

NORTHEAST FAMILY  
YMCA

FALL  
2017

MAKE YOUR  
**SEPTEMBER**  
RESOLUTION!

Your Y Program Guide

FALL 2017

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



**YOU SPOKE, WE LISTENED!**

We will be conducting pool renovations for YOU, therefore, will be prorating our Early Fall swim lessons.

[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	5:30 AM - 10:00 PM
Saturday	7:00 AM - 6:00 PM
Sunday	7:00 AM - 5:00 PM

## HOLIDAY HOURS

Labor Day	CLOSED
Thanksgiving	CLOSED
Christmas	CLOSED

## FALL SESSION DATES

Early Fall: September 5 - October 29  
Late Fall: October 30 - December 24

### Registration:

Family Members:

Early Fall: August 7 - October 8  
Late Fall: October 9 - November 26

Members:

Early Fall: August 9 - October 8  
Late Fall: October 11 - November 26

Program Members:

Early Fall: August 14 - October 8  
Late Fall: October 16 - November 26

## HOW TO REGISTER FOR PROGRAMS

- Register for classes any time at [philaymca.org](http://philaymca.org)
- By calling 215-632-0100 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

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## GUEST HOURS

Monday - Friday	5:30 AM - 10:00 PM
Saturday	7:00 AM - 6:00 PM
Sunday	7:00 AM - 5:00 PM

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

\*No guests in the pool.

## 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 - Friday	8:30 AM - 1:00 PM
Monday - Thursday	4:45 PM - 8:45 PM
Friday	4:45 PM - 8:00 PM
Saturday	8:30 AM - 1:00 PM



## YOU SPOKE, WE LISTENED!

We will be conducting pool renovations for YOU, therefore, will be prorating our Early Fall swim lessons.

## MEET OUR STAFF

**Paula Green**  
Executive Director  
Ext. 1327  
[pgreen@philaymca.org](mailto:pgreen@philaymca.org)

**Tolulope Olusada**  
Business Manager  
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Ext. 1320  
[eross@philaymca.org](mailto:eross@philaymca.org)

**Wellness/Aquatics**  
Ext. 1321

**Lina Rush**  
Wellness Director  
Ext. 1335  
[lrush@philaymca.org](mailto:lrush@philaymca.org)

# 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	6:10 PM - 6:40 PM
Tuesday	5:05 PM - 5:35 PM
Saturday	9:00 AM - 9:30 AM

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

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

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

Tuesday	10:15 AM - 10:45 AM 5:40 PM - 6:10 PM 6:30 PM - 7:00 PM 7:00 PM - 7:30 PM
Thursday	10:15 AM - 10:45 AM 6:15 PM - 6:45 PM
Saturday	9:35 AM - 10:05 AM 10:10 AM - 10:40 AM 10:45 AM - 11:15 AM 11:15 AM - 11:45 AM

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

## YOU SPOKE, WE LISTENED!

We will be conducting pool renovations for YOU, therefore, will be prorating our Early Fall swim lessons

## 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	4:00 PM - 4:30 PM 4:30 PM - 5:00 PM 5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:05 PM - 6:35 PM 7:00 PM - 7:30 PM
Tuesday	10:15 AM - 10:45 AM 4:30 PM - 5:00 PM 5:05 PM - 5:35 PM 5:40 PM - 6:10 PM 6:00 PM - 6:30 PM 7:00 PM - 7:30 PM
Wednesday	4:00 PM - 4:30 PM 5:10 PM - 5:40 PM
Thursday	4:30 PM - 5:00 PM 5:05 PM - 5:35 PM 6:45 PM - 7:15 PM
Friday	4:00 PM - 4:30 PM
Saturday	9:00 AM - 9:30 AM 9:35 AM - 10:05 AM
Sunday	7:00 AM - 9:30 AM

Members: \$56  
Program Members: \$112

#### School Age

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

Members: \$56

Program Members: \$112

### School Age

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

Members: \$56

Program Members: \$112

### School Age

Tuesday	4:30 PM - 5:10 PM
Wednesday	4:50 PM - 5:30 PM
Thursday	4:30 PM - 5:10 PM 5:20 PM - 6:00 PM
Saturday	10:10 AM - 10:50 AM 10:45 AM - 11:25 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

Tuesday	5:05 PM - 5:35 PM
Thursday	5:40 PM - 6:10 PM 6:15 - 6:45 PM
Saturday	9:35 AM - 10:05 AM 10:10-10:40 AM

Members: \$56

Program Members: \$112

### School Age

Monday	6:25 PM - 7:05 PM
Tuesday	5:20 PM - 6:00 PM
Thursday	7:00 PM - 7:40 PM
Saturday	10:45 AM - 11:25 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

Tuesday	6:10 PM - 6:50 PM
Thursday	6:10 PM - 6:50 PM
Saturday	11:00 AM - 11:40 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 7:00 PM - 7:40 PM

Thursday 7:00 PM - 7:40 PM

Members: \$56

Program Members: \$112

## Teen/Adult Swim Lesson Swim Basics – Stage 3

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

Tuesday 7:30 PM - 8:10 PM

Members: \$64

## Teen/Adult Swim Lesson 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.

Monday 7:30 PM - 8:10 PM

Members: \$64

## 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. For more information contact Lindsey Ross at ext. 1321.

### 5 Lessons:

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 and perfect your stroke mechanics. Semi-Private lessons are scheduled in 30 minute increments and each participant will register individually.

### 5 Lessons:

Members: \$100 per person

Program Members: \$200 per person

## Pre-Competitive Swim

Focusing on stroke mechanics, starts, turns, and endurance. Swim clinics are great for competitive swimmers looking to refine skills.

Mon, Wed, Fri 5:00 PM - 6:00 PM

Members: \$100 per person

Program Members: \$200 per person

# DANCE

The Children's Dance Program at the Northeast Family YMCA will be kicking off its 47th season this Winter/Spring. Beginner, Intermediate and Advanced lessons in Tap, Ballet, Pointe, and Hip Hop/Jazz are held on Saturdays and run until our annual spring dance recital is held. Grace, poise, increased self-confidence and lasting friendships are just a few of the many benefits this program offers. Open to girls and boys 4 through 18 years of age. For class times and registration information, contact Eugene Ross at ext. 1320. Program begins Sat. 9/23.

## Ballet I- Preschool

This class is structured to focus on the fundamentals of ballet basics; ballet barre exercises, center work, focusing on balance, grace, poise, coordination and musicality. This class is a great way to socialize your young dancer while teaching them class etiquette & fun.

## Ballet I- Youth

Dancers will extend their ballet barre exercises, center floor combinations and work on their stretching & strengthening.

## Ballet II- Preschool

This class is for dancers who have completed level I and are ready to review what they have learned. Dancers will continue to progress on what they have learned in level 1 while adding the focus of linking steps together.

## Ballet II - Youth

This class is designed for the dancer who has been through level I and is ready for more ballet terminology and choreography. Dancers will incorporate turning, travelling and jumping steps.

## Ballet III - Youth

Placement is refined during extended barre exercises. New terminology is introduced along with extended center floor exercises.

## Ballet/Tap 1- Preschool

This class prepares the young dancer for the single class discipline that they will take when they are 5 years old. In this class your child will spend 20 minutes on basic ballet technique and 20 minutes on basic tap technique.

## Tap I - Youth

Dancers will learn tap basics and apply their skills such as tap terminology, rhythm & musicality to across the floor and center floor combinations.

## Tap II - Youth

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

## Hip-Hop – Youth

A fun energetic class with dance technique from jazz to street.

# of classes	Full Privilege Member	Program Member
1 class/week	\$135	\$190
2 classes/week	\$205	\$250
3 classes/week	\$320	\$450

## Dance Combo – Preschool (Ages 2-3)

Participants work on foot and arm positions, control, stability, poise and grace and are encouraged to express themselves through different styles of dance. Begins 9/23.

Saturday	9:15 AM - 9:45 AM
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Full Privilege Members: \$125

Program Members: \$155

## SPORTS INSTRUCTIONAL

### EARLY FALL

#### Soccer – Preschool/Youth/Teen

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

(Ages 3-5)

Saturday	9:00 AM - 10:00 AM
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(Ages 6-7)

Saturday	10:00 AM - 11:00 AM
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(Ages 8-12)

Saturday	11:00 AM - 12:00 AM
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Family Price: \$25

Full Privilege Price: \$50

Program Member: \$100

### LATE FALL

#### Flag Football – Preschool/Youth/Teen

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

(Ages 3-5)

Saturday	1:00 PM - 2:00 PM
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(Ages 6-7)

Saturday	2:00 PM - 3:00 PM
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(Ages 8-12)

Saturday	3:00 PM - 4:00 PM
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Family Price: \$25

Full Privilege Price: \$50

Program Member: \$100

## ARTS & HUMANITIES

### 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.

(Ages 6-8)

Tuesday	6:00 PM - 7:30 PM
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(Ages 9-12)

Tuesday	6:00 PM - 7:30 PM
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Family Members: \$17.50

Members: \$35

Program Members: \$70

## GYMNASTICS

### Gymnastics-Basic Tumbling (Ages 6-7)

The first instructional tumbling class for your child. Boys & girls will learn basic tumbling.

Saturday	9:15 AM - 10:00 AM
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Family Members: \$17.50

Members: \$35

Program Members: \$70

### Gymnastics-Parent/Child

(Ages 16 months-24 months)

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.

Tues. & Thurs.	10:30 AM - 11:15 AM
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Family Memberships: \$25

Members: \$50

Program Members: \$100

### Gymnastics-Preschool

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.

(Age 2, Twice a Week)

Tues. & Thurs.	10:00 AM - 10:30 AM
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Family Memberships: \$25

Members: \$50

Program Members: \$100

(Age 2, Once a Week)

Saturday	10:45 AM - 11:15 AM
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Family Memberships: \$17.50

Members: \$35

Program Members: \$70

(Age 3, Twice a Week)

Tues. & Thurs.	11:15 AM - 12:00 PM
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Family Memberships: \$25

Members: \$50

Program Members: \$100

# YOUTH

## Gymnastics - Preschool (Cont'd)

(Age 3, Once a Week)

Saturday 10:00 AM - 10:45 AM

Family Memberships: \$17.50

Members: \$35

Program Members: \$70

(Ages 4-5, Once a Week)

Saturday 12:00 PM - 12:45 PM

Family Memberships: \$17.50

Members: \$35

Program Members: \$70

## Gymnastics-Youth

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.

### Beginners (Ages 6-16)

Thursday 4:00 PM - 5:00 PM

Members: \$65

Program Members: \$130

### Intermediate (Ages 6-16)

Tuesday 4:15 PM - 5:15 PM

Thursday 5:00 PM - 6:00 PM

Members: \$80

Program Members: \$160

### Advanced (Ages -16)

Tuesday 5:15 PM - 6:15 PM

Thursday 6:00 PM - 7:00 PM

Members: \$80

Program Members: \$160

## Movement - Preschool (Ages 4-6)

Children will develop coordination and motor skills through exercise while having fun in a structured environment. Come in and play with your friends!

Tues. & Thurs. 12:00 PM - 12:45 PM

Family Memberships: \$25

Members: \$50

Program Members: \$100

Saturday 11:15 AM - 12:00 PM

Family Memberships: \$17.50

Members: \$35

Program Members: \$70

## Gymnastics Team

The Gymnastics Team is available to members 6 to 18 years old and is growing fast under the direction of Head Coach Jennifer Evans. The Northeast Family YMCA Gym Team is an exciting program for the competitive gymnast. USGF Girls Competition level 3, 4, 5, 6, 7 and 8 compete in the YMCA Girls Gymnastics League. This also includes work on compulsory and optional routines. Team sessions run from September through June. Sign up today! For more information, including pricing, please contact Eugene Ross ext. 1320.

# MARTIAL ARTS

## Shotokan - Basic

A traditional Japanese style of karate that provides training for self-development, self-defense, and physical fitness. Program teaches flexibility, strength and cardiovascular fitness.

Beginner and Advanced classes are offered based on skill level.

Ages 6-7

Friday 6:30 PM - 7:30 PM

Ages 8-12

Friday 7:30 PM - 8:30 PM

Family Memberships: \$25

Members: \$50

Program Members: \$100

# FAMILY

## Family Swim

Family swim is open to Full Privilege Members only. Children under 13 must be accompanied by an adult age 18 or older on the pool deck.

Children under the age of 6 are required to be supervised in the water by the adult. All participants are subjected to swim testing and may be required to wear a flotation device or life jacket. No water wings or outside toys are permitted. Please pick up the family swim schedule from the Welcome Center.

\*No guests allowed in the pool

## Family Activities

There is always something going on at the Y for you and your family! Please visit our website [philaymca.org](http://philaymca.org) or our Welcome Center for updated activities and information about all of our family activities. Don't forget to become a fan of the Northeast Family YMCA on Facebook and follow events and programming on there as well.

## Parents 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, circle story time, crafts, and a movie. Dinner is provided. Send a pillow, blanket, and pajamas and the children will be ready for bed when you pick them up. Sneakers must be worn in to participate in gym time.

Friday, December 1 5:00 PM - 9:00 PM

Cost is \$15 per child

\$10 for each additional child.



## ABILITY PROGRAMS

### Ability Aquatic Instruction

The Adapted Aquatic Program is small group format led by an experienced instructor able to meet your child's special needs. Children can participate either with an aid or on their own, depending on their needs. For more information contact Lindsey Ross, Senior Program Director-Wellness & Aquatics at ext. 1321.

Monday	6:45 PM - 7:15 PM
Tuesday	6:30 PM - 7:00 PM
Thursday	6:10 PM - 6:40 PM
Saturday	9:00 AM - 9:30 AM

Members: \$56

Program Members: \$112

## BIRTHDAY PARTIES

Celebrate at the YMCA! Whether you have a birthday or a group that just wants to get together and have fun, we have the party for you. Each party consists of one hour in a program area and the second hour in our party room. The trained staff at the Northeast YMCA will handle every detail of your child's special day and run the party from beginning to end. Parties can be held Saturday between 2:00 PM - 4:00 PM or Sundays between 1:00 PM - 3:00 PM. Space is reserved on a first-come, first-serve basis and requires a 50% non-refundable deposit. The remaining balance is due on the day of the party.

The hosting family may arrive up to 30 minutes early to decorate the room. A certified lifeguard will be present for pool party functions. All children will be given a swim test before they enter the pool. All parties will begin with the activity and then move to the private party room. Children needing diapers must wear plastic-lined swim diapers. Attendees must bring their own towels.

\*Requests should be made at least 3 weeks in advance. You provide the cake, food/beverage and decorations.

For more information about pricing and which party to choose, please contact Lindsey Ross at ext. 1321.

### Dance Party

Children will have fun learning the latest dance moves and combinations from one of our trained dance instructors. Party includes one hour of instruction and one hour in the private party room.

### Obstacle Course Party

Children 2-5 years old will have fun navigating through our obstacle course! They will have use of the ball pit, slide and beam. Enjoy a fun party with the focus on motor skills at the same time!

### Pool Party

(Ages 7 & up)

Celebrate with a splash in our pool! All guests will be swim tested prior to entering the pool and must adhere to YMCA Aquatic Safety policies. This party includes one hour of exclusive pool use and one hour in a private party room.

### Sports Party

A Sports Party will get your children moving with age-appropriate sports and games such as Hockey, Basketball and Soccer. Party includes one hour in the private party room.

#### Members:

\$250 plus \$5 each additional guest above 20

#### Program Member:

\$300 plus \$5 each additional guest above 20

#### Non-Member:

\$350 plus \$5 each additional guest above 20

Pool Parties: Add \$75

Extra Hour: \$75

Additional Fee Required for extra guests (25+):

\$25 for up to 10 extra guests

## CHILD CARE

A YMCA Membership is required to participate in Child Care programs. For more information, please call Deborah Nejman at ext. 1317. Keystone Stars encourages and supports programs to develop and sustain higher levels of quality, in order to strengthen outcomes for children and families and improve school readiness.



Keystone Stars 4 Rating  
NAEYC Accredited. A complete  
State Licensed Child Care  
Learning Center.

### Preschool Programs

The Northeast Family 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.

- Cheerful atmosphere
- Stimulating environment with texture, sight and sound
- Language development, reading and math readiness
- Age appropriate equipment
- Social skills, independent and group playtime
- Art, music and movement
- Outdoor games and playground activities
- Ongoing communication between parents and staff
- Gym, swim and cooking experiences

# YOUTH

## Toddler Care (13-35 mos.)

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

Class	Age	Days	Time
Younger Toddler	13-24 mo.	M-F	6:30 AM - 6:00 PM
Older Toddler	25-35 mo.	M-F	6:30 AM - 6:00 PM

## Preschool (Ages 3-5)

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.

The Northeast Family Y Participates in the Pre-K Counts program.

Class	Age	Days	Time
Preschool	3-5 yrs.	M-F	6:30 AM - 6:00 PM

## Half Day Preschool (Ages 2-5)

This is more than a play group, this is your child's first experience away from parents or guardians. Children will be introduced to the wonderful world of colors, shapes, songs, music, movement, friendship, social skills and more. Pre K children will also be taught beginning writing and reading skills, along with math concepts.

### Child must be 2 by September 1, 2017

Class	Days	Time
2 Day	Tues. & Thurs.	9:30 AM - 11:30 AM or 12:30 PM - 2:30 PM
3 Day	Mon., Wed. & Fri.	9:30 AM - 11:30 AM (AM Only)

### Child must be 3 by September 1, 2017

Class	Days	Time
2 Day	Tues. & Thurs.	8:45 AM - 11:45 AM or 12:15 PM - 3:15 PM
3 Day	Mon., Wed. & Fri.	8:45 AM - 11:45 AM or 12:15 PM - 3:15 PM

5 Day Mon. - Fri. 8:45 AM - 11:45 AM or 12:15 PM - 3:15 PM

### Child must be 4 by September 1, 2017

Class	Days	Time
5 Day AM	Mon. - Fri.	8:45 AM - 11:45 AM
5 Day PM	Mon. - Fri.	12:15 PM - 3:15 PM

## School Age Child Care

Keystone Stars 3 Rating

### Before Care (6:30 AM - 8:30 AM)

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

### After Care (3:00 PM - 6:00 PM)

Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school. School Age Before/After Care serves Fitzpatrick, Decatur and Hancock Elementary Schools. This program focuses on homework help, Arts & Crafts, games, physical activities and more. For more information please contact the Brittany Gibson at ext. 1326.

### School Age Holiday Care

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

\*Please visit our website for a full list of upcoming Holiday Care Dates.

\$40 per child/per day

\*Must register for a full school year. Otherwise School Age Holiday Care is \$40 per day. Financial Assistance available for qualifying

# TEENS

## ARTS & HUMANITIES

### Teen Leaders Club

Teen Leaders Club is a youth group at the YMCA. It originated early in the history of the YMCA by Robert J. Roberts as a training tool for young adults to become exceptional volunteer leaders in the YMCA and in their community. Today we still carry that tradition. Leaders club is group of teens between the ages of 12-18 that are organized for the purpose of rendering volunteer service in a local YMCA. Teen Leaders Club meets every other Tuesday, September through June from 6:30 PM - 8:00 PM. For more information contact Eugene Ross at ext. 1320.

Full Privilege & Program Members: Free

Y Achievers Sponsored By:





# STRIVE FOR EXCELLENCE

## Y ACHIEVERS PROGRAM FOR YOUTH IN GRADES 5-12

Five Pillars of the Y Achievers Program:

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

FOR MORE INFORMATION ON Y ACHIEVERS PLEASE CONTACT:  
**Reaona Jones-Edwards - [rjedwards@philaymca.org](mailto:rjedwards@philaymca.org)**

# TEENS/ADULTS

## Girls Night Out at the YMCA

(Ages 12-17)

Need an open space to talk about real girl issues? Join the monthly girl's night out hangout! This is a time where tweens/teens can make friends, paint nails, watch movies and talk about what's really going on. Held in the Program Room from 7PM-8PM on the first Friday of every month.

## TEEN/ADULT SWIM LESSONS

### Swim Basics - Stage 3

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

Tuesday 7:30 PM - 8:10 PM

Members: \$64

### 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.

Monday 7:30 PM - 8:10 PM

Members: \$64

## 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 P)

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

### Aqua Bootcamp (I A)

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

### Aqua 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.

### 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 Stretch and Strength (B I A) AOA

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

### Aqua Stretch and Cardio (B I A)

This class includes stretching and breathing in the water then moves into cardiovascular training using water resistance and movement to get your heart pumping with little or no stress on your joints.

### Aqua ZUMBA® (B I)

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.

### SilverSneakers® Splash (B I A) 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.

## 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.

Members:

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

## 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.

## NUTRITION CONSULTATION

Our diet analysis is conducted by a Registered Dietician and provides an excellent way 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. Contact Lindsey Ross for one free consultations at ext. 1321.

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

## GROUP EXERCISE

### BodyCOMBAT® (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.

### BodyFLOW® (B I A P)

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.

### 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.

### Chair Yoga (B I) **AOA**

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

### 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!

### CXWORX™ (I A)

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

### Enhance Fitness

Enhance Fitness is a proven community-based senior fitness and arthritis management program geared at helping older adults become more active, energized and empowered for independent living. Enhance Fitness exercises focus on increasing cardiovascular endurance, strength, balance and flexibility which can help reduce arthritis symptoms. A certified instructor leads classes at a pace that works for all fitness levels.

### Family Yoga (B I A P)

A Hatha gentle Yoga class for the whole family to enjoy! The class will explore standing poses, sun salutations and breathing and relaxation techniques. It's an opportunity for bonding with family while sharing the health and well-being that yoga brings. Program is for ages 8 and up.

### LES MILLS SPRINT

A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It's a quick and hard style of training that returns rapid results with minimum joint impact.

### Line Dancing (B I A)

This choreographed dance program is intended for all audiences and provides a well-rounded exercise experience while having fun with a group of friends

### Meditation (B I A P)

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

### 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.

### Pilates (B I A)

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

### Power Pilates (B I A)

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

### Power Chair Pilates (B I A)

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

# ADULTS

## **POUND® (B I A)**

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

## **Qigong (B I)**

Move 10 years younger through the practice of Qigong! "Qi" is translated to mean a person's "vital energy" and "gong" means to exercise or work. Qigong is the art of nurturing one's body and spirit through the accumulation/exercise of Qi. The standing static & slow dynamic choreographed movements of Qigong integrate the entire body, and are known to improve the overall physical, emotional and mental health of people of ALL ages. Sneakers must be worn.

## **Quick Fit (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.

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

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

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

SilverSneakers CardioFit is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout.

## **SilverSneakers® Classic (B) 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.

## **SilverSneakers® Yoga (B I) 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.

## **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.

## **Trim and Sculpt (B I A P)**

Trim and Sculpt is everyone's favorite workout. It's fast paced and challenging with motivating music to help you improve strength, flexibility, posture and balance in only 45 minutes.

## **Yoga (B I A)**

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

## **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.

# SPECIALTY FITNESS CLASSES

## **Smart Start**

12 week session

Smart Start is designed to help you meet your personal fitness goals. Our coaches will help you develop a 6-week plan tailored just for you that will include a mix of cardio, strength and flexibility. It's your plan and our coaches will help you build it. Our goal is to help you fall in love with fitness.

**Free for Members.**

## **Bootcamp (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.

## **Zero to 5K Running Club (B I A)**

7 week session; registration required.

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

# ADULTS/COMMUNITY

## TRAINING & CERTIFICATION

### ARC Lifeguard Certification

This American Red Cross Lifeguard program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Pre-requisites: Must be at least 15 years old and be able to complete a standard swim test on the first day of class. The swim test includes a 300 yard continuous swim using front crawl, breaststroke or a combination of both as well as a two-minute tread, and diving to the bottom of the pool and retrieving a weighted brick.

Fee includes Lifeguarding, First Aid and Professional CPR certification, textbook and pocket mask. There will be no refunds given 2 business days prior to the start of class. Participants are required to attend all scheduled class days. For more information contact Lindsey Ross at ext. 1321.

Oct. 26, 27	5:00 PM - 9:00 PM
Oct. 28, 29	8:00 AM - 5:00 PM

Members: \$350

### ARC First Aid/CPR/AED Lay Responder

The Adult First Aid/CPR/AED course teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims about 12 years and older. Successful students will receive a certificate for Adult First Aid/CPR/AED valid for two years. Bring lunch to class. Classes are scheduled quarterly. For more information contact Lindsey Ross at ext. 1321.

**Northeast Family YMCA  
is a No Place for Hate® Facility**



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

**Diabetes Prevention Program  
PHILADELPHIA FREEDOM VALLEY YMCA**

**FOR MORE INFORMATION:**

dpp@philaymca.org  
267-592-4383



# COMMUNITY

## COMMUNITY EVENTS

**Girls Night Out at the YMCA** (Ages 12-17)  
Need an open space to talk about real girl issues? Join the monthly girl's night out hangout! This is a time where tweens/teens can make friends, paint nails, watch movies and talk about what's really going on. Held in the Program Room.

First Friday of every month 7:00 PM - 8:30 PM

**Pain Conversation Support Group**  
If you are struggling with a medical issue(s) that cause you pain, please join our pain conversation support club. This is a member to member led group that offers a comfortable environment to discuss your daily struggles. This will be a time to talk about your daily struggles, remedies, previous experiences, etc. There will be light refreshments provided. Held in the Program Room.

1st Tuesday of every month 1:15 PM - 2:15 PM

**Pumpkin Splash**  
This Halloween season our pumpkin patch will make a huge splash! Yes, pumpkins will float! Come take a swim and get your jack-o-lantern, just right for pickin'. First pick your pumpkin from the pool and while it (and you) dries, light refreshments will be served. Pumpkins can then be decorated, with prizes for the best and most creative creations!

Sunday, October 22nd 10:00 AM - 12:00 PM  
Cost: \$5 per pumpkin

**Trick or Treat Night**  
Calling all ghosts and goblins! Children in the community are invited to the Northeast Family YMCA Halloween Treat Trail. Children are invited to walk through the YMCA in their costumes and gather treats. Safe, free and fun! Free to the community! Pre-registration is required.

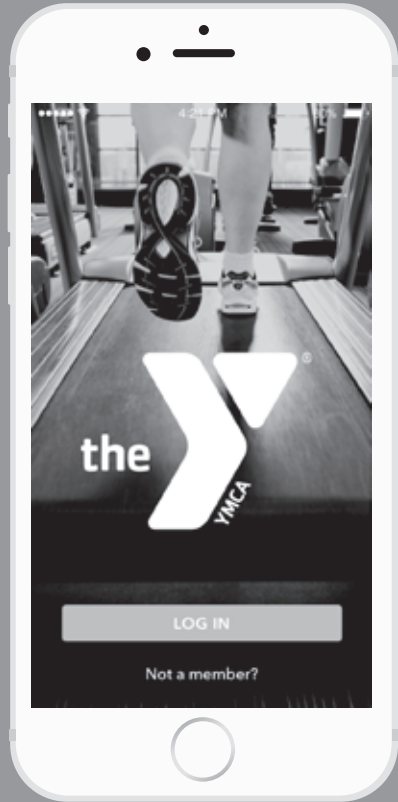
Friday, October 27th 6:30 PM - 7:30 PM  
FREE for members!

**Holiday Cookie Decorating  
& Holiday Movie Night**  
Get in the holiday spirit by stopping by the Y for some fun cookie decorating! We will be showing a Holiday themed movie following our cookie decorating!

Friday, December 15th 6:00 PM  
FREE for members!

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.

## 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.

## MEMBER CODE OF CONDUCT

For the enjoyment of all, our members agree to abide by the rules and regulations of the YMCA. The protection of members and guests who are utilizing the facility is of paramount concern to the Philadelphia Freedom Valley YMCA. We reserve the right to deny access of membership to any person whose behavior is judged to be in conflict with the welfare and safety of other members and/or staff; or who is a registered sexual offender; has plead guilty to or been convicted of any crime involving sexual abuse; or a crime against persons such as a child, spousal or parental abuse or any offense related to the sale or transportation of illegal, habit forming or dangerous drugs; is presently clearly under the influence of intoxicating beverages or behavior modifying drugs.

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

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

## POLICY OF NON-DISCRIMINATION

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

## ASSOCIATION BRANCH RECIPROCITY

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

# POLICIES

## 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.

## 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.

## 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 if their annual income is less than \$40,000 for individuals; \$80,000 for families.

### 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

- Member satisfaction is our priority. The YMCA will grant either a refund of the remainder of their membership dues or an extension of membership renewal date without processing fees. Joining fees are non-refundable.
- 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 a program due to insufficient enrollment.
- 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 bank cancellation form must be submitted to cancel a bank draft.

## 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.

## 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 and to encourage them to recruit prospective new members.

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.

## 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.

## 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 10-11 may use the Wellness Center under direct supervision from a parent or guardian. Participants must be a minimum of age 12 or in 7th Grade to work out alone. Pre-teens 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

**NORTHEAST FAMILY YMCA**  
11088 Knights Road  
Philadelphia, PA 19154  
Phone: 215-632-0100  
Fax: 215-632-1484

## 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  
215-482-9900
- 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 Nischcronk Road  
Dingmans Ferry, PA 18328  
570-828-2329