

WEST PHILADELPHIA
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 Philadelphia Freedom Valley YMCA



**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

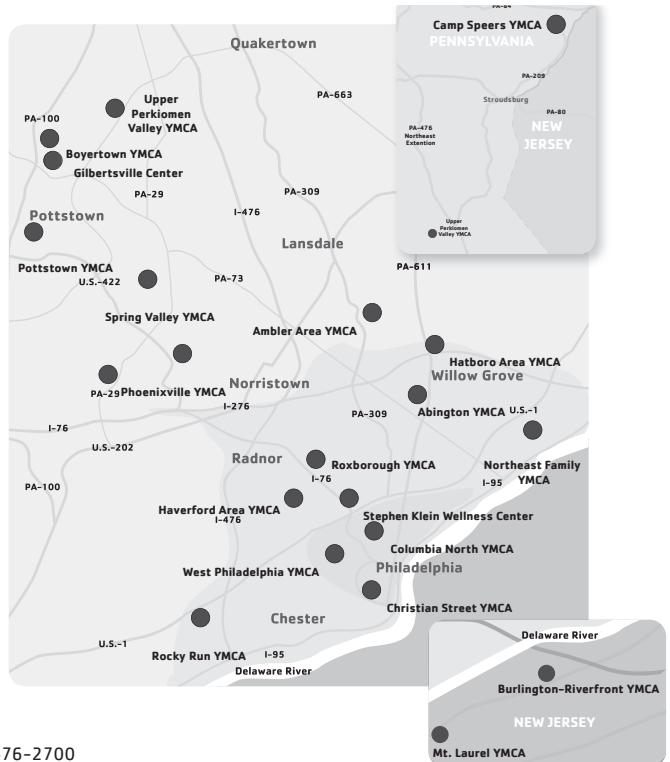
2108 Cecil B. Moore Ave.
Philadelphia, PA 19121
215-400-2100

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 - Friday	5:30 AM - 10:00 PM
Saturday	6:00 AM - 6:00 PM
Sunday	9:00 AM - 6:00 PM

*Pool, gymnasium and saunas close 15 minutes before building.

HOLIDAY HOURS

Christmas Eve	Dec. 24	9:00 AM - 3:00 PM
Christmas	Dec. 25	CLOSED
New Year's Eve	Dec. 31	9:00 AM - 3:00 PM
New Year's Day	Jan. 1	9:00 AM - 3:00 PM
MLK Day	Jan. 15	5:30 AM - 10:00 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 West Philadelphia YMCA during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

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CHILD WATCH (3 months - 12 years)

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

Monday - Friday	7:00 AM - 9:30 PM
Saturday	7:45 AM - 2:00 PM

KID ZONE (Ages 6-12 years)

Children need 60 minutes of physical activity each day. Play new games and learn new sports each day. Kid Zone II is a fun way for members to have fun, teamwork, meeting other children and develop healthy lifestyles. Youth member must be signed in and out by their parent or legal guardian (18 older). Insurance members may use the service for free. Maximum time allowed per child is 2 hours per visit. Subject to change. Parents must remain on the premises at all times. For more information contact Shalann Graves at ext. 3617.

Monday - Wednesday	4:00 PM - 9:00 PM
Friday	4:00 PM - 8:30 PM

FAMILY MEMBERSHIPS RECEIVE

»»»
50%
OFF
«««

MOST YOUTH PROGRAMMING!

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

MEET OUR STAFF

Angie Dozier
Group Ex Coordinator
ext. 3619

Shalann Graves
Teen & Child Watch
Coordinator
ext. 3617

Anthony Guildford
Senior Program Director
ext. 3611

Julius Legg
SACC / Camp Site Director
ext. 3635

Yashi McGowan
Adv. Membership Director
ext. 3635

Ron Miller
Facility Director
ext. 3615

Camille Peters
Business Manager
ext. 3613

Janine Schwab
Aquatic Supervisor
ext. 3629

Felecia M. Thompson
Membership Director
/Insurance
ext. 3620

Wellness Office
ext. 3619

YOUTH

AQUATICS

SWIM STARTERS (30 minutes)

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

Swim-Parent/Child (6-18 months)

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

Wednesday	10:05 PM - 10:35 PM
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Thursday	6:05 PM - 6:35 PM
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Saturday	10:05 AM - 10:35 AM
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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.

Wednesday	10:05 PM - 10:35 PM
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Thursday	6:05 PM - 6:35 PM
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Saturday	10:05 AM - 10:35 AM
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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.

Learn more about swim lessons with our swim tree!

Visit PhilaYMCA.org

Swim Basics - Stage 1

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

Preschool

Monday	4:00 PM - 4:30 PM 5:20 PM - 5:50 PM
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Tuesday	6:05 PM - 6:35 PM
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Wednesday	4:40 PM - 5:10 PM 6:00 PM - 6:30 PM
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Thursday	6:05 PM - 6:35 PM
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Saturday	9:30 AM - 10:00 AM 10:40 AM - 11:10 AM 11:50 AM - 12:20 PM
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Sunday	2:00 PM - 2:30 PM 4:20 PM - 4:50 PM
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Members: \$48

Non-Members: \$96

School Age

Monday	4:35 PM - 5:15 PM 5:50 PM - 6:30 PM
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Tuesday	6:45 PM - 7:25 PM
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Wednesday	5:10 PM - 5:50 PM 6:30 PM - 7:10 PM
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Thursday	6:45 PM - 7:25 PM
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Saturday	9:45 AM - 10:25 AM 12:30 PM - 1:10 PM
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Sunday	2:00 PM - 2:40 PM
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Members: \$55

Non-Members: \$110

Teen

Wednesday	6:40 PM - 7:20 PM
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Members: \$55

Non-Members: \$110

Swim Basics - Stage 2

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

Preschool

Monday	4:40 PM - 5:10 PM 6:00 PM - 6:30 PM
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Tuesday	6:05 PM - 6:35 PM
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Wednesday	4:00 PM - 4:30 PM 5:20 PM - 5:50 PM
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Saturday	11:15 AM - 11:45 AM 12:25 PM - 12:55 PM
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Sunday	2:35 PM - 3:05 PM
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Members: \$48

Non-Members: \$96

School Age

Monday	5:15 PM - 5:55 PM 6:30 PM - 7:10 PM
Tuesday	6:45 PM - 7:25 PM
Wednesday	4:30 PM - 5:10 PM 5:50 PM - 6:30 PM
Saturday	10:30 AM - 11:10 AM 11:45 AM - 12:25 PM
Sunday	2:45 PM - 3:25 PM 5:00 PM - 5:40 PM 3:30 PM - 4:10 PM

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

Adult

Monday	6:15 PM - 6:55 PM
Wednesday	6:15 PM - 6:55 PM 8:00 AM - 8:40 AM

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

Swim Basics - Stage 3

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

Preschool

Thursday	6:05 PM - 6:35 PM
Saturday	10:40 AM - 11:10 AM
Sunday	3:10 PM - 3:40 PM

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

School Age

Monday	7:10 PM - 7:50 PM
Tuesday	7:30 PM - 8:10 PM
Wednesday	7:10 PM - 7:50 PM
Thursday	6:45 PM - 7:25 PM
Saturday	9:45 AM - 10:25 AM 12:30 PM - 1:10 PM
Sunday	2:00 PM - 2:40 PM 3:30 PM - 4:10 PM 4:15 PM - 4:55 PM

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

SWIM STROKES

(Preschool 30 minutes)

(School Age/Teens/Adults 40 minutes)

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

Swim Strokes - Stage 4

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

Preschool

Saturday	11:10 AM - 11:50 AM
Sunday	4:55 PM - 5:25 PM

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

School Age

Monday	5:20 PM - 6:00 PM
Saturday	9:15 AM - 9:55 AM 11:10 AM - 11:50 AM
Sunday	2:45 PM - 3:25 PM 4:15 PM - 4:55 PM 5:00 PM - 5:40 PM

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

Swim Strokes - Stage 5

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

School Age

Saturday	10:20 AM - 11:00 AM
Wednesday	7:15 PM - 7:55 PM

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

Swim Strokes - Stage 6

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

School Age

Monday	4:00 PM - 4:40 PM
Saturday	12:00 PM - 12:40 PM

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

YOUTH

Swim Team

Do you want to be a part of a championship team? Has your child reached the plateau for swim lessons? If so join the YMCA's Competitive Swim Team now. This group of championship winners is right in your backyard of West Philadelphia. The team is coached by Boston Berry and Fred Davis. The season runs from September-June each year. There is a beginner and advance level for the team. All participants must have a YMCA membership. Payments can be made via Bank or Credit Card Draft. (Accounts will be drafted on the 1st or 15th of the month). For more information, contact the Aquatics Office at ext. 3629.

Pre-competitive

Mon./Wed.	5:00 PM - 6:00 PM
Sunday	11:00 AM - 12:00 PM
Members:	\$45
Non-Members:	\$90

Competitive

Tues./Thurs./Fri.	4:00 PM - 6:00 PM
Saturday	6:00 AM - 8:00 AM
Sunday	9:00 AM - 11:00 AM
Members:	\$55/month

HEALTH & WELLNESS

Personal Training

One on one training with a nationally certified personal trainer. They will help you meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals.

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

MARTIAL ARTS

Shotokan - Basic (Ages 4-6)

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.

Friday	4:30 PM - 5:15 PM
Family Members:	\$22.50
Members:	\$45
Non-Members:	\$90

Shotokan - Youth/Teen (Ages 7-13)

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.

Friday	5:15 PM - 6:15 PM
Family Members:	\$32.50
Members:	\$65
Non-Members:	\$130

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 3-6)

Saturday	10:00 AM - 10:45 AM
(Ages 7-12)	
Saturday	11:00 AM - 11:45 AM
Family Members:	\$22.50
Members:	\$45
Non-Members:	\$90

Boxing - Youth/Teen

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

(Ages 6-12)	
Tuesday	5:00 PM - 5:45 PM
Thursday	5:00 PM - 5:45 PM
Ages (13-17)	
Thursday	6:00 PM - 6:45 PM
Family Members:	\$20
Members:	\$40
Non-Members:	\$80

Gymnastics - Preschool (Ages 3-6)

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.

Saturday	10:00 AM - 10:45 AM
Family Members:	\$22.50
Members:	\$45
Non-Members:	\$90

Gymnastics - Youth (Ages 7-12)

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
Family Members:	\$22.50
Members:	\$45
Non-Members:	\$90

Soccer - Preschool/Youth

This class will teach the fundamentals of soccer, while developing good sportsmanship. Emphasis is on skill development, fun and participation. (Ages 3-6)

Saturday 10:00 AM - 10:45 AM

(Ages 7-12)

Saturday 11:00 AM - 11:45 AM

Family Members: \$20

Members: \$40

Non-Members: \$80

SPORTS LEAGUES

2018 WINTER SPORTS LEAGUES

League	Start Date	Registration Dates
Basketball- Youth/Teen	Jan. 6	Dec. 4
Basketball - Adults	Feb. 1	Dec. 4
Basketball - Adults (40 and older)	Jan. 29	Dec. 4

BIRTHDAY PARTIES

Birthday Party - Pool (Ages 7-16)

Splash parties include one hour in the pool and one hour in the party room. Party rooms are available at the West YMCA. For more information contact the Aquatics Office at ext. 3629

Birthday Parties Birthday Party - Sports (Ages 3-8)

Sports parties include one hour of sports activity and one hour in the party room. Sports activities may include: Soccer, Baseball, Floor Hockey, and Relay Races. For more information contact Anthony Guildford at ext. 3611.

Parties are for 15 children and under.

Members: \$200

Program and Non Members: \$250

Parties with additional children (25 total):

Members: \$260

Program and Non Members: \$310

Parties with 35 children:

Members: \$310

Members: \$360

Additional Hour: \$75

FAMILY

Family Fun Fridays

Looking for a Fun Filled Family night? The following Friday evenings have been designed as Family Fun Nights at the West Philadelphia YMCA. Family Fun Night activities will include board games in the Family Room, Fitness Orientations in the Wellness Center, Flick & Float in the Pool, Arts & Crafts, parenting workshops and more. For more information contact Shalann Graves at ext. 3617. Registration is required.

Friday, October 20

Friday, November 17

Members: Free

Program & Non Members: \$20 per family of 4

Program & Non Members: \$5

Kids Night Out

Enjoy the evening out without the little ones when you send them to the YMCA for their own night out. Children will enjoy gym time, open play, circle time, crafts, and more. Sneakers must be worn to participate in gym activities. Children are divided into age appropriate groups and rotate throughout the activities. Early registration is recommended for this event. Ages 2-12 years. For more information contact Shalann Graves at ext. 3617. Registration is required.

Friday, October 13

Friday, November 10

Members: Free

Non-Members: \$15 per child

*Members included up to 3 children, \$13 for each additional child. Space is Limited

Fathers Club

What is being a dad all about? It's about that your children need you. It's a game of catch or an afternoon tea party. It's Soccer practices and school plays, and it's about taking the time to listen, and the time to be there. It's a full time job that requires a full time Dad. The YMCA has created a Fathers Club that will feature workshops from the National Fatherhood Initiative 24/7 Dad™ curriculum, social events and provide an outlet for Dads. This club has been designed for Dads by Dads. Call the Welcome Center for the Dr. Dad class schedule. For more information call ext. 3612.

YOUTH

CHILD CARE

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

A Keystone Stars Program



Keystone Stars encourages and supports programs to develop and sustain higher levels of quality, in order to strengthen outcomes

for children and families and improve school readiness.

PRESCHOOL PROGRAMS

The West Philadelphia 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. What to expect from our program:

- Full Day Program runs from 7:00 AM - 6:00 PM
- Cheerful atmosphere
- Stimulating environment with texture, sight and sound
- A curriculum that includes: language development, reading and math readiness, love of the fine arts, weekly swim classes, gross and fine motor skill development, and socialization
- Age appropriate equipment
- Social skills, independent and group playtime
- Outdoor games and playground activities
- Financial Assistance available
- CCIS accepted
- Meals and snacks provided

Registration Information:

Children are accepted throughout the year on a space available basis. The West Philadelphia YMCA is a subsidy participating agency. Financial assistance may be available to those who qualify. For more information please call ext. 3611. All registration information is available on line or at the Welcome Center. Please complete the information and contact Anthony Guildford at ext. 3611 for further enrollment details.

Philadelphia City Pre-K

Philly Pre-K is a Pre-Kindergarten program for children ages 3 to 5 yrs. The program is funded by the City of Philadelphia, and is free to children and their families who reside in Philadelphia. Children will benefit from a quality, engaging and developmentally appropriate program that ensures that every child participating is ready to enter school at the appropriate time.

SCHOOL AGE PROGRAMS

The West Philadelphia YMCA is committed to providing a quality School Age Program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Public Welfare. Each program day, our qualified staff provides creative learning experiences and supervised activities for a child's development and enjoyment.

After Care

(3:00 PM - 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. This program is offered to any child in kindergarten through 6th grade attending a school in the West Philadelphia area. A YMCA membership is required. After school care is offered at the West Philadelphia YMCA beginning at 3:00 PM on days that the Philadelphia School District elementary schools are in session. For more information stop by the Welcome Center for a registration packet. After Care includes:

- Weekly themes and activities
- Homework Assistance/tutoring
- Sports/games, swimming and fitness programming.
- CCIS State subsidy accepted.

For more information contact Anthony Guildford or Julius Legg at ext. 3635.

Monday - Friday

3:00 PM - 6:00 PM

School Age Holiday Care

Provides care on the days that your child's school is closed, including most in-service days and holidays. Your child will engage in social and educational activities while having fun. We have Holiday Care scheduled for most Philadelphia Public School holidays. *Please visit our website for a full list of upcoming Holiday Care Dates.

TEENS/ADULTS

7th Grade Membership Initiative

A YMCA Initiative

FUN. FITNESS. FREE!

Just for 7th Graders!

The Philadelphia Freedom Valley YMCA is offering a Free One Year Membership To Every 7th Grader!

SIGN UP TODAY!

Here's how: Stop by any of the Philadelphia Freedom Valley YMCA branch locations and bring:

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

All 7th Graders are encouraged to sign up today!

SPORTS LEAGUES

Basketball League - Teen (Ages 13-15)

Saturday 1:30 PM - 4:00 PM

Members: \$70

*Referee Fee Included

TEEN GROUP EXERCISE

Boot Camp (I A)

Challenge your limits with a total body workout mixing traditional calisthenics and body weight exercises with interval training and strength training. Program meets outside or in the gym, depending on weather.

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.

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 a final stretch.

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.

ADULT SPORTS LEAGUES

Basketball - Adult (Ages 18+)

Mon. & Thurs. 6:30 PM - 9:30 PM

Members: \$80

Referee fee is included

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 Boot Camp (I A)

Give your workout routine the high intensity boost it has been looking for. This class is a combination of calisthenics, cardio and strength.

Tues. & Thurs. 6:15 PM - 7:00 PM

Members: Free

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.

Tues. & Thurs. 10:00 AM - 10:45 AM

Members: Free

Aqua Dance (B I A P)

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.

Tues. & Thurs. 8:15 PM - 9:00 PM

Members: Free

Aqua Stretch and Cardio (B I A P)

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.

Wednesday 8:15 PM - 9:00 PM

Members: Free

ADULTS

Aqua Stretch and Strength (B I A) **AOA**

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.

Mon., Wed. & Fri. 9:00 AM - 9:45 AM

Members: Free

Aqua Yoga/Pilates (B I A P)

This class combines one of our oldest forms of exercise (Yoga) with one of our newest (Pilates) to bring the best mind and body disciplines together. The result is a class that can stretch and tone the entire body, lower blood pressure, increase circulation, improve balance and increase core strength.

Mon. & Wed. 7:15 AM - 8:00 AM

Members: Free

HEALTH & WELLNESS

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.

12-week session free for members

Personal Training

One on one training with a nationally certified personal trainer. They will help you meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals.

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

Personal Training - Post-Rehab

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

Members:

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

Smart Start Program

Smart Start is designed to help you meet your personal fitness goals. Our coaches will help you develop a 6-week plan tailored just for you that will include a mix of cardio, strength and flexibility. It's your plan and our coaches will help you build it. Our goal is to help you fall in love with fitness.

12-week session free for members

SMALL GROUP TRAINING

Dynamic Boxing

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

Members: \$35

Kettlebell (I A)

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

Members: Free

Strength Training (B I A)

This program will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence.

Women and Weights (B I A P)

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.

GROUP EXERCISE

Advanced Cycle (I A)

This advanced level class is geared toward the experience cyclist. This program runs 15 minutes longer than a standard class.

Beginner Cycle (B I A)

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.

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.

Boot Camp (I A)

Challenge your limits with a total body workout mixing traditional calisthenics and body weight exercises with interval training and strength training. Program meets outside or in the gym, depending on weather.

Butts & Guts (B I A)

Target your core and lower body with a combination of exercises using equipment and your own body weight.

Cardio Fusion (B I A)

Full Body workout offering a variety of cardio styles which vary by branch. Program may include kickboxing, step, aerobic dance, and military drills. Also incorporates strength training using weights and resistance moves

Cardio Kickboxing (B I)

A total body workout designed to focus on core strengthening, cardiovascular conditioning and overall body coordination. Class may include martial arts kicks and punches in a fast-paced aerobic experience.

Chair Pilates (B I A P)

One of the keys to helping prevent falls is core strengthening. People who have a stronger core have fewer falls and find it easier to stay balanced in their everyday activities.

Chair Yoga (B I)

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

Core Works (B I A)

This class will strengthen the core which includes the abdominal muscles, oblique's and lower back. This class is great to help improve core function as well as improved posture.

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!

CXWORX® (B I A P)

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

Dance (B I A P)

Come ready to work up a sweat dancing to a variety of music including hip hop, pop, African or Latin music.

Hatha Yoga (B I A P)

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

Line Dancing (B I A)

This choreographed dance program is intended for all audiences and provides a well-rounded exercise experience while having fun with a group of friends.

Pilates (B I A)

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

Power Pilates (B I A)

Through the use of classical and integrative movements you will find the connection to your core which will completely change the body and decrease chronic weaknesses. This systematic approach allows for clearer and more effective progress.

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® (B I A) AOA

This class is for moderately active older adults who exercise in some way at least one to two days per week. The class is designed to increase the flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance. Options for everyone!

Monday & Friday

12:30 PM - 1:30 PM

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 Chih® (B I A)

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.

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 a final stretch.

ADULTS/COMMUNITY

Total Body Cycle (B I A)

Work will be done on and off the bike for the perfect mix of cardio, endurance and strength training. In addition to body weight, the instructor may also incorporate resistance bands and light hand-held weights.

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.

HEALTHY LIVING PROGRAMS

YMCA's 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.

COMMUNITY DEVELOPMENT

Girl Scouts of Eastern PA

Is Girl scouting for you? Come join the Girl scouts of YMCA-West to build your courage, confidence and character to make the world a better place. Whether you are 5-17 years old, we will take you on a fun-filled journey where you will discover, connect and take action to explore your leadership potential. Contact Trina Redford for more information at 215-386-4292 or GSTRedford@aol.com.

Scouts at the YMCA Pool

Let the YMCA staff host your troops aquatic requirements. We can accommodate Cub, Boy and Girl Scouts. For information, contact the Aquatics Office at ext. 3629. \$10 per scout

Facility Rentals

Our facility has multi-purpose rooms for rent. If your group, school, church or organization is looking for a meeting area or place for a fun filled event, please contact ext. 3635. Pricing varies based on event and availability.

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. Participants are required to attend all scheduled class days. For more information contact the Aquatics Office at ext. 3629.

Members and Non Members: \$350

ASHI CPR Pro for the Professional Rescuer

American Safety & Health Institute's (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. For more information contact the Aquatics Office at ext. 3629.

Members and Non Members: \$110

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. For more information contact the Aquatics Office at ext. 3629.

Members and Non Members: \$70

MEMBERSHIP

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.

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.

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 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.

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.

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 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.

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 or teen programming. Please visit your Welcome Center Desk for more information.

**West Philadelphia YMCA is a
No Place for Hate® Facility**



FINANCIAL ASSISTANCE POLICY

• Open Doors Program

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

• Financial Assistance

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

REFUNDS OR EXTENSIONS/ CREDITS

- Member satisfaction is our priority. The YMCA will grant either a refund of the remainder of their membership dues or an extension of membership renewal date without processing fees. Joining fees are non-refundable.
- All credits will expire after one year from date issued to a member's account.
- Program fees will be refunded/credited if the YMCA cancels a program due to insufficient enrollment.
- If the YMCA is notified before classes begin, 100% refund/credit will be given.
- Credits will be pro-rated based upon participation and all requests for refunds/credits must be approved by the program director.
- Deposits specific to programs such as Child Care or Day Camp are non-refundable.
- Membership payments will not be credited or refunded for non-usage. A bank cancellation form must be submitted to cancel a bank draft.

CHILD WATCH

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

AGE RESTRICTION POLICY FOR FACILITY USAGE

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 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.



WEST PHILADELPHIA YMCA
 5120 Chestnut Street
 Philadelphia, PA 19139
 Phone: 215-476-2700
 Fax: 215-476-1361

Philadelphia Freedom Valley YMCA

- Abington YMCA**
1073 Old York Road
Abington, PA 19001
215-884-9622
- Ambler Area YMCA**
1325 McKean Road
Ambler, PA 19002
215-628-9950
- Boyetown YMCA**
301 W. Spring Street
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 Nichcronk Road
Dinghams Ferry, PA 18328
570-828-2329