

POTTSTOWN 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 before and after school care
- View your membership account
- Update credit card information
- Make payments online



**FOLLOW US ON FACEBOOK,
TWITTER, INSTAGRAM &
PINTEREST**

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.



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

Abington YMCA

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

Ambler Area YMCA

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

Audubon YMCA

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

Boyertown YMCA

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

Christian Street YMCA

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

Columbia North YMCA

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

Hatboro Area YMCA

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

Haverford Area YMCA

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

Northeast Family YMCA

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

Phoenixville YMCA

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

Pottstown YMCA

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

Rocky Run YMCA

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

Roxborough YMCA

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

Spring Valley YMCA

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

Upper Perkiomen Valley YMCA

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

West Philadelphia YMCA

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

WELLNESS CENTER LOCATION

Stephen Klein Wellness Center
2108 Cecil B. Moore Ave.
Philadelphia, PA 19121
215-235-2100

WELLNESS & TRAINING COMPLEX/ CHILD CARE CENTER LOCATION

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

RESIDENT CAMP LOCATION

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



HOURS OF OPERATION

Mon. - Thurs.	5:30 AM - 10:00 PM
Friday	5:30 AM - 9:30 PM
Saturday	8:00 AM - 5:00 PM
Sunday	8:00 AM - 5:00 PM

HOLIDAY HOURS

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

FALL SESSION DATES

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

Registration:

Family Members:

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

Members:

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

Program Members:

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

HOW TO REGISTER FOR PROGRAMS

- Register for classes any time at PhilaYMCA.org
- By calling the 610-323-7300 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

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CHILD WATCH

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.

Tyke Zone (6 wks-5yrs. Not in Kindergarten)

Monday - Friday	8:30 AM - 12:00 PM 5:00 PM - 8:30 PM
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Saturday & Sunday	8:00 AM - 11:00 AM
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Kidz Zone (K-6th Grade)

*Must be in Kindergarten

Monday - Friday	5:00 PM - 8:30 PM
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Saturday & Sunday	8:00 AM - 11:00 AM
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POTTSTOWN YOUTH AGILITY ROOM

(Ages 8-12)

Rock climbing, crawling through tunnels and traveling up cargo nets are just a few of the fitness hurdles your child will go through in the new Pottstown Youth Agility Room.

Monday - Friday	5:00 PM - 7:00 PM
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Saturday	8:00 AM - 11:00 AM
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Members Only

One hour time limit per day.

**FAMILY MEMBERSHIPS RECEIVE
50% OFF
MOST YOUTH PROGRAMMING!**

*Exclusions apply. Cannot be combined with any other offers. Please visit page 18 for more information

MEET OUR STAFF

Scott Cusworth
Executive Director
ext. 2910

Jennifer Gaj
Adv. Program Director/
Aquatics/Wellness
ext. 2917

Rebekah Iezzi
Child Care Director
ext. 2918

Sherry Nichols
Business Manager
ext. 2913

Kimberly Reidnauer
CCIS Coordinator
ext. 2948

Shawn Ryan
Facilities Director, ext. 2919

Lynn Seponski
Sr. Program Director
ext. 2912

Karrie Showalter
Director of Childcare Services
ext. 2946

Kendall Madeja
School Age Child Care/
Camp Director
ext. 2915

Megan Zinsli
Program Coordinator
ext. 2914

YOUTH

AQUATICS

AGE KEY:

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

SWIM STARTERS (30 minutes)

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

Swim-Parent/Child (6-18 months)

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

Monday	9:00 AM - 9:30 AM 6:00 PM - 6:30 PM
Tuesday	9:00 AM - 9:30 AM
Wednesday	9:00 AM - 9:30 AM
Thursday	6:00 PM - 6:30 PM
Saturday	8:30 AM - 9:00 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.

Monday	9:00 AM - 9:30 AM 6:30 PM - 7:00 PM
Tuesday	6:30 PM - 7:00 PM
Wednesday	9:00 AM - 9:30 AM 6:30 PM - 7:00 PM
Thursday	9:00 AM - 9:30 AM
Saturday	9:00 AM - 9:30 AM

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

SWIM BASICS

(Preschool 30 minutes; School Age/Teens/Adults 40 minutes)

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

Swim Basics - Stage 1

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

Preschool

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

Members: \$48
Program Members: \$96

School Age

Wednesday	5:00 PM - 5:40 PM
Thursday	5:40 PM - 6:20 PM

Members: \$55
Program Members: \$110

Learn more about swim lessons with our swim tree!

Visit PhilaYMCA.org

Swim Basics – Stage 2

Water Movement - Students focus on body position and control, directional change and forward movement in the water while continuing to practice how to safely exit in the event of falling into a body of water.

Preschool

Monday	10:00 AM - 10:30 AM
Tuesday	10:00 AM - 10:30 AM 5:00 PM - 5:30 PM
Wednesday	10:00 AM - 10:30 AM 5:30 PM - 6:00 PM
Thursday	5:00 PM - 5:30 PM
Saturday	10:00 AM - 10:30 AM

Members: \$48

Program Members: \$96

School Age

Wednesday	5:40 PM - 6:20 PM
Thursday	6:20 PM - 7:00 PM
Saturday	9:40 AM - 10:20 AM

Members: \$55

Program Members: \$110

Swim Basics – Stage 3

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

Preschool

Monday	6:00 PM - 6:30 PM
Tuesday	6:30 PM - 7:00 PM
Thursday	6:30 PM - 7:00 PM
Saturday	10:30 AM - 11:00 AM

Members: \$48

Program Members: \$96

School Age

Monday	6:20 PM - 7:00 PM
Wednesday	6:20 PM - 7:00 PM
Saturday	10:20 AM - 11:00 AM

Members: \$55

Program Members: \$110

SWIM STROKES

(Preschool 30 minutes)

(School Age/Teens/Adults 40 minutes)

Introduces and refines stroke technique in older students. In these three stages, having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

Swim Strokes – Stage 4

Stroke Introduction - Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Preschool

Monday	6:30 PM - 7:00 PM
Tuesday	6:00 PM - 6:30 PM
Wednesday	6:30 PM - 7:00 PM
Thursday	6:00 PM - 6:30 PM

Members: \$48

Program Members: \$96

School Age

Monday	5:00 PM - 5:40 PM
Wednesday	6:30 PM - 7:10 PM
Thursday	5:40 PM - 6:20 PM

Members: \$55

Program Members: \$110

Swim Strokes – Stage 5

Stroke Development - Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

School Age

Tuesday	6:20 PM - 7:00 PM
Wednesday	5:40 PM - 6:20 PM
Thursday	5:00 PM - 5:40 PM
Saturday	9:40 AM - 10:20 AM

Members: \$55

Program Members: \$110

YOUTH

Swim Strokes – Stage 6

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

School Age

Monday	6:20 PM - 7:00 PM
Thursday	6:30 PM - 7:10 PM
Saturday	10:20 AM - 11:00 AM

Members: \$55

Program Members: \$110

Private Swim Lessons

Private lessons are for all ages and swimming ability. Individual lessons are scheduled with an instructor and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are schedule in 30 minute increments.

5 Sessions:

Members: \$150

Program Members: \$300

SWIM TEAM

Swim Team - Pottstown Seahawks

The Pottstown Y Swim Team is a competitive program, beginning in Fall 2017 For more information on group level guidelines, group specific schedules and other information please contact Marty Zackowski at 610-323-7300.

All swim team participants must be registered as full privilege members.

LITTLE HAWKS

This group is for younger swimmers (primarily ages 10 & under) who are currently in swim lessons and possibly some competitive swimming experience. Little Hawks focus on developing the basic technique for all four competitive strokes and learning diving from a block. Swimmers will not be expected to compete in meets until they are ready.

M/W/F	6:00 PM - 7:00 PM
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Members: \$225

RED

For young swimmers, age 7-12, who have completed the YMCA swim lesson program. Emphasis is placed on learning the basic stroke mechanics for all four competitive strokes in a format that allows the young swimmer to have fun. Swimmers are introduced to training techniques and the use of the pace clock. Swimmers are expected to participate in meets. Each athlete is encouraged to attend at least two practices per week.

Tu/W/Th/F	6:00 PM - 7:30 PM
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Members: \$275

WHITE

This is the principal age group level program for swimmers, ages 9 – 14, who have significantly mastered all four strokes. Major attention is given to stroke corrections, starts and turns, but also to physical and mental conditioning. Each athlete is expected to participate in meets. At least three workouts per week are strongly encouraged.

M/Tu/W/Th	7:00 PM - 8:30 PM
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Members: \$375

BLUE

Designed primarily for the age group swimmer, ages 11-14, preparing to make the transition to the senior level in terms of physical conditioning and personal commitment. Technique will still be emphasized, but group members should exhibit good stroke mechanics and a positive attitude. Athletes are encouraged to attend at least three workouts per week and Saturday practice. Athletes are encouraged to practice at least three to four days per week.

M/Tu/W/Th/F	6:30 PM - 8:30 PM
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Members: \$450

SENIOR GROUP

Primarily for athletes in 9th – 12th grades who have all-encompassing stroke mechanics and the desire to train for the top levels of competition. Athletes will work with coaching staff to develop personal goals and the process in which they can be achieved. This is a group designed for the highest level of competition and participation in Penn-Del League is mandatory. The Senior Group training includes water and weight room time. Athlete goals will correlate to the expectation of attendance of practice.

M/Tu/W/Th/F	6:30 PM - 9:00 PM
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Members: \$525

Stroke and Turn

September 6, 2017 - September 29, 2017
Pottstown Seahawks will be offering a 4 week stroke and turn clinic. This Clinic will be your swimmers opportunity to fine tune their stroke before the start of swim season. This 4 week clinic will lead into swim season.

Beginners (Ages 6-11)

M/W/F	6:00 PM - 7:00 PM
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Full Privilege: \$70

Program: \$110

Advanced (Ages 12-19)

M/W/F	7:00 PM - 8:30 PM
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Members: \$85

Program Members: \$170

Junior Lifeguarding Course (Ages 11-15)

This is for individuals who have passed the swim lessons stages and are interested in being a future lifeguard. For ages between 11-15 years old will find out what it takes to become a lifeguard. Participants will learn the basic responsibilities of a lifeguard through exciting activities. This class will prepare participants to take the full lifeguard course. Participants must have passed stage six of our lessons program or have a green band as well as pass our pre-junior lifeguarding test: four lengths of the pool and 1 minute of treading water. This can be done by any current lifeguard or aquatic director. For further questions, please email jgaj@philaymca.org.

Tuesday 7:00 PM – 7:40 PM

Thursday 7:00 PM – 7:40 PM

Members: \$55

Program Members: \$110

ARTS & HUMANITIES

Arts & Science – Preschool

Let your child explore the world of science through arts. We will get messy and have fun as we make artistic creations while experimenting with science concepts at the same time. Please bring a smock or wear old clothes. Preschool (Ages 3-5)

Friday 9:30 AM - 10:00 AM

Preschool (Ages 4-7)

Wednesday 5:45 PM - 6:15 PM

Family Members: \$8

Members: \$16

Program Members: \$32

Arts & Crafts – Preschool (Ages 3-5)

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

Tuesday 10:30 AM - 11:00 AM

Family Members: \$8

Members: \$16

Program Members: \$32

Lego & Building – Youth (Ages 6-10)

This class will create a stimulating hands-on experience that engages the participants and helps them work through challenges and gain confidence all while having fun “playing” with Legos.

Wednesday 6:30 PM - 7:00 PM

Family Members: FREE

Members: \$16

Program Members: \$32

Music – Parent/Child (Ages 12-24 mo.)

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

Monday 9:30 AM - 10:00 AM

*Parent participation is required.

Family Members: \$8

Members: \$16

Program Members: \$32

Movement – Preschool (Ages 3-5)

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

Monday 10:15 AM - 10:45 AM

Family Members: \$8

Members: \$16

Program Members: \$32

Music & Movement – Parent/Child

(Ages 1-4)

This class is a blend of dancing, music and rhythm. An instructor will guide children through various activities that will make discovering movement, balance and listening skills easy and fun while instilling a love of music.

Tuesday 9:45 AM - 10:15 AM

*Parent participation is required

Members: Free

Program Members: \$32

Obstacle Course – Preschool (Ages 3-5)

Run, climb, jump! Go over, under and around. These are some of the activities your child will do through this huge obstacle course. Courses will be set up with different themes with learning activities along the way.

Thursday 10:00 AM - 10:30 AM

Family Members: \$8

Members: \$16

Program Members: \$32

Parachute Play – Preschool (Ages 2-5)

Encourage physical fitness, social interaction and communication through songs and dance. Fun interactive parachute activities with care giver.

Thursday 10:45 AM - 11:15 AM

*Parent participation is required.

Family Members: FREE

Members: \$16

Program Members: \$32

Playdough – Preschool (Ages 3-5)

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

Wednesday 11:00 AM - 11:30 AM

Family Members: FREE

Members: \$16

Program Members: \$32

YOUTH

Sculpting – Youth (Ages 6-12)

Students will explore through form and different building methods. Each session, students will examine sculpture and installation artists to inspire their own individual projects.

Monday 6:00 PM - 6:45 PM

Family Members: \$16

Members: \$32

Program Members: \$64

GYMNASTICS

A partnership with Pottstown Parks and Rec. Classes are held at Edgewood Elementary School.

Gymnastics – Beginner – Preschool

(Ages 3-5)

Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age appropriate equipment to ensure the safest and most effective learning environment.

Monday 5:30 PM - 6:15 PM

Wednesday 5:30 PM - 6:15 PM

Family Members: \$16

Members: \$32

Program Members: \$64

Gymnastics – Beginner – Youth

(Ages 6-8)

For beginners with no experience. Learn conditioning and flexibility techniques and instruction on bars, balance beam, and floor.

Monday 6:30 PM - 7:15 PM

Wednesday 6:30 PM - 7:15 PM

Family Members: \$16

Members: \$32

Program Members: \$64

DANCE

Dance Combo – Preschool (Ages 2-4)

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

Tuesday 6:00 PM - 6:30 PM

Wednesday 9:30 AM - 10:00 AM

*Coed

Family Members: \$8

Members: \$16

Program Members: \$32

INSTRUCTIONAL SPORTS

Agility – Youth (Ages 6-8)

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

Wednesday 7:00 PM - 7:45 PM

Family Members: \$16

Members: \$32

Program Members: \$64

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.

Preschool (Ages 3-5)

Friday 10:00 AM - 10:30 AM

Tuesday 5:30 PM - 6:00 PM

Family Members: \$8

Members: \$16

Program Members: \$32

Youth (Ages 6-10)

Tuesday 6:00 PM - 6:45 PM

Family Members: \$16

Members: \$32

Program Members: \$64

Basketball – Advanced – Teen

(Ages 14-17)

Advanced basketball is for those who have learned the fundamentals of the game. This program includes skill development, drills and some scrimmage time. Previous basketball experience recommended.

Monday 6:00 PM - 6:45 PM

Family Members: \$16 Members: \$32

Program Members: \$64

Hockey – Youth

This class will teach the fundamentals and rules of hockey and assist in developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation. We will provide equipment safe for our floors.

(Ages 4-7)

Thursday 6:00 PM - 6:45 PM

(Ages 8-12)

Thursday 7:00 PM - 7:45 pm

Family Members: \$16

Members: \$32

Program Members: \$64

YOUTH

SPORTS LEAGUES

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 2-3)

Monday	6:00 PM - 6:30 PM
Wednesday	10:30 AM - 11:00 AM

Family Members: \$8
Members: \$16
Program Members: \$32

Soccer - Preschool/Youth

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

Preschool (Ages 3-5)

Wednesday	5:15 PM - 5:45 PM
Friday	10:30 AM - 11:00 AM

Family Members: \$8
Members: \$16
Program Members: \$32

Youth (Ages 6-10)

Wednesday	6:00 PM - 6:45 PM
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Family Members: \$16
Members: \$32
Program Members: \$64

ABILITY PROGRAMS

Aquatic Autism Class

An interactive aquatic class for children diagnosed with Autism that combines games and activities with basic swimming skills in a fun, supportive environment. Class size is limited to ensure one-on-one time and promote group interaction.

(Ages 4-6)

Sunday	12:30 PM - 1:00 PM
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(Ages 7-12)

Sunday	1:00 PM - 1:30 PM
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Members: \$48
Program Members: \$96

Youth Sports Philosophy

Philadelphia Freedom Valley Youth Sports Programs give positive sports experience that focus on fun, friendship, sportsmanship, and skill development. Players receive individual attention geared toward improving their skills and understanding of the game.

2017 EARLY FALL YOUTH LEAGUES

Registration: August 7 - September 24

Date: Sept 9 - Oct 28	Age	Day
Soccer	3-10	Sat.
Indoor/Outdoor Flag Football	3-8	Sat.
Coed Volleyball	9-13	Wed.

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

2017 LATE FALL YOUTH LEAGUES

Registration: October 9 - November 26

Dates: Oct 30 - Dec 24	Age	Day
Floor Hockey	7-13	Sat.
Indoor Field Hockey	7-12	Wed.

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

SPORTS COURT

Come visit our new sports court! We have renovated one of our racquetball courts into a multipurpose sports court including the following:

- Baseball**- batting cage with protective screen
- Golf**- hit balls off the tee or the rough
- Fitness**-wellness staff training

Open to full privilege members 18 and up. Parent/child, children (5 and up) must be accompanied by a parent at all times. 45 minute time slots. Book up to a week in advance.

YOUTH

FAMILY

Family Fun Days

Family Fun Days activities are designed to inspire family time and meeting new people. Join families in the south pool for staff-led activities including Battleship, Rubber Duck Races, Build A Boat, Winter Waterland, Build It Scuba and more. Runs once a month. Please register with the Welcome Center. Members only

BIRTHDAY PARTIES

Pool Parties

Pool party includes one hour exclusive use of pool followed by one hour in the party room. Limit is 50 guests. Ratio of one adult to three children is strictly enforced. Adults need to be in the water with children, in accordance with our Aquatic Policy. Swimmers under the age of 16 who wish to swim in deep water must pass the swim test. All children under the age of 16 who do not pass the swim test must wear a PFD. Parties are held on Saturday and Sunday afternoons. For more information or to make a reservation, please contact our Welcome Center. Members: \$200
Program Members: \$250
Non Members: \$350

CHILD CARE

The Pottstown YMCA offers a complete state licensed early learning center ranked at 3 Stars for Keystone Stars.

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



Keystone Stars 3 Rating

PRESCHOOL PROGRAMS

The Pottstown YMCA Preschool programs are consistent with the Philadelphia Freedom Valley YMCA's philosophy, which is grounded in a child-centered and holistic approach to early childhood education. This allows us to adjust to the needs of the child with independent classroom exploration and active social time.

What to expect:

- Library
- Toys 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. Growth and development are supported and facilitated as children experience their new independence.

Toddler Care

13 - 35 months

Teachers and staff support and facilitate child development as toddlers experience their new independence in a stimulating atmosphere. Growth and development are supported and facilitated as children experience their new independence.

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. Child-centered activities introduce and foster the development of Kindergarten readiness skills while supporting children's natural curiosity about the world around them through dramatic play. Staff encourage pro-social behavior and provide opportunities to increase self-care skills.

SCHOOL AGE CHILD CARE

K-5th Grade

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

A YMCA Membership is required to participate in School Age Programs.

Registration for school year

2017-2018

Our programs are hosted in more than 7 local Elementary Schools. One half month's tuition reserves your space for the program. Information on programs structure and fees can be found on our website PhilaYMCA.org (choose Pottstown Branch, Child Care).

Before Care

Hours: 6:30 AM- School Day Begins

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

After Care

Hours: Dismissal - 6:00 PM

Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours. The After School program provides children with a well rounded learning experience with a focus on fun, friends, and creativity through supervised activities. Activities include Arts & Crafts, games, homework supervision, fitness, recreation and daily snack. The program is designed to meet the age and interests of the children, and is directed by certified and trained staff. The program emphasizes character development that is reinforced through all activities and events.

After Care is held in Pottsgrove and Pottstown School Districts. For more information contact Kendall Madeja at kendall.madeja@philaymca.org

School Age Holiday Care

Provides care on the days that your child's school is closed, including most in-service days, holidays and snow closings. Your child will engage in social and educational activities while having fun. School Age Holiday Care is an option only for children in our School Age Child Care program. You must enroll in this optional program to take advantage of this service.

Visit our website for registration and financial assistance information, or contact the School Age Director at 610-323-7300.

New for the 2017/2018 School Year

Middle School Before & After Care

We will now be offering Before and After care at the Pottstown YMCA Branch for children in middle school within the Pottstown School District. The children will walk to and from the Pottstown YMCA and the Middle School. While at the YMCA the children will engage in activities such as Arts & Crafts, Games, Fitness, Homework and more. For more information and Fees please contact Karrie Showalter, KShowalter@philaymca.org.

Hours:

6:30 AM – School Day Begins
& Dismissal – 6:00 PM

7TH GRADE MEMBERSHIP INITIATIVE

A YMCA Program

FREE ONE-YEAR YMCA MEMBERSHIP FOR 7th GRADERS



SIGN UP TODAY!

Here's how:

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

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

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

TEENS

Y ACHIEVERS



TOMORROW'S LEADERS

Y ACHIEVERS PROGRAM

FOR YOUTH IN GRADES 5-12

Y Achievers Program Pillars:

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

FOR MORE INFORMATION
PLEASE CONTACT:

Reaona Jones-Edwards
rjedwards@philaymca.org

Teen/Tween Night

Teen and Tween nights are combined into one fun-filled night for kids ages 12-17 years. These events will be the 3rd Friday of each month. Look for a sign-up sheet at the Welcome Center each month.

Basketball - Advanced - Teen

(Ages 14-17)

Advanced basketball is for those who have learned the fundamentals of the game. This program includes skill development, drills and some scrimmage time. Previous basketball experience recommended.

Monday 6:00 PM - 6:45 PM

Family Members: \$16 Members: \$32
Program Member: \$64

TEEN/ADULT SWIM LESSONS

For more information on swim stages, refer to page 4.

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.

Monday 7:00 PM - 7:40 PM

Wednesday 7:00 PM - 7:40 PM

Members: \$55

Swim Strokes

Stage 4- Stroke Introduction

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Monday 7:00 PM - 7:40 PM

Wednesday 7:00 PM - 7:40 PM

Members: \$55

Y Achievers Sponsored By:


COMCAST


NBC 10


T 62
TELEVISION


COMCAST
SPECTACOR

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

Aquacize (B I A P)

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

Aqua Stretch and Strength (B I A)

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

Aqua ZUMBA® (I)

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

Arthritis Foundation Aquatics Program (B I A) **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 Yoga/Aqua Pilates (B I A P)

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

Aqua Shallow (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. A variety of instructors provide different challenges each day, to help keep your bones strong, your heart healthy and muscles toned.

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 muscles work, while the water keeps you feeling cooler than 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 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 buoyancy belts and flotation noodles during the workout.

HEALTH & WELLNESS

PERSONAL TRAINING

One on one training with a nationally certified personal trainer. They will help you meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals.

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

SMALL GROUP TRAINING

Small Group Training is a class that runs by session and are restricted to 8-12 participants. These programs run the same day and time each week. Must Register.

Members: \$35 for 1 hr class
\$17.50 for ½ hour class

Barre (B I A)

Barre is a full body workout that fuses the best elements of ballet, Pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching.

TRX (I A)

Revolutionary method of leveraged bodyweight exercise using the TRX Trainer. Safely perform hundreds of exercises that build power, strength, flexibility, balance and mobility, as well as, prevent injuries, all at the intensity of your choice. Come experience one of the best total body workouts you've ever had.

ADULTS

GROUP EXERCISE

BodyPUMP® (B I A)

A strength endurance training class where muscle and music collide! Max results in the shortest amount of time by working your ENTIRE body in one hour.

BodyCOMBAT® (B I A)

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

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.

BOOM® (B I A)

Brought to you by Silver Sneakers, this three class series is designed to meet the needs of the Baby Boomers and Active Older Adults. It focuses on a strength, dance and mind/body format for those who may be too young for SilverSneakers, but want an alternative to the standard group exercise classes. Classes may be 30 minutes-1 hour. Options for everyone!

Bootcamp (I A)

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

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 (I A)

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.

Chair Yoga (I A) **AOA**

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

Monday 2:00 PM - 2:45 PM

Full Privilege Members: Free

Core Works (B I A)

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

CXWORX® (B I A)

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

Cycle (BIA)

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

Cycle Express (B I A)

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

H.I.I.T (I A)

This class is High Intensity Interval Training. Exercises will be executed immediately following another opposing exercise in a high paced environment of constantly variable exercises.

Kettlebell (I A)

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

Pickleball (B I A)

Pickleball is a paddle sport created for all ages and skill levels; a mixture of tennis and ping pong. The rules are simple and the game is fun for beginners and experienced players.

Pilates (B I A)

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

Power Yoga (B 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.

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.

Tuesday 8:30 AM - 9:30 AM

Thursday 8:30 AM - 9:30 AM

Members: Free

HEALTHY LIVING PROGRAMS

Silver & Fit Experience (B I) AOA

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

Monday	2:00 PM - 2:45 PM
Wednesday	10:00 AM - 10:45 AM
Tuesday	9:30 AM - 10:30 AM
Thursday	9:30 AM - 10:30 AM

SilverSneakers® Classic AOA

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movements 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.

Friday	10:00 AM - 10:45 AM
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T'ai Chi Chih (B I A)

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

Yoga (B)

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

ZUMBA® (B I A)

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

ZUMBA® Gold 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.

ZUMBA® Toning

Body sculpting techniques and specific Zumba moves fused into one calorie burning, strength training class while using light weight to enhance rhythm and build strength.

Massage

Pottstown YMCA offers Swedish and deep tissue. Purchase ½ hour and 1 hour massages and look for mini chair massages in the lobby. For more information contact Lynn Seponski at ext. 2912. Must be a Full Privilege Member 18 years & up.

LiveSTRONG at the YMCA

12 week session - Sept. 12 - Nov. 30
The Y and LiveSTRONG joined together to create LiveSTRONG at the YMCA, a 12-week physical activity and wellbeing program designed to help adult cancer survivors improve strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve their quality of life. The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities. For more information contact Jennifer Gaj at ext. 2917 or jgaj@philaymca.org
Free for Members

Y Wellness My Wellness Changing Lives Wellness Initiative

September 11 - December 1
Are you ready to change? Just need the resources and support. This program is designed for adults with a BMI of 28 or more, that also have children. We know that if you will live a healthy lifestyle, so will your children. Support of a Personal Trainer and Nutritional Consultant are provided. For more information, please contact Jennifer Gaj, Wellness Director at ext. 2917 or jgaj@philaymca.org.

Walk with Ease

September 6 - October 13
Walk with Ease is a 6-week long program. It is proven to help people with arthritis or other similar conditions improve their overall health by reducing pain, walking strength, increased balance, and more. You will work with a program leader to reach goals and work on a personal walking plan to be part of your everyday life.

Mondays, Wednesdays & Fridays	1:00 PM - 2:00 PM
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COMMUNITY

TRAINING & CERTIFICATION

ARC Lifeguard Certification

Must be at least 15 years old and be able to complete standard swim test on the first day of class. This American Red Cross Lifeguard program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. The swim test includes a 300 yard swim using front crawl and breaststroke as well as driving to the bottom of the pool and retrieving a weighted brick. Fee includes Lifeguarding, First Aid and profession CPR certification, textbook and pocket mask. There will be no refunds given. Contact Jennifer Gaj, for more information at jgaj@philaymca.org. Full Privilege, Program, and Non-Members: \$350

ARC Lifeguarding Recertification

Participants must hold a current American Red Cross Lifeguard Certification to participate. Members: \$125

SPECIAL EVENTS

Brag-it-Up Vendor Opportunities

Choose your day and time slot. Your chance to SHINE. Here's your opportunity to share your business with our members and staff. Share information, provide a service, sell your products, etc. It's all about you. To book your slot, contact Lynn Seponski at ext. 2912.

Cost: \$20/3 hour time slot-no other vendors will be booked during your time slot. Table included.

Grief Support Group

H.O.P.E. (Healing Our Pain Effectively)

Sessions are facilitated by Rev. John Smolik, sponsored by Houck & Gofus Funeral Home. Open to the Community.

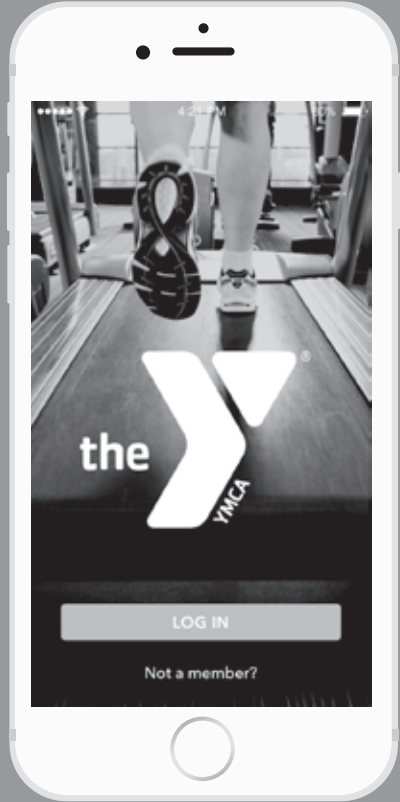
1st & 3rd Wed. 6:30 PM - 7:30 PM
of the month

**Pottstown YMCA is a
No Place for Hate® Facility**



HOW TO GET OUR NEW

YMCA MOBILE APP!



Go To the App Store or Google Play

Search PHILAYMCA

Download the Free App

Click Log In

Create a New Account

Select Your Branch

and you're ready to go!

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



FULL PRIVILEGE MEMBERSHIP

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

PROGRAM MEMBERSHIP – YOUTH

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

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

7TH GRADE MEMBERSHIPS

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

MEMBERSHIP RIGHTS & RESPONSIBILITIES

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

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

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

MEMBER CODE OF CONDUCT

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

Member Code of Conduct (Cont'd)

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

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

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

POLICY OF NON-DISCRIMINATION

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

ASSOCIATION BRANCH RECIPROCITY

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

PA STATE ALLIANCE AND YMCA OF DELAWARE MEMBERSHIP RECIPROCITY PROGRAM

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

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

POLICIES

AWAY MEMBERS

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

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

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

TRANSFER OF MEMBERSHIP

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

MEMBERSHIP HOLD POLICY

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

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

UPGRADING/DOWNGRADING FULL PRIVILEGE MEMBERSHIP

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

GUEST POLICY

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

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

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

GUEST PROCEDURES

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

FAMILY MEMBERSHIP PROGRAM

*Family Membership Programming Discount cannot be combined with any other offer. No additional discounts will be applied to already reduced youth programs as part of the family program discounts. Discount does not include most aquatics, recital dance, competitive gymnastics, child care, camp or teen programming. Please visit your Welcome Center Desk for more information.

FINANCIAL ASSISTANCE POLICY

• Open Doors Program

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

• Financial Assistance

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

REFUNDS OR EXTENSIONS/ CREDITS

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

CHILD WATCH

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

AGE RESTRICTION POLICY FOR FACILITY USAGE

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

AGE POLICY FOR WELLNESS CENTER USAGE

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

AGE GUIDELINES FOR GROUP EXERCISE CLASSES

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

AQUATIC POLICIES

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

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

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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POTTSTOWN YMCA
724 N. Adams Street
Pottstown, PA 19464
Phone: 610-323-7300
Fax: 610-323-7651

Philadelphia Freedom Valley YMCA

Abington YMCA

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

Ambler Area YMCA

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

Audubon YMCA

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

Boyetown YMCA

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

Christian Street YMCA

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

Columbia North YMCA

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

Hatboro Area YMCA

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

Haverford Area YMCA

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

Northeast Family YMCA

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

Phoenixville YMCA

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

Pottstown YMCA

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

Rocky Run YMCA

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

Roxborough YMCA

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

Spring Valley YMCA

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

Upper Perkiomen Valley YMCA

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

West Philadelphia YMCA

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

WELLNESS CENTER LOCATION

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

SPORTS & WELLNESS CENTER/ CHILD CARE CENTER LOCATIONS

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

RESIDENT CAMP LOCATION

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