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

YOUR Y PROGRAM GUIDE

Sprint into Spring
HOURS OF OPERATION
Monday - Friday 5:00 AM - 10:00 PM
Saturday 6:00 AM - 7:00 PM
Sunday 7:00 AM - 7:00 PM

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

EARLY 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

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

Hours
Monday - Thursday 7:45 AM - 8:30 PM
Friday 7:45 AM - 7:00 PM
Saturday - Sunday 7:45 AM - 4:00 PM

YOUTH ACTIVITY CENTER
(4 years to 12 years)
Monday - Thursday 4:00 PM - 8:30 PM
Friday 4:00 PM - 7:00 PM
Saturday - Sunday 8:00 AM - 4:00 PM

HOW TO REGISTER FOR PROGRAMS
- Register for classes any time at PhilaYMCA.org
- By calling 610-649-0700 during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center

TABLE OF CONTENTS
YOUTH ........................................... 4
TEENS .......................................... 11
ADULTS ........................................ 11
COMMUNITY ................................. 16

MEET OUR STAFF

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YOUTH

AQUATICS

TO ENSURE YOUR SWIMMER IS IN THE APPROPRIATE LEVEL CLASS PLEASE CONTACT IAN MALLAGHAN – RASCO AT IAN.MALLAGHAN-RASCO@PHILAYMCA.ORG TO SCHEDULE A SHORT ASSESSMENT OF THEIR SKILLS. WE RECOMMEND YOU DO THIS PRIOR TO THE START OF REGISTRATION.

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

SWIM STARTERS (30 minutes)
Develops water enrichment and aquatic readiness in children. In the two stages that make up this parent-child category, children learn to be comfortable in the water. Swim Starters focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn essential skills in Swim Starters. Parents learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.

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

Tuesday 9:30 AM - 10:00 AM
Wednesday 10:40 AM - 11:10 AM
Thursday 9:30 AM - 10:00 AM
Friday 9:30 AM - 10:00 AM 1:00 PM - 1:30 PM
Saturday 8:40 AM - 9:10 AM 10:45 AM - 11:15 AM
Sunday 8:40 AM - 9:10 AM 10:25 AM - 10:55 AM

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

Swim–Parent/Child (18 months - 3 years)
For independent or near independent swimmers. Students will develop comfort with underwater exploration and learn to safely exit in the event of falling in a body of water.

Monday 10:40 AM - 11:10 AM
Tuesday 1:00 PM - 1:30 PM
Wednesday 9:30 AM - 10:00 AM
Sunday 9:50 AM - 10:20 AM

Family Members: $28
Full Privilege 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 in a body of water.

Preschool

Monday 9:30 AM - 10:00 AM
10:05 AM - 10:35 AM
10:40 AM - 11:10 AM
11:15 AM - 11:45 AM
2:10 PM - 2:40 PM
2:10 PM - 2:40 PM
2:45 PM - 3:15 PM
4:15 PM - 4:45 PM
5:25 PM - 5:55 PM
6:35 PM - 7:05 PM

Tuesday 9:30 AM - 10:00 AM
10:05 AM - 10:35 AM
10:05 AM - 10:35 AM
2:45 PM - 3:15 PM
4:15 PM - 4:45 PM
4:50 PM - 5:20 PM
6:35 PM - 7:05 PM

Wednesday 9:30 AM - 10:00 AM
10:40 AM - 11:10 AM
1:00 PM - 1:30 PM
1:35 PM - 2:05 PM
4:15 PM - 4:45 PM
4:50 PM - 5:20 PM
5:25 PM - 5:55 PM

Thursday 9:30 AM - 10:00 AM
10:05 AM - 10:35 AM
1:00 PM - 1:30 PM
1:35 PM - 2:05 PM
2:45 PM - 3:15 PM
4:15 PM - 4:45 PM
4:50 PM - 5:20 PM
5:25 PM - 5:55 PM

Friday 10:05 AM - 10:35 AM
1:35 PM - 2:05 PM

Saturday 10:25 AM - 10:55 AM
11:00 AM - 11:30 AM
11:20 AM - 11:50 AM

View current schedules online: PhilaYMCA.org
## YOUTH

### School Age

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Members</th>
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<td>Monday</td>
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### 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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<tr>
<th>Day</th>
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Members: $75
Non-Members: $150

### 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.
**YOUTH**

**Swim Strokes - Stage 4**

*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.

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Members: $75
Non-Members: $150

**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: $83
Non-Members: $166

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Members: $83
Non-Members: $166

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Members: $83
Non-Members: $166
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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Members: $83
Non-Members: $166

PRIVATE SWIM LESSONS
For more information, email: haverfordprivateswimlessons@philaymca.org

5 Private Lessons
Members: $150
Non-Members: $300

Semi-Private
Members: $100
Non-Members: $200

Pre-Competitive Swim Team (Ages 7-15)
Advanced swim program led by an advanced swim instructor. Focuses on competitive skills without the full commitment of a swim team. Please contact Ian Mallaghan-Rasco at ian.mallaghan-rasco@philaymca.org to schedule an evaluation prior to registration.

Registration and evaluation are required.
Tuesday & Thursday 6:30 PM - 7:30 PM

Prerequisite: 50 yards each ALL FOUR STROKES LEGAL (freestyle, backstroke, breaststroke and butterfly). Endurance swim 200 yards.

Members: $90/month
Non-Members: $150/month

Stroke and Turn Clinic
The Haverford Area YMCA Stroke and Turn Clinic runs 8 weeks. Each clinic is 1 hour and focuses on one of four strokes, flipturns or starts (diving) in technical detail. The three main focuses taught in this clinic are:

- Body Position and Balance – proper streamline, catch, head positioning, etc. for all four strokes
- Drills and Skills – various drills to improve technique and make strokes more efficient
- Power and Speed – when to apply effort at what part of the stroke to ensure the effectiveness of each stroke.

Wednesday 6:00 PM - 7:00 PM
Members: $85 per session
Non-Members: $170 per session

ARTS & HUMANITIES

Art & Music – Preschool (Ages 3-5)
Come join us while the inspiration of music helps us to create masterpieces. The instructor will play a variety of different music genres and the student will create projects that go along with the music they are listening to. Half the class will be based on learning the basics of music including: beat, rhythm, tune and more. The second half of class will be based on a variety of art. At the end of class, the students are able to mix art and music.

Thursday 10:30 AM -11:15 AM
Family Members: $30.50
Members: $61
Non-Members: $122

Art Education – Little Builders (Ages 3-5)
Little builders will use a variety of materials and resources to create projects and inventions of the imagination. Each week will focus on a specific material that will challenge the students while having fun. Materials will include: Legos, K’nex, building straws, building disks, wood, cardboard and more!

Wednesday 11:30 AM – 12:15 PM
Thursday 11:20 AM – 12:05 PM
Saturday 10:30 AM – 11:15 AM
Family Members: $30.50
Members: $61
Non-Members: $122

Art Education – Painting (Ages 8-12)
Students will learn about colors and the technique of painting while exploring different surfaces and textures in this beginner painting class.

Tuesday 5:30 PM – 6:15 PM
Wednesday 4:15 PM - 5:00 PM
Saturday 12:30 PM – 1:15 PM
Family Members: $30.50
Members: $61
Non-Members: $122
Art Exploration – Parent/Child  
(Ages 18 months-3 years)  
Create with more than crayons and pencils! Your child will explore fine arts materials, as well as, non-traditional techniques. Each week there will be a theme explored to reinforce fine motor skills and creative thinking. This is the perfect class to help expand your child’s horizons and delve into more complex art making ideas. Please have your child bring a smock or wear old clothes.

Wednesday 9:30 AM - 10:15 AM  
Family Members: $30.50  
Members: $61  
Non-Members: $122

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.

Sunday 10:30 AM -11:15 AM  
Family Members: $30.50  
Members: $61  
Non-Members: $122

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

Parent/Child  
(Ages 1-3)  
Tuesday 10:30 AM – 11:15 AM  
Wednesday 10:30 AM - 11:15 AM

Preschool  
(Ages 3-5)  
Tuesday 11:30 AM – 12:15 PM  
Thursday 4:30 PM - 5:15 PM

Youth  
(Ages 6-8)  
Wednesday 5:15 PM – 6:00 PM  
Sunday 11:30 AM – 12:15 PM  
Family Members: $34.50  
Members: $69  
Non-Members: $138

Chess Class  
(Ages 8-12)  
Learn the fundamentals and strategy of chess. This class gives youth the chance to exercise their mental skills while having fun and competing with their peers.

Thursday 5:30 PM – 6:15 PM  
Family Members: $30.50  
Members: $61  
Non-Members: $122

Guitar Lessons – Beginner  
Your child will learn the basics of how to play and care for a guitar while developing their appreciation for a variety of musical genres. A playable guitar is required.

Monday 5:00 PM - 5:45 PM  
Family Members: $34.50  
Members: $69  
Non-Members: $138

Guitar Lessons – Intermediate  
The intermediate guitar class builds upon the skills learned in the beginner level. While enjoying the playing of traditional and popular songs, the students will learn more advanced guitar skills. A playable guitar is required.

Monday 5:50 PM - 6:35 PM  
Family Members: $34.50  
Members: $69  
Non-Members: $138

Lego & Building – Youth  
(Ages 6-12)  
This class will create a stimulating hands-on experience that engages the participants and helps them work through challenges and gain confidence all while having fun "playing" with Legos.

Tuesday 4:30 PM – 5:15 PM  
Thursday 6:20 PM - 7:05 PM  
Saturday 11:30 AM - 12:15 AM  
Family Members: $30.50  
Members: $61  
Non-Members: $122

Story Time & Art  
In class children have fun engaging with books, songs and art activities as they build their literacy skills. An instructor will encourage the children to use their imagination and will focus on morals/lessons being taught in each story.

Parent/Child  
(Ages 18 months – 3 years)  
Tuesday 9:30 AM – 10:15 AM  
Sunday 9:30 AM – 10:15 AM

Preschool  
(Ages 3-5)  
Thursday 9:30 AM – 10:15 AM  
Saturday 9:30 AM – 10:15 AM  
Family Members: $30.50  
Members: $61  
Non-Members: $122

DANCE

Ballet – Youth  
Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination, and creativity.  
(Ages 6-12)  
Friday 5:15 PM - 6:00 PM  
Family Members: $30.50  
Members: $61  
Non-Members: $122

Dance Combo – Preschool  
(Ages 3-5)  
Participants work on foot and arm positions, control, stability, poise and grace and are encouraged to express themselves through different styles of dance.

Friday 1:30 PM - 2:15 PM  
4:15 PM - 5:00 PM  
Family Members: $30.50  
Members: $61  
Non-Members: $122


**YOUTH**

**Hip Hop**
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 5-7)

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<th>Day</th>
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| Monday  | 5:45 PM - 6:30 PM | Family Members: $30.50  
|         |            | Members: $61        
|         |            | Non-Members: $122   |

**Jazz – Preschool/Youth**
Dancers will learn basic to advanced jazz technique. They will be able to pronounce, execute, and perform skills learned.
(Ages 5-7)

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| Tuesday | 4:15 PM - 5:00 PM | Family Members: $30.50  
|         |            | Members: $61        
|         |            | Non-Members: $122   |

**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 5-7)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Pricing</th>
</tr>
</thead>
</table>
| Wednesday | 5:15 PM - 6:00 PM | Family Members: $30.50  
|         |            | Members: $61        
|         |            | Non-Members: $122   |

**Health & Wellness**

**Speed School (B I A)** (Ages 10-12)
Speed School provides the aspiring athlete an opportunity to increase speed, agility and lower body strength. The Speed School students will meet once a week with an Athletics Specialist and will focus on drills that will enhance skills for a variety of sports.

<table>
<thead>
<tr>
<th>Ages 10-12</th>
<th>Time</th>
<th>Pricing</th>
</tr>
</thead>
</table>
| Monday     | 4:30 PM - 5:30 PM | Family Members: $30.50  
|            |            | Members & Non-Members: $50 per session |

**Instructional Sports**

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Pricing</th>
</tr>
</thead>
</table>
| Tuesday | 1:00 PM - 1:45 PM | Family Members: $30.50  
|         | 4:15 PM - 5:00 PM | Members: $61        
|         | 11:00 AM - 11:45 AM | Non-Members: $122   |

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Pricing</th>
</tr>
</thead>
</table>
| Wednesday | 6:15 PM - 7:00 PM | Family Members: $30.50  
|         |            | Members: $61        
|         |            | Non-Members: $122   |

**Hockey – Youth** (Ages 6-10)
Children are introduced to the rules and game of floor hockey. The goal is to learn basic fundamentals of the game in a fun and non-competitive environment.

<table>
<thead>
<tr>
<th>Ages 6-10</th>
<th>Time</th>
<th>Pricing</th>
</tr>
</thead>
</table>
| Thursday   | 6:15 PM - 7:00 PM | Family Members: $30.50  
|            |            | Members: $61        
|            |            | Non-Members: $122   |

**Soccer – Parent/Child** (Ages 2-3)
Children are introduced to the basic fundamentals of soccer. Fun skills and drills followed by non-competitive matches. Parent participation is encouraged.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Pricing</th>
</tr>
</thead>
</table>
| Sunday  | 9:00 AM - 9:45 AM | Family Members: $30.50  
|         |            | Members: $61        
|         |            | Non-Members: $122   |

**Soccer – Preschool** (Ages 3-5)
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>Pricing</th>
</tr>
</thead>
</table>
| Wednesday | 1:00 PM - 1:45 PM | Family Members: $30.50  
|         | 10:00 AM - 10:45 AM | Members: $61        
|         | 10:30 AM - 11:15 AM | Non-Members: $122   |
### Youth

**Soccer – Youth**
This class will teach the fundamentals of soccer while developing good sportsmanship. Emphasis is on skill development, fun and participation. (Ages 5-7)

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>5:15 PM - 5:45 PM</td>
</tr>
<tr>
<td></td>
<td>5:45 PM - 6:15 PM</td>
</tr>
<tr>
<td>Sunday</td>
<td>11:00 AM - 11:45 AM</td>
</tr>
</tbody>
</table>

(Ages 8-12)

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>6:15 PM - 6:45 PM</td>
</tr>
<tr>
<td></td>
<td>6:45 PM - 7:15 PM</td>
</tr>
</tbody>
</table>

Family Members: $30.50
Members: $61
Non-Members: $122

**T-Ball – Preschool** (Ages 3-5)
This class will teach the fundamentals of t-ball while developing good sportsmanship. Emphasis is on skill development, fun and participation.

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

Family Members: $30.50
Members: $61
Non-Members: $122

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>5:15 PM – 6:00 PM</td>
</tr>
</tbody>
</table>

Family Members: $30.50
Members: $61
Non-Members: $122

### Sports Introduction – Parent/Child
(Ages 2-3)
Children are introduced to a variety of different sports and other games. This is a great way to get your child excited about playing sports while building self esteem and improving coordination and motor skills. Parent participation is encouraged.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>10:30 AM - 11:15 AM</td>
</tr>
<tr>
<td>Friday</td>
<td>10:30 AM - 11:15 AM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00 AM - 9:45 AM</td>
</tr>
</tbody>
</table>

Family Members: $30.50
Members: $61
Non-Members: $122

### Sports Introduction – Preschool
(Ages 3-5)
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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1:00 PM - 1:45 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:00 AM - 11:45 AM</td>
</tr>
<tr>
<td></td>
<td>4:15 PM - 5:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>1:00 PM - 1:45 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>10:00 AM - 10:45 AM</td>
</tr>
</tbody>
</table>

Family Members: $30.50
Members: $61
Non-Members: $122

### Sports Introduction – Youth
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 (Ages 6-9)

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>5:15 PM - 6:00 PM</td>
</tr>
<tr>
<td>Sunday</td>
<td>12:00 PM - 12:45 PM</td>
</tr>
</tbody>
</table>

Family Members: $30.50
Members: $61
Non-Members: $122

### Sports Leagues
YMCA Youth Sports Leagues provide positive sports experience 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.

<table>
<thead>
<tr>
<th>Sport</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basketball League</strong></td>
<td>January 4th</td>
</tr>
</tbody>
</table>

Family Members: $39
Members: $78
Non-Members: $156

<table>
<thead>
<tr>
<th>Sport</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basketball League</strong></td>
<td>January 4th</td>
</tr>
</tbody>
</table>

### Cheerleading – Tumbling
Learn the basic tumbling elements to cheer. Class consists of basic tumbling instruction, jumps and strength exercises. (Ages 6-12)

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

Family Members: $30.50
Members: $61
Non-Members: $122

**Gymnastics**

To enroll in intermediate gymnastics courses participants must complete a skills assessment. To schedule an assessment please contact Robin Yurkow at HAYgymnastics@philaymca.org

**Cheerleading – Tumbling**
Learn the basic tumbling elements to cheer. Class consists of basic tumbling instruction, jumps and strength exercises. (Ages 6-12)

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

Family Members: $30.50
Members: $61
Non-Members: $122
Beginner Gymnastics – Parent/Child
(18 mos. - 3 yrs.)
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.

Monday 9:30 AM - 10:15 AM
10:30 AM - 11:15 AM
Tuesday 9:30 AM - 10:15 AM
Wednesday 10:00 AM - 10:45 AM
Thursday 9:30 AM - 10:15 AM
Friday 9:30 AM - 10:15 AM
Saturday 9:00 AM - 9:45 AM

Family Members: $30.50
Members: $61
Non-Members: $122

Beginner 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 3-5)

Monday 4:15 PM - 5:00 PM
Wednesday 4:15 PM - 5:00 PM
Friday 4:15 PM - 5:00 PM
Saturday 10:00 AM - 10:45 AM
11:00 AM - 11:45 AM

Family Members: $35
Members: $70
Non-Members: $140

Intermediate Gymnastics – Preschool
For intermediates familiar with basic gymnastics skills. Learn conditioning and flexibility techniques and instruction on bars, balance beam and floor.

(Ages 3-5)

Monday 5:15 PM - 6:00 PM

Family Members: $35
Members: $70
Non-Members: $140

Beginner Gymnastics – Youth
For beginners with no experience, intermediates familiar with basic gymnastic skills and advanced children mastering more difficult skills. Learn conditioning and flexibility techniques and instruction on bars, balance beam, and floor. Beginner (Ages 5-7)

Monday 6:15 PM - 7:00 PM
Tuesday 4:15 PM - 5:00 PM
Wednesday 5:15 PM - 6:00 PM
Friday 5:15 PM - 6:00 PM

Family Members: $35
Members: $70
Non-Members: $140

Intermediate Gymnastics
For intermediates familiar with basic gymnastics skills. Learn conditioning and flexibility techniques and instruction on bars, balance beam and floor.

(Ages 6-12)

Monday 6:15 PM - 7:00 PM
Tuesday 5:15 PM - 6:00 PM
6:15 PM - 7:00 PM

Family Members: $35
Members: $70
Non-Members: $140

Youth Advanced Gymnastics (Ages 6-12)
For advanced children mastering more difficult skills. Learn conditioning and flexibility techniques and instruction on bars, balance beam and floor

Wednesday 5:00 PM - 6:00 PM

Family Members: $45
Youth: $90
Non-member: $180

Gymnastics Pre-Team (Ages 6-14)
Pre-teams must tryout to be enrolled in the program. To schedule a try-out please contact Robin Yurkow at HAYgymnastics@philaymca.org

Gymnastics Pre-Team – Level 1 (Ages 6-14)
Pre-Competitive Level. Students continue to refine advanced skills in preparation to reach the next level. Pre-team- Level 1 meets one day per week (for one hour).

Tuesday 5:00 PM - 6:30 PM

Members: $75/month (1 day/week)

Gymnastics Pre-Team – Level 2 (Ages 6-14)
Pre-Competitive Level. Skills are now continued into a routine. Students continue to refine advanced skills in preparation to reach the competitive team.

Friday 5:00 PM - 6:30 PM

Members: $75/month (1 day)

Gymnastics Team – Level 3 & 4 (Ages 6-18)
The Gymnastics Team is available to members 6 to 18 years old. USAG Girls Competition level 3-4 compete in the YMCA Girls Gymnastics League. This also includes work on compulsory and optional routines. Team sessions run from September through June. For more information, including pricing contact Robin Yurkow at HAYgymnastics@philaymca.org or 610-649-0700 x 1421.

Tuesday & Friday 5:00 PM - 7:30 PM
**MARTIAL ARTS**

**Aikido Martial Arts**
Aikido is a modern Japanese martial art. The aim of this program is to teach respect while building character, confidence, and discipline. We focus on fitness, self-defense, and learning proper practice techniques.

**Youth (Ages 5-7)**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Cost Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>5:00 PM - 5:45 PM</td>
<td>Family: $35, Youth: $70, Non-member: $140, Uniform Fee: $25</td>
</tr>
<tr>
<td>Thursday</td>
<td>5:15 PM - 6:00 PM</td>
<td>Family: $35, Youth: $70, Non-member: $140, Uniform Fee: $25</td>
</tr>
</tbody>
</table>

**Youth (Ages 8-12)**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Cost Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>5:50 PM - 6:50 PM</td>
<td>Family: $45, Youth: $90, Non-member: $180, Uniform Fee: $25</td>
</tr>
<tr>
<td>Thursday</td>
<td>6:05 PM - 7:05 PM</td>
<td>Family: $45, Youth: $90, Non-member: $180, Uniform Fee: $25</td>
</tr>
</tbody>
</table>

**Adv. Colored Belts (Ages 13+)**

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Cost Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>7:00 PM - 8:00 PM</td>
<td>Family: $45, Youth: $90, Non-member: $180, Uniform Fee: $25</td>
</tr>
</tbody>
</table>

**FAMILY**

**Parents Night Out (Ages 3-12)**
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, story time, crafts and a movie. Dinner is provided. Come dressed in pajamas and sneakers. Sneakers must be worn in order to participate in gym time. Children are divided into age-appropriate groups and rotate throughout activities. No refunds will be given. For more information please contact Michelle Papurt at mpapurt@philaymca.org

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 6th</td>
<td>5:00 PM - 8:00 PM</td>
<td>Members: $70, Non-Members: $140</td>
</tr>
<tr>
<td>March 13th</td>
<td>5:00 PM - 8:00 PM</td>
<td>Members: $70, Non-Members: $140</td>
</tr>
<tr>
<td>April 3rd</td>
<td>5:00 PM - 8:00 PM</td>
<td>Members: $70, Non-Members: $140</td>
</tr>
<tr>
<td>April 17th</td>
<td>5:00 PM - 8:00 PM</td>
<td>Members: $70, Non-Members: $140</td>
</tr>
</tbody>
</table>

**ABILITY PROGRAMS**

**Ability Aquatic Instruction**
Make a Splash. An interactive aquatic class for children diagnosed with social disabilities that combines games and activities with basic swimming skills. Come join this fun, supportive environment. Class size is limited to ensure one-on-one time and promote group interaction. Parents, TSS workers or legal guardians are encouraged to be in the water at all times for parent/child class.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
<th>Cost Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>5:00 PM - 5:30 PM, 5:30 PM - 6:00 PM, 6:00 PM - 6:30 PM</td>
<td>Members: $70, Non-Members: $140</td>
</tr>
<tr>
<td>Sunday</td>
<td>10:00 AM - 10:30 AM, 10:30 AM - 11:00 AM</td>
<td>Members: $70, Non-Members: $140</td>
</tr>
</tbody>
</table>

**Ability - Teen/Tween Night**
This is a night that is dedicated to Teens and Tweens with special needs, in which they take part in fun activities that are appropriate for each individual. These nights will comprise of arts & crafts, swimming, snacks, and more!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Cost Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 27th</td>
<td>6:30 PM - 9:00 PM</td>
<td>Members: $10, Non Members: $20</td>
</tr>
<tr>
<td>April 24th</td>
<td>6:30 PM - 9:00 PM</td>
<td>Members: $10, Non Members: $20</td>
</tr>
</tbody>
</table>

**BIRTHDAY PARTIES**

**Members: $250**  
**Non-Members: $350**

**Cooking**
Max: 15 Children
Children will enjoy the “Munchkin Cooking” experience to celebrate their special day. They will make and serve their own food. Choices for food include: pancakes, fruit/candy sushi, and pizza rolls. Children will receive a cooking craft to decorate and wear. For Ages 5 and up.

**Princess Party**
Max: 20 Children
Invite all your guests to dress up in their favorite princess costumes and come decorate cookies and enjoy some tea. A craft, story, and games are also included. For Ages 4 and up.

**Sports**
Max: 20 Children
Sports parties include one hour of sports activity and 45 minutes in the party room. Sports activities may include: Soccer, Floor Hockey, Basketball, Kickball, Dodgeball, etc. For Ages 4 and up.

For more information please contact haverfordbirthdayparties@philaymca.org
Group Training – Ability (Ages 10-17)
This semi-private class is designed for individuals with special needs. Participants will be introduced to the fitness center mezzanine in a 1:4 trainer to participant ratio. Strength, balance, flexibility and cardiovascular fitness will be developed in a fun, caring atmosphere. Importance of healthy lifestyle choices and fitness center etiquette will be discussed to institute lifelong fitness goals.

Thursday 6:15 PM - 7:00 PM
Members: $65
Non-Members: $130

CHILD CARE

A YMCA Membership is required to participate in Child Care programs.
The Haverford Area YMCA offers a complete state licensed, safe and fun After School Program for children grades K-5.

SCHOOL AGE CHILD CARE
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.

The YMCA is committed to providing a quality program that is both fun and safe for children. Our School Age programs are licensed by the Pennsylvania Department of Human Services. Each program day our qualified staff provides creative learning experiences and supervised activities for the child's development and enjoyment.

School Age After Care (K–5th Grade)
Hours: Dismissal - 6:30 PM
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 and 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.

School Age Holiday Care
The YMCA is committed to a quality program that is both safe and fun for children. Our School Age Holiday Care, led by experienced, certified professionals, offers children a safe environment on school holidays and in-service days.

February 17th 7:00 AM - 6:00 PM

Supplemental Kindergarten 2019–2020
The Haverford Y is excited to add a supplemental kindergarten program for the 2019-2020 school year. For information on curriculum, pricing and registration please contact Savannah Washington at x. 1435 or savannah.washington@philaymca.org

Y ACHIEVERS

9th -12th Grade at Villanova
Transportation and lunch provided
Arrive by 9:20 AM

Every other Saturday 10:00 AM - 2:00 PM

5th-8th Grade at the Haverford Area Y
Dinner provided
Every other Wednesday 6:30 PM - 7:30 PM

*Calendar dates are sent via e-mail once registered for the program

Contact Melanie Greaves at mgreaves@philaymca.org for more information.

TEEN & ADULT SWIM LESSONS

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.

Adult/Teen
Tuesday 11:00 AM - 11:40 AM
Wednesday 7:05 PM - 7:45 PM
Saturday 10:00 AM - 10:40 AM

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.

Adult/Teen
Monday 6:35 PM - 7:15 PM
Members: $73
AQUATIC PERSONAL TRAINING

Aquatic 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.

<table>
<thead>
<tr>
<th>Session Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$50</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$225</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$425</td>
</tr>
</tbody>
</table>

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

Ai Chi (B I A)
Ai Chi is a water exercise and relaxation program that increases oxygen and caloric consumption focusing on correct form and positioning in the water. Ai Chi is performed standing in shoulder depth warm water using a combination of deep breathing and slow, broad movements of the arms, legs and torso.

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 Deep (B I A P)
Deep-water exercise provides the benefits of cardiovascular training with little to no stress on your joints. The water’s natural resistance turbo charges muscle work, while the water keeps you feeling cooler than a land workout. We use buoyancy belts and noodles so even the non-swimmer will feel comfortable in deep water and may enjoy all of its benefits.

Aqua Stretch & Strength (B I A)
Get a complete workout with strength and cardiovascular training using resistance equipment and buoyancy belts during the workout. This workout can be adapted to most fitness levels with options given to make it more or less challenging as your day-to-day needs change.

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 P)
Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. A SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. Participants do not need to know how to swim.

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

SWIM: To many, the swim is the hardest part! Stop being intimidated and enjoy the water with new confidence, techniques, tools and workouts.
BIKE: Triathlon biking is not your typical ride. Individuals new to the sport will want to pay particular attention to understanding equipment, proper equipment fit and technique.
RUN: While most athletes enter Triathlons with a running background, preparing for the last leg of the race is important both physically and mentally. Mental toughness, confidence and technique win the race.

HEALTH & WELLNESS

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

Personal Training
One on one training with a nationally certified personal trainer. They will help you meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals. For more information contact Elissa Rogers at erogers@philaymca.org

<table>
<thead>
<tr>
<th>Session Type</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$55</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$250</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$475</td>
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</table>

View current schedules online: PhilaYMCA.org
**Partner Training**
One on two training with a Nationally Certified Personal Trainer. They will help you meet your goals through varied and creative exercise techniques.

<table>
<thead>
<tr>
<th>1 session</th>
<th>5 sessions</th>
<th>10 sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>$40</td>
<td>$190</td>
<td>$360</td>
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**Post-Rehab Training**
Any member who has a prescription for post-rehab your needs can be met through our personal training program. The YMCA will waive the joining fee for people who are joining the YMCA for Post-Rehab Training. Elissa Rogers at erogers@philaymca.org for more information.

<table>
<thead>
<tr>
<th>1 session</th>
<th>5 sessions</th>
<th>10 sessions</th>
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<tbody>
<tr>
<td>$55</td>
<td>$250</td>
<td>$475</td>
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**SMALL GROUP TRAINING**

$50 for a one hour class  
$30 for a 30 minute class

**Kettlebell (I A)**
This class offered by an instructor/trainer will give fast results for strength, endurance, and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movement. Intensity can be modified by using a smaller or larger bell, allowing participants of all fitness levels to work together in the same group.

**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 changing pays off.

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

**Women and Weights (B I A)**
This program is guided by a Wellness Coach who will demonstrate proper techniques and allow you to become familiar with and engage in a variety of strength training methods. Through this program you will gain strength and confidence. Full Privilege Members: Free

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

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**GROUP EXERCISE**

**CYCLE**

**Advanced Cycle (I A)**
This advanced level class is geared toward the experience cyclist. This program runs 15 minutes longer than a standard class.

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

**RPM™ (B I A)**
RPM™ is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your team through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.

**Silver Cycle (B I) A0A**
A cycling class for older adults. Ride to the music of the 60’s and 70’s! Get a vigorous workout without the high intensity of interval training or heavy mountain climbing.

**LAND**

**BodyATTACK® (B I A)**
BodyATTACK® is the sports-inspired cardio workout for building strength and stamina. This high-energy interval training class combines athletic aerobic movements with strength and stabilization exercises.

**BodyCOMBAT® (B I A)**
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.

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

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

**BOSU (B I A)**
The conditioning class incorporates the BOSU Balance Trainer into the entire workout Session. The focus is on the whole body – cardiovascular endurance, strength, balance, and core stability.

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

**Cardio Kickboxing (B I)**
A total body workout designed to focus on core strengthening, cardiovascular conditioning and overall body coordination. Class may include martial arts kicks and punches in a fast-paced aerobic experience.

**Core & Strength (I A)**
Functional, whole body, multi-planar movements are in! Get stronger and leaner working your core from the inside out. Not your typical Total Body class.

**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.

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

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

**H.I.I.T. (I A)**
This class is High Intensity Interval Training. Exercises will be executed immediately following another opposing exercise in a high paced environment of constantly variable exercises.

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

**Fit Camp (B I A)**
Challenge your limits with a total body workout mixing traditional calisthetics and body weight exercises with interval training and strength training. Options and modifications are provided for all levels.

**Muscle Confusion (B I A)**
Constantly changing your exercise routines prevents the body from adapting, causes the muscles to work harder and produces visible results. The goal is to always keep the body guessing so that it does not become accustomed to one specific workout and stop responding.

**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.

**QuickFit (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.

**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.

**Silver & Fit® (B I A) AOA**
This class is for moderately active older adults who exercise in some way at least one to two days per week. The class is designed to increase the flexibility, joint stability, dynamic balance, coordination, agility, reaction-time, muscular strength and cardiovascular endurance. Options for everyone!

**Silver&Fit® Experience (B I A) 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.

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

Total Body Conditioning (B I A)
Work all the muscles, using your own body weight and various pieces of equipment. Cardio intervals are added to keep the heart rate elevated. Class ends with awesome abs and a final stretch.

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

ZUMBA® Gold (B I)
Modified movements and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Body sculpting techniques and specific ZUMBA moves are included.

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.

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

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

Pilates (B I A)
A mind and body workout that focuses on strengthening the core muscles with an emphasis on breathing. A class designed for beginner through advanced participants that will enhance your own body awareness, posture, strength and flexibility.

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® Yoga (B I A)
SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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

T’ai Chi Chih® (B I A)
A series of gentle movements that stimulate, circulate and balance internal energy. Beneficial results are obtained regardless of age, physical condition or agility. Come and relax your body while focusing your mind.

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

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

Yoga Pre and Post Natal (B I)
This class is designed to relieve the discomforts of pregnancy and prepare you for childbirth. In each class, you will be guided into therapeutic postures that strengthen and align the body, as well as, learning breathing and relaxation techniques.

MARTIAL ARTS

Aikido (Ages 18+)
Aikido is a modern Japanese martial art. The aim of this program is to teach respect while building character, confidence, and discipline. We focus on fitness, self-defense, and learning proper practice techniques.

Advanced Colored Belts

Tuesday 7:15 PM - 8:15 PM

Family Members: $45
Members: $90
Non-member: $180
Uniform Fee: $25
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. Please contact Priscilla Fitzpatrick for more information at pfitzpatrick@philaymca.org

TRAINING & CERTIFICATION

CPR/First Aid classes
Are offered monthly and to contact Katherine Gold at katherine.gold@philaymca.org for dates and to register.

ARC Lifeguard Certification
This American Red Cross program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Prerequisites will be done prior to the start of the class: Must be at least 15 years old and able to complete a pre-requisite swim test. (Swim Test: Swim 300 yards continuously, tread water for 2 minutes dive to 9 feet retrieve a brick and swim back under 1 minute and 40 seconds)

Fee includes: CPR pocket mask, Lifeguarding, First Aid, AED/CPR certification cards. Contact Katherine Gold at katherine.gold@philaymca.org. Participants must attend all dates.

ARC Lifeguard Recertification
Participants must hold a current American Red Cross Lifeguard Certification to participate. For more information contact Katherine Gold at katherine.gold@philaymca.org.

ARC Babysitting Training
This training teaches potential babysitters about basic child care and how to help children behave appropriately. In addition, participants learn leadership skills including how to keep themselves and children safe and how to build a babysitting business. Supplies included in this course: Babysitter Training Handbook, Babysitter Training Emergency Reference Guide, and Babysitter Training CD ROM. Please bring lunch to class. For more information contact Katherine Gold at katherine.gold@philaymca.org

Scuba
If you’ve always wanted to take scuba diving lessons, experience unparalleled adventure and see the world beneath the waves, this is where it starts. The Haverford Area YMCA has partnered with The Dive Shop to offer the SDI SCUBA certification - the world’s most popular and widely recognized scuba course. To enroll in a SCUBA course, you must be 10 years old or older. You need adequate swimming skills and need to be in good physical health. No prior experience with scuba diving is required. The Open Water Diver course consists of three main phases:

Knowledge Development (completed online) to understand basic principles of scuba diving (Happens at the YMCA)

Confined Water Dives to learn, practice, and master basic scuba skills (Happens at the YMCA)

Open Water Checkout Dives to use your skills and explore! (can happen anywhere in the world or with our dive company)

Contact Katherine Gold at katherine.gold@philaymca.org for more information.

Members: $425
Non-Members: $525

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