

## Summer 2017 Program Changes – May be different than the brochure

\*\*\*\*\*

### **FAMILY MEMBERS REFER TO:**

50% OFF PROGRAMS for Family & Single Parent Family Membership at all Philadelphia Freedom Valley YMCA locations.

Note that Parent Child Aquatic classes are now included in the 50% Off Programs

\*\*\*\*\*

### **ALL PARTICIPANTS IN AQUATIC SWIM CLASSES REFER TO:**

Skill Continuum for Infant & Toddler/Preschool and School Age/Teen & Adult

Note a brand new program, designed by Y-USA will begin Summer 2017

\*\*\*\*\*

### Arts & Humanities/Movement

#### **Movement – Youth (Formerly Cardio Fusion – Youth)**

The class will enhance athletes speed and agility to better prepare them for various sports. Will consist of conditioning, cardio, and drills for participants. (Ages 6-10)

Wednesday: 6:00 PM – 6:45 PM

Thursday: 7:30 PM – 8:15 PM

Full Members: \$10    Family Members: \$5

#### **Family Yoga (B I A) (Now a drop in class like Group Exercise Classes)**

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. (Ages 8 and up)

Monday 6:30 PM – 7:15 PM

Thursday 6:45 PM – 7:30 PM

Full Members: Free    Family Members: Free

### Youth Programs/Youth Sports Introduction

#### **Agility – Youth/Teen (Formerly Total Body Conditioning – Youth/Teen)**

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

Wednesday: 4:15 PM – 5:00 PM

Wednesday: 7:30 PM – 8:15 PM

Friday: 4:15 PM – 5:00 PM

Full Members: \$17    Family Members: \$8.50    Program Members: \$34

## **Summer 2017 Program Changes – May be different than the brochure**

\*\*\*\*\*

### **Days, Times & Pricing as in Summer Brochure**

#### **Gymnastics/Parent Child**

##### **Gymnastics - Parent Child (Formerly Gymnastics – Parent/Child)**

This parent participation program introduces balancing, tumbling, hanging and agility skills in a fun, open environment. Short structured experiences mixed with free play and choice.

### **Days, Times & Pricing as in Summer Brochure**

#### **Gymnastics/Preschool**

##### **Gymnastics – Beginner (Age 3) (Formerly Preschool Level 1)**

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. (30-minute class)

##### **Gymnastics – Beginner (Age 4-5) (Formerly Preschool Level 2)**

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. (45-minute class)

### **Days, Times & Pricing as in Summer Brochure**

#### **Gymnastics/Youth**

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

##### **Gymnastics - Beginner (Formerly Youth Level 1)**

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

##### **Gymnastics - Intermediate (Formerly Youth Level 2)**

For intermediates familiar with basic gymnastic skills. Learn conditioning and flexibility techniques and instruction on bars, balance beam, and floor.

##### **Gymnastics - Advanced (Formerly Youth Level 3)**

For advanced children mastering more difficult skills. Learn conditioning and flexibility techniques and instruction on bars, balance beam, and floor.