WIN T ER 2017
Registration begins August 7th
philaymca.org
BE A HERO!
Donate today to the 2019 Annual Campaign!

SPRINT INTO SPRING

YOUR Y PROGRAM GUIDE

BE A HERO!
Donate today to the 2019 Annual Campaign!
HOURS OF OPERATION
Mon. - Thurs. 5:00 AM - 10:00 PM
Friday 5:00 AM - 9:00 PM
Saturday 7:00 AM - 7:00 PM
Sunday 8:00 AM - 5:00 PM
Pool closes 30 minutes before building.

HOLIDAY HOURS
Good Friday 5:00 AM - 9:00 PM
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 215-482-3900 during normal business hours
• Stop by the branch during normal business hours to register at the Welcome Center Desk.

CHILD WATCH
(6 weeks 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. Child Watch will be closed on Kids Night Out, see dates on page 7.

Monday - Saturday 8:30 AM - 1:00 PM
Monday - Thursday 5:00 PM - 8:15 PM
Friday 5:00 PM - 8:00 PM
Sunday 8:30 AM - 2:00 PM

MEET OUR STAFF
Matthew Student
Executive Director
mstudent@philaymca.org

Warren Anders
Property Director
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Dana Barbion
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Hadley Smink
Adv. Membership Director
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**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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>5:20 PM – 5:50 PM</td>
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<tr>
<td>Saturday</td>
<td>10:20 AM - 10:50 AM</td>
</tr>
<tr>
<td>Sunday</td>
<td>12:15 PM – 12:45 PM</td>
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</tbody>
</table>

- Family Members: $28
- Members: $56
- Non-Members: $112

**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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>1:30 PM – 2:00 PM, 4:00 PM – 4:30 PM, 4:40 PM – 5:10 PM, 5:20 PM – 5:50 PM, 6:00 PM - 6:30 PM</td>
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<td>Wednesday</td>
<td>3:10 PM – 3:40 PM, 5:00 PM – 5:30 PM</td>
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<tr>
<td>Thursday</td>
<td>4:40 PM – 5:10 PM</td>
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<tr>
<td>Saturday</td>
<td>9:40 AM – 10:10 AM, 10:20 AM – 10:50 AM, 12:30 PM – 1:00 PM</td>
</tr>
<tr>
<td>Sunday</td>
<td>1:00 PM – 1:40 PM</td>
</tr>
</tbody>
</table>

- Family Members: $28
- Members: $56
- Non-Members: $112

**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.

<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
<td>4:00 PM – 4:30 PM, 4:40 PM – 5:10 PM</td>
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<tr>
<td>Tuesday</td>
<td>1:30 PM – 2:00 PM, 5:00 PM – 5:30 PM</td>
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<tr>
<td>Wednesday</td>
<td>2:10 PM – 2:40 PM, 4:00 PM – 4:30 PM, 4:30 PM – 5:00 PM, 5:50 PM – 6:20 PM, 6:00 PM – 6:30 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>5:00 PM – 5:30 PM</td>
</tr>
</tbody>
</table>

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

**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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>6:50 PM – 7:30 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:40 PM – 7:20 PM</td>
</tr>
</tbody>
</table>

- Members: $62
- Non-Members: $124

**View current schedules online: PhilaYMCA.org**
YOUTH

Saturday
9:40 AM – 10:10 AM
11:00 AM – 11:30 AM
12:00 PM - 12:30 PM
12:30 PM – 1:00 PM
Sunday
12:15 PM – 12:45 PM
1:00 PM – 1:30 PM

Members: $54
Non-Members: $108

**Swim Basics – Stage 3**

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

**Preschool**

Monday
4:00 PM – 4:30 PM
Tuesday
4:00 PM – 4:30 PM
5:00 PM – 5:30 PM
Wednesday
4:00 PM – 4:30 PM
Thursday
5:40 PM – 6:10 PM
Saturday
11:00 AM – 11:30 AM
Sunday
2:00 PM – 2:30 PM

Members: $54
Non-Members: $108

**School Age**

Tuesday
5:40 PM – 6:20 PM
Thursday
5:40 PM – 6:20 PM
Saturday
11:40 AM – 12:20 PM
Sunday
1:00 PM – 1:40 PM

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.

**Preschool**

Tuesday
5:40 PM – 6:10 PM
Wednesday
1:30 PM – 2:00 PM
Sunday
1:40 PM – 2:10 PM

Members: $54
Non-Members: $108

**Teen/Adult**

Tuesday
7:00 PM - 7:40 PM

Members: $62
Non-Members: $124

**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
5:10 PM – 5:50 PM
Saturday
11:40 AM - 12:20 PM
Sunday
2:50 PM - 3:30 PM

Members: $62
Non-Members: $124

**Swim Strokes – Stage 6**

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

**School Age**

Monday
6:10 PM – 6:50 PM
Thursday
6:30 PM – 7:10 PM

Members: $62
Non-Members: $124

**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.
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.
Members: $150
Non-Members: $300

Semi-Private Swim Lessons
Semi-Private lessons are for all ages and swimming ability. Lessons are scheduled with an instructor and two or three participants. They will learn the basics of swimming, refine current skills or perfect your stroke mechanics. Semi-Private lessons are scheduled in 30 minute increments and each participant will register individually.
Members: $100 per person
Non-Members: $200 per person

Ability Aquatics Instruction – Preschool
The Adapted Aquatic Program is small group format led by an experienced instructor able to meet your child’s special needs. Children can participate either with an aid or on their own, depending on their needs. Max Enrollment: 5

Preschool

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>4:30 PM - 5:00 PM</th>
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<tbody>
<tr>
<td>Members: $54</td>
<td></td>
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<tr>
<td>Non-Members: $108</td>
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ARC Lifeguard Certification (Ages 15+)
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 able to complete a standard 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 once class begins. Participants are required to attend all scheduled class days.

<table>
<thead>
<tr>
<th>May 13th, 14th, 15th, 20th, 21st</th>
<th>4:00 PM - 9:00 PM</th>
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</thead>
<tbody>
<tr>
<td>Members/Non Members: $350</td>
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Max enrollment: 10

Art Education
Allow your child to experiment with shapes, lines, space and colors. Fine motor and creative thinking skills will be enhanced while the children learn about different art techniques.
Preschool (Ages 3-5)
Wednesday 5:15 PM - 6:00 PM
Youth (Ages 6-8)
Wednesday 6:15 PM - 7:00 PM
Members: $35
Non-Members: $70

Dance Combo
Dance Combo Participants work on foot and arm positions, control, stability, poise and grace and are encouraged to express themselves through different styles of dance
Preschool (Ages 3-5)
Monday 11:00 AM - 11:45 AM
Members: $35
Non-Members: $70

Hip Kids – Youth/Teen (Ages 8-15)
An educational program to teach youth about nutrition, exercise and behavioral techniques for maintaining a healthy lifestyle. Participants develop leadership and teamwork skills, as well as nutritional knowledge and an appreciation for the “feel good” aspect of exercise. The program explores healthy eating and food values while developing an interest in various types of cardiovascular and strength training exercises. Participants should come dressed to exercise and bring a notebook and pen with them to use as their “Healthy Living Journal.”
Wednesday 7:00 PM - 8:00 PM
Members: $45
Non-Members: $65

Family Fitness (B I)
Family fitness is consistent of a family fun camp. Anything goes, even dancing. Bring the whole family for fitness, obstacle courses, circuits, games, dancing and more.
Monday 5:00 PM - 5:45 PM
Friday 6:00 PM - 6:45 PM
Members: Free
Non-Members: $25
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 age 8 and up.

Tuesday 5:15 PM - 6:00 PM
Members: Free
Non-Members: $25

Out & About
Have a doctors appointment, need to run some errands or go shopping? Take some time for you while we take care of your little ones.

*Every Thursday in Child watch

Thursday 11:00 AM - 2:00 PM
$15/1st child | $10/each additional child

INSTRUCTIONAL SPORTS

Basketball - Preschool/Youth
This class will teach the fundamentals and rules of basketball, and assist in developing good sportsmanship. Emphasis is on skill development, fun and participation.
(Ages 3-5)

Wednesday 11:00 AM - 11:45 AM
6:15 PM - 7:00 PM
Friday 10:00 AM - 10:45 AM
Saturday 10:00 AM - 10:45 AM
(Ages 6-8)

Wednesday 7:05 PM - 7:50 PM
Saturday 11:00 AM - 11:45 AM
(Ages 9-12)

Wednesday 7:55 PM - 8:40 PM
Saturday 12:00 PM - 12:45 PM
Members: $35
Non-Members: $70

Soccer - Preschool
This class will teach the fundamentals of soccer, while developing good sportsmanship. Emphasis is on skill development, fun and participation.
(Ages 3-5)

Monday 11:00 AM - 11:45 AM
6:15 PM - 7:00 PM
Thursday 10:00 AM - 10:45 AM
Saturday 9:00 AM - 9:45 AM
(Ages 6-8)

Monday 7:05 PM - 7:50 PM
Saturday 10:00 AM - 10:45 AM
(Ages 9-12)

Monday 7:55 PM - 8:40 PM
Saturday 11:00 AM - 11:45 AM
Members: $35
Non-Members: $70

Gymnastics - Parent/Child
(Ages 1-3)
This parent participation program introduces balancing, tumbling, hanging and agility skills in a fun, open environment. Short structured experiences mixed with free play and choice.

Tuesday 10:00 AM - 10:45 AM
Members: $35
Non-Members: $70

Sports Introduction – Parent/Child
(Ages 1-3)
Children are introduced to a variety of different sports and other games. This is a great way to get your child excited about playing sports while building self esteem and improving coordination and motor skills. Parent participation is encouraged.

Wednesday 10:00 AM - 10:45 AM
Saturday 9:00 AM - 9:45 AM
Members: $35
Non-Members: $70

MARTIAL ARTS

Seido Karate (Ages 7+)
Seido (“say-dough”) Karate is a traditional Japanese style of karate that provides training for self-development, self-defense, and physical fitness. Classes are for members ages 6-99 and Beginner and Advanced classes are offered based on skill level.

Thursday 7:00 PM - 8:00 PM
Saturday 11:00 AM - 12:00 PM
Members: $60
Non-Members: $120

Judo (Ages 7+)
An ancient form of martial arts this co-ed program emphasizes discipline and self-esteem.

Monday 7:00 PM - 8:00 PM
Wednesday 7:00 PM - 8:00 PM
Full Privilege Members: $60
Non-Members: $120

GYMNASTICS

Gymnastics - Parent/Child (Ages 1-3)
This parent participation program introduces 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.

Tuesday 11:00 AM - 11:45 AM
6:15 PM - 7:00 PM
Thursday 6:15 PM - 7:00 PM
Friday 11:00 AM - 11:45 AM
Members: $35
Non-Members: $70

Gymnastics - Preschool (Ages 3-5)
Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age appropriate equipment to ensure the safest and most effective learning environment.

Tuesday 11:00 AM - 11:45 AM
6:15 PM - 7:00 PM
Thursday 6:15 PM - 7:00 PM
Friday 11:00 AM - 11:45 AM
Members: $35
Non-Members: $70
YOUTH

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, and floor. (Ages 6-8)

- Tuesday 7:05 PM – 7:50 PM
- Thursday 7:05 PM – 7:50 PM

(Ages 9-12)

- Tuesday 7:55 PM – 8:40 PM

Members: $35
Non-Members: $70

FAMILY

Parents Night Out (Ages 3-12)(3 hours)
Enjoy an evening without the little ones when you send them to the Y for their own night out. Children will enjoy gym time, open play, circle story time, crafts, and a movie. Dinner is provided. Send a pillow, blanket, and pajamas and the children will be ready for bed when you pick them up. Sneakers must be worn in to participate in gym time. This is a benefit of full privilege membership.

Registration will open 2 weeks prior.

- Friday, March 1 5:00 PM - 8:30 PM
- Friday, April 5 5:00 PM - 8:30 PM
- Friday, May 3 5:00 PM - 8:30 PM

Members: $20/child | $15/2nd child | $10/additional

Out & About

Every Thursday in Child Watch

11:00 AM - 2:00 PM

Family Fitness (B I)
Family fitness is consistent of a family fun camp. Anything goes, even dancing. Bring the whole family for fitness, obstacle courses, circuits, games, dancing and more.

- Monday 5:00 PM - 5:45 PM
- Friday 6:00 PM - 6:45 PM

Members: Free
Non-Members: $25

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 age 8 and up.

- Tuesday 5:15 PM - 6:00 PM

Members: FREE
Non Members $25

CHILD CARE

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

The Roxborough YMCA Child Development Center has earned 4 Stars in the Pennsylvania Keystone STARS program, and is a PA Pre-K Counts Site.

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

PRESCHOOL PROGRAMS

Roxborough YMCA’s 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.

- Cheerful atmosphere
- Stimulating environment with texture, sight and sound
- Language development, reading and math readiness
- Age appropriate equipment
- Social skills, independent and group playtime
- Art, music and movement
- Outdoor games & playground activities
- Ongoing communication between parents and staff
- Gym time
- Swimming for Preschool groups

FULL DAY PRESCHOOL

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:30 AM - 6:00 PM</td>
<td>Roxborough YMCA</td>
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Toddler Care (18-35 months)

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Age</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Young Toddler</td>
<td>5 days</td>
<td>18-24 Months</td>
<td>$257/week</td>
</tr>
<tr>
<td>Older Toddler</td>
<td>5 days</td>
<td>24-36 Months</td>
<td>$244/week</td>
</tr>
<tr>
<td>Preschool</td>
<td>5 days</td>
<td>3-5 years</td>
<td>$228/week</td>
</tr>
</tbody>
</table>

*Financial assistance may be available to those who qualify.
SCHOOL AGE PROGRAMS
The Roxborough YMCA is committed to providing a quality School Age Program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Public Welfare. In addition, all programs have achieved a Star 4 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 (Grades K–6)
Program Times: 6:30 AM - Bus Pick-up
Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc.

After Care (Grades K–6)
Program Times: Bus Drop-off - 6:00 PM
Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours.

PLEASE NOTE: Children must be able to be transported to and from the YMCA by their school’s transportation system. The Roxborough YMCA does not offer pick-up or drop-off service at this time. Students from Green Woods Charter School will be walked to and from the YMCA by YMCA staff.

Program Includes:
- Breakfast (Before Care)
- Afternoon snack (After Care)
- Homework help
- Enrichment and interest-driven activity choices
- Gym & Swim time
- Service learning component
- All scheduled early dismissals
- Reduced rate for School Age Holiday Care

***Subsidy is accepted for all School Age Programs***

School Age Holiday Care (Grades K–6)
Provides care on the days that your child’s school is closed, including most in-service days and holidays. Your child will engage in social and educational activities while having fun. Please bring your lunch. Check out our website for a list of 2018-2019 dates.

School Age Holiday Care includes:
- Breakfast & Afternoon Snack
- Special Theme Days
- Swimming on some days

Full Privilege Members: $40 per day
Non-Members: $60 per day
After School Participants: $25 per day*
*This cost is in addition to your normal school age fees.

BIRTHDAY PARTIES
A trained party host/hostess will ensure you and your guests’ experience is a GREAT time when you choose one of the following party rentals. Please contact the Roxborough Y Welcome Center for more information or to book a party.
*Parties must be booked no less than 3 weeks in advance.
*You provide the cake, food/beverage, decorations and paper and plastic products.

Birthday Parties – Splash
(Ages 7 & up)
- 1 hour 30 minutes of swimming, followed by 1 hour of fun in our party room.
- All party guests will be swim tested.
- Accommodates a maximum of 15 guests.
- Swimming portion of party is non-private (2 lap lanes open during this time).

Saturday 3:00 PM - 5:30 PM
Sunday 1:30 PM - 4:00 PM

Members $225
Non Members $325

Birthday Parties – Mad Scientists
(Ages 6 & up)
- 2 hour private party in half of the Gymnasium and Party Room (1 hour and 15 minutes creating experiments)
- A variety of science experiments for the kids to enjoy
- Experiments accommodates a max of 15 kids

Saturday 3:00 PM - 5:00 PM
Sunday 2:00 PM - 4:00 PM

Members $250
Non Members $350

Birthday Parties – Fun-in-the-Sun
(Ages 5 & up)
- 2 hour private outdoor party
- Use of the outdoor pavilion, playground, outdoor basketball court and the field with baseball diamond.
- Activities include: baseball, basketball, field games, and more! Be as creative as you want.
- Accommodates a maximum of 30 guests

Saturday 3:00 PM - 5:00 PM
Sunday 2:30 PM - 4:30 PM

Members $195
Non Members $295

Birthday Parties – Gym Jubilee
(Ages 2 & up)
- 2 hour private party in half of the Gymnasium and Party Room
- Variety of activities available: basketball, soccer, running, jumping, dancing, tumbling, game play and more.
- Kid’s Rock Climbing Wall
- Accommodates a maximum of 30 guests
- Perfect for the child who loves to GO, GO, GO!

Saturday 3:00 PM - 5:00 PM
Sunday 2:00 PM - 4:00 PM

Members $195
Non Members $295
ADULT SWIM LESSONS

For more information regarding swim stages please refer to page 4.

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.

<table>
<thead>
<tr>
<th>Monday</th>
<th>7:00 PM - 8:00 PM</th>
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<tbody>
<tr>
<td>Members: $55</td>
<td></td>
</tr>
<tr>
<td>Non-Members: $110</td>
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</tbody>
</table>

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.

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<thead>
<tr>
<th>Tuesday</th>
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</thead>
<tbody>
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<tr>
<td>Non-Members: $110</td>
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</table>

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 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 Deep (B I A)
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.

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

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.

HEALTH & WELLNESS

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

1 Hours Sessions

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<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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Personal Training – Small Group
If you and a friend would like to train together, a personal trainer will motivate you and get you on the right track. For more information contact Michael Leonard at ext. 2119.

Partner Training
One on two training with a Nationally Certified Personal Trainer. They will help you meet your goals through varied and creative exercise techniques.

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<tr>
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<td>5 sessions</td>
<td>$190</td>
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<td>10 sessions</td>
<td>$390</td>
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Post-Rehab Training
Any member who has a prescription for post-rehab your needs can be met through our personal training program. The YMCA will waive the joining fee for people who are joining the YMCA for Post-Rehab Training.

1 Hours Sessions

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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.

SMALL GROUP TRAINING
Small Group Training classes consist of a group of no more than 6 people. The small group atmosphere allows for closer attention to form and proper technique while getting a great workout with a motivating and professional instructor without the higher costs of personal training. Small Group Training is the ideal setting for participants that want more individualized attention and for people who enjoy training in a social environment.

8 weeks - 60 minute session $50

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

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!

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.

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.

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

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

Chair Yoga (B I A)
This class is a series of seated poses designed to increase flexibility and strength.

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.

Family Fitness (B I)
Family fitness is consistent of a family fun camp. Anything goes, even dancing. Bring the whole family for fitness, obstacle courses, circuits, games, dancing and more.

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 age 8 and up.

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

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.

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.
Pickleball
Pickleball is a paddle sport created for all ages and skill levels; a mixture of tennis and ping pong. The rules are simple and the game is fun for beginners and experienced players.

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.

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.

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

SilverSneakers® Classic (B I)
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.

Tabata (I A)
The Tabata Protocol is the best supra-aerobic cardio workout to quickly and effectively burn fat and increase metabolism. The class will consist of intense 20 second intervals followed by 10 seconds of rest.

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.

Trim & Sculpt (B I A)
Trim & Sculpt is everyone’s favorite workout. It’s fast paced and challenging with motivating music to help you improve strength, flexibility, posture and balance in only 45 minutes.

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

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

ZUMBA® Gold (B I)
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.

ACTIVE OLDER ADULTS
SOCIAL ACTIVITIES/CLUBS
CLUBS AND ACTIVITIES
Older adults are some of our most loyal YMCA members. Here at the Philadelphia Freedom Valley YMCA, seniors have a chance to keep active and grow in spirit, mind and body. New friends and new opportunities add joy to life.

Physical activity is essential in maintaining a higher quality of life and independence among seniors. Regular exercise provides many practical benefits, including reducing the risk of diseases and conditions such as diabetes, osteoporosis, coronary artery disease and high blood pressure. Stronger muscles, better balance and coordination, and higher energy levels all work together to maintain or improve basic living skills.

Programs include group exercise classes, social events, low impact water exercise, community education and more! Check our active older adults schedule for days and times.

Lunch & Learn Nutrition Seminars
The Roxborough YMCA Senior Programs offer countless opportunities for adults over 55 to socialize with their peers. Lunch & Learn events vary from an array of different themes. Seniors will interact with their peers, as well as experience lectures by professionals. They are held every other month.

Coffee Social
Day     Location            Time
Monday  Lobby/Welcome Center  All Day
ACTIVE OLDER ADULTS

DID YOU KNOW...if you are on Medicare, you may be eligible for a FREE membership at the Roxborough YMCA? Visit the Welcome Center for more information. Available with the following providers: Keystone65, Personal Choice 65 PPO, HOP, Bravo.

Pickleball
Pickleball is a paddle sport created for all ages and skill levels; a mixture of tennis and ping pong. The rules are simple and the game is fun for beginners and experienced players.

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<tr>
<th>Day</th>
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<tr>
<td>Thursday</td>
<td>10:30 AM - 1:00 PM</td>
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<tr>
<td>Saturday</td>
<td>1:00 PM - 3:00 PM</td>
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Crochet Club
Learn a new skill or come in as a knowledgeable participant ready to share your skill set with others. Work on individual projects with the help and guidance of the other members.

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<tr>
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Plastic Canvas Workshop
(Plastic Canvas is a craft material of lightweight plastic with regularly spaced holes in imitation of embroidery canvas, and is a type of needlepoint that's used to create 3-dimensional objects such as tissue box covers, small jewelry boxes, handbags, and other decorative objects.) The members routinely share tips, ideas and patterns as they work on their individual projects.

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<tbody>
<tr>
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Arts and Crafts
Tuesdays are designed to bring your talents together. Share ideas, materials, or knowledge! Feel free to bring snacks to share.

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<tbody>
<tr>
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