

ABINGTON AREA 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.



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HEALTHY LIVING PROGRAMS
SPONSORED BY

Independence 
LIVE FEARLESS®

PHILADELPHIA FREEDOM VALLEY YMCA LOCATIONS

Abington YMCA

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

Ambler Area YMCA

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

Boyetown YMCA

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

Burlington-Riverfront YMCA

302 Commerce Square Blvd.
Burlington, NJ 08016

Christian Street YMCA

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

Columbia North YMCA

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

Hatboro Area YMCA

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

Haverford Area YMCA

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

Mt. Laurel YMCA

59 Centerton Road
Mt. Laurel, NJ 08054

Northeast Family YMCA

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

Phoenixville YMCA

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

Pottstown YMCA

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

Rocky Run YMCA

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

Roxborough YMCA

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

Spring Valley YMCA

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

Upper Perkiomen Valley YMCA

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

West Philadelphia YMCA

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

WELLNESS CENTER LOCATION

Stephen Klein Wellness Center

2108 Cecil B. Moore Ave.
Philadelphia, PA 19121
215-400-2100

WELLNESS & TRAINING COMPLEX/ CHILD CARE CENTER LOCATION

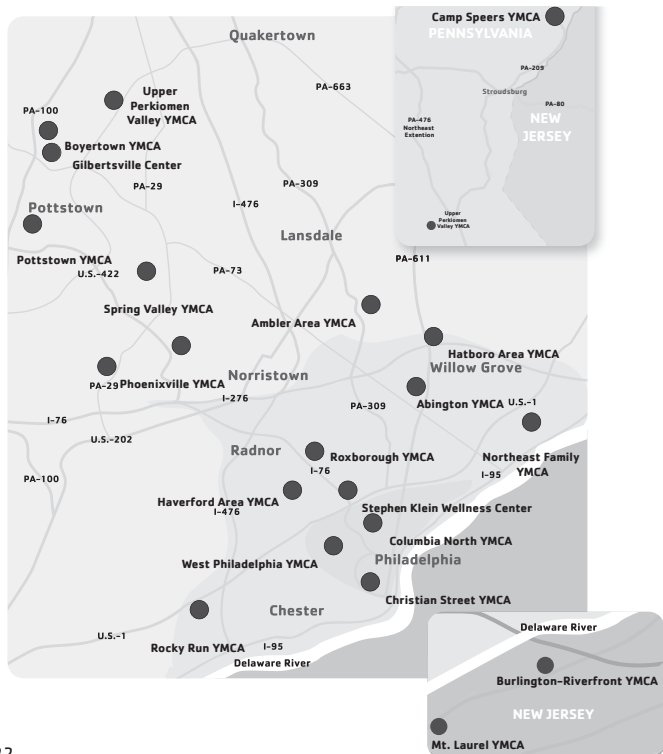
Gilbertsville Center

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

RESIDENT CAMP LOCATION

Camp Speers YMCA

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



HOURS OF OPERATION

Monday - Friday	5:00 AM - 10:00 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

Christmas Eve	Dec. 24	8:00 AM - 3:00 PM
Christmas	Dec. 25	CLOSED
New Year's Eve	Dec. 31	8:00 AM - 3:00 PM
New Year's Day	Jan. 1	9:00 AM - 3:00 PM

WINTER SESSION DATES

January 1 - February 25

Registration:

Family Members: December 4 - February 4

Members: December 6 - February 4

Non-Members: December 11 - February 4

HOW TO REGISTER FOR PROGRAMS

- Register for classes any time at PhilaYMCA.org
- By calling 215-884-9622 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 of 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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MEET OUR STAFF

Missy DiMassa
Executive Director
ext. 1850

Bruce Appel
Advanced Facilities
Director
ext. 1848

Chris Curry
Advanced Wellness
& Sports Director
ext. 1866

Andrea Dougherty
Adv. Child Care Director
ext. 1853

Lou Willa Dupree
SACC/Camp Director
ext. 1859

Sasha Joseph
Senior Program Director,
SACC/ Camp/ Child Care
ext. 1858

Ronna Kassel
Senior Program Director,
Membership, Wellness
ext. 1817

Beth Kenas
Adv. Group Exercise/AOA Director
ext. 1840

Laura McGough
Business Manager
ext. 1815

Chad Peterman
Advanced Aquatics Director
ext. 1824

Robyn Tucker
Adv. Family Services Director
ext. 1816

Michelle Watkins
Membership Director
ext. 1821

YOUTH

AQUATICS

AGE KEY:

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

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.

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
 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.

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

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	6:10 PM – 6:40 PM	Y
Tuesday	1:00 PM – 1:30 PM 4:30 PM – 5:00 PM	Y
Wednesday	4:45 PM – 5:15 PM 6:30 PM – 7:00 PM	Y
Thursday	11:20 AM – 11:50 AM 4:30 PM – 5:00 PM 6:30 PM – 7:00 PM	Y
Friday	6:00 PM – 6:30 PM	
Saturday	10:35 AM – 11:05 AM 12:50 PM – 1:20 PM 10:00 AM – 10:30 AM	Y HS

Members: \$56
 Non-Members: \$112

School Age

Monday	4:00 PM – 4:40 PM	Y
Tuesday	5:30 PM – 6:10 PM	Y
Wednesday	5:40 PM – 6:20 PM 6:45 PM – 7:25 PM	Y HS
Thursday	5:05 PM – 5:45 PM	Y
Friday	4:00 PM – 4:40 PM 6:45 PM – 7:25 PM	Y HS
Saturday	10:00 AM – 10:40 AM 10:35 AM – 11:15 AM 12:50 PM – 1:30 PM	HS Y Y

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

Swim Basics – Stage 2

Water Movement - Students focus on body position and control, directional change and forward movement in the water while continuing to practice how to safely exit in the event of falling into a body of water.

Preschool

Monday	4:35 PM – 5:05 PM	Y
Tuesday	1:30 PM – 2:00 PM 5:00 PM – 5:30 PM	Y Y
Wednesday	5:20 PM – 5:50 PM	Y
Thursday	4:00 PM – 4:30 PM 5:55 PM – 6:25 PM 6:30 PM – 7:00 PM	Y
Saturday	10:35 AM – 11:05 AM 11:10 AM – 11:40 AM 12:20 PM – 12:50 PM	Y Y Y

Members: \$56
 Non-Members: \$112

YOUTH

School Age

Monday	6:30 PM – 7:10 PM 6:45 PM – 7:25 PM	Y HS
Wednesday	4:00 PM – 4:40 PM	Y
Thursday	4:45 PM – 5:25 PM	Y
Saturday	10:50 AM – 11:30 AM 12:20 PM – 1:00 PM	HS HS

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

Swim Basics - Stage 3

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

Preschool

Monday	5:10 PM – 5:40 PM	Y
Tuesday	4:00 PM – 4:30 PM	Y
Wednesday	5:55 PM – 6:25 PM	Y
Thursday	1:00 PM – 1:30 PM	Y
Friday	6:30 PM – 7:00 PM	Y
Saturday	11:45 AM – 12:15 PM 11:10 AM – 11:40 AM	Y HS

Members: \$56
Non-Members: \$112

School Age

Monday	4:50 PM – 5:30 PM 5:40 PM – 6:20 PM	Y Y
Tuesday	4:00 PM – 4:40 PM	Y
Wednesday	4:50 PM – 5:30 PM 6:00 PM – 6:40 PM	Y HS
Thursday	4:00 PM – 4:40 PM	Y
Friday	4:50 PM – 5:30 PM	Y
Saturday	12:30 PM – 1:10 PM	HS

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

SWIM STROKES

(Preschool 30 minutes)

(School Age/Teens/Adults 40 minutes)

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

Swim Strokes - Stage 4

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

Preschool

Monday	4:00 PM – 4:30 PM	Y
Tuesday	5:30 PM – 6:00 PM	Y
Thursday	1:30 PM – 2:00 PM	Y
Saturday	11:15 AM – 11:45 AM	Y

Members: \$56
Non-Members: \$112

School Age

Tuesday	4:45 PM – 5:25 PM	Y
Thursday	5:30 PM – 6:10 PM	Y
Friday	6:00 PM – 6:40 PM	HS
Saturday	1:20 PM – 2:00 PM	HS

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

Swim Strokes - Stage 5

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

School Age

Monday	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	HS

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

Swim Strokes - Stage 6

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

School Age

Wednesday	6:00 PM – 6:40 PM	HS
Friday	6:45 PM – 7:25 PM	HS

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

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.

5 Lessons:

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.

5 Lessons:

Members: \$100/person

Non-Members: \$200/person

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

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

Members: \$100

Non-Members: \$200

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

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
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Members: \$64

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

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
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Members: \$64

ABILITY 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.

Wednesday	6:30 PM - 7:00 PM	Y
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Members: \$64

Non-Members: \$128

TRAINING AND CERTIFICATION

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

January 6 & 7	9:00 AM - 4:30 PM
February 17 & 18	9:00 AM - 4:30 PM
March 3 & 4	9:00 AM - 4:30 PM

Members and Non Members: \$150

Full Certification

Jan 13,14,20,21	9:00 AM - 4:30 PM
Feb 3,4,10,11	9:00 AM - 4:30 PM
March 10,11,17,18	9:00 AM - 4:30 PM

Members and Non Members: \$350

ARTS & HUMANITIES

Cooking - Youth/Teen (Ages 6-17)

Learn how to cook delicious, healthy food!

Participants will learn how to prepare a breakfast, lunch, dinner and dessert! This class will be held at the Abington Y Clubhouse.

Saturday	1:00 PM - 2:00 PM
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Family Members: \$25

Members: \$50

Non-Members: \$100

Art Education - Youth/Teen (Ages 6-17)

All abilities are welcome to explore beginner level art projects. Included will be painting, drawing, sculpture, mosaics and more. Time to have fun and be creative. This class will be held at the Abington Y Clubhouse.

Monday	6:30 PM - 7:30 PM
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Family Members: \$25

Members: \$50

Non-Members: \$100

HEALTH & WELLNESS

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
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Members: \$50

Non-Members: \$100

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!

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
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Wednesday	7:00 PM - 7:45 PM
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Family Members: \$25

Members: \$50

Non-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
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Wednesday	6:00 PM - 6:45 PM
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Saturday	9:15 AM - 10:00 AM
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Family Members: \$25

Members: \$50

Non-Members: \$100

Dance Hip Hop/Jazz - Intermediate

(Ages 9-13)

This class is a fun change from the traditional class. Focus is on rhythm while encouraging dancers to create their own style or expression. This class will be held at the Abington Y Clubhouse.

Saturday	11:15 AM - 12:00 PM
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Family Members: \$25

Members: \$50

Non-Members: \$100

GYMNASTICS

Cheerleading (Ages 6-12)

Non-competitive cheer squad to learn and practice basic cheers.

Saturday	1:00 PM - 1:45 PM
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Family Members: \$25

Members: \$50

Non-Members: \$100

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
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Saturday	9:45 AM - 10:15 AM
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Family Members: \$25

Full Privilege Members: \$50

Non-Members: \$100

YOUTH

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

(Ages 4-5)

Thursday 4:45 PM - 5:30 PM

Saturday 10:30 AM - 11:15 AM
11:15 AM - 12:00 PM

Family Members: \$25

Members: \$50

Non-Members: \$100

Beginning gymnasts will be learning basic technique for all equipment. All classes will be held in the Blue Room.

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

Members: \$50

Non-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.

MARTIAL ARTS

Shotokan - Basic (Ages 5-6)

A traditional Japanese style of karate that provides training for self-development, self-defense, and physical fitness. Program teaches flexibility, strength and cardiovascular fitness. Beginner and Advanced classes are offered based on skill level.

Monday 6:00 PM - 6:30 PM

Wednesday 6:00 PM - 6:30 PM

Family Members: \$25

Members: \$50

Non-Members: \$100

Shotokan - Youth/Teen (Ages 7-12)

Students are taught the main objectives of Karate: development of character, effort, and self-control. These are the virtues that have been emphasized since the inception of the art of Karate.

Monday 6:30 PM - 7:15 PM

Wednesday 6:30 PM - 7:15 PM

Family Members: \$25

Members: \$50

Non-Members: \$100

INSTRUCTIONAL SPORTS

Basketball - Preschool/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.

Preschool (Ages 3-5)

Monday 5:00 PM - 5:45 PM

Thursday 7:00 PM - 7:45 PM

Youth (Ages 6-9)

Monday 6:00 PM - 6:45 PM

Tuesday 7:15 PM - 8:00 PM

Youth (Ages 10-12)

Thursday 5:00 PM - 5:45 PM

Family Members: \$25

Members: \$50

Non-Members: \$100

Boxing - Youth

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

(Ages 6-12)

Friday 6:00 PM - 6:45 PM

(Ages 13-17)

Friday 7:00 PM - 7:45 PM

Family Members: \$25

Members: \$50

Non-Members: \$100

Dodgeball - Youth (Ages 8-12)

The goal of the dodgeball program is to provide a means of physical activity and exercise for kids as well as the promotion of important values such as sportsmanship, teamwork, confidence and self-esteem.

Wednesday 7:00 PM - 7:45 PM

Family Members: \$25

Members: \$50

Non-Members: \$100

Floor Hockey – Preschool/Youth

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

Monday	4:00 PM - 4:45 PM
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(Ages 6-9)

Wednesday	6:00 PM - 6:45 PM
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Family Members: \$25
Members: \$50
Non-Members: \$100

Soccer – Preschool/Youth

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	3:00 PM – 3:45 PM 7:00 PM – 7:45 PM
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Youth (Ages 6-9)

Tuesday	5:00 PM - 5:45 PM
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Family Members: \$25
Members: \$50
Non-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.

Monday	1:00 PM – 1:30 PM
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Wednesday	5:00 PM – 5:30 PM
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Family Members: \$25
Members: \$50
Non-Members: \$100

Sports Introduction – Preschool/Youth

Children are introduced to a variety of different sports and games. This is a great way to get your child excited about playing sports while building self-esteem and improving coordination and motor skills.
(Ages 3-5)

Tuesday	4:00 PM – 4:45 PM
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Family Members: \$25
Members: \$50
Non-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 WINTER Youth Sports Leagues

	Start/ End Date	Registration Dates
Basketball	Jan. 6 - Feb. 24	Dec. 4

Basketball League – Preschool

(Ages 3-4)

Saturday	9:00 AM - 10:00 AM
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Members: \$60
Non-Members: \$120

Basketball League – Youth

(Ages 5-6)

Saturday	10:15 AM - 11:15 AM
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(Ages 7-8)

Saturday	11:30 AM - 12:30 PM
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(Ages 9-12)

Saturday	12:45 AM - 1:45 AM
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Members: \$60
Non-Members: \$120

FAMILY

Family Fun Fridays

Every Friday is reserved for FAMILY FUN, and the third Friday includes a special theme! Enjoy quality time together engaging in Y activities, including Family Kid Zone and Family Swim!

Family Nights are Free for all members, pre-registration is not required.

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
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Family Members: Free

Parents Night Out (Grades 1-7)

This night is designed for children and tweens to have fun while their parents enjoy a break. There will be plenty of activities and a theme will be followed through the programming each night. Pizza & juice will be served at each event.

Jan. 12	6:30 PM - 9:30 PM
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Jan. 26	6:30 PM - 9:30 PM
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Feb. 9	6:30 PM - 9:30 PM
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Feb. 23	6:30 PM - 9:30 PM
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Members: Free

YOUTH

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):

Members: \$250

Non-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.

Sunday 11:30 AM - 1:00 PM

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.

Wednesday 6:30 PM - 7:00 PM Y

Members: \$64

Non-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 6-11)

Saturday 2:15 PM - 3:00 PM

(Age 12-17)

Saturday 1:15 PM - 2:00 PM

Family Members: \$25

Members: \$50

Non-Members: \$100

CHILD CARE

PRESCHOOL PROGRAMS

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)

YOUTH/TEENS

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

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

January 15

February 16

February 19

TEENS



STRIVE FOR EXCELLENCE

Y ACHIEVERS PROGRAM FOR YOUTH IN GRADES 5-12

Y Achievers Program Benefits:

- Career Exploration
- College Readiness
- Leadership Development
- Character Development
- Community Investment
- FREE 1 Year YMCA Membership

FOR MORE INFORMATION ON Y ACHIEVERS PLEASE CONTACT:
Jennifer Thompkins - jthompkins@philaymca.org

MARTIAL ARTS

Shotokan – Teen / Adult (Ages 13 - Adult)

Shotokan karate develops your mind, body, and spirit through discipline, flexibility, and breathing techniques. Students can earn a black belt while in this program. Classes are taught by a certified International Shotokan Karate Federation (ISKF) black belt.

Monday

7:30 PM - 8:15 PM

Wednesday

7:30 PM - 8:15 PM

Members: \$50

Non-Members: \$100

TEENS/ADULTS

TEEN SWIM LESSONS

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

Swim Strokes – Stage 4

Saturday 11:15 AM – 11:45 AM HS
Members: \$64

Non-Members: \$128

TEEN SWIM LESSONS

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

Swim Basics – Stage 2

Tuesday 6:30 PM – 7:00 PM Y
Thursday 11:00 AM – 11:30 AM Y
Friday 7:00 PM – 7:30 PM Y

Members: \$64

Swim Strokes – Stage 4

Friday 7:00 PM – 7:30 PM Y

Members: \$64

ADULT AQUATIC EXERCISE

AOA

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

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

Aquacize (B I A)

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

Aqua Dance (B I A)

This dance-based fitness class is specially designed with great international rhythms and resistance aides to help you dance your way into shape. This class is taught in the shallow end of the pool.

Aqua ZUMBA® (B I A)

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

Aqua Stretch and Strength (B I A)

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

Aqua 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)

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

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.

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

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.

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

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.

ADULTS

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. 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. 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. 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! Members: \$35

GROUP EXERCISE

Arthritis Foundation® (B I) AOA

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.

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.

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.

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.

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.

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.

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

Silver Strength (B I A) AOA

This class is designed to increase overall strength and stability to help combat losses in bone, muscle and balance. For ages 55 and older. Registration is required.

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

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 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.

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.

TEENS/ADULTS

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.

MIND/BODY

BODYFLOW® (B I A)

Controlled breathing, concentration and a series of stretches and poses to music create a holistic experience that brings the body into a state of harmony and balance.

Chair Yoga (B I) AOA

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

Meditation (B I A P) NEW!

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

Pilates (B I A)

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

Power Yoga (I A)

Power yoga is designed to both stretch and strengthen the body while providing the deeper benefit of stress reduction. Classes will include yoga asana (postures), breath work (pranayama) and time for meditation and relaxation.

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.

T'ai Chi (B I)

A series of gentle movements that stimulate, circulate, and balance internal energy. Beneficial results are obtained regardless of age, physical condition, or agility. Come and relax your body while focusing your mind.

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.

GROUP CYCLING

Beginner Cycle (B I)

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

Cycle (B I A)

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

SPECIAL EVENT

SPINATHON

Reserve your spot early for this popular event! Join the fun and test your endurance on Saturday, December 3. Members and non-members are invited to register for 1, 2, 3, 4, or all 5 hours beginning at 8:00 AM. Enjoy 5 different instructors, healthy refreshments and prize drawings. All proceeds benefit the Abington YMCA Annual Campaign. For more information or to make a reservation, contact Beth Kenas at ext. 1840 or bkenas@phillaymca.org.

Sat., Feb. 10

Begins at 8:00 AM

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@theparkinsonscouncil.org.

ADULTS/COMMUNITY

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.

FIT360

This FREE 10-week, small group program is specifically designed for people who are mild to moderately depressed. Components of fitness and positive psychology are combined with the goal of establishing consistent habits of well-being through exercise, improved mood, and a better outlook. Research has shown that exercise and the reinforcement of positive experiences will strengthen our resistance to stress. The group will be led by an instructor proficient in both psychology and fitness. For more information, contact Chris Curry, ext.1866.

ACTIVE OLDER ADULTS

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 1:00 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. Usually held on Fridays at noon in the IG Room.

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. Full Privilege Members: Free

For more information on AOA programs or seminars, check the AOA bulletin board or contact Beth Kenas at ext. 1840.



NEW! TOGETHERHOOD

Join us in Giving back!

At the Y, we're dedicated to strengthening community by giving back and supporting our neighbors. We know that Y members have lots of ideas and the desire to reach out to make positive changes in our community. For this reason, we invite you to participate in Togetherhood, a program that gives Y members the opportunity to select, plan, and lead meaningful community service projects that benefit people and organizations right here in our neighborhood.

Togetherhood invites members to participate in the Y's cause to strengthen community. Collecting school supplies, donating blood, or running a park clean-up are just some of the countless ways Y members and their friends and families can come together in service to their community.

If you are interested in becoming a part of this effort to actively serve our community, please contact Beth Kenas at bkenas@philaymca.org or ext. 1840.

COMMUNITY

Presented by:

Independence 
LIVE FEARLESS®

Montco Y Race Series

“AHA” Ambler • Hatboro • Abington

The Montgomery County YMCA's Race Series begins with the Ambler Area YMCA's "Spring into Summer" 5K and includes the Hatboro "Skeleton Skurry" 5K and Abington's "Gobble Wobble" 5K.

Runners and walkers in the Race Series take part in a wholesome family activity, improving the physical fitness of our community and helping 3 area YMCA's raise much needed funding for their Financial Assistance programs. Race Series participants will receive a gift and discounted pricing.

Ambler Area YMCA

"Spring into Summer 5k Run/Walk
& Family Festival"
June 2018

Hatboro Area YMCA

"Skeleton Skurry 5k Run/1 Mile Walk &
Fitness Treat Trail"
October 2018

Abington YMCA

"Gobble Wobble 5k Run & 2 Mile Walk"
Thanksgiving Day
November 2018

TRAINING AND CERTIFICATION

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.

January 13 9:00 AM - 1:00 PM

February 10 9:00 AM - 1:00 PM

March 10 9:00 AM - 1:00 PM

Members, Non-Members and

Non Members: \$110

ASHI CPR/AED Pro Rescuer Recert.

Participants must hold a current CPR/AED Certification to participate.

January 11 5:00 PM - 8:00 PM

February 8 5:00 PM - 8:00 PM

March 8 5:00 PM - 8:00 PM

Members, Non-Members 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.

January 13 1:00 PM - 3:00 PM

February 10 1:00 PM - 3:00 PM

March 10 1:00 PM - 3:00 PM

Members, Non-Members 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

January 6 & 7 9:00 AM - 4:30 PM

February 17 & 18 9:00 AM - 4:30 PM

March 3 & 4 9:00 AM - 4:30 PM

Members and Non Members: \$150

Full Certification

Jan 13,14,20,21 9:00 AM - 4:30 PM

Feb 3,4,10,11 9:00 AM - 4:30 PM

March 10,11,17,18 9:00 AM - 4:30 PM

Members 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.

MEMBERSHIPS

Full Privilege Membership allows members to utilize all Philadelphia Freedom Valley YMCA facilities and participate in programs at a reduced rate. Members also receive priority registration. Facility usage by Youth Members is restricted due to supervision requirements. Children under 12 must be under the supervision of a parent or guardian or in a Y Program.

NATIONWIDE MEMBERSHIP

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

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

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

7TH GRADE MEMBERSHIPS

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

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

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

MEMBER CODE OF CONDUCT

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

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.

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.

POLICIES

TRANSFER OF MEMBERSHIP

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

MEMBERSHIP HOLD POLICY

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

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

UPGRADING/DOWNGRADING FULL PRIVILEGE MEMBERSHIP

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

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.

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 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.

Abington 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

- 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.



ABINGTON YMCA
 1073 Old York Road
 Abington, PA 19001
 Phone: 215-884-9622
 Fax: 215-884-6571

Philadelphia Freedom Valley YMCA

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| Abington YMCA
1073 Old York Road
Abington, PA 19001
215-884-9622 | Haverford Area YMCA
891 N. Eagle Road
Havertown, PA 19083
610-649-0700 | Spring Valley YMCA
19 W. Linfield-Trappe Road
Limerick, PA 19468
484-984-2000 |
| Ambler Area YMCA
1325 McKean Road
Ambler, PA 19002
215-628-9950 | Mt. Laurel YMCA
59 Centerton Road
Mt. Laurel, NJ 08054 | Upper Perkiomen Valley YMCA
1399 Quakertown Road
Pennsburg, PA 18073
215-679-9622 |
| Boyetown YMCA
301 W. Spring Street
Boyetown, PA 19512
610-369-9622 | Northeast Family YMCA
11088 Knights Road
Philadelphia, PA 19154
215-632-0100 | West Philadelphia YMCA
5120 Chestnut Street
Philadelphia, PA 19139
215-476-2700 |
| Burlington-RF YMCA
302 Commerce Square Blvd.
Burlington, NJ 08016 | Phoenixville YMCA
400 E. Pothouse Road
Phoenixville, PA 19460
610-933-5861 | WELLNESS CENTER LOCATION
Stephen Klein Wellness Center
2108 Cecil B. Moore Ave.
Philadelphia, PA 19121
215-400-2100 |
| Christian Street YMCA
1724 Christian Street
Philadelphia, PA 19146
215-735-5800 | Pottstown YMCA
724 N. Adams Street
Pottstown, PA 19464
610-323-7300 | SPORTS & WELLNESS CENTER/
CHILD CARE CENTER LOCATIONS
Gilbertsville Center
144 Holly Road
Gilbertsville, PA 19525
610-367-9622 |
| Columbia North YMCA
1400 N. Broad Street
Philadelphia, PA 19121
215-235-6440 | Rocky Run YMCA
1299 W. Baltimore Pike
Media, PA 19063
610-627-9622 | RESIDENT CAMP LOCATION
Camp Speers YMCA
143 Nichcronk Road
Dingmans Ferry, PA 18328
570-828-2329 |
| Hatboro Area YMCA
440 S. York Road
Hatboro, PA 19040
215-674-4545 | Roxborough YMCA
7201 Ridge Avenue
Philadelphia, PA 19128
215-482-9900 | |