



MAKE A
SPLASH
THIS WINTER!

Your Y Program Guide

WINTER 2018

Registration begins December 4th



IT'S NEVER TOO EARLY TO START THINKING ABOUT SUMMER!
Register NOW for CAMP SPEERS YMCA!

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 NEW APP FOR CURRENT SCHEDULES!

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HEALTHY LIVING PROGRAMS
SPONSORED BY

Independence 
LIVE FEARLESS™

PHILADELPHIA FREEDOM VALLEY YMCA LOCATIONS

Abington YMCA

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

Ambler Area YMCA

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

Boyetown YMCA

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

Burlington-Riverfront YMCA

302 Commerce Square Blvd.
Burlington, NJ 08016

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

Mt. Laurel YMCA

59 Centerton Road
Mt. Laurel, NJ 08054

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

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 - 10:30 PM
Saturday & Sunday	7:00 AM - 7:00 PM

Indoor pool closes 15 minutes before building

HOLIDAY HOURS

Christmas Eve	Dec. 24	7:00 AM - 3:00 PM
Christmas	Dec. 25	CLOSED
New Year's Eve	Dec. 31	7:00 AM - 3:00 PM
New Year's Day	Jan. 1	9:00 AM - 3:00 PM

WINTER SESSION DATES

January 1 - February 25

Registration:

Family Members: December 4 - February 4

Members: December 6 - February 4

Non-Members: December 11 - February 4

HOW TO REGISTER FOR PROGRAMS

- Register for classes any time at philaymca.org
- By calling 215-628-9950 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 (3 months to 12 years)

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

Monday - Thursday	8:00 AM - 8:30 PM
Friday	8:00 AM - 7:00 PM
Saturday & Sunday	8:00 AM - 5:00 PM

*Hours subject to change due to holidays/weather

Y ZONE (Ages 10 & up)

Teens and Tweens are invited to drop into the Y Zone and enjoy board games, arts and crafts, the latest video games on the gaming systems including our WIIU, XBOX 1 and PlayStation 4 or catch the latest game on our 52" TV.

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

Hours subject to change due to holidays and special events.

FAMILY ACTIVE CENTER

(Ages 5-9)

The Family Active Center (FAC) is an interactive structured activity area where children can exercise and have fun. Users must be Full Privilege Family Members. All participants must check in before utilizing the FAC. Proper attire is required. Children must wear sneakers and socks at all times. Guests are not permitted to use the FAC. Maximum time allowed in the FAC is 2 hours per day per family and drop off ends 30 minutes before the FAC closes. Parents must remain on the premises at all times.

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

*Hours subject to change due to holidays.

*Family membership required

MEET OUR STAFF

Carol Pinder

Executive Director, ext. 1570

Debbie Adams

Business Manager
ext. 1523

Karen Bruno

Senior Program Director,
ext. 1541

Cameron Bullard

Teen Director
ext. 1540

Trisha Carney

Administrative Assistant,
ext. 1506

Christie Dunning

School Age Childcare Director
ext. 1573

Steve Frantz

Sports Director, ext. 1579

Me Kang

Wellness Director, ext. 1522

Sabrina LeMasurier

Asst. Aquatic Director, ext. 1527

Toni Lindsay

Membership Director, ext. 1571

Brendan Malone

Aquatic Director,
ext. 1525

John Mangan

Property Director, ext. 1543

Laura McClinton

Aquatic Director, ext. 1535

Sarah Miller

Advanced Wellness Director,
ext. 1534

Erica Pfaff

Senior Program Director, ext. 1576

Tina Scott

Advanced Director of Youth & Family
Programs, ext. 1583

Amelia Staub

Group Exercise Director, ext. 1529

Christina Walsh

Program Director, ext. 1572

Emily Weiser

Advanced Child Care Director,
ext. 1574

YOUTH

AQUATICS

AGE KEY:

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

**ALL MONDAY CLASSES ARE
PRORATED FOR JANUARY 1ST**

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.

Friday	9:45 AM - 10:15 AM
Saturday	9:30 AM - 10:00 AM
Sunday	10:00 AM - 10:30 PM

Family Members: \$25
Members: \$50
Non-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	10:15 AM - 10:45 AM
Tuesday	6:30 PM - 7:00 PM
Thursday	10:45 AM - 11:15 AM
Saturday	10:00 AM - 10:30 AM
Sunday	11:00 AM - 11:30 AM

Family Members: \$25
Members: \$50
Non-Members: \$100

Swim Parent/Child (18 months - 3 years)
Water Acclimation - Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water.

Monday	9:45 AM - 10:15 AM
Tuesday	10:15 AM - 10:45 AM
Wednesday	10:45 AM - 11:15 AM
Friday	10:45 AM - 11:15 AM
Saturday	9:00 AM - 9:30 AM 10:30 AM - 11:00 AM
Sunday	11:30 AM - 12:00 PM

Family Members: \$25
Members: \$50
Non-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	9:45 AM - 10:15 AM 10:45 AM - 11:15 AM 1:00 PM - 1:30 PM 2:00 PM - 2:30 PM 4:30 PM - 5:00 PM 5:00 PM - 5:30 PM
Tuesday	9:45 AM - 10:15 AM 6:30 PM - 7:00 PM 7:30 PM - 8:00 PM
Wednesday	10:15 AM - 10:45 AM 5:00 PM - 5:30 PM 6:00 PM - 6:30 PM
Thursday	9:45 AM - 10:15 AM 5:00 PM - 5:30 PM 6:30 PM - 7:00 PM 7:30 PM - 8:00 PM
Friday	9:45 AM - 10:15 AM 10:45 AM - 11:15 AM
Saturday	9:00 AM - 9:30 AM 9:30 AM - 10:00 AM 10:00 AM - 10:30 AM 11:00 AM - 11:30 AM 11:30 AM - 12:00 AM
Sunday	10:00 AM - 10:30 AM 11:00 AM - 11:30 AM 11:30 AM - 12:00 AM

Members: \$64
Non-Members: \$128

YOUTH

School Age

Tuesday	7:15 PM - 7:55 PM
Wednesday	6:15 PM - 6:55 PM
Thursday	5:30 PM - 6:10 PM

Members: \$72
Non-Members: \$144

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	10:15 AM - 10:45 AM 10:45 AM - 11:15 AM 1:00 PM - 1:30 PM 1:30 PM - 2:00 PM 2:00 PM - 2:30 PM 5:00 PM - 5:30 PM 6:00 PM - 6:30 PM
Tuesday	10:45 AM - 11:15 AM 4:30 PM - 5:00 PM 5:00 PM - 5:30 PM 7:00 PM - 7:30 PM
Wednesday	9:45 AM - 10:15 AM 4:30 PM - 5:00 PM 5:00 PM - 5:30 PM 5:30 PM - 6:00 PM 6:00 PM - 6:30 PM
Thursday	10:15 AM - 10:45 AM 5:00 PM - 5:30 PM 6:30 PM - 7:00 PM 7:00 PM - 7:30 PM
Friday	10:15 AM - 10:45 AM 4:00 PM - 4:30 PM 4:30 PM - 5:00 PM
Saturday	9:00 AM - 9:30 AM 9:30 AM - 10:00 AM 10:00 AM - 10:30 AM 10:30 AM - 11:00 AM 11:00 AM - 11:30 AM 11:30 AM - 12:00 AM
Sunday	10:00 AM - 10:30 AM 10:30 AM - 11:00 AM 11:30 PM - 12:00 PM

Members: \$64
Non-Members: \$128

School Age

Monday	5:30 PM - 6:10 PM
Tuesday	5:30 PM - 6:10 PM 6:30 PM - 7:10 PM
Wednesday	5:30 PM - 6:10 PM
Thursday	5:30 PM - 6:10 PM 6:30 PM - 7:10 PM
Friday	5:00 PM - 5:40 PM
Saturday	10:30 AM - 11:10 AM 11:15 AM - 11:55 AM

Members: \$72
Non-Members: \$144

Swim Basics - Stage 3

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

Preschool

Monday	1:30 PM - 2:00 PM 4:30 PM - 5:00 PM 5:30 PM - 6:00 PM
Tuesday	4:30 PM - 5:00 PM 5:00 PM - 5:30 PM 7:00 PM - 7:30 PM
Wednesday	4:30 PM - 5:00 PM 5:00 PM - 5:30 PM 5:30 PM - 6:00 PM
Thursday	4:30 PM - 5:00 PM
Friday	10:15 AM - 10:45 AM
Saturday	10:00 AM - 10:30 AM
Sunday	10:30 AM - 11:00 AM

Members: \$64
Non-Members: \$128

School Age

Monday	4:45 PM - 5:25 PM 6:15 PM - 6:55 PM
Tuesday	4:45 PM - 5:25 PM 5:30 PM - 6:10 PM 7:15 PM - 7:55 PM
Thursday	4:45 PM - 5:25 PM 5:30 PM - 6:10 PM 6:30 PM - 7:10 PM 7:30 PM - 8:10 PM
Friday	4:40 PM - 5:20 PM
Saturday	9:00 AM - 9:40 AM 9:45 AM - 10:25 AM
Sunday	10:00 AM - 10:40 AM

Members: \$72
Non-Members: \$144

YOUTH

SWIM STROKES

(Preschool 30 minutes)

(School Age/Teens/Adults 40 minutes)

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

Swim Strokes - Stage 4

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

Preschool

Tuesday	5:00 PM - 5:30 PM
Thursday	4:30 PM - 5:00 PM 7:00 PM - 7:30 PM
Saturday	10:30 AM - 11:00 AM

Members: \$64

Non-Members: \$128

School Age

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

Members: \$72

Non-Members: \$144

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	4:45 PM - 5:25 PM 6:30 PM - 7:10 PM
Wednesday	4:45 PM - 5:25 PM 6:15 PM - 6:55 PM
Thursday	4:45 PM - 5:25 PM
Friday	5:20 PM - 6:00 PM
Saturday	10:30 AM - 11:10 AM
Sunday	10:40 AM - 11:20 AM

Members: \$72

Non-Members: \$144

Swim Strokes - Stage 6

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

School Age

Tuesday	7:30 PM - 8:10 PM
Wednesday	4:45 PM - 5:25 PM
Thursday	7:30 PM - 8:10 PM
Saturday	11:15 AM - 11:55 AM

Members: \$72

Non-Members: \$144

Private Swim Lessons

# of Classes	Full Privilege Member	Program Member
5	\$150	\$300

*Minimum Age: 4

Semi-Private Swim Lessons

# of Classes	Full Privilege Member	Program Member
5	\$100 per participant	\$200 per participant

*Minimum Age: 4

If you are interested in private lessons, please fill out a private lesson request form. Forms can be found at the Welcome Center. For more information contact Sabrina LeMasurier at slemasurier@philaymca.org or ext. 1527.

ARTS & HUMANITIES

Art Education - Preschool/Youth

Allow your child to experiment with shapes, lines, space and colors. Fine motor and creative thinking skills will be enhanced while the children learn about different art techniques.

(Ages 2-3)

Wednesday	10:00 AM - 10:45 AM
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(Ages 6-8)

Wednesday	5:30 PM - 6:15 PM
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Family Members: \$32

Members: \$64

Non-Members: \$128

First Lego League - Youth/Teen

(Ages 9-13)

This 2 hour class will give participants the opportunity to explore lego robotics in a fun, educational and interactive way. Participants will also have the opportunity to attend First Lego League competitions.

Saturday	10:00 AM - 12:00 PM
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Members: \$60

Non-Members: \$80

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)

Tuesday 10:15 AM - 10:45 AM

(Ages 3-5)

Tuesday 11:00 AM - 11:45 AM

Family Members: \$32

Members: \$64

Non-Members: \$128

Music & Movement – Parent/Child

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.
(Ages 12-24 mo.)

Wednesday 9:30 AM - 10:00 AM

(Ages 2-3)

Wednesday 10:15 AM - 11:00 AM

Family Members: \$32

Members: \$64

Non-Members: \$128

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.

Wednesday 4:30 PM - 5:15 PM

Family Members: \$32

Members: \$64

Non-Members: \$128

Theater – Preschool

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.
(Ages 4-6)

Thursday 1:15 PM - 2:00 PM

***Theme is Wizard of Oz**

Family Members: \$32

Members: \$64

Non-Members: \$128

DANCE

NON-RECITAL (NR) 8 week programs

Family Members: \$32

Members: \$64

Non-Members: \$128

Ballet

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.

Ballet – Preschool (NR)

(Ages 2½ - 3)

Monday 12:30 PM - 1:00 PM

(Ages 3-4)

Tuesday 12:30 PM - 1:15 PM

Saturday 11:00 AM - 11:45 AM

(Ages 3-5)

Monday 1:00 PM - 1:45 PM

Ballet/Tap

A combination of ballet and tap, dancers will work on coordination, rhythm, creativity, technique and terminology in both dance forms.

Ballet & Tap – Preschool (NR) (Ages 4-5)

Tuesday 1:15 PM - 2:00 PM

Saturday 11:45 AM - 12:30 PM

Hip Hop – Youth (NR) (Ages 5-8)

Students will learn routines that fuse both hip hop and jazz styles. Students will be challenged with choreography and have the opportunity to express themselves through movement and music.

Friday 4:30 PM - 5:15 PM

RECITAL

Classes start in September and run through May, with recitals in December and May. Participants may enroll in Session I, Session II or the full year.

Session	Date	Member Price	Program Member Price
Session II	Jan. - May	\$205	\$260
Full Year	Sept. - May	\$320	\$480

Ballet I – Preschool (R)(Ages 3-4)

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

Thursday 12:30 PM - 1:15 PM

Ballet III – Youth (R)(Ages 11-15)

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

Tuesday 6:00 PM - 7:00 PM

Ballet & Tap I – Preschool (R)

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

(Ages 4-5)

Thursday 1:15 PM - 2:00 PM

(Ages 4-6)

Thursday 5:30 PM - 6:15 PM

Saturday 1:15 PM - 2:00 PM

YOUTH

Ballet & Tap – Youth (R) (Ages 6-8)

A combination of ballet and tap, dancers will work on coordination, rhythm, creativity, technique and terminology in both dance forms.

Wednesday 5:15 PM - 6:00 PM

Ballet & Jazz – Youth (R)

Dancers will learn ballet and jazz technique. While developing rhythm and musicality, they will be able to pronounce, execute, and perform skills learned.

(Ages 4-6)

Tuesday 4:15 PM - 5:00 PM

(Age 7-10)

Tuesday 5:00 PM - 6:00 PM

Contemporary Dance – Youth (R)

Expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet.

(Ages 6-8)

Wednesday 4:30 PM - 5:15 PM

Hip-Hop – Youth (R) (Ages 4-8)

Expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet.

(Ages 4-6)

Saturday 10:00 PM - 10:45 PM

(Ages 6-8)

Friday 5:30 PM - 6:15 PM

Jazz II – Youth (R) (Ages 6-12)

Dancers will build on their basic jazz foundation by adding isolations, strengthening exercises and technique that will be incorporated into choreography. Focus on strength & flexibility will be added as well. Dance combinations can consist of musical theater, hip hop & contemporary choreography.

Thursday 4:30 PM - 5:30 PM

GYMNASTICS

Gymnastics – Parent/Child

This parent participation program introduces balancing, tumbling, hanging and agility skills in a fun, open environment. Short structured experiences mixed with free play and choice. (Ages 18-24 mo.)

Monday 9:30 AM - 10:00 AM

Family Members: \$32

Members: \$64

Non-Members: \$128

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 2-3)

Thursday 10:00 AM - 10:45 AM

Sunday 9:00 AM - 9:30 AM
(Ages 3-5)

Monday 6:00 PM - 6:45 PM
10:15 AM - 11:00 AM

Thursday 11:00 AM - 11:45 AM

Sunday 9:30 AM - 10:15 AM

Sunday 10:15 AM - 11:00 AM

(Ages 4-6)

Thursday 5:15 PM - 6:00 PM
6:00 PM - 6:45 PM

Family Members: \$32

Members: \$64

Non-Members: \$128

INSTRUCTIONAL SPORTS

Agility – Youth (Ages 8-12)

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

Thursday 6:30 PM - 7:15 PM

Family Members: \$32

Members: \$64

Non-Members: \$128

Basketball – Youth

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

(Ages 6-8)

Tuesday 4:15 PM - 5:00 PM

(Ages 7-10)

Monday 5:45 PM - 6:30 PM

(Ages 8-12)

Thursday 5:45 PM - 6:30 PM

Family Members: \$32

Members: \$64

Non-Members: \$128

Dodgeball – Youth (Ages 6-12)

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

Tuesday 5:00 PM - 5:45 PM

Family Members: \$32

Members: \$64

Non-Members: \$128

Flag Football – Youth (Ages 7-11)

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

Wednesday 5:00 PM - 5:45 PM

Family Members: \$32
Members: \$64
Non-Members: \$128

Hockey – Youth (Ages 5-10)

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 4:15 PM - 5:00 PM

Family Members: \$32
Members: \$64
Non-Members: \$128

Gym & Swim – Preschool (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.

Thursday 2:00 PM - 3:30 PM

Family Members: \$42.50
Members: \$85
Non-Members: \$170

Lacrosse – Youth (Ages 6-12)

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

Thursday 5:00 PM - 5:45 PM

Family Members: \$32
Members: \$64
Non-Members: \$128

Soccer – Youth (Ages 6-10)

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

Wednesday 5:45 PM - 6:30 PM

Family Members: \$32
Members: \$64
Non-Members: \$128

Sports Introduction – Parent/Child

Children are introduced to a variety of different sports and other games. This is a great way to get your child excited about playing sports while building self esteem and improving coordination and motor skills. Parent participation is encouraged.
(Ages 2-3)

Monday 10:30 AM - 11:15 AM

Tuesday 5:45 PM - 6:30 PM

Family Members: \$32
Members: \$64
Non-Members: \$128

Sports Introduction – Preschool

This class introduces children to a variety of different sports and other games. This is a great way to get your child excited about playing sports while building self esteem and improving coordination and motor skills.
(Ages 3-4)

Monday 1:00 PM - 1:45 PM

Tuesday 1:30 PM - 2:15 PM

Thursday 1:15 PM - 2:00 PM

Family Members: \$32
Members: \$64
Non-Members: \$128

Sports Various – Homeschool (Ages 5-15)

This class will provide activities and experiences that fulfill your physical education requirements for home school and cyber school participants. Also provides socialization, teamwork, and good sportsmanship.

Wednesday 2:00 PM - 3:30 PM

Family Members: \$42.50
Members: \$85
Non-Members: \$170

Tennis – Preschool (Ages 4-6)

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

Wednesday 4:15 PM - 5:00 PM

Family Members: \$32
Members: \$64
Non-Members: \$128

Tennis – Youth

Participants are introduced to tennis through supplemental activities such as basic strokes and fun games.
(Ages 5-8)

Wednesday 6:00 PM - 6:45 PM
(Ages 6-9)

Monday 5:00 PM - 5:45 PM

(Ages 8-11)

Wednesday 5:00 PM - 5:45 PM

Family Members: \$32
Members: \$64
Non-Members: \$128

YOUTH

MARTIAL ARTS

Karate – Youth

Our very popular traditional Gojo Ryu Karate; our program has flourished at the Y for more than twenty years. Develop flexibility, strength, and cardiovascular fitness while building self-confidence and discipline and learning self defense. All skill levels ages 6 and up are welcome. Bill Kane, 6th degree black belt, and Zak Zaklad, 3rd degree black belt, lead a team of experienced and committed instructors. Please note that adults must have a Full Privilege Membership. Registration includes attendance to all classes.

*For more information contact Steve Frantz at ext. 1579.

Mon.	7:15 PM - 8:45 PM	People of all ages and abilities
Wed.	7:15 PM - 8:45 PM	People of all ages and abilities
Sat.	9:15 AM - 10:45 AM	Beginner and White Belt
Sat.	10:45 AM - 11:45 AM	Colored Belts

Members: \$75
Non-Members: \$150

SPORTS LEAGUES

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

2017 WINTER YOUTH SPORTS LEAGUES

Season	League	Start Date
Winter	Basketball	Jan. 6
Winter	Floor Hockey	Jan. 6

*Time determined based on enrollment. Schedule will be provided prior to start date.

Basketball League – Preschool (Ages 3-4)

Saturday	9:00 AM - 10:00 AM OR 10:00 AM - 11:00 AM
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Basketball League – Rookies (Ages 5-7)

Saturday	10:00 AM - 11:00 AM OR 11:00 PM - 12:00 PM
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Basketball League – Winners (Ages 8-12)

Saturday	11:00 PM - 12:00 PM OR 12:00 PM - 1:00 PM
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Floor Hockey – Rookies (Ages 5-7)

Saturday	12:00 PM - 1:00 PM OR 1:00 PM - 2:00 PM
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Floor Hockey – Winners (Ages 8-12)

Saturday	12:00 PM - 1:00 PM OR 1:00 PM - 2:00 PM
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*Time determined based on enrollment. Schedule will be provided prior to start date.

Family Members: \$40
Members: \$80
Non-Members: \$160

BIRTHDAY PARTIES

Let the YMCA do everything for you on your child's special day. Our trained staff will run your child's birthday party from beginning to end. All you need to do is show up, relax, and enjoy! For more information or to make a reservation, contact Christina Walsh, cwalsh@philaymca.org or at ext 1572.

Call today to reserve your date. Parties are held on Saturday and Sunday afternoon.

All party packages include:

- Two trained party instructors for organizing the party, set-up and clean-up
- Private party room
- Personalized cakes (you pick colors, cake and icing type)
- Ice Cream
- Bottled Water
- Paper Products (napkins, plates, candles, table covers, spoons)
- Other activities such as face painting may be added for an additional fee. For more information contact Christina Walsh at ext 1572.

Reservations/Payment

Reservations are made on a first-come, first-served basis and should be made at least three weeks in advance. A signed contract is due within one week after booking. A \$100 deposit is required within 48 hours of booking and final payment is due two weeks prior to the day of your party. In order to receive the Full Privilege Member price, the birthday child or their parent/guardian must be a current Full Privilege Member.

Party Day

Your two trained party instructors will meet you and your guests in the lobby. The host parent is responsible for the pick-up process and must remain in the lobby until all guests have been picked up.

Food

Party packages include:

- Ice cream
- Quarter sheet cake (feeds 25)
- **OR** upgrade to a 18" x 14" half sheet cake for \$20

You are welcome to bring in other food items such as pizza, snacks, etc. on a limited basis. Please make sure that the food is delivered at least one hour before the end of the party to ensure there is enough time for cake and ice cream. You will need to supply your own plates/bowls for additional food items.

Family Active Center (Ages 3-5 years)

The kids will have a blast in our Family Active Center.

Activities include:

- Moon Bounce
- Soft Blocks
- Parachute Fun
- Musical Instruments

Your child and their guests will also enjoy organized games led by our party leaders. Party includes one hour in the family active center and a half hour in our party room. You may invite up to 20 guests (includes the birthday child).

Members: \$225
Non Members: \$300

Pool (Ages 8-12 years)

Splash, splash and celebrate! Come join us for lots of water fun in our zero depth entry pool with water slides and spray fountains. All children **MUST** be age 8 or older in order to participate in a splash party.

This 2 hour party includes:

- One hour of non-exclusive use of the pool
- 45 minutes in the party room
- Remaining time is for changing and conducting a swim test

To use the big slides, children **MUST**:

- Be at least 42" in height **AND** pass the deep swim test

You may invite up to 25 guests (includes the birthday child).

Members: \$300
Non Members: \$375

Princess (Ages 3-9 years)

Come feel like a princess for the day! You and your guests come dressed like a princess for a magical royal birthday celebration. Party includes one hour of craft time, dancing and a fashion show in our studio followed by a 45 minute tea party in a private party room. Party includes up to 15 children (including the birthday child).

Members: \$200
Non members: \$275

Sports (Ages 4-12 years)

If your child has lots of energy to burn, this is the perfect party! Our trained staff will get the children moving with age appropriate sports and/or games.

Activities include:

- Soccer
- Soft hockey
- Basketball
- Scooter Races
- Parachute Fun

There will be lots of fun to keep the kids moving! Party includes one hour in the gym and a half hour in our party room. You may invite up to 25 guests (includes the birthday child).

Members: \$250
Non Members: \$325

Dance Ballet (Ages 3-5 years)

Children will have fun learning basic ballet techniques from one of our trained dance instructors. Party includes one hour of instruction in our dance studio and 45 minutes in a private party room. Party includes up to 15 children (including the birthday child).

Members: \$185
Non-Members: \$260

Dance Hip Hop (Ages 6-8 years)

Children will learn the latest hip hop dance moves and combinations from one of our trained dance instructors. Party includes one hour of instruction in our dance studio and 45 minutes in a private party room. Party includes up to 15 children (including the birthday child).

Members: \$185
Non-Members: \$260

FAMILY

Family Fun Nights

In our efforts to build strong families, we will host a Family Fun Night at the Ambler Area Y. You and your family will be able to swim, play in the moon bounce, do Arts and Crafts, and much more. We are excited about our new programming and guess what? There will be something for all ages. Please note that all children will need to be accompanied by a parent/guardian at all times. We look forward to seeing you at our next Family Fun Night. For more information, please view our website, check for flyers or call our Welcome Center.

Jan. 19, Feb. 16 6:00 PM - 8:00 PM

Family Members: Free

Kids Night Out

Need a night to yourself? Bring your kids ages 3 (completely potty trained)-10 to KIDS NIGHT OUT. We have an evening with a variety of activities that everyone will enjoy. We'll even feed the kids dinner which includes light fare and a drink. Please call the Welcome Center to register. Registration will close when at capacity.

Jan. 20 6:00 PM - 9:00 PM

Feb. 17 6:00 PM - 9:00 PM

Members: \$5

YOUTH

ABILITY PROGRAMS

Ability Aquatic Instruction – Acclimation (Ages 6-12)

A beginning class for the advancing swimmer. Child must be willing to swim without a parent in the pool. This class with a 1:4 teacher, student ratio is for children with special needs who are comfortable in the water and can swim short distances independently. Water safety, swimming on front and back, floating, gliding/streamline position are emphasized. Please contact Laura McClinton at ext. 1535 for more information.

Thursday	6:00 PM - 6:30 PM
Saturday	11:00 AM - 11:30 PM
Members:	\$64
Non-Members:	\$128

Ability Aquatic Instruction

Stage 3 – Water Stamina (Ages 8-14)

This class is designed for special needs youths aged 8-14 who can swim for at least 25 yards (form does not matter). It is a hybrid of a swimming lesson and a fitness class. Endurance swims, basic water aerobics to develop muscle tone will be paired with developmentally appropriate stroke development, socialization and fitness through games.

Thursday	6:30 PM - 7:10 PM
Saturday	11:30 AM - 12:15 PM
Members:	\$64
Non-Members:	\$128

Ability Aquatic – Private Swim Lessons

# of Classes	Full Privilege Member	Program Member
5	\$150	\$300

Semi-Private Swim Lessons

# of Classes	Full Privilege Member	Program Member
5	\$100 per participant	\$200 per participant

Please contact Sabrina LeMasurier for more information.

Ability Aquatic Community Swim

Recreational Swim for children and adult with special needs. This program promotes socialization and fun. All participants are required to fill out an application/medical release form. Participants under the age of 12 must be accompanied by a parent, TSS worker, or legal guardian. Parents, TSS workers or legal guardians must be in the water at all times for non-swimmers and children under the age of seven. An aquatic chair lift is available to lower participants into the pool. All participants must complete a swimming test administered by the lifeguard. Contact Laura McClinton for more information at ext. 1535.

Saturday	12:00 PM - 1:00 PM
Members & Non Members:	Free

Ability Night with Friends (Ages 10-18)

On the first and third Friday of every month from 6:30-9:00 pm this event is dedicated to Teens and Tweens with special needs. We engage in fun activities that are appropriate to each individual. These nights will comprise of gym activities, relay races, crafts, and more! To register your child, please contact the Welcome Center.

Jan. 5, Feb. 2	6:30 PM - 9:00 PM
Members:	\$5
Non-Members:	\$15

Agility – Teen Ability (Ages 10-18)

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

Monday	4:30 PM - 5:15 PM
Members:	\$20
Non-Members:	\$40

CHILD CARE

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

Registration for school year 2017-2018

One half month's tuition reserves your space for the program. Information on programs structure and fees can be found on our website philaymca.org (choose Ambler Branch, Child Care).

PROGRAMS (K-5th Grade)

The Ambler Area Y is committed to providing a quality School Age Program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Public Welfare. In addition, all programs have achieved a STAR 3 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. These programs are held at the Wissahickon Elementary schools: Blue Bell, Lower Gwynedd, Shady Grove and Stony Creek and in the Upper Dublin Elementary schools: Fort Washington, Jarrettown, Maple Glen, and Thomas Fitzwater. A YMCA membership is required to participate in childcare programs.

Before Care

7:00 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.

YOUTH/TEENS

After Care

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 transfat free snack. The program is designed to meet the age and interests of the children, and is directed by certified and trained staff. The program emphasizes character development that is reinforced through all activities and events. For more information contact Emily Weiser at ext. 1574.

School Age Holiday Care

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

*Only available to children currently enrolled in our Before & After School programs, Space is limited. Registration opens 30 days in advance of closure.

Generation Y After School Program

Attention parents of Middle School Students. Generation Y After School Program is held at the Ambler Area YMCA for children attending Wissahickon Middle School and Sandy Run Middle School. For more information, contact the Welcome Center.

TEEN CLUBS!

Visit the Welcome Center for a complete schedule. For more information please contact the Welcome Center.

ARTS & HUMANITIES

First Lego League - Youth/Teen

(Ages 9-13)

This 2 hour class will give participants the opportunity to explore lego robotics in a fun, educational and interactive way. Participants will also have the opportunity to attend First Lego League competitions.

Saturday 10:00 AM - 12:00 PM

Members: \$60

Non-Members: \$80



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

Y Achievers Sponsored By:


COMCAST





COMCAST
SPECTACOR

TEENS/ADULTS

INSTRUCTIONAL SPORTS

Agility - Teen (Ages 13-16)

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 6:30 PM - 7:30 PM
Members: \$20
Non-Members: \$40

Basketball - Teen - Advanced (Ages 11-16)

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

Friday 6:30 PM - 7:30 PM
Members: \$20
Non-Members: \$40

Tennis - Teen (Ages 13-18)

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

Friday 5:15 PM - 6:15 PM
Members: \$20
Non-Members: \$40

SPECIAL EVENTS

Teen/Tween Nights

Teen and Tween nights are combined into one fun-filled night for kids ages 10-15 years. Have fun playing games, swimming, watching movies and more. Please call the Welcome Center to register

Jan. 13, Feb. 10 6:30 PM - 9:00 PM
Members: \$5
Non-Members: \$15

TEEN TRIPS

Dave and Busters (Grades 6-8)

Join us as we travel to Dave and Buster's in Philadelphia PA. Dave and Buster's is food meets fun! Participants will each get a gaming card for unlimited play on over 100 gaming and arcade machines. (for non-redemption games) Also included is lunch, unlimited beverages (non-alcoholic) and \$10 game card for redemption games. This trip is chaperoned by our professional team of Teen Staff. Parents/guardians are required to complete and sign a waiver and medical release form prior to the trip. For more information please contact Cameron Bullard at ext. 1540.

Dave and Busters (Cont'd)

Monday, February 19

Depart Amber YMCA at 10:30 AM
Return to Ambler YMCA by 4:30 PM
Full Privilege Members: \$60
Program Members: \$75
Spaces are limited. Please note no refunds can be given after February 15.

MARTIAL ARTS

Karate - Teen/Adult

Our very popular traditional Gojo Ryu Karate; our program has flourished at the Y for more than twenty years. Develop flexibility, strength, and cardiovascular fitness while building self-confidence and discipline and learning self defense. All skill levels ages 6 and up are welcome. Bill Kane, 6th degree black belt, and Zak Zaklad, 3rd degree black belt, lead a team of experienced and committed instructors. Please note that adults must have a Full Privilege Membership (Non-Memberships are for children only). Registration includes attendance to all classes. For more information contact Steve Frantz at ext. 1579.

Mon.	7:15 PM - 8:45 PM	People of all ages and abilities
Wed.	7:15 PM - 8:45 PM	People of all ages and abilities
Sat.	9:15 AM - 10:45 AM	Beginner and White Belt
Sat.	10:45 AM - 11:45 AM	Colored Belts

Members: \$75
Non-Members: \$150

TEEN/ADULT SWIM LESSONS

Teen/Adult Swim Lesson

This class is designed for the adult beginner swimmer. The student will learn to feel comfortable by putting their face in the water, floating on their front and back, and being introduced to stroke development. Instruction in rotary breathing and kicking with equipment will be included. The adult swimmer will work on swimming unassisted for a minimum distance of 10 yards.

Stage 1: Acclimation

Monday 6:00 PM - 6:40 PM

Stage 4: Stroke Introduction

Monday 6:45 AM - 7:25 PM

Members: \$72
Non-Members: \$144

Stroke & Turn Clinic - Adult

This clinic is for adult swimmers who already possess basic swimming skills and are looking to advance their technique for fitness, Masters swimming and triathlon. Focus will be on body position and balance, streamline, catch and positioning for all four strokes, drills to improve technique and efficiency, power and speed. Contact Laura McClinton at 215-628-9950 ext. 1535 or lmccinton@philaymca.org for more information.

Friday

6:30 PM

Members: Free

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)

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 Yoga/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 ZUMBA® (B I A)

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

Arthritis Foundation

Aquatics Program (B I P) **AOA**

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

SilverSneakers® Splash (B I A) **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.

DANCE

Contemporary Dance - Adult

Expressive dance that combines elements of several dance genres including modern, jazz, lyrical and classical ballet.

Wednesday

6:15 PM - 7:00 PM

HEALTH AND 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.

NUTRITIONAL EDUCATION

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

1 session	\$50
5 sessions	\$140
10 sessions	\$275

Smart Start

12 week session

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

Free for Members.

ADULTS

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 Programs are specialty classes designed for small groups and high attention, resulting in a form of semi private training under our class specific outlined goals. For more information contact Sarah Miller at ext. 1534.

1 hour session: \$35

Barre (B | 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.

Dynamic Boxing (B | A)

Boxing, strength and conditioning mixed with technique. Boxing gloves recommended.

Shock – Foundations (B)

A beginner 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.

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 – Foundations (B)

This beginner class is 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!

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 you choose. Come experience one of the best total body workouts you’ve ever had!

GROUP EXERCISE

BodyCOMBAT® (B | 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.

BodyPUMP® (B | A)

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

BodySTEP® (B | A)

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.

BOSU (B | A)

This 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.

Core Works (B | 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 | A)

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

Family Fitness (B | A)

Family fitness is consistent of a family fun camp. Anything goes, even dancing. Bring the whole family for fitness, obstacle courses, circuits, games, dancing and more.

Les Mills GRIT (I | A)

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

POUND® (B I A)

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

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

Sh'Bam™ (B I A)

The fun-loving, insanely addictive dance workout – no dance experience required.

Silver Dance (B I A) AOA

This class is a low impact, high energy cardiovascular workout. This class is designed to get you moving in a fun interactive environment.

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.

Stability Ball (B I A)

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

Stroller Fitness (B I)

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

Teen Fitness (B I)

Run, jump, move and play in this 30-minute dynamic workout designed for adolescents ages 12 and up. No prior experience required. Instructor will offer guidance on how to modify for all fitness levels.

Trim & Sculpt (B I A)

This body conditioning class will tone, firm, and reshape your entire body by reducing body fat and increasing lean muscle. The 45-minute workout is fast-paced and challenging with motivating music that will help you improve strength, flexibility, posture, and balance without adding bulk. The group atmosphere and ending "thought of the day" will leave you wanting more. All ability levels welcome.

Quick Fit (B I A)

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

ZUMBA® (B I A)

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

ZUMBA® Gold (B) 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.

GROUP CYCLING

Beginner Cycle (B I)

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

Cycle (B I A)

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

Cycle Express (B I A P)

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

LES MILLS Sprint (IA)

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

RPM™ (B I A)

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

Teen Cycle (B I)

This 30-minute progressive, challenging workout set to music is specially designed for adolescents ages 12 and up. No prior experience required. Instructor will offer guidance on proper bike setup and technique.

ADULTS

Total Body Cycle (B I A)

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

MIND/BODY

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.

Chair Yoga (B I A)

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

Family Yoga (B I A)

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

Functional Pilates (B I A P)

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

Hatha Yoga (B I A)

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

Meditation (B I A)

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

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 (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.

Tai Chi for Arthritis (B I A) **AOA**

This program utilizes the Sun style of Tai Chi. It includes agile steps that help to improve mobility, balance, breathing and relaxation. The goals of this program are to improve the quality of life for anyone living with arthritis.

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.

Vinyasana Yoga (I A)

An active class emphasizing the development of strength, flexibility, balance and grace through the use of postures linked through the synchronization of breath with movement.

Yoga (B I A)

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

Yoga For Relaxation (B I A)

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

HEALTHY LIVING PROGRAMS

Diabetes Prevention Program

The YMCA's Diabetes Prevention Program is a yearlong program designed for individuals who have either been diagnosed as pre-diabetic by their physician or who are considered at high risk of developing Type II diabetes (individuals with diabetes may not participate). The initial six month phase offers at least 19 sessions over 26 weeks; the second six month phase offers at least one session a month. All interested members should contact the YMCA's Diabetes Prevention Program Coordinator at (215) 963-3726 to confirm eligibility.

LiveSTRONG at the YMCA

The Y and LiveSTRONG joined together to create LiveSTRONG at the YMCA, a 12-week physical activity and wellbeing program designed to help adult cancer survivors improve strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve their quality of life. The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities. Please contact Me Kang at ext. 1522. Free for Members.

ACTIVE OLDER ADULTS

Bridge

Instruction and play. Learn and play with Barbara and Bob Muhlhauser, Life Masters. **Beginner 1 and 2:** Acquire the fundamental skills to bid and play with confidence. Half of each class will be spent bidding and playing pre-arranged hands.

Tuesday 12:00 PM - 2:00 PM
Members: FREE

Intermediate: Bidding conventions and play of the hand. At each session, instruction followed by bidding and play of illustrative hands.

Tuesday 10:00 AM - 12:00 PM
Members: FREE

ADULTS/COMMUNITY

Advanced: For those playing duplicate bridge at ACBL sanctioned events. At least 25 master points recommended for participation.

Monday 9:30 AM - 11:30 AM

Members: FREE

Folk Dancing for Adults

We'll present a potpourri of dances - old & new from all around the world - that are fun easy and good exercise. Anything goes: swing, ethnic, line pop, elegant, rowdy and even English country dancing. No special skills are required and there's minimal fancy footwork, if you can walk, you can dance! No partners are needed and all Adult members of the YMCA are welcome to attend.

Wednesday 1:00 PM - 2:00 PM

Members: Free

Technology Education - Adult

Learn tips and tricks to get the most out of your mobile devices. This interactive "Tech Talk" class follows a roundtable format and allows for hands-on practice, Q & A and experience sharing. The "Basics" class will cover the essential basic functions and applications. The "Beyond the Basics" class is for those who are already comfortable changing settings and downloading from the App Store. Registration is required. See flyers at the AOA Information Center for dates.

Members: \$5

Non-Members: \$10

AOA Folk-Line Dancing Evening

Peggy, Ret and Amelia are leading a fun evening filled with different types of folk and line dances for our Active Older Adult community. Slight refreshments will be served. Come to refresh your favorite dance moves!

Tuesday January 23rd 6:00 PM - 7:30 PM

Members: FREE

Lunch and Learn Series

Every month we will dedicate an hour to learning about an important health issue. Join us for a free seminar on how to reduce the risks of common health issues and start living a healthier lifestyle. Bring a brown bag lunch to enjoy during the seminar. A questions and answer period will follow each seminar.

Wednesday, Jan 10	12:00 PM - 1:00 PM	Healthy Shoveling, Slips and Trips
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Wednesday, Feb 7	12:00 PM - 1:00 PM	Heart Healthy
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Brown Bag Socials

Here at the Ambler YMCA, seniors have a chance to keep active and grow in spirit, mind and body. New friends and new opportunities add joy to life. Our Brown bag Socials gives our AOAs an opportunity to chat with our AOA coordinator and express their concerns and ideas. It's also a great time to connect with old friends and make some new ones!

Wednesday, Jan 3 1:00 PM - 2:00 PM

Wednesday, Feb 7 1:00 PM - 2:00 PM

TRAINING & CERTIFICATION

ASHI Basic Life Support, Basic First Aid, and Emergency Oxygen Combo Blended Learning

This American Safety & Health Institute (ASHI) class combines the convenience of online learning with a shortened practical skills session in order to meet both knowledge and skill objectives for learners. This expert-level program helps keep healthcare professionals prepared and ready to respond as they encounter life-threatening emergencies, provide basic first aid care, and administer emergency oxygen. Participants must provide a valid email address and have access to the internet in order to receive an email with instructions and a web link to the online content. Participants must complete all lessons for each class, including related quizzes, prior to attending the skills session. Upon successful completion, participants receive a Digital Certification Card for CPRPro/BFA/O2 valid for 2 years. For more information contact the Welcome Center at 215-628-9950.

Sunday, Jan. 7 10:00 AM - 2:00 PM

Wednesday Jan 24 6:00 PM - 10:00 PM

Sunday, Feb. 11 10:00 AM - 2:00 PM

Thursday, Feb. 22 6:00 PM - 10:00 PM

Sunday, March 11 10:00 AM - 2:00 PM

Wednesday, March 21 6:00 PM - 10:00 PM

Thursday, March 29 6:00 PM - 10:00 PM

Members and Non Members: \$90

ARC Babysitter's Training (Ages 11-15)

This American Red Cross (ARC) class provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Participants will develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe and help children behave, and learn about basic child care. Participants must attend all class sessions, participate in all skill sessions and activities, and demonstrate competency in all observable skills. Upon successful completion, participants receive a Digital Certificate for Babysitter's Training that does not expire. For more information contact the Welcome Center at 215-628-9950.

Saturday, Jan. 20 9:00 AM - 2:00 PM

Saturday, Feb. 24 9:00 AM - 2:00 PM

Saturday, March 24 9:00 AM - 2:00 PM

Members and Non Members: \$75

ADULTS

ARC Pediatric First Aid/CPR/AED

This American Red Cross (ARC) class helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. Participants will learn skills needed to give immediate care to suddenly injured/ill children/infants until EMS personnel take over. Participants must attend all class sessions, participate in all course activities, demonstrate competency in all required skills, and pass each section of the written exam. Upon successful completion, participants receive a Digital Certificate for Pediatric First Aid/CPR/AED valid for 2 years. For more information contact the Welcome Center at 215-628-9950.

Saturday, Feb. 3 9:00 AM - 2:00 PM

Saturday, April 7 9:00 AM - 2:00 PM

Members and Non Members: \$75

ARC Lifeguarding – Prerequisite Skills Evaluation

The following requirements apply to all ARC Lifeguarding courses listed including classroom, blended, and review courses. Participants must be at least 15 years old before the last scheduled class session and pass a prerequisite skills evaluation that includes: Swimming 300 yards continuously demonstrating breath control and rhythmic breathing, treading water for 2 minutes using only the legs, completing a timed event within 1 minute, 40 seconds (swim 20 yards, dive to a depth of 7 to 10 feet, retrieve a 10-pound object, return to the surface and return to the starting point with both hands holding the object, exit the water without using a ladder or steps). Unless otherwise noted, the Prerequisite Skills Evaluation will be held at the start of the first scheduled class date.

ARC Lifeguarding

This American Red Cross (ARC) course provides entry-level lifeguard candidates with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and provide care for breathing/cardiac emergencies, injuries/sudden illnesses until EMS personnel take over. This course includes instructor-led classroom lessons that involve participants in guided discussion, viewing video segments and course presentations before practicing land-based and in-water skills. Participants must pass the prerequisite skills evaluation; attend and participate in all class sessions, demonstrate competency in all required skills, final rescue skill scenarios, and pass each section of the written exams. Upon successful completion, participants receive a Digital Certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years. For more information contact the Welcome Center at 215-628-9950.

Feb. 3, 10, 17, 24, 10:00 AM - 6:00 PM Ambler YMCA

March 26, 27, 28, 29 10:00 AM - 6:00 PM Ambler YMCA

Members and Non Members \$350

ARC Lifeguarding Blended Learning

This American Red Cross (ARC) course provides entry-level lifeguard candidates with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and provide care for breathing/cardiac emergencies, injuries/sudden illnesses until EMS personnel take over. This course incorporates online training lessons that participants take at their own pace before attending in-person skills sessions led by an instructor where participants will review online content before practicing land-based and in-water skills. Participants must pass the prerequisite skills evaluation; attend and participate in all class sessions, demonstrate competency in all required skills, final rescue skill scenarios, and pass each section of the written exams. Participants must provide a valid e-mail address and have access to the internet in order to receive an e-mail with instructions and a web link to the online content. Upon successful completion, participants receive a Digital Certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years. For more information contact the Welcome Center at 215-628-9950.

March 5, 6, 7 9:30 AM - 5:00 PM

March 14, 15, 16 9:30 AM - 5:00 PM

Members and Non Members \$350

Ambler YMCA is a No Place for Hate® Facility



MEMBERSHIPS

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. Children under 12 must be under the supervision of a parent or guardian or in a Y Program.

NATIONWIDE MEMBERSHIP

At the Y, we are for youth development, healthy living, and social responsibility. We are dedicated to ensuring that our facilities, programs, and services are open and welcoming to all. We believe that positive, lasting personal and social change can come about only when we all work together to invest in our kids, our health, and our neighbors. This strengthening of community—and the realization of a Y's full potential—has the most impact when all Ys are open to all Y members and provide safe and welcoming environments for everyone.

With Nationwide Membership, members can visit any participating Y in the United States and Puerto Rico through membership at their home Y, at no additional cost. Nationwide Membership is an essential part of our cause to strengthen communities. It enables members to reach their health and wellness goals wherever they live, work, or travel; and connect with the larger Y community in meaningful ways.

The goal of Nationwide Membership is to ensure that all nationwide members have access to and can use all the areas and programs of any Y they visit. By making it possible for members to use the Y as often as they like, Nationwide Membership increases the value of Y membership. By promoting access for all, the initiative gives Y members the opportunity to be part of a single Movement and deepens the impact of the Y cause.

7TH GRADE MEMBERSHIPS

The Philadelphia Freedom Valley YMCA offers a free membership to every 7th grader. Upon graduating 6th grade and before starting 8th grade, 7th graders may activate their free membership. The member can join as early as June following 6th grade and end on August 31 of the seventh grade school year. If enrolled mid-year, the membership is good for the remainder of the school year, through the end of August. To register, bring proof of 7th grade status (a student ID, class roster or schedule, or report card) and a parent or guardian.

SEX OFFENDER SCREENING

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

MEMBER CODE OF CONDUCT

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

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

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

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

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.

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.

POLICIES

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 to encourage them to recruit new members. For the safety of our members, all guests must be accompanied by an active adult member. Adult members may bring up to 3 guests per visit. Each guest may only be a guest three times per calendar year. Youth Non-Members are entitled to participate only in programs for which they have registered.



IF YOU WANT
YOUR KID TO
HAVE THE
BEST
SUMMER EVER...
CHECK OUT
SUMMER DAY
CAMP AT THE Y!

Register Online:

PHILAYMCA.ORG

GUEST PROCEDURES

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

FINANCIAL ASSISTANCE POLICY

- **Open Doors Program**
All branches offer an Open Doors membership program, which provides for a 25% reduction in membership and joining fee for individuals who qualify. Eligible individuals can receive an immediate reduction .
- **Financial Assistance**
Additional Assistance is available beyond the Open Doors level. It is the goal of the YMCA to serve all people regardless of financial circumstances. Financial assistance shall be provided based upon a sliding fee scale at each branch subject to available resources. See Financial Assistance Policy.

REFUNDS OR EXTENSIONS/ CREDITS

- Member satisfaction is our priority. The YMCA will grant either a refund of the remainder of their membership dues or an extension of membership renewal date without processing fees. Joining fees are non-refundable.
- All credits will expire after one year from date issued to a member's account.
- Program fees will be refunded/credited if the YMCA cancels a program due to insufficient enrollment.
- If the YMCA is notified before classes begin, 100% refund/credit will be given.
 - Credits will be pro-rated based upon participation and all requests for refunds/credits must be approved by the program director.
 - Deposits specific to programs such as Child Care or Day Camp are non-refundable.
 - Membership payments will not be credited or refunded for non-usage. A bank cancellation form must be submitted to cancel a bank draft.

AGE RESTRICTION POLICY FOR FACILITY USAGE

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

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.



AMBLER AREA YMCA
 1325 McKean Road
 Ambler, PA 19002
 Phone: 215-628-9950
 Fax: 215-646-8863

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
- Boyetown YMCA**
 301 W. Spring Street
 Boyetown, PA 19512
 610-369-9622
- Burlington-RF YMCA**
 302 Commerce Square Blvd.
 Burlington, NJ 08016
- Christian Street YMCA**
 1724 Christian Street
 Philadelphia, PA 19146
 215-735-5800
- Columbia North YMCA**
 1400 N. Broad Street
 Philadelphia, PA 19121
 215-235-6440
- Hatboro Area YMCA**
 440 S. York Road
 Hatboro, PA 19040
 215-674-4545
- Haverford Area YMCA**
 891 N. Eagle Road
 Haverford, PA 19083
 610-649-0700
- Mt. Laurel YMCA**
 59 Centerton Road
 Mt. Laurel, NJ 08054
- Northeast Family YMCA**
 11088 Knights Road
 Philadelphia, PA 19154
 215-632-0100
- Phoenixville YMCA**
 400 E. Pothouse Road
 Phoenixville, PA 19460
 610-933-5861
- Pottstown YMCA**
 724 N. Adams Street
 Pottstown, PA 19464
 610-323-7300
- Rocky Run YMCA**
 1299 W. Baltimore Pike
 Media, PA 19063
 610-627-9622
- Roxborough YMCA**
 7201 Ridge Avenue
 Philadelphia, PA 19128
 215-482-3900
- Spring Valley YMCA**
 19 W. Linfield-Trappe Road
 Limerick, PA 19468
 484-984-2000
- Upper Perkiomen Valley YMCA**
 1399 Quakertown Road
 Pennsburg, PA 18073
 215-679-9622
- West Philadelphia YMCA**
 5120 Chestnut Street
 Philadelphia, PA 19139
 215-476-2700
- WELLNESS CENTER LOCATION**
Stephen Klein Wellness Center
 2108 Cecil B. Moore Ave.
 Philadelphia, PA 19121
 215-400-2100
- SPORTS & WELLNESS CENTER/
 CHILD CARE CENTER LOCATIONS**
Gilbertsville Center
 144 Holly Road
 Gilbertsville, PA 19525
 610-367-9622
- RESIDENT CAMP LOCATION**
Camp Speers YMCA
 143 Nichecronk Road
 Dingmans Ferry, PA 18328
 570-828-2329