SPRING INTO SPRING

SPRING 2018
Registration begins February 5th

BE THE REASON Y!
Donate today to the 2018 Annual Campaign! Are you in!?
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.

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 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
856-231-9622

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

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

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

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

Mt. Laurel YMCA
59 Centerton Road
Mt. Laurel, NJ 08054
856-231-9622

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 Ave
Philadelphia, PA 19128
215-482-3900

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

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

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

Camp Speers YMCA
Overnight Camp & Dragonfly Forest Camp
143 Nichecronk Road
Dingmans Ferry, PA 18328
570-828-2329

Stephen Klein Wellness Center
2108 Cecil B. Moore Ave
Philadelphia, PA 19121
215-235-6440

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

Audubon Childcare Center
2460 Boulevard of the Generals
W. Norriton, PA 19403
610-539-0900
HOURS OF OPERATION

Monday - Friday 5:00 AM - 10:00 PM  
Saturday 7:00 AM - 8:00 PM  
Sunday 8:00 AM - 8:00 PM

HOLIDAY HOURS

Easter CLOSED
Memorial Day 8:00 AM - 1:00 PM

SPRING SESSION DATES

EARLY SPRING: February 26 - April 22
Registration:
Family Member: Feb. 5 - April 5
Member: Feb. 7 - April 5
Non-Member: Feb. 12 - April 5

LATE SPRING: April 23 - June 17
Registration:
Family Member: April 2 - May 27
Member: April 4 - May 27
Non-Member: April 9 - May 27

CHILD WATCH

Ages 6 weeks - 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.

Spring Hours:
Monday - Thursday 8:30 AM - 8:30 PM
Friday 8:30 AM - 8:00 PM
Saturday 8:00 AM - 2:00 PM
Sunday 9:00 AM - 2:30 PM

Child Watch will escort a child to and from a class during their time in Child Watch. Please confirm dates and times with Kathy Hogga.

HOW TO REGISTER FOR PROGRAMS

• Register for classes any time at philaymca.org.
• Call 610-933-5861 during normal business hours.
• Stop by the branch during normal business hours to register at the Welcome Center Desk.

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MEET OUR STAFF

Deirdre Wood  
Executive Director  
ext. 2310

Kim Acito  
Youth Program Director  
ext. 2311

Becky Duncan  
Program Director, Preschool  
ext. 2328

Sharon Engro  
Half Day Preschool/ Nursery School Director  
ext. 2319

Sara Guido  
Adult Program Director  
ext. 2323

Deric Hafer  
Sports Director  
ext. 2312

Kelly Handy  
Membership Director  
ext. 2370

Ross Herman  
Aquatic Director  
rherman@philaymca.org

Rebekah Heverly  
Gymnastics Coordinator  
ext. 2326

Kathy Hogga  
Child Watch Coordinator  
ext. 2359

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Competitive Aquatic Director  
rkennedy@philaymca.org

Lisa McGregor  
Adv. Program Director  
ext. 2330

Alexandra Stein  
Assistant Aquatics Director  
ext. 2369

Julie Szerenyi  
Adv. Program Director, Camp & School Aged Childcare  
ext. 2339

Jessica Vogt  
Senior Program Director  
ext. 2340

Chris Walmsley  
Y Achievers  
ext. 2338
# YOUTH AQUATICS

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

## 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.

- **Monday**: 10:30 AM – 11:00 AM
- **Saturday**: 9:00 AM - 9:30 AM, 10:10 AM – 10:40 AM, 11:20 AM – 11:50 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.

- **Wednesday**: 1:00 PM – 1:30 PM
- **Saturday**: 9:35 AM – 10:05 AM, 10:45 AM – 11:15 AM

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

*Sunday classes will be prorated for Easter, April 1st.*

## 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.

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  - **Members**: $56
  - **Non-Members**: $112

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  - **Members**: $64
  - **Non-Members**: $128

### Teen

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  - **Members**: $64
  - **Non-Members**: $128

### Adult

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  - **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.

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School Age
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.

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YOUTH

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

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| Sunday    | 10:35 AM – 11:05 AM  
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Members: $56
Non-Members: $112

School Age

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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.

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Members: $64
Non-Members: $128

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Members: $64
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Swim Strokes – Stage 6
Stroke Mechanics - Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

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Members: $64
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Members: $64
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Adult

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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. Questions can be directed to Ross Herman at rherman@philaymca.org

Private Swim Lessons (5-Lesson Package):
Members:
$150 ($30/person per ½ hour)
Non-Members:
$300 ($60/person per ½ hour)

Semi-Private Swim Lessons (5-Lesson Package):
Members:
$100 ($20/person per ½ hour)
Non-Members:
$200 ($40/person per ½ hour)

Fee applies to each person registered.

PRE-COMPETITIVE SWIM PROGRAM

Preschool
Mini (Ages 4-5)
For children who can swim more than 15 yards of freestyle or backstroke and can demonstrate a competent butterfly and/or breaststroke kick. This class will work on development of all four competitive strokes and work on building endurance to swim 50’s. 30-Minute Lesson

Mon./Wed 5:00 PM – 6:30 PM
Members & Family Members: $112
Non-Members: $224

School Age
Novice (Ages 6-8)
For children who can swim and entire length of the pool freestyle and backstroke and can complete a complete length of either breaststroke or butterfly. This class will work on competitive stroke technique over full lengths of swimming. Some advanced techniques will be introduced.

Mon./Wed 6:15 PM – 7:00 PM
Members & Family Members: $128
Non-Members: $256

Beginner (Ages 6-8)
For children who can swim an entire length of the pool with all four competitive strokes. This class will continue to refine stroke techniques as well as introduce starts and turns.

Mon./Wed 5:30 PM – 6:15 PM
Members & Family Members: $128
Non-Members: $256

Intermediate (Ages 7-10)
For children who can swim two lengths of the pool of freestyle and backstroke and one length of the pool breaststroke and butterfly. This class will begin to build stamina for longer swims as well as working on starts and turns.

Tues./Thurs. 5:00 PM – 5:45 PM
Members & Family Members: $128
Non-Members: $256

Advanced (Ages 8-12)
For children who can swim two lengths of the pool of all four competitive strokes. This class will continue to build stamina for longer swims as well as work on starts and turns.

Tues./Thurs. 5:45 PM – 6:30 PM
Members & Family Members: $128
Non-Members: $256

Prep (Ages 10-14)
For swimmers years old who can swim four lengths of freestyle and backstroke and 2 lengths of breaststroke and butterfly. While fine-tuning techniques, this class will work on speed-based workouts with an emphasis on turns and techniques.

Tues./Thurs. 6:40 PM - 7:25 PM
Members & Family Members: $128
Non-Members: $256

COMPETITIVE SWIM TEAM PROGRAM
The Phoenixville YMCA offers a winter swim team that participates in the YMCA PennDel League and a summer swim team that participates in the Tri-County Swim League. Our winter league season runs from October through February, with the opportunity for extended training for those who qualify for district, state and national championships. Additional fees may apply to extended-season training. All swimmers, from team beginners to national qualifiers participate in both dual league meets and invitations throughout the season. It offers a fun atmosphere for both kids and parents to learn a number of life skills and test them against other swimmers from the area. USA Swimming is also offered for those ready for an advanced competitive program, and requires registration. Stroke & Turn clinics are offered by PAY coaches during May and September, to ready the swimmers for our summer and winter leagues.

Spring Stroke & Turn Clinic (Ages 6-18)
The PAY Swimming Stroke and Turn Clinic for Spring 2018 offers swimmers of all ages and abilities a chance to refine and improve their swimming skills, with additional emphasis on readying swimmers for participation on Phoenixville’s Baker Park Summer Swim Team. This is a four-week program focusing on one stroke per week and starts and turns. For more information on the clinic, including group level descriptions, and schedules and registration dates, visit www.payswim.org or contact Head Coach, Ryan Kennedy at rkennedy@philaymca.org.
YOUTH

Baker Park
Swim Team Evaluations (Ages 6-15)
If you or your child is interested in joining a summer swim team, look no further than the Phoenixville YMCA's Baker Park Swim Team. League champions for eight of the last nine years, Baker Park offers experienced and new-to-competition swimmers a fun and challenging swim season.
To find out if your child is ready for the team, or if you are looking for placement into an advanced practice group, evaluations will be offered in the spring. For more information on evaluations, including specific dates and times, please refer to the swim team website at www.payswim.org.
Evaluations are available to the community. Participation on the swim team requires a YMCA membership.
For more information, visit www.payswim.org or contact Head Coach Ryan Kennedy at ext. 484-921-5845.

SYNCHRONIZED SWIMMING LESSONS
Our Synchronized Swimming Lessons are designed to give you a feel for the sport. Lessons offer individual attention to the basic skills to help the children develop a good skill base for growth. Our beginner lessons are for anyone who has never done synchro before. Intermediate lessons are for those that may have tried them in the past or have had previous swimming team, dance or gymnastic backgrounds. Jumping to Intermediate requires a meeting with the coach. All spring lessons will learn a routine to perform in the annual team synchro show the weekend of May 18-19-20, 2018.
Beginner
Beginner lessons concentrate on flexibility, swimming skills and basic synchronized swimming moves. (Ages 4-7)
Sunday 3:00 PM – 4:30 PM
(Ages 7+)
Thursday 7:00 PM – 8:30 PM
Sunday 5:00 PM – 6:30 PM
Members: $135
Non-Members: $270
Intermediate (Ages 7+)
Intermediate lessons build on the beginner skills and learn more challenging moves. Swimmers will learn basic moves set to music. This is a 16-week program and spanning Early and Late Spring.
Tuesday 7:00 PM – 8:30 PM
Members: $270
Non-Members: $540

SYNCHRONIZED SWIMMING TEAM
This year-round program combines swimming with music, gymnastics and ballet in the water. Must have previous Synchro experience. Members: $125/mo
For more information about the Synchronized Swimming program, contact Jennifer Hatt at jhatt@philaymca.org.

ARTS & HUMANITIES

Art Education – Drawing, Doodling & Cartooning (Ages 10+)
Come experience drawing, doodling and cartooning in this introductory, mistake and pressure-free class. Students will learn the basics of drawing, storytelling and page design. Sketch pad suggested for class.
Saturday 11:15 AM – 12:00 PM
Family Members: $22
Members: $44
Non-Members: $88

Art Education – Fine Arts
Learn about the techniques of renowned artists from the past like Picasso, DaVinci, VanGogh, Rembrandt, Monet, and others. Work on various styles of art - painting, watercolor, charcoal. (Ages 6-9)
Monday 5:00 PM - 5:45 PM
(Ages 10-13)
Saturday 10:30 AM - 11:15 AM
Family Members: $22
Members: $44
Non-Members: $88

Arts & Crafts – Parent/Child (Ages 2-4)
In this parent participation class, students will use different types of materials to make art projects to take home. Please bring a smock or wear old clothes; this class may be messy!
Monday 10:30 AM - 11:15 AM
Family Members: $22
Members: $44
Non-Members: $88

Arts & Crafts – Preschool (Ages 3-5)
Each week your child will create a masterpiece through a combination of shapes, lines and colors. Your preschooler will expand their creative thinking while improving their fine motor skills. Please have your child bring a smock or wear old clothes.
Tuesday 5:00 PM – 5:45 PM
Thursday 9:30 AM - 10:15 AM
Family Members: $22
Members: $44
Non-Members: $88

Arts & Crafts – Play Dough (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.
Thursday 10:30 AM - 11:00 AM
Family Members: Free
Members: Free
**Chess Class** (Ages 8-12)
Learn the fundamentals and strategy of chess. This class gives youth the chance to exercise their mental skills while having fun and competing with their peers.

- **Sunday** 5:30 PM – 6:15 PM
- Family Members: $22
- Members: $44
- Non-Members: $88

**Cooking – Preschool** (Ages 3-5)
Hands-on food preparation teaches healthy eating, basic cooking terms, sharing and teamwork. Please inform Program Director of allergies prior to the start of the session.

- **Friday** 9:30 AM – 10:15 AM
- Family Members: $22
- Members: $44
- Non-Members: $88

**Education – Academic 1-on-1 Tutoring** (Ages 7+)
Working with one of our Pennsylvania Certified Teachers can help you plan your approach to accomplishing your goals. Are you getting your child ready for a test? Do they need help with a specific concept? Do they need a little extra explanation or assistance in a subject? Our teachers are prepared to help in any way they can be developing a one-on-one tutoring plan designed around your child’s needs. Tutoring packages are purchased by the number of sessions you need, and arranged on an individual basis with the tutor. All sessions are 30 minutes. For more information, contact Kim Acito at ext. 2311.

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<tr>
<th>Sessions</th>
<th>Family/Full Privilege Members</th>
<th>Non-Members</th>
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<tbody>
<tr>
<td>1 session</td>
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<tr>
<td>5 sessions</td>
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<td>10 sessions</td>
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**Education – Pre-School Prep**
(Ages 2-1/2 – 4)
Get your soon-to-be preschooler ready with this education class featuring circle time, weather/calendar, letters, numbers, and colors.

- **Wednesday** 10:30 AM - 11:15 AM
- Family Members: $22
- Members: $44
- Non-Members: $88

**Education – Science – Youth**
Take a closer look at the world that surrounds you by participating in hands-on experiments. Topics will include volcanoes, space, weather and fossils. (Ages 4-6)

- **Monday** 9:30 AM - 10:15 AM
- **Wednesday** 6:00 PM - 6:45 PM
- Family Members: $22
- Members: $44
- Non-Members: $88

**Education – World Cultures – Preschool** (Ages 3-5)
Children will experience various cultures through programs and activities that both education and inspire creative thinking.

- **Friday** 10:30 AM – 11:15 AM
- Family Members: $22
- Members: $44
- Non-Members: $88

**Guitar Instructional** (Ages 7+)
Individual Instructional Guitar lessons. Want to learn to be a real guitar hero? Start with the basics, step into chords and soon you’ll be jammin’. All classes are 30 minutes and are offered Monday through Sunday at varying times between the hours of 9:00 AM and 7:30 PM. Specific times can be found online or at the Welcome Center prior to registration. Please direct all questions to Kim Acito at ext. 2311.

- Full Privilege Members: $65
- Non-Members: $130

**Music – Parent/Child** (Ages 1-3)
Children will explore musical concepts through song, dance and creative movement. Children will try out different musical instruments and make their own individual songs.

- **Tuesday** 9:30 AM - 10:15 AM
- Family Members: $22
- Members: $44
- Non-Members: $88

**Music – Preschool** (Ages 3-5)
Children will explore musical concepts through song, dance and creative movement. Children will try out different musical instruments and make their own individual songs.

- **Tuesday** 10:30 AM - 11:15 AM
- Family Members: $22
- Members: $44
- Non-Members: $88

**Piano Instructional** (Ages 5 & up)
Come learn something new...open for all beginning to early-advanced piano students. Lessons cover performance, technique, and music theory, as well as various musical styles. All lessons are tailored to each student’s individual needs and goals. Classes are held in the Intergenerational Room. All classes are 30 minutes. Please direct all questions to Kim Acito at ext. 2311.

- Members: $96
- Non-Members: $192

**Story Time** (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** 9:30 AM - 10:15 AM
- Family Members: $22
- Members: $44
- Non-Members: $88
YOUTH

*Sunday classes will be prorated for Easter, April 1st.

DANCE

Phoenixville YMCA offers dance instructional classes that incorporate the basic elements and technique for various styles and levels of dance.

Dance 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, a gility, coordination and flexibility.

Tuesday 10:00 AM - 10:45 AM
1:00 PM - 1:45 PM

Saturday 9:00 AM - 9:45 AM

Family Members: $32
Members: $64
Non-Members: $128

Dance Ballet – Youth
Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination and creativity.

(Ages 5-8)
Saturday 10:00 AM - 11:00 AM

(Ages 8-10)
Saturday 11:00 AM - 12:00 PM

Family Members: $34
Members: $68
Non-Members: $136

YOUTH

*Sunday classes will be prorated for Easter, April 1st.

DANCE

Phoenixville YMCA offers dance instructional classes that incorporate the basic elements and technique for various styles and levels of dance.

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(Ages 5-8)
Saturday 10:00 AM - 11:00 AM

(Ages 8-10)
Saturday 11:00 AM - 12:00 PM

Family Members: $34
Members: $68
Non-Members: $136

HEALTH & WELLNESS

Family Yoga (B I A)
A Hatha gentle Yoga class for the whole family to enjoy! The class will explore standing poses, sun salutations and breathing and relaxation techniques. It’s an opportunity for bonding with family while sharing the health and well-being that Yoga brings. Program is for ages 8 and up.

Thursday 5:00 PM - 5:30 PM

Family Members: Free
Members: Free

Teen Yoga (B I)
Lean the basics of form and alignment as well as the fundamentals of Yoga in this 30-minute class designed for adolescents ages 12 and up. No prior experience required. This class will teach you the “postures” and how to practice “safely” as you begin your yoga journey.

Thursday 4:30 PM - 5:00 PM

Family Members: Free
Members: Free

GYMNASTICS

*Classes are prorated for Easter Sunday & April 14-15 for gymnastics team meet.

Gymnastics – Parent/Child
This parent participation program introduces balancing, tumbling, hanging and agility skills in a fun, open environment. Short structured experiences mixed with free play and choice. (Ages 1-2)

Monday 9:15 AM - 10:00 AM
Wednesday 10:15 AM - 11:00 AM
Thursday 9:15 AM - 10:00 AM

(Ages 2-3)

Monday 10:15 AM - 11:00 AM
Wednesday 9:15 AM - 10:00 AM
10:15 AM - 11:00 AM
Thursday 10:15 AM - 11:00 AM

Family Members: $26
Members: $52
Non-Members: $104

Youth Strength Training (I A)
(Ages 10-12)
This program will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence. Only one class per person per program session.

Tuesday 5:30 PM – 6:00 PM
6:00 PM – 6:30 PM

Wednesday 5:30 PM – 6:00 PM
6:00 PM – 6:30 PM

Thursday 5:30 PM – 6:00 PM
6:00 PM – 6:30 PM

Family Members: Free
Members: Free

Teen Strength Training (I A)
(Ages 13-17)
This program will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence.

Wednesday 6:00 PM - 7:00 PM

Family Members: Free
Members: Free

Family Yoga (B I A)
A Hatha gentle Yoga class for the whole family to enjoy! The class will explore standing poses, sun salutations and breathing and relaxation techniques. It’s an opportunity for bonding with family while sharing the health and well-being that Yoga brings. Program is for ages 8 and up.

Thursday 5:00 PM - 5:30 PM

Family Members: Free
Members: Free

Teen Yoga (B I)
Lean the basics of form and alignment as well as the fundamentals of Yoga in this 30-minute class designed for adolescents ages 12 and up. No prior experience required. This class will teach you the “postures” and how to practice “safely” as you begin your yoga journey.

Thursday 4:30 PM - 5:00 PM

Family Members: Free
Members: Free
Gymnastics – Preschool
Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age-appropriate equipment to ensure the safest and most effective learning environment. Participants must be potty-trained. (Ages 3-4)

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(Ages 4-5)

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Family Members: $36
Members: $72
Non-Members: $144

Gymnastics – Youth
For beginners with no experience, intermediates familiar with basic gymnastic skills and advanced children mastering more difficult skills. Learn conditioning and flexibility techniques and instruction on bars, balance beam, floor and vault. (Ages 5½-8)

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(Ages 8+)

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Family Members: $36
Members: $72
Non-Members: $144

GYMNASTICS TEAMS
All team participants are selected from our gymnastic classes or by tryout. For more information, please contact Rebekah Heverly at 610-933-5861 ext. 2326.

Gymnastics Team – Level 3

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<td>Monday</td>
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<td>Thursday</td>
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Family/Members: $95/Month

Gymnastics Team – Level 4

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<td>Monday</td>
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<td>Wednesday &amp; Thursday</td>
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Family/Members: $110/Month

Gymnastics Team – Level XCEL Gold

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Family/Members: $110/Month

Gymnastics Team – Level 5

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<td>Monday</td>
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Family/Members: $115/Month

Gymnastics Team – Levels 6+

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<th>Day</th>
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<tr>
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<tr>
<td>Wednesday &amp; Thursday</td>
<td>6:00 PM - 9:00 PM</td>
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Family/Members: $125/Month

MARTIAL ARTS

Tang Soo Do (Ages 6 & up)
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.

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<tr>
<td>Tues. &amp; Thurs.</td>
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Family, Youth & Adult Members: $75/month
Youth Non-Members: $100/month
Family Discount: First additional family member receives $10 off. Second additional family member receives $15 off. Family members must register together.
YOUTH

INSTRUCTIONAL SPORTS

Agility - Youth (Ages 7-10)
The class will enhance athlete's speed and agility to better prepare them for various sports. Class will consist of conditioning, cardio, and drills for participants.

Wednesday 4:30 PM - 5:15 PM
Family Members: $22
Members: $44
Non-Members: $88

Archery - Youth/Teen
Introduction to Archery and the skills required to join a team. Participants will learn fundamentals, rules and good sportsmanship, all while having fun. Late Spring Only!

(Ages 5-8)
Saturday 9:30 AM - 10:15 AM
10:30 AM - 11:15 AM
(Ages 9-12)
Saturday 11:30 AM - 12:15 PM
(Ages 13+)
Saturday 12:30 PM - 1:15 PM
Family Members: $39
Members: $78
Non-Members: $156

Badminton - Youth/Teen (Ages 10-16)
This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem. Bring your own racket. Open play only in Summer.

Sunday 5:00 PM - 6:00 PM
Family Members: Free
Members: Free

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)
Wednesday 12:15 PM - 12:45 PM
Friday 10:30 AM - 11:00 AM
Members and Family Members: Free

(Ages 7-10)
Wednesday 5:15 PM - 6:00 PM
Family Members: $22
Members: $44
Non-Members: $88

Flag Football - Preschool/Youth
(Ages 4-6)
This class will teach the fundamentals of flag football while developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

Thursday 4:30 PM - 5:15 PM
Family Members: $22
Members: $44
Non-Members: $88

Running - Youth (Ages 7-9)
Learn how to train like a runner. Class will focus on basic stretches, drills and running techniques in a fun, supportive environment. Water bottle, sneakers and appropriate clothing for running outdoors are required.

Tuesday 4:30 PM - 5:15 PM
Family Members: Free
Members: Free

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)
Thursday 9:30 AM - 10:15 AM
(Ages 6-9)
Wednesday 6:00 PM - 6:45 PM
Family Members: $22
Members: $44
Non-Members: $88

Sports Introduction – Parent/Child
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.

(Ages 2½ -3)
Tuesday 10:30 AM – 11:15 AM
Friday 9:30 AM – 10:15 AM
Family Members: $22
Members: $44
Non-Members: $88

Sports Introduction – Preschool
Children are introduced to a variety of different sports and games. This is a great way to get your child excited about playing sports while building self-esteem and improving coordination and motor skills.

(Ages 3-5)
Monday 9:30 AM – 10:15 AM
Tuesday 5:15 PM – 6:00 PM
Wednesday 1:00 PM – 1:45 PM
Family Members: $22
Members: $44
Non-Members: $88

SPORTS LEAGUES

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

Sports Leagues – 8 week season
Games played on Saturday and practices
are held one night per week, unless
otherwise indicated.

LATE SPRING 2018
Registration: March 4 - March 31
Start Date: April 23

T-Ball 4 – 5 yrs.
Baseball Coach Pitch 6 - 7 yrs.
Soccer 3 - 11 yrs.

SUMMER 2018
Registration: April 29 - May 27
Start Date: June 25

Basketball 4 - 10 years

FALL 2018
Registration: June 3 - August 19
Start Date: September 4

Soccer 3 - 11 yrs.
Flag Football 4 - 9 yrs.
T-Ball 4-5 yrs.
Baseball Coach Pitch

EARLY WINTER 2018
Registration: September 25 – November 4
Start Date: November 26

Basketball 4-18 years

EARLY SPRING 2019
Registration: January 7 - Feb 10
Start Date: February 26

Soccer - Indoor 3 - 11 yrs.
Flag Football - Indoor 4 - 9 yrs.

Girls Volleyball (Ages 10-17)
The Phoenixville YMCA Girls Volleyball Program
provides a positive sports experience that
focuses on fun, friendship, sportsmanship and
skill development. Players receive individual
attention geared toward improving player skills
and understanding of the game.

Summer 2018
Registration Dates April 29 - June 10
Start Date Monday, June 25

Fall 2018
Registration Dates July 30 – September 3
Start Date Sunday, September 16

Winter 2019
Registration Dates Nov. 30 – February 1
Start Date Sunday, February 18

League Registration Forms are available online
or at the Welcome Center.

Family Members: $30
Members: $60
Non-Members: $120

Phoenixville YMCA Sports
Deric Hafer, Sports Director
484-921-5851
deric.hafer@philaymca.org

Adult Co-Ed Volleyball
Adult Co-Ed volleyball leagues provide
recreational/competitive play for BB/B/C level
teams. League participation features one
practice/10-game schedule (5 game sets) and
post-season tournaments by divisions. Games
are USVBA-officiated. Fall League begins in
September; Winter League begins January 7th.
For more information, contact Deric Hafer at
deric.hafer@philaymca.org.

Sunday 5:00 PM - 9:00 PM
Members/Non-Members: $525 per team

BIRTHDAY PARTIES

Looking to host a birthday party, baby shower or
pool party?
Whatever your need, we are here to help plan
the event of your dreams.
Offering options such as gymnastics, sports,
aquatics, fitness or craft themes, your party is
limited only by your imagination.
Contact Jenn Pomager at 610-933-5865 or
jpomager@philaymca.org to start planning your
next event at the Y.

ABILITY PROGRAMS

Ability – Aquatic Parent/Child (Ages 4-8)
Help develop your child’s ability to swim, as well
as strengthen their muscles. Class is held in
our warm water pool. If interested in this class
for your child, e-mail Ross Herman: rherman@philaymca.org

Abilities Parent Support Group
Please join us for our monthly meetings of
the Phoenixville YMCA Parent Support Group.
Our goal is to provide a safe and positive
environment for parents to share their thoughts
and concerns about raising a child with special
needs. We hope to create an environment of
positive cooperative support where individuals
will encourage each other, share resources, and
create a sense of community. Parent Support
Group meets the fourth Monday of every month.

Members with a disability are encouraged
to participate in all classes that the YMCA
has to offer.
If you have a disability and are in need of
support or have questions about the Parent
Support Group Schedule, please contact Jessica
Vogt at ext. 2340.
YOUTH

CHILD CARE

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

The Phoenixville YMCA offers a complete state licensed early learning center ranked at 4 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. Phoenixville Y is a Pre-K Counts Facility. Please visit www.papromiseforchildren.org for more information.

PRE-SCHOOL PROGRAMS

Phoenixville 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. Families enrolled five days will receive a free youth membership. All Phoenixville Preschool classes are led by degreed teachers and credentialed assistants.

What to expect:

- Library
- Art
- Toys and Games
- Blocks
- Dramatic Play
- Outdoor Recreation
- Computers
- Discovery
- Sand and Water
- Computer Games
- Sensory

Infant Care (6 weeks - 12 months)

Infants thrive in a safe, nurturing environment surrounded by experienced care givers.

Toddler Care (13 months - 35 months)

Teachers and staff support and facilitate child development as toddlers experience their new independence in a stimulating atmosphere.

Preschool (3-5 years)

This program provides a beneficial social experience and good foundation for future education. Experienced teachers and aides utilize child-centered activities to encourage attentive listening skills, pro-social behavior and provide opportunities to increase self-awareness. Swim Lessons offered weekly.

Half Day Preschool (2-5 years)

This is more than a play group; this is your child’s first experience away from parents or guardians. Children are introduced to the wonderful world of colors, shapes, songs, music, movement, friendship, social skills and more. The children will also learn the fundamentals of reading and writing, and STEM (Science, Technology, Engineering, Math). With degreed staff, we encourage pro-social behavior and provide opportunities to increase self-care skills.

Half Day Preschool (Cont’d)

- 2, 3 and 5 day options; 3 hour classes for children
- Swim Lessons are available with some options
- Ages 2 to 5 runs from September to May
- Extended Care available as early as 8:30 AM and until 2:00 PM
- Music and gym are offered as specials.

SCHOOL AGE PROGRAMS

(K-5th Grade)

The Phoenixville Y 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 Star quality assurance program. Each program day, our qualified staff provides creative learning experiences and supervised activities for a child’s development and enjoyment.

Before Care

(7:00 AM - school start time)

Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc. Drop your child off at school with our staff and they’ll be in good hands until class begins.

After Care

(D dismissal - 6:30 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.

Directed at children in elementary grades and supplemental kindergarten, our programs are hosted in the Phoenixville Area School District Elementary schools, Renaissance Academy, and the YMCA branch. We follow a planned curriculum and provide homework supervision as well as encourage the child to enjoy fun time.

Our Middle School after-care program is held at the Phoenixville branch and is offered only to students in the Phoenixville Middle School. Special events, study time, recreational activities and more are offered to the students. Transportation from the middle school to the Y should be arranged by families using school district busing. Participants are strongly encouraged to enroll in our Y Achievers Program (see page 15).

SCHOOL AGE HOLIDAY CARE

School Age Holiday care is held at the Phoenixville YMCA. *Your child must be enrolled in the School Age Childcare program in order to attend Holiday Care. Care is available for your child on the days when school is closed due to in-service days and holidays. You must register at least one month prior to the date you want your child to attend.
2018 REGISTRATION
Registration for Half Day Preschool and Childcare has begun. Please contact one of the staff listed below to register or receive information on Financial Assistance. Registration for all programs is underway.

Sharon Engro
Half Day Preschool
Nursery School
Director
ext. 2319

Julie Szerenyi
Program Director,
Camp & School
Aged Childcare
ext. 2339

Becky Duncan
Childcare
Director
ext. 2328

Education – Academic 1-on-1 Tutoring (Ages 7+)
Working with one of our Pennsylvania Certified Teachers can help you plan your approach to accomplishing your goals. Are you getting your child ready for a test? Do they need help with a specific concept? Do they need a little extra explanation or assistance in a subject? Our teachers are prepared to help in any way they can be developing a one-on-one tutoring plan designed around your child’s needs. Tutoring packages are purchased by the number of sessions you need, and arranged on an individual basis with the tutor. All sessions are 30 minutes. For more information, contact Kim Acito at ext. 2311.

Academic 1-on-1 Tutoring Prices:
<table>
<thead>
<tr>
<th># of Sessions</th>
<th>Members</th>
<th>Program Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>5</td>
<td>$70</td>
<td>$140</td>
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<tr>
<td>10</td>
<td>$130</td>
<td>$260</td>
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</tbody>
</table>

TEEN PROGRAMS

Y Achievers
The YMCA’s Y Achievers program is designed to expose 5th-12th graders to a wide range of career options and the tools to achieve their higher educational goals. Y Achievers encompasses 5 Programmatic Thrusts: College Readiness, Career Exploration, Leadership Development, Character Development and Community Service. Clusters are held at Villanova University the 1st and 3rd Saturdays of the month. The program runs September – June. Includes a free one-year YMCA membership while enrolled in the program.

Tuesday - Every other week
6:30 PM - 8:00 PM

For more information, please contact Christopher Walmsley at cwalmsley@philaymca.org

Y Achievers Program Pillars:
• Academics
• College Knowledge
• Positive Relationships
• Life Skills
• Positive Identity

For more information please contact:
Reaona Jones-Edwards
rjedwards@philaymca.org

Y Achievers Sponsored By:

View current schedules online: philaymca.org
TEEN SPORTS

Note: Y Achievers program registrants and 7th Graders receive Full Privilege Memberships.

Archery - Teen (Ages 13+)
Introduction to Archery and the skills required to join a team. Participants will learn fundamentals, rules and good sportsmanship, all while having fun. Late Spring Only!

<table>
<thead>
<tr>
<th>Stage</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Saturday</td>
<td>12:30 PM - 1:15 PM</td>
</tr>
</tbody>
</table>

Family Members: $39
Members: $78
Non-Members: $156

Badminton - Youth/Teen (Ages 10-16)
Learn through competitive match play, strategic coaching, stroke production drills and warm-up exercises. Bring your own racket. Open play only during summer.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sunday</td>
<td>5:00 PM - 6:00 PM</td>
</tr>
</tbody>
</table>

Family Members: Free
Members: Free

HEALTH & WELLNESS

Teen Strength Training (I A)
(Ages 13-17)
This program will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Wednesday</td>
<td>6:00 PM - 7:00 PM</td>
</tr>
</tbody>
</table>

Family Members: Free
Members: Free

Youth Strength Training (I A)
(Ages 10-12)
This program will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence. Only one class per person per program session.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td></td>
<td>Monday</td>
<td>5:30 PM - 6:00 PM</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>5:30 PM - 6:00 PM</td>
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<tr>
<td></td>
<td>Wednesday</td>
<td>5:30 PM - 6:00 PM</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>5:30 PM - 6:00 PM</td>
</tr>
</tbody>
</table>

Family Members: Free
Members: Free

ADULT AQUATIC EXERCISE

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

Arthritis Foundation Aquatics Program (B I P)
Arthritis Foundation Aquatics Program is a water exercise program for people with arthritis. Concentration is on range of movement, flexibility and joint strength. All exercises are done in the shallow end of the pool. Participants do not need to know how to swim.

Aqua Combo (B I A P)
The best of shallow and deep aquatic exercise come together for this energetic class. Cardiovascular training, muscular resistance training and endurance are all featured. This workout will begin in the shallow water and move to the deep water using buoyance belts or flotation noodles during the workout.

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.

TEEN SWIM LESSONS

(Ages 13-17)
Please refer to the aquatics section on page 4 for stage descriptions and details.

Swim Basics
Stage 1

<table>
<thead>
<tr>
<th>Stage</th>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Monday</td>
<td>7:00 PM - 7:40 PM</td>
</tr>
</tbody>
</table>
**ADULTS**

**Aqua Shallow (B I A)**
Working out in shallow water cushions and protects the lower body and spine by reducing the impact created on land by 50% or more. This class provides different challenges each day to help keep your bones strong, your heart healthy and muscles toned.

**Aqua Yoga/Aqua Pilates (B I A P)**
Combining one of our oldest forms of exercise (Yoga) with one of our newest (Pilates), we bring two of 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.

**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.

**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.

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

**Swim Basics**
- **Stage 1**
  - Monday 7:00 PM – 7:40 PM
- **Stage 2**
  - Monday 7:00 PM – 7:40 PM
- **Stage 3**
  - Monday 7:45 PM - 8:25 PM
  - Wednesday 7:00 PM – 7:40 PM

**Swim Strokes**
- **Stage 4**
  - Monday 7:45 PM - 8:25 PM
  - Wednesday 7:00 PM – 7:40 PM
- **Stage 5**
  - Wednesday 7:45 PM - 8:25 PM
  - Sunday 5:20 PM – 6:00 PM
- **Stage 6**
  - Wednesday 7:45 PM – 8:25 PM

Members: $64  
Non-Members: $128

**Masters Swimming (Ages 18 & up)**
Participants have the option of attending weekly practices to stay fit and/or joining the US Masters Swimming organization competing at sanctioned meets at the local and national levels. Competitive season runs from November to May. Summer training is held in the Baker Park outdoor pool, weather-permitting. For more information contact Lisa McGregor at ext. 2330.

- Mon. & Wed. 7:00 PM - 8:00 PM  
- Saturday 4:00 PM - 5:30 PM  
Members: Free

**HEALTH & WELLNESS**

**Wellness Consultations**
Our Wellness Coaches will assist you in getting familiar with all of our exercise equipment and program options. Your Wellness Coach will discuss your wellness goals and help you establish a beginning program. Three complimentary appointments are available for new and existing 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. For more information contact John Wisser at ext. 2333.

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

**SMALL GROUP TRAINING**
*All Small Group Training requires registration. Schedules available on mobile app and at start of registration at the Welcome Center.*

**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.

- Tuesday 5:30 AM - 6:30 AM  
  6:00 PM – 7:00 PM
- Saturday 7:30 AM - 8:30 AM
Members: Free
**Shock Training**
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. 30-minute class.

Wednesday 6:00 PM - 6:30 PM  
Friday 9:30 AM – 10:00 AM  
Members and Family Members: $17.50

**TRX Foundation**
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! 30-minute class.

Monday 6:00 PM - 6:30 PM  
Thursday 9:30 AM - 10:00 AM  
Members: $17.50

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

Tues./Thur. 7:00 PM - 8:00 PM  
Members: Free

**Men’s 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. Registration Required.

Mon./Thur. 7:30 PM - 8:30 PM  
Members: Free

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

Tuesday 10:45 AM - 11:45 AM  
2:00 PM - 2:30 PM  
Members: Free

**GROUP EXERCISE**

**Belly Dancing (B I A)**
Regardless of your age, size, shape or ability, you’ll gain confidence while gaining control of your body. This class explores muscle isolation and skeletal movements as they relate to Middle Eastern Dance. Form strong fluid dance combinations while you tone muscle and burn calories.

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

**BODYFLOW® (B I A)**
Controlled breathing, concentration and a series of stretches and poses to music create a holistic experience that brings the body into a state of harmony and balance.

**BODYPUMP® (B I A)**
A strength endurance training class where muscle and music collide! Max results in the shortest amount of time by working your ENTIRE body in one hour.

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

**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.

**Core & Strength (I A)**
Functional, whole body, multi-planar movements are in! Get stronger and leaner working your core from the inside out. Not your typical Total Body class.

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

**Fit and Fifty (B I A)**
This class consists of varied exercises including walking, stretching, light strength training, low-impact aerobics and relaxation techniques.

**Fit Camp (I A)**
Challenge your limits with a total body workout mixing traditional calisthenics and body weight exercises with interval training and strength training. Options and modifications are provided for all levels.

**H.I.I.T. (I A)**
This class is High Intensity Interval Training. Exercises will be executed immediately following another opposing exercise in a high paced environment of constantly variable exercises.
Les Mills GRIT (I A)
A 30 minute high intensity interval training that challenges you mentally and physically. Strength, plyo and cardio training programs accelerate fat burning and rapidly improve athletic capability. Branches post schedules for strength, plyo and cardio classes.

Muscle Confusion (B I A)
Constantly changing your exercise routines prevents the body from adapting, causes the muscles to work harder and produces visible results. The goal is to always keep the body guessing so that it does not become accustomed to one specific workout and stop responding.

POUND®
A full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-style movements, inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Pure Strength (B I A)
You’ll build and sculpt defined, lean and strong muscles. This class focuses on all the major muscle groups in the lower body, upper body and core. You’ll improve your posture and develop strength to aid in all aspects of physical well-being and overall health.

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

Silver&Fit® Excel (B I A) AOA
This class is designed for the active, athletic older adult who is looking for a challenging workout. Participating in this class will help you increase your heart health, muscular endurance and strength, flexibility and balance. The exercises are freestanding and involve more complex movements for advanced fitness levels. This class will help you continue all of the activities you love, like playing sports or trying out a new dance routine. 60 Minutes!

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.

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

ZUMBA® Toning (B I A)
Body sculpting techniques and specific ZUMBA moves fused into one calorie-burning, strength-training class while. Uses light weights to enhance rhythm and build strength.

CYCLE
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!

Les Mills Sprint (I A)
A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It’s a quick and hard style of training that returns rapid results with minimum joint impact.

RPM™ (B I A)
RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your team through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

MIND/BODY
Family Yoga (B I A)
A Hatha gentle yoga class for the whole family to enjoy! The class will explore standing poses, sun salutations and breathing and relaxation techniques. It’s an opportunity for bonding with family while sharing the health and well-being that Yoga brings. Program is for ages 8 and up.

Thursday 5:00 PM – 5:30 PM
Family Members: Free
Members: Free

Functional Pilates (B I A)
Vertical & horizontal training to lengthen and lean all muscle groups, with a focus on postural awareness, correct functional movement patterns, flexibility, balance/alignment training and challenges core stability and strength.

Hatha Yoga (B I A)
Integration of postures, breath and mental focus with an emphasis on refining and holding postures.
ADULTS

Meditation (B I A)
Meditation through breathing techniques, full body scan, and muscular relaxation exercises and visual imagery with sensory grounding exercises.

Pilates (B I A)
This class focuses on the ‘powerhouse’. It is from within the abdominal region of the body, the powerhouse that supports the spine and all of our major organs. When you strengthen this area you dramatically improve your alignment and posture.

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

Stretch & Balance (B I A)
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.

Vinyasa Yoga (I A)
An active class emphasizing the development of strength, flexibility, balance and grace through the use of postures linked through the synchronization of breath with movement.

Yoga for Relaxation (B I A)
A great starting point for first timers or someone interested in a relaxing stretch.

Yogalates (B I A)
In this fusion class you will receive the flexibility and meditative aspects of a yoga class combined with the muscle strengthening, core conditioning and toning benefits of a Pilates class. This is a perfectly balanced workout for beginner to intermediate levels.

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.

Massage
Phoenixville YMCA offers a full in-house massage therapy program. Male and female therapists provide various services including, but not limited to, Swedish/Therapeutic, Deep Tissue, Sports, Pre/Post Natal and Oncology massage. All therapists are licensed and professionally certified. To secure an appointment visit www.phlymca.org or contact the Wellness Center at ext. 2350.

<table>
<thead>
<tr>
<th>Session</th>
<th>Members</th>
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<tbody>
<tr>
<td>One Hour</td>
<td>$55</td>
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<tr>
<td>Half Hour</td>
<td>$35</td>
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Nutritional Education
Our diet analysis is conducted by a Registered Dietitian and provides an excellent way for you to learn how to make smart dietary changes for long term weight loss, optimal health or optimal athletic performance. The analysis will examine the aspects of your current dietary intake and our Registered Dietician will be able to find areas where you can improve. For more information please contact John Wisser at ext. 2333. To schedule a consultation, call the Nutrition Hotline at ext. 2369.

<table>
<thead>
<tr>
<th>Members</th>
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<tbody>
<tr>
<td>1 session</td>
</tr>
<tr>
<td>3 sessions</td>
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<tr>
<td>6 sessions</td>
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</table>

The Perfect Balance
12 week session
A fitness and nutrition program focusing on creating the healthiest you. Join our fitness team and registered dietitian in this 12-week healthy living program. The Perfect Balance will provide the tools and motivation you need to reach your goals and maintain healthier habits for life. Gain the support you need through group and individual settings to create the perfect balance in your life. Class may have 4-6 participants. For more information, contact John Wisser at ext. 2333.

Family/Members: $100

Phoenixville Hospital Diabetes Management Program
Diabetes Self-Management Education helps persons manage their diabetes self-care effectively on a day-to-day basis. Physician prescription required. This program is covered by most insurance plans. Call 610-983-1022 for more information.

Open to the Community. Insurance Coverage required

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. Members, Family Members and Non-Members: Free
Smart Start (12 week session)
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.

Free for Members.

Fit Start 90
12 week session
Experience the Y’s new 12 week weight loss program. Set your course with realistic goals, a plan of action and progress you can measure. Fit Start 90 is a free program for members that will help you reach your health and fitness goals. Weekly challenges include a workout of the week, cardio challenge of the week and health challenge of the week. For more information please contact John Wisser at jwisser@philaymca.org or ext. 2333.

Free for Members.

Book Discussion Group
Each month the club reads a different book and meets to discuss it. Group members provide their own copies of the book. If you are interested in joining our group, please contact Anne Mita at ext. 2332.

2nd Wednesday of the month 10:00 AM

Bus Trip
Chaperoned trips are offered a few times a year. The trips are planned with our senior members in mind but are open to people of all ages. You do not need to be a member of the Y to go on the trips. For information about upcoming bus trips, call Anne Mita at ext. 2332. Bus trip information will also be posted on the bulletin boards throughout the building.

Knitting & Crocheting Group
Come and relax and enjoy. Ask for advice, talk about your knitting/crocheting, and make some new friends. This is an unstructured get-together of like-minded people who enjoy knitting/crocheting. All levels are welcome. For more information, please contact Anne Mita at amita@philaymca.org or ext. 2332.

2nd Wednesday of the month 10:00 AM

Active Older Adults Monthly Potluck Lunch
Bring a main dish, side dish, salad or dessert to share and meet us in the Community Room for good food, fun and fellowship. For more information, contact Anne Mita at 610-933-5861 Ext. 2332.

Wednesday March 21, April 18, May 16, June 20
12:00 PM – 2:00 PM
Family/Members: Free

Lunch and Learn Phoenixville Hospital Health Seminars
Health topics are presented by Phoenixville Hospital Senior Resource Center and held in the Community Room. A light lunch will be provided. Check the AOA bulletin board for additional information and sign up list, or call Pat Bradish at ext. 2313. All seminars begin at 11:30 AM.

Members & Non Members: Free

March 7 Retirement 101
Presented by Living Branches Life Care Communities

April 4 Don’t Go Broke in A Nursing Home
Presented by LIFE LONG Learning, answering the question: “Where will I get the money to pay for my costs for an accident or serious illness?” Learn of the latest laws that can help, and ways to plan for these types of scenarios.

ACTIVE OLDER ADULTS

Community Room
The Community Room is located on the 1st floor at the end of the Child Watch hallway. It is the gathering place for many of our vibrant active older adult men and women (ages 50+). We get together socially and meet at the Y for card and board games such as Pinochle, Bridge, Mahjong and Scrabble (see schedule below for days and times). We also offer monthly informational seminars and Potluck Lunches. If you have suggestions for other games or programs that you’d like to see in the Community Room, please let us know.

Monday - Friday 9:00 AM - 1:30 PM
Members: Free

Card & Game Schedule
For card games, experienced players are on hand to provide assistance with rules, procedures and scoring for those who want to learn to play. If you are interested in joining us, please stop in to the Community Room or contact Anne Mita at ext. 2332.

<table>
<thead>
<tr>
<th>Day</th>
<th>Game</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Pinochle</td>
<td>9:00 AM</td>
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<tr>
<td>Tuesday</td>
<td>Bridge</td>
<td>9:00 AM</td>
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<tr>
<td>Wednesday</td>
<td>Mahjong</td>
<td>9:00 AM</td>
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<tr>
<td>Wednesday</td>
<td>Information</td>
<td>Monthly - as</td>
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<tr>
<td></td>
<td>Workshops</td>
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</tr>
<tr>
<td>Wednesday</td>
<td>Potluck</td>
<td>Monthly - as</td>
</tr>
<tr>
<td></td>
<td>Lunches</td>
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</tr>
<tr>
<td>Thursday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Friday</td>
<td>Scrabble</td>
<td>9:00 AM</td>
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</tbody>
</table>

Members: Free
If you have suggestions for other games or programs that you’d like to see offered in the Community Room, please let us know.

Mahjong
Similar to the Western card game rummy, Mahjong is a game of skill, strategy, and calculation and involves a degree of chance. Held in the Community Room.

Wednesday 9:00 AM

View current schedules online: philaymca.org
**ADULTS**

**Lunch and Learn (Cont’d)**

**May 2**
Understanding the Effects of Aging & Disease

Presented by Chestnut Knoll Senior Living. A review of normal age-related changes we all experience, how disease impacts our function and strategies to help.

**June 6**
The Bucket List

Presented by Phoenixville Hospital Senior Resource Center. A journey of self-discovery, reflection, creativity, fun and laughter.

**Active Older Adults Lunch Bunch**
The AOA Lunch Bunch meets for lunch in the Community Room every Friday. Each person brings their own lunch (usually brown-bagged) and shares stories and opinions in friendly conversation. All points of view are welcome, and we all laugh together. For more information about the Lunch Bunch, contact Anne Mita at ext. 2332.

Friday 12:00 PM

**ADULT SPORTS**

**Badminton**
Learn through competitive match play, strategic coaching, stroke production drills and warm-up exercises. Free Play.

Friday 7:00 PM - 9:00 PM
Sunday 6:00 PM - 8:00 PM

Family/Members: Free

**Gymnastics – Adult (Ages 16+)**
Learn fun, safe gymnastics skills while gaining strength, improving flexibility and maximizing cardio fitness. Open gym style. All levels welcome.

Monday 8:00 PM – 9:00 PM

Members: $36
Non-Members: $72

**Pickleball**
Pickleball is a combination of tennis and ping pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Learn the fundamentals of the game and develop skills to play for life.

Monday 7:00 PM – 9:00 PM
Tues./Wed./Thurs. 12:00 PM - 2:00 PM

Family/Members: Free

**Adult Co-Ed Volleyball**
Adult Co-Ed volleyball leagues provide recreational/competitive play for BB/B/C level teams. League participation features one practice/10-game schedule (5 game sets) and post-season tournaments by divisions. Games are USVBA-licensed. Fall League begins September 10th; Winter League begins January 7th. For more information, contact Deric Hafer at deric.hafer@philaymca.org.

Sunday 5:00 – 9:00 PM

Members/Non-Members: $525 per team

**SPECIAL EVENTS**

Please refer to social media and mobile app for information on upcoming events.

**Grief Support Group**
If you have suffered a loss and are unsure how to deal with the emotions you are experiencing, join us for grief support. For more information contact Season’s Hospice at 888-839-7410.

3rd Monday of each month
5:30 PM - 6:30 PM

**HEALTHY LIVING PROGRAMS**

**Lunch and Learn Phoenixville Hospital Health Seminars**
Health topics are presented by Phoenixville Hospital Senior Resource Center and held in the Community Room. A light lunch will be provided. For more information on upcoming topics, please check the Active Older Adults bulletin board or call Anne Mita at ext. 2332.

Full Privilege & Non Members: Free

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.

**EXPRESS CHURCH**

Looking to improve your spiritual health? Have you tried a community approach? You don’t have to do life alone.

Join Express Church of the Y on Sundays at 10:00 AM in the Community Room. Express Church is a place where you can express who you are and discover who God made you to be. We are a community of people looking to Love God and Love Others. We also serve the community in a variety of ways, expressing our faith and putting our love into action. All are welcome!

**TOGETHERHOOD**

A member-led community service program, Togetherhood invites Y members to activate their social responsibility by participating in the Y’s cause to strengthen community. Togetherhood provides Y members with fun, convenient, and rewarding ways to give back and support their neighbors. Togetherhood is committed to a minimum of four community service projects per year. For more information, or to volunteer on an upcoming outreach project, please contact Sara Guido at at sguido@philaymca.org.
ARC Lifeguard/Oxygen/Waterpark Certification
This American Red Cross Lifeguard program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Pre-requisites: Must be at least 15 years old and be able to complete a standard swim test on the first day of class. The swim test includes a 300 yard swim using front crawl, Breast and Backstroke as well as diving to the bottom of the pool and retrieving a weighted brick. Fee includes Lifeguarding, First Aid and Professional CPR certification, textbook and pocket mask. There will be no refunds given 2 business days prior to the start of class. Participants are required to attend all scheduled class days. For more information and future scheduled trainings, contact Lisa McGregor at ext. 2330.

<table>
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<tr>
<th>Dates</th>
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<tr>
<td>Thurs., Mar. 22 (Pretest)</td>
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<td>Fri., Mar. 23</td>
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<td>Sat. &amp; Sun. Mar. 24-25</td>
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<tr>
<td>Sat. &amp; Sun. May 12-13</td>
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Members and Non Members: $350

First Aid CPR/AED Lay Responder
The Adult First Aid/CPR/AED course teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims about 12 years and older. Successful students will receive a certificate for Adult First Aid/CPR/AED, valid for two years. Contact Lisa McGregor at ext. 2330. for a schedule of classes. Members: $60 Non Members: $125

Safety Training for Swim Coaches
Safety Training for Swim Coaches was developed in partnership with USA Swimming to teach those involved in competitive swimming, including coaches, officials and trainers, how to help maintain a comfortable safe environment for swimmers, prevent accidents, emergencies, and respond to ill or injured swimmers in water or on land. Updated with new content on safe sport policies, emergency planning and first aid, Safety Training for Swim Coaches is now available in a convenient blended-learning format that includes online and in-water training. This is a two-year certification. For more information and future scheduled trainings, contact Lisa McGregor at ext. 2330. Open to the Community: $80

Community Gift Cards
Gift cards can be applied to:
- Membership
- Personal Training
- Youth Programs
- Swim Lessons
- Summer Camp

To purchase, stop by the Membership Desk!
IF YOU WANT YOUR KID TO HAVE THE BEST SUMMER EVER...

CHECK OUT SUMMER DAY CAMP AT THE Y!

Register Online:
PHILAYMCA.ORG
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. Children under 12 must be under the supervision of a parent or guardian or in a Y Program.

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

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

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

7TH GRADE MEMBERSHIPS
The Philadelphia Freedom Valley YMCA offers a free membership to every 7th grader. Upon graduating 6th grade and before starting 8th grade, 7th graders may activate their free membership. The member can join as early as June following 6th grade and 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.

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.

Phoenixville YMCA is a No Place for Hate® Facility

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 Program Members are entitled to participate only in programs for which they have registered.

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

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.

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.

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.

FAMILY MEMBERSHIP PROGRAM
*Family Membership Programming Discount cannot be combined with any other offer.
No additional discounts will be applied to already reduced youth programs as part of the family program discounts. Discount does not include most aquatics, recital dance, competitive gymnastics, child care, camp or teen programming or any contracted program services. Please visit your Welcome Center Desk for more information.
<table>
<thead>
<tr>
<th>YMCA</th>
<th>Address</th>
<th>Phone 1</th>
<th>Phone 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Philadelphia Freedom Valley YMCA</td>
<td>400 E. Pothouse Road Phoenixville, PA 19460</td>
<td>610-933-5861</td>
<td>610-935-4993</td>
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<tr>
<td>Abington YMCA</td>
<td>1073 Old York Road Abington, PA 19001</td>
<td>215-884-9622</td>
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<tr>
<td>Ambler Area YMCA</td>
<td>1325 McKean Road Ambler, PA 19002</td>
<td>215-628-9950</td>
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<tr>
<td>Boyertown YMCA</td>
<td>301 W. Spring Street Boyertown, PA 19512</td>
<td>610-369-9622</td>
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<tr>
<td>Boyertown YMCA</td>
<td>301 W. Spring Street Boyertown, PA 19512</td>
<td>610-369-9622</td>
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<tr>
<td>Ambler Area YMCA</td>
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<tr>
<td>Christian Street YMCA</td>
<td>1724 Christian Street Philadelphia, PA 19146</td>
<td>215-735-5800</td>
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<tr>
<td>Columbia North YMCA</td>
<td>1400 N. Broad Street Philadelphia, PA 19121</td>
<td>215-323-6440</td>
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<tr>
<td>Columbia North YMCA</td>
<td>1400 N. Broad Street Philadelphia, PA 19121</td>
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<tr>
<td>Hatboro Area YMCA</td>
<td>440 S. York Road Hatboro, PA 19040</td>
<td>215-674-4545</td>
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<tr>
<td>Herford Area YMCA</td>
<td>891 N. Eagle Road Havertown, PA 19083</td>
<td>610-649-0700</td>
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<td>891 N. Eagle Road Havertown, PA 19083</td>
<td>610-649-0700</td>
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<tr>
<td>Mt. Laurel YMCA</td>
<td>59 Centerton Road Mt. Laurel, NJ 08054</td>
<td>215-632-0100</td>
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<td>Northeast Family YMCA</td>
<td>11088 Knights Road Philadelphia, PA 19154</td>
<td>215-632-0100</td>
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<td>Northeast Family YMCA</td>
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<td>215-632-0100</td>
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<tr>
<td>Pottstown YMCA</td>
<td>724 N. Adams Street Pottstown, PA 19464</td>
<td>610-323-7300</td>
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<tr>
<td>Rocky Run YMCA</td>
<td>1299 W. Baltimore Pike Media, PA 19063</td>
<td>610-627-9622</td>
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<tr>
<td>Roxborough YMCA</td>
<td>7201 Ridge Avenue Philadelphia, PA 19128</td>
<td>215-482-3900</td>
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<tr>
<td>Spring Valley YMCA</td>
<td>19 W. Linfield-Trappe Road Limerick, PA 19468</td>
<td>484-984-2000</td>
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<tr>
<td>Upper Perkiomen Valley YMCA</td>
<td>1399 Quakertown Road Pennsburg, PA 18073</td>
<td>215-679-9622</td>
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<tr>
<td>West Philadelphia YMCA</td>
<td>120 Chestnut Street Philadelphia, PA 19139</td>
<td>215-476-2700</td>
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<tr>
<td>SPORTS &amp; WELLNESS CENTER/CHILD CARE CENTER LOCATIONS Gilbertsville Center 144 Holly Road Gilbertsville, PA 19525</td>
<td>610-367-9622</td>
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<tr>
<td>RESIDENT CAMP LOCATION</td>
<td>Camp Speers YMCA 143 Nicherchonk Road Dingmans Ferry, PA 18328</td>
<td>570-828-2329</td>
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