

SPRING VALLEY 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

Boyertown YMCA

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

Christian Street YMCA

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

Columbia North YMCA

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

Hatboro Area YMCA

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

Haverford Area YMCA

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

Northeast Family YMCA

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

Phoenixville YMCA

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

Pottstown YMCA

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

Rocky Run YMCA

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

Roxborough YMCA

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

Spring Valley YMCA

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

Upper Perkiomen Valley YMCA

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

West Philadelphia YMCA

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

WELLNESS CENTER LOCATION

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

WELLNESS & TRAINING COMPLEX/ CHILD CARE CENTER LOCATION

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

RESIDENT CAMP LOCATION

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



HOURS OF OPERATION

Monday - Friday	5:00 AM - 10:00 PM
Saturday	7:00 AM - 6:00 PM
Sunday	8:00 AM - 8:00 PM
Outdoor Pool Hours	11:00 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
- By calling 484-984-2000 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

CHILD WATCH

(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.

Monday - Thursday	8:00 AM - 9:00 PM
Friday	8:00 AM - 8:00 PM
Saturday	7:45 AM - 1:00 PM
Sunday	8:30 AM - 2:00 PM

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FAMILY MEMBERSHIPS RECEIVE
50% OFF
MOST YOUTH PROGRAMMING!

*Exclusions apply. Cannot be combined with any other offers. Please visit page 26 for more information

MEET OUR STAFF

Heather Bloodworth

Executive Director, ext. 2721

Tom Gallagher

Associate Executive Director, ext. 2723

Bridgette Barbera-Byrne

Advanced Youth/Family/
Camp Director, ext. 2755

Jeannie Boland

Membership Director, ext. 2738

Shaun Crooks

Facility Director, ext. 2710

Danielle DeRito

School Age Child Care Director, ext. 2754

Logan Finerfrock

Camp & School Age Director, ext. 2715

Lisa Hollenbach

Senior Program Director
of Membership, ext. 2724

Dimitre Horton

Asst. Facility Director
ext. 2728

Meghan Johnson

Aquatic Director,
ext. 2729

Kim Kozel

Director of Administration,
ext. 2711

Melissa Kratz

Child Watch, ½ Day Preschool &
KinderKids, Director, ext. 2712

Becky Lafferty

Senior Director of
Aquatics and Abilities,
ext. 2713

Deb O'Neill

Administrative Assistant,
ext. 2717

Jessica Rigo,

Advanced Wellness Director,
ext. 2714

Casey Weston-Kolonie

Wellness & Adult Fitness Director,
ext. 2726

Trisha Wilkinson

Aquatic Director
ext. 2727

YOUTH

AQUATICS

AGE KEY:

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

SWIM STARTERS (30 minutes)

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

Swim-Parent/Child (6-18 months)

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

Monday	10:05 AM - 10:35 AM 5:35 PM - 6:05 PM
Tuesday	10:05 AM - 10:35 AM 6:10 PM - 6:40 PM
Wednesday	6:10 PM - 6:40 PM
Thursday	10:05 AM - 10:35 AM 5:35 PM - 6:05 PM
Friday	10:00 AM - 10:30 AM
Saturday	10:10 AM - 10:40 AM
Sunday	4:10 PM - 4:40 PM

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

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

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

Monday	10:40 AM - 11:10 AM 6:10 PM - 6:40 PM
Tuesday	10:40 AM - 11:10 AM 5:35 PM - 6:05 PM
Wednesday	5:35 PM - 6:05 PM
Thursday	11:15 AM - 11:45 AM 6:10 PM - 6:40 PM
Friday	10:35 AM - 11:05 AM
Saturday	9:35 AM - 10:05 AM 10:45 AM - 11:15 AM
Sunday	3:35 PM - 4:05 PM 4:45 PM - 5:15 PM

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

SWIM BASICS

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

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

Swim Basics - Stage 1

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

Preschool

Monday	9:30 AM - 10:00 AM 11:15 AM - 11:45 AM 1:00 PM - 1:30 PM 5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:10 PM - 6:40 PM 6:45 PM - 7:15 PM
Tuesday	9:30 AM - 10:00 AM 10:05 AM - 10:35 AM 1:35 PM - 2:05 PM 5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:10 PM - 6:40 PM 6:45 PM - 7:15 PM
Wednesday	10:20 AM - 10:50 AM 1:00 PM - 1:30 PM 5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:10 PM - 6:40 PM 6:45 PM - 7:15 PM
Thursday	9:30 AM - 10:00 AM 11:15 AM - 11:45 AM 1:00 PM - 1:30 PM 2:05 PM - 2:35 PM 5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:10 PM - 6:40 PM 6:45 PM - 7:15 PM
Friday	10:20 AM - 10:50 AM 11:10 AM - 11:40 AM 1:00 PM - 1:30 PM
Saturday	9:00 AM - 9:30 AM 9:35 AM - 10:05 AM 10:10 AM - 10:40 AM 10:45 AM - 11:15 AM 11:20 AM - 11:50 AM 11:55 AM - 12:25 PM
Sunday	3:00 PM - 3:30 PM 3:35 PM - 4:05 PM 4:10 PM - 4:40 PM 4:45 PM - 5:15 PM 5:20 PM - 5:50 PM 5:55 PM - 6:25 PM

Full Privilege Members: \$56
Program Members: \$112

YOUTH

School Age

Monday	5:00 PM - 5:40 PM
Tuesday	5:00 PM - 5:40 PM 7:15 PM - 7:55 PM
Wednesday	5:00 PM - 5:40 PM 7:15 PM - 7:55 PM
Thursday	5:00 PM - 5:40 PM
Saturday	9:00 AM - 9:40 AM 10:30 AM - 11:10 AM 12:00 PM - 12:40 PM
Sunday	3:00 PM - 3:40 PM 4:30 PM - 5:10 PM 6:00 PM - 6:40 PM

Full Privilege Members: \$64
Program Members: \$128

Teens/Adults

Monday	7:20 PM - 8:00 PM
Thursday	8:50 PM - 9:30 PM

Full Privilege 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	9:30 AM - 10:00 AM 11:15 AM - 11:45 AM 2:40 PM - 3:10 PM 5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:45 PM - 7:15 PM
Tuesday	9:30 AM - 10:00 AM 11:15 AM - 11:45 AM 2:05 PM - 2:35 PM 5:00 PM - 5:30 PM 6:10 PM - 6:40 PM 6:45 PM - 7:15 PM
Wednesday	10:20 AM - 10:50 AM 1:00 PM - 1:30 PM 5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:45 PM - 7:15 PM
Thursday	9:30 AM - 10:00 AM 10:40 AM - 11:10 AM 1:00 PM - 1:30 PM 1:35 PM - 2:05 PM 2:40 PM - 3:10 PM 5:00 PM - 5:30 PM 5:35 PM - 6:05 PM 6:45 PM - 7:15 PM
Friday	10:20 AM - 10:50 AM 1:00 PM - 1:30 PM

Preschool Stage 2 (Cont'd)

Saturday	9:00 AM - 9:30 AM 9:35 AM - 10:05 AM 10:10 AM - 10:40 AM 10:45 AM - 11:15 AM 11:20 AM - 11:50 AM 11:55 AM - 12:25 PM
Sunday	3:00 PM - 3:30 PM 3:35 PM - 4:05 PM 4:10 PM - 4:40 PM 4:45 PM - 5:15 PM 5:20 PM - 5:50 PM 5:55 PM - 6:25 PM

Full Privilege Members: \$56
Program Members: \$112

School Age

Monday	6:30 PM - 7:10 PM 7:15 PM - 7:55 PM
Tuesday	6:30 PM - 7:10 PM 7:15 PM - 7:55 PM
Wednesday	6:30 PM - 7:10 PM 7:15 PM - 7:55 PM
Thursday	6:30 PM - 7:10 PM 7:15 PM - 7:55 PM
Saturday	9:00 AM - 9:40 AM 9:45 AM - 10:25 AM 10:30 AM - 11:10 AM 11:15 AM - 11:45 AM 12:00 PM - 12:40 PM
Sunday	3:00 PM - 3:40 PM 3:45 PM - 4:25 PM 4:30 PM - 5:10 PM 5:15 PM - 5:55 PM 6:00 PM - 6:40 PM

Full Privilege 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	10:05 AM - 10:35 AM 1:35 PM - 2:05 PM 5:00 PM - 5:30 PM 6:45 PM - 7:15 PM
Tuesday	11:15 AM - 11:45 AM 1:00 PM - 1:30 PM 5:00 PM - 5:30 PM 6:45 PM - 7:15 PM
Wednesday	10:55 AM - 11:25 AM 5:00 PM - 5:30 PM 6:45 PM - 7:15 PM
Thursday	10:05 AM - 10:35 AM 1:35 PM - 2:05 PM 2:40 PM - 3:10 PM 5:00 PM - 5:30 PM 6:45 PM - 7:15 PM

YOUTH

Prechool Stage 3 (Cont'd)

Friday	10:55 AM - 11:25 AM
Saturday	9:00 AM - 9:30 AM 9:35 AM - 10:05 AM 10:10 AM - 10:40 AM 10:45 AM - 11:15 AM 11:20 AM - 11:50 AM 11:55 AM - 12:35 PM
Sunday	3:00 PM - 3:30 PM 3:35 PM - 4:05 PM 4:10 PM - 4:40 PM 4:45 PM - 5:15 PM 5:20 PM - 5:50 PM 5:55 PM - 6:25 PM

Full Privilege Members: \$56
Program Members: \$112

School Age

Monday	5:45 PM - 6:25 PM 7:15 PM - 7:55 PM
Tuesday	5:45 PM - 6:25 PM
Wednesday	5:45 PM - 6:25 PM
Thursday	5:45 PM - 6:25 PM 7:15 PM - 7:55 PM
Saturday	9:45 AM - 10:25 AM 11:15 AM - 11:55 AM 12:00 PM - 12:40 PM
Sunday	3:45 PM - 4:25 PM 5:15 PM - 5:55 PM 6:00 PM - 6:40 PM

Full Privilege Members: \$64
Program Members: \$128

Teens/Adults

Monday	8:05 PM - 8:45 PM
Thursday	8:05 PM - 8:45 PM

Full Privilege Members: \$64
Program Members: \$128

SWIM STROKES

(Preschool 30 minutes)

(School Age/Teens/Adults 40 minutes)

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

Swim Strokes -Stage 4

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

Preschool

Monday	10:40 AM - 11:10 AM 2:05 PM - 2:35 PM 6:10 PM - 6:40 PM
Tuesday	10:40 AM - 11:10 AM 2:40 PM - 3:10 PM 6:10 PM - 6:40 PM
Wednesday	10:55 AM - 11:25 AM 6:10 PM - 6:40 PM
Thursday	10:40 AM - 11:10 AM 2:05 PM - 2:35 PM 6:10 PM - 6:40 PM
Friday	10:55 AM - 11:25 AM
Saturday	9:00 AM - 9:30 AM 11:20 AM - 11:50 AM 11:55 AM - 12:25 PM
Sunday	3:00 PM - 3:30 PM 5:20 PM - 5:50 PM 5:55 PM - 6:25 PM

Full Privilege Members: \$56
Program Members: \$112

School Age

Monday	5:00 PM - 5:40 PM
Tuesday	5:00 PM - 5:40 PM
Wednesday	5:00 PM - 5:40 PM
Thursday	5:00 PM - 5:40 PM
Saturday	9:45 AM - 10:25 AM 10:30 AM - 11:10 AM 11:15 AM - 11:55 AM 12:00 AM - 12:40 AM
Sunday	3:45 PM - 4:25 PM 4:30 PM - 5:10 PM 5:15 PM - 5:55 PM 6:00 PM - 6:40 PM

Full Privilege 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	6:30 PM - 7:10 PM
Wednesday	6:30 PM - 7:10 PM
Thursday	5:45 PM - 6:25 PM
Saturday	9:00 AM - 9:40 AM 9:45 AM - 10:45 AM 10:30 AM - 11:10 AM
Sunday	3:00 PM - 3:40 PM 3:45 PM - 4:25 PM 4:30 PM - 5:10 PM

Full Privilege Members: \$64
Program Members: \$128

YOUTH

Teens/Adults

Monday 8:50 PM - 9:30 PM

Thursday 7:20 PM - 8:00 PM

Full Privilege 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 5:45 PM - 6:25 PM

Wednesday 5:45 PM - 6:25 PM

Thursday 6:30 PM - 7:10 PM

Saturday 9:00 AM - 9:40 AM
11:15 AM - 11:55 AM

Sunday 3:00 PM - 3:40 PM
5:15 PM - 5:55 PM

Full Privilege Members: \$64

Program Members: \$128

Porpoise Club

Pre-Competitive Swim Team (Ages 6-12)

Members: \$158

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 or either breaststroke or butterfly. This class will work on competitive stroke technique over full lengths of swimming. Some advanced techniques will be introduced.

Monday/Wednesday 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 turns.

Monday/Wednesday 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 turns.

Tuesday/Thursday 5:00 PM - 5:45 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 turns.

Tuesday/Thursday 5:45 PM - 6:30 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.

Tuesday/Thursday 6:30 PM - 7:15 PM

Gym and Swim

This class will consist of a gym class followed by swim. In the gym, children will learn a new sport each week through skill building and games. In the pool, each child will play games to learn and practice basic swim skills in a fun environment. At the end, your child will receive a recommendation for the appropriate group swim level. (Ages 3-5)

Friday 10:30 AM - 12:00 PM

Full Privilege Members: \$50

Program Members: \$100

Boy Scout/Girl Scout Water Badge

(Ages 6+)

This comprehensive course will fulfill all requirements for Boy Scouts to complete the Aquatic Merit Badge.

Friday 7:00 PM - 9:00 PM

Group Fee: \$75

PRIVATE OR SEMI-PRIVATE SWIM LESSONS

	Full Privilege Members	Program Members
Private Lessons	\$150/ 5 lessons	\$300/ 5 lessons
Semi-Private Lessons	\$100/ 5 lessons	\$200/ 5 lessons

Interested in Private or Semi-Private Swim Lessons? Fill out and submit a Request Form at the Welcome Center. Questions, contact Melissa Krauss at mkrauss@philaymca.org.

ARTS & HUMANITIES

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.

Tuesday 11:30 AM - 12:15 PM

Thursday 5:45 PM - 6:30 PM

Friday 11:30 AM - 12:15 AM

Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

YOUTH

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.

Monday	11:30 AM - 12:15 PM
Thursday	11:30 AM - 12:15 PM

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

Arts & Crafts – Youth (Ages 5-9)

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

Saturday	9:30 AM - 10:15 AM
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Family Members: \$17
 Full Privilege Members: \$34
 Program Members: \$68

Cooking – Preschool (Ages 3-6)

Hands-on food preparation teaches healthy eating, basic cooking terms, sharing and teamwork. Please inform Program Director of allergies prior to the start of the session.

Tuesday	12:45 PM - 1:30 PM
Wednesday	12:45 PM - 1:30 PM
Thursday	12:45 PM - 1:30 PM

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

Cooking – Youth (Ages 5-10)

Hands-on food preparation teaches healthy eating, basic cooking terms, sharing and teamwork. Please inform Program Director of allergies prior to the start of the session.

Tuesday	5:30 PM - 6:15 PM 6:30 PM - 7:15 PM
Wednesday	5:45 PM - 6:30 PM

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

Imaginative Play – Preschool (Ages 3-6)

For the child who enjoys dress-up and role playing, this is the perfect opportunity to pretend. Children will make a simple craft to use during their creative playtime. Rock star, athlete, princess or pirate, each week has a different theme.

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

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

KIDZONE (Ages 7-11)

The big kids room of Child Watch for ages 7-11. Staff supervised with a Wii and computers plus special activities to keep kids busy while you work out or take a class. Max time allowed is 2 hours per day & parents are required to remain on premises. Hours subject to change due to Holiday hours.

Mon. - Thurs.	5:00 PM - 9:00 PM
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Movement – Preschool

Children will develop coordination and motor skills through exercise while having fun in a structured environment. Come in and play with your friends!
 (Ages 2-3)

Thursday	12:20 PM - 12:50 PM
Friday	12:20 PM - 12:50 PM

(Ages 3-4)

Monday	12:20 PM - 12:50 PM
Tuesday	11:30 AM - 12:00 PM

(Ages 3-5)

Wednesday	11:30 AM - 12:00 PM 12:20 PM - 12:50 PM
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(Ages 4-5)

Tuesday	12:05 PM - 12:35 PM
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Full Privilege Members: Free

Music & Movement

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.
 Parent Child (Ages 2-3)

Monday	12:15 PM - 12:45 PM
Thursday	12:05 PM - 12:35 PM

Preschool (Ages 3-5)

Monday	12:15 PM - 12:45 PM
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Full Privilege Members: Free

Music – Preschool

Children will explore musical concepts through song, dance and creative movement. Children will try out different musical instruments and make their own individual songs.
 (Ages 3-4)

Monday	9:30 AM - 10:15 AM
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(Ages 4-6)

Thursday	10:30 AM - 11:15 AM
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Family Members: \$17
 Full Privilege Members: \$34
 Program Members: \$68

Painting – Preschool (Ages 3-6)

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

Friday	10:30 AM - 11:15 AM
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Family Members: \$17
 Full Privilege Members: \$34
 Program Members: \$68

Parachute Play

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

Monday	11:35 AM – 12:05 PM
Thursday	11:30 AM – 12:00 PM

Family Members: FREE

Preschool Prep (Ages 2½-4)

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

Monday	10:30 AM - 11:15 AM
Tuesday	10:30 AM - 11:15 AM
Wednesday	9:30 AM - 10:15 AM

Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

Science - Preschool/Youth

Children will begin to understand the value of nature and take a closer look at the world that surrounds us through exploration, creative projects and hand on experiments.

(Ages 3-6)

Wednesday	11:30 AM -12:15 PM
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(Ages 5-10)

Monday	5:45 PM - 6:30 PM
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Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

Theater - Youth (Ages 7-16)

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

Monday	7:00 PM - 7:45 PM
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Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

World Cultures - Preschool (Ages 3-6)

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

Tuesday	9:30 AM – 10:15 AM
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Wednesday	10:30 AM – 11:15 AM
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Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

DANCE

Jane Baron's Academy of Dance will be teaching dance classes at the Spring Valley YMCA. For more information, please contact Bridgette Barbera-Byrne, Advanced Sports, Youth and Camp Director at bbyrne@philaymca.org or ext. 2755.

Ballet - Preschool (Ages 3-5)

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

Monday	12:30 PM - 1:15 PM
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Friday	10:45 AM - 11:30 AM
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Full Privilege, Program Members: \$90

Ballet - Youth (Ages 4-6)

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

Monday	1:15 PM - 2:00 PM
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Friday	11:30 AM - 12:15 PM
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Full Privilege, Program Members: \$90

INSTRUCTIONAL SPORTS

Basketball - Preschool

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 3-5)

Thursday	1:15 PM - 2:00 PM
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(Ages 4-6)

Tuesday	5:15 PM - 6:00 PM
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Wednesday	10:30 AM - 11:15 AM
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Thursday	4:15 PM - 5:00 PM
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Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

Basketball Advanced - Youth

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

(Ages 5-8)

Wednesday	4:15 PM - 5:00 PM
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(Ages 6-10)

Monday	6:15 PM - 7:00 PM
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Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

YOUTH

Dodgeball – Youth (Ages 5-11)

This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem.

Tuesday 6:15 PM - 7:00 pm

Thursday 6:15 PM - 7:00 PM

Full Privilege Members Only: Free

Golf – Preschool (Ages 3-5)

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

Friday 11:30 AM - 12:15 PM

Location: Spring Valley Y

Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

Golf – Youth This class will teach the fundamentals of golf and assist in developing good sportsmanship and etiquette. Emphasis is on skill development, fun and participation. (Ages 6-8)

Monday 4:15 PM - 5:00 PM*

(Ages 9-13)

Monday 5:15 PM - 6:00 PM*

*Early Fall Only

Location: Rolling Turf Golf Course, 28 Smith Rd, Schwentsville, PA.

Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

Gym and Swim (Ages 3-5)

This class will consist of a gym class followed by swim. In the gym, children will learn a new sport each week through skill building and games. In the pool, each child will play games to learn and practice basic swim skills in a fun environment. At the end, your child will receive a recommendation for the appropriate group swim level.

Friday 10:30 AM - 11:15 PM

Family Members: \$25

Full Privilege Members: \$50

Program Members: \$100

Hockey – Youth (Ages 5-8)

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.

Thursday 5:15 PM - 6:00 PM

Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

Soccer – Preschool

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)

Tuesday 4:15 PM - 5:00 PM

Thursday 9:30 AM - 10:15 PM

(Ages 3-6)

Monday 4:15 PM - 5:00 PM

(Ages 4-6)

Wednesday 10:30 AM - 11:15 AM*

*Early Fall Only. Class will take place outdoors.

Parents must stay with the class – are welcome to bring chairs to watch. Rain location: Gym D.

Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

Soccer Advanced – Youth (Ages 6-10)

For youth who have learned the fundamentals of the game. This program includes skill development, drills and some scrimmage time. Previous soccer experience recommended.

Monday 5:15 PM - 6:00 PM

Wednesday 5:15 PM - 6:00 PM

Sunday 2:00 PM - 2:45 PM

Family Members: \$17

Full Privilege 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)

Monday 9:30 AM - 10:15 AM*
10:30 AM - 11:15 AM

Tuesday 9:30 AM - 10:15 AM

Wednesday 9:30 AM - 10:15 AM

Sunday 12:00 PM - 12:45 PM

(Ages 3-5)

Wednesday 9:30 AM - 10:15 AM*

*Early Fall Only. Class will take place outdoors.

Parents must stay with the class, parent participation is strongly encouraged.

Rain location: Gym D.

Family Members: \$17

Full Privilege Members: \$34

Program Members: \$68

TENNIS

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	10:30 AM - 11:15 AM* 1:30 PM - 2:15 PM
Tuesday	1:30 PM - 2:15 PM 5:15 PM - 6:00 PM *
Thursday	10:30 AM - 11:15 AM 11:30 AM - 12:15 PM 4:15 PM - 5:00 PM*
Friday	9:30 AM - 10:15 AM
Sunday	1:00 PM - 1:45 PM

(Ages 3-6)

Tuesday	10:30 AM - 11:15 AM
Wednesday	6:15 PM - 7:00 PM
Monday	9:30 AM - 10:15 AM

*Early Fall Only. Class will take place outdoors. Parents must stay with the class – are welcome to bring chairs to watch. Rain location: Gym D
Family Members: \$17
Full Privilege Members: \$34
Program Members: \$68

Sports Introduction – Youth (Ages 6-8)

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.

Tuesday	4:15 PM - 5:00 PM*
Thursday	5:15 PM - 6:00 PM*

*Late Spring Only. Class will take place outdoors. Parents must stay with the class – are welcome to bring chairs to watch. Rain location: Gym D.
Family Members: \$17
Full Privilege Members: \$34
Program Members: \$68

T-Ball – Preschool (Ages 3-5)

Participants will learn the fundamentals and rules of T-Ball while developing good teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

Monday	11:30 AM - 12:15 PM
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Family Members: \$17
Full Privilege Members: \$34
Program Members: \$68

Table Tennis – Youth (Ages 8-12)

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

Saturday	9:30 AM - 10:15 AM 10:30 AM - 11:15 AM
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Family Members: \$17
Full Privilege Members: \$34
Program Members: \$68

Greater Pottstown Tennis & Learning at the Spring Valley YMCA.

Greater Pottstown Tennis & Learning is a game based organization that provides fun professional tennis instruction for all players at all levels. Their pathway allows every student to maximize the elements necessary to develop their tennis game and life skills. Greater Pottstown Tennis & Learning seeks to mentor life skills, healthy behaviors and learning through tennis.

Red Ball 1 (Ages 4-5)

Join us for a fun and energetic introduction to tennis. This class focusses on the very basic fundamentals of tennis by playing games that include skills development, racquet and court orientation, and basic stroke development.

Monday	3:00 PM - 3:45 PM
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Family Members: \$17
Full Privilege Members: \$34
Program Members: \$68

Red Ball 2 (Ages 6-7)

A high energy and fun class geared toward expanding tennis foundation. This class will elaborate on developmental skills, hand eye skills, and coordination.

Monday	4:00 PM - 4:45 PM
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Family Members: \$17
Full Privilege Members: \$34
Program Members: \$68

Orange Ball 1 (Ages 8-10)

Students will be introduced to tennis using a fun game based approach to learning. Students will play games that focus on beginner developmental coordination skills that combine hand eye coordination, sending and receiving, tracking and movement, stroke production and basic tennis foundation.

Monday	5:00 PM - 5:45 PM
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Family Members: \$17
Full Privilege Members: \$34
Program Members: \$68

Parent/Child Tennis Class (Ages 2.5 - 4)

Parents participate along with their preschool children in this fun and active introduction to tennis and skills development.

Tuesday	3:00 PM - 3:45 PM
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Family Members: \$17
Full Privilege Members: \$34
Program Members: \$68

Adaptive Tennis (Ages 10 & Up)

Everyone can play the sport of tennis, with the appropriate equipment. People of any age, environment, condition or disability are invited to enjoy the game.

Tuesday	4:00 PM - 4:45 PM
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Family Members: \$17
Full Privilege Members: \$34
Program Members: \$68

YOUTH

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.

FALL 2017 YOUTH LEAGUES

Registration: June 1 - August 7
Start Date: September 10/11

Soccer	3 - 11 yrs.
Hockey	4 - 11 yrs.
Flag Football	4-9 yrs.

EARLY WINTER 2017

Registration: September 21 - November 1
Start Date: December 3/4

Basketball	4 - 11 yrs.
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WINTER 2017

Registration: December 4 - January 15
Start Date: February 18/19

Soccer - Indoor	3 - 11 yrs.
Hockey	4 - 11 yrs.

SPRING 2017

Registration: January 31 - March 13
Start Date: April 7/8

Soccer	3 - 11 yrs.
T-Ball	4-5 yrs.
Baseball Coach Pitch	6 - 7 yrs.

SUMMER 2017

Registration: May 1 - June 5
Start Date: June 17

Basketball	4 - 11 yrs.
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For more information contact Bridgette Barbera-Byrne at ext. 2755 or bbyrne@philaymca.org

GYMNASTICS

Cheerleading - Preschool (Ages 3-6)

Non-competitive cheer squad where youth learn and practice basic cheers.

Wednesday	1:30 PM - 2:15 PM
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Family Members: \$22
Full Privilege Members: \$44
Program Members: \$88

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 12-24 mos)

Wednesday	9:30 AM - 10:15 AM
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Saturday	9:00 AM - 9:45 AM
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(Ages 24-36 mos)

Monday	9:30 AM - 10:15 AM
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Thursday	10:30 AM - 11:15 AM
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Saturday	9:55 AM - 10:40 AM
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Family Members: \$22
Full Privilege Members: \$44
Program Members: \$88

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 3-5)

Monday	1:15 PM - 2:15 PM 5:15 PM - 6:15 PM
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Tuesday	9:30 AM - 10:30 AM
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Wednesday	10:25 AM - 11:25 AM
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Thursday	9:30 AM - 10:30 AM 5:30 PM - 6:30 PM
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Friday	9:15 AM - 10:15 AM
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Saturday	10:50 AM - 11:50 AM
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(Ages 4-6)

Tuesday	10:35 AM - 11:35 AM
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Thursday	1:30 PM - 2:30 PM
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Family Members: \$30
Full Privilege Members: \$60
Program Members: \$120

Gymnastics - Youth

For beginners with no experience, intermediates familiar with basic gymnastic skills and advanced children mastering more difficult skills. Learn conditioning and flexibility techniques and instruction on bars, balance beam and floor. (Ages 5-7)

Wednesday	5:30 PM - 6:30 PM
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(Ages 5½-7)

Tuesday	6:00 PM - 7:00 PM
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(Ages 5½-8)

Monday	6:20 PM - 7:20 PM
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Thursday	6:40 PM - 7:40 PM
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Saturday	11:55 AM - 12:55 PM
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(Ages 6-8)

Wednesday	6:35 PM - 7:35 PM
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Family Members: \$30
Full Privilege Members: \$60
Program Members: \$120

MARTIAL ARTS

Legacy Karate Academy at the Spring Valley YMCA

Training will focus on the traditional martial art of Tang Soo Do with an emphasis on improving self-discipline, focus, flexibility, balance, agility and body control.

The skills learned in a traditional karate class transfer easily to anyone looking to enhance their training in other sports. Class components include, but are not limited to, the following: one-step fighting, forms, self-defense, kicking and kicking drills, sparring and flexibility training. Classes are taught by Master Eric Versland, 6th Degree Black Belt and Mr. Jonathan Amanto, 3rd Degree Black Belt.

Open Enrollment - register at any time.

Preschool Class (Ages 4-6)

Thursday	9:30 AM - 10:15 AM
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Beginner Class (Ages 4-7)

Mon. & Wed.	6:00 PM - 6:45 PM
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Beginner/Intermediate Class (Ages 8-12)

Mon. & Wed.	7:00 PM - 8:00 PM
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Beginner through Advanced (Ages 13 & up)

Mon. & Wed.	8:00 PM - 9:00 PM
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Saturday Class

Beginner (Ages 4-7)

Saturday	9:00 AM - 9:45 AM
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Beginner/Intermediate (Ages 8-12)

Saturday	10:00 AM - 11:00 AM
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Teen/Adult (Ages 13 & up)

Saturday	11:30 AM - 12:30 PM
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*Saturday Classes held at Legacy Karate
326 North Lewis Road, Royersford PA 19468

Monthly Class Fees:

Preschool	\$60/month
Beginner, Beginner/Intermediate, & Beginner through Advanced:	\$110.00/month (includes Monday, Wednesday and Saturday class)
Saturday Class ONLY	\$80/month

For more information, please contact Bridgette Barbera-Byrne, Advanced Sports, Youth, and Camp Director, at bbyrne@philaymca.org or ext. 2755.

BIRTHDAY PARTIES

Let the FUN begin. Our Party Hostesses will create a fun, stress-free atmosphere for your child's birthday party. Parties are held on Saturdays and Sundays from 1:00 PM - 3:00 PM or 4:00 PM - 6:00 PM and Friday, 6:00 - 8:00 PM.

For questions or to book a party, email: svbirthdays@philaymca.org

For more information about parties and party add ons, visit www.philaymca.org

Abilities Birthday Party (Ages: 3-6)

Sensory friendly experience so children with special needs can enjoy a Birthday Party at the Y. Includes one hour exclusive use of our gymnastics room, followed by one hour in the party room. Limit is 10 guests. Parent participation is strongly encouraged.

Full Privilege Members: \$225
Program/Non-Members: \$300

Divas and Desserts Package Party

(Ages: 7 and up)

Your little divas will enjoy dressing up with our fun props in preparation for their very own photo shoot! Then, they will each receive their own cupcake to decorate with an assortment of yummy toppings. Limit 12 guests. Includes set up & clean up and Package Party items.

Full Privilege Members: \$275
Program/Non-Members: \$350

Gymnasium/Sports Party (Ages: 3 and up)

Gym/Sports party includes one hour exclusive use of 1/2 the gym, followed by one hour in the party room. Limit is 25 guests. You will choose the sport and we will provide the equipment.

Full Privilege Members: \$225
Program/Non-Members: \$300

Gymnastics Party

(Ages: 3-6)

Gymnastics Party includes one hour exclusive use of our gymnastics room, followed by one hour in the party room. Limit is 10 guests. Guests will be introduced to basic gymnastics skills on kid-sized equipment.

Full Privilege Members: \$225 for 10 guests
Program/Non-Members: \$300 for 10 guests

*Each additional child above the allotted 10 guests is \$10 per person. Maximum number of children is 15.

Pool Party (Ages: 7 and up)

Pool party includes one hour non-exclusive use of the pool, followed by one hour in the party room. Limit is 25 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 between the ages of 5 and 16 who wish to swim in deep water and/or use the slide must pass the swim test. All children under the age of 16 who do not pass the swim test must wear a PFD.

Full Privilege Members: \$225
Program/Non-Member: \$300

YOUTH

Martial Arts Party (Ages: 4 & up)

Hosted by Legacy Karate Academy. One hour of fun including basic kicking and blocking, games tailored to develop hand-eye coordination, balance and focus. Master Eric Versland is the instructor for this active Martial Arts hour, followed by one hour in the party room with your party hostess. Includes authentic karate trophy & Legacy Karate Academy t-shirt for the birthday child.

Full Privilege Members: \$250 for 10 guests Program/Non-Members: \$300 for 10 guests
*Each additional child above the allotted 10 guests is \$10 per person.

Outdoor Sports Party (Ages 4 & up)

Choose your favorite sport and utilize our outdoor sports fields. One hour exclusive use of the field, followed by one hour in our party room. Parent supervisions and participation strongly encouraged. Limit 25 guests, Includes set-up and clean-up.

Full Privilege Members: \$225 Program/Non Mem: \$300

Available Sundays only until Sunday, November 5

Sandyland Party (Ages 3-8)

Enjoy our outdoor playground for your child's party. One hour non-exclusive use of the playground, followed by one hour in the party room. Kids can enjoy running and playing on the outdoor equipment. Parent supervision and participation is strongly encouraged for safety reasons. Hostess available to ensure the flow of party and safety measures enforced. In case of rain, party will be moved to indoor gym if availability allows. Limit 25 guests, Includes set-up and clean-up.

Full Privilege Members: \$225 Program/Non Members: \$300

Available Saturday or Sunday until October 29

ZUMBA Party (Ages: 7 & up)

Have a party celebration with ZUMBA. Our ZUMBA Instructors will have your party moving and grooving. Guests will receive one hour of ZUMBA instruction and dancing. It will be followed by one hour in the party room. Limit is 16 guests.

Full Privilege Members: \$225 Program/Non-Members: \$300

PACKAGE any of the parties....

Package includes:

Non-themed paper products, Balloons, 1/2 sheet cake, Juice boxes, and special gift for Birthday child. Package price includes the Divas and Desserts Package Party.

CHILD CARE

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



The Spring Valley YMCA offers a complete state licensed Child Care Program ranked at 3 and 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.

Preschool Programs

Half Day Preschool

2 - 5 years

Program Locations:

- Crossroads Church
10 West Cherry Lane, Limerick
- Spring Valley YMCA

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

School-Age Child Care (K - 7th grade)

The Spring Valley 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 Public Welfare. In addition, all programs have achieved a STAR 3 and 4 rating based on the Pennsylvania Keystone Stars quality assurance program. Each program day, our qualified staff provides creative learning experiences and supervised activities for a child's development and enjoyment.

Before Care

(7:00 AM - 9:00 AM)

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

After Care

(3:00 PM - 6:00 PM)

Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours.

Before and After Care locations include:

- Brooke Elementary
- Evans Elementary
- Evergreen Elementary
- Flex 5-6 Grade Center School
- Limerick Elementary
- Royersford Elementary
- Spring City Elementary
- South Elementary
- Upper Providence Elementary

Programs Include:

- Trained, Experienced Staff
- State-Licensed and STAR 4 Rated
- Planned Curriculum
- Homework Supervision
- Arts & Crafts
- Indoor/Outdoor Recreation
- Games and Activities

Kindergarten Half Day Care

Location: Spring Valley YMCA
 Supplement your child's half day kindergarten program with the Y! Spring Valley YMCA Kindergarten Half Day Program offers an AM or PM schedule.

School Age Holiday Care

Location: Spring Valley YMCA
 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.

FAMILY

Family Nights

A new benefit for Spring Valley YMCA members! Join us on the second Friday of the month for a fun night at the Y with activities for the whole family! Family Night activities may include: gym games, pool activities, crafts, movies, family classes and more. Stay tuned each month to see what we'll be doing for Family Night at Spring Valley.

Family Cycle (B I A P)

An indoor cycling class created to challenge both the beginner fitness enthusiast and the seasoned athlete. Kids are welcome in this class as long as they are with an adult and fit comfortably on the spin bike.

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.

Family 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.

Shock (B I A)

A class designed to "shock" an individual's current training routine or jump start a person that has gotten off track back to a fit lifestyle. Pre and Post fitness testing will show how hard work and challenging training pays off.
 Full Privilege Members: \$35

ABILITY PROGRAMS

Ability – Swim Team (Ages 5-19)

Designed for children with physical and/or physiological disabilities. Created to provide a safe fun environment where children can explore the joys of a healthy active lifestyle. Our trained staff and volunteers will use water education to develop and/or enhance the participant's swimming skills.

Saturday	10:50 AM - 11:20 AM 11:30 AM - 12:00 AM
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Full Privilege Members: \$30
 Program Members: \$60

Ability – Sports Introduction (Ages 5-18)

Our "Shooting Stars" is designed for children with physical and/or physiological challenges. The team is non-competitive, so winning and losing is not emphasized. With primary focus on movement and gross motor development, the class integrates basic sports skills such as dribbling a ball. Each class ends with a huddle where the Coordinator talks with the athletes about values and good sportsmanship.

Wednesday	5:30 PM - 6:30 PM
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Family Members: \$14
 Full Privilege Members: \$28
 Program Members: \$40

Ability – Movement

(Ages Birth - 8yrs)

A whole body experience for children ages birth through 8 years old with physical and/or physiological challenges to run, jump and play with their peers.

Monday	10:30 AM - 11:30 AM
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Tuesday	4:15 PM - 5:15 PM
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Wednesday	11:30 AM - 12:30 PM
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Thursday	4:45 PM - 5:30 PM
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Full Privilege Members: Free

Adaptive Tennis (Ages 10 & Up)

Everyone can play the sport of tennis, with the appropriate equipment. People of any age, environment, condition or disability are invited to enjoy the game.

Tuesday	4:00 PM - 4:45 PM
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Family Members: \$17
 Full Privilege Members: \$34
 Program Members: \$68

TEENS



STRIVE FOR EXCELLENCE

Y ACHIEVERS PROGRAM FOR YOUTH IN GRADES 5-12

Five Pillars of the Y Achievers Program:

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

FOR MORE INFORMATION ON Y ACHIEVERS PLEASE CONTACT:
Reona Jones-Edwards - rjedwards@philaymca.org

TEEN SWIM LESSONS

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

Swim Basics

Stage 1 – Water Acclimation

Monday	7:20 PM - 7:50 PM
Thursday	8:50 PM - 9:30 PM

Full Privilege Members: \$64
Program Members: \$128

Swim Basics

Stage 3 – Water Stamina

Monday	8:05 PM - 8:45 PM
Thursday	8:05 PM - 8:45 PM

Full Privilege Members: \$64
Program Members: \$128

Swim Strokes

Stage 5 – Stroke Development

Monday	8:50 PM - 9:30 PM
Thursday	7:20 PM - 7:50 PM

Full Privilege Members: \$64
Program Members: \$128

PRIVATE OR SEMI-PRIVATE SWIM LESSONS

	Full Privilege Members	Program Members
Private Lessons	\$150/ 5 lessons	\$300/ 5 lessons
Semi-Private Lessons	\$100/ 5 lessons	\$200/ 5 lessons

Interested in Private or Semi-Private Swim Lessons? Fill out and submit a Request Form at the Welcome Center. Questions, contact Melissa Krauss at mkrauss@philaymca.org.

Y Achievers Sponsored By:



ARTS & HUMANITIES

Y Leaders

(Grades: 6-12)

Help the community, learn leadership skills and make friends. Teen Leaders have opportunities to volunteer, discuss issues and attend retreats.

Monday	6:30 PM - 8:00 PM
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Full Privilege & Program Members: Free

HEALTH & WELLNESS

Dodgeball – Youth

This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem.

(Ages 9-13)

Tu/Thurs.	1:00 PM - 2:00 PM
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Full Privilege Members Only: FREE

Shock (B I A)

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

Full Privilege Members: \$35

Speed School (Ages 9-15)

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

Full Privilege Members: FREE

Teen Strength Training (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.

Full Privilege Members: Free

TRX (B I A)

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

Full Privilege Members: \$35

Volleyball – Teen (Ages 13-17)

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

Friday	7:30 PM - 9:30 PM	Gym D
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Full Privilege Members: Free

*Must have 8 players to set up the net

ADULTS

ADULT SWIM LESSONS

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

Swim Basics

Stage 1 - Water Acclimation

Monday	7:20 PM - 7:50 PM
Thursday	8:50 PM - 9:30 PM

Full Privilege Members: \$64
Program Members: \$128

Swim Basics

Stage 3 - Water Stamina

Monday	8:05 PM - 8:45 PM
Thursday	8:05 PM - 8:45 PM

Full Privilege Members: \$64
Program Members: \$128

Swim Strokes

Stage 5 - Stroke Development

Monday	8:50 PM - 9:30 PM
Thursday	7:20 PM - 7:50 PM

Full Privilege Members: \$64
Program Members: \$128

Masters Swim Teams

(Ages 19 & up)

Participants have the option of joining the US Master's Swimming organization and competing at sanctioned pool meets at local and national levels. Competitive season runs from November-May. For more information, contact Gary Sangmeister at svygators@gmail.com.

PRIVATE OR SEMI-PRIVATE SWIM LESSONS

	Full Privilege Members	Program Members
Private Lessons	\$150/ 5 lessons	\$300/ 5 lessons
Semi-Private Lessons	\$100/ 5 lessons	\$200/ 5 lessons

Interested in Private or Semi-Private Swim Lessons? Fill out and submit a Request Form at the Welcome Center. Questions, contact Meghan Johnson at mjohnson@philaymca.org.

SPRING VALLEY YMCA MULTISPORT GATORS

Triathlon Training Club/Coaching

Are you looking for a new challenge? How about three? If so, consider joining the Spring Valley YMCA's triathlon club and you can learn all that you need to know and do all that you need to do to complete your first triathlon! With seven weekly coach-led workouts that include swimming, cycling, and running, plus regular seminars, a staff of 10 coaches (including four USAT-certified coaches), many club events, sponsor discounts, and very useful online tools, you will have access to tremendous resources at your fingertips. For more information, contact the Gators at gatorstri@gmail.com.

\$125 per individual per year
\$200 per family (2 people) per year

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

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 | A | P) **AOA**

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

SilverSneakers® Splash (B | 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.

Aquacize (B I A)

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

Aqua Stretch and Strength (B I A)

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 Deep (B I A)

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 Bootcamp (I A)

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

Aqua 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.

Nutritional Education

Our diet analysis is conducted by a Registered Dietitian and provides an excellent way for you to learn how to make smart dietary changes for long term weight loss, optimal health or optimal athletic performance. The analysis will examine the aspects of your current dietary intake and our Registered Dietician will be able to find areas where you can improve.

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

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

*Registration required

Full Privilege Members:

1 hour class: \$35

Express (½ hour) class: \$17.50

Barre

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

Dynamic Boxing (B I A)

Boxing strength and conditioning mixed with technique training. Participants are required to bring their own gloves.

Shock (I A)

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

TRX (B I A)

Revolutionary method of leveraged bodyweight exercise using the TRX Trainer. Safely perform hundreds of exercises that build power, strength, flexibility, balance and mobility, as well as prevent injuries, all at the intensity you choose. Come experience one of the best total body workouts you've ever had! Ages 14 and up.

AQUATIC PERSONAL TRAINING

Personal Training – Aquatics

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

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.

ADULTS

SPECIALTY FITNESS CLASSES

*Registration Required

Kettlebell (B 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.

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.

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.

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.

Zero to 5K Training Program (B I A)

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

GROUP EXERCISE

Belly Dancing (B A)

Regardless of your age, size, shape or ability, you'll gain confidence while gaining control of your body. This class explores muscle isolations 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)

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

BodyFLOW® (B I A)

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.

BodyVIVE® (B I A)

Step into a Body Vive 3.1 class and you can be sure you're heading into one of the safest and most effective workouts around. The challenging mix of lunges, squats, running and tubing exercises will help you burn up to 490 calories each class. The great music will leave you fizzing with energy and feeling great.

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.

BOSU (B I A)

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

Cardio Fusion (B I A)

Full Body workout offering a variety of cardio styles which vary by branch. 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.

Chair Yoga (B I)

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

Cycle (B I A)

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

CXWORX (B I A)

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

Fit & Fifty (B I A)

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

Hatha Yoga (B I A)

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

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.

Meditation (B I A)

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

Muscle Confusion (B I A)

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

Pilates (B I A)

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

Power 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

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.

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.

Silver and Fit (B) AOA

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

SilverSneakers® Circuit (B I A) AOA

Combine fun with fitness to increase your cardiovascular and muscular endurance power with this 45 minute standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

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.

Tabata (I A)

The Tabata Protocol is the best supra-aerobic cardio workout to quickly and effectively burn fat and increase metabolism. The class will consist of intense 20 second intervals followed by 10 seconds of rest.

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.

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 and toning benefits of a Pilates class. A balanced workout for beginner to intermediate levels.

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.

ADULTS/COMMUNITY

ZUMBA® Toning (B I)

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

RECREATIONAL SPORTS

Ping Pong

Gym D - Drop in, recreational games.

Monday - Friday 8:00 AM - 11:00 AM

*Subject to change if necessary

Pickleball Rec. Hours

Mon. - Fri. 7:00 AM - 9:00 AM Gym B
12:00 PM - 3:00 PM

*Subject to change if necessary

Men's Basketball (Adults 18+)

Sunday 5:00 PM - 8:00 PM Gym D

Volleyball (Adults 18+)

Mon. & Thurs. 7:30 PM - 9:30 PM Gym D

*Must have 8 players to set up the net

Volleyball - Teen (Ages 13-17)

Drop-in, recreational games.

Friday 7:30 PM - 9:30 PM Gym D

Full Privilege Members: Free

*Must have 8 players to set up the net

HEALTHY LIVING PROGRAMS

Mishock Physical Therapy

Spring Valley YMCA now houses Mishock Physical Therapy and Associates, a privately owned outpatient physical therapy practice with five convenient locations in Limerick, Gilbertsville, Barto, Skippack, and Phoenixville. We provide Physical Therapy, Chiropractic, and Aquatic Therapy services to Relieve pain, restore function, and return our patients to the highest quality of life possible. For more information or to make an appointment contact the Welcome Center.

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.



ABILITY PROGRAMS

Ability - Friday Night With Friends

(Ages 18 & up)

Join us for fun and socialization. A different activity to enjoy each week: including crafts, cooking, dances, swimming, and holiday parties. This is a great opportunity to meet new friends! Activities take place every Friday evening. Registration Required.

Friday 6:30 PM - 8:00 PM

Full Privilege Members: Free

ACTIVE OLDER ADULTS

Senior Ambassadors of Social Services at the YMCA (S.A.S.S.Y.)

Come hear what's new or upcoming on the AOA calendar. Participate in decision making about events, trips and opportunities for our population. Speakers may do a brief presentation based on your suggestions.

1st Wednesday of the month 12:00 PM

Full Privilege Members Only: Free

COMMUNITY

Join us for the following Special Interest Groups:

Book Club/Discussion Group

Planning meeting in July and January. This group reads a pre-determined book, then discusses plot, development and outcomes. Selected books are posted on the information board.

3rd Tuesday of each month 11:15 AM

Canasta

Thursday 12:30 PM - 3:00 PM

Knitting/Crocheting Group

Sunday 11:00 AM - 12:00 PM

Mahjong

Tuesday 1:00 PM - 3:00 PM

Sunday 12:00 PM - 3:00 PM

Movie Matinee

Come see a movie on our big screen based on your suggestions. B.Y.O.L. (Bring Your Own Lunch). Popcorn provided.

2nd Friday of each month 12:00 PM

Pickleball Rec. Hours

Mon. - Fri. 7:00 AM - 9:00 AM Gym B
12:00 PM - 3:00 PM

*Subject to change if necessary

Ping Pong

Gym D - Drop in, recreational games.

Monday - Friday 8:00 AM - 11:00 AM

*Subject to change if necessary

Pinochle

Thursday 12:30 PM - 3:00 PM

BUS TRIPS

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 contact Casey Kolunie at ext. 2132. Bus trip information will also be posted on the bulletin boards in the SASSY Center and throughout the building.

Grief Support Groups

Interactive discussion topics each week. Anyone with any type of grief is welcome to attend. Session facilitated by TriCounty Home and Health Hospice, Facilitated by Rev. Don Eisenhower.

3rd Wednesday of the month 2:00 PM - 3:00 PM

Full Privilege, Program and Non Members: Free

American Red Cross Blood Drive

You can make a difference. Your donation provides critical support for those in need. Open to the community. Register online at redcrossblood.org. Enter the Y's zip code - 19468 - under "Find a Blood Drive" and scroll to find Spring Valley YMCA location. It's that easy!

Sat, Sept. 2 8:00 AM - 1:00 PM

Dog Day Afternoon

Saturday, September 10

Bring the other member of your family to the Y for a doggy swim in our Outdoor Pool. Contests and prizes, vendors, demonstrations and a doggy swim. Dogs and families are sure to have a tail-wagging good time! Free and open to the community.

Fall Fest

DATE: TBD

Games, crafts, and Trunk-Or-Treat! Wear your Halloween costume for a day of family fun! Free and open to the community.

COMMUNITY

TRAINING & CERTIFICATION

ARC Lifeguard Certification

(Ages 15+)

Pre-requisites: Must be at least 15 years old and be able to complete a 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 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. Must be able to attend all dates.

Course 1:

Thursday, Oct. 19	5:00 PM - 9:00 PM
Friday, Oct. 20	5:00 PM - 10:00 PM
Saturday, Oct. 21	9:00 PM - 6:00 PM
Sunday, Oct. 22	9:00 PM - 6:00 PM

Course 2:

Thursday, Nov. 16	5:00 PM - 9:00 PM
Friday, Nov. 17	5:00 PM - 10:00 PM
Saturday, Nov. 18	9:00 PM - 6:00 PM
Sunday, Nov. 19	9:00 PM - 6:00 PM

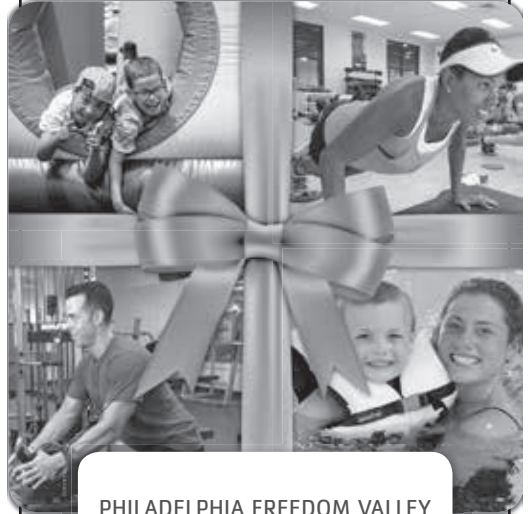
Full Privilege and Non Members: \$350

**Spring Valley YMCA is a
No Place for Hate® Facility**



GIVE THE GIFT OF HEALTH

WITH A YMCA GIFT CARD



PHILADELPHIA FREEDOM VALLEY

YMCA

GIFT CARD

GIFT CARDS CAN
BE APPLIED TO:

- Membership
- Personal Training
- Youth Programs
- Swim Lessons
- Summer Camp
and more!

To Purchase, Stop by
the Membership Desk!



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 MOSTaquatics, dance, competitive gymnastics, child care, martial arts 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 3 Wellness Consultations 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**

Philadelphia Freedom Valley YMCA

Abington YMCA

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

Ambler Area YMCA

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

Audubon YMCA

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

Boyetown YMCA

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

Christian Street YMCA

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

Columbia North YMCA

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

Hatboro Area YMCA

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

Haverford Area YMCA

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

Northeast Family YMCA

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

Phoenixville YMCA

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

Pottstown YMCA

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

Rocky Run YMCA

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

Roxborough YMCA

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

Spring Valley YMCA

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

Upper Perkiomen Valley YMCA

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

West Philadelphia YMCA

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

WELLNESS CENTER LOCATION

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

SPORTS & WELLNESS CENTER/ CHILD CARE CENTER LOCATIONS

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

RESIDENT CAMP LOCATION

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

SPRING VALLEY YMCA

19 W. Linfield-Trappe Road
Limerick, PA 19468

Phone: 484-984-2000

Fax: 484-984-2010