SPRINT INTO SPRING

YOUR Y PROGRAM GUIDE

BE A HERO!
Donate today to the 2019 Annual Campaign!
HOURS OF OPERATION
Monday - Friday 5:00 AM - 10:00 PM
Saturday 7:00 AM - 7:00 PM
Sunday 8:00 AM - 5:00 PM

Pool closes 30 minutes before building, 15 minutes before on weekends.

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

EARLY SPRING SESSION DATES
February 25 - April 21
Registration:
Family Member: February 4 - April 1
Member: February 6 - April 1
Non-Member: February 11 - April 1

LATE SPRING SESSION DATES
April 22 - June 16
Registration:
Family Member: April 1 - May 26
Member: April 3 - May 26
Non-Member: April 8 - May 26

HOw TO REGISTER FOR PROGRAMS
- Register for classes any time at philaymca.org
- By calling 215-735-5800 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

CHILD WATCH
(3 months to 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 - Saturday 8:30 AM - 12:30 PM
Monday - Thursday 5:00 PM - 8:00 PM
Sunday 9:00 AM - 12:30 PM

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MEET OUR STAFF
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Business Manager, Ext. 1625
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Shea Trogdon
Sr. Director, Membership, Wellness & Aquatics, Ext. 1620
strogdon@philaymca.org
**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.

**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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**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.

---

**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 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**: 4:00 PM – 4:30 PM, 4:30 PM – 5:00 PM
- **Tuesday**: 4:00 PM – 4:30 PM, 5:00 PM – 5:30 PM
- **Wednesday**: 11:00 AM – 11:30 AM, 4:30 PM – 5:00 PM
- **Thursday**: 5:30 PM – 6:00 PM
- **Saturday**: 9:30 AM – 10:00 AM
- **Sunday**: 9:30 AM – 10:00 AM

Members: $62
Non-Members: $124

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**
- **Tuesday**: 4:00 PM – 4:30 PM, 5:30 PM – 6:00 PM, 5:45 PM – 6:15 PM
- **Wednesday**: 4:00 PM – 4:30 PM
- **Thursday**: 4:00 PM – 4:30 PM
- **Saturday**: 10:30 AM – 11:00 AM
- **Sunday**: 10:00 AM – 10:30 AM

Members: $62
Non-Members: $124

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.

**School Age**
- **Tuesday**: 5:00 PM – 5:40 PM
- **Saturday**: 10:00 AM – 10:40 AM, 11:15 AM – 11:55 AM

Members: $70
Non-Members: $140

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**
- **Wednesday**: 4:00 PM – 4:40 PM
- **Thursday**: 5:00 PM – 5:40 PM, 5:45 PM – 6:25 PM
- **Saturday**: 10:00 AM – 10:40 AM

Members: $70
Non-Members: $140
YOUTH

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.

<table>
<thead>
<tr>
<th>School Age</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Thursday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5:30 PM – 6:10 PM</td>
<td>4:00 PM – 4:40 PM</td>
<td>5:45 PM – 6:25 PM</td>
<td>10:45 PM – 11:25 PM</td>
</tr>
<tr>
<td>Members:</td>
<td>$70</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Members:</td>
<td>$140</td>
<td></td>
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</tbody>
</table>

Private Swim Lessons – 5 Sessions
Private lessons are for all ages and swimming ability. Individual lessons are scheduled with an instructor and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are schedule in 30 minute increments.

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Thursday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>Members:</td>
<td>$150</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Members:</td>
<td>$300</td>
<td></td>
<td></td>
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</tbody>
</table>

Stroke & Turn Clinic
Adults who already lap swim, work with a coach to improve technique, endurance and speed. Great for swimmers preparing for triathlon.

<table>
<thead>
<tr>
<th></th>
<th>Tues. &amp; Thurs.</th>
<th>7:30 PM – 8:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members:</td>
<td>$75</td>
<td></td>
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</tbody>
</table>

Pre-competitive Swim Team
The Christian Street YMCA offers a pre-competitive program designed to help kids who have completed the swim lesson program and aspire to swim competitively. Focus is on mechanics, starts, turns, and building endurance. We offer meets with other Y pre-competitive programs. Swimmers must be able to complete 1 full lap of freestyle and 1 full lap of backstroke. Swimmers will be screened prior to registration.

<table>
<thead>
<tr>
<th></th>
<th>Tues. &amp; Thurs.</th>
<th>6:30 PM – 7:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members:</td>
<td>$75 per person</td>
<td></td>
</tr>
<tr>
<td>Non-Members:</td>
<td>$150 per person</td>
<td></td>
</tr>
</tbody>
</table>

Please contact Torri LaSmith at torri.lasmith@philaymca.org for more information.

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.

<table>
<thead>
<tr>
<th></th>
<th>Saturday</th>
<th>11:00 AM – 11:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Members:</td>
<td>$17.50</td>
<td></td>
</tr>
<tr>
<td>Members:</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>Non-Members:</td>
<td>$70</td>
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</tbody>
</table>

Arts & Crafts – Youth (Ages 6-8)
Let your child create their own masterpiece. Students will create a new project to take home nearly every week. Please have your child bring a smock or wear old clothes.

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Wednesday</th>
<th>6:30 PM – 7:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Members:</td>
<td>$20</td>
<td>$25.50</td>
<td></td>
</tr>
<tr>
<td>Members:</td>
<td>$40</td>
<td>$51</td>
<td></td>
</tr>
<tr>
<td>Non-Members:</td>
<td>$80</td>
<td>$102</td>
<td></td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th></th>
<th>Saturday</th>
<th>10:00 AM – 10:45 AM</th>
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<tbody>
<tr>
<td>(Ages 3-5)</td>
<td></td>
<td></td>
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<tr>
<td>(Ages 6-7)</td>
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<tr>
<td>(Ages 8-12)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Saturday</th>
<th>11:00 AM – 11:45 AM</th>
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<tbody>
<tr>
<td>(Ages 6-7)</td>
<td></td>
<td></td>
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<tr>
<td>(Ages 8-12)</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th></th>
<th>Saturday</th>
<th>12:00 PM – 12:45 PM</th>
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<tbody>
<tr>
<td>Family Members:</td>
<td>$25.50</td>
<td></td>
</tr>
<tr>
<td>Members:</td>
<td>$51</td>
<td></td>
</tr>
<tr>
<td>Non-Members:</td>
<td>$102</td>
<td></td>
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</tbody>
</table>

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

<table>
<thead>
<tr>
<th></th>
<th>Wednesday</th>
<th>6:10 PM – 6:55 PM</th>
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<tbody>
<tr>
<td>(Ages 5-7)</td>
<td></td>
<td></td>
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<tr>
<td>(Ages 8-12)</td>
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</table>

<table>
<thead>
<tr>
<th></th>
<th>Wednesday</th>
<th>7:00 PM – 7:45 PM</th>
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</thead>
<tbody>
<tr>
<td>Family Members:</td>
<td>$25.50</td>
<td></td>
</tr>
<tr>
<td>Members:</td>
<td>$51</td>
<td></td>
</tr>
<tr>
<td>Non-Members:</td>
<td>$102</td>
<td></td>
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</tbody>
</table>

Swim Team
The Christian Street YMCA offers a competitive swim team for children 6-18 years old. All swimmers must be able to complete 1 lap of freestyle with proper breathing technique and 1 lap of backstroke. Swimmers will be screened prior to registration. Swim team will run from September through May. Members only.

<table>
<thead>
<tr>
<th></th>
<th>Monday-Thursday</th>
<th>6:30 PM – 7:45 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members:</td>
<td>$250</td>
<td></td>
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</tbody>
</table>

Please contact Torri LaSmith at torri.lasmith@philaymca.org for more information.

Arts & Humanities

ARTS & HUMANITIES

Please view current schedules online: philaymca.org
**YOUTH**

**Gym & Swim – Preschool (Ages 3-5)**
The class will consist of a gym class followed by swim. Children will be introduced to a new sport each week through skill building and games. Participants will play games to learn and practice basic swim skills in a fun environment. Parents will receive a recommendation for the appropriate group swim level.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>9:30 AM - 11:00 AM</td>
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<tr>
<td>Wednesday</td>
<td>9:30 AM - 11:00 AM</td>
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<tr>
<td>Thursday</td>
<td>9:30 AM - 11:00 AM</td>
</tr>
<tr>
<td>Friday</td>
<td>9:30 AM - 11:00 AM</td>
</tr>
</tbody>
</table>

Family Members: $32.50  
Members: $65  
Non-Members: $130

**Basic Tumbling – Preschool/Youth**
The first instructional tumbling class for your child. Boys & girls will learn basic tumbling techniques. (Ages 3-5)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>3:30 PM - 4:15 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:10 PM - 6:55 PM</td>
</tr>
</tbody>
</table>

Family Members: $25.50  
Members: $51  
Non-Members: $102

**Semi- Private Basketball Lessons**
Semi-private lessons are for children, and teens of any ability. Classes are scheduled no more than one-on-four instructor-participant ratio. Learn the basics of basketball, refine current skills or perfect your handling shooting and defense. Private lessons are scheduled in 45 minute increments, 8 weeks at a time. MUST MEET WITH DIRECTOR BEFORE SCHEDULING. Contact Nate McCoy: nmccoy@philaymca.org

Family Members: $80  
Members: $160  
Non-Members: $320

**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.

<table>
<thead>
<tr>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Preschool (Ages 3-5)</td>
<td>10:00 AM - 10:45 AM</td>
</tr>
<tr>
<td>Youth (Ages 5-7)</td>
<td>11:00 AM - 11:45 AM</td>
</tr>
<tr>
<td>Youth (Ages 8-12)</td>
<td>12:00 PM - 12:45 PM</td>
</tr>
</tbody>
</table>

Family Members: $25.50  
Members: $51  
Non-Members: $102

**T-ball – Preschool (Ages 3-5)**
Participants will learn the fundamentals and rules of T-Ball while developing good teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>3:30 PM - 4:15 PM</td>
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</table>

Family Members: $25.50  
Members: $51  
Non-Members: $102

**Tennis**
Participants are introduced to tennis through supplemental activities such as basic strokes and fun games.

<table>
<thead>
<tr>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Ages 6-7)</td>
<td>6:15 PM - 7:00 PM</td>
</tr>
<tr>
<td>(Ages 8-10)</td>
<td>6:15 PM - 7:00 PM</td>
</tr>
</tbody>
</table>

Family Members: $25.50  
Members: $51  
Non-Members: $102

**Karate – Youth**
Karate for ages 6-14 taught in a fun, energetic, yet well-structured setting. Children will have a great workout learning discipline, focus, leadership, team work, and self-confidence, and will have the capability to earn belt rankings.

<table>
<thead>
<tr>
<th>Age</th>
<th>Time</th>
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<tbody>
<tr>
<td>(Ages 5+)</td>
<td>6:30 PM - 8:00 PM</td>
</tr>
<tr>
<td>(Beginner)</td>
<td>7:00 PM - 8:30 PM</td>
</tr>
<tr>
<td>(Intermediate)</td>
<td>9:30 AM - 11:00 AM</td>
</tr>
</tbody>
</table>

Family Members: $28.50  
Members: $57  
Non-Members: $114

**MARTIAL ARTS**

**MARTIAL ARTS**

**Karate – Youth**
Karate for ages 6-14 taught in a fun, energetic, yet well-structured setting. Children will have a great workout learning discipline, focus, leadership, team work, and self-confidence, and will have the capability to earn belt rankings. (Ages 5+)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>6:30 PM - 8:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>7:00 PM - 8:30 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:30 AM - 11:00 AM</td>
</tr>
</tbody>
</table>

Family Members: $28.50  
Members: $57  
Non-Members: $114

**Semi- Private Basketball Lessons**
Semi-private lessons are for children, and teens of any ability. Classes are scheduled no more than one-on-four instructor-participant ratio. Learn the basics of basketball, refine current skills or perfect your handling shooting and defense. Private lessons are scheduled in 45 minute increments, 8 weeks at a time. MUST MEET WITH DIRECTOR BEFORE SCHEDULING. Contact Nate McCoy: nmccoy@philaymca.org

Family Members: $80  
Members: $160  
Non-Members: $320

**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.

<table>
<thead>
<tr>
<th>Age</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>Preschool (Ages 3-5)</td>
<td>10:00 AM - 10:45 AM</td>
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<td>Youth (Ages 5-7)</td>
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</tr>
<tr>
<td>Youth (Ages 8-12)</td>
<td>12:00 PM - 12:45 PM</td>
</tr>
</tbody>
</table>

Family Members: $25.50  
Members: $51  
Non-Members: $102

**Child Care**
A YMCA Youth Membership is included with enrollment in Full Day Preschool Child Care programs. The Christian Street YMCA offers a complete state licensed Keystone Star ranked early learning center.

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.
YOUTH

PRE-SCHOOL PROGRAMS
The Christian Street 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 Christian Street YMCA is a subsidy participating agency. Financial assistance may be available to those who qualify.

For more information please call ext. 1611. All registration information is available online or at the Welcome Center. Please complete the information and contact Lynne Saunders at ext. 1611 for further enrollment details. Financial assistance may be available to those who qualify.

EARLY LEARNING CENTER
Toddler Care
24 – 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.

SCHOOL AGE PROGRAMS
Ages 5-12
The Christian Street YMCA is committed to providing a quality School Age Program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Human Services. In addition, all programs have achieved a STAR rating based on the Pennsylvania Keystone Stars quality assurance program. Each program day, our qualified staff provides creative learning experiences and supervised activities for a child’s development and enjoyment.

Before Care
Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc.

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

Program includes:
• Homework help
• Snack time
• Free choice of activities
• Planned recreational activities
• Sports, games, Arts & Crafts, swimming
• Low staff-to-child ratio
• Highly qualified and trained staff
• A safe environment

Transportation is currently provided from the following schools: Andrew Jackson, Chester Arthur Elementary School, Christopher Columbus Charter School, Christopher Columbus South, E.M. Stanton Elementary School, Independence Charter School, Mastery Charter, Philadelphia Free School, and Universal Charter School.

Transportation is subject to change based on enrollment and availability. The Y will consider providing transportation where there are 5 or more students enrolled in our program. If you would like your child’s school to be considered for pick up, please call ext. 1611.

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Before Care</td>
<td>M-F</td>
<td>7:00 AM - 8:00 AM</td>
</tr>
<tr>
<td>After Care</td>
<td>M-F</td>
<td>3:00 PM - 6:00 PM</td>
</tr>
</tbody>
</table>

BIRTHDAY PARTIES

Gym Party
Gym parties include your child’s choice of sports and games facilitated by YMCA staff. Parties are for children ages 3 and up. Decorations and food are not provided. For more information contact Nathan McCoy at nmccoy@philaymca.org.

$250 members
$350 non-member
TEEN/ADULT SWIM LESSONS
(Ages 13+)

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

*Adults must be members to register for swim lessons.

**Stage 1 - Swim Basics**
- **Tuesday**: 7:30 PM - 8:15 PM
- **Thursday**: 7:30 PM - 8:15 PM
- Members: $70
- Non-Members: $140

**Stage 3 - Swim Basics**
- **Thursday**: 7:30 PM - 8:15 PM
- Members: $70
- Non-Members: $140

**Stage 4 - Swim Strokes**
- **Monday**: 7:30 PM - 8:15 PM
- Members: $70
- Non-Members: $140

**Stroke & Turn Clinic**
Adults who already lap swim, work with a coach to improve technique, endurance and speed.
Great for swimmers preparing for triathlon.
- **Tuesday & Thursday**: 7:30 PM - 8:30 PM
- Members: $75

**Swim Team**
The Christian Street YMCA offers a competitive swim team for children 6-18 years old. All
swimmers must be able to complete 1 lap of freestyle with proper breathing technique and
1 lap of backstroke. Swimmers will be screened prior to registration. Swim team will run from
September through May. Members only.
- **Monday-Thursday**: 6:30 PM - 7:45 PM
- Members: $250

Please contact Torri LaSmith at torri.lasmith@philaymca.org for more information.

TEEN/ADULT SPORTS

**Karate - Adult**
Participants will have a great workout learning discipline, focus, leadership, team work, and
self-confidence, and have the capability to earn belt rankings.
- **Friday**: 6:00 PM - 7:00 PM
- Family members: $28.50
- Members: $57
- Non-Members: $114

ADULT AQUATIC EXERCISE

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

**BIAP Key:**
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.

**Aqua Dance (B I A)**
This dance-based fitness class is specially designed with great international rhythms and
resistance aides to help you dance your way into shape. Taught in the shallow end of the pool.

**Aquacize (BIAP)**
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.

**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.

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. Contact Marcus Kaufman for more
information at marcus.kaufman@philaymca.org

<table>
<thead>
<tr>
<th>Package</th>
<th>Price</th>
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<tbody>
<tr>
<td>1 session</td>
<td>$55</td>
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<tr>
<td>5 sessions</td>
<td>$250</td>
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<tr>
<td>10 sessions</td>
<td>$475</td>
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PARTNER TRAINING
One on two training with a nationally certified personal trainer. They will help you and a partner 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.

<table>
<thead>
<tr>
<th>Personal Training 1 session</th>
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<tbody>
<tr>
<td>Personal Training 5 sessions</td>
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<tr>
<td>Personal Training 10 sessions</td>
<td>$360</td>
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Group Exercise

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® (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.

BodyJAM® (B I A)
House, Hip-hop, Drum ‘n’ Bass, Trap, all styles of electronic dance music, it’s the soul of BODYJAM®. Dance you heart out and have fun doing it.

BOOM® (B I A)
Brought to you by Silver Sneakers, this three class series is designed to meet the needs of the Baby Boomers and Active Older Adults. It focuses on a strength, dance and mind/body format for those who may be too young for SilverSneakers, but want an alternative to the standard group exercise classes. Classes may be 30 minutes-1 hour. Options for everyone!

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.

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 (BI)
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 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!

Cycle Express (B I A P)
A 30-minute cycling class intended to support your busy schedule or take this with another express class.

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.

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.

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

SilverSneakers® 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. Handheld weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.
ADULTS

Silver&Fit® Experience (B I) AOA
This class is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help your heart health, muscular endurance and strength, flexibility and balance. All exercises are performed in a standing position with the option of using a chair for light support. This class will help you take on daily tasks with more ease and keep up with your grandkids! 45 Minutes

Silver Conditioning (B I A) AOA
This class is designed to teach fundamentals in cardiovascular and strength based movements in a low impact, low intensity setting.

Stretch & Balance (B I A P) AOA
Exercises to challenge and improve functional balance of varying levels. Equipment may be used depending on ability. Enhance your day with improved flexibility and balance while creating calm and relaxation.

T’ai Chi (B I A)
T’ai Chi, also written as Taiji, is a gentle Chinese exercise that simultaneously teaches self defense, promotes good health and serves as a meditative exercise that teaches “stillness through movement.” There are several styles of T’ai Chi; this class is Yang Family Long Form.

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

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

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

SMALL GROUP TRAINING

SHOCK
A class designed to “shock” an individual’s current training routine or jump start a person that has gotten off track back to a fit lifestyle. Pre and Post fitness testing will show how hard work and challenging training pays off.

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

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Women and Weights
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.

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

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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.
LiveSTRONG at the YMCA
The Y and LiveSTRONG joined together to create LiveSTRONG at the YMCA, a 12-week physical activity and wellbeing program designed to help adult cancer survivors improve strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve their quality of life. The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities. Contact Marcus Kaufman for more information at ext. 1616 or marcus.kaufman@philaymca.org. Free for Members.

Nutrition at the Y, Powered by CHARGE
Sign up for 1-on-1 nutritional counseling, tailored to helping you achieve your individual health goals. Registered Dietitians are available to consult with you in private sessions right here at The Y. In regular sessions, they will help you get the most out of your diet – whether it's to get leaner, address a health issue, or just make smarter choices. Stop by the Y membership desk to sign up for a session and see how Nutrition at the Y, Powered by CHARGE, can help you connect to better health.

| 1 session | $75 |
| 3 sessions | $140 |
| 6 sessions | $275 |

**May be a covered benefit of your health insurance – CHARGE will qualify your health insurance for coverage**

The Y’s 12-week Weight Loss Program
12 week session
Experience the Y’s 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.

FAMILY

Family Fun Night
A night of fun for the whole family once a month. FREE for members. Dates, times, and activities vary. Please ask the Welcome Center for the next Family Fun Night!

Parents Night Out (Ages 2-10)
Enjoy an evening without the little ones, while they enjoy a night out at the Y! Children will enjoy gym time, free play, story time, arts & crafts, dinner, and a movie. Sneakers must be worn in order to participate in gym time.

| One Friday/Month | 6:00 PM – 9:00 PM |
| $20 first child | $15 second/third |

Out and About (Ages 3+)
Have a Doctor’s Appointment, need run some errands or go shopping? Take some time for you while we take care of your little ones.

| $15 1st Child | $10 for each additional child |

Sponsorship Opportunities
The Christian Street YMCA will proudly recognize your company’s donation with a banner in our gymnasium or pool, on our youth sports t-shirts, or in many other ways. Show your community you care by sponsoring a YMCA program or team. For more information, contact Shea Trogdon at ext. 1620.