SUMMER 2017

Your Y Program Guide

SUMMER 2017
Registration begins May 17th

SUMMER DAY CAMP
Register NOW for Summer Camp and give your child the BEST Summer Ever!
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.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

WELLNESS & TRAINING COMPLEX/CHILD CARE CENTER LOCATION
Gilbertsville Center
144 Holly Road
Gilbertsville, PA 19525
610-367-9622

RESIDENT CAMP LOCATION
Camp Speers YMCA
143 Nichercronk Road
Dingmans Ferry, PA 18328
570-828-2329
HOURS OF OPERATION
Monday - Friday 5:00 AM - 10:00 PM
Saturday 7:00 AM - 7:00 PM
Sunday 8:00 AM - 7:00 PM

The Abington YMCA closes to incoming members 15 minutes prior to listed time. All members must be out of the building no later than the listed closing time.

HOLIDAY HOURS
<table>
<thead>
<tr>
<th>Holiday</th>
<th>Status</th>
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<tr>
<td>Memorial Day</td>
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<tr>
<td>Independence Day</td>
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<tr>
<td>Labor Day</td>
<td>CLOSED</td>
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</table>

SUMMER SESSION DATES
Summer: June 19 - August 13
- Summer I: June 19 - June 29
- Summer II: July 3 - July 13
- Summer III: July 17 - July 27
- Summer IV: July 31 - August 10
- Summer V: August 14 - August 24

Registration:
- Family Members:
  - May 15 - August 20
- Full Privilege Members:
  - May 17 - August 20
- Program Members:
  - May 22 - August 20

HOW TO REGISTER FOR PROGRAMS
- Register for classes any time at PhilaYMCA.org
- By calling 215-884-9622 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

KID ZONE
(Ages 3 months-10 years)
Kid Zone 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.

KID FIT ZONE CHILD WATCH
(Ages 10-17)
Kids ages 10-17 years may enjoy activities in a room just for them during scheduled Kid Fit hours while their member parents are exercising or attending programs in the branch. Use of Kid Fit Zone is a member benefit and is included with the cost a Full Privilege Family Membership and Full Privilege Adult Membership. Fun exercise equipment is available along with Wii and Xbox play systems, and a variety of games and activities. All participants must check-in at the Kid Zone desk. Maximum time allowed is 2 hours per day per family and drop-off ends 15 minutes before Kid Zone closes. Parents must remain on the premises at all times and will be contacted if any problems arise. Hours are subject to change due to holidays. Please contact the Welcome Center for current schedule.

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FAMILY MEMBERSHIPS RECEIVE 50% OFF MOST YOUTH PROGRAMMING!
*Exclusions apply. Cannot be combined with any other offers. Please visit page 26 for more information

MEET OUR STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Extension</th>
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<tbody>
<tr>
<td>Missy DiMassa</td>
<td>Executive Director</td>
<td>1850</td>
</tr>
<tr>
<td>Bruce Appel</td>
<td>Advanced Facilities Director</td>
<td>1848</td>
</tr>
<tr>
<td>Chris Curry</td>
<td>Advanced Wellness &amp; Sports Director</td>
<td>1866</td>
</tr>
<tr>
<td>Andrea Dougherty</td>
<td>Assistant School Age/ Camp Director</td>
<td>1859</td>
</tr>
<tr>
<td>Sasha Joseph</td>
<td>Adv. School Age/Camp Director</td>
<td>1858</td>
</tr>
<tr>
<td>Ronna Kassel</td>
<td>Senior Program Director, Membership, Wellness</td>
<td>1817</td>
</tr>
<tr>
<td>Beth Kenas</td>
<td>Group Exercise/AOA Director</td>
<td>1840</td>
</tr>
<tr>
<td>Laura McGough</td>
<td>Business Manager</td>
<td>1815</td>
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<tr>
<td>Chad Peterman</td>
<td>Aquatics Director</td>
<td>1824</td>
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<tr>
<td>Robyn Tucker</td>
<td>Adv. Family Services Director</td>
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<tr>
<td>Bhavana Vyas</td>
<td>Senior Program Director, Child Care</td>
<td>1853</td>
</tr>
<tr>
<td>Michelle Watkins</td>
<td>Membership Director</td>
<td>1821</td>
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</table>

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

**Swim-Parent/Child (6-18 months)**
Water Discovery - Parents accompany children in the water in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**Summer (1x week for 8 weeks)**
- **Monday**: 6:45 PM – 7:15 PM Y
- **Tuesday**: 6:30 PM – 7:00 PM Y
- **Wednesday**: 10:00 AM – 10:30 AM Y
- **Saturday**: 8:30 AM – 9:00 AM Y

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

**Learn more about swim lessons with our swim tree!**
Visit PhilaYMCA.org

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**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**

**Summer (1x week for 8 weeks)**
- **Monday**: 6:10 PM – 6:40 PM Y  
- **Tuesday**: 1:00 PM – 1:30 PM Y  
- **Wednesday**: 4:45 PM – 5:15 PM Y  
- **Thursday**: 11:20 AM – 11:50 AM Y  
- **Friday**: 6:00 PM – 6:30 PM Y  
- **Saturday**: 10:35 AM – 11:05 AM Y

Family Members: $50  
Full Privilege Members: $100  
Program Members: $200

**School Age**

**Summer (1x week for 8 weeks)**
- **Monday**: 4:00 PM – 4:40 PM Y  
- **Tuesday**: 5:30 PM – 6:10 PM Y  
- **Wednesday**: 5:40 PM – 6:20 PM Y  
- **Thursday**: 5:05 PM – 5:45 PM Y  
- **Friday**: 4:00 PM – 4:40 PM Y

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

**Summer I-V (4x week - 2 weeks)**

**M/Tu/W/Th**: 6:00 PM – 6:30 PM Y  
Full Privilege Members: $56  
Program Members: $112

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**SWIM STARTERS**
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 (18 months - 3 years)**
Water Exploration - Parents work with their children in the water to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills. **Summer (1x week for 8 weeks)**

**Tuesday**
- 6:00 PM – 6:30 PM Y

**Wednesday**
- 10:30 AM – 11:00 AM Y

**Thursday**
- 10:50 AM – 11:20 AM Y

**Saturday**
- 9:00 AM – 9:30 AM Y  
- 9:30 AM – 10:00 AM Y  
- 10:00 AM – 10:30 AM Y  
- 11:45 AM – 12:15 PM Y

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

**Summer (1x week for 8 weeks)**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Program Type</th>
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**Summer I-V (4x week - 2 weeks)**

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<th>Days</th>
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<td>M/Tu/W/Th</td>
<td>4:00 PM – 4:30 PM</td>
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Full Privilege Members: $56
Program Members: $112

**School Age**

**Summer (1x week for 8 weeks)**

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<tr>
<th>Day</th>
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Full Privilege Members: $64
Program Members: $128

**Swim Basics – Stage 3**
Water Stamina - Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

**Preschool**

**Summer (1x week for 8 weeks)**

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<td>12:20 PM – 1:20 PM</td>
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Full Privilege Members: $56
Program Members: $112

**School Age**

**Summer (1x week for 8 weeks)**

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Full Privilege Members: $64
Program Members: $128

**SWIM STROKES**
(Preschool 30 minutes)
(School Age/Teens/Adults 40 minutes)
Introduces and refines stroke technique in older students. In these three stages, having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

**Swim Strokes - Stage 4**
Stroke Introduction - Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

**Preschool**

**Summer (1x week for 8 weeks)**

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Full Privilege Members: $56
Program Members: $112

**School Age**

**Summer (1x week for 8 weeks)**

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<td>11:45 AM – 12:15 PM</td>
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Full Privilege Members: $64
Program Members: $128
**Stage 4 - School Age (Cont’d)**

**Summer I-V (4x week - 2 weeks)**

- **M/Tu/W/Th**: 6:15 PM – 6:55 PM  
  - Y
  - Full Privilege Members: $64
  - Program Members: $128

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**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.

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**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.

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**School Age**

**Summer (1x week for 8 weeks)**

- **Monday**: 6:00 PM – 6:40 PM  
  - HS
- **Wednesday**: 6:45 PM – 7:25 PM  
  - HS
- **Friday**: 6:00 PM – 6:40 PM  
  - HS
- **Saturday**: 11:40 AM – 12:20 PM  
  - HS
  - Full Privilege Members: $64
  - Program Members: $128

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**Private Swim Lessons**

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

- **5 Lessons:**
  - Full Privilege Members: $150
  - Program Members: $300

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**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.

- **5 Lessons:**
  - Full Privilege Members: $100/person
  - Program Members: $200/person

*Please contact the Aquatics Director at ext. 1824 to schedule your lessons.*

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**Pre-Competitive Swim Team (Ages 7 & up)**

This is a youth program introducing children to competitive swimming. Skill introduction will include practice schedules, sets, stroke development, starts and turns and teamwork. One meet per month is included. New team registrations are welcome at any time. Program fees include up to 4 practices per week for a 8 week session. May attend all classes.

**HIGH SCHOOL POOL**

- **Monday**: 7:30 PM – 8:45 PM  
  - HS
- **Wednesday**: 7:30 PM – 8:45 PM  
  - HS
- **Friday**: 7:30 PM – 8:45 PM  
  - HS
- **Sunday**: 12:30 PM – 2:30 PM  
  - HS
  - Full Privilege Members: $100
  - Program Members: $200

*Parents are required to remain on High School premises while their child is participating in swim lessons.*

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**Teen Swim Lessons**

**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.

- **Saturday**: 11:15 AM – 11:45 AM  
  - HS
  - Full Privilege Members: $64

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**ADULT SWIM LESSONS**

**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.

- **Tuesday**: 6:30 PM – 7:00 PM  
  - Y
- **Thursday**: 11:00 AM – 11:30 AM  
  - Y
- **Friday**: 7:00 PM – 7:30 PM  
  - Y
  - Full Privilege Members: $64
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.

Friday 7:00 PM - 7:30 PM Y
Full Privilege Members: $50

Ability Aquatic Instruction – Beginner/Intermediate
A fun and beneficial program for youth and teens with special needs. Self-confidence, the joy of movement and fitness are stressed in a safe, non-competitive, success oriented atmosphere.

For more information, please contact the Aquatic Department at ext. 1824.

Wednesday 6:30 PM - 7:00 PM Y
Full Privilege Members: $50
Program Members: $100

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

Recertification
June 10 & 11 9:00 AM - 3:00 PM
July 8 & 9 9:00 AM - 3:00 PM
August 19 & 20 9:00 AM - 3:00 PM
Sept. 9 & 10 9:00 AM - 3:00 PM
Full Privilege, Program and Non Members: $150

Full Certification
May 13, 14, 20, 21 9:00 AM - 3:00 PM
Jun 17, 18, 24, 25 9:00 AM - 3:00 PM
July, 15, 16, 22, 23 9:00 AM - 3:00 PM
August 5, 6, 12, 13 9:00 AM - 3:00 PM
Sept., 23, 24, 30, Oct. 1 9:00 AM - 3:00 PM
Full Privilege, Program and Non Members: $350

Agility (Ages 10-16)
The class will enhance athletes speed and agility to better prepare them for various sports. Will consist of conditioning, cardio, and drills for participants.

Monday 6:15 PM - 7:15 PM
Full Privilege Members: $50
Program Members: $100

Dance Combo – Preschool (Ages 3-5)
Participants work on foot and arm positions, control, stability, poise and grace and are encouraged to express themselves through different styles of dance.

Monday 6:00 PM - 6:45 PM
Wednesday 6:00 PM - 6:45 PM
Saturday 9:15 AM - 10:00 AM
Family Members: $25
Full Privilege Members: $50
Program Members: $100

Dance – Ballet/Tap – Youth (Ages 6-9)
A combination of ballet and tap, dancers will work on coordination, rhythm, creativity, technique and terminology in both dance forms.

Monday 7:00 PM - 7:45 PM
Wednesday 7:00 PM - 7:45 PM
Family Members: $25
Full Privilege Members: $50
Program Members: $100

Cheerleading (Ages 6-12)
Non-competitive cheer squad to learn and practice basic cheers.

Saturday 1:00 PM - 1:45 PM
Family Members: $25
Full Privilege Members: $50
Program Members: $100
YOUTH

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.

Tuesday  4:15 PM - 4:45 PM
Saturday  9:45 AM - 10:15 AM

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

Gymnastics – Preschool
Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age appropriate equipment to ensure the safest and most effective learning environment.
(Ages 3 - 4)

Tuesday  5:00 PM - 5:45 PM
Thursday  4:00 PM - 4:45 PM
Saturday  9:00 AM - 9:45 AM

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

Gymnastics – Youth (Ages 6-12)
For children mastering more difficult gymnastic skills. Learn conditioning & flexibility techniques and instruction on vault, bars, balance beam and floor.
Advanced

Tuesday  5:45 PM - 6:45 PM
6:45 PM - 7:45 PM

Thursday  5:30 PM - 6:30 PM
6:45 PM - 7:45 PM

Saturday  12:00 PM - 1:00 PM

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

Advanced Gymnastics Available at the Hatboro Area YMCA
Abington YMCA members are welcome to participate in Advanced Gymnastics Classes at the Hatboro Area YMCA. This program is known as one of the top “Y” gymnastics programs nationwide. For more information, contact Darlene Malone at 215-674-4545 x 1107 or dmalone@philaymca.org.

Karate – Preschool (Ages 5-6)

Monday  6:00 PM - 6:30 PM
Wednesday  6:00 PM - 6:30 PM

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

Karate – Youth/Teen (Ages 7-12)

Monday  6:30 PM - 7:15 PM
Wednesday  6:30 PM - 7:15 PM

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

INSTRUCTIONAL SPORTS

Basketball
This class will teach the fundamentals and rules of basketball, and assist in developing good sportsmanship. Emphasis is on skill development, fun and participation.
Preschool (Ages 3-5)

Thursday  7:00 PM - 7:45 PM

Youth (Ages 6-9)

Monday  6:15 PM - 7:00 PM
Tuesday  7:00 PM - 7:45 PM

Youth (Ages 10-12)

Thursday  6:15 PM - 7:00 PM

Boxing – Youth (Ages 8-12)
Boxing strength and conditioning mixed with technique training. Participants are required to bring their own gloves.

Saturday  1:30 PM - 2:30 PM

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

MARTIAL ARTS

This popular program is unique because it provides the same positive results for each participant. The Martial Arts Program can satisfy various goals - self confidence, self-defense, personal development, fitness or flexibility. Stretching & strengthening will be included in each class. Uniforms are required and can be purchased at the Welcome Center for $20. Order forms can be obtained from instructors.

Karate – Preschool (Ages 5-6)

Monday  6:00 PM - 6:30 PM
Wednesday  6:00 PM - 6:30 PM

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

Karate – Youth/Teen (Ages 7-12)

Monday  6:30 PM - 7:15 PM
Wednesday  6:30 PM - 7:15 PM

Family Members: $25
Full Privilege Members: $50
Program Members: $100
Soccer
This class will teach the fundamentals and rules of soccer and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.
Preschool (Ages 3-5)
Monday 7:15 PM - 8:00 PM
Wednesday 7:15 PM - 8:00 PM
Youth (Ages 6-9)
Wednesday 6:15 PM - 7:00 PM
Family Members: $25
Full Privilege Members: $50
Program Members: $100

Sports Introduction – Parent/Child
(Ages 2-3)
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.
Tuesday 6:15 PM - 6:45 PM
Family Members: $25
Full Privilege Members: $50
Program Members: $100

SPORTS LEAGUES

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

2017 SUMMER YOUTH SPORTS LEAGUES

<table>
<thead>
<tr>
<th>Sport</th>
<th>Start/End Date</th>
<th>Registration</th>
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<tbody>
<tr>
<td>Basketball</td>
<td>June 24/ Aug 12</td>
<td>May 15- July 9</td>
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</table>

Basketball League – Preschool
(Ages 3-4)
Saturday 8:45 AM - 9:45 AM
Full Privilege Members: $60
Program Members: $120

Basketball League – Youth
(Ages 5-7)
Saturday 10:00 AM - 11:00 AM
(Ages 8-10)
Saturday 11:15 AM - 12:15 PM
(Ages 11-14)
Saturday 12:30 PM - 1:30 PM
Full Privilege Members: $60
Program Members: $120

Family Time in the Kid Zone
During special hours, parents will be permitted to accompany their children ages 10 years and younger in the supervised Kid Zone area. Family Time allows parents to spend time with their children while they enjoy the Kid Zone play feature. Parents or grandparents are required to stay in the room and are responsible for supervising their children.
Friday 7:00 PM - 9:00 PM
Full Privilege Members: Free

Family Events – Family BBQ
The Abington Y invites families to participate in a fun summer BBQ! Play games, splash down the water slide, and enjoy lunch. Space is limited; registration is required.
Sat., July 8 12:00 PM - 2:00 PM
Free and Open to the Community.

BIRTHDAY PARTIES

The Abington Y has an exciting variety of parties designed for children of all ages. All parties are 2 hours long. Two trained staff members are available to help you conduct your party. All packages include paper plates, utensils and tablecloths for up to 26 children. All children age 7 & under must be accompanied by an adult in the pool.

Specialty Party
Y Party professionals will create a fun time for your child and their friends with a unique party theme. A Hip Hop Dance party includes a Hip Hop instructor to teach the children the correct steps of a dance routine. You may also choose a Sports Party that includes basketball, soccer, hockey, gymnastics or a little of each.

Kid Zone Party
Reserve the 3 story indoor playing system for you fabulous, active birthday experience. Children will run, jump climb, crawl through tunnels and have a great time in the Kids Zone.
Birthday Parties – Pool
Children will enjoy an hour in the Abington Y pool with music, basketball and lots of fun. Pool parties include one hour in the pool with 2 lifeguards on duty and one hour in the party room. Pool Parties are limited to 25 children. All children will be water tested.

Party Pricing Information
(includes 2 hours of fun):
Full Privilege Members: $250
Program Members: $275
Non Members: $300
Moon Bounce may be added for $50.
Additional Party Time:
1 hour: $75
½ hour: $37.50
Additional Rooms: $50

To book your party at the Abington Y, contact the Birthday Party Coordinator, Robyn Tucker at ext. 1816

ABILITY PROGRAMS

Ability – Kid Zone
(Ages 3 mo. - 18 years)
Families who have children with special needs will have the opportunity to use the Abington YMCA Kids Zone for a sensory-friendly playtime.

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<thead>
<tr>
<th>Day</th>
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<tr>
<td>Sunday</td>
<td>11:30 AM - 1:00 PM</td>
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Full Privilege and Program Members: Free

AQUATICS

Ability Aquatic Instruction – Beginner/Intermediate
A fun and beneficial program for youth and teens with special needs. Self-confidence, the joy of movement and fitness are stressed in a safe, non-competitive, success oriented atmosphere. For more information, please contact the Aquatic Department at ext. 1824.

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<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>6:30 PM - 7:00 PM Y</td>
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Full Privilege Members: $64
Program Members: $128

HEALTH & WELLNESS

Ability – Sports Various
This sports class is for teens with special needs. Each week, participants will be engaged in a different activity. Participants will learn new sports skills and build self confidence while interacting with peers.
(Age 5-11)

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<tr>
<td>Saturday</td>
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(Age 12-17)

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<tr>
<td>Sunday</td>
<td>10:30 AM - 11:15 AM</td>
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Family Members: $25
Full Privilege Members: $50
Program Members: $100

IF YOU WANT YOUR KID TO HAVE THE BEST SUMMER EVER...
CHECK OUT SUMMER DAY CAMP AT THE Y!
Register Online: PHILAYMCA.ORG
The Abington YMCA Preschool programs are consistent with the Philadelphia Freedom Valley YMCA’s philosophy, which is grounded in a child-centered and holistic approach to early childhood education. This allows us to adjust to the needs of the child with independent classroom exploration and active social time.

The Abington YMCA has earned a 3 Star rating through the Keystone STARS program

- Cheerful atmosphere
- Stimulating environment with texture, sight & 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 & staff
- Gym, swim, cooking and Spanish lessons (age appropriate)

Infant Care (6 weeks - 12 months)
Infants thrive in a safe, nurturing environment surrounded by experienced care givers. Individual attention for your child and a stimulating atmosphere help create a smooth first time separation from parents. Stimulating daily activities and a proven YMCA curriculum promote sight and sound recognition and language development.

Toddler Care (13 - 35 months)
Teachers and staff support and facilitate child development as toddlers experience their new independence in a stimulating atmosphere. Individual attention for your child and a stimulating atmosphere help create a smooth first time separation from parents. Stimulating daily activities and a proven YMCA curriculum promote sight and sound recognition and language development.

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

- Infants 6 - 12 mo. M-F $263/week
- Young Toddlers 13 - 24 mo. M-F $246/week
- Older Toddlers 25 - 35 mo. M-F $234/week
- Preschool 3 - 5 yrs. M-F $219/week

Hours: Monday - Friday 7:00 AM - 6:30 PM (10 hours per day maximum)

SCHOOL AGE CHILD CARE
The Abington YMCA is committed to providing a quality School Age Program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Human Services. In addition, all programs 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. A YMCA Membership is required to participate in Child Care programs.

Before Care
Available in ALL Abington Elementary Schools beginning at 7:15 AM.
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 offered to any child in kindergarten through 6th grade attending a public school in the Abington School District. A YMCA membership is required. Under the supervision of YMCA staff, children participate in gym activities, Arts & Crafts, manipulatives and more.

After Care
Available in ALL Abington Elementary schools for students in grades K-6 beginning at 3:20 pm when school is dismissed and ends at 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. Program includes scheduled homework help time, a snack and recreation activities every day, and, at least once a week, special programs such as fitness, chess, Arts & Crafts, music, creative writing and more!

School Age Holiday Care (Ages 5 to 12)
Provides care on the days that your child’s school is closed, including most in-service days, holidays and snow closings. Your child will engage in social and educational activities while having fun. A full day of exciting activities for children enrolled in the Program! Holiday Care day begins at 7:15 AM and ends at 6:00 PM. Holiday Care participants are involved in Arts & Crafts, games, sports and swimming plus a field trip.

Pre-registration with payment is required one week prior to services. All Holiday Care participants must bring a lunch, and towel and swim suit.

Location: Abington YMCA
PROGRAM RETURNS IN FALL 2017
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
**Abington Y Clubhouse**
Additional programming space is available just down the road at Our Lady Help of Christians School, 1500 Marian Road, just behind the Target building in Abington. This site is called the Abington Y Clubhouse!

**Agility (Ages 10-16)**
The class will enhance athletes speed and agility to better prepare them for various sports. Will consist of conditioning, cardio, and drills for participants.

- **Monday** 6:15 PM - 7:15 PM
- Full Privilege Members: $50
- Program Members: $100

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**MARTIAL ARTS**

**Karate - Teen/Adult (Age 13 & up)**

- **Monday** 7:30 PM - 8:15 PM
- **Wednesday** 7:30 PM - 8:15 PM
- Full Privilege Members: $50
- Program Members: $100

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**TEEN/ADULT SWIM LESSONS**

**TEEN**

**Swim Strokes – Stage 4**
Stoke 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.

- **Saturday** 11:15 AM – 11:45 AM HS
- Full Privilege Members: $64

**ADULT**

**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.

- **Tuesday** 6:30 PM - 7:00 PM Y
- **Thursday** 11:00 AM - 11:30 AM Y
- **Friday** 7:00 PM - 7:30 PM Y
- Full Privilege Members: $64

**Swim Strokes – Stage 4**
Stoke 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.

- **Friday** 7:00 PM - 7:30 PM Y
- Full Privilege Members: $50
ADULTS

ADULT AQUATIC EXERCISE

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

AOA

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 swimmer and non-swimmers may participate.

Aquatic 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.

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

Aquatic Stretch and Cardio (B I A)
This class includes stretching and breathing in the water then moves into cardiovascular training using water resistance and movement to get your heart pumping with little or no stress on your joints.

SilverSneakers® Splash (B I A)
Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. Silver-Sneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. Participants do not need to know how to swim.

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. For more information contact Chris Curry at ext. 1866.

<table>
<thead>
<tr>
<th>Sessions</th>
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<tr>
<td>1</td>
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<tr>
<td>5</td>
<td>$225</td>
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<td>10</td>
<td>$425</td>
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Nutritional Education
Our diet analysis is conducted by a Registered Dietitian and provides an excellent way for you to learn how to make smart dietary changes for long term weight loss, optimal health or optimal athletic performance. The analysis will examine the aspects of your current dietary intake and our Registered Dietician will be able to find areas where you can improve. For more information contact Chris Curry at ext. 1866.

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<tbody>
<tr>
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<tr>
<td>3</td>
<td>$140</td>
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<tr>
<td>6</td>
<td>$275</td>
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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 Chris Curry at ext. 1866.

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

Full Privilege Members: $35

Dynamic Boxing
This class is designed to push your endurance through boxing style strength and conditioning. Participants are recommended to bring their own gloves.

Full Privilege Members: $35

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.

Full Privilege Members: $35
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!
Full Privilege Members: $35

Enhance Fitness (B I A)
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.

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

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.

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

Qigong (B I A)
Move 10 years younger through the practice of Qigong! “Qi” is translated to mean a person’s “vital energy” and “gong” means to exercise or work. Qigong is the art of nurturing one’s body and spirit through the accumulation/exercise of Qi. The standing static & slow dynamic choreographed movements of Qigong integrate the entire body, and are known to improve the overall physical, emotional and mental health of people of ALL ages. Sneakers must be worn.

Silver Strength (B I A)
This class is designed to increase overall strength and stability to help combat losses in bone, muscle and balance. For ages 55 and older. Registration is required.

Monday 10:00 AM - 10:45 AM
Friday 11:15 AM - 12:00 PM

GROUP EXERCISE

Arthritis Foundation® (B I)
Low impact physical activity program to reduce pain and decrease stiffness. The class includes gentle range of motion exercises that are suitable for every fitness level and ability.

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

Chair Yoga (B I)
This class is a series of seated poses designed to increase flexibility and strength.

Core Works (B I A)
This class will strengthen the core which includes the abdominal muscles, oblique’s and lower back. This class is great to help improve core function as well as improved posture.

CXWORX™ (B I A)
A 30-minute class using scientifically proven movements that isolate and integrate all of the core muscle groups.

Dance (B I A)
Come ready to work up a sweat dancing to a variety of music including hip hop, pop, African or Latin music.

Line Dancing (B I A)
This choreographed dance program is intended for all audiences and provides a well-rounded exercise experience while having fun with a group of friends.

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.

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Silver Strength (B I A)
This class is designed to increase overall strength and stability to help combat losses in bone, muscle and balance. For ages 55 and older. Registration is required.

Monday 10:00 AM - 10:45 AM
Friday 11:15 AM - 12:00 PM
ADULTS

Silver&Fit® Experience (B I)  AOA
This class is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help you keep healthy, muscular endurance, and strength, flexibility, and balance. All exercises are performed in a standing position with the option of using a chair for 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 support.

SilverSneakers® Yoga (B I)  AOA
SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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.

Women and Weights (B I A)
This program is guided by a Wellness Coach who will demonstrate proper techniques and allow you to become familiar with and engage in a variety of strength training methods. Through this program you will gain strength and confidence. Registration is required.

Yoga (B I A)
This class challenges the body and mind through strengthening, stretching, relaxing, and breathing. Flexibility, strength, and muscle tone will continually improve as your mind, body, and spirit work together in harmony.

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.

CYCLE

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!

HEALTHY LIVING PROGRAMS

Dance for PD
(for persons with Parkinsons) (B I)
In this interactive class, participants will explore movement and music in ways that are enjoyable, stimulating, and creative. To register for this program, please call 610-668-4292 or email wlewis@theparkinsoncouncil.org.

LiveSTRONG at the YMCA
12 week session
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.

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.
Lunch and Learn
Enjoy an informative presentation on a topic of interest, followed by a light lunch and time to socialize with your Y friends. Check the AOA Bulletin Board for upcoming presentations. **Free.** Registration required.

Let’s Do Lunch
This volunteer-led outing gives you a chance to try a different restaurant every month! All are welcome to drop in and make some new friends. Meet at a local eatery one Tuesday each month.

Bowling at Thunderbird Lanes
Meet your friends from the Y at the Thunderbird Lanes to bowl a few games in a non-league, non-competitive atmosphere. The group bowls twice a month at 1:30 PM and anyone is welcome including drop-in’s. Please check the AOA board for dates each month. **Thunderbird Lanes:**
1475 W. Street Road,
Warminster, PA 18974

Other Activities
Look for additional information on the Active Older Adults bulletin board for Pot Luck and Brown Bag Lunches, speakers, health assessments, possible trips to interesting locations and more.

Cards and More
Join your friends or make new ones and enjoy games, cards, conversation and great company. Bring a brown bag lunch if you like or a snack to share. No charge.

Computer Club
Join our expert volunteer instructors for hands-on computer training every week. This class is a great place to help you get over your fear of using the computer and learn new skills. If you have a laptop, please bring it along. Beginners and experienced students are all welcome.

For more information on AOA programs or seminars, check the AOA bulletin board or contact Beth Kenas at ext. 1840.
YMCA Golf Outing
Manufacturers’ Golf & Country Club

FOR A GREAT CAUSE

SPECIAL EVENTS

ABINGTON YMCA
215-884-9622

ADULTS

ABINGTON • AMBLER • HATBORO YMCA

Thomas E. Weintraub Memorial GOLF OUTING

Monday, June 26, 2017
1:00 PM – Shotgun Start

Manufacturers’ Golf & Country Club
Fort Washington, PA 19034

Reserve your spot by contacting:
Beth Kenas at 215-884-9622, ext. 1840
or bkenas@philaymca.org

MARK YOUR CALENDAR!

HEALTHY LIVING PROGRAMS SPONSORED BY

Independence
LIVE FEARLESS
ASHI Basic Life Support, CPR/AED for the Professional Rescuer and Healthcare Provider
American Safety & Health Institute (ASHI) is an expert level program that helps keep healthcare professionals prepared and ready to respond as they encounter life-threatening emergencies, provide basic life support, and respond to choking and other airway obstruction incidents. ASHI's CPR Pro for the Professional Rescuer has been approved for training for Emergency Medical Services personnel and is accepted by the National Registry of Emergency Medical Technicians (NREMT). This certification is valid for 2 years.

June 10 9:00 AM - 1:00 PM
July 8 9:00 AM - 1:00 PM
August 12 9:00 AM - 1:00 PM
Full Privilege, Program and Non Members: $110

ASHI CPR/AED Pro Rescuer Recert
Participants must hold a current American Safety & Health Institute CPR/AED Certification to participate.

June 8 5:00 PM - 8:00 PM
July 6 5:00 PM - 8:00 PM
August 10 5:00 PM - 8:00 PM
Full Privilege, Program and Non Members: $90

ASHI Basic First Aid
American Safety & Health Institute’s (ASHI) Basic First Aid was created to help students develop basic first aid knowledge, skills, and the confidence to respond. The program is an excellent choice for both the community and workplace setting, and is consistent with recommendations of the 2010 National First Aid Science Advisory Board and OSHA’s best practices for first aid training programs in the workplace. This certification is valid for 2 years.

June 10 1:00 PM - 3:00 PM
July 8 1:00 PM - 3:00 PM
August 12 1:00 PM - 3:00 PM
Full Privilege Program and Non Members: $110

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

Recertification
July 8 & 9 9:00 AM - 3:00 PM
August 19 & 20 9:00 AM - 3:00 PM
Sept., 9 & 10 9:00 AM - 3:00 PM
Full Privilege, Program and Non Members: $150

Full Certification
Jun 17, 18, 24, 25 9:00 AM - 3:00 PM
July, 15, 16, 22, 23 9:00 AM - 3:00 PM
August 5, 6, 12, 13 9:00 AM - 3:00 PM
Sept., 23, 24, 30, Oct. 1 9:00 AM - 3:00 PM
Full Privilege, Program and Non Members: $350

LET THE Y COME TO YOU!
Fun, fitness programming such as Yoga, ZUMBA, Toning and more can be held at your place of business or organization at your convenience. For more information on how to bring fitness to your workplace, please contact Beth Kenas at ext. 1840.

Abington YMCA is a No Place for Hate® Facility

View current schedules online: PhilaYMCA.org
COMMUNITY

CAMP SPEERS YMCA
OVERNIGHT CAMP IN THE POCONOS

OVERNIGHT CAMP • LEADERSHIP DEVELOPMENT • HORSEBACK RIDING
1,100 ACRE POCONO OASIS • TEEN ADVENTURE TRIPS

REGISTER NOW ONLINE:
CAMPSPEERSYMCA.ORG

$150 OFF
OVERNIGHT CAMP
Register Today!

* Offer valid for current Philadelphia Freedom Valley YMCA members only.
**POLICIES**

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

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

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

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

**MEMBERSHIP RIGHTS & RESPONSIBILITIES**
Philadelphia Freedom Valley YMCA reserves the right to revoke or deny membership privileges if a member:

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

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

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

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

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

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

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

**PA STATE ALLIANCE AND YMCA OF DELAWARE MEMBERSHIP RECIPROcity PROGRAM**
The YMCA has full facility reciprocity with the Pennsylvania State Alliance and the Delaware YMCA’s. Members will be allowed full access to branches. Membership eligibility will be confirmed using DAXKO Reciprocity. Full details are provided in the Delaware Reciprocity Policy.

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

View current schedules online: PhilaYMCA.org 21
POLICIES

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

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

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

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

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

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

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

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

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

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

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

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

FINANCIAL ASSISTANCE POLICY

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

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

REFUNDS OR EXTENSIONS/ CREDITS

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

CHILD WATCH

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

AGE 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.

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.