

UPPER PERKIOMEN
VALLEY YMCA

WINTER 18



MAKE A
SPLASH
THIS WINTER!

Your Y Program Guide

WINTER 2018

Registration begins December 4th



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

philaymca.org

WELCOME TO THE Y!

YMCA ONLINE ACCOUNT MANAGEMENT

- Register for programs and summer day camp
- View your membership account
- Update credit card information
- Make payments online

Go to philaymca.org, click the My Account link and follow the directions to log into your online membership account.

DOWNLOAD OUR APP FOR CURRENT SCHEDULES

Find us in Google Play and the Apple store under PhilaYMCA.



FOLLOW US ON FACEBOOK, TWITTER, INSTAGRAM & PINTEREST

HEALTHY LIVING PROGRAMS
SPONSORED BY

Independence 
LIVE FEARLESS[®]

PHILADELPHIA FREEDOM VALLEY YMCA LOCATIONS

Abington YMCA

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

Ambler Area YMCA

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

Boyertown YMCA

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

Burlington-Riverfront YMCA

302 Commerce Square Blvd.
Burlington, NJ 08016

Christian Street YMCA

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

Columbia North YMCA

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

Hatboro Area YMCA

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

Haverford Area YMCA

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

Mt. Laurel YMCA

59 Centerton Road
Mt. Laurel, NJ 08054

Northeast Family YMCA

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

Phoenixville YMCA

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

Pottstown YMCA

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

Rocky Run YMCA

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

Roxborough YMCA

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

Spring Valley YMCA

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

Upper Perkiomen Valley YMCA

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

West Philadelphia YMCA

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

WELLNESS CENTER LOCATION

Stephen Klein Wellness Center
2108 Cecil B. Moore Ave.
Philadelphia, PA 19121
215-400-2100

WELLNESS & TRAINING COMPLEX/ CHILD CARE CENTER LOCATION

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

RESIDENT CAMP LOCATION

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



HOURS OF OPERATION

Monday - Thursday	5:00 AM - 10:00 PM
Friday	5:00 AM - 9:00 PM
Saturday	7:00 AM - 6:00 PM
Sunday	7:00 AM - 5:00 PM

HOLIDAY HOURS

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

WINTER SESSION DATES

January 1 - February 25

Registration:

Family Members: December 4 - February 4

Members: December 6 - February 4

Non-Members: December 11 - February

HOW TO REGISTER FOR PROGRAMS

- Register for classes any time at PhilaYMCA.org
- By calling Upper Perkiomen Valley YMCA during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

MISSION:

TO TRANSLATE THE PRINCIPLES OF THE YMCA'S CHRISTIAN HERITAGE INTO PROGRAMS THAT NURTURE CHILDREN, STRENGTHEN FAMILIES, BUILD STRONG COMMUNITIES AND DEVELOP HEALTHY SPIRITS, MINDS AND BODIES FOR ALL.

CHILD WATCH

(Ages 3 months - 9 years)

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

Child Watch Hours

Monday - Thursday	8:00 AM - 8:30 PM
Friday	8:00 AM - 7:30 PM
Saturday	8:00 AM - 2:00 PM
Sunday	8:00 AM - 12:00 PM

KIDZONE (Ages 6-11 years)

Babysitting for children ages 6-11. During these times, we will run staff-led games that suit this age group.

KIDZONE Hours

Monday - Thursday	5:00 PM - 7:00 PM
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TABLE OF CONTENTS

YOUTH	4
TEENS	9
ADULTS	10
COMMUNITY	12
POLICIES	13

MEET OUR STAFF

Michael J. Tannous

Executive Director
ext. 3110

Mary Bulman

Adv. Program Director
ext. 3114

Randy Brunner

Property Director
ext. 3119

Carol Fels

Business Manager
ext. 3111

Corinne Guntz

Membership Sales Director
ext. 3116

Nick Hale

Wellness Director
ext. 3115

Michele Heimes

Assistant Aquatics Director
ext. 3121

Stephanie Hoch

Youth & Family Director
ext. 3122

Wendy Kern

Adv. Membership Director
ext. 3112

Anita Livezey

Child Care Director
ext. 3113

Nick Punturiero

Adv. Aquatics Director
ext. 3117

Shane Smith

Sports & Teen Director
ext. 3120

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.

Saturday 9:00- 9:30 AM

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

Swim-Parent/Child (18 months - 3 years)

Water Exploration - Parents work with their children in the water to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

Monday 9:00- 9:30 AM
6:10- 6:40 PM

Saturday 9:35- 10:05 AM

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



Learn more about swim lessons with our swim tree!

Visit PhilaYMCA.org

SWIM BASICS

(Preschool 30 minutes; School Age/Teens/Adults 40 minutes)

Develops personal water safety and basic swimming skills in students of all ages. In these three stages, students develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water. Group activities that reinforce learning help students progress.

Swim Basics - Stage 1

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

Preschool

Monday 9:35-10:05 AM
5:00-5:30 PM
5:35-6:05 PM

Tuesday 5:55-6:25 PM

Wednesday 6:10-6:40 PM

Thursday 9:30 - 10:00 AM

Saturday 10:10-10:40 AM
11:55-12:25 PM

Sunday 12:30- 1:00 PM

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

School Age

Monday 6:10-6:50 PM

Wednesday 5:00-5:40 PM

Saturday 10:55-11:35 AM

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 10:10-10:40 AM
5:00-5:30 PM

Tuesday 5:20-5:50 PM

Wednesday 5:35-6:05 PM

Thursday 10:05 -10:35 AM

Saturday 10:45-11:15 AM
11:20-11:50 AM

Sunday 1:05 - 1:35 PM

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

Stage 2 (Cont'd)

School Age

Monday	5:00 - 5:40 PM
Tuesday	5:35 - 6:15 PM
Wednesday	5:45 - 6:25 PM
Saturday	10:10 - 10:50 AM

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	5:35-6:05 PM
Tuesday	6:30-7:00 PM
Wednesday	5:00-5:30 PM
Thursday	10:40 - 11:10 AM
Saturday	9:00-9:30 AM

Members: \$56

Non-Members: \$112

School Age

Monday	5:45-6:25 PM
Tuesday	5:00-5:40 PM 6:20 - 7:00 PM
Wednesday	5:00-5:40 PM
Saturday	9:00-9:40 AM
Sunday	1:40 - 2:20 PM

Members: \$64

Non-Members: \$128

Teens/Adults

Tuesday	10:30 - 11:10 AM
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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	6:45 - 7:15 PM
Tuesday	5:00-5:30 PM
Saturday	9:35 AM - 10:05 AM

Members: \$56

Non-Members: \$112

School Age

Monday	6:30-7:10 PM
Tuesday	5:45-6:25 PM
Wednesday	5:45-6:25 PM
Saturday	9:45-10:25 AM 10:30-11:10 AM
Sunday	2:25 - 3:05 PM

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

Tuesday	6:30 - 7:10 PM
Saturday	11:15 - 11:55 AM

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

Saturday	10:15 - 10:55 AM
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Members: \$64

Non-Members: \$128

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 scheduled in 30 minute increments.

5 Lessons:

Members: \$150

Non-Members: \$300

YOUTH

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. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Semi-Private lessons are scheduled in 30 minute increments and each participant will register individually.

5 Lessons:

Members: \$100/person

Non-Members: \$200/person

UPPER PERKIOMEN VALLEY YMCA GATORS SWIM TEAM

Year long swim team.

Swim in YMCA & USA swim meets!

Contact: Michele Heimes for more information at mheimes@philaymca.org

ARTS & HUMANITIES

Art Education - Preschool/Youth

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

(Ages 5-7)

Monday 6:15 PM - 7:00 PM

Members: \$16

Non-Members: \$40

Ballet - Preschool (Ages 3-5)

An introduction to basic ballet technique will be taught in this class and will allow young dancers to explore movement. It encourages children to develop motor skills, agility, coordination and flexibility.

Sunday 9:00 AM - 9:45 AM

Members: \$16

Non-Members: \$40

Cooking - Youth

Hands- on food preparation will teach healthy eating; basic cooking terms, sharing and teamwork please inform Program Director of allergies prior to the start of the session.

(Ages 5-7)

Tuesday 6:15 PM - 7:00 PM

(Ages 8-10)

Tuesday 7:15 PM - 8:00 PM

Members: \$16

Non-Members: \$40

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.

Thursday 9:15 AM - 10:00 AM

Members: \$16

Non-Members: \$40

Education - Science (Ages 8-10)

Children will begin to understand the value of nature and take a closer look at the world that surrounds us through exploration, creative projects and hand on experiments.

Saturday 11:00 AM - 11:45 AM

Members: \$16

Non-Members: \$40

Music - Parent Child/Preschool

Children will explore musical concepts through song, dance and creative movement. Children will try out different musical instruments and make their own individual songs.

(Ages 1-3)

Tuesday 9:15 AM - 10:00 AM

(Ages 3-5)

Monday 9:15 AM - 10:00 AM

Members: Free

Non-Members: \$30

Music & Movement - Parent Child

(Ages 1-3)

This class is a blend of dancing, music and rhythm. An instructor will guide children through various activities that will make discovering movement, balance and listening skills easy and fun while instilling a love of music.

Thursdays 10:15 AM - 11:00 AM

Members: Free

Non-Members: \$30

Playdough - Preschool (Ages 3-5)

Children will use their imagination to make dough creations that correspond with the theme of the day! Your child will develop fine motor skills, hand-eye coordination, teamwork and creativity.

Tuesday 10:15 PM - 11:00 AM

Members: \$16

Non-Members: \$40

Story Time - Preschool (Ages 3-5)

Join us for a journey through reading. We will compare books and explore story stretching. This may include a craft, movement or pretend play.

Wednesday 9:15 PM - 10:00 AM

Members: Free

Non-Members: \$30

INSTRUCTIONAL SPORTS

Basketball - Preschool/Youth

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

(Ages 5-7)

Saturday 9:00 AM - 9:45 AM

(Ages 8-12)

Saturday 10:00 AM - 10:45 AM

Members: \$16

Non-Members: \$40

YOUTH

Dodgeball – Youth (Ages 6-12)

This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem. (Ages 6-8)

Monday 6:25 PM - 7:10 PM

Members: Free
Non-Members: \$30

Flag Football – Youth (Ages 8-10)

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

Thursday 5:30 PM - 6:15 PM

Members: \$16
Non-Members: \$40

Hockey – Youth (Ages 5-7)

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.

Tuesday 5:30 PM - 6:15 PM

Members: \$16
Non-Members: \$40

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. (Ages 3-5)

Tuesday 6:25 PM - 7:10 PM

Members: \$16
Non-Members: \$40

Sports Introduction – Parent/Child

(Ages 1-3)
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. Parent participation is encouraged.

Monday 9:15 AM - 10:00 AM

Sunday 9:00 AM - 9:45 AM

Members: Free
Non-Members: \$30

Sports Introduction – Preschool

(Ages 3-5)
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.

Wednesday 10:15 AM - 11:00 AM

Thursday 9:15 AM - 10:00 AM

Members: Free
Non-Members: \$30

T-Ball – Preschool (Ages 3-5)

Participants will learn the fundamentals and rules of T-Ball while developing good teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

Monday 5:30 PM - 6:15 PM

Members: \$16
Non-Members: \$40

Wrestling – Youth (Ages 5-10)

This class will teach the basics of wrestling. Emphasis on skill development, confidence and self esteem.

Wednesday 5:30 PM - 6:15 PM

Members: \$16
Non-Members: \$40

GYMNASTICS

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.

Friday 9:15 AM - 10:00 AM

Members: \$16
Non-Members: \$40

Gymnastics – Preschool (Ages 3-5)

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

Friday 10:15 AM - 11:00 AM

Saturday 10:00 AM - 10:45 AM

Members: \$16
Non-Members: \$408

Gymnastics – Youth (Ages 5-7)

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.

Saturday 11:00 AM - 11:45 AM

Intermediate/Advanced

Sunday 11:00 AM - 11:45 AM

Members: \$16
Non-Members: \$40

YOUTH

MARTIAL ARTS

Tang Soo Do Traditional Korean Martial Art promotes self-defense, fitness, discipline and develops character, mental strength and respect for others. Great for parents and children to do together. All classes are taught by World Tang Soo Do certified Black Belt instructors.

Tang Soo Do - Beginner (Ages 5-7)

Wednesday 5:30 PM - 6:00 PM

Members: \$30

Non-Members: \$50

Tang Soo Do - Intermediate (Ages 8+)

Wednesday 6:10 PM - 7:10 PM

Members: \$42

Non-Members: \$60

FAMILY

Kids Night Out (Ages 4-12)

Enjoy an evening without the little ones when you send them to the Y for their own night out. Children will enjoy gym time, open play, circle story time, crafts and a movie. Dinner is provided. Send a pillow, blanket and pajamas and the children will be ready for bed when you pick them up. Sneakers must be worn in order to participate in gym time. Children are divided into age appropriate groups and rotate throughout the activities. Registration is required and limited to 1 Kids Night Out a month per family. Must register at the Welcome Center.

Dec. 15 5:15 PM - 8:30 PM

Jan. 12 5:15 PM - 8:30 PM

Jan. 26 5:15 PM - 8:30 PM

Feb. 9 5:15 PM - 8:30 PM

Feb. 23 5:15 PM - 8:30 PM

Members: Free

ABILITY PROGRAMS

Abilities - Cooking (Ages 12 and up)

Join us as we explore the world of cooking. This class will teach children that cooking and a healthy diet are fun. Participants will learn basic cooking terms and how to use basic cooking tools and utensils.

Monday 7:15 PM - 8:15 PM

Members: \$25

Non-Members: \$50

Friday Night with Friends (Ages 12+)

Join us for fun and socialization. A different activity to enjoy each week; including crafts, dances, swimming and holiday parties.

Friday

6:30 PM - 8:30 PM

Full Privilege Members: Free

BIRTHDAY PARTIES

Book a party at the Y!

Have an idea? Let us know. Parties can be altered to fit every child's special day.

All parties: 25 kids

Members: \$175

Non Members: \$275

*parties are held Saturdays and Sundays.

Arts & Crafts (Ages 4 & up)

The birthday child may choose to make sand art, fuse beads or mosaics. After the craft there will be gym time.

Cooking (Ages 4 & up)

Children will decorate aprons or chef hats and make one of the following foods: pretzels, pizza pockets, fruit sushi, pancakes, quesadillas, dirt pudding.

Pool (Ages 7 & up)

Splash parties include one hour in the indoor pool and one hour in the party room.

Sports (All Ages)

(Call for additional information)

Is your child active? Choose a sport or two and let them unleash their inner athlete.

For more information contact

Stephanie Hoch at ext. 3122.

CHILD CARE

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

The Upper Perkiomen Valley YMCA offers a complete state licensed child care program ranked at 2 Stars for Keystone Stars.

Keystone Stars encourages and supports programs to develop and sustain higher levels of quality, in order to strengthen outcomes for children and families and improve school readiness.



Keystone Stars 2 Rating

YOUTH/TEENS

Registration for school year 2017-2018

The Upper Perkiomen Valley 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 2 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.

SCHOOL AGE PROGRAMS

Before and After Care Programs are held at the Upper Perk YMCA, Marlborough, and Hereford Elementary School.

Before Care (K-5th Grade)

Hours: 6:30 AM - School Day Begins

Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc. This program is directed by trained professional staff. Before School is held in these Upper Perkiomen Schools: Marlborough, Hereford and Upper Perk YMCA.

After Care (K-5th Grade)

Hours: Dismissal - 6:00 PM

Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours.

The After School program provides children with a well- rounded learning experience with a focus on fun, friends, and creativity through supervised activities. Activities include Arts and Crafts, games, homework supervision, fitness, recreation and daily transfat free snack.

The program is designed to meet the age and interests of the children, and is directed by certified and trained staff. The program emphasizes character development that is reinforced through all activities and events. After School is held in these Upper Perkiomen Schools: Marlborough, Hereford and Upper Perk YMCA.

SCHOOL AGE HOLIDAY CARE

Held at the YMCA

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.



TOMORROW'S LEADERS

Y ACHIEVERS PROGRAM

FOR YOUTH IN GRADES 5-12

Y Achievers Program Pillars:

- Academics
- College Knowledge
- Positive Relationships
- Life Skills
- Positive Identity

FOR MORE INFORMATION
PLEASE CONTACT:

Reaona Jones-Edwards
rjedwards@philaymca.org

ADULTS

ADULT AQUATIC EXERCISE

AOA

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

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

Aqua Deep (B I A P)

Deep-water exercise provides the benefits of cardiovascular training with little to no stress on your joints. The water's natural resistance turbo charges muscle work, while the water keeps you feeling cooler than a land workout. We use buoyancy belts and noodles so even the non-swimmer will feel comfortable in deep water and may enjoy all of its benefits.

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 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.

Aquacize (B I A)

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

SilverSneakers® Splash (B I A P) **AOA**

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

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 Mary Bullman at ext. 1866.

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

Volleyball League (Ages 16+)

Runs for 9 weeks; plus playoffs.

Thursday	7:00 PM - 8:00 PM
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\$200 per team

SMALL GROUP TRAINING

Dynamic Boxing (B I A)

Boxing, strength and conditioning mixed with technique. Boxing gloves recommended. Members: \$35

Barre (B I A)

Barre is a full body workout that fuses the best elements of ballet, Pilates, sports conditioning and stretching for a truly unique and fun experience. The moves are low impact but high intensity intervals of strength training followed immediately by deep recovery stretching. Members: \$35

Shock (I A)

A class designed to "shock" an individual's current training routine or jump start a person that has gotten off track back to a fit lifestyle. Pre and Post fitness testing will show how hard work and challenging training pays off. Members: \$35

TRX (B I A)

Revolutionary method of leveraged bodyweight exercise using the TRX Trainer. Safely perform hundreds of exercises that build power, strength, flexibility, balance and mobility, as well as prevent injuries, all at the intensity you choose. Come experience one of the best total body workouts you've ever had! Members: \$35

GROUP EXERCISE

BodyATTACK® (B I A)

BodyATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

BodyCOMBAT® (B I A)

BodyCOMBAT® is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Boxing and Muay Thai. Each 60 minute class is choreographed to the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

BodyFLOW® (B I A)

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

BodyPUMP® (B I A)

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

CXWORX™ (B I A)

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

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!

Fit and Fifty (B I A)

This class consists of varied exercises including walking, stretching, light strength training, low-impact aerobics and relaxation techniques.

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.

Silver&Fit® Experience (B I A) 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) AOA

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Stretch & Balance (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.

Total Body Conditioning (B I A)

Work all the muscles, using your own body weight and various pieces of equipment. Cardio intervals are added to keep the heart rate elevated. Class ends with awesome abs and final stretch.

Yoga (B I)

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

ZUMBA® (B I A)

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

ZUMBA® Gold (B I) AOA

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

COMMUNITY

HEALTHY LIVING PROGRAMS

Diabetes Prevention Program

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

LiveSTRONG at the YMCA

The Y and LiveSTRONG joined together to create LiveSTRONG at the YMCA, a 12-week physical activity and wellbeing program designed to help adult cancer survivors improve strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve their quality of life. The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities. Contact Wendy Eschbach at 215-679-9622 or weschbach@philaymca.org.

Tues. & Thurs. 1:00 PM - 2:30 PM

Power up with Prayer

Power Up through the world's greatest wireless connection...Prayer. Lifting up the Y, our members and staff. Held in the Conference Room.

Thursday 7:45 AM - 8:30 AM

SMART START Program

Your first step to fitness isn't a leap! The key to long-term fitness is to start slow, build steadily and enjoy yourself. SMART START provides members with a clear template for achieving a healthy lifestyle in just six weeks, while optimizing adherence and boosting the chances those first few weeks will turn into a lifelong love of fitness. Visit the Welcome Center to get started!

Volunteer at the Y

Want to give back to your Y? Come by the Welcome Center to learn about Volunteer Opportunities.

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 compete a standard swim test on the first day of class. The swim test includes a 300 yard swim using front crawl, breaststroke, and backstroke as well as diving to the bottom of the pool and retrieving a weighted brick. Fee includes Lifeguarding, First Aid, and CPR for the Professional Rescuer certifications. There will be no refunds given once the class starts. Participants are required to attend all class days. Full Privilege, Program and Non Members: \$350

THE UPPER PERKIOMEN VALLEY YMCA IS A NO PLACE FOR HATE FACILITY.



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.

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.

MEMBER CODE OF CONDUCT

The PFVYMCA emphasizes the values of caring, honesty, respect and responsibility. 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 pleaded guilty to or been convicted of any crime involving sexual abuse; or a crime against persons such as a child, spousal or parental abuse or any offense related to the sale or transportation of illegal, habit forming or dangerous drugs; is presently clearly under the influence of intoxicating beverages or behavior modifying drugs.

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

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

MEMBERSHIP RIGHTS & RESPONSIBILITIES

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

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

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

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.

GUEST POLICY

Free Guest passes are provided to full privilege members, 18 or older as a benefit to their membership to encourage them to recruit new members. For the safety of our members, all guests must be accompanied by an active adult member. Adult members may bring up to 3 guests per visit. Each guest may only be a guest three times per calendar year. Youth Non-Members are entitled to participate only in programs for which they have registered.

GUEST PROCEDURES

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

FINANCIAL ASSISTANCE POLICY

• Open Doors Program

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

• Financial Assistance

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

MISSION:

TO TRANSLATE THE PRINCIPLES OF THE YMCA'S CHRISTIAN HERITAGE INTO PROGRAMS THAT NURTURE CHILDREN, STRENGTHEN FAMILIES, BUILD STRONG COMMUNITIES AND DEVELOP HEALTHY SPIRITS, MINDS AND BODIES FOR ALL.

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. Child Watch Hours

Monday - Thursday	8:00 AM - 8:30 PM
Friday	8:00 AM - 7:30 PM
Saturday	8:00 AM - 2:00 PM
Sunday	8:00 AM - 12:00 PM

AGE RESTRICTION POLICY FOR FACILITY USAGE

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

AGE POLICY FOR WELLNESS CENTER USAGE

To ensure the physical and mental well-being of all participants, the minimum age required to work out in the Wellness Center is 10 years old. Participants ages 10-12 may use the Wellness Center under direct supervision from a parent or guardian. Participants must be a minimum of age 13 or in 7th Grade to work out alone. Pre-teens (10-14) and teens should also check in with a Wellness Coach prior to beginning their workout. The Y offers free Wellness Consultations with trained Wellness Coaches to help participants of all ages learn safe, effective workout techniques. Participants ages 10-14 must attend a consultation prior to using the Wellness Center. Wellness Consultations are strongly recommended for teens and adults as well.

AGE GUIDELINES FOR GROUP EXERCISE CLASSES

Members ages 10-14 may participate in all classes upon completion of a wellness consultation. Members ages 10-11 must then attend a class with a parent or guardian that is 18 years or older and also has a Full Privilege Membership. Class participation by members ages 10-14 is subject to instructor discretion for member safety. Members must also meet height requirements to attend cycling classes for safety purposes.

AQUATIC POLICIES

All children 16 and under (members and guests) will be swim tested and marked with a colored wrist band. Children who have been swim tested must verify their swimming ability on subsequent visits by wearing the wrist band or be re-tested. Participants of any age may also be swim tested at the discretion of the lifeguard.

The supervision of children is a safety precaution designed to provide an extra degree of safety beyond that provided by YMCA lifeguards for all children under 12. Adult supervision is defined as a responsible person 18 or older. Teen supervision is defined as a responsible person 17 or older

- Children 6 and Under: Will be supervised in the water even after successful completion of the shallow or deep water test. This supervision may be by an adult OR alternatively by a teen with an adult on deck.
- Children 7-11: Do not have to be supervised in the water, but require an adult on deck, unless they can't pass the shallow water test. If the child cannot pass the shallow water test, in water supervision is required.

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 aquatics, recital dance, competitive gymnastics, child care, camp or teen programming. Please visit your Welcome Center Desk for more information.



UPPER PERKIOMEN VALLEY YMCA
 1399 Quakertown Road
 Pennsburg, PA 18073
 Phone: 215-679-9622
 Fax: 215-541-1206

Philadelphia Freedom Valley YMCA

- Abington YMCA**
 1073 Old York Road
 Abington, PA 19001
 215-884-9622
- Ambler Area YMCA**
 1325 McKeon Road
 Ambler, PA 19002
 215-628-9950
- Boyetown YMCA**
 301 W. Spring Street
 Boyetown, PA 19512
 610-369-9622
- Burlington-RF YMCA**
 302 Commerce Square Blvd.
 Burlington, NJ 08016
- Christian Street YMCA**
 1724 Christian Street
 Philadelphia, PA 19146
 215-735-5800
- Columbia North YMCA**
 1400 N. Broad Street
 Philadelphia, PA 19121
 215-235-6440
- Hatboro Area YMCA**
 440 S. York Road
 Hatboro, PA 19040
 215-674-4545
- Haverford Area YMCA**
 891 N. Eagle Road
 Haverford, PA 19083
 610-649-0700
- Mt. Laurel YMCA**
 59 Centerton Road
 Mt. Laurel, NJ 08054
- Northeast Family YMCA**
 11088 Knights Road
 Philadelphia, PA 19154
 215-632-0100
- Phoenixville YMCA**
 400 E. Pothouse Road
 Phoenixville, PA 19460
 610-933-5861
- Pottstown YMCA**
 724 N. Adams Street
 Pottstown, PA 19464
 610-323-7300
- Rocky Run YMCA**
 1299 W. Baltimore Pike
 Media, PA 19063
 610-627-9622
- Roxborough YMCA**
 7201 Ridge Avenue
 Philadelphia, PA 19128
 215-482-3900
- Spring Valley YMCA**
 19 W. Linfield-Trappe Road
 Limerick, PA 19468
 484-984-2000
- Upper Perkiomen Valley YMCA**
 1399 Quakertown Road
 Pennsburg, PA 18073
 215-679-9622
- West Philadelphia YMCA**
 5120 Chestnut Street
 Philadelphia, PA 19139
 215-476-2700
- WELLNESS CENTER LOCATION**
Stephen Klein Wellness Center
 2108 Cecil B. Moore Ave.
 Philadelphia, PA 19121
 215-400-2100
- SPORTS & WELLNESS CENTER/
 CHILD CARE CENTER LOCATIONS**
Gilbertsville Center
 144 Holly Road
 Gilbertsville, PA 19525
 610-367-9622
- RESIDENT CAMP LOCATION**
Camp Speers YMCA
 143 Nichecronk Road
 Dingmans Ferry, PA 18328
 570-828-2329