

PHOENIXVILLE YMCA

FALL 2017

MAKE YOUR
SEPTEMBER
RESOLUTION!

Your Y Program Guide

FALL 2017

Registration begins August 7th



START THE SCHOOL YEAR WITH A SPLASH!

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

philaymca.org

WELCOME TO THE Y!

YMCA ONLINE ACCOUNT MANAGEMENT

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

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

DOWNLOAD OUR APP FOR CURRENT SCHEDULES

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



FOLLOW US ON FACEBOOK, TWITTER, INSTAGRAM & PINTEREST

HEALTHY LIVING PROGRAMS
SPONSORED BY

Independence 
LIVE FEARLESS

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

Abington YMCA

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

Ambler Area YMCA

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

Audubon YMCA

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

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

Haverford Area YMCA

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

Northeast Family YMCA

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

Phoenixville YMCA

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

Pottstown YMCA

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

Rocky Run YMCA

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

Roxborough YMCA

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

Spring Valley YMCA

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

Upper Perkiomen Valley YMCA

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

West Philadelphia YMCA

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

WELLNESS CENTER LOCATION

Stephen Klein Wellness Center
2108 Cecil B. Moore Ave.
Philadelphia, PA 19121
215-235-6440

WELLNESS & TRAINING COMPLEX/ CHILD CARE CENTER LOCATION

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

RESIDENT CAMP LOCATION

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



HOURS OF OPERATION

Monday - Friday	5:00 AM - 10:00 PM
Saturday	7:00 AM - 8:00 PM
Sunday	8:00 AM - 8:00 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.
- Call 610-933-5861 during normal business hours.
- Stop by the branch during normal business hours to register at the Welcome Center Desk.

CHILD WATCH

Ages 6 weeks - 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.

Fall Hours beginning September 5th:

Monday - Thursday	8:30 AM - 8:30 PM
Friday	8:30 AM - 8:00 PM
Saturday	8:00 AM - 2:00 PM
Sunday	9:00 AM - 2:30 PM

Child Watch will escort a child to and from a class during their time in Child Watch. Please confirm dates and times with Kathy Hogga.

TABLE OF CONTENTS

YOUTH	4
TEENS	16
ADULTS	17
COMMUNITY	23
POLICIES	25

MEET OUR STAFF

Deirdre Wood

Executive Director
ext. 2310

Kim Acito

Youth Program Director
ext. 2311

Becky Duncan

Program Director, Preschool
ext. 2328

Sharon Engro

Half Day Preschool/
Nursery School Director
ext. 2319

Michelle Ferretti

Senior Director
Membership, Health & Wellness
ext. 2320

Sara Guido

Adult Program Director
ext. 2323

Kelly Handy

Membership Director
ext. 2370

Ross Herman

Aquatic Director
rherman@philaymca.org

Rebekah Heverly

Gymnastics Coordinator
ext. 2326

Kathy Hogga

Child Watch
Coordinator
ext. 2359

Ryan Kennedy

Competitive Aquatic Director
rkennedy@philaymca.org

Lisa McGregor

Adv. Program Director
Aquatic & Youth Programs
ext. 2330

Julie Szerenyi

Adv. Program Director, Camp &
School Aged Childcare
ext. 2339

Jessica Vogt

Senior Program Director
Childcare, Abilities
ext. 2340

Chris Walmsley

Y Achievers, Teen Director
ext. 2338

YOUTH

AQUATICS

AGE KEY:

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

SWIM STARTERS (30 minutes)

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

Swim-Parent/Child (6-18 months)

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

Summer (1x week for 8 weeks)

Monday	10:30 AM – 11:00 AM
Saturday	9:00 AM - 9:30 AM 10:10 AM – 10:40 AM 11:20 AM – 11:50 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.

Summer (1x week for 8 weeks)

Wednesday	1:00 PM – 1:30 PM
Saturday	9:35 AM – 10:05 AM 10:45 AM – 11:15 AM

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

Learn more about swim lessons with our swim tree!

Visit PhilaYMCA.org

SWIM BASICS

(Preschool 30 minutes)

(School Age/Teens/Adults 40 minutes)

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

Swim Basics - Stage 1

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

Preschool

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

Members: \$56
Program Members: \$112

School Age

Monday	5:00 PM – 5:40 PM
Tuesday	5:45 PM – 6:25 PM
Wednesday	5:45 PM – 6:25 PM
Thursday	5:45 PM – 6:25 PM
Saturday	9:00 AM – 9:40 AM 11:15 AM – 11:55 AM
Sunday	5:30 PM – 6:10 PM

Members: \$64
Program Members: \$128

Teen

Monday	7:00 PM – 7:40 PM
--------	-------------------

Members: \$64
Program Members: \$128

Adult

Monday	7:00 PM – 7:40 PM
Thursday	6:00 PM – 6:40 PM

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	11:00 AM – 11:30 AM 1:00 PM – 1:30 PM 4:35 PM – 5:05 PM 6:20 PM – 6:50 PM
Tuesday	10:35 AM – 11:05 AM 11:10 AM – 11:40 AM 1:30 PM – 2:00 PM 4:00 PM – 4:30 PM 6:20 – 6:50 PM
Wednesday	10:00 AM – 10:30 AM 5:10 PM – 5:40 PM
Thursday	10:35 AM – 11:05 AM 11:10 AM – 11:40 AM 4:00 PM – 4:30 PM 6:30 PM – 6:50 PM
Saturday	9:35 AM – 10:05 AM 10:45 AM – 11:15 AM
Sunday	4:35 PM – 5:05 PM

Members: \$56
Program Members: \$112

School Age

Monday	5:45 PM – 6:25 PM
Tuesday	6:30 PM – 7:10 PM
Wednesday	6:30 PM – 7:10 PM
Thursday	6:30 PM – 7:10 PM
Saturday	10:30 AM – 11:10 AM
Sunday	4:00 PM – 4:40 PM

Members: \$64
Program Members: \$128

Teen

Monday	7:00 PM – 7:40 PM
--------	-------------------

Members: \$64
Program Members: \$128

Adult

Monday	7:00 PM – 7:40 PM
--------	-------------------

Members: \$64
Program Members: \$128

Swim Basics - Stage 3

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

Preschool

Monday	1:30 PM – 2:00 PM 5:10 PM – 5:40 PM
Tuesday	10:00 AM – 10:30 AM 11:10 AM – 11:40 AM 5:10 PM – 5:40 PM
Wednesday	10:30 AM – 11:00 AM 4:00 PM – 4:30 PM
Thursday	10:00 AM – 10:30 AM 1:00 PM – 1:30 PM 5:10 PM – 5:40 PM
Saturday	9:45 AM – 10:15 AM 10:55 AM – 11:25 AM
Sunday	5:10 PM – 5:40 PM

Members: \$56
Program Members: \$112

School Age

Monday	6:30 PM – 7:10 PM
Tuesday	5:00 PM – 5:40 PM
Wednesday	5:00 PM – 5:40 PM
Thursday	5:00 PM – 5:40 PM
Saturday	9:00 AM – 9:40 AM 9:45 AM – 10:25 AM
Sunday	4:45 PM – 5:25 PM 5:55 PM – 6:35 PM

Members: \$64
Program Members: \$128

Teen

Monday	7:00 PM – 7:40 PM
Wednesday	7:45 PM – 8:25 PM

Members: \$64
Program Members: \$128

Adult

Monday	7:00 PM – 7:40 PM
Wednesday	7:45 PM – 8:25 PM

Members: \$64
Program Members: \$128

**ALL PAID CLASSES ARE PRORATED FOR
LABOR DAY, SEPTEMBER 4th
& THANKSGIVING DAY, NOV. 25th.**

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	5:45 PM – 6:15 PM
Tuesday	10:35 AM – 11:05 AM 5:45 PM – 6:15 PM
Wednesday	5:45 PM – 6:15 PM
Thursday	10:00 AM – 10:30 AM 1:30 PM – 2:00 PM 5:45 PM – 6:15 PM
Saturday	10:20 AM – 10:50 AM 11:30 AM – 12:00 PM
Sunday	4:45 PM – 5:15 PM

Members: \$56

Program Members: \$112

School Age

Monday	5:00 PM – 5:40 PM
Tuesday	6:30 PM – 7:10 PM
Wednesday	5:45 PM – 6:25 PM
Thursday	6:30 PM – 7:10 PM
Saturday	10:30 AM – 11:10 AM
Sunday	4:00 PM – 4:40 PM

Members: \$64

Program Members: \$128

Teen

Monday	7:00 PM – 7:40 PM
Wednesday	7:45 PM – 8:25 PM

Members: \$64

Program Members: \$128

Adult

Monday	7:00 PM – 7:40 PM
Wednesday	7:45 PM – 8:25 PM

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	5:45 PM – 6:25 PM
Tuesday	5:45 PM – 6:25 PM
Wednesday	5:00 PM – 5:40 PM
Thursday	5:45 PM – 6:25 PM
Saturday	9:00 AM – 9:40 AM 11:15 AM – 11:55 AM
Sunday	5:55 PM – 6:35 PM

Members: \$64

Program Members: \$128

Teen

Wednesday	7:45 PM – 8:25 PM
-----------	-------------------

Members: \$64

Program Members: \$128

Adult

Wednesday	7:45 PM – 8:25 PM
-----------	-------------------

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	6:30 PM – 7:10 PM
Tuesday	5:00 PM – 5:40 PM
Wednesday	6:30 PM – 7:10 PM
Thursday	5:00 PM – 5:40 PM
Saturday	9:45 AM – 10:25 AM
Sunday	4:00 PM – 4:40 PM

Members: \$64

Program Members: \$128

Teen

Wednesday	7:45 PM – 8:25 PM
-----------	-------------------

Members: \$64

Program Members: \$128

Adult

Wednesday	7:45 PM – 8:25 PM
-----------	-------------------

Members: \$64

Program Members: \$128

PRIVATE SWIM LESSONS

Private lessons are for all ages and swimming ability. Individual lessons are scheduled with an instructor and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are scheduled in 30 minute increments. Questions can be directed to Ross Herman at rherman@philaymca.org

Private Swim Lessons (5-Lesson Package):

Members:

\$150 (\$30/person per ½ hour)

Program Members:

\$300 (\$60/person per ½ hour)

Semi-Private Swim Lessons (5-Lesson Package):

Members:

\$100 (\$20/person per ½ hour)

Program Members:

\$200 (\$40/person per ½ hour)

Fee applies to each person registered.

SYNCHRONIZED SWIMMING

Our Synchronized Swimming Lessons are designed to give you a feel for the sport. Lessons offer individual attention to the basic skills to help the children develop a good skill base for growth. We encourage everyone to try a meet before making a decision to join the team. Our beginner lessons are for anyone who has never done synchro before. Intermediate lessons are for those that may have tried them in the past or have had previous swimming team, dance or gymnastic backgrounds. Jumping to Intermediate requires a meeting with the coach.

Beginner

Beginner lessons concentrate on flexibility, swimming skills and basic synchronized swimming moves. Swimmers will have the opportunity to compete in the first meet of the season Sunday, November 19th or Sunday December 3rd.

(Ages 4-7)

Sunday	3:00 PM – 4:30 PM
--------	-------------------

(Ages 7+)

Thursday	7:00 PM – 8:30 PM
----------	-------------------

Sunday	5:00 PM – 6:30 PM
--------	-------------------

Members: \$135

Program Members: \$270

Intermediate (Ages 7+)

A 16-week program, Intermediate lessons build on the beginner skills and learn more challenging moves. Swimmers will learn basic moves set to music and will have the opportunity to compete in the first meet of the season Sunday, November 19th or Sunday December 3rd.

Tuesday	7:00 PM - 8:30 PM
---------	-------------------

Members: \$270

Program Members: \$540

SYNCHRONIZED SWIMMING TEAM

This year-round program combines swimming with music, gymnastics and ballet in the water. Must have previous Synchro experience.

Members: \$125/mo

For more information about the

Synchronized Swimming program, contact

Jennifer Hatt at jhatt@philaymca.org or

JenMacHatt@verizon.net.

FALL STROKE & TURN CLINIC

The PAY Swimming Stroke and Turn Clinic for Fall 2017 offers swimmers of all ages a chance to refine and improve their swimming skills, with additional emphasis on readying swimmers for participation on Phoenixville YMCA Winter Swim Team. Please note: this is NOT a learn-to-swim program. It is a developmental program focusing on one stroke per week and starts and turns. With more advanced swimmers, ages 14+, dryland training may be incorporated. Registration begins on August 7th for Senior and Elite Groups, and August 14th for all others. General group information is noted below. For more detailed information on group schedules, visit payswim.org website.

Program Dates:

Blue, Bronze, Silver, Gold: 9/05 – 9/29 (4 wks.)

Senior, Elite: 8/21 – 9/30 (6 wks.)

Blue Group (Ages 6-8)

This is for first-year competitive swimmers with proficiency in freestyle and the ability to perform legal backstroke. Please note: This is NOT a learn-to-swim program. This group will focus on the basics of competitive swimming with introduction to breaststroke and butterfly. Participants must have come from a pre-competitive program or show abilities on the first day or at evaluation before program begins.

Members: \$90

Program Members: \$180

Bronze Group (Ages 6-10)

This is a beginner level for swimmers with 1-2 years of swim team experience including pre-competitive. Please note: This is NOT a learn-to-swim program. This group will focus on refining freestyle and backstroke and learning legal butterfly and breaststroke. Participants will be required to perform multiple laps of freestyle and backstroke with a working knowledge of butterfly and breaststroke.

Member: \$90

Program Member: \$180

Silver Group (Ages 9-12)

This is an advanced level for those with 2-4 years of swim team experience. This group will focus on refining all 4 competitive strokes, starts, and turns with drills. Participants must be able to complete and repeat 50 meters of each stroke legally.

Members: \$90

Program Members: \$180

Silver Group (Ages 11-15)

This is an advanced level for those who swim at a proficient level in all four strokes. Training will combine drills 3 days a week with aerobic fitness once a week. Stroke technique at swimming race speed will be the goal of this group.

Members: \$115

Program Members: \$230

Senior Group (Ages 12-18)

This is a six-week pre-season training program that includes advanced, individual stroke mechanic work, while primarily focusing on developing an aerobic base for the upcoming season. Participants must have multiple YMCA district time standards as well as the ability to repeat 100 SC meter freestyles on 1:35 or better.

Members: \$185

Program Members: \$370

YOUTH

Elite Group (Ages 12-18)

This is a six-week pre-season training program that addresses stroke mechanics weekly, but primarily focuses on aerobic and anaerobic work to develop a strong base for the upcoming season. Swimmers must be within 10% of a YMCA National Qualifying time and must be able to complete repeat 100 SC meter freestyles on 1:25 or better.

Members: \$200

Program Members: \$400

PRE-COMPETITIVE PROGRAM

(Ages 6 - 12) **(2x week for 8 weeks)**

Members & Family Members: \$128

Program Members: \$256

Novice (Ages 6-8)

For those who can swim an entire length of the pool freestyle and backstroke and can complete 15 yards of either breaststroke or butterfly. This class will work on competitive stroke technique over full lengths of swimming. Some advanced techniques will be introduced.

Tu./Th. 5:00 PM – 5:45 PM

Beginner (Ages 6-8)

For those who can swim an entire length of the pool with all four competitive strokes. This class will continue to refine stroke techniques as well as introduce starts and turns.

Tu./Th. 5:45 PM – 6:30 PM

Intermediate (Ages 7-10)

For those who can swim two lengths of the pool of freestyle and backstroke and one length of the pool breaststroke and butterfly. This class will begin to build stamina for longer swims as well as working on starts and turns.

Mon./Wed. 6:30 PM – 7:15 PM

Advanced (Ages 8-12)

For those who can swim two lengths of the pool of all four competitive strokes. This class will continue to build stamina for longer swims as well as working on starts and turns.

Mon./Wed. 5:00 PM – 5:45 PM

Prep (Ages 10 - 14)

For those who can swim four lengths of freestyle and backstroke and 2 lengths of breaststroke and butterfly. While tuning techniques this class will work on speed based workouts with an emphasis on turns and techniques.

Mon./Wed. 5:45 PM – 6:30 PM

COMPETITIVE SWIM TEAM PROGRAM

The Phoenixville YMCA offers a winter swim team that participates in the YMCA PennDel League and a summer swim team that participates in the Tri-County Swim League. Our winter league season runs from October through February, with the opportunity for extended training for those who qualify for district, state and national championships. Additional fees may apply to extended-season training. All ages of swimmers from absolute beginners to national qualifiers participate in both dual league meets and invitational meets throughout the season. It offers a fun atmosphere for both kids and parents to learn a life skill and test them against other swimmers from the area. USA Swimming is also offered for those registered. Stroke & Turn clinics are offered by PAY coaches during September and May, to ready the swimmers for our winter and summer leagues.

For more information, visit www.payswim.org or contact Head Coach Ryan Kennedy at rkennedy@philaymca.org.

SWIM TEAM EVALUATIONS!

If you are interested in registering for our Fall Stroke & Turn Clinic, or joining the Phoenixville YMCA Swim Team, Coach Ryan Kennedy and his staff will be conducting evaluations to determine a child's readiness for each program. Evaluations are free and open to the community.

Participation in clinic and swim team requires a YMCA membership. Please register online or at the Welcome Center. Questions and requests for individual evaluations can be directed to Coach Kennedy via e-mail at rkennedy@philaymca.org.

Evaluation Dates:

Monday, August 21 6:00 PM - 8:00 PM

Tuesday, August 22 5:00 PM – 7:00 PM

Monday, August 28 5:00 PM – 8:00 PM

Open to the Community: Free

Phoenixville YMCA Swim Team (Ages 6-18)

Full Privilege Members Only

The Phoenixville Y Swim Team (PAY) is a competitive program participating in the Penn-Del Swim League. PAY will field one team each of boys and girls to swim five to seven Penn-Del dual meets during the competitive season which runs from October into February when league championships are held.

There is an opportunity to qualify for post-season participation when we compete at the Y district and state level meets, culminating with the YMCA Nationals meet in April.

For information on group level pricing, guidelines, and schedules, please visit the team website at www.payswim.org.

Swim Team (Cont'd)

Registration will open for existing PAY and Baker Park team members on August 16th, and new swimmers on August 23rd. All participants must pre-register by completing required paperwork before registration can be completed. Registration timeline and procedures, including all fees, will be posted on the team website no later than July 28th. Visit www.payswim.org.

High School swimmers who are required to attend their own high school team practices at least three times/week and therefore cannot attend at least three YMCA team practices during high school season, are offered a prorated High School discount of 25%. All high school swimmers will register with their appropriate training group and must request discount at the time of registration.

Fees will be paid in four equal installments over the months of September through December. An All-Swimmer Team Registration/Rostering Fee will apply for each swimmer, and covers a portion of all-swimmer expenses: championship entries, team banquet, swimmer end of season gifts, website maintenance, etc. An additional volunteer deposit may be required from families.

USA Swimming

USA Swimming (USAS) program is a supplemental competitive opportunity for those team swimmers ages 9+ who are deemed ready, and complete the registration process. Fall/Winter/Spring meet season runs October through March. Summer meet season runs May through July.

Members Only:

USAS Annual Registration/Renewal:	\$75.00
USAS Fall/Winter/Spring Fees:	\$50.00
USAS Summer Fees:	\$25.00

ARTS & HUMANITIES

Art Education – Drawing, Doodling & Cartooning (Ages 10+)

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	11:15 AM – 12:00 PM
----------	---------------------

Family Members: \$17
Members: \$34
Program Members: \$68

Art Education – Fine Arts

Learn about the techniques of renowned artists from the past like Picasso, DaVinci, VanGogh, Rembrandt, Monet, and others. Work on various styles of art - painting, watercolor, charcoal.

(Ages 6-8)

Monday	5:00 PM - 5:45 PM
--------	-------------------

(Ages 10-13)

Saturday	10:30 AM - 11:15 AM
----------	---------------------

Family Members: \$17
Members: \$34
Program Members: \$68

Art Education – Painting (Ages 7-10)

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

Thursday	5:00 PM - 5:45 PM
----------	-------------------

Family Members: \$17
Members: \$34
Program Members: \$68

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

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

Monday	9:30 AM - 10:15 AM
--------	--------------------

Family Members: \$17
Members: \$34
Program Members: \$68

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	5:00 PM – 5:45 PM
---------	-------------------

Thursday	9:30 AM - 10:15 AM
----------	--------------------

Family Members: \$17
Members: \$34
Program Members: \$68

Arts & Crafts – Play Dough (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.

Thursday	10:30 AM - 11:00 AM
----------	---------------------

Family Members: Free
Members: Free
Program Members: \$68

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.

Sunday	5:30 PM – 6:15 PM
--------	-------------------

Family Members: \$17
Members: \$34
Program Members: \$68

YOUTH

Cooking – Preschool (Ages 3-5)

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.

Friday 9:30 AM – 10:15 AM

Family Members: \$17

Members: \$34

Program Members: \$68

Education – Academic

1-on-1 Tutoring (Ages 7+)

Working with one of our Pennsylvania Certified Teachers can help you plan your approach to accomplishing your goals. Are you getting your child ready for a test? Do they need help with a specific concept? Do they need a little extra explanation or assistance in a subject? Our teachers are prepared to help in any way they can be developing a one-on-one tutoring plan designed around your child's needs. Tutoring packages are purchased by the number of sessions you need, and arranged on an individual basis with the tutor. All sessions are 30 minutes. For more information, contact Kim Acito at ext. 2311.

Sessions	Family/Full Privilege Members	Program Members
1 session	\$15	\$30
5 sessions	\$70	\$140
10 sessions	\$130	\$260

Education – Pre-School Prep

(Ages 2-1/2 – 4)

Get your soon-to-be preschooler ready with this education class featuring circle time, weather/ calendar, letters, numbers, and colors.

Wednesday 10:30 AM - 11:15 AM

Family Members: \$17

Members: \$34

Program Members: \$68

Education – Science – Youth

Take a closer look at the world that surrounds you by participating in hands-on experiments. Topics will include volcanoes, space, weather and fossils. (Ages 4-6)

Monday 9:30 AM - 10:15 AM

Wednesday 6:00 PM - 6:45 PM

(Ages 7-10)

Tuesday 4:00 PM - 4:45 PM

Family Members: \$17

Members: \$34

Program Members: \$68

Education – World Cultures – Preschool

(Ages 3-5)

Children will experience various cultures through programs and activities that both education and inspire creative thinking.

Friday 10:30 AM – 11:15 AM

Family Members: \$17

Members: \$34

Program Members: \$68

Guitar Instructional (Ages 7+)

Individual Instructional Guitar lessons. Want to learn to be a real guitar hero? Start with the basics, step into chords and soon you'll be jammin'. All classes are 30 minutes and are offered Monday through Sunday at varying times between the hours of 9:00 AM and 7:30 PM. Specific times can be found online or at the Welcome Center prior to registration. Please direct all questions to Kim Acito at ext. 2311. Full Privilege Members: \$65
Program Members: \$130

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.

Tuesday 9:30 AM - 10:15 AM

Family Members: \$17

Members: \$34

Program Members: \$68

Music – Preschool (Ages 3-5)

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

Tuesday 10:30 AM - 11:15 AM

Family Members: \$17

Members: \$34

Program Members: \$68

Piano Instructional (Ages 5 & up)

Come learn something new...open for all beginning to early-advanced piano students. Lessons cover performance, technique, and music theory, as well as various musical styles. All lessons are tailored to each student's

individual needs and goals. Classes are held in the Intergenerational Room. All classes are 30 minutes and are offered Monday through Sunday at varying times between the hours of 9:00 AM and 7:30 PM. Specific times can be found online or at the Welcome Center up to two weeks prior to registration. Please direct all questions to Kim Acito at ext. 2311.

Members: \$96

Program Members: \$192

Story Time (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.

Wednesday 9:30 AM - 10:15 AM

Family Members: \$17

Members: \$34

Program Members: \$68

DANCE

Phoenixville YMCA offers dance instructional classes that incorporate the basic elements and technique for various styles and levels of dance.

Dance Ballet – Preschool (Ages 3-5)

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

Tuesday	10:00 AM - 10:45 AM 1:00 PM - 1:45 PM
---------	--

Saturday	9:00 AM - 9:45 AM
----------	-------------------

Family Members: \$30

Members: \$60

Program Members: \$120

Dance Ballet – Youth

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

(Ages 5-8)

Saturday	10:00 AM - 11:00 AM
----------	---------------------

(Ages 8-10)

Saturday	11:00 AM - 12:00 PM
----------	---------------------

Family Members: \$34

Members: \$68

Program Members: \$136

HEALTH & WELLNESS

Family Yoga (B I A)

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.

Thursday	5:00 PM – 5:30 PM
----------	-------------------

Family Members: Free

Members: Free

Teen Yoga (B I)

Lean the basics of form and alignment as well as the fundamentals of Yoga in this 30-minute class designed for adolescents ages 12 and up. No prior experience required. This class will teach you the “postures” and how to practice “safely” as you begin your yoga journey.

Thursday	4:30 PM – 5:00 PM
----------	-------------------

Family Members: Free

Members: Free

Youth Strength Training (I A)

(Ages 10-12)

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

Thursday	5:00 PM - 6:00 PM
----------	-------------------

Family Members: Free

Members: Free

Teen Strength Training (I A)

(Ages 13-17)

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

Wednesday	6:00 PM - 7:00 PM
-----------	-------------------

Family Members: Free

Members: Free

GYMNASTICS

Gymnastics – Parent/Child

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.

(Ages 1-2)

Monday	9:15 AM - 10:00 AM
--------	--------------------

Wednesday	10:15 AM - 11:00 AM
-----------	---------------------

Thursday	9:15 AM - 10:00 AM
----------	--------------------

(Ages 2-3)

Monday	10:15 AM - 11:00 AM
--------	---------------------

Wednesday	9:15 AM - 10:00 AM 10:15 AM - 11:00 AM
-----------	---

Thursday	10:15 AM - 11:00 AM
----------	---------------------

Family Members: \$26

Members: \$52

Program Members: \$104

*Classes are prorated for Labor Day, Thanksgiving and Christmas Eve. Additional weekend classes may be prorated due to gymnastics meets scheduled during the Late Fall Session. These dates will be available and noted during the registration process.

YOUTH

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.

(Ages 3-4)

Monday	11:30 AM - 12:15 PM
Tuesday	10:30 AM - 11:15 AM 11:30 AM - 12:15 PM 4:30 PM - 5:15 PM
Wednesday	12:30 PM - 1:15 PM
Thursday	12:30 PM - 1:15 PM
Friday	9:30 AM - 10:15 AM
Saturday	8:30 AM - 9:15 AM
Sunday	2:30 PM - 3:15 PM

(Ages 4-5)

Monday	12:30 PM - 1:15 PM
Tuesday	12:30 PM - 1:15 PM 4:30 PM - 5:15 PM
Wednesday	11:30 AM - 12:15 PM
Thursday	11:30 AM - 12:15 PM
Friday	10:30 AM - 11:15 AM
Saturday	8:30 AM - 9:15 AM
Sunday	2:30 PM - 3:15 PM

Family Members: \$34
Members: \$68
Program Members: \$136

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, floor and vault.

(Ages 5½-8)

Monday	1:30 PM - 2:30 PM
Tuesday	9:15 AM - 10:15 AM 5:25 PM - 6:25 PM 6:35 PM - 7:35 PM
Saturday	9:30 AM - 10:30 AM 10:40 AM - 11:40 AM
Sunday	12:00 PM - 1:00 PM 1:15 PM - 2:15 PM

(Ages 8+)

Tuesday	6:35 PM - 7:35 PM 7:40 PM - 8:40 PM
Saturday	10:40 AM - 11:40 AM 11:45 AM - 12:45 PM
Sunday	12:00 PM - 1:00 PM 1:15 PM - 2:15 PM

Family Members: \$34
Members: \$68
Program Members: \$136

Cheerleading - Tumbling (Ages 11-16)

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

Tuesday	3:30 PM - 4:15 PM
---------	-------------------

Family Members: \$34
Members: \$68
Program Members: \$136

GYMNASTICS TEAMS

All team participants are selected from our gymnastic classes or by tryout. For more information, please contact Rebekah Heverly at 610-933-5861 ext. 2326.

Gymnastics Team - Level 3

Monday	6:00 PM - 8:00 PM
Thursday	4:00 PM - 6:00 PM

Family/Members: \$90/Month

Gymnastics Team - Level 4

Monday	6:45 PM - 8:45 PM
Wednesday & Thursday	4:00 PM - 6:00 PM

Family/Members: \$105/Month

Gymnastics Team - Level 5

Wednesday & Thursday	4:00 PM - 6:00 PM
Sunday	5:00 PM - 8:00 PM

Family/Members: \$110/Month

Gymnastics Team - Levels 6+

Monday	4:00 PM - 7:00 PM
Wednesday & Thursday	6:00 PM - 9:00 PM

Family/Members: \$125/Month

MARTIAL ARTS

Tang Soo Do (Ages 6 & up)

Traditional Korean Martial Art promotes self-defense, fitness, discipline and develops character, mental strength and respect for others. Great for parents and children to do together. All classes are taught by World Tang Soo Do certified Black Belt instructors.

Tues. & Thurs.	7:00 PM - 8:30 PM
----------------	-------------------

Family, Youth & Adult Members: \$75/month
Youth Program Members: \$100/month

Family Discount: First additional family member receives \$10 off. Second additional family member receives \$15 off. Family members must register together.

INSTRUCTIONAL SPORTS

Agility - Youth (Ages 7-10)

The class will enhance athlete's speed and agility to better prepare them for various sports. Class will consist of conditioning, cardio, and drills for participants.

Thursday 4:30 PM - 5:15 PM

Family Members: \$17
Members: \$34
Program Members: \$68

Archery - Youth/Teen

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

(Ages 5-8)

Saturday 9:30 AM - 10:15 AM
10:30 AM - 11:15 AM

(Ages 9-12)

Saturday 11:30 AM - 12:15 PM

(Ages 13+)

Saturday 12:30 PM - 1:15 PM

Family Members: \$34
Members: \$68
Program Members: \$136

Badminton - Youth/Teen (Ages 10-16)

This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem. Bring your own racket. Open play only in Summer.

Sunday 5:00 PM - 6:00 PM

Family Members: Free
Members: Free

Basketball - Preschool/Youth

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

(Ages 3-6)

Wednesday 12:15 PM - 12:45 PM

Friday 10:30 AM - 11:00 AM

(Ages 7-10)

Tuesday 5:15 PM - 6:00 PM

Family Members: Free
Members: Free

Running - Youth (Ages 7-9)

Learn how to train like a runner. Class will focus on basic stretches, drills and running techniques in a fun, supportive environment. Water bottle, sneakers and appropriate clothing for running outdoors are required.

Tuesday 4:30 PM - 5:15 PM

Family Members: Free
Members: Free

Soccer - Preschool/Youth

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)

Thursday 9:30 AM - 10:15 AM

(Ages 6-9)

Wednesday 6:00 PM - 6:45 PM

Family Members: \$17
Members: \$34
Program Members: \$68

Sports Introduction - Parent/Child

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

(Ages 2-3)

Tuesday 10:30 AM - 11:15 AM

Friday 9:30 AM - 10:15 AM

Family Members: \$17
Members: \$34
Program Members: \$68

Sports Introduction - Preschool

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

(Ages 3-5)

Monday 9:30 AM - 10:15 AM

Tuesday 6:00 PM - 6:45 PM

Wednesday 1:00 PM - 1:45 PM

Family Members: \$17
Members: \$34
Program Members: \$68

Tennis - Youth/Teen

Participants are introduced to tennis through supplemental activities such as basic strokes and fun games. Athletic shoes MUST be worn.

(Ages 5-6)

Wednesday 4:15 PM - 5:00 PM

(Ages 7-9)

Wednesday 5:15 PM - 6:00 PM

(Ages 10-14)

Wednesday 7:15 PM - 8:00 PM

Family Members: \$17
Members: \$34
Program Members: \$68

YOUTH

Tennis – Advanced – Youth/Teen

This program is for youth who have learned the fundamentals of the game and are ready to take their tennis game to the next level. The program includes skill development, drills and scrimmage time. Previous tennis experience recommended. Instructor evaluation is required before enrolling in the class. Athletic shoes must be worn. (Ages 8-14)

Wednesday 6:15 PM - 7:00 PM

Family Members: \$17

Members: \$34

Program Members: \$68

Volleyball – Youth/Teen (Ages 10-18)

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

Thursday - Open Play 7:00 PM – 9:00 PM

Family Members: Free

Members: Free

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.

**Sports Leagues – 8 week season
Games played on Saturday and practices
are held one night per week, unless
otherwise indicated.**

FALL 2017

Registration: June 1 - August 6

Start Date: September 9

Soccer 3 - 11 yrs.

Flag Football 4 - 9 yrs.

T-Ball 4-5 yrs.

Baseball 6-7 yrs.

Coach Pitch

EARLY WINTER 2017

Registration: September 24 – November 1

Start Date: December 2

Basketball 4-18 years

WINTER 2018

Registration: December 3 – January 14

Start Date: February 17

Soccer - Indoor 3 - 11 yrs.

Flag Football - Indoor 4 - 9 yrs.

SPRING 2018

Registration: January 28 – March 11

Start Date: April 7/8

T-Ball 4 – 5 yrs.

Baseball Coach Pitch 6 - 7 yrs.

Soccer 3 - 11 yrs.

SUMMER 2018

Registration: May 1 - June 4

Start Date: June 18

Basketball 6 - 11 years

Girls Volleyball (Ages 10-17)

The Phoenixville YMCA Girls Volleyball Program provides a positive sports experience that focuses on fun, friendship, sportsmanship and skill development. Players receive individual attention geared toward improving player skills and understanding of the game.

Fall 2017

Registration Dates August 1 – September 6

Start Date Sunday, September 20

Winter 2018

Registration Dates Nov. 30 – January 16

Start Date Sunday, February 20

Summer 2018

Registration Dates May 1 – June 4

Start Date Monday, June 19

Adult Co-Ed Volleyball

Adult Co-Ed volleyball leagues provide recreational/competitive play for BB/B/C level teams. League participation features one practice/10-game schedule (5 game sets) and post-season tournaments by divisions. Games are USVBA-officiated. Fall League begins September 10th; Winter League begins January 7th. For more information, contact Lisa McGregor at lmcgregor@philaymca.org.

Sunday 5:00 -9:00 PM.

Members/Non-Members: \$525 per team

League Registration Forms are available online or at the Welcome Center.

Family Members: \$30

Members: \$60

Program Members: \$120

Phoenixville YMCA Sports

Lisa McGregor, Advanced Director

484-924-5846

lmcgregor@philaymca.org

BIRTHDAY PARTIES

Looking to host a birthday party, baby shower or pool party?

Whatever your need, we are here to help plan the event of your dreams.

Offering options such as gymnastics, sports, aquatics, fitness or craft themes, your party is limited only by your imagination.

Contact Jenn Pomager at 610-933-5865 or jpomager@philaymca.org to start planning your next event at the Y.

ABILITY PROGRAMS

Ability - Aquatic Parent/Child (Ages 4-8)
 Help develop your child's ability to swim, as well as strengthen their muscles. Class is held in our warm water pool. If interested in this class for your child, e-mail Ross Herman: rherman@philaymca.org

Abilities Parent Support Group
 Please join us for our monthly meetings of the Phoenixville YMCA Parent Support Group. Our goal is to provide a safe and positive environment for parents to share their thoughts and concerns about raising a child with special needs. We hope to create an environment of positive cooperative support where individuals will encourage each other, share resources, and create a sense of community. Parent Support Group meets the second Wednesday of every month.

Members with a disability are encouraged to participate in all classes that the YMCA has to offer.
 If you have a disability and are in need of support or have questions about the Parent Support Group Schedule, please contact Jessica Vogt at ext. 2340.

CHILD CARE

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



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

Keystone Stars encourages and supports programs to develop and sustain higher levels of quality, in order to strengthen outcomes for children and families and improve school readiness. Phoenixville Y is a Pre-K Counts Facility. Please visit www.papromiseforchildren.org for more information.

PRESCHOOL PROGRAMS

Phoenixville 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. Families enrolled five days will receive a free youth membership. All Phoenixville Preschool classes are led by degreed teachers and credentialed assistants.

What to expect:

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

Infant Care (6 weeks - 12 months)
 Infants thrive in a safe, nurturing environment surrounded by experienced care givers.

Toddler Care (13 months - 35 months)
 Teachers and staff support and facilitate child development as toddlers experience their new independence in a stimulating atmosphere.

Preschool (3-5 years)
 This program provides a beneficial social experience and good foundation for future education. Experienced teachers and aides utilize child-centered activities to encourage attentive listening skills, pro-social behavior and provide opportunities to increase self-awareness. Swim Lessons offered weekly.

Half Day Preschool (2-5 years)
 This is more than a play group; this is your child's first experience away from parents or guardians. Children are introduced to the wonderful world of colors, shapes, songs, music, movement, friendship, social skills and more. The children will also learn the fundamentals of reading and writing, and STEM (Science, Technology, Engineering, Math). With degreed staff, we encourage pro-social behavior and provide opportunities to increase self-care skills.

- 2, 3 and 5 day options; 3 hour classes for children
- Swim Lessons are available with some options
- Ages 2 to 5 runs from September to May.
- Extended Care available as early as 8:30 AM and until 2:00 PM
- Music and gym are offered as specials.

SCHOOL AGE PROGRAMS

(K-5th Grade)
 The Phoenixville Y is committed to providing a quality School Age program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Human Services. In addition, all programs have achieved a Star 2 rating based on the Pennsylvania Keystone Star quality assurance program. Each program day, our qualified staff provides creative learning experiences and supervised activities for a child's development and enjoyment.

Before Care

(7:00 AM - school start time)
 Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc. Drop your child off at school with our staff and they'll be in good hands until class begins.

After Care

(Dismissal - 6:30 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 hours.

Directed at children in elementary grades and supplemental kindergarten, our programs are hosted in the Phoenixville Area School District Elementary schools, Renaissance Academy, and the YMCA branch. We follow a planned curriculum and provide homework supervision as well as encourage the child to enjoy fun time.

YOUTH/TEENS

School Age Child Care (Cont'd)

Our Middle School after-care program is held at the Phoenixville branch and is offered only to students in the Phoenixville Middle School. Special events, study time, recreational activities and more are offered to the students. Transportation from the middle school to the Y should be arranged by families using school district busing. Participants are strongly encouraged to enroll in our Y Achievers Program (see page 15).

SCHOOL AGE HOLIDAY CARE

School Age Holiday care is held at the Phoenixville YMCA. *Your child must be enrolled in the School Age Childcare program in order to attend Holiday Care. Care is available for your child on the days when school is closed due to in-service days and holidays. **You must register at least one month prior to the date you want your child to attend.**

2017-2018 REGISTRATION

Registration for Half Day Preschool and Childcare has begun. Please contact one of the staff listed below to register or receive information on Financial Assistance. Registration for all programs is underway.

Sharon Engro
Half Day Preschool
Nursery School
Director
ext. 2319

Julie Szerenyi
Program Director,
Camp & School
Aged Childcare
ext. 2339

Becky Duncan
Childcare
Director
ext. 2328

Education – Academic 1-on-1 Tutoring

(Ages 7+)

Working with one of our Pennsylvania Certified Teachers can help you plan your approach to accomplishing your goals. Are you getting your child ready for a test? Do they need help with a specific concept? Do they need a little extra explanation or assistance in a subject? Our teachers are prepared to help in any way they can be developing a one-on-one tutoring plan designed around your child's needs. Tutoring packages are purchased by the number of sessions you need, and arranged on an individual basis with the tutor. All sessions are 30 minutes. For more information, contact Kim Acito at ext. 2311.

Academic 1-on-1 Tutoring Prices:

# of Sessions	Members	Program Members
1	\$15	\$30
5	\$70	\$140
10	\$130	\$260

TEEN PROGRAMS

Teen Nights

Teen and Tween nights are combined into one fun-filled night for kids ages 10-15 years. Have fun playing games, swimming, watching movies and more.

2nd Friday of
each Month

6:30 PM - 8:30 PM

Y Achievers

The YMCA's Y Achievers program is designed to expose 5th-12th graders to a wide range of career options and the tools to achieve their higher educational goals. Y Achievers encompasses 5 Programmatic Thrusts: College Readiness, Career Exploration, Leadership Development, Character Development and Community Service. Clusters are held at Villanova University the 1st and 3rd Saturdays of the month. The program runs September – June. Includes a free one-year YMCA membership while enrolled in the program.

Tuesday - Every
other week

6:30 PM - 8:00 PM

Youth and Government

Teens become civically engaged through learning about human rights, core principles of democracy, human rights, and debate while gaining skills that will make them more effective and successful in school, life, and work. Explore ideas in an empowering environment as your leadership & public speaking skills are developed! Additionally, participants will have service learning opportunities.

Thursday

6:30 PM - 8:00 PM

***All Teen programs will begin the week of September 5th.**

For more information,
please contact Christopher Walmsley at
cwalmsley@philaymca.org

TEENS/ADULTS

TEEN SPORTS

Note: Y Achievers program registrants and 7th Graders receive Full Privilege Memberships.

Badminton – Youth/Teen (Ages 10-16)

Learn through competitive match play, strategic coaching, stroke production drills and warm-up exercises. Bring your own racket. Open play only during summer.

Sunday 5:00 PM - 6:00 PM

Family Members: Free
Members: Free

Tennis – Teen (Ages 10-14)

Participants are introduced to tennis through supplemental activities such as basic strokes and fun games. Athletic shoes MUST be worn.

Wednesday 7:15 PM - 8:00 PM

Family Members: \$17
Members: \$34
Program Members: \$68

Tennis – Advanced – Teen (Ages 10-14)

This program is for youth who have learned the fundamentals of the game and are ready to take their tennis game to the next level. The program includes skill development, drills and scrimmage time. Previous tennis experience recommended. Instructor evaluation is required before enrolling in the class. Athletic shoes must be worn.

Wednesday 6:15 PM - 7:00 PM

Family Members: \$17
Members: \$34
Program Members: \$68

HEALTH & WELLNESS

Teen Strength Training (I A)

(Ages 13-17)

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

Wednesday 6:00 PM - 7:00 PM

Family Members: Free
Members: Free

Youth Strength Training (I A) (Ages 10-12)

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

Thursday 5:00 PM - 6:00 PM

Family Members: Free
Members: Free

TEEN SWIM LESSONS

(Ages 13-17)

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

Swim Basics

Stage 1

Monday 7:00 PM – 7:40 PM

Stage 2

Monday 7:00 PM – 7:40 PM

Stage 3

Monday 7:00 PM – 7:40 PM

Wednesday 7:45 PM - 8:25 PM

Swim Strokes

Stage 4

Monday 7:00 PM – 7:40 PM

Wednesday 7:45 PM - 8:25 PM

Stages 5 & 6

Wednesday 7:45 PM - 8:25 PM

Members: \$64

Program Members: \$128

ADULT AQUATIC EXERCISE

AOA

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

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

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.

Aqua Combo (B I A P)

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

ADULTS

Aqua Deep (B I A P)

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

Aqua Shallow (B I A)

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

Aqua Yoga/Aqua Pilates (B I A P)

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

Aqua Stretch and 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.

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

Stages 5 & 6

Wednesday 7:45 PM - 8:25 PM

Members: \$64
Program Members: \$128

Masters Swimming (Ages 18 & up)

Participants have the option of attending weekly practices to stay fit and/or joining the US Masters Swimming organization competing at sanctioned meets at the local and national levels. Competitive season runs from November to May. Summer training is held in the Baker Park outdoor pool, weather-permitting. For more information contact Lisa McGregor at ext. 2330.

Mon. & Wed. 7:00 PM - 8:00 PM

Saturday 4:00 PM - 5:30 PM

Members: Free

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 John Wisser at ext. 2333.

Members:

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

SMALL GROUP TRAINING

***All Small Group Training requires registration. Schedules available on mobile app and at start of registration at the Welcome Center.**

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.

Tuesday 5:30 AM - 6:30 AM
6:00 PM - 7:00 PM

Saturday 7:30 AM - 8:30 AM

Members: Free

ADULT SWIM LESSONS

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

Swim Basics

Stage 1

Monday 7:00 PM - 7:40 PM

Stage 2

Monday 7:00 PM - 7:40 PM

Stage 3

Monday 7:00 PM - 7:40 PM

Wednesday 7:45 PM - 8:25 PM

Swim Strokes

Stage 4

Monday 7:00 PM - 7:40 PM

Wednesday 7:45 PM - 8:25 PM

ADULTS

TRX Foundation

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! 30-minute class.

Thursday 9:30 AM - 10:00 AM

Members: \$17.50

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. Registration required.

Tues./Thur. 7:00 PM - 8:00 PM

Members: Free

Men's Strength Training (B I A)

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

Mon./Thur. 7:30 PM - 8:30 PM

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.

Tuesday 10:45 AM - 11:45 AM
2:00 PM - 2:30 PM

Members: Free

GROUP EXERCISE

Belly Dancing (B I A)

Regardless of your age, size, shape or ability, you'll gain confidence while gaining control of your body. This class explores muscle isolation and skeletal movements as they relate to Middle Eastern Dance. Form strong fluid dance combinations while you tone muscle and burn calories.

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)

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

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.

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 P)

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

Boot Camp (I A)

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

Cardio Fusion (B I A)

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

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.

CXWORX (B I A)

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

Fit and Fifty (B I A)

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

Fit Camp (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.

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.

Les Mills GRIT (I A)

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

ADULTS

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.

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.

SilverSneakers® Classic (B I) AOA

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

Silver&Fit® Excel (B I A) AOA

This class is designed for the active, athletic older adult who is looking for a challenging workout. Participating in this class will help you increase your heart health, muscular endurance and strength, flexibility and balance. The exercises are freestanding and involve more complex movements for advanced fitness levels. This class will help you continue all of the activities you love, like playing sports or trying out a new dance routine. 60 Minutes!

Total Body Conditioning (B I A)

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

ZUMBA® (B I A)

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

ZUMBA® Gold (B I) AOA

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

Endorsed by Silver&Fit.

ZUMBA® Toning (B I A)

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

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.

Cycle (B I A)

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

Les Mills Sprint (I A)

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.

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.

Total Body Cycle (B I A)

Work will be done on and off the bike for the perfect mix of cardio, endurance and strength training. In addition to body weight, the instructor may also incorporate resistance bands and light, hand-held weights.

MIND/BODY

Family Yoga (B I A)

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.

Thursday

5:00 PM – 5:30 PM

Family Members: Free

Members: Free

Functional Pilates (B I A)

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

Hatha Yoga (B I A)

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

Meditation (B I A)

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

Pilates (BIA)

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

Power Yoga (I A)

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

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.

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.

Yogalates (B I A)

In this fusion class you will receive the flexibility and meditative aspects of a yoga class combined with the muscle strengthening, core conditioning and tony benefits of a Pilates class. This is a perfectly balanced workout for beginner to intermediate levels.

HEALTHY LIVING PROGRAMS

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.

Massage

Phoenixville YMCA offers a full in-house massage therapy program. Male and female therapists provide various services including, but not limited to, Swedish/Therapeutic, Deep Tissue, Sports, Pre/Post Natal and Oncology massage. All therapists are licensed and professionally certified. To secure an appointment visit www.philaymca.org or contact the Wellness Center at ext. 2350.

Session	Members
One Hour	\$50
Half Hour	\$30

Nutritional Education

Our diet analysis is conducted by a Registered Dietitian and provides an excellent way for you to learn how to make smart dietary changes for long term weight loss, optimal health or optimal athletic performance. The analysis will examine the aspects of your current dietary intake and our Registered Dietician will be able to find areas where you can improve. For more information please contact John Wisser at ext. 2333. To schedule a consultation, call the Nutrition Hotline at ext. 2369.

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

The Perfect Balance

12 week session

A fitness and nutrition program focusing on creating the healthiest you. Join our fitness team and registered dietitian in this 12-week healthy living program. The Perfect Balance will provide the tools and motivation you need to reach your goals and maintain healthier habits for life. Gain the support you need through group and individual settings to create the perfect balance in your life. Class may have 4-6 participants. For more information, contact Michelle Ferretti at ext. 2320. Family/Members: \$100

Phoenixville Hospital Diabetes Management Program

Diabetes Self-Management Education helps persons manage their diabetes self-care effectively on a day-to-day basis. Physician prescription required. This program is covered by most insurance plans. Call 610-983-1022 for more information. Open to the Community. Insurance Coverage required

Pink Confetti

14 week session

Developed by the Philadelphia Freedom Valley YMCA in collaboration with local hospitals and cancer treatment centers. Designed exclusively for breast cancer survivors, this 14 week program is recommended for those adults who have nearly or recently completed their breast cancer treatment. With the support of trained YMCA staff members, participants will learn how to safely reenter a healthy way of living through fitness.

Free for Members.

ADULTS

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.

Fit Start 90

12 week session

Experience the Y's new 12 week weight loss program. Set your course with realistic goals, a plan of action and progress you can measure. Fit Start 90 is a free program for members that will help you reach your health and fitness goals. Weekly challenges include a workout of the week, cardio challenge of the week and health challenge of the week. For more information please contact John Wisser at jwisser@philaymca.org or ext. 2333.

Free for Members.

ACTIVE OLDER ADULTS

Community Room

The Community Room is located on the 1st floor at the end of the Child Watch hallway. It is the gathering place for many of our vibrant active older adult men and women (ages 50+). We get together socially and meet at the Y for card and board games such as Pinochle, Bridge, Mahjong and Scrabble (see schedule below for days and times). We also offer monthly informational seminars and Potluck Lunches, as well as monthly Family Bingo & Pizza nights. If you have suggestions for other games or programs that you'd like to see in the Community Room, please let us know.

Monday - Friday 9:00 AM - 1:30 PM

Members: Free

Card & Game Schedule

For card games, experienced players are on hand to provide assistance with rules, procedures and scoring for those who want to learn to play. If you are interested in joining us, please stop in to the Community Room or contact Anne Mita at ext. 2332.

Monday	Pinochle	9:00 AM
Tuesday	Bridge	9:00 AM
Wednesday	Mahjong	9:00 AM
Wednesday	Information Workshops	Monthly - as scheduled
Wednesday	Potluck Lunches	Monthly - as scheduled
Thursday	Bridge	9:00 AM
Friday	Scrabble	9:00 AM

Members: Free

If you have suggestions for other games or programs that you'd like to see offered in the Community Room, please let us know.

Bingo & Pizza Night

Fun and prizes for kids of all ages. Open to the community. Held in the Community Room on the 1st floor.

Friday, Sept. 29 6:00 PM - 8:00 PM

(Register by Sept. 28)

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

(Register by Oct. 26)

Bingo does not run during November and December due to the holidays but will return in January.

Individual Adult: \$7

Family (up to 2): \$14 Family (up to 4): \$20

Book Discussion Group

Each month the club reads a different book and meets to discuss it. Group members provide their own copies of the book. If you are interested in joining our group, please contact Anne Mita at ext. 2332.

2nd Wednesday of the month 10:00 AM

Bus Trip

Chaperoned trips are offered a few times a year. The trips are planned with our senior members in mind but are open to people of all ages. You do not need to be a member of the Y to go on the trips. For information about upcoming bus trips, call Anne Mita at ext. 2332. Bus trip information will also be posted on the bulletin boards throughout the building.

Knitting & Crocheting Group

Come and relax and enjoy. Ask for advice, talk about your knitting/crocheting, and make some new friends. This is an unstructured get-together of like-minded people who enjoy knitting/crocheting. All levels are welcome. For more information, please contact Anne Mita at amita@philaymca.org or ext. 2332.

Monday 11:00 AM - 2:00 PM

Mahjong

Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Held in the Community Room.

Wednesday 9:00 AM

Active Older Adults Monthly

Potluck Lunch

Bring a main dish, side dish, salad or dessert to share and meet us in the Community Room for good food, fun and fellowship. For more information, contact Anne Mita at 610-933-5861 Ext. 2332.

Wednesday Sept. 20, Oct. 18, Nov. 15 12:00 PM - 2:00 PM

Family/Members: Free

COMMUNITY

Lunch and Learn Phoenixville

Hospital Health Seminars

Health topics presented by Phoenixville Hospital Senior Resource Center and held in the Community Room. A light lunch will be provided. Check the AOA bulletin board for details about upcoming seminars or call Pat Bradish at Extension 2313. Please sign up two days in advance. All seminars begin at 11:30 AM.

Members & Non Members: Free

September 6 Bring Balance to your Budget
Back by popular demand, Bonnie Thompson from Edward Jones, shares excellent budgeting tools. She encourages developing a budget, identifying goals, understanding the balance between spending, saving and borrowing, all while having a strategy.

October 4 Facing the Losses of Life
With Pastor Don Eisenhower from Tri-County Hospice.

November 1 TBA -Please check AOA Bulletin Board

December 6 Fun & Games
It's fun and games day! Exercise your mind with a variety of game stations.

Active Older Adults Lunch Bunch

The AOA Lunch Bunch meets for lunch in the Community Room every Friday. Each person brings their own lunch (usually brown-bagged) and shares stories and opinions in friendly conversation. All points of view are welcome, and we all laugh together. For more information about the Lunch Bunch, contact Anne Mita at ext. 2332.

Friday 12:00 PM

ADULT SPORTS

Badminton

Learn through competitive match play, strategic coaching, stroke production drills and warm-up exercises. Free Play.

Friday 7:00 PM - 9:00 PM
Sunday 6:00 PM - 8:00 PM

Family/Members: Free

Pickleball

Pickleball is a combination of tennis and ping pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Learn the fundamentals of the game and develop skills to play for life.

Monday 7:00 PM - 9:00 PM
Tues./Wed./Thurs. 12:00 PM - 2:00 PM

Family/Members: Free

Adult Co-Ed Volleyball

Adult Co-Ed volleyball leagues provide recreational/competitive play for BB/B/C level teams. League participation features one practice/10-game schedule (5 game sets) and post-season tournaments by divisions. Games are USVBA-officiated. Fall League begins September 10th; Winter League begins January 7th. For more information, contact Lisa McGregor at lmcgregor@philaymca.org.

Sunday 5:00 -9:00 PM.

Members/Non-Members: \$525 per team

SPECIAL EVENTS

Please refer to social media and mobile app for information on upcoming events.

Grief Support Group

If you have suffered a loss and are unsure how to deal with the emotions you are experiencing, join us for grief support. For more information contact Season's Hospice at 888-839-7410.

3rd Monday of each month 5:30 PM - 6:30 PM

Bingo & Pizza Night

Fun and prizes for kids of all ages. Open to the community. Held in the Community Room on the 1st floor.

Friday, Sept. 29 6:00 PM - 8:00 PM
(Register by Sept. 28)

Friday, Oct. 27 6:00 PM - 8:00 PM
(Register by Oct. 26)

Bingo does not run during November and December due to the holidays but will return in January.

Members, Program Members & Non Members:
Individual Adult: \$7
Family (up to 2): \$14
Family (up to 4): \$20

Stress Management Series

This 8-week seminar series is designed to explore yogic tools, which are not normally covered in yoga class. These can help calm anxiety and lift your mood. Topics include the use of breath, guided relaxation, nutrition of the whole person, meditation, and much more. Come dressed for a yoga class. All levels welcome! Registration required. For more information, contact Sara Guido at ext. 2323. This series takes place on Saturdays.

Fall Adult Health Fair

Join us in the lobby of the Phoenixville YMCA on Wednesday, November 1, 2017 from 6:00-8:00pm for our Fall Health Fair. More than 25 local vendors will be in attendance to provide health screenings, food demos, exercise and nutrition information, stress management, volunteer opportunities, and much more. For additional information, or if you would like to inquire about being a vendor, please contact Michelle Ferretti at mferretti@philaymca.org or 484-921-5854.

Open to the Community: Free

COMMUNITY

HEALTHY LIVING PROGRAMS

Lunch and Learn Phoenixville Hospital Health Seminars

Health topics are presented by Phoenixville Hospital Senior Resource Center and held in the Community Room. A light lunch will be provided. For more information on upcoming topics, please check the Active Older Adults bulletin board or call Anne Mita at ext. 2332.

Sept. 6	Bring Balance to Your Budget
Oct. 4	Facing the Losses of Life
Nov. 1	TBA - Check AOA Bulletin Board
Dec. 6	Fun & Games

Full Privilege & Non Members: Free

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.



EXPRESS CHURCH

Looking to improve your spiritual health? Have you tried a community approach? You don't have to do life

alone. Join Express Church of the Y on Sundays at 10:00 AM. Express Church is a place where you can express who you are and discover who God made you to be. We are a community of people looking to Love God and Love Others. We also serve the community in a variety of ways, expressing our faith and putting our love into action. All are welcome!

TOGETHERHOOD

A member-led community service program, Togetherhood invites Y members to activate their social responsibility by participating in the Y's cause to strengthen community. Togetherhood provides Y members with fun, convenient, and rewarding ways to give back and support their neighbors. Togetherhood is committed to a minimum of four community service projects per year. For more information, or to volunteer on an upcoming outreach project, please contact Michelle Ferretti at mferretti@philaymca.org.

TRAINING & CERTIFICATION

ARC Lifeguard/Oxygen/Waterpark Certification

This American Red Cross Lifeguard program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Pre-requisites: Must be at least 15 years old and be able to complete a standard swim test on the first day of class. The swim test includes a 300 yard swim using front crawl, Breast and Backstroke as well as diving to the bottom of the pool and retrieving a weighted brick. Fee includes Lifeguarding, First Aid and Professional CPR certification, textbook and pocket mask. There will be no refunds given 2 business days prior to the start of class. Participants are required to attend all scheduled class days. For more information and future scheduled trainings, contact Lisa McGregor at ext. 2330.

Thurs., Sept. 21 (Pretest)	6:00 PM – 8:00 PM
Fri., Sept. 22	5:00 PM – 9:00 PM
Sat. & Sun. Sept. 23-24	9:00 PM – 5:00 PM

Thurs., Oct. 19 (Pretest)	6:00 PM – 8:00 PM
Fri., Oct. 20	5:00 PM – 9:00 PM
Sat. & Sun. Oct. 21-22	9:00 PM – 5:00 PM

Thurs., Nov. 16 (Pretest)	6:00 PM – 8:00 PM
Fri., Nov. 17	5:00 PM – 9:00 PM
Sat. & Sun. Nov. 18-19	9:00 PM – 5:00 PM

Members and Non Members: \$350

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. Contact Lisa McGregor at ext. 2330. for a schedule of classes. Members: \$60
Non Members: \$125

Safety Training for Swim Coaches

Safety Training for Swim Coaches was developed in partnership with USA Swimming to teach those involved in competitive swimming, including coaches, officials and trainers, how to help maintain a comfortable safe environment for swimmers, prevent accidents, emergencies, and respond to ill or injured swimmers in water or on land. Updated with new content on safe sport policies, emergency planning and first aid, Safety Training for Swim Coaches is now available in a convenient blended-learning format that includes online and in-water training. This is a two-year certification. For more information and future scheduled trainings, contact Lisa McGegor at ext. 2330. Open to the Community: \$80



Phoenixville YMCA is a No Place for Hate® Facility

FULL PRIVILEGE MEMBERSHIP

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

PROGRAM MEMBERSHIP – YOUTH

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

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

7TH GRADE MEMBERSHIPS

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

MEMBERSHIP RIGHTS & RESPONSIBILITIES

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

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

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

MEMBER CODE OF CONDUCT

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

Member Code of Conduct (Cont'd)

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

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

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

POLICY OF NON-DISCRIMINATION

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

ASSOCIATION BRANCH RECIPROCITY

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

PA STATE ALLIANCE AND YMCA OF DELAWARE MEMBERSHIP RECIPROCITY PROGRAM

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

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

POLICIES

AWAY MEMBERS

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

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

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

TRANSFER OF MEMBERSHIP

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

MEMBERSHIP HOLD POLICY

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

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

UPGRADING/DOWNGRADING FULL PRIVILEGE MEMBERSHIP

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

GUEST POLICY

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

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

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

GUEST PROCEDURES

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

FINANCIAL ASSISTANCE POLICY

• Open Doors Program

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

• Financial Assistance

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

REFUNDS OR EXTENSIONS/ CREDITS

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

CHILD WATCH

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

AGE RESTRICTION POLICY FOR FACILITY USAGE

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

AGE POLICY FOR WELLNESS CENTER USAGE

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

AGE GUIDELINES FOR GROUP EXERCISE CLASSES

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

AQUATIC POLICIES

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

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

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

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 or any contracted program services. Please visit your Welcome Center Desk for more information.



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

PHOENIXVILLE YMCA
400 E. Pothouse Road
Phoenixville, PA 19460
Phone 610-933-5861
Fax 610-935-4993

Philadelphia Freedom Valley YMCA

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**SPORTS & WELLNESS CENTER/
CHILD CARE CENTER LOCATIONS**
Gilbertsville Center
144 Holly Road
Gilbertsville, PA 19525
610-367-9622

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