS

## HEALTH & WELLNESS

### Wellness Consultations

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

### Personal Training

One on one training with a nationally certified personal trainer. They will help you meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals. For more information contact Pat Resnick at [presnick@philaymca.org](mailto:presnick@philaymca.org)

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

### Post-Rehab Training

Any member who has a prescription for post-rehab your needs can be met through our personal training program. The YMCA will waive the joining fee for people who are joining the YMCA for Post-Rehab Training. Contact Pat Resnick at [presnick@philaymca.org](mailto:presnick@philaymca.org) for details.

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

## SMALL GROUP TRAINING

### 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.  
Full Privilege Members: Free

### Barre (I A)

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 immediately by deep recovery stretching.  
Full Privilege Members: \$30

### Shock (I A)

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.  
Full Privilege Members: \$30

### Shock Foundations (B I)

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.  
Full Privilege Members: \$15

### TRX (B I A)

Revolutionary method of leveraged bodyweight exercise using the TRX Trainer. Safely perform hundreds of exercises that build power, strength, flexibility, balance and mobility, as well as prevent injuries, all at the intensity you choose. Come experience one of the best total body workouts you've ever had!  
Full Privilege Members: \$30  
\*TRX Express: \$15

### Women and Weights (B I A)

This program is guided by a Wellness Coach who will demonstrate proper techniques and allow you to become familiar with and engage in a variety of strength training methods. Through this program you will gain strength and confidence.  
Full Privilege Members: Free

### Silver Strength (B I A) **AOA**

This class is designed to increase overall strength and stability to help combat losses in bone, muscle and balance. For ages 55 and older.  
Full Privilege Members: Free

## GROUP EXERCISE

### CYCLE

#### Advanced Cycle (I A)

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

#### Beginner Cycle (B I A)

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



## **Cycle (B I A)**

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

## **Cycle Express (B I A)**

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

## **RPM™ (B I A)**

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

## **Silver Cycle (B I) AOA**

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

## **LAND**

### **BodyATTACK® (B I A)**

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

### **BodyCOMBAT® (B I A)**

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

### **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.

### **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.

### **BodySTEP® (I A)**

A full-body cardio workout to really tone your butt and thighs. Burn calories and leave buzzing with satisfaction.

## **BOSU (B I A)**

The conditioning class incorporates the BOSU Balance Trainer into the entire workout Session. The focus is on the whole body – cardiovascular endurance, strength, balance, and core stability.

## **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.

## **Cardio Kickboxing (B I)**

A total body workout designed to focus on core strengthening, cardiovascular conditioning and overall body coordination. Class may include martial arts kicks and punches in a fast-paced aerobic experience.

## **Core & Strength (I A)**

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

## **Core Works (B I A)**

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

## **CXWORX (B I A)**

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

## **Dance (B I A)**

Come ready to work up a sweat dancing to a variety of music including hip hop, pop, African or Latin music.

## **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.

## **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.

## **Fit Camp (B I A)**

Challenge your limits with a total body workout mixing traditional calisthenics and body weight exercises with interval training and strength training. Options and modifications are provided for all levels.

## **Muscle Confusion (B I A)**

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

# ADULTS

## **Pure Strength (B I A)**

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

## **QuickFit (B I A)**

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

## **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.

## **Silver & Fit® (B I A) AOA**

This class is for moderately active older adults who exercise in some way at least one to two days per week. The class is designed to increase the flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance. Options for everyone!

## **Silver&Fit® Experience (B I A) AOA**

This class is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help your heart health, muscular endurance and strength, flexibility and balance. All exercises are performed in a standing position with the option of using a chair for light support. This class will help you take on daily tasks with more ease and keep up with your grandkids! 45 Minutes.

## **SilverSneakers® Classic (B I) AOA**

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

## **Stability Ball (B I A)**

This class includes strength training intervals which will increase your heart rate and challenge your core. Come experience a different way to work out and develop balance and coordination.

## **Stroller Class (B I)**

A total body workout including power walking and toning exercises using your stroller and baby. Make new friends, get in shape and spend time with your little one.

## **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.

## **ZUMBA® (B I A)**

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

## **ZUMBA® Gold (B I) AOA**

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

**Endorsed by Silver&Fit**

## **MIND/BODY**

### **BodyFLOW® (B I A)**

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

### **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)**

A mind and body workout that focuses on strengthening the core muscles with an emphasis on breathing. A class designed for beginner through advanced participants that will enhance your own body awareness, posture, strength and flexibility.

### **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.

# ADULTS / COMMUNITY

## SilverSneakers® Yoga (B I A) **AOA**

SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

## 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.

## T'ai Chi Chih® (B I A)

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

## 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 for Relaxation (B I A)

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

## Yoga Pre and Post Natal (B I)

This class is designed to relieve the discomforts of pregnancy and prepare you for childbirth. In each class, you will be guided into therapeutic postures that strengthen and align the body, as well as, learning breathing and relaxation techniques.

## MARTIAL ARTS

### Aikido (Ages 18+)

Aikido is a modern Japanese martial art. The aim of this program is to teach respect while building character, confidence, and discipline. We focus on fitness, self-defense, and learning proper practice techniques.

Tuesday 7:15 PM - 8:15 PM

Family Members: \$28

Members: \$56

Uniform Fee: \$25

## 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. Please contact Priscilla Fitzpatrick for more information at [pfitzpatrick@philaymca.org](mailto:pfitzpatrick@philaymca.org)

Monday &  
Wednesday

1:00 PM - 2:30 PM

## ACTIVE OLDER ADULTS

### Club AOA

Join in the fun as we create Arts & Crafts projects, discuss books, go on day trips, have potlucks, and more! These 'just for fun' clubs are FREE for members.

### Walking Club

Meets on the indoor track.

Wednesday

9:10 AM

# COMMUNITY

## TRAINING & CERTIFICATION

### ARC Lifeguard Certification

This American Red Cross program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Prerequisites will be done prior to the start of the class: Must be at least 15 years old and able to complete a standard swim test. (Swim Test: Swim 300 yards continuously, tread water for 3 minutes and dive to 9 feet) Fee includes: American Red Cross Lifeguarding textbook, CPR pocket mask, Lifeguarding, First Aid, AED/CPR certification cards. Contact Joanne Gooding at [jgooding@philaymca.org](mailto:jgooding@philaymca.org). Participants must attend all dates.

November 11, 12, 18, 19	10:00 AM - 4:00 PM
December 26, 27, 28	10:00 AM - 4:00 PM

Members and Non Members: \$350

### ARC Lifeguard Recertification

Participants must hold a current American Red Cross Lifeguard Certification to participate. For more information contact Joanne Gooding at [jgooding@philaymca.org](mailto:jgooding@philaymca.org).

Dec. 29, 30	9:00 AM - 6:00 PM
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Members and Non Members: \$150

### ARC Babysitting Training

This training teaches potential babysitters about basic child care and how to help children behave appropriately. In addition, participants learn leadership skills including how to keep themselves and children safe and how to build a babysitting business. Supplies included in this course: Babysitter Training Handbook, Babysitter Training Emergency Reference Guide, and Babysitter Training CD ROM. Please bring lunch to class. For more information contact Joanne Gooding at [jgooding@philaymca.org](mailto:jgooding@philaymca.org).

Sept. 23	9:00 AM - 5:30 PM
Oct. 7	9:00 AM - 5:30 PM
Nov. 4	9:00 AM - 5:30 PM
Dec. 2	9:00 AM - 5:30 PM

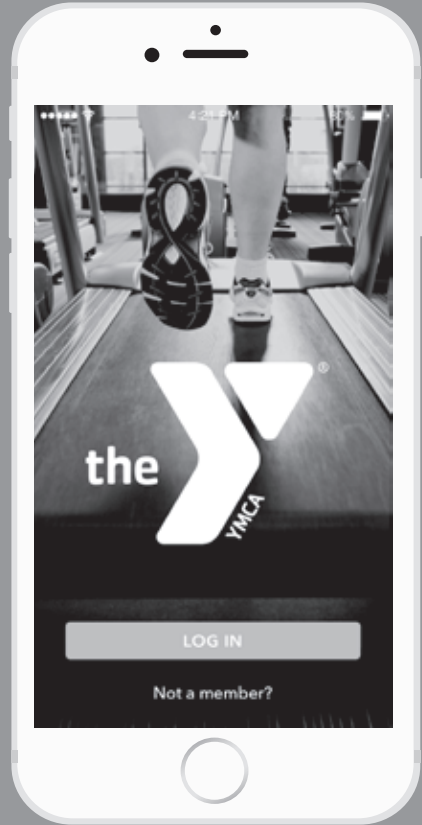
Members: \$125

**Haverford Area YMCA is a No Place for Hate® Facility**



HOW TO GET OUR NEW

## YMCA MOBILE APP!



**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.



## 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 RECIPROCIITY

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 RECIPROCIITY PROGRAM

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

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

# POLICIES

## AWAY MEMBERS

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

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

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

## TRANSFER OF MEMBERSHIP

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

## MEMBERSHIP HOLD POLICY

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

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

## UPGRADING/DOWNGRADING FULL PRIVILEGE MEMBERSHIP

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

## GUEST POLICY

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

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

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

## GUEST HOURS

Monday - Friday	5:00 AM - 4:00 PM 9:00 PM - 10:00 PM
Saturday	6:00 AM - 12:00 PM 6:00 PM - 7:00 PM
Sunday	7:00 AM - 12:00 PM 6:00 PM - 7:00 PM

\*Please note that a member can only bring in three guests at a time.

## 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.

## AGERESTRICTION 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**

**HAVERFORD AREA YMCA**  
891 N. Eagle Road  
Havertown, PA 19083  
Phone: 610-649-0700

## 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. 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