MAKE IT A SUMMER TO REMEMBER

PHOENIXVILLE YMCA

YOUR Y PROGRAM GUIDE

SUMMER 2019
Registration begins May 28th
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

Jean West Pools at Baker Park:
Open May 27 - Sept. 2 11:00 AM - 8:00 PM

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

Jean West Pools at Baker Park:
Open May 27 - Sept. 2 11:00 AM - 8:00 PM

HOLIDAY HOURS
Memorial Day May 27 8:00 AM - 1:00 PM
Independence Day July 4 8:00 AM - 1:00 PM
Labor Day Sept. 2 8:00 AM - 1:00 PM
*Baker Park remains open during holidays.

SUMMER SESSION DATES
Summer (1) 8-week session:
June 24 - August 18

Summer A/B (2) 4-week sessions:
Summer A: June 24 - July 21
Summer B: July 22 - August 18

Summer I - IV (4) 2-week sessions:
Summer I: June 24 - July 4 (prorated for July 4)
Summer II: July 8 - July 18
Summer III: July 22 - August 1
Summer IV: August 5 - August 15

Registration:
Family Member: May 28 - July 28
Member: May 29 - July 28
Non-Member: June 3 - July 28

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.

Summer Hours beginning June 10th:
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.

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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.

MEET OUR STAFF

Deirdre Wood
Executive Director
ext. 2310

Kim Acito
Youth Program Director
ext. 2311

Emily Boring
Aquatic Director
ext. 2365

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

Lisa McGregor
Senior Program Director
ext. 2330

Chad Seamon
Teen and Camp Director
ext. 2320

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

Jessica Vogt
Senior Program Director
ext. 2340

John Wisser
Senior Membership and Wellness Director
ext. 2333

Anthony Addlesberger
Competitive Aquatic Director
anthony.addlesberger@philaymca.org

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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.

Summer (1x week for 8 weeks)

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<th>Day</th>
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<tr>
<td>Saturday</td>
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Summer A - (2x/week for 4 weeks)

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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.

Summer (1x week for 8 weeks)

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Summer B - (1x/week for 8 weeks)

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

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.

Summer A/B - (2x/week for 4 weeks)

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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.

Summer (1x/week for 8 weeks)

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Summer A/B - (2x/week for 4 weeks)

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Summer I-IV (4x/week for 2 weeks)

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<td>5:50 PM – 6:20 PM</td>
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Members: $62
Non-Members: $124

*Thursday classes will be prorated for July 4th
### YOUTH

#### School Age

**Summer (1x week for 8 weeks)**

- **Monday**: 7:00 PM – 7:40 PM
- **Wednesday**: 4:30 PM – 5:10 PM
- **Saturday**: 9:00 AM – 9:40 AM
- **Sunday**: 11:00 AM – 11:40 AM

**Summer I-IV (4x/week for 2 weeks)**

- **M/Tu/W/Th**: 9:00 AM – 9:40 AM
  - 6:10 PM – 6:50 PM

Members: $70  
Non-Members: $140

#### Teen/Adult

**Summer (1x week for 8 weeks)**

- **Tuesday**: 7:30 PM – 8:10 PM
- **Wednesday**: 5:50 PM – 6:30 PM

Members: $70  
Non-Members: $140

**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

**Summer (1x/week for 8 weeks)**

- **Monday**: 9:40 AM – 10:10 AM
  - 11:00 am - 11:40 am
  - 6:30 PM – 7:00 PM
- **Tuesday**: 11:00 AM – 11:30 AM
  - 6:30 PM – 7:00 PM
- **Wednesday**: 10:10 AM – 10:40 AM
  - 6:30 PM – 7:00 PM
- **Thursday**: 10:45 AM – 11:15 AM
  - 5:50 PM – 6:20 PM
- **Saturday**: 9:00 AM – 9:30 AM
  - 11:20 AM – 11:50 AM
- **Sunday**: 11:40 AM – 12:10 PM
  - 5:45 PM – 6:15 PM

**Summer A/B - (2x/week for 4 weeks)**

- **Monday/Wednesday**: 5:05 PM – 5:35 PM
  - 6:50 PM – 7:20 PM
- **Tuesday/Thursday**: 10:10 AM – 10:40 AM

**Summer I-IV (4x/week for 2 weeks)**

- **M/Tu/W/Th**: 9:40 AM – 10:10 AM
  - 11:00 AM – 11:30 AM
  - 4:30 PM – 5:00 PM
  - 6:50 PM – 7:30 PM

Members: $62  
Non-Members: $124

#### School Age

**Summer (1x/week for 8 weeks)**

- **Monday**: 6:10 PM – 6:50 PM
- **Thursday**: 4:45 PM – 5:25 PM
- **Saturday**: 10:00 AM – 11:10 AM
- **Sunday**: 11:50 AM – 12:30 AM

**Summer A/B - (2x/week for 4 weeks)**

- **Monday/Wednesday**: 11:25 AM – 12:05 PM

**Summer I-IV (4x/week for 2 weeks)**

- **M/Tu/W/Th**: 4:30 PM – 5:10 PM

Members: $70  
Non-Members: $140

#### Teen/Adult

**Summer (1x/week for 8 weeks)**

- **Tuesday**: 6:40 PM - 7:20 PM
  - 7:30 PM – 8:10 PM
- **Wednesday**: 5:50 PM - 6:30 PM
  - 6:40 PM – 7:20 PM

Members: $70  
Non-Members: $140

**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

**Summer (1x/week for 8 weeks)**

- **Monday**: 5:10 PM – 5:40 PM
- **Tuesday**: 9:40 AM – 10:10 AM
  - 5:50 PM – 6:20 PM
- **Wednesday**: 9:35 AM – 10:05 AM
  - 5:10 PM – 5:40 PM
- **Thursday**: 9:35 AM – 10:05 AM
  - 5:40 PM – 6:10 PM
- **Saturday**: 10:10 AM – 10:40 AM
- **Sunday**: 12:15 PM - 12:45 PM
  - 5:10 PM – 5:40 PM

**Summer A/B - (2x/week for 4 weeks)**

- **Monday/Wednesday**: 5:10 PM – 5:40 PM
- **Tuesday/Thursday**: 9:40 AM – 10:10 AM
### School Age

**Summer (1x/week for 8 weeks)**
- Monday: 5:20 PM – 5:50 PM
- Tuesday: 4:30 PM – 5:10 PM
- Wednesday: 6:00 PM – 6:40 PM
- Saturday: 9:45 AM – 10:25 AM
- Sunday: 12:40 PM – 1:20 PM

**Summer A/B - (2x/week for 4 weeks)**
- Monday/Wednesday: 10:40 AM – 11:20 AM
- Tuesday/Thursday: 5:00 PM – 5:40 PM

**Summer I-IV (4x/week for 2 weeks)**
- M/Tu/W/Th: 4:30 PM – 5:10 PM, 7:00 PM – 7:40 PM

Members: $70
Non-Members: $140

**Teen/Adult**

**Summer (1x/week for 8 weeks)**
- Tuesday: 6:40 PM – 7:20 PM
- Wednesday: 6:40 PM – 7:20 PM

Members: $70
Non-Members: $140

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### Preschool

**Summer (1x/week for 8 weeks)**
- Monday: 5:50 PM – 6:20 PM
- Tuesday: 5:10 PM – 5:40 PM
- Wednesday: 9:00 AM – 9:30 AM
- Thursday: 5:50 PM – 6:20 PM
- Saturday: 11:20 AM – 12:00 PM

**Summer A/B - (2x/week for 4 weeks)**
- Monday/Wednesday: 5:50 PM – 6:20 PM
- Tuesday/Thursday: 9:00 AM – 9:30 AM

**Summer I-IV (4x/week for 2 weeks)**
- M/Tu/W/Th: 11:20 AM – 11:50 AM

Members: $62
Non-Members: $124

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### 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.
YOUTH

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

Summer (1x/week for 8 weeks)

Tuesday 6:00 PM - 6:40 PM
Wednesday 5:10 PM - 5:50 PM
Thursday 6:00 PM - 6:40 PM
Saturday 9:00 AM - 9:40 AM
10:30 AM - 11:10 AM
Sunday 4:45 PM - 5:25 PM

Summer A/B - (2x/week for 4 weeks)

Monday/Wednesday 9:00 AM - 9:40 AM
6:10 PM - 6:50 PM

Members: $70
Non-Members: $140

Teen/Adult

Summer (1x/week for 8 weeks)

Tuesday 5:50 PM - 6:30 PM
Wednesday 7:30 PM - 8:10 PM

Members: $70
Non-Members: $140

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

School Age

Summer (1x/week for 8 weeks)

Tuesday 7:00 PM - 7:40 PM
Thursday 7:00 PM - 7:40 PM
Saturday 9:45 AM - 10:25 AM
11:20 AM - 12:00 PM
Sunday 5:30 PM - 6:10 PM

Summer A/B - (2x/week for 4 weeks)

Tuesday/Thursday 7:00 PM - 7:40 PM

Members: $65
Non-Members: $130

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 LESSONS (Ages 6 – 12)
For those children who have taken the Pre-Competitive Swim Lessons, we recommend you consider participation on the Baker Park Swim Team. For more importation about the team, please visit: www.payswim.org. Summer swim team evaluations are taking place during May. If you have questions about your child’s readiness for Baker Park Swim Team, please reach out to Coach Anthony Addlesberger: anthony.addlesberger@philaymca.org or Ross Herman: rherman@philaymca.org

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 ages of swimmers from absolute beginners to national qualifiers participate in both dual league meets and invitational meets throughout the season. It offers a fun atmosphere for both kids and parents to learn a life skill and test them against other swimmers from the area. USA Swimming is also offered for those registered.

For more information, visit www.payswim.org or contact Head Coach Anthony Addlesberger: anthony.addlesberger@philaymca.org
Baker Park Swim Team (Ages 6-18)
Full Privilege Members Only
Baker Park summer season runs for seven weeks, from May 29th through July 25th. There are seven summer dual meets which are held on Tuesday and Thursday evenings, two invitational weekend meets in June and July, and one-day Tri-County League Championship sessions. We kick off the season by hosting our own “Out of School and Into the Pool Baker Park Invitational”.

Baker Park Team fees include a Parents Aquatic Club registration fee, as well as a single season fee based on level of the swimmer. For more information on pricing, levels, practice times and meet schedule, please visit the team’s website: www.payswim.org or contact Coach Ryan Kennedy at rkennedy@philaymca.org. Welcome Center is now accepting registrations.

GET READY FOR FALL – SWIM EVALUATIONS!
If you are not already a member of the Baker Park or PAY Swim Team and are interested in joining the Phoenixville YMCA Swim Team, Coach Anthony Addlesberger and his staff will be conducting evaluations over the summer to determine a child’s readiness for each program. Evaluations are free and open to the community. Participation in clinic and swim team requires a YMCA membership. Specific August evaluation dates will be available after July 25th. Please visit the swim team website, www.payswim.org, to learn more about the program.

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 gymnastics backgrounds. Jumping to Intermediate requires a meeting with the coach, Questions can be directed to the coach, Jennifer Hatt at jhatt@philaymca.org. Note: Schedule is subject to change and will be updated, as needed, prior to registration beginning

Beginner
Beginner lessons concentrate on flexibility, swimming skills and synchronized swimming moves. Intermediates build on the beginner moves and learn more challenging moves. Summer (1x week for 7 weeks) June 17th through August 1st (Ages 4-7)

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<th>Non Members</th>
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<td>Monday</td>
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<td>$119</td>
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Summer (4x per week for 2 weeks) July 15th through July 26th (Ages 7+)

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<td>6:00 PM – 7:30 PM</td>
<td>$135</td>
<td>$270</td>
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Intermediate
Swimmers will learn basic moves set to music and will have the opportunity to compete in the Keystone State Games Saturday July 29th, 2017. Summer (1x per week for 6 weeks) June 17th through August 1st (Ages 6+)

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SYNCHRONIZED SWIMMING TEAM
This year-round program combines swimming with music, gymnastics and ballet in the water. Must have previous Synchro experience. Members: $130/month

For more information about the Synchronized Swimming program, contact Jennifer Hatt: jhatt@philaymca.org.

ARTS & HUMANITIES

Art Education – Youth (Ages 6-10)
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.

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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!

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YOUTH

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 3:15 PM - 4:00 PM
Thursday 9:30 AM - 10:15 AM
Family Members: $26
Members: $52
Non-Members: $104

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

Arts & Sciences – Preschool (Ages 3-5)
Let your child explore the world of science through arts. We will get messy and have fun as we make artistic creations while experimenting with science concepts at the same time. Please bring a smock or wear old clothes.

Monday 10:30 AM - 11:15 AM
Family Members: $26
Members: $52
Non-Members: $104

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 9:00 AM – 9:45 AM
Family Members: $26
Members: $52
Non-Members: $104

Cooking – Preschool (Ages 3-6)
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.

Wednesday 4:30 PM - 5:15 PM
Friday 9:30 AM – 10:15 AM
Family Members: $34
Members: $68
Non-Members: $136

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.

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

Sessions Family/Full Privilege Members Non-Members
1 session $15 $30
5 sessions $70 $140
10 sessions $130 $260

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 9:30 AM - 10:15 AM
Family Members: $26
Members: $52
Non-Members: $104

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 6-8)

Monday 9:30 AM - 10:15 AM
Wednesday 6:00 PM - 6:45 PM
Family Members: $26
Members: $52
Non-Members: $104

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 – 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

*Wednesday classes will be prorated for July 4th.*

**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.

<table>
<thead>
<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>10:00 AM - 10:45 AM</td>
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<td>1:00 PM - 1:45 PM</td>
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<tr>
<td>Saturday</td>
<td>9:00 AM - 9:45 AM</td>
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<td></td>
<td>11:00 AM - 12:00 PM</td>
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</tbody>
</table>

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

**Dance Ballet – Youth** (Ages 5-8)
Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination and creativity.

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<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Saturday</td>
<td>10:00 AM - 11:00 AM</td>
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</table>

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

**GYMNASTICS CLINIC** (Ages 4-7)
Children will participate in 3 hours of activity in our gymnastics facility each day. They will navigate through 3-4 stations daily, play games, and do Arts & Crafts! Participants must be potty-trained
Mon - Fri 9:00 AM - 12:00 PM
1:00 PM - 4:00 PM

Monday, June 17 - Friday, June 21

Monday, August 12 - Friday, August 16

Full Privilege Members: $100
Program Members: $200

**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)

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<th>Day</th>
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<tr>
<td>Tuesday*</td>
<td>9:00 AM - 9:45 AM</td>
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(Ages 2-3)

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<tr>
<td>Tuesday*</td>
<td>10:00 AM - 10:45 AM</td>
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Family Members: $22
Full Privilege Members: $44
Program Members: $88

**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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<tr>
<td>Tuesday</td>
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<td>Wednesday</td>
<td>6:15 PM - 7:00 PM</td>
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<tr>
<td>Thursday</td>
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<td>5:30 PM - 6:15 PM</td>
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</table>

Family Members: $40
Full Privilege Members: $80
Program Members: $160

*No class on Thursday July 4th (holiday); no Tuesday AM class on July 16th or August 13th due to Mini-Clinics. Classes will be prorated for registration.*

**HEALTH & WELLNESS**

**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.

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</table>

Family Members: $30
Members: $30

View current schedules online: philaymca.org
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, floor and vault.
(Ages 5½-8)

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(Ages 8+)

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<td>Tuesday</td>
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<td>Wednesday</td>
<td>7:15 PM - 8:15 PM</td>
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<tr>
<td>Thursday</td>
<td>4:15 PM - 5:15 PM</td>
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</table>

Family Members: $40
Full Privilege Members: $80
Program Members: $160

Gymnastics Teams
The Phoenixville Y Gymnastics Team offers USAG competitive Levels 3-9 and Xcel Gold. The team competes locally through the EPYGGGL league and nationally through the Y of the USA; select levels also attend several USAG sanctioned meets throughout the season.

The team practices year-round from September to the following August. All team participants are selected from our class program or by an evaluation—you must be a Full-Privileged Member to participate. For more information, please contact Rebekah Revery at (610) 933-5861 ext. 2326.

Gymnastics Team – Level 3
Practice 2 days per week, approx. 4hrs/wk
Family/Full Privilege Members: $100/Month

Gymnastics Team – Level 4
Practice 3 days per week, approx. 6hrs/wk
Family/Full Privilege Members: $115/Month

Gymnastics Team – Level Xcel Gold
Practice 2 days per week, approx. 6 hrs/wk
Family/Full Privilege Members: $115/Month

Gymnastics Team – Level 5
Practice 3 days per week approx. 6hrs/wk.
Family/Full Privilege Members: $115/Month

Gymnastics Team – Levels 6+
Practice 3 days per week, approx. 9hrs/wk.
Family/Full Privilege Members: $130/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>
<td>7:00 PM - 8:30 PM</td>
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Family, Youth & Adult Members: $75/month
Family 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.

INSTRUCTIONAL SPORTS

Agility – Youth (Ages 6-10)
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.

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<tr>
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Family Members: Free
Members: Free

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.
(Ages 5-8)

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Family Members: $42
Members: $84
Non-Members: $168

Intermediate/Advanced Archery
In addition to traditional target practice, this class will add skilled assessments that are used in competition. The program will include flu, clout and distance shooting into the weekly curriculum. Participants must have prior archery experience; no other skill level is required.

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<th>Time</th>
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<td>Sunday</td>
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<tr>
<td>(Ages 9-12)</td>
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<tr>
<td>(Ages 13+)</td>
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</table>

Family Members: $42
Members: $84
Non-Members: $168
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.
Beginner

Sunday 4:00 PM - 5:00 PM
Family Members: Free
Members: Free
Intermediate/Advanced

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

Kickball/Dodgeball (Ages 6-9)
This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence, and self-esteem. Class will be outside.

Thursday 5:15 PM – 6:00 PM
Family Members: $26
Members: $52
Non-Members: $104

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 4-6)

Wednesday 12:15 PM - 1:00 PM
(Ages 6-9)

Saturday 6:00 PM - 6:45 PM
Family Members: $26
Members: $52
Non-Members: $104

Basketball
Beginner Basketball
(Ages 7-10)

Saturday 9:00 AM - 9:55 AM

Advanced Basketball
(Ages 7-10)

Saturday 10:00 AM - 10:55 AM

Intermediate/Advanced Basketball

Saturday 11:00 AM - 11:55 AM
Family Members: $22
Members: $44
Non-Members: $88

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

Tuesday 5:30 PM – 6:15 PM

Wednesday 9:30 AM – 10:15 AM

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

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

Thursday 4:30 PM – 5:15 PM
Family Members: $26
Members: $52
Non-Members: $104

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 2-3)

Monday 9:30 AM – 10:00 AM
Family Members: Free
Members: Free

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 3-6)

Tuesday 5:30 PM – 6:15 PM

Wednesday 9:30 AM – 10:15 AM

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

T-Ball – Preschool (Ages 3-6)
Participants will learn the fundamentals and rules of T-Ball while developing good teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

Tuesday 12:15 PM – 1:00 PM
Family Members: $26
Members: $52
Non-Members: $104

Hockey – Preschool/Youth (Ages 4-6)
This class will teach the fundamentals and rules of hockey and assist in developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

Thursday 1:00 PM – 1:30 PM
Family Members: Free
Members: Free

View current schedules online: philaymca.org
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.

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

### SUMMER 2019
Registration: May 13 - June 10
Start Date: June 24

**Basketball**
Tues. & Thurs. 4 - 10 years

**Girls Volleyball** (Ages 8-16)
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 2019**
Registration Dates April 28 - June 9
Start Date Monday, June 24

### FALL 2019
Registration: July 29 – August 19
Start Date: September 3

**Soccer**
3 - 11 yrs.

**Girls Volleyball**
10 - 18 yrs.

**T-Ball**
4 - 5 yrs.

**Baseball Coach Pitch**
6 - 7 yrs.

### WINTER 2020
Registration: October 7 - November 4
Start Date: November 25

**Basketball**
4 - 18 years

### FALL 2019
Registration Dates July 29 – August 19
Start Date Sunday, September 8
League Registration Forms are available online or at the Welcome Center.

Family Members: $30

Members: $60
Non-Members: $120

### 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.

### 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 610-933-5865 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.

### 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 begin in September; Winter League begins January 7th. For more information, contact Deric Hafer at deric.hafer@philaymca.org.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Party Type</th>
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<tbody>
<tr>
<td>Sunday</td>
<td>5:00 PM - 9:00 PM</td>
<td>Members/Non-Members: $525 per team</td>
</tr>
</tbody>
</table>

**PHOENIXVILLE YMCA**
610-933-5861

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

PRESCHOOL 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
- Toys and Games
- Dramatic Play
- Computers
- Sand and Water
- Art
- Blocks
- Outdoor Recreation
- Discovery
- Sand and Water

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)
Celebrating 50 years of Wooden Shoe Preschool. 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.

- 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.

Don’t miss our exclusive Summer Adventure Half-Day program for 3-5 year olds looking for a camp-like experience! Questions can be directed to Sharon Engro at ext. 2319.

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.

View current schedules online: philaymca.org
YOUTH/TEENS

After Care
(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.

Academic 1-on-1 Tutoring Prices:

<table>
<thead>
<tr>
<th># of Sessions</th>
<th>Members</th>
<th>Program Members</th>
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<tr>
<td>1</td>
<td>$15</td>
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<td>5</td>
<td>$70</td>
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<td>10</td>
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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.

For more information, please contact Chad Seamon at chad.seamon@philaymca.org

TEEN PROGRAMS

TEEN SPORTS

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

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.

Sunday 5:00 PM - 6:00 PM
Family Members: Free
Members: Free
HEALTH & WELLNESS

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.**  

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Family Members: $30  
Members: $30

TEEN SWIM LESSONS

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

Swim Basics  
Stage 1  
Tuesday  7:30 PM – 8:10 PM  
Wednesday  5:50 PM – 6:30 PM  

Stage 2  
Tuesday  6:40 PM – 7:20 PM  
7:30 PM – 8:10 PM  
Wednesday  5:50 PM – 6:30 PM  
6:40 PM – 7:20 PM  

Stage 3  
Tuesday  6:40 PM – 7:20 PM  
Wednesday  6:40 PM – 7:20 PM  

Swim Strokes  
Stage 4  
Tuesday  5:50 PM – 6:30 PM  
Wednesday  7:30 PM – 8:10 PM  

Stage 5  
Tuesday  5:50 PM – 6:30 PM  
Wednesday  7:30 PM – 8:10 PM  

Stage 6  
Tuesday  5:50 PM – 6:30 PM  
Wednesday  7:30 PM – 8:10 PM  
Members: $70  
Non-Members: $140

ADULT AQUATIC EXERCISE

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

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 buoyancy 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.

Aqua Shallow (B I A)  
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.

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.

SilverSneakers® Splash (B I A P)  
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.
ADULTS

ADULT SWIM LESSONS

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

Swim Basics

Stage 1

Tuesday 7:30 PM - 8:10 PM
Wednesday 5:50 PM - 6:30 PM

Stage 2

Tuesday 6:40 PM - 7:20 PM
7:30 PM - 8:10 PM
Wednesday 5:50 PM - 6:30 PM
6:40 PM - 7:20 PM

Stage 3

Tuesday 6:40 PM - 7:20 PM
Wednesday 6:40 PM - 7:20 PM

Swim Strokes

Stage 4

Tuesday 5:50 PM - 6:30 PM
Wednesday 7:30 PM - 8:10 PM

Stage 5

Tuesday 5:50 PM - 6:30 PM
Wednesday 7:30 PM - 8:10 PM

Stage 6

Tuesday 5:50 PM - 6:30 PM
Wednesday 7:30 PM - 8:10 PM

Members: $70
Non-Members: $140

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

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.

Members:
1 session $55
5 sessions $250
10 sessions $475

SMALL GROUP TRAINING

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

Dynamic Boxing
Boxing strength and conditioning mixed with technique training. Participants are required to bring their own gloves. 30-minute class.

Monday 11:00 AM - 11:30 AM
Wednesday 6:00 PM - 6:30 PM
Members: $30

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
Sunday 7:30 AM - 8:30 AM
Members: $30

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.

Tuesday 9:30 AM - 10:00 AM
Thursday 9:30 AM - 10:00 AM
5:30 PM - 6:30 PM
Sunday 8:30 AM - 9:00 AM
Members and Family Members: $30 (30-min.) $50 (60-min.)

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.
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.

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<th>Day</th>
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<tr>
<td>Monday</td>
<td>9:00 AM - 9:30 AM</td>
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<td>Wednesday</td>
<td>6:00 AM - 6:30 AM</td>
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<tr>
<td>Friday</td>
<td>5:30 AM - 6:00 AM</td>
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<td>9:30 AM - 10:00 AM</td>
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</table>

Members: $30

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

*TRX Express: $15

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.

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<tr>
<th>Day</th>
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<tr>
<td>Tues./Thur.</td>
<td>7:00 PM - 8:00 PM</td>
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Members: $50

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.

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<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>7:00 PM - 8:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:00 PM - 8:00 PM</td>
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Members: $50

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

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<tr>
<th>Day</th>
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<tr>
<td>Tuesday</td>
<td>10:45 AM - 11:45 AM</td>
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<td>2:00 PM - 2:30 PM</td>
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Members: Free

ADULTS

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.
ADULTS

**Generation Pound®**
Generation Pound is a youth-oriented program that fuses movement and music to improve focus, coordination, physical fitness and teamwork skills. By combining exercise and interactive Activities, kids and their parents will learn new ways to explore movement, embrace their creativity and ROCK OUT—ultimately building strength, confidence and self-awareness. This is a family class. Kids must be accompanied by an Adult.

**Tuesday**  
5:15 PM - 5:45 PM

**Members: Free**

**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, causing 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® For Families (B I A)**
This class is a fusion of body sculpting movements with easy-to-follow dance steps to Latin, International and family-friendly music. Aerobic interval training using fast and slow rhythms maximizes caloric output, total body toning, and fun! Kids as must be accompanied by an Adult.

**Sunday**  
4:00 PM - 4:45 PM

**Members: Free**

**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.

**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 tony benefits of a Pilates class. This is a perfectly balanced workout for beginner to intermediate levels.

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**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.philaymca.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.

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<thead>
<tr>
<th>Members</th>
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<tr>
<td>1 session</td>
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<tr>
<td>3 sessions</td>
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<tr>
<td>6 sessions</td>
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**Pedaling for Parkinson’s**
Pedaling for Parkinson’s is a class designed to improve the quality of life of Parkinson’s disease patients and their caregivers. Studies have shown that maintaining an active lifestyle after a Parkinson’s diagnosis can have a great impact on quality of life. This is a free class for Parkinson’s patients and their caregivers. Membership is not required. This program is supported by a community grant from the Parkinson Foundation.

- **Wednesday/Friday** 1:30 PM - 2:30 PM
- Members & Non-Members: Free
ADULTS

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

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 - 12:30 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 Pat Bradish at ext. 2313.

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

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 Pat Bradish at ext. 2313.

2nd Wednesday of the month 10:00 AM - 11:30 AM

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 Pat Bradish at ext. 2313.

Monday 11:00 AM - 1:00 PM

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

Phoenixville Hospital Educational Programs
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.

Members and Non Members: Free

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Program</th>
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<tbody>
<tr>
<td>Wednesday, June 5</td>
<td>11:30 AM</td>
<td>Your Life Story with Sarah Care</td>
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<tr>
<td>July &amp; August</td>
<td>No Programs</td>
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<tr>
<td>Wednesday, September 4</td>
<td>11:30 AM</td>
<td>Five Wishes with Tri-County Hospice</td>
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<tr>
<td>Wednesday, October 2</td>
<td>Noon</td>
<td>Medicare Made Easy</td>
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<td>Wednesday, November 6</td>
<td>Noon</td>
<td>Smart 911</td>
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<tr>
<td>Wednesday, December 4</td>
<td>Noon</td>
<td>Fun &amp; Games</td>
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Bus Trips
Chaperoned day trips are offered a few times a year. The trips are planned with our active older adult 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 610-933-5861 or check the bulletin board.
ADULT SPORTS

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

- Wednesday 7:00 PM - 9:00 PM
- 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
- Friday 1:15 PM - 3:15 PM

Family/Members: Free

Learn to Play 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. Registration Required. Learn the fundamentals of the game and develop skills to play for life. Registration Required.

- Friday 12:15 PM - 1:15 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-officiated. 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

Phoenixville Hospital Educational Programs
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 Pat Bradish at ext. 2313.

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.
Training & Certification

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 Ross Herman at rherman@philaymca.org.

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 Ross Herman at rherman@philaymca.org 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 Ross Herman at rherman@philaymca.org.

Open to the Community: $80