

ROXBOROUGH YMCA

❄️ WINTER 18



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 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

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

Boyertown YMCA

301 W. Spring Street
Boyertown, 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

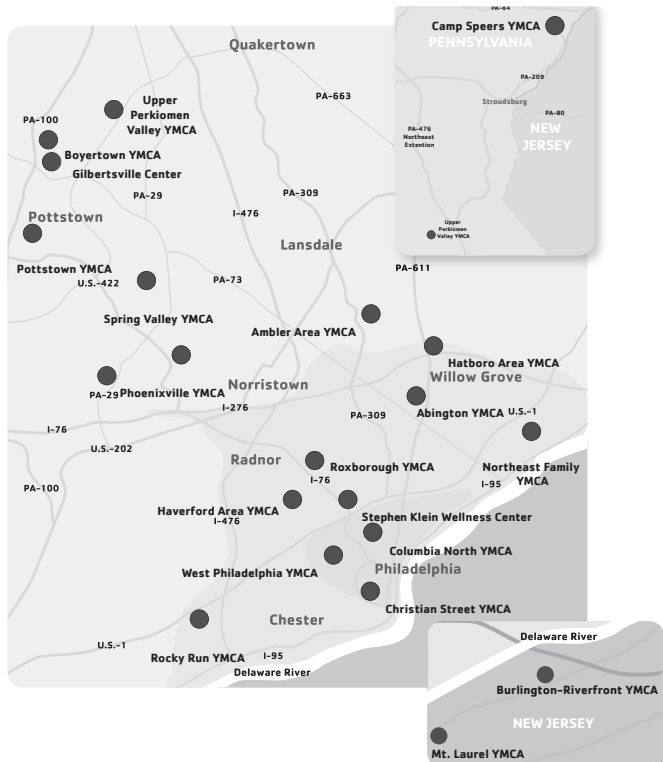
WELLNESS & TRAINING COMPLEX/ CHILD CARE CENTER LOCATION

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

Mon. - Thurs.	5:00 AM - 10:00 PM
Friday	5:00 AM - 9:00 PM
Saturday	7:00 AM - 7:00 PM
Sunday	8:00 AM - 5:00 PM

Pool closes 30 minutes before building.

HOLIDAY HOURS

Christmas Eve	8:00 AM - 3:00 PM
Christmas	CLOSED
New Year's Eve	8:00 AM - 3:00 PM
New Year's Day	9:00 AM - 3:00 PM
MLK Day	5:00 AM - 10:00 PM

WINTER SESSION DATES

January 1 - February 25

Registration:

Family Member: December 4 - February 4

Member: December 6 - February 4

Non-Member: December 11 - February 4

HOW TO REGISTER FOR PROGRAMS

- Register for classes any time at PhilaYMCA.org
- By calling 215-482-3900 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk.

FAMILY MEMBERSHIPS RECEIVE

50% OFF

MOST YOUTH PROGRAMMING!

Select Instructional Programming Free w/ Family Memberships.

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

POOL GUEST HOURS

Monday	10:00 AM - 12:00 PM 4:00 PM - 5:00 PM 7:30 PM - 8:30 PM
Tuesday	4:00 PM - 5:00 PM
Wednesday	10:00 AM - 12:00 PM 4:00 PM - 5:00 PM 7:30 PM - 9:30 PM
Thursday	4:00 PM - 5:00 PM
Friday	10:00 AM - 12:00 PM 4:00 PM - 5:00 PM 6:30 PM - 8:30 PM
Saturday	2:30 PM - 5:30 PM
Sunday	2:30 PM - 4:30 PM

*Please note that a member can only bring in one guest at a time.

CHILD WATCH

(6 weeks 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. Child Watch will be closed on Kids Night Out, see dates on page 9.

Monday - Saturday	8:30 AM - 1:00 PM
Monday - Thursday	5:00 PM - 8:15 PM
Friday	5:00 PM - 8:00 PM
Sunday	8:30 AM - 2:00 PM

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MEET OUR STAFF

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YOUTH

AQUATICS

AGE KEY:

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

SWIM STARTERS (30 minutes)

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

Swim-Parent/Child (6-18 months)

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

Monday	6:00 PM - 6:30 PM
Wednesday	6:30 PM - 7:00 PM
Saturday	10:00 AM - 10:30 AM

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	6:30 PM - 7:00 PM
Wednesday	6:00 PM - 6:30 PM
Saturday	9:30 AM - 10:00 AM 10:30 AM - 11:00 AM

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

Members: \$48
Non-Members: \$96

School Age

Monday	4:30 PM - 5:10 PM
Wednesday	6:00 PM - 6:40 PM 7:00 PM - 7:40 PM
Friday	6:00 PM - 6:40 PM
Saturday	10:40 AM - 11:20 AM
Sunday	1:00 PM - 1:40 PM 2:00 PM - 2:40 PM

Members: \$55
Non-Members: \$110

Teen/Adult

Monday	7:00 PM - 7:40 PM
Wednesday	7:00 PM - 7:40 PM

Members: \$55
Non-Members: \$110

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	6:00 PM - 6:30 PM
Tuesday	6:00 PM - 6:30 PM
Wednesday	4:30 PM - 5:00 PM 6:00 PM - 6:30 PM
Thursday	6:00 PM - 6:30 PM
Saturday	9:00 AM - 9:30 AM 9:30 AM - 10:00 AM 10:30 AM - 11:00 AM
Sunday	2:00 PM - 2:30 PM

Members: \$48
Non-Members: \$96

School Age

Monday	6:30 PM - 7:10 PM
Wednesday	6:40 PM - 7:20 PM
Thursday	6:30 PM - 7:10 PM
Friday	6:40 PM - 7:20 PM
Sunday	2:00 PM - 2:40 PM

Members: \$55
Non-Members: \$110

Teen/Adult

Saturday	11:00 AM - 11:40 AM
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Members: \$55
Non-Members: \$110

Swim Basics - Stage 3

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

Preschool

Tuesday	6:00 PM - 6:30 PM
Saturday	9:00 AM - 9:30 AM 9:30 AM - 10:00 AM

Members: \$48
Non-Members: \$96

School Age

Tuesday	6:30 PM - 7:10 PM
Thursday	6:30 PM - 7:10 PM
Saturday	11:00 AM - 11:40 AM
Sunday	1:00 PM - 1:40 PM

Members: \$55
Non-Members: \$110

SWIM STROKES

(Preschool 30 minutes)

(School Age/Teens/Adults 40 minutes)

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

Swim Strokes - Stage 4

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

Preschool

Tuesday	6:30 PM - 7:00 PM
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Members: \$48
Non-Members: \$96

School Age

Monday	6:00 PM - 6:40 PM
Tuesday	6:30 PM - 7:10 PM
Wednesday	7:10 PM - 7:50 PM
Friday	6:40 PM - 7:20 PM
Saturday	10:00 AM - 10:40 AM
Sunday	2:40 PM - 3:20 PM

Members: \$55
Non-Members: \$110

Teen/Adult

Tuesday	7:30 PM - 8:10 PM
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Members: \$55
Non-Members: \$110

Swim Strokes - Stage 5

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

School Age

Monday	7:00 PM - 7:40 PM
Wednesday	6:00 PM - 6:40 PM 6:40 PM - 7:20 PM
Sunday	2:40 PM - 3:20 PM

Members: \$55
Non-Members: \$110

Swim Strokes - Stage 6

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

School Age

Tuesday	7:00 PM - 7:40 PM
Thursday	7:10 PM - 7:50 PM

Members: \$55
Non-Members: \$110

YOUTH

Private Swim Lessons

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

Members: \$150

Non-Members: \$300

Semi-Private Swim Lessons

Semi-Private lessons are for all ages and swimming ability. Lessons are scheduled with an instructor and two or three participants. They will learn the basics of swimming, refine current skills or perfect your stroke mechanics. Semi-Private lessons are schedule in 30 minute increments and each participant will register individually.

Members: \$100 per person

Non-Members: \$200 per person

ARTS & HUMANITIES

Art Education

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.

Preschool (Ages 3-5)

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

Youth (Ages 6-8)

Wednesday	6:15 PM - 6:45 PM
Sunday	11:30 AM - 12:00 PM

Members: \$35

Non-Members: \$70

HEALTH & WELLNESS

Hip Kids - Youth/Teen (Ages 8-15)

An educational program to teach youth about nutrition, exercise and behavioral techniques for maintaining a healthy lifestyle. Participants develop leadership and teamwork skills, as well as nutritional knowledge and an appreciation for the "feel good" aspect of exercise. The program explores healthy eating and food values while developing an interest in various types of cardiovascular and strength training exercises. Participants should come dressed to exercise and bring a notebook and pen with them to use as their "Healthy Living Journal."

Wednesday	7:00 PM - 8:00 PM
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Members: \$45

Non-Members: \$65

Family Fitness (B I)

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.

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.

Thursday	5:30 PM - 6:15 PM
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Members: Free

Non-Members: \$25

INSTRUCTIONAL SPORTS

Basketball - Preschool

(Ages 3-5)

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

Tuesday	11:00 AM - 11:45 AM 6:00 PM - 6:45 PM
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Members: \$35

Non-Members: \$70

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	6:50 PM - 7:35 PM
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(Ages 9-12)

Tuesday	7:40 PM - 8:25 PM
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Members: \$35

Non-Members: \$70

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 6-8)

Thursday	6:00 PM - 6:45 PM
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(Ages 9-12)

Wednesday	6:00 PM - 6:45 PM
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Members: \$35

Non-Members: \$70

Soccer - Preschool (Ages 3-5)

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

Monday	6:00 PM - 6:45 PM
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Thursday	11:00 AM - 11:45 AM
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Saturday	9:00 AM - 9:45 AM
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Members: \$35

Non-Members: \$70

YOUTH

Soccer - Youth

This class will teach the fundamentals of soccer, while developing good sportsmanship. Emphasis is on skill development, fun and participation. (Ages 6-8)

Monday	6:50 PM - 7:35 PM
Saturday	10:00 AM - 10:45 AM

(Ages 9-12)

Monday	7:40 PM - 8:25 PM
Saturday	11:00 AM - 11:45 AM

Members: \$35

Non-Members: \$70

Sports Introduction - Parent/Child

(Ages 1-3)

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.

Saturday	9:00 AM - 9:45 AM
Tuesday	10:00 AM - 10:45 AM

Members: \$35

Non-Members: \$70

Tennis - Youth

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

(Ages 6-8)

Wednesday	6:50 PM - 7:35 PM
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(Ages 9-12)

Wednesday	7:40 PM - 8:25 PM
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Members: \$35

Non-Members: \$70

SPORTS LEAGUES

Basketball 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. Volunteer coaches needed.

Basketball League - Rookies (Ages 5-7)

Saturday	10:00 AM - 10:45 AM
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Members \$30

Non-Members \$60

Basketball League - Winners

(Ages 8-10)

Saturday	11:00 AM - 11:45 AM
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(Ages 11-13)

Saturday	12:00 PM - 12:45 PM
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(Ages 14-18)

Saturday	1:00 PM - 1:45 PM
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Members \$30

Non-Members \$60

MARTIAL ARTS

Seido Karate (Ages 7+)

Seido ("say-dough") Karate is a traditional Japanese style of karate that provides training for self-development, self-defense, and physical fitness. Classes are for members ages 6-99 and Beginner and Advanced classes are offered based on skill level.

Thursday	7:00 PM - 8:00 PM
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Saturday	11:00 AM - 12:00 PM
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Members: \$60

Non-Members: \$120

Judo (Ages 5+)

An ancient form of martial arts this co-ed program emphasizes discipline and self-esteem.

Mon. & Wed	7:00 PM - 8:00 PM
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Full Privilege Members: \$60

Non-Members: \$120

GYMNASTICS

Gymnastics - Basic Tumbling

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

(Ages 6-8)

Thursday	7:00 PM - 7:45 PM
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(Ages 9-12)

Monday	6:00 PM - 6:45 PM
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Members: \$35

Non-Members: \$70

Gymnastics - Parent/Child (Ages 1-3)

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.

Monday	10:00 AM - 10:45 AM
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Friday	10:00 AM - 10:45 AM
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Members: \$35

Non-Members: \$70

YOUTH

Gymnastics - Preschool (Ages 3-5)

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

Monday	11:00 AM - 11:45 AM
Thursday	6:00 PM - 6:45 PM
Friday	11:00 AM - 11:45 AM

Members: \$35

Non-Members: \$70

FAMILY

Kids Night Out (Ages 3-12)(3 hours)

Enjoy an evening without the little ones when you send them to the Y for their own night out. Children will enjoy gym time, open play, circle story time, crafts, and a movie. Dinner is provided. Send a pillow, blanket, and pajamas and the children will be ready for bed when you pick them up. Sneakers must be worn in to participate in gym time. This is a benefit of full privilege membership.

Registration will open 2 weeks prior.

Friday, Dec. 1	5:00 PM - 8:45 PM
Friday, Jan. 5	5:00 PM - 8:45 PM
Friday, Feb. 2	5:00 PM - 8:45 PM

Members & Non-Members: \$5 per child

Family Fitness (B I)

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.

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.

CHILD CARE

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



The Roxborough YMCA Child Development Center has earned 4 Stars in the Pennsylvania Keystone STARS program, and is a PA Pre-K Counts Site.

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

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

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

FULL DAY PRESCHOOL

Time	Location
6:30 AM - 6:00 PM	Roxborough YMCA

Toddler Care (18-35 months)

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

Preschool (3-5 years)

Program Times: 6:30 AM - 6:00 PM

This program provides a beneficial social experience and good foundation for future education. Experienced teachers and aides utilize child-centered activities to encourage attentive listening skills, pro-social behavior and provide opportunities to increase self-awareness.

Class	Days	Age	Fee
Young Toddler	5 days	18-24 Months	\$246/week
Older Toddler	5 days	24-36 Months	\$234/week
Preschool	5 days	3-5 years	\$219/week

*Financial assistance may be available to those who qualify.

SCHOOL AGE PROGRAMS

The Roxborough 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 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 (Grades K-6)

Program Times: 6:30 AM - Bus Pick-up

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

After Care (Grades K-6)

Program Times: Bus Drop-off - 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.

PLEASE NOTE: Children must be able to be transported to and from the YMCA by their school's transportation system. The Roxborough YMCA does not offer pick-up or drop-off service at this time. Students from Green Woods Charter School will be walked to and from the YMCA by YMCA staff.

Program Includes:

- Breakfast (Before Care)
- Afternoon snack (After Care)
- Homework help
- Enrichment and interest-driven activity choices
- Gym & Swim time
- Service learning component
- All early dismissals
- Reduced rate for School Age Holiday Care

Subsidy is accepted for all School Age Programs

School Age Holiday Care (Grades K-6)

Provides care on the days that your child's school is closed, including most in-service days and holidays. Your child will engage in social and educational activities while having fun. Please bring your lunch. Check out our website for a list of 2017-2018 dates.

School Age Holiday Care includes:

- Breakfast & Afternoon Snack
- Special Theme Days
- Swimming on some days

Full Privilege Members: \$30 per day

Non-Members: \$50 per day

After School Participants: \$15 per day*

*This cost is in addition to your normal school age fees.

BIRTHDAY PARTIES

A trained party host/hostess will ensure you and your guests' experience is a GREAT time when you choose one of the following party rentals. Please contact the Roxborough Y Welcome Center for more information or to book a party.

*Parties must be booked no less than 3 weeks in advance.

*You provide the cake, food/beverage, decorations and paper and plastic products.

Splash (Ages 7 & up)

- 1 hour 30 minutes of swimming, followed by 1 hour of fun in our party room.
- Celebrate with a splash in the pool.
- All party guests must be swim tested.
- Accommodates a maximum of 15 guests.
- Swimming portion of party is non-private.

Saturday	3:00 PM - 5:30 PM
Sunday	1:30 PM - 4:00 PM

Members \$225

Non Members \$325

Mad Scientists (Ages 6 & up)

- 2 hour private party in Party Room (1 hour and 15 minutes creating experiments)
- A variety of science experiments for the kids to enjoy
- Experiments accommodates a max of 15 kids

Saturday	3:00 PM - 5:00 PM
Sunday	2:00 PM - 4:00 PM

Members \$250

Program & Non Members \$350

Fun-in-the-Sun (Ages 5 & up)

- 2 hour private outdoor party
- Use of the outdoor pavilion, playground, outdoor basketball court and the field with baseball diamond.
- Activities include: baseball, basketball, field games, and more! Be as creative as you want.
- Accommodates a maximum of 30 guests

Saturday	3:00 PM - 5:00 PM
Sunday	2:00 PM - 4:00 PM

Members \$195

Program & Non Members \$295

Gym Jubilee (Ages 2 & up)

- 2 hour private party in half of the Gymnasium and Party Room
- Variety of activities available: basketball, soccer, running, jumping, dancing, tumbling, game play and more.
- NEW Kid's Rock Climbing Wall
- Accommodates a max of 30 guests
- Perfect for the child who loves to GO, GO, GO!

Saturday	3:00 PM - 5:00 PM
Sunday	2:00 PM - 4:00 PM

Members \$195

Program & Non Members \$295

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:
Reaona Jones-Edwards - rjedwards@philaymca.org

TEENS/ADULTS

Sponsored By:



TEEN SWIM LESSONS

For more information regarding swim stages please refer to page 4.

Swim Basics - Stage 1

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

Monday	7:00 PM - 7:40 PM
Wednesday	7:00 PM - 7:40 PM

Members: \$55
Non-Members: \$110

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.

Saturday	11:00 AM - 11:40 AM
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Members: \$55
Non-Members: \$110

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.

Tuesday	7:30 PM - 8:10 PM
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Members: \$55
Non-Members: \$110

ADULT SWIM LESSONS

For more information regarding swim stages please refer to page 4.

Swim Basics - Stage 1

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

Monday	7:00 PM - 7:40 PM
Wednesday	7:00 PM - 7:40 PM

Members: \$55
Non-Members: \$110

7TH GRADE MEMBERSHIP INITIATIVE

A YMCA Program



FREE ONE YEAR
YMCA MEMBERSHIP
FOR 7TH GRADERS

SIGN UP TODAY!

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

1. Proof of 7th grade status - a student ID card, class roster, class schedule, or report card.

2. A parent or guardian

All 7th Graders are encouraged to sign up!

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.

Saturday	11:00 AM - 11:40 AM
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Members: \$55
Non-Members: \$110

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.

Tuesday	7:30 PM - 8:10 PM
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Members: \$55
Non-Members: \$110

ADULTS

ADULT AQUATIC EXERCISE

AOA

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

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

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

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

Aqua 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.

Aquasize (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.

HEALTH & WELLNESS

PERSONAL TRAINING

One on one training with a nationally certified personal trainer. They will help you meet your goals through varied and creative exercise techniques.

Personal training is sold in 60 minute sessions and will be tailored to your needs and goals.

1 Hours Sessions

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

Personal Training - Small Group

If you and a friend would like to train together, a personal trainer will motivate you and get you on the right track.

Post-Rehab Training

Any member who has a prescription for post-rehab your needs can be met through our personal training program. The YMCA will waive the joining fee for people who are joining the YMCA for Post-Rehab Training.

1 Hours Sessions

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

WELLNESS CONSULTATIONS

Our Wellness Coaches will assist you in getting familiar with all of our exercise equipment and program options. Your Wellness Coach will discuss your wellness goals and help you establish a beginning program. Three complimentary appointments are available for new and existing members.

SMALL GROUP TRAINING

Small Group Training classes consist of a group of no more than 6 people. The small group atmosphere allows for closer attention to form and proper technique while getting a great workout with a motivating and professional instructor without the higher costs of personal training. Small Group Training is the ideal setting for participants that want more individualized attention and for people who enjoy training in a social environment.

7 weeks - 1 hour session \$30

7 weeks - 30 minute session \$15

Dynamic Boxing

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

TRX

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!

Shock

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.

GROUP EXERCISE

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.

BodySTEP® (B I 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. Program meets outside or in the gym, depending on weather.

Chair Yoga (B I A)

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

Core & Strength (I A)

Functional, whole body, multi-planar movements are in! Get stronger and leaner working your core from the inside out. Not your typical Total Body class.

CXWORX (B I A)

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

ENHANCE® FITNESS (B I A) **AOA**

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

Family Fitness (B I)

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.

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.

Hatha Yoga (B I A)

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

Kettlebell (I A)

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

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.

Pickleball

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

Pilates (B I A)

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

Power Yoga (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.

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.

ADULTS

Silver&Fit® Experience **AOA**

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

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.

Stretch & Balance **AOA**

Exercises to challenge and improve functional balance of varying levels. Equipment may be used depending on ability. Enhance your day with improved flexibility and balance while creating calm and relaxation.

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.

Trim & Sculpt (B I A)

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

Yoga (B I A)

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

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

ZUMBA® Gold (B I) **AOA**

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



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

**Diabetes Prevention Program
PHILADELPHIA FREEDOM VALLEY YMCA**

FOR MORE INFORMATION:
dpp@philaymca.org
267-592-4383



ADULTS/COMMUNITY

HEALTHY LIVING PROGRAMS

ENHANCE® FITNESS (B I A) AOA

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

SPECIAL EVENTS

Holiday Open House

Join us for our annual holiday celebration. This year's festivities include: Gingerbread men decorating, reindeer dust creation, holiday storybook reading, fun & games, and of course, FREE pictures with Santa and Mrs. Claus. Please feel free to bring your own camera or Smart-phone to capture your pictures instantly! This event is free and open to the community. No Registration is required.

Friday, December 8 6:30 PM - 8:00 PM

ACTIVE OLDER ADULTS

SOCIAL ACTIVITIES/CLUBS CLUBS AND ACTIVITIES

Older adults are some of our most loyal YMCA members. Here at the Philadelphia Freedom Valley YMCA, seniors have a chance to keep active and grow in spirit, mind and body. New friends and new opportunities add joy to life. Physical activity is essential in maintaining a higher quality of life and independence among seniors. Regular exercise provides many practical benefits, including reducing the risk of diseases and conditions such as diabetes, osteoporosis, coronary artery disease and high blood pressure. Stronger muscles, better balance and coordination, and higher energy levels all work together to maintain or improve basic living skills.

Programs include group exercise classes, social events, low impact water exercise, community education and more! Check our active older adults schedule for days and times.

Lunch & Learn Nutrition Seminars

The Roxborough YMCA Senior Programs offer countless opportunities for adults over 55 to socialize with their peers. Lunch & Learn events vary from an array of different themes. Seniors will interact with their peers, as well as experience lectures by professionals. They are held every other month.

Coffee Social

Day	Location	Time
Monday	Lobby/Welcome Center	All Day

DID YOU KNOW...if you are on Medicare, you may be eligible for a FREE membership at the Roxborough YMCA? Visit the Welcome Center for more information. Available with the following providers: Keystone65, Personal Choice 65 PPO, HOP, Bravo.

Pickleball

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

Tuesday	10:00 AM - 11:30 AM
Friday	12:30 PM - 1:30 PM

Arts and Crafts

Tuesdays are designed to bring your talents together. Share ideas, materials, or knowledge! Feel free to bring snacks to share.

Tuesday	12:30 PM - 2:30 PM
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COMMUNITY



**IF YOU WANT
YOUR KID TO
HAVE THE**

BEST

SUMMER EVER...

**CHECK OUT SUMMER DAY
CAMP AT THE Y!**

Register Online:

PHILAYMCA.ORG

MEMBERS

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.

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.

MEMBERSHIP RIGHTS & RESPONSIBILITIES

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

- abuses or misuses any YMCA owned or operated equipment or facilities,
- engages in conduct which is abusive, illegal, disruptive, or poses a threat to others,
- engages in activities contrary to the mission and purpose of the YMCA,
- is identified as a registered sex offender through our sex offender screening, or
- 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 SVP Membership will be consulted.

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 determined to be in conflict with the welfare and safety of other members and/or staff. This includes a person 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. It will also include 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. This includes 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 are held responsible for the behavior of their children.

The YMCA is a weapon and smoke (vaping) free environment. This includes any type of devices or objects, which could be used or perceived as weapons.

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.

POLICIES

TRANSFER OF MEMBERSHIP

- Transfer between Individuals: Membership and the use of particular privileges shall not be transferred from one person to another.
- Member 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: Member 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, at no cost, for up to two (2) months per year. This hold must be by calendar month, i.e. January 1 - 31.

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 Change 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.

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 Program Members are entitled to participate only in programs for which they have registered.

GUEST HOURS

Monday - Friday	5:00 AM - 3:00 PM 8:00 PM - 10:00 PM
Saturday	6:00 AM - 7:00 PM
Sunday	7:00 AM - 7:00 PM

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.

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.

FAMILY MEMBERSHIP PROGRAM

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

ROXBOROUGH YMCA IS A NO PLACE FOR HATE® FACILITY



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.

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

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 and 11 may use the Wellness Center under the direct supervision of a parent or guardian who has a full facility membership. Participants must be a minimum of age 12 or in 7th Grade to work out alone. Youth and teens should also check in with a Wellness Coach prior to beginning their workout.

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 and 11 may use the Wellness Center under the direct supervision of a parent or guardian who has a full facility membership. Participants must be a minimum of age 12 or in 7th Grade to work out alone. Youth 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

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.



ROXBOROUGH YMCA
 7201 Ridge Avenue
 Philadelphia, PA 19128
 Phone: 215-482-3900
 Fax: 215-482-3361

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
 Boyertown, 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
 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
 610-933-3861

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
 Pottsville, 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