HOURS OF OPERATION
Monday - Friday 5:00 AM - 10:30 PM
Saturday & Sunday 7:00 AM - 7:00 PM
Indoor pool closes 15 minutes before building

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

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COMMUNITY ........................ 18

CHILD WATCH (3 months to 10 years)
Child Watch is a value added member benefit and is included with the cost of Full Privilege adult or family memberships. This service is offered on-site with convenient drop-in hours that vary by location. Hours are subject to change around holidays. Registration is not required and Child Watch is operated on a first come, first served basis. This service is intended to support parents while working out. Parents must remain at the YMCA and are limited to two hours per day. Parents will be contacted to pick up their child if there are any problems.

Monday - Thursday 8:00 AM - 8:30 PM
Friday 8:00 AM - 7:00 PM
Saturday & Sunday 8:00 AM - 5:00 PM

*Hours subject to change due to holidays/weather

Y ZONE (Ages 10 & up)
Teens and Tweens are invited to drop into the Y Zone and enjoy board games, arts and crafts, the latest video games on the gaming systems including our WIUI, XBOX 1 and PlayStation 4 or catch the latest game on our 52" TV.

Monday - Thursday 3:00 PM - 7:30 PM
Friday 3:00 PM - 6:00 PM
Saturday & Sunday 9:00 AM - 4:00 PM

Hours subject to change due to holidays and special events.

FAMILY ACTIVE CENTER
(Ages 5-9)
The Family Active Center (FAC) is an interactive structured activity area where children can exercise and have fun. Users must be Full Privilege Family Members. All participants must check in before utilizing the FAC. Proper attire is required. Children must wear sneakers and socks at all times. Guests are not permitted to use the FAC. Maximum time allowed in the FAC is 2 hours per day per family and drop off ends 30 minutes before the FAC closes. Parents must remain on the premises at all times.

Monday - Thursday 4:00 PM - 8:30 PM
Friday 4:00 PM - 7:00 PM
Saturday & Sunday 9:00 AM - 5:00 PM

*Hours subject to change due to holidays.
*Family membership required

MEET OUR STAFF
Carol Pinder
Executive Director, ext. 1570
Karen Bruno
Senior Program Director, ext. 1541
Trisha Carney
Administrative Assistant, ext. 1506
Christie Dunning
School Age Childcare Director, ext. 1573
Brandon Herder
Sports Director, ext. 1579
Joe Logano
Wellness Director, ext. 1534
Toni Lindsay
Membership Director, ext. 1571
Andrew Bell
Property Director, ext. 1543
Laura McClinton
Adv. Aquatic Director, ext. 1535
Megan Michael
Teen Director, ext. 1540
Erin Pfaff
Senior Program Director, ext. 1576
Tina Scott
Senior Program Director, ext. 1534
Stewart Wanser
Aquatic Director, ext. 1527
Christina Walsh
Program Director, ext. 1572
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.

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<tr>
<td>Friday</td>
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<td>Sunday</td>
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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.

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<tr>
<td>Tuesday</td>
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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.
YOUTH

School Age

Wednesday 6:15 PM - 6:55 PM
Thursday 5:30 PM - 6:10 PM
Members: $78
Non-Members: $156

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

Preschool

Monday 10:15 AM - 10:45 AM
1:30 PM - 2:00 PM
5:00 PM - 5:30 PM
6:00 PM - 6:30 PM
Tuesday 10:45 AM - 11:15 AM
4:30 PM - 5:00 PM
5:00 PM - 5:30 PM
6:00 PM - 6:30 PM
6:30 PM - 7:00 PM
7:00 PM - 7:30 PM
Wednesday 9:45 AM - 10:15 AM
4:30 PM - 5:00 PM
5:00 PM - 5:30 PM
6:00 PM - 6:30 PM
Thursday 10:15 AM - 10:45 AM
5:00 PM - 5:30 PM
6:00 PM - 6:30 PM
6:30 PM - 7:00 PM
7:00 PM - 7:30 PM
Friday 4:30 PM - 5:00 PM
Saturday 9:00 AM - 9:30 AM
9:30 AM - 10:00 AM
10:00 AM - 10:30 AM
11:00 AM - 11:30 AM
Sunday 10:00 AM - 10:30 AM
10:30 AM - 11:00 AM
11:00 AM - 11:30 AM
Members: $70
Non-Members: $140

School Age

Monday 5:30 PM - 6:10 PM
Wednesday 5:30 PM - 6:10 PM
6:15 PM - 6:55 PM
Thursday 5:30 PM - 6:10 PM
6:30 PM - 7:10 PM
7:15 PM - 7:55 PM
Friday 5:00 PM - 5:40 PM
Saturday 10:30 AM - 11:10 AM
11:15 AM - 11:55 AM
Members: $78
Non-Members: $156

Swim Basics – Stage 3
Water Stamina - Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

Preschool

Monday 2:00 PM - 2:30 PM
4:30 PM - 5:00 PM
5:30 PM - 6:00 PM
6:30 PM - 7:00 PM
Tuesday 4:30 PM - 5:00 PM
5:00 PM - 5:30 PM
5:30 PM - 6:00 PM
6:00 PM - 6:30 PM
7:00 PM - 7:30 PM
Wednesday 4:30 PM - 5:00 PM
5:00 PM - 5:30 PM
5:30 PM - 6:00 PM
Thursday 4:30 PM - 5:00 PM
5:30 PM - 6:00 PM
6:00 PM - 6:30 PM
Friday 10:45 AM - 11:15 AM
4:00 PM - 4:30 PM
Saturday 9:00 AM - 9:30 AM
9:30 AM - 10:00 AM
10:00 AM - 10:30 AM
11:00 AM - 11:30 AM
Sunday 10:00 AM - 10:30 AM
10:30 AM - 11:00 AM
11:00 AM - 11:30 AM
Members: $70
Non-Members: $140

School Age

Monday 4:45 PM - 5:25 PM
6:15 PM - 6:55 PM
Tuesday 4:45 PM - 5:25 PM
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Wednesday 5:30 PM - 6:10 PM
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Thursday 4:45 PM - 5:25 PM
5:30 PM - 6:10 PM
6:30 PM - 7:10 PM
7:15 PM - 7:55 PM
Friday 4:40 PM - 5:20 PM
Saturday 9:00 AM - 9:40 AM
9:45 AM - 10:25 AM
10:30 AM - 11:10 AM
Sunday 10:00 AM - 10:40 AM
Members: $78
Non-Members: $156
**Swim Strokes**

(Preschool 30 minutes)  
(School Age/Teens/Adults 40 minutes)  
Introduces and refines stroke technique in older students. In these three stages, having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

**Swim Strokes – Stage 4**
Stroke Introduction - Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

### Preschool

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Members: $70  
Non-Members: $140

### School Age

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Members: $78  
Non-Members: $156

**Swim Strokes – Stage 5**
Stroke Development - Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

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Members: $78  
Non-Members: $156

**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

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<td>Thursday</td>
<td>7:15 PM - 7:55 PM</td>
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<td>Saturday</td>
<td>11:15 AM - 11:55 AM</td>
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Members: $78  
Non-Members: $156

**Stroke/Turn Clinic**
The Ambler Area YMCA Spring Stroke and Turn Clinic runs for 8 weeks. Each day will be dedicated to one or more of the four competitive strokes. Swimmers will be also be taught how to perform and refine flip-turns and starts. The three main focuses taught in stroke and turn is as follows; Body Position & Balance, Drills & Skills, and Power & Speed.

**Beginner I:** These swimmers may not have competed in a swim meet. They are able to competently swim two continuous lengths of both freestyle and backstroke. Practices offered 3 days per week.

### School Age

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<td>Wednesday &amp; Friday</td>
<td>6:00 PM - 7:00 PM</td>
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Members: $180 per person  
Non-Members: $300 per person
Beginner II Group: This group is generally 8-9 years old, and will have competitive swimming experience and is able to complete 100 yards of freestyle and backstroke. Practice offered 4 days/week.

- Monday 4:45 PM - 5:45 PM
- Wednesday & Friday 6:00 PM - 7:00 PM
- Saturday 9:30 AM - 10:30 AM

Members: $200 per person
Non-Members: $360 per person

Intermediate Group: This group is generally for ages 10-12, has competitive experience, must be able to swim 200 yards and have rudimentary knowledge of breaststroke and/or butterfly. Practices offered 5 days per week.

- Monday 5:45 PM - 7:00 PM
- Tuesday & Thursday 5:30 PM - 6:30 PM
- Wednesday & Friday 4:45 PM - 6:00 PM

Members: $240 per person
Non-Members: $400 per person

Advanced Group: This group is for ages 13 and up, has competitive experience, and can complete a legal 200 IM. Practices offered 6 days per week.

- Monday, Wednesday, Friday 7:00 PM - 8:30 PM
- Tuesday & Thursday 7:15 PM - 8:45 PM
- Saturday 10:30 AM - 12:00 PM

Members: $290 per person
Non-Members: $450 per person

Advanced 2 Group: This group is for advanced swimmers and those who join need approval from our Head Swim Coach. Practices offered 6 days per week.

- Monday, Wednesday, Friday 7:00 PM - 8:30 PM
- Tuesday & Thursday 7:15 PM - 8:45 PM
- Saturday 10:30 AM - 12:00 PM

Members: $290 per person
Non-Members: $450 per person

Private Swim Lessons

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<tr>
<th># of Classes</th>
<th>Full Privilege</th>
<th>Program</th>
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<tr>
<td>5</td>
<td>$150 per person</td>
<td>$300 per participant</td>
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*Minimum Age: 4

Semi-Private Swim Lessons

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<th># of Classes</th>
<th>Full Privilege</th>
<th>Program</th>
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<tbody>
<tr>
<td>5</td>
<td>$100 per participant</td>
<td>$200 per participant</td>
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*Minimum Age: 4

If you are interested in private lessons, please fill out a private lesson request form. Forms can be found at the Welcome Center. For more information contact Laura McClinton at Lmcclinton@philaymca.org or ext. 1535.

ARTS & HUMANITIES

Character and Concept Design
Students will learn how to create one or two unique, recognizable characters and create a short comic-style story incorporating them. (Ages 8-12)

- Wednesday 6:30 PM - 7:15 PM
  - Family Members: $34.50
  - Members: $69
  - Non-Members: $138

Cooking from the Garden, Parent/Child
*Late Spring Only
Lead by our gardener, families will harvest from the community garden and build recipes together. (Ages 3-5)

- Tuesday 4:30 PM - 5:15 PM
  - Family Members: $34.50
  - Members: $69
  - Non-Members: $138

Garden Club
*Late Spring Only
Plant our garden and watch it grow! We will plant seeds for the spring and summer garden and learn about soil, plants, insects, birds, and more! We will care for the garden as it grows and taste some delicious produce along the way. Please bring gloves and wear closed-toe shoes. (Ages 6-8)

- Thursday 4:30 PM - 5:15 PM
  - Family Members: $34.50
  - Members: $69
  - Non-Members: $138

Lego Robotics - Youth/Teen
(Ages 10-17)
This 2 hour class will give participants the opportunity to explore lego robotics in a fun, educational and interactive way.

- Saturday 10:00 AM - 12:00 PM
  - Members: $60
  - Non-Members: $80

Intro to Drawing
(Ages 8-12)
Students will learn basic concepts such as drawing a face, one and two point perspective, and how to properly shade an object.

- Wednesday 5:30 PM - 6:15 PM
  - Family Members: $34.50
  - Members: $69
  - Non-Members: $138

Intro to Cheerleading – Youth
(Ages 4-6)
This class will focus on the basic fundamentals of cheerleading. Children will learn cheer technique, jumps, formations, basic stunts and tumbling.

- Wednesday 5:15 PM - 6:00 PM
  - Family Members: $34.50
  - Members: $69
  - Non-Members: $138
**Music & Movement – Parent/Child**  
(Ages 18 months-3 years)  
You and your toddler will learn delightful songs, dances, and musical activities that focus on singing and keeping a steady beat. This class will focus on enhancing timing, coordination, listening and language skills in a fun interactive environment.

**Friday** 10:30 AM - 11:15 AM
- Family Members: $34.50
- Members: $69
- Non-Members: $138

**Musical Theater – Preschool**  
(Ages 4-6)  
*Early & Late Spring Session combined (March-June) Children will get an overview of the work that is done on stage and behind the scenes. They will learn theater terminology, stage directions and self-expression.

**Thursday** 1:30 PM - 2:15 PM
- Family Members: $180
- Non-Members: $360

**Sculpting – Youth**  
(Ages 6-12)  
Students will explore through form and different building methods. Each session, students will examine sculpture and installation artists to inspire their own individual projects.

**Wednesday** 4:30 PM - 5:15 PM
- Family Members: $34.50
- Members: $69
- Non-Members: $138

**Storytime – Parent/Child**  
(Ages 1-3)  
Dance, wiggle, and sing along in our fun story time for your independent movers. Enjoy an interactive story time with your child that includes early literacy development through books, songs, crafts and body movement.

**Tuesday** 10:30 AM - 11:00 AM
- Family Members: $34.50
- Members: $69
- Non-Members: $138

---

**YOUTH**

**DANCE**

**NON-RECITAL (NR) 8 week programs**

**Family Members:** $34.50  
**Members:** $69  
**Non-Members:** $138

**Ballet**  
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, agility, coordination and flexibility.

**Ballet – Preschool (NR)**  
(Ages 2-3)  

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<tr>
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<td>10:00 AM - 10:30 AM</td>
<td>$180</td>
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<td>$360</td>
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<td>10:00 AM - 10:30 AM</td>
<td>$720</td>
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| Ages 3-4 | Tuesday 12:30 PM - 1:15 PM | $360 | $720 | $1440 |
| Ages 3-5 | Wednesday 10:45 AM - 11:30 AM | $720 | $1440 | $2880 |

**Ballet/Tap**  
A combination of ballet and tap, dancers will work on coordination, rhythm, creativity, technique and terminology in both dance forms.

**Ballet & Tap – Preschool (NR)**  
(Ages 3-5)

| Tuesday | 1:15 PM - 2:00 PM | $360 | $720 | $1440 |
| Wednesday | 5:30 PM - 6:15 PM | $720 | $1440 | $2880 |

**Hip Hop – Youth (NR)**  
Students will learn routines that fuse both hip hop and jazz styles. Students will be challenged with choreography and have the opportunity to express themselves through movement and music.  
(Ages 5-8)

| Friday | 4:30 PM - 5:15 PM | $360 | $720 | $1440 |

| Ages 7-9 | Thursday 4:30 PM - 5:15 PM | $720 | $1440 | $2880 |
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 18-24 mo.)

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(Ages 2-3)

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Family Members: $34.50
Members: $69
Non-Members: $138

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. (Ages 3-4)

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<td>5:30 PM - 6:15 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>11:00 AM - 11:45 AM</td>
</tr>
</tbody>
</table>

(Ages 4-5)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>11:00 AM - 11:45 AM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>11:00 AM - 11:45 AM</td>
</tr>
<tr>
<td></td>
<td>5:30 PM - 6:15 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>11:00 AM - 11:45 AM</td>
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</tbody>
</table>

(Ages 5-6)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:00 PM - 6:45 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:15 PM - 7:00 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:00 PM - 6:45 PM</td>
</tr>
<tr>
<td>Sunday</td>
<td>11:00 AM - 11:45 AM</td>
</tr>
</tbody>
</table>

Family Members: $34.50
Members: $69
Non-Members: $138

INSTRUCTIONAL SPORTS

Agility – Youth (Ages 8-12)
The class will enhance athletes speed and agility to better prepare them for various sports. Will consists of conditioning, cardio, and drills for participants.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>6:30 PM - 7:15 PM</td>
</tr>
</tbody>
</table>

Family Members: $34.50
Members: $69
Non-Members: $138

Archery – Youth
*Late Spring Only
Introduction to Archery. Participants will learn fundamentals, rules and good sportsmanship all while having fun. (Ages 6-8)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>5:15 PM - 6:00 PM</td>
</tr>
</tbody>
</table>

Family Members: $34.50
Members: $69
Non-Members: $138

Archery – Youth Intermediate/Advanced
*Late Spring Only
In addition to traditional target practice, this class will add skilled assessments that are used in competition. Participants must have prior archery experience; no other skill level is required. Participants will learn fundamentals, rules and good sportsmanship, all while having fun. Participants will use YMCA provided recurve bows. (Ages 8-12)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>11:15 AM – 12:00 PM</td>
</tr>
</tbody>
</table>

Family Members: $34.50
Members: $69
Non-Members: $138

Basketball – Youth
This class will teach the fundamentals and rules of basketball, and assist in developing good sportsmanship. Emphasis is on skill development, fun and participation. (Ages 6-8)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>4:15 PM - 5:00 PM</td>
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</tbody>
</table>

(Ages 7-10)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>5:45 PM - 6:30 PM</td>
</tr>
</tbody>
</table>

(Ages 8-12)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>5:45 PM - 6:30 PM</td>
</tr>
</tbody>
</table>

Family Members: $34.50
Members: $69
Non-Members: $138

Hockey – Youth (Ages 7-10)
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>4:15 PM - 5:00 PM</td>
</tr>
</tbody>
</table>

Family Members: $34.50
Members: $69
Non-Members: $138

Gym & Swim – Preschool (Ages 3-5)
This class will consist of a gym class followed by swim. In the gym, children will learn a new sport each week through skill building and games. In the pool, each child will play games to learn and practice basic swim skills in a fun environment. At the end, your child will receive a recommendation for the appropriate group swim level.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>2:00 PM - 3:30 PM</td>
</tr>
</tbody>
</table>

Family Members: $45
Members: $90
Non-Members: $180
Running – Youth (Ages 6-12)
Learn how to train like a runner. Class will focus on basic drills, running techniques in a fun supportive environment. Water bottle, sneakers & appropriate clothing for running outdoors are required.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Family Members</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:00 PM - 6:45 PM</td>
<td>$34.50</td>
<td>$69</td>
<td>$138</td>
</tr>
</tbody>
</table>

Soccer – Youth (Ages 6-10)
This class will teach the fundamentals of soccer, while developing good sportsmanship. Emphasis is on skill development, fun and participation.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Family Members</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>5:00 PM - 5:45 PM</td>
<td>$34.50</td>
<td>$69</td>
<td>$138</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Family Members</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:30 AM - 11:15 AM</td>
<td>$34.50</td>
<td>$69</td>
<td>$138</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:15 PM - 7:00 PM</td>
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<td>$69</td>
<td>$138</td>
</tr>
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Sports Introduction – Preschool
This class introduces children to a variety of different sports and other games. This is a great way to get your child excited about playing sports while building self esteem and improving coordination and motor skills.

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<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1:00 PM - 1:45 PM</td>
<td>$34.50</td>
<td>$69</td>
<td>$138</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1:30 PM - 2:15 PM</td>
<td>$34.50</td>
<td>$69</td>
<td>$138</td>
</tr>
<tr>
<td>Thursday</td>
<td>1:15 PM - 2:00 PM</td>
<td>$34.50</td>
<td>$69</td>
<td>$138</td>
</tr>
</tbody>
</table>

Sports Various – Homeschool (Ages 5-15)
This class will provide activities and experiences that fulfill your physical education requirements for home school and cyber school participants. Also provides socialization, teamwork, and good sportsmanship. The class will consist of a gym class followed by swim.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Family Members</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>2:00 PM - 3:30 PM</td>
<td>$45</td>
<td>$90</td>
<td>$180</td>
</tr>
</tbody>
</table>

Tennis – Preschool (Ages 4-6)
Participants are introduced to tennis through supplemental activities such as basic strokes and fun games.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Family Members</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>4:15 PM - 5:00 PM</td>
<td>$34.50</td>
<td>$69</td>
<td>$138</td>
</tr>
</tbody>
</table>

Tennis – Youth (Ages 5-8)
Participants are introduced to supplemental activities such as basic strokes and fun games.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Family Members</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>6:00 PM - 6:45 PM</td>
<td>$34.50</td>
<td>$69</td>
<td>$138</td>
</tr>
</tbody>
</table>

Volleyball – Youth (Ages 8-12)
This class will teach the fundamentals and rules of volleyball and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Family Members</th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
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<td>Tuesday</td>
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<td>$69</td>
<td>$138</td>
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</tbody>
</table>

MARTIAL ARTS

Karate – Youth
Our very popular traditional Gojo Ryu Karate; our program has flourished at the Y for more than twenty years. Develop flexibility, strength, and cardiovascular fitness while building self-confidence and discipline and learning self defense. All skill levels ages 6 and up are welcome. Bill Kane, 6th degree black belt, lead a team of experienced and committed instructors. Please note that adults must have a Full Privilege Membership (Non-Memberships are for children only). Registration includes attendance to all classes.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>People of all ages and abilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon.</td>
<td>7:15 PM - 8:45 PM</td>
<td>People of all ages and abilities</td>
</tr>
<tr>
<td>Wed.</td>
<td>7:15 PM - 8:45 PM</td>
<td>People of all ages and abilities</td>
</tr>
<tr>
<td>Sat.</td>
<td>9:15 AM - 10:45 AM</td>
<td>Beginner and White Belt</td>
</tr>
<tr>
<td>Sat.</td>
<td>10:45 AM - 11:45 AM</td>
<td>Colored Belts</td>
</tr>
</tbody>
</table>

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

**2020 SPRING YOUTH SPORTS LEAGUES**

<table>
<thead>
<tr>
<th>Season</th>
<th>League</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Spring</td>
<td>Basketball</td>
<td>February 29</td>
</tr>
<tr>
<td>Early Spring</td>
<td>Soccer</td>
<td>February 29</td>
</tr>
<tr>
<td>Late Spring</td>
<td>TBall</td>
<td>April 25</td>
</tr>
<tr>
<td>Late Spring</td>
<td>Baseball</td>
<td>April 25</td>
</tr>
</tbody>
</table>

*Time determined based on enrollment. Schedule will be provided prior to start date.

<table>
<thead>
<tr>
<th>Family Members</th>
<th>$40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>$80</td>
</tr>
<tr>
<td>Non-Members</td>
<td>$160</td>
</tr>
</tbody>
</table>

**Basketball League – Rookies** (Ages 5-7)
Saturday TBD

**Soccer League – Preschool** (Ages 3-4)
Saturday 9:00 AM - 9:30 AM
OR 9:30 AM - 10:00 AM

**Soccer League – Rookies** (Ages 5-7)
Saturday 10:00 AM - 11:00 AM
OR 11:00 AM - 12:00 PM

**TBall League – Preschool** (Ages 3-4)
Saturday 9:00 AM - 10:00 AM
OR 10:00 AM - 11:00 AM

**Baseball League – Rookies** (Ages 5-7)
Saturday 10:00 AM - 11:00 AM
OR 11:00 AM - 12:00 PM

*Time determined based on enrollment. Schedule will be provided prior to start date.

<table>
<thead>
<tr>
<th>Family Members</th>
<th>$40</th>
</tr>
</thead>
<tbody>
<tr>
<td>Members</td>
<td>$80</td>
</tr>
<tr>
<td>Non-Members</td>
<td>$160</td>
</tr>
</tbody>
</table>

**BIRTHDAY PARTIES**

Let the YMCA do everything for you on your child’s special day. Our trained staff will run your child’s birthday party from beginning to end. All you need to do is show up, relax, and enjoy! For more information or to make a reservation, contact Christina Walsh, cwalsh@philaymca.org or at ext 1572.

Call today to reserve your date. Parties are held on Saturday and Sunday afternoon.

**All party packages include:**
- Trained party instructor for organizing the party, set-up and clean-up
- Private party room
- Personalized cakes (you pick colors, cake and icing type)
- Bottled Water
- Paper Products (napkins, plates, candles, table covers, spoons)
- Other activities such as face painting may be added for an additional fee. For more information contact Christina Walsh at ext 1572.

**Reservations/Payment**
Reservations are made on a first-come, first-served basis and should be made at least three weeks in advance. A signed contract is due within 48 hours after booking. A $100 deposit is required within 48 hours of booking and final payment is due two weeks prior to the day of your party. In order to receive the Full Privilege Member price, the birthday child or their parent/guardian must be a current Full Privilege Member at the time of registration through the party date.

**Party Day**
Your trained party instructor will meet you and your guests in the lobby. The host parent is responsible for the pick-up process and must remain in the lobby until all guests have been picked up.

**Food**
Party packages include:
- Quarter sheet cake (feeds 25)
  OR upgrade to a 18” x 14” half sheet cake for $20
You are welcome to bring in other food items such as pizza, snacks, etc. on a limited basis. Please make sure that the food is delivered at least one hour before the end of the party to ensure there is enough time for cake. You will need to supply your own plates/bowls for additional food items.

**Archery Birthday Party** (Ages 6-12)
Seasonal
The kids will have a blast learning the art of Archery. Your child and guests will also enjoy organized games led by your party leaders when each small group take their turn learning Archery. Party includes one hour outside in the Archery field and forty five minutes in your private party room. You may invite up to 12 guests (including the birthday child).

| Members | $250 |
| Non Members | $300 |
Family Active Center (Ages 3-5 years)
The kids will have a blast in our Family Active Center.
Activities could include:
• Moon Bounce
• Soft Blocks
• Parachute Fun
• Musical Instruments
Your child and their guests will also enjoy organized games led by our party leaders.
Party includes one hour in the family active center and a 45-minutes in our party room. You may invite up to 20 guests (includes the birthday child).
Members: $225
Non Members: $300

Nerf Challenge Birthday Party
(Ages 6-12 years)
Turn off the electronics and join us for Capture the Flag, Zombie vs. Humans, Tap-Out and Last Man Standing.
All participants must bring their own Nerf blaster, standard size darts. Please label your blasters and label your darts if you would like to collect them before you go home. No modified blasters or any projectiles other than standard darts are permitted.
This 2 hour party includes:
• One hour on the indoor or outdoor course (weather permitting)
• 45 minutes your private party room
• You may invite up to 15 guests (including the birthday child).
Members: $250
Non Members: $300

Pool (Ages 8-12 years)
Splish, splash and celebrate! Come join us for lots of water fun in our zero depth entry pool with water slides and spray fountains. All children MUST be age 8 or older in order to participate in a splash party.
This 2 hour party includes:
• One hour of non-exclusive use of the pool
• 45 minutes in the party room
• Remaining time is for changing and conducting a swim test
To use the big slides, children MUST:
• Be at least 42” in height AND pass the deep swim test
You may invite up to 25 guests (includes the birthday child).
Members: $300
Non Members: $375

Sports (Ages 4-12 years)
If your child has lots of energy to burn, this is the perfect party! Our trained staff will get the children moving with age appropriate sports and/or games.
Activities could include:
• Soccer
• Soft Hockey
• Basketball
• Scooter Races
• Parachute Fun
There will be lots of fun to keep the kids moving! Party includes one hour in the gym and 45-minutes in our party room. You may invite up to 25 guests (includes the birthday child).
Full Privilege Members: $250
Non Members: $325

Dance Ballet (Ages 3-5 years)
Children will have fun learning basic ballet techniques from one of our trained dance instructors. Party includes one hour of dance instruction and games in our dance studio and 45 minutes in a private party room. Party includes up to 15 children (including the birthday child).
Members: $185
Non-Members: $260

Dance Hip Hop (Ages 6-8 years)
Children will learn the latest hip hop dance moves and combinations from one of our trained dance instructors. Party includes one hour of instruction in our dance studio and 45 minutes in a private party room. Party includes up to 15 children (including the birthday child).
Members: $185
Non-Members: $260

Out & About
Ages 3 and up (3 hours*)
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. A Drop and Go Babysitting Service for existing members to allow parents flexibility to run errands, visit a doctor, etc. while child is cared for by our staff. Optional Peanut free snack may be provided by parents.
* Monday – Friday drop off between 11:30 am - 4:00 pm.
FEE - $15 for first child; $10 for any additional child

Family Fun Nights
In our efforts to build strong families, we will host a Family Fun Night at the Ambler Area Y. You and your family will be able to swim, play in the moon bounce, do Arts and Crafts, and much more. We are excited about our new programming and guess what? There will be something for all ages. Please note that all children will need to be accompanied by a parent/guardian at all times. We look forward to seeing you at our next Family Fun Night. For more information, please view our website, check for flyers or call our Welcome Center.
March 20
6:00 PM - 8:00 PM

Princess (Ages 3-9 years)
Come feel like a princess for the day! You and your guests come dressed like a princess for a magical royal birthday celebration. Party includes one hour of craft time, dancing and a fashion show in our studio followed by a 45 minute party in a private party room. Party includes up to 15 children (including the birthday child).
Full Privilege Members: $200
Non members: $275

Dance Hip Hop
(Ages 6-8 years)
Children will learn the latest hip hop dance moves and combinations from one of our trained dance instructors. Party includes one hour of instruction in our dance studio and 45 minutes in a private party room. Party includes up to 15 children (including the birthday child).
Members: $185
Non-Members: $260

Dance Ballet
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Children will have fun learning basic ballet techniques from one of our trained dance instructors. Party includes one hour of dance instruction and games in our dance studio and 45 minutes in a private party room. Party includes up to 15 children (including the birthday child).
Members: $185
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Members: $185
Non-Members: $260

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Ages 3 and up (3 hours*)
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. A Drop and Go Babysitting Service for existing members to allow parents flexibility to run errands, visit a doctor, etc. while child is cared for by our staff. Optional Peanut free snack may be provided by parents.
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Princess (Ages 3-9 years)
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Full Privilege Members: $200
Non members: $275

Dance Hip Hop
(Ages 6-8 years)
Children will learn the latest hip hop dance moves and combinations from one of our trained dance instructors. Party includes one hour of instruction in our dance studio and 45 minutes in a private party room. Party includes up to 15 children (including the birthday child).
Members: $185
Non-Members: $260

Out & About
Ages 3 and up (3 hours*)
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. A Drop and Go Babysitting Service for existing members to allow parents flexibility to run errands, visit a doctor, etc. while child is cared for by our staff. Optional Peanut free snack may be provided by parents.
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Full Privilege Members: $200
Non members: $275
YOUTH

Parents Night Out
Ages 3 and up (3 hours)
Enjoy an evening without the little ones when you send them to the Y for their own night out. Children will enjoy gym time, open play, circle story time, crafts, and a movie. Dinner is provided.

March 21 6:00 PM - 9:00 PM
April 18 6:00 PM - 9:00 PM
FEE $20 – 1st Child; $15 2nd Child; $10 for each additional child after 2

ABILITY PROGRAMS

Ability Aquatic Instruction – Acclimation
(Ages 6-12)
A beginning class for the advancing swimmer. Child must be willing to swim without a parent in the pool. This class with a 1:4 teacher, student ratio is for children with special needs who are comfortable in the water and can swim short distances independently. Water safety, swimming on front and back, floating, gliding/streamline position are emphasized. Please contact Laura McClinton at ext. 1535 for more information.

Tuesday 6:00 PM - 6:30 PM
Saturday 11:00 AM - 11:30 AM
Members: $70
Non-Members: $140

Ability Aquatic Instruction – Stage 3 – Water Stamina
(Ages 8-14)
This class is designed for special needs youths aged 8-14 who can swim for at least 25 yards (form does not matter). It is a hybrid of a swimming lesson and a fitness class. Endurance swims, basic water aerobics to develop muscle tone will be paired with developmentally appropriate stroke development, socialization and fitness through games.

Tuesday 6:30 PM - 7:10 PM
Saturday 11:30 AM - 12:10 PM
Members: $78
Non-Members: $156

Ability Aquatic – Private Swim Lessons
# of Classes Full Privilege Member Program Member
5 $150 $300

Semi-Private Swim Lessons
# of Classes Full Privilege Member Program Member
5 $100 per participant $200 per participant

Please contact Laura McClinton for more information at ext. 1535

Ability Aquatic Community Swim
Recreational Swim for children and adult with special needs. This program promotes socialization and fun. All participants are required to fill out an application/medical release form. Participants under the age of 12 must be accompanied by a parent, TSS worker, or legal guardian. Parents, TSS workers or legal guardians must be in the water at all times for non-swimmers and children under the age of seven. An aquatic chair lift is available to lower participants into the pool. All participants must complete a swimming test administered by the lifeguard. Contact Laura McClinton for more information at ext. 1535.

Saturday 12:00 PM - 1:00 PM
Members & Non Members: Free

Ability Art
(Ages 10-21)
Create with more than just crayons and pencils! Participants will explore fine art materials, as well as, non-traditional techniques. Each week there will be a theme explored to reinforce fine motor skills and creative thinking. Please have your participant wear a smock or old clothes.

Monday 4:15 PM - 5:00 PM
Family Members: $25
Members: $50
Non-Members: $100

Ability Fit
(Ages 10-21)
A non-competitive fitness program for individuals with special needs. A fun way to socialize, be active, and enjoy being part of a group.

Thursday 4:15 PM - 5:00 PM
Family Members: $34.50
Members: $69
Non-Members: $138

Ability Gymnastics
(Ages 6-8)
Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age appropriate equipment to ensure the safest and most effective learning environment.

Tuesday 4:30 PM - 5:15 PM
Family Members: $34.50
Members: $69
Non-Members: $138

Ability Night with Friends
(Ages 10-21)
On the first and third Friday of every month from 6:30-9:00 pm this event is dedicated to Teens and Tweens with special needs. We engage in fun activities that are appropriate to each individual. These nights will comprise of gym activities, relay races, crafts, and more! To register your child, please contact the Welcome Center.

March 6, Apr 3, May 1 6:30 PM - 9:00 PM
Members: $10
Non-Members: $15
CHILD CARE

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.

Keystone Stars 3 Rating

Registration for school year 2019-2020
One half month's tuition reserves your space for the program. Information on programs structure and fees can be found on our website philaymca.org (choose Ambler Branch, Child Care).

PROGRAMS (K-5th Grade)
The Ambler Area 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 Public Welfare. In addition, all programs have achieved a STAR 3 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. These programs are held at the Wissahickon Elementary schools: Blue Bell, Lower Gwynedd, Shady Grove and Stony Creek and in the Upper Dublin Elementary schools: Fort Washington, Jarrettown, Maple Glen, and Thomas Fitzwater. A YMCA membership is required to participate in childcare programs.

Before Care
7:00 AM - School Day Begins
Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc. This program is directed by trained professional staff.

After Care
Dismissal - 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. The After School program provides children with a well rounded learning experience with a focus on fun, friends, and creativity through supervised activities. Activities include Arts & Crafts, games, homework supervision, fitness, recreation and daily transfat free snack. The program is designed to meet the age and interests of the children, and is directed by certified and trained staff. The program emphasizes character development that is reinforced through all activities and events. For more information contact Christie Dunning at ext. 1573.

School Age Holiday Care
Provides care on the days that your child’s school is closed, including most in-service days and holidays. Your child will engage in social and educational activities while having fun.

*Only available to children currently enrolled in our Before & After School programs, Space is limited. Registration opens 30 days in advance of closure.

Generation Y After School Program
Attention parents of Middle School Students. Generation Y After School Program is held at the Ambler Area YMCA for children attending Wissahickon Middle School and Sandy Run Middle School. For more information, contact the Megan Michael at ext. 1540

ARTS & HUMANITIES

Cooking – Youth/Teens (Ages 10-15)
Hands- on food preparation will teach healthy eating; basic cooking terms, sharing and teamwork please inform Program Director of allergies prior to the start of the session.

Mondays
6:00 PM - 7:00 PM
Members: $20
Non-Members: $40

Lego Robotics – Youth/Teen
(Ages 10-17)
This 2 hour class will give participants the opportunity to explore lego robotics in a fun, educational and interactive way.

Saturday
10:00 AM - 12:00 PM
Members: $60
Non-Members: $80

Rockets, Robots, & Racers
(Ages 10-15)
Challenge your skills in learning how to design & develop models for Rockets, Robots, & Racers.

Thursdays
6:00 PM - 7:00 PM
Members: $35
Non-Members: $70

Teen Prep
(Ages 13-18)
Teens will have the opportunity to learn real world skills. Communication, Time Management, Resume Building, and so much more!

Thursday
6:30 PM - 7:30 PM
Members: $20
Non-Members: $40

INSTRUCTIONAL SPORTS

Archery – Teen Intermediate/Advanced
*Late Spring Only
In addition to traditional target practice, this class will add skilled assessments that are used in competition. Participants must have prior archery experience; no other skill level is required. Participants will learn the fundamentals, rules and good sportsmanship, all while having fun.

(Ages 13-15)

Saturday
10:15 AM – 11:00 AM
Members: $20
Non-Members: $40

View current schedules online: philaymca.org
Archery – Teen/Adult
Intermediate/Advanced
*Late Spring Only
In addition to traditional target practice, this class will add skilled assessments that are used in competition. Participants must have prior archery experience; no other skill level is required. Participants will learn fundamentals, rules and good sportsmanship, all while having fun. Participants will use YMCA provided recurve bows or their own recurve bow (draw weight no more than 30#). (Ages 16+)
Saturday 9:00 AM – 10:00 AM
Members: $20
Non-Members: $40

Basketball – Teens
This class will teach the fundamentals and rules of basketball, and assist in developing good sportsmanship. Emphasis is on skill development, fun and participation. (Ages 13-18)
Friday 6:30 PM - 7:30 PM
Members: $20
Non-Members: $40

Tennis – Teen (Ages 13-18)
Participants are introduced to tennis through supplemental activities such as basic strokes and fun games.
Friday 5:15 PM - 6:15 PM
Members: $20
Non-Members: $40

Special Events

Family Easter Egg Hunt
(Ages 2-10)
Join us for our annual Easter Egg Hunt! All Abilities Welcome! Activities will include face painting, arts and crafts, snacks and a special visit by the Easter Bunny! Be sure to bring your basket and a camera. This event will take place outside, weather permitting. Egg hunts will be divided by age. Please note that all children must be accompanied by a parent/guardian at all times. One week priority registration for Full Privilege Family Members. Registration closes at capacity.
April 4 10:30 AM
Members: $5
Non-Members: $15

Mom and Son Fun
Spend a special day with your little one! Join us for an afternoon. Enjoy one on one time participating in fun activities and sharing a special meal together. Please come in comfortable clothes and sneakers.
May 17 4:00 PM - 6:30 PM
Members: $20/couple
Non Members: $30.00/couple
Each additional child $5.00

National Moms Night Out
Celebrate your motherhood with the Ambler Area YMCA on National Mom’s Night Out. Babysitting will be provided. Registration is required. See the Welcome Center for details.
Thurs., May 7 6:00 PM - 8:00 PM
*Exclusively for Ambler Family and Single Parent
Family Members: Free

Teen/Tween Nights
Teen and Tween nights are combined into one fun-filled night for kids ages 10-15 years. Have fun playing games, swimming, watching movies and more. Please call the Welcome Center to register
Mar. 14, Apr. 11, May 9 6:00 PM - 9:00 PM
Members: $10
Non-Members: $15

Martial Arts

Karate – Teen/Adult
Our very popular traditional Gojo Ryu Karate; our program has flourished at the Y for more than twenty years. Develop flexibility, strength, and cardiovascular fitness while building self-confidence and discipline and learning self defense. All skill levels ages 6 and up are welcome. Bill Kane, 6th degree black belt leads a team of experienced and committed instructors. Please note that adults must have a Full Privilege Membership (Non-Memberships are for children only). Registration includes attendance to all classes. For more information contact Brandon Herder at ext. 1579.
Mon. 7:15 PM - 8:45 PM People of all ages and abilities
Wed. 7:15 PM - 8:45 PM People of all ages and abilities
Sat. 9:15 AM - 10:45 AM Beginner and White Belt
Sat. 10:45 AM - 11:45 AM Colored Belts
Members: $80
Non-Members: $160
INSTRUCTIONAL SPORTS

Archery - Teen/Adult Intermediate/Advanced
*Late Spring Only
In addition to traditional target practice, this class will add skilled assessments that are used in competition. Participants must have prior archery experience; no other skill level is required. Participants will learn fundamentals, rules and good sportsmanship, all while having fun. Participants will use YMCA provided recurve bows or their own recurve bow (draw weight no more than 30#).
(Ages 16+)

Saturday 9:00 AM – 10:00 AM
Members: $20
Non-Members: $40

Pickleball – Adult
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.

Beginner
Tuesday 10:00 AM - 11:00 AM

Intermediate
Tuesday 11:00 AM - 12:00 PM
4 week session
Members: $30

ADULT SWIM LESSONS

Adult Swim Lesson
This class is designed for the adult beginner swimmer. The student will learn to feel comfortable by putting their face in the water, floating on their front and back, and being introduced to stroke development. Instruction in rotary breathing and kicking with equipment will be included. The adult swimmer will work on swimming unassisted for a minimum distance of 10 yards.
Stage 1: Acclimation
Monday 5:30 PM - 6:10 PM

Stage 3: Stamina
Monday 6:15 PM - 6:55 PM
Members: $78
Non-Members $156

ADULT AQUATIC EXERCISE

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

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

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

Aqua Yoga/Pilates (B I A P)
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.

Aqua ZUMBA® (B I A)
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.

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)
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

DANCE

Adult Ballet (Ages 18+)
New to ballet or a returning student? All levels are welcome to learn the classical technique of ballet in this friendly and encouraging class. You will learn the basics, expand your pre-existing knowledge, and gain strength and flexibility.

Monday 6:15 PM - 7:15 PM
Members $20
Non-Members $40

SMALL GROUP TRAINING

Small Group Training Programs are specialty classes designed for small groups and high attention, resulting in a form of semi private training under our class specific outlined goals. For more information contact Joe Logano at ext. 1534

1 hour session: $50

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

Dynamic Boxing (B I A)
Boxing, strength and conditioning mixed with technique. Boxing gloves recommended.

Shock – Foundations (B)
A beginner 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.

Shock (I A)
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.

TRX – Foundations (B)
This beginner class is 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 (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!

HEALTH AND 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.

NUTRITIONAL EDUCATION

Nutrition at the Y, Powered by CHARGE
Sign up for 1-on-1 nutritional counseling, tailored to helping you achieve your individual health goals. Registered Dieticians are available to consult with you in private one on one sessions. They will help boost your nutrition – whether it’s to get leaner, address a health issue or just make smarter choices. Stop by the Y membership desk to sign up for a session and see how Nutrition at the Y, Powered by CHARGE can help you connect to better health. Fees: CHARGE Nutrition Services may be a covered benefit through your health insurance. CHARGE will pre-qualify your insurance to verify coverage.

1 session $75
5 sessions $140
10 sessions $275

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

GROUP EXERCISE

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

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

Boot Camp (I A)
Challenge your limits with a total body workout mixing traditional calisthenics and body weight exercises with interval training and strength training.

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

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

POUND® (B I A)
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.

Silver Dance (B I A) AOA
This class is a low impact, high energy cardiovascular workout. This class is designed to get you moving in a fun interactive environment.

SilverSneakers® Circuit (B I A) AOA
Combine fun with fitness to increase your cardiovascular and muscular endurance power with this 45 minute standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

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.

Stability Ball (B I A)
This class includes strength training intervals which will increase your heart rate and challenge your core. Come experience a different way to work out and develop balance and coordination.

Stroller Fitness (B I)
A Total Body Workout including power walking and toning exercises using your stroller and baby. Make new friends, get in shape and spend time with your little one.

Trim & Sculpt (B I A)
This body conditioning class will tone, firm, and reshape your entire body by reducing body fat and increasing lean muscle. The 45-minute workout is fast-paced and challenging with motivating music that will help you improve strength, flexibility, posture, and balance without adding bulk. The group atmosphere and ending "thought of the day" will leave you wanting more. All ability levels welcome.

Quick Fit (B I A)
Get it all done in 30 minutes — Warm-up, workout including strength, endurance, cardio and agility and a cool-down. Options and modifications are provided for all levels.

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

ZUMBA® Gold (B) 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.

GROUP CYCLING

Beginner Cycle (B I)
This class is a great introduction to Cycling and is perfect for those members looking for a beginner level experience. Enjoy cardio biking with an emphasis on form and pace.

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

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

LES MILLS Sprint (IA)
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 highs.

Total Body Cycle (B I A)
Work will be done on and off the bike for the perfect mix of cardio, endurance and strength training. In addition to body weight, the instructor may also incorporate resistance bands and light hand-held weights.

MIND/BODY

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.

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

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

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

Meditation (B I A)
Meditation through breathing exercises, 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.

Qigong (B I A)
Move 10 years younger through the practice of Qigong! "Qi" is translated to mean a person’s “vital energy” and “gong” means to exercise or work. Qigong is the art of nurturing one’s body and spirit through the accumulation/exercise of Qi. The standing static & slow dynamic choreographed movements of Qigong integrate the entire body, and are known to improve the overall physical, emotional and mental health of people of ALL ages. Sneakers must be worn.

Tai Chi for Arthritis (B I A)
This program utilizes the Sun style of Tai Chi. It includes agile steps that help to improve mobility, balance, breathing and relaxation. The goals of this program are to improve the quality of life for anyone living with arthritis.

Stretch & Balance (B I A) AOA
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.

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

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

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

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.

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. For more information please contact Michelle Keller at michelle.keller@philaymca.org
ACTIVE OLDER ADULTS

Bridge
Instruction and play. Learn and play with Barbara and Bob Muhlhauser, Life Masters.

**Beginner 1 and 2:** Acquire the fundamental skills to bid and play with confidence. Half of each class will be spent bidding and playing pre-arranged hands.

- **Tuesday 12:00 PM - 2:00 PM**
  - Members: FREE

**Intermediate:** Bidding conventions and play of the hand. At each session, instruction followed by bidding and play of illustrative hands.

- **Tuesday 10:00 AM - 12:00 PM**
  - Members: FREE

**Advanced:** For those playing duplicate bridge at ACBL sanctioned events. At least 25 master points recommended for participation.

- **Monday 9:30 AM - 11:30 AM**
  - Members: FREE

TRAINING & CERTIFICATION

**American Red Cross CPR for Professional Rescuers**

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 CPRPro/BFA valid for 2 years. For more information contact the Welcome Center at 215-628-9950.

- **Sunday, Mar 15**
  - 10:00 AM - 2:00 PM
- **Sunday, Apr 1**
  - 10:00 AM - 2:00 PM
- **Wednesday, April 29**
  - 6:00 PM - 10:00 PM
- **Tuesday, May 5**
  - 6:00 PM - 10:00 PM
- **Sunday, May 17**
  - 10:00 AM - 2:00 PM
- **Wednesday, May 20**
  - 6:00 PM - 10:00 PM
- **Friday, May 29**
  - 6:00 PM - 10:00 PM
- **Thursday, June 11**
  - 6:00 PM - 10:00 PM
- **Sunday, June 14**
  - 10:00 AM - 2:00 PM
- **Wednesday, June 24**
  - 6:00 PM - 10:00 PM
- **Sunday, June 28**
  - 6:00 PM - 10:00 PM
  - Members and Non Members: $90

**ARC Babysitter’s Training (Ages 11-15)**

This American Red Cross (ARC) class provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. Participants will develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe and help children behave, and learn about basic child care. Participants must attend all class sessions, participate in all skill sessions and activities, and demonstrate competency in all observable skills. Upon successful completion, participants receive a Digital Certificate for Babysitter’s Training that does not expire. For more information contact the Welcome Center at 215-628-9950.

- **May 9**
  - 9:00 AM - 2:00 PM
- **June 20**
  - 9:00 AM - 2:00 PM
  - Members and Non Members: $75

**ARC Lifeguarding – Prerequisite Skills Evaluation**

The following requirements apply to all ARC Lifeguarding courses listed including classroom, blended, and review courses. Participants must be at least 15 years old before the last scheduled class session and pass a prerequisite skills evaluation that includes:

- Swimming 300 yards continuously demonstrating breath control and rhythmic breathing, treading water for 2 minutes using only the legs, completing a timed event within 1 minute, 40 seconds (swim 20 yards, dive to a depth of 7 to 10 feet, retrieve a 10-pound object, return to the surface and return to the starting point with both hands holding the object, exit the water without using a ladder or steps). Unless otherwise noted, the Prerequisite Skills Evaluation will be held at the start of the first scheduled class date.

**ARC Lifeguarding**

This American Red Cross (ARC) course provides entry-level lifeguard candidates with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and provide care for breathing/cardiac emergencies, injuries/sudden illnesses until EMS personnel take over. This course includes instructor-led classroom lessons that involve participants in guided discussion, viewing video segments and course presentations before practicing land-based and in-water skills. Participants must pass the prerequisite skills evaluation; attend and participate in all class sessions, demonstrate competency in all required skills, final rescue skill scenarios, and pass each section of the written exams. Upon successful completion, participants receive a Digital Certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years. For more information contact the Welcome Center at 215-628-9950.

- **Apr 6-9**
  - 10:00 AM - 6:00 PM
- **May 12-15**
  - 10:00 AM - 6:00 PM
- **June 15-18**
  - 10:00 AM - 6:00 PM
  - Members and Non Members: $350
COMMUNITY

ARC Lifeguarding Blended Learning
This American Red Cross (ARC) course provides entry-level lifeguard candidates with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and provide care for breathing/cardiac emergencies, injuries/sudden illnesses until EMS personnel take over. This course incorporates online training lessons that participants take at their own pace before attending in-person skills sessions led by an instructor where participants will review online content before practicing land-based and in-water skills. Participants must pass the prerequisite skills evaluation; attend and participate in all class sessions, demonstrate competency in all required skills, final rescue skill scenarios, and pass each section of the written exams. Participants must provide a valid e-mail address and have access to the internet in order to receive an e-mail with instructions and a web link to the online content. Upon successful completion, participants receive a Digital Certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years. For more information contact the Welcome Center at 215-628-9950.

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<tr>
<td>June 6,7, 13</td>
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</tbody>
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Members and Non Members $350

ARC Lifeguarding Review
This American Red Cross (ARC) course is for individuals with a current Lifeguarding/First Aid/CPR/AED certificate to recertify and provides review, instruction and practice on knowledge points, surveillance and recognition, lifeguarding and emergency action plans as well as the chance to review and practice skills that are important for recertification. Lifeguards must take this course before their current certification expires. Once the certification is expired, they must take a full Lifeguarding course. Participants must pass a prerequisite skills evaluation; attend and participate in all class sessions, demonstrate competency in all required skills and activities, demonstrate competency in all required final rescue skill scenarios, and pass 2 final written exams. Upon successful completion, participants receive a Digital Certificate for Lifeguarding/First Aid/CPR/AED valid for 2 years. For more information contact the Welcome Center at 215-628-9950.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Saturday, Mar. 14</td>
<td>9:00 AM - 6:30 PM</td>
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<tr>
<td>Saturday, Apr. 11</td>
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<tr>
<td>Friday, May 22</td>
<td>9:00 AM - 6:30 PM</td>
</tr>
<tr>
<td>Saturday, June 27</td>
<td>9:00 AM - 6:30 PM</td>
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</tbody>
</table>

Members and Non Members: $175