WINTER 2017
Registration begins August 7th
philaymca.org
#THISISY
Donate today to the 2020 Annual Campaign!

Sprint into Spring

Your Y Program Guide

#THISISY
Donate today to the 2020 Annual Campaign!
HOURS OF OPERATION

Monday - Friday 5:00 AM - 10:00 PM
Saturday 7:00 AM - 7:00 PM
Sunday 8:00 AM - 5:00 PM

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

HOLIDAY HOURS

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

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 215-735-5800 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

CHILD WATCH

(3 months to 12 years)
Child Watch is a value added member benefit and is included with the cost of Full Privilege adult or family memberships. This service is offered on-site with convenient drop-in hours that vary by location. Hours are subject to change around holidays. Registration is not required and Child Watch is operated on a first come, first served basis. This service is intended to support parents while working out. Parents must remain at the YMCA and are limited to two hours per day. Parents will be contacted to pick up their child if there are any problems.

Monday - Saturday 8:30 AM - 12:30 PM
Monday - Thursday 5:00 PM - 8:00 PM
Sunday 9:00 AM - 12:30 PM

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MEET OUR STAFF

Leigha Coates
Asst. Aquatic Director,
Ext. 1632
leigha.coates@philaymca.org

Daniel Host
Business Manager, Ext. 1625
daniel.host@philaymca.org

Marcus Kaufman
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marcus.kaufman@philaymca.org

Jacqueline D’Amico
Asst. Wellness Director,
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Executive Director, Ext. 1614
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Janellyn Reis
Administrative Assistant, Ext. 1624
jreis@philaymca.org

Lynne Saunders
Senior Family Services Director, Ext. 1611
lsaunders@philaymca.org

Shea Trogdon
Sr. Director, Membership, Wellness & Aquatics, Ext. 1620
strogdon@philaymca.org
SWIM STARTERS (30 minutes)
Develops water enrichment and aquatic readiness in children. In the two stages that make up this parent-child category, children learn to be comfortable in the water. Swim Starters focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn essential skills in Swim Starters. Parents learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.

Swim-Parent/Child (6-18 months)
Water Discovery - Parents accompany children in the water in this stage, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

Swim-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.

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.

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.

School Age

Teen/Adult

View current schedules online: philaymca.org
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

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Members: $67
Non-Members: $134

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.

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Members: $75
Non-Members: $150

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

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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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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 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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Swim Strokes – Stage 5
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Non-Members: $150

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

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<tr>
<th>School Age</th>
<th>Monday 5:30 PM - 6:10 PM</th>
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<td>Non-Members: $150</td>
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Private Swim Lessons – 5 Sessions
Private lessons are for all ages and swimming ability. Individual lessons are scheduled with an instructors and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are schedule in 30 minute increments.

| Members: $150 | Non-Members: $300 |

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

| Tues. & Thurs. 7:30 PM - 8:30 PM |
| Members: $85 |

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

| Tues. & Thurs. 6:30 PM - 7:30 PM |
| Members: $83 per person |

Please contact Leigha Coates at leigha.coates@philaymca.org for more information.

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

| Monday-Thurs. 6:30 PM - 7:45 PM |
| Members: $350 |

Please contact Leigha Coates at leigha.coates@philaymca.org for more information.

Arts & Crafts – Preschool (Ages 3-5)
Each week your child will create a masterpiece through a combination of shapes, lines and colors. Your preschooler will expand their creative thinking while improving their fine motor skills. Please have your child bring a smock or wear old clothes.

| Saturday 11:00 AM – 11:30 PM |
| Family Members: $32.50 |
| Members: $65 |
| Non-Members: $130 |

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

| Monday 6:30 PM – 7:30 PM |
| Family Members: $32.50 |
| Members: $65 |
| Non-Members: $130 |

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

| Thursday 3:30 PM - 4:15 PM |
| (Ages 6-7) 10:00 AM - 10:45 AM |
| (Ages 8-12) 11:00 AM - 11:45 AM |
| (Ages 5-7) 12:00 PM - 12:45 PM |
| Family Members: $32.50 |
| Members: $65 |
| Non-Members: $130 |

Flag Football – Youth
This class will teach the fundamentals of flag football while developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation. (Ages 5-7)

| Wednesday 6:10 PM - 6:55 PM |
| Family Members: $32.50 |
| Members: $65 |
| Non-Members: $130 |
YOUTH

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

Tuesday 9:30 AM - 11:00 AM
Wednesday 9:30 AM - 11:00 AM
Thursday 9:30 AM - 11:00 AM
Friday 9:30 AM - 11:00 AM

Family Members: $42.50
Members: $85
Non-Members: $170

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

Tuesday 10:10 AM - 10:55 AM
Wednesday 3:30 PM - 4:15 PM
(Ages 7-12)
Wednesday 6:10 PM - 6:55 PM

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

Hockey
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. Preschool (Ages 3-5)

Wednesday 3:30 PM - 4:15 PM

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

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

Family Members: $82.50
Members: $165
Non-Members: $330

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

Tuesday 3:30 PM - 4:15 PM
Sunday 10:00 AM - 10:45 AM

Youth (Ages 5-8)
Sunday 11:00 AM - 11:45 AM

Youth (Ages 9-12)
Sunday 12:00 PM - 12:45 PM

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

Tennis
Participants are introduced to tennis through supplemental activities such as basic strokes and fun games.
(Ages 7-12)

Thursday 6:10 PM - 6:50 PM

Family Members: $42.50
Members: $85
Non-Members: $170

MARTIAL ARTS

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

BEGINNER
Wednesday 6:30 PM - 8:00 PM

INTERMEDIATE
Friday 7:00 PM - 8:30 PM

ADVANCED
Saturday 9:30 AM - 11:00 AM

Family Members: $42.50
Members: $85
Non-Members: $170
CHILD CARE

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

YOUTH

PRESCHOOL PROGRAMS

The Christian Street YMCA Preschool programs are consistent with the Philadelphia Freedom Valley YMCA’s philosophy, which is grounded in a child-centered and holistic approach to early childhood education. This allows us to adjust to the needs of the child with independent classroom exploration and active social time.

What to expect from our program:

- Full Day Program runs from 7:00 AM – 6:00 PM
- Cheerful atmosphere
- Stimulating environment with texture, sight and sound
- A curriculum that includes: language development, reading and math readiness, love of the fine arts, weekly swim classes, gross and fine motor skill development, and socialization
- Age appropriate equipment
- Social skills, independent and group playtime
- Outdoor games and playground activities
- Financial Assistance available
- CCIS accepted
- Meals and snacks provided

Registration Information:

Children are accepted throughout the year on a space available basis. The Christian Street YMCA is a subsidy participating agency. Financial assistance may be available to those who qualify.

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

EARLY LEARNING CENTER

Toddler Care

24 – 35 months

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

Preschool

3 – 5 years

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

SCHOOL AGE PROGRAMS

Ages 5-12

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

Before Care

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

After Care

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

Program includes:

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

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

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

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<td>Before Care</td>
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<td>After Care</td>
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BIRTHDAY PARTIES

Gym Party

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

$250 members

$350 non-member
TEENS/ADULTS

TEEN/ADULT SWIM LESSONS

(Ages 13+)

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

*Adults must be members to register for swim lessons.

Stage 1 - Swim Basics

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Stage 4 - Swim Strokes

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Stroke & Turn Clinic

Adults who already lap swim, work with a coach to improve technique, endurance and speed. Great for swimmers preparing for tri-athalons.

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Swim Team

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

ADULT AQUATIC EXERCISE

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

BIAP Key:

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

Aqua Boot Camp (I A)

Give your workout routine the high intensity boost it has been looking for. This class is a combination of calisthenics, cardio and strength.

Aqua Dance (B I A)

This dance-based fitness class is specially designed with great international rhythms and resistance aides to help you dance your way into shape. Taught in the shallow end of the pool.

Aquacize (BIAP)

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

Arthritis Foundation Aquatics Program (B I P)

Arthritis Foundation Aquatics Program is a water exercise program for people with arthritis. Concentration is on range of movement, flexibility and joint strength. All exercises are done in the shallow end of the pool. Participants do not need to know how to swim.

HEALTH & WELLNESS

PERSONAL TRAINING

One on one training with a nationally certified personal trainer. They will help you meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals. Contact Marcus Kaufman for more information at marcus.kaufman@philaymca.org

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>$55</td>
</tr>
<tr>
<td>5</td>
<td>$250</td>
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<tr>
<td>10</td>
<td>$475</td>
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</table>

PARTNER TRAINING

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

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Price</th>
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<tbody>
<tr>
<td>1</td>
<td>$40/partner</td>
</tr>
<tr>
<td>5</td>
<td>$190/partner</td>
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<tr>
<td>10</td>
<td>$360/partner</td>
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</table>

TEEN / ADULT SPORTS

Teen Strength Training

This program will demonstrate proper technique and will train teens on a variety of strength training methods. Participants will gain strength and confidence.

<table>
<thead>
<tr>
<th>Time</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>1 hour session</td>
<td>8 Weeks</td>
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</tbody>
</table>

8 CHRISTIAN STREET YMCA 215-735-5800
PRIVATE YOGA
Private yoga is an incredible way to cultivate your yoga practice in a way that is as individual as you are. Learn from a certified yoga instructor and progress at your own pace in a private space. Please contact Jacqueline D’Amico at Jacqueline.damico@philaymca.org for more information.

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

GROUP EXERCISE

BodyCOMBAT® (B I A)
BodyCOMBAT® is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Boxing and Muay Thai. Each 60 minute class is choreographed to the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.

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

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

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

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

Cardio Fusion (B I A)
Full Body workout offering a variety of cardio styles which vary by branch. Program may include kickboxing, step, aerobic dance, and military drills. Also incorporates strength training using weights and resistance moves.

Cardio Kickboxing (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, oblique’s and lower back. This class is great to help improve core function as well as improved posture.

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

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

Dance (B I A P)
Come ready to work up a sweat dancing to a variety of music including hip hop, pop, African or Latin music.

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

Les Mills GRIT (I A)
A 30 minute high intensity interval training that challenges you mentally and physically. Strength, plyo and cardio training programs accelerate fat burning and rapidly improve athletic capability. Branches post schedules for strength, plyo and Cardio classes.

Meditation (B I A P)
Meditation through breathing techniques, full body scan, and muscular relaxation exercises and visual imagery with sensory grounding exercises.

Pilates (B I A)
This class focuses on the ‘powerhouse’. It is from within the abdominal region of the body, the powerhouse that supports the spine and all of our major organs. When you strengthen this area you dramatically improve your alignment and posture.

Power Yoga (I A)
Power yoga is designed to both stretch and strengthen the body while providing the deeper benefit of stress reduction. Classes will include yoga asana (postures), breath work (pranayama) and time for meditation and relaxation.
SilverSneakers® Classic (B I) AOA
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

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

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

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

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

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

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

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

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

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

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.

SMALL GROUP TRAINING

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

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<tr>
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<tr>
<td>1-hour</td>
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<tr>
<td>30 minute</td>
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Dynamic Boxing (B I A)
Boxing strength and conditioning mixed with technique training. Participants are required to bring their own gloves.

<table>
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Little Family Yoga (Ages 3–6)
50 minutes
Through storytelling and movement, this yoga class creates exciting opportunities for bonding time and learning together. We will practice balance, strength, and flexibility through building a foundation of age-appropriate yoga poses. We will learn mindfulness techniques through imagery and visualization. Each themed week, families will go on a new yoga adventure exploring kid-style + partner asanas, different breathing techniques and yoga games! Program is for ages 3-6 plus caregiver.

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Little Bean Yoga (Ages 12–24 months)
30 minutes
Through storytelling and movement, this yoga class creates exciting opportunities for bonding time and learning with child & caregiver. We will grow in mind, body, and spirit through practicing age-appropriate asana, breathiing techniques, and creative play! Your little one will wag their tail in down dog, roar like a lion and grow resilient and strong like a warrior. Program is for ages 12-24 months plus caregiver.

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Women and Weights
This program is guided by a Wellness Coach who will demonstrate proper techniques and allow you to become familiar with and engage in a variety of strength training methods. Through this program you will gain strength and confidence.

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COMMUNITY

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!

- 1-hour session 8 weeks $50
- 30 minute session 8 weeks $30

HEALTHY LIVING PROGRAMS

YMCA’s Diabetes Prevention Program
The YMCA’s Diabetes Prevention Program is a yearlong program designed for individuals who have either been diagnosed as pre-diabetic by their physician or who are considered at high risk of developing Type II diabetes (individuals with diabetes may not participate). The initial six month phase offers at least 19 sessions over 26 weeks; the second six month phase offers at least one session a month. All interested members should contact the YMCA’s Diabetes Prevention Program Coordinator at (215) 963-3726 to confirm eligibility.

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

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

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

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

FAMILY

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

Parents Night Out (Ages 3-10)
Enjoy an evening without the little ones, while they enjoy a night out at the Y! Children will enjoy gym time, free play, story time, arts & crafts, dinner, and a movie. Send a pillow, blanket, and pajamas and the kids will be ready for bed when you pick them up. Sneakers must be worn in order to participate in gym time.

- March 13 6:00 PM – 9:00 PM
- April 10 6:00 PM – 9:00 PM
- May 8 6:00 PM – 9:00 PM
- June 12 6:00 PM – 9:00 PM

$30 for Members, FREE for Members

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

- $30 for Members, FREE for Members
- $20 first child | $15 second/third

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