HOURS OF OPERATION
Boyertown YMCA
Monday-Thursday 5:00 AM - 10:00 PM
Friday 5:00 AM - 9:00 PM
Saturday 6:30 AM - 5:00 PM
Sunday 9:00 AM - 5:00 PM
Fitness Center, pool, sauna, and whirlpool close 15 minutes prior to the facility.

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

SPRING SESSION DATES
February 24 – April 19

Registration:
Family member: January 27 - March 22
Member: January 29 - March 22
Non-member: February 3 - March 22

LATE SPRING SESSION DATES
April 20 – June 14

Registration:
Family Member: March 23 - May 24
Member: March 25 - May 24
Non-member: March 30 - May 24

HOW TO REGISTER FOR PROGRAMS
• Register for classes any time at PhilaYMCA.org
• By calling the Boyertown YMCA during normal business hours
• Stop by the branch during normal business hours to register at the Welcome Center Desk

CHILD WATCH
(6 weeks to 5 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 hours are located on our website PhilaYMCA.org.

KIDZONE
(Ages 6 to 12 years old)
Our goal is to provide an opportunity for all to grow, learn and thrive!
• Wii
• Tread Wall
• Dance Dance Revolution
• Homework Station
• Board Games
• Crafts
• Chalk Wall
Child Watch and Kidzone may be combined if low enrollment.

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TEENS ............................ 10
ADULTS .......................... 12
COMMUNITY ................... 15
YOUTH AQUATICS

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

SWIM STARTERS
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.

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>6:05 PM - 6:35 PM</td>
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<td>Thursday</td>
<td>11:30 AM - 12:00 PM</td>
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<tr>
<td>Saturday</td>
<td>9:45 – 10:15 AM</td>
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</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.

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<th>Day</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>6:40 PM - 7:10 PM</td>
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<td>Thursday</td>
<td>11:30 AM – 12:00 PM</td>
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<tr>
<td>Saturday</td>
<td>10:20 – 10:50 AM</td>
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</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.

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<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
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<td>Thursday</td>
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<td>6:40 PM - 7:10 PM</td>
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<td>Saturday</td>
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<td>9:45 AM - 10:15 AM</td>
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<td>10:55 AM - 11:25 AM</td>
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Members: $54
Non-Members: $108

School Age

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>7:05 PM - 7:45 PM</td>
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<tr>
<td>Saturday</td>
<td>10:55 AM - 11:35 AM</td>
</tr>
</tbody>
</table>

Members: $62
Non-Members: $124

Swim Basics – Stage 2
Water Movement - Students focus on body position and control, directional change and forward movement in the water while continuing to practice how to safely exit in the event of falling into a body of water.

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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
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<td>6:35 PM - 7:05 PM</td>
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<td>Tuesday</td>
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<td></td>
<td>10:45 AM - 11:15 AM</td>
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<td>5:30 PM - 6:00 PM</td>
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<tr>
<td>Wednesday</td>
<td>10:10 AM - 10:45 AM</td>
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<tr>
<td></td>
<td>6:35 PM - 7:05 PM (A)</td>
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<tr>
<td></td>
<td>6:40 PM - 7:05 PM</td>
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View current schedules online: PhilaYMCA.org
<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td><strong>YOUTH</strong></td>
</tr>
<tr>
<td>9:10 - 9:40 AM</td>
<td>Members: $54</td>
</tr>
<tr>
<td>10:20 AM - 10:50 AM</td>
<td>Non-Members: $108</td>
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</tbody>
</table>

### School Age

<table>
<thead>
<tr>
<th>Monday</th>
<th>6:00 PM - 6:40 PM</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>5:30 PM - 6:10 PM</td>
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<tr>
<td>Wednesday</td>
<td>5:45 PM - 6:25 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>5:30 PM - 6:10 PM (A)</td>
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<tr>
<td></td>
<td>5:30 PM - 6:10 PM (B)</td>
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<tr>
<td>Saturday</td>
<td>9:45 AM - 10:25 AM</td>
</tr>
<tr>
<td></td>
<td>10:30 AM - 11:10 AM</td>
</tr>
<tr>
<td>Members: $62</td>
<td>Non-Members: $124</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Monday</td>
<td><strong>Abilities</strong></td>
</tr>
<tr>
<td>6:15 PM - 6:45 PM</td>
<td>Members: $54</td>
</tr>
<tr>
<td>6:50 PM - 7:20 PM</td>
<td>Non-Members: $108</td>
</tr>
</tbody>
</table>

### Teens/Adults

<table>
<thead>
<tr>
<th>Monday</th>
<th>7:30 PM - 8:00 PM</th>
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</thead>
<tbody>
<tr>
<td>Members: $62</td>
<td>Non-Members: $124</td>
</tr>
</tbody>
</table>

### Swim Basics - Stage 3

- **Preschool**
  - Monday 6:35 PM - 7:05 PM
  - Tuesday 6:40 PM - 7:10 PM
  - Wednesday 11:55 AM - 12:25 PM
  - 6:05 PM - 6:35 PM
  - Thursday 5:30 PM - 6:00 PM
  - Saturday 10:55 AM - 11:25 AM
  - Members: $54
  - Non-Members: $108

### Preschool

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td><strong>Swim Strokes</strong></td>
</tr>
<tr>
<td>6:15 PM - 6:45 PM</td>
<td>(Preschool 30 minutes)</td>
</tr>
<tr>
<td>6:50 PM - 7:20 PM</td>
<td>(School Age/Teens/Adults 40 minutes)</td>
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</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td><strong>Swim Strokes - Stage 4</strong></td>
</tr>
<tr>
<td>7:20 PM - 7:50 PM</td>
<td>Members: $54</td>
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<tr>
<td>Wednesday</td>
<td>5:30 PM - 6:00 PM</td>
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<tr>
<td>Saturday</td>
<td>9:10 AM - 9:40 AM</td>
</tr>
<tr>
<td>Members: $62</td>
<td>Non-Members: $124</td>
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</tbody>
</table>
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 | Monday 6:00 PM - 6:40 PM | Wednesday 6:30 PM - 7:10 PM | Saturday 9:45 AM – 10:25 AM | Members: $62 | Non-Members: $124 |

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

| School Age | Monday 6:00 PM – 6:40 PM | Wednesday 6:30 PM - 7:10 PM | Saturday 9:45 AM – 10:25 AM | Members: $62 | Non-Members: $124 |

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.

5 Lessons:
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.

5 Lessons:
Members: $100/person
Non-Members: $200/person

SWIM TEAM
Year-round Navy Seals/USA-S/Summer Team
For swimmers in White practice group and above with coaches’ approval for new swimmers. YMCA full privilege membership is required. For more information including team fees, practice schedule and practice group assignment, please visit our team website www.boyertownswimming.org or contact Head Swim Team Coach, Raynelle Shirk at rshirk@philaymca.org or 610-369-9622 ext. 3216.

Mako Sharks Summer Swim Team
The team practices at the Boyertown YMCA and the Boyertown Community Pool. A YMCA Family or Full Privilege membership or Boyertown Community Pool season pass is required. An orientation for new/prospective members will be held in May. For more information, please visit our team website www.boyertownswimming.org or contact Head Swim Team Coach, Raynelle Shirk at rshirk@philaymca.org or 610-369-9622 ext. 3216.

Practices Begin Sunday, May 31st.

Practice Group 1
Members $145
Non Members $290

Practice Group 2
Members $130
Non Members $260

Practice Group 3
Members $115
Non Members $230

Special Olympics Swim Team (Ages 6+)
The Boyertown YMCA sponsored Montgomery County Special Olympics Swim Team practice and trains for two Spring swim meets. All special needs students ages six and older are welcome to join with all ages and levels of ability instructed, especially beginners. Practices are held in our heated indoor pool, with wheelchair accessible ramp. Volunteers are always welcome to assist with instruction and coaching. If you have any questions or are available to volunteer, please contact Keith Schoenly, Montgomery County Special Olympics Swim Team Head Coach, at 610-473-9441 or kschoenly@addisontech.com. Program begins November 29 and ends Spring 2020.

Swim Clinic - Youth
YMCA Competitive Stroke Clinic
(Ages 6 – 12)
Prerequisite: Must be able to pass a YMCA green band test as well as complete one lap of backstroke and freestyle with training fins. Optional clinic to work on stroke technique, turns and starts. Each week is designated to a specific stroke to teach stroke basics and improve technical skills. Participants attend all sessions/classes. Swimmers registered with our Year Round Swim Team should not register for this clinic.

MAY 8 TO MAY 30 (NO CLASS ON 5/10)

<table>
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<tr>
<th>Practice Days</th>
<th>Time</th>
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<tr>
<td>Mondays May 11-18</td>
<td>5:00 PM - 6:00 PM</td>
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<tr>
<td>Fridays May 8-29</td>
<td>6:30 PM - 7:30 PM</td>
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<td>Saturdays May 9-30</td>
<td>12:30 PM - 1:30 PM</td>
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<tr>
<td>Sundays May 17-24</td>
<td>12:15 PM - 1:15 PM</td>
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Members $90
Non Members $180

View current schedules online: PhilaYMCA.org
SAFETY AROUND WATER
June 22 – June 25, 2020
Teaching children how to be safe around water is not a luxury; it is a necessity. The YMCA Safety Around Water program can help you make sure your children learn essential water safety skills.

A typical session includes: exercises to help kids adjust to being in the water, instruction in jump, push, turn, grab and swim, float, swim; a skill set kids can use if they unexpectedly find themselves in the water, specific safety topics like what to do if you see someone in the water who needs help and fun activities to reinforce skills. Open to members and non-members of the Y. Registration is required and space is limited. Please visit the Welcome Center for more information.

BOY SCOUT SWIM TEST
Boy Scouts of America Swim Test conducted by our qualified staff.

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Monday, April 6</td>
<td>7:45 PM</td>
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<tr>
<td>Monday, May 11</td>
<td>7:45 PM</td>
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<tr>
<td>Monday, June 8</td>
<td>7:45 PM</td>
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</table>

Members/ Non-Members: $5

ARTS & HUMANITIES

Cooking – Preschool/Youth
Children will be inspired to create and learn each week as they are instructed on healthy life choices through recipes, kitchen safety, cooking games, and much more.

Preschool (Ages 3-5)

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>Monday</td>
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<tr>
<td>Wednesday</td>
<td>10:15 AM - 10:45 AM</td>
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Family Members: $22.50
Members: $45
Non-Members: $90

Youth (Ages 6-12)

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<th>Date</th>
<th>Time</th>
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<tr>
<td>Monday</td>
<td>7:00 PM - 8:00 PM</td>
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Family Members: $30
Members: $60
Non-Members: $90

Education – Science (Ages 3-5)
Children will begin to understand the value of nature and take a closer look at the world that surrounds us through exploration, creative projects and hands-on experiments.

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<tbody>
<tr>
<td>Wednesday</td>
<td>9:30 AM - 10:00 AM</td>
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Family Members: $22.50
Members: $45
Non-Members: $90

Dance Combo (Ages 3-5)
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 3-6)

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<th>Date</th>
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<tr>
<td>Friday</td>
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Youth (Ages 6-12)

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<th>Date</th>
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<tbody>
<tr>
<td>Friday</td>
<td>6:30 PM - 7:30 PM</td>
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</table>

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

INSTRUCTIONAL SPORTS

Basketball – Youth (Ages 6-12)
This class will teach the fundamentals and rules of basketball and assist in developing good sportsmanship. Emphasis is on skill development, fun and participation.

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<th>Date</th>
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<tbody>
<tr>
<td>Wednesday</td>
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</table>

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

Golf – Youth (Ages 6-10)
This class will teach the fundamentals of golf and assist in developing good sportsmanship and etiquette. Emphasis is on skill development, fun and participation.

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<tbody>
<tr>
<td>Monday</td>
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</table>

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

Hockey – Youth (Ages 6-10)
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.

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<tbody>
<tr>
<td>Wednesday</td>
<td>6:15 PM - 7:00 PM</td>
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</table>

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

Soccer Instructional (Ages 6-12)
This class will teach the fundamentals and rules of soccer and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.

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<tbody>
<tr>
<td>Tuesday</td>
<td>5:15 PM - 6:00 PM</td>
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</table>

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

B = Boyertown YMCA
GC = Gilbertsville Center
WTC = Wellness & Training Complex
Sports Introduction – Preschool
(Ages 3-6)
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.

Thursday 6:00 PM - 6:30 PM  B
Family Members: $22.50
Members: $45
Non-Members: $90

GYMNASTICS

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 12mo. - 2 years) 30 minutes

Tuesday 9:30 AM - 10:00 AM  B
Wednesday 9:30 AM - 10:00 AM  B

(Ages 2 - 3 years) 30 minutes

Tuesday 10:00 AM - 10:30 AM  B
Family Members: $22.50
Members: $45
Non-Members: $90

Gymnastics – Preschool (Ages 3-6)
Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age appropriate equipment to ensure the safest and most effective learning environment.

Beginner
Monday 6:00 PM - 6:30 PM  B
Tuesday 10:30 AM - 11:00 AM  B

Intermediate
Monday 5:30 PM - 6:00 PM  B
Wednesday 10:00 AM - 10:30 AM  B
Family Members: $22.50
Members: $45
Non-Members: $90

Gymnastics – Youth
For beginners with no experience, intermediates familiar with basic gymnastic skills and advanced children mastering more difficult skills. Participants learn conditioning and flexibility techniques and instruction on bars, balance beam and floor.

Beginner (Ages 6-12)
Monday 6:30 PM - 7:30 PM  B

Intermediate (Ages 8-12)
Tuesday 5:30 PM - 6:30 PM  B
Family Members: $22.50
Members: $45
Non-Members: $90

Advanced (Ages 8-12)
Tuesday 6:30 PM - 8:00 PM  B
Family Members: $32.50
Members: $65
Non-Members: $130

SPORTS LEAGUES

Indoor Soccer League – Preschool
(Ages 3-5)
Feb 29 - April 18
Saturday 9:00 AM - 10:00 AM  WTC
Family Members: $22.50
Members: $45
Non-Members: $90

Indoor Soccer League – Rookies
(Ages 6-7)
Feb 29 - April 18
Saturday 10:00 AM - 11:00 AM  WTC
Family Members: $22.50
Members: $45
Non-Members: $90

T-Ball League – Preschool (Ages 3-5)
April 13- June 14
Saturday 9:00 AM - 10:00 AM  B
Family Members: $22.50
Members: $45
Non-Members: $90

T-Ball League – Rookies (Ages 5-7)
April 13- June 14
Saturday 10:00 AM - 11:00 AM  B
Family Members: $22.50
Members: $45
Non-Members: $90

BIRTHDAY PARTIES

Sports Party
Gilbertsville Center Wellness & Training Complex
Pick a Sport
• Baseball/Softball (Use of the batting cages and pitching machine)
• Soccer
• Flag Football
• Dodgeball • Kickball • Wiffle Ball/T-Ball
• Lacrosse and Field Hockey Plus More
• Members: $160
• Non-Members: $190
Party includes: One hour on the Turf Field Complex's Sports Equipment, hour in party room. The YMCA will provide: A sports facilitator, host or hostess, tables, table covers, chairs. Renter provides food and decorations.
To schedule your party, contact Bruce Bingaman, 610-369-9622 at ext 3242.

View current schedules online: PhilaYMCA.org
Indoor Playground Party
Gilbertsville Center
Includes use of the INDOOR PLAYGROUND for the first hour and the PARTY ROOM for the second hour. YMCA provides host or hostess, tables, table covers, and chairs. Renter provides food and decorations.
- Saturday or Sunday 12:00 PM - 2:00 PM or 1:00 PM - 3:00 PM
- Limit 20 guests
YMCA Members: $160
Non-Members: $205
To schedule your party, contact Bruce Bingaman, 610-369-9622 at ext 3242.

Pool Parties
(Ages 7 and older)
Includes use of INDOOR POOL for the first hour and PARTY ROOM the second hour. YMCA provides host/hostess, lifeguard, tables, table covers, and chairs. Renter provides food and decorations.
Boyertown YMCA
School year (September-May)
Party Package 1:
Saturday or Sunday 2:00 PM - 4:00 PM
(up to 20 people)
Members: $225
Community Participants: $275
To schedule your party, contact Jayna Miller, 610-369-9622 ext. 3219

CHILD CARE
A YMCA Membership is not required to participate in Child Care programs. Child Care programs are ranked at the 3 & 4 Star level by Keystone Stars.

Boyertown YMCA - Level 4
Gilbertsville Center - Level 3

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
Boyertown YMCA and Gilbertsville Center
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.

A preschool curriculum is offered to all children in the toddler through five-year-old classes. The centers are open Monday through Friday, 6:00 AM to 6:00 PM year round, except during our holiday schedule. Part-time and full-time care is available.

Infant (6 weeks - 12 months)
Infants thrive in a safe, nurturing environment surrounded by experienced caregivers.

Toddler (13 - 35 months)
Teachers and staff support and facilitate child development as toddlers experience their new independence in a stimulating atmosphere.

Preschool (3 - 5 years)
This program provides a beneficial social experience and good foundation for future education. Experienced teachers and aides utilize child-centered activities to encourage attentive listening skills, pro-social behavior and provide opportunities to increase self-awareness.

SCHOOL AGE PROGRAMS
The Boyertown YMCA is committed to providing a quality School Age Program that is both fun and safe for children. Our School Age Program is licensed by the PA Department of Human Services. In addition, the program has achieved a STAR 3 & 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.

$100 dollar registration fee yearly for non-members.

Before Care
(6:00 AM - 8:30 AM)
Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc.

After Care
(3:30 PM - 6:00 PM)
Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours. Before and After Care is offered at:
- Boyertown YMCA - Star 4
- Boyertown Elementary School - Star 3
- Gilbertsville Elementary School - Star 4
- New Hanover Elementary School - Star 4
- Washington Elementary School - Star 4

Our school-age child care programs provide a safe and enriching environment for children in the Boyertown Area School District. Activities include indoor and outdoor games, Arts & Crafts, swimming, and field trips. Quiet time is available for reading, coloring, and homework. The program is open Monday through Friday, 6:00 AM to 8:30 AM and 3:30 PM to 6:00 PM during the school year, except during our holiday schedule. Full-time care is available. Early dismissal and snow days are included. All-day care for holidays and teacher/staff development days are available for a small fee.
**TEENS**

**KINDERGARTEN HALF DAY CARE**
Supplement your child's half day kindergarten program with the Y! Boyertown YMCA and Gilbertsville Center Kindergarten Half Day Program offers an AM and PM schedule depending on location.

This program provides daily care for children attending public or private kindergarten. Our program complements the school curriculum by offering activities which stimulate physical, intellectual, emotional, and social growth, including weekly swim time. Early dismissal and snow days are included. All day care for holidays and teacher/staff development days are available for a small fee. Limited transportation to and from school is provided by the YMCA or the school district, by offering activities which stimulate physical, intellectual, emotional, and social growth, including weekly swim time. Early dismissal and snow days are included. All day care for holidays and teacher/staff development days are available for a small fee. Limited transportation to and from school is provided by the YMCA or the school district.

**MIDDLE SCHOOL TO THE Y**
6th, 7th, and 8th Grade Students

BoYERTOWN YMCA

Thanks to a grant from the Pottstown Area Health & Wellness Foundation, a unique collaboration between the Boyertown Area School District, Boyertown YMCA, and the Pottstown Area Health & Wellness Foundation, FREE bus transportation will be provided to 6th, 7th and 8th Grade students to the Boyertown YMCA.

- From Middle School East and Middle School West
- Each Tuesday and Thursday, September 11 - May 23
- All participants must be current Philadelphia Freedom Valley YMCA Members and registration is required
- Programs include: team and individual sports, fitness and wellness classes, electronic and board games
- YMCA programs will be offered from the time the students arrive at the YMCA until 4:30 PM
- Parents are required to pick up the students at the YMCA as there is no transportation back to the school

**Youth & Government**
(9th-12th Grade Students)

YMCA Youth & Government is the only student-led, student-run, mock government experience of its kind in Pennsylvania. Each year, the State YMCA teaches democracy to hundreds of middle and high school students through hands-on experiences in the chambers of the Pennsylvania Capitol. For more information, contact Alicia Dinnell, adinnell@philaymca.org or 610-369-9622 ext. 3220

**HEALTH & WELLNESS**

**Pickleball (Ages 16 & up)**

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.

**Days and times are located on our website and mobile app.**

Members: FREE

**WELLNESS CONSULTATIONS**

Our Wellness Coaches will assist you in getting familiar with all of our exercise equipment and program options. Your Wellness Coach will discuss your wellness goals and help you establish a beginning program. Three complimentary appointments are available for new and existing members.

**PERSONAL TRAINING**

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

| 1 session | $55 |
| 5 sessions | $250 |
| 10 sessions | $475 |

**ADULT AQUATIC EXERCISE**

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

A = Beginner, I = Intermediate, P = Pre-Natal

**Arthritis Foundation Aquatics Program (B)**

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 Shallow (B I A)**

Working out in shallow water cushions and protects the lower body and spine by reducing the impact created on land by 50% or more. This class provides different challenges each day to help keep your bones strong, your heart healthy and your muscles toned.
Aqua Yoga/Aqua Pilates (B I A P)  AQA
This class combines one of our oldest forms of exercise (Yoga) with one of our newest (Pilates) to bring the best mind and body disciplines together. The result is a class that can stretch and tone the entire body, lower blood pressure, increase circulation, improve balance and increase core strength.

Triathlon Training (I A)  AQA
Triathlons can be intimidating for the beginner triathlete. Solid training and access to the right information will help smooth the transition from mere athlete to triathlete! This is a free program. This class is for beginners to experienced athletes.

Aqua Deep (B I A P)  AQA
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 nonswimmer will feel comfortable in deep water and may enjoy all of its benefits.

Aqua ZUMBA (I)  AQA
A low impact, high energy aquatic exercise program for people of all abilities. Water creates a natural resistance, which means every step is more challenging.

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

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

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 Works (B I A)
This class will strengthen the core which includes the abdominal muscles, obliques and lower back. This class is great to help improve core function as well as improved posture.

Cycle (B I A)
An indoor cycling class created to challenge both the beginner fitness enthusiast and the seasoned athlete. Each ride on the bike helps to increase your cardiovascular endurance, reduce body fat and increase muscular strength. As part of the cycling team you travel on flat roads, climb hills, sprint and race! You get a great workout — no matter what the weather is outside!

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.

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

ZUMBA® Toning (B I A P)
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.

MIND/BODY

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

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

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.

Yang Style T’ai Chi (B I A)   AOA
Gentle movements foster a relaxed body and a peaceful state of mind, which are essential ingredients for cultivating healthy energy.

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

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

SMALL GROUP TRAINING

Dynamic Boxing
Train you just like you were going to step into the ring! Learn basics, work the heavy bag, punch the mitts, learn self-defense, even engage in some light sparing with the instructor. Registration Required.
Members: $50 (60 Minute Class) $30 (30 Minute Class)

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! Registration Required. Registration Required.
Members: $50 (60 Minute Class) $30 (30 Minute Class)

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. .
Members: $50 (60 Minute Class) $30 (30 Minute Class)

GILBERTSVILLE CENTER WELLNESS & TRAINING COMPLEX

5,000 SQUARE FOOT FACILITY
INCLUDES:
• State-of-the-art indoor turf playing field
• Sport specific training mezzanine
• Two batting cages with pitching machine
• Wellness program room
• Soccer, lacrosse & field hockey goals
• Personal training fitness equipment
Rentals available weekends and evenings. For more information, contact Bruce Bingaman at 610-369-9622 ext. 3242.

PERSONAL TRAINING
Speed and Agility Training Fees
• Individual, group and team training, instructed by YMCA Certified Staff
• Prevention and rehabilitation programs
For more information, contact Cole Speilman, Wellness Director at 610-369-9622 ext. 3215

Open Rec
The batting cages will be open and the turf field can be used for recreational soccer, lacrosse and more. Check the Gilbertsville Center Wellness & Training Complex Class Schedule on our website and Mobile App for days and times.

HEALTHY LIVING PROGRAMS

Massage
Hot Stone Massage • Swedish Massage
Deep Tissue Massage • Trigger Point • Sports Massage

Medical Reflexology
Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet and hands. This controlled pressure alleviates the source of the discomfort. In the absence of any particular malady or abnormality, reflexology may be as effective for promoting good health and for preventing illness as it may be for relieving symptoms of stress, injury, and illness.

Massages & Medical Reflexology held by appointment at Boyertown YMCA only. Call 610-369-9622 to schedule your appointment.

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ADULTS

TRAINING & CERTIFICATION

American Red Cross (CPR Pro), Basic First Aid and Emergency Oxygen Combo Blended Learning Certification Class

This American Red Cross (ARC) class combines the convenience of online learning with a shortened practical skills session in order to meet both knowledge and skill objectives for learners. This expert-level program helps keep healthcare professionals prepared and ready to respond as they encounter life-threatening emergencies, provide basic first aid care, and administer emergency oxygen. Participants must provide a valid email address and have access to the internet in order to receive an email with instructions and a web link to the online content. Participants must complete all lessons for each class, including related quizzes, prior to attending the skills session. Upon successful completion, participants receive a Digital Certification Card for CPR Pro/BFA/O2 valid for 2 years. For more information contact Jayna Miller 610-369-9622 ext. 3219.

March 4 9:00 AM - 11:30 PM
March 12 6:30 PM - 9:00 PM
March 23 6:30 PM - 9:00 PM
April 1 9:00 AM - 11:30 PM
April 9 6:30 PM - 9:30 PM
April 20 6:30 PM - 9:30 PM
May 6 9:00 AM - 11:30 PM
May 14 6:30 PM - 9:30 PM
May 18 6:30 PM - 9:30 PM
May 20 6:30 PM - 9:30 PM
June 3 9:00 AM - 11:30 PM
June 11 6:30 PM - 9:30 PM
June 15 6:30 PM - 9:30 PM

Members & Non-Members: $90

ARC Lifeguard Certification

This American Red Cross Lifeguard program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Pre-requisites: Must be at least 15 years old and be able to complete a standard swim test on the first day of class. The swim test includes a 300 yard swim using front crawl, breast and backstroke as well as diving to the bottom of the pool and retrieving a weighted brick. Fee includes Lifeguarding, First Aid and Professional CPR certification. There will be no refunds given once class begins. Participants are required to attend all scheduled class days For more information contact Jayna Miller at ext. 3219.

March 20 5:00 PM - 9:00 PM
March 21 9:00 AM - 5:00 PM
March 22 9:00 AM - 5:00 PM
April 17 5:00 PM - 9:00 PM
April 18 9:00 AM - 5:00 PM
April 19 9:00 AM - 5:00 PM
May 15 5:00 PM - 9:00 PM
May 16 9:00 AM - 5:00 PM
May 17 9:00 AM - 5:00 PM

Members & Non-Members: $350

ARC Lifeguard Review

Participants must hold a current American Red Cross Lifeguard Certification to participate.

Sat. May 16 & Sun. May 17 9:00 AM - 2:00 PM

Members & Non-Members: $150

SPECIAL EVENTS

Annual Easter Egg Hunt (Ages 1-10)
YMCA Members, children, or siblings of members ages 1 to 10. Held indoors in the gymnasium. Registration is necessary by April 2. Visit with the Easter Bunny immediately after the egg hunt.

Sat., April 4 12:15 PM

12:15pm 1-2 year olds
12:30pm 3-4 year olds
12:45pm 5-7 year olds
1:00pm 8+ year olds
Parents Night Out (Ages 4-12)
Enjoy time away without your little ones when you send them to the Y for their own night out. Children will enjoy gym time, open play, story time, crafts and a movie. Send a pillow, blanket and pajamas and the children will be ready for bed when you pick them up. Sneakers must be worn in order to participate in gym time. Children are divided into age-appropriate groups and rotate throughout the activities. Please use the child care entrance when picking up your child at the end of the event. Pre-registration is required.

Sat. March 14 6:00 PM - 9:00 PM B
Sat. April 18 6:00 PM - 9:00 PM B
Sat. May 16 6:00 PM - 9:00 PM B
1st Child: $20 | 2nd Child: $15 | $10/additional

Family Fun Nights (Ages 6-12)
Join us for a fun night at the Y with activities for the whole family! Free for Full Privilege Members. Activities may include gym, games, pool activities, crafts, family classes, wellness orientations and more. Program changes monthly. This is a benefit of family membership.

March 27 6:30 PM - 8:30 PM
May 29 6:30 PM - 8:30 PM
Family Members: Free
Members: Free

Out & About (Ages 3+)
Have a Doctor’s Appointment, need to run some errands or go shopping? Take some time for you while we take care of your little ones. Ages 0-5 Every Friday in Child Watch room at the Y, up to 3 hours of babysitting.

Friday 9:00 AM - 1:00 PM B
1st Child: $15 | $10/additional child

Someone Special Dance
Dads and daughters, moms and sons, bring your little one and have some fun! We’ll have selfie station with photo backdrop so bring your phone/camera, and light refreshments. Dress: Semi-formal. OPEN to the COMMUNITY!

Saturday, March 7 6:00 PM - 8:00 PM
$20 per couple, $10 each additional adult, Cash/Check only donation to the Boyertown YMCA Annual Campaign.

BOYERTOWN COMMUNITY POOL

417 S. Madison Street, Boyertown 610-369-3045
(Managed by the staff of the Boyertown YMCA – a Branch of the Philadelphia Freedom Valley YMCA)

Spring Clean-Up Day
Volunteers are invited to join us for a day of teamwork and clean-up fun! We will clean up the pool and surrounding grounds in preparation for an awesome Summer! Anyone interested in volunteering (those under 12 years of age need to be accompanied by an adult) should register at the YMCA Welcome Center.

Sat., April 25 9:00 AM - 12:00 PM

Season Pass Information
Full-Privilege Philadelphia Freedom Valley YMCA Members – Included in YMCA Membership
• Family (includes any 4 family members) - $300 ($35 per additional person)
• Individual (ages 2 through adult) - $150
Special fee for Borough of Boyertown Residents (proof of residency required) and YMCA Members
• Family (includes everyone living in the household) - $240
• Individual (ages 2 through adult) - $120
• Philadelphia Freedom Valley YMCA Full Privilege Members: Free
• Ages 12 & older: $10
• Children 2-11: $7
• Under age 2: Free
Children under the age of 12 must be accompanied by an adult at the pool at all times. Anyone age 11 and under who do not pass the standard swim test are required to wear a Coast Guard approved PFD (supplied by the YMCA). Tests will be administered by the YMCA staff.

Pool Hours
The pool will be open 11:00 AM – 8:00 PM (weather permitting) The pool will not open on rainy/stormy days. It will be the discretion of management to open if the temperature is below 70 degrees. The pool may open at 2:00 PM if the rain/storm stops. The pool will close early if it storms for over one hour with no sign of stopping or there are no patrons at the pool at 7:00 PM or later.

Snack Bar
There is snack bar available for the patrons with a large variety of items. The snack bar is open 11:30 AM to 7:00 PM daily.