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

YOUR Y PROGRAM GUIDE

#THISISY
Donate today to the 2020 Annual Campaign!

SPRINT INTO
SPRING
**HOURS OF OPERATION**

Monday - Friday  5:30 AM - 10:00 PM  
Saturday        7:00 AM - 6:00 PM  
Sunday          7:00 AM - 5:00 PM  

Pool closes 30 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  

**HOW TO REGISTER FOR PROGRAMS**  
- Register for classes any time at philaymca.org  
- By calling 215-632-0100 during normal business hours  
- Stop by the branch during normal business hours to register at the Welcome Center Desk  

**GUEST HOURS**  
Monday - Friday  5:30 AM - 10:00 PM  
Saturday        7:00 AM - 6:00 PM  
Sunday          7:00 AM - 5:00 PM  

*Please note that a member can bring in three guests at a time.  
*No guests in the pool.  

**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 - Friday  8:30 AM - 1:00 PM  
- Monday - Thursday  4:45 PM - 8:45 PM  
- Friday          4:45 PM - 8:00 PM  
- Saturday        8:30 AM - 1:30 PM  
- Sunday          8:30 AM - 1:30 PM  

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**MEET OUR STAFF**  
Katie Koch  
Executive Director  
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koch@philaymca.org  

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Advanced Aquatics Director  
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Membership Supervisor and Birthday Party Coordinator  
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Site Director  
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Amy Cobb  
Advanced Family Program Director  
Ext. 1314  
amy.cobb@philaymca.org  

Vinny Gasper  
Property Director  
vantage.gasper@philaymca.org
**YOUTH**

**AQUATICS**

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

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

**Swim-Parent/Child A** (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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Family Members: $28  
Members: $56  
Non-Members: $112

**Swim-Parent/Child B** (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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Family Members: $28  
Members: $56  
Non-Members: $112

**SWIM BASICS**  
(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.

**Preschool**

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Family Members: $62  
Non-Members: $124

**School Age**

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Family Members: $70  
Non-Members: $140

View current schedules online: philaymca.org
**YOUTH**

**Teen/Adult**

Monday  
7:30 PM - 8:10 PM  

Thursday  
7:30 PM - 8:10 PM  

Members: $70  
Non-Members: $140  

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

**Preschool**

Monday  
4:15 PM - 4:45 PM  
7:00 PM - 7:30 PM  

Tuesday  
5:15 PM - 5:45 PM  
5:45 PM - 6:15 PM  

Wednesday  
4:45 PM - 5:15 PM  
5:45 PM - 6:15 PM  

Thursday  
4:15 PM - 4:45 PM  
5:45 PM - 6:15 PM  

Friday  
4:15 PM - 4:45 PM  

Saturday  
9:00 AM - 9:30 AM  
10:35 AM - 11:05 AM  

Members: $62  
Non-Members: $124  

**School Age**

Monday  
4:45 PM - 5:25 PM  
6:05 PM - 6:45 PM  
6:50 PM - 7:30 PM  

Tuesday  
7:20 PM - 8:00 PM  

Wednesday  
4:15 PM - 4:55 PM  
5:45 PM - 6:25 PM  

Thursday  
4:45 PM - 5:25 PM  

Friday  
4:15 PM - 4:55 PM  
5:40 PM - 6:20 PM  

Saturday  
9:40 AM - 10:20 AM  

Sunday  
10:15 AM - 10:55 AM  
11:00 AM - 11:40 AM  

Members: $70  
Non-Members: $140  

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

**Preschool**

Monday  
6:30 PM - 7:00 PM  

Tuesday  
4:15 PM - 4:45 PM  

Wednesday  
4:15 PM - 4:45 PM  
5:15 PM - 5:45 PM  

Thursday  
4:15 PM - 4:45 PM  
4:45 PM - 5:15 PM  
7:00 PM - 7:30 PM  

Saturday  
11:40 AM - 12:10 PM  

Sunday  
9:00 AM - 9:30 AM  

Members: $62  
Non-Members: $124  

**School Age**

Monday  
4:45 PM - 5:25 PM  
5:30 PM - 6:10 PM  
7:30 PM - 8:10 PM  

Tuesday  
4:45 PM - 5:25 PM  

Wednesday  
5:40 PM - 6:20 PM  
6:45 PM - 7:25 PM  

Thursday  
5:45 PM - 6:25 PM  

Saturday  
10:30 AM - 11:10 AM  
11:50 AM - 12:30 PM  

Members: $70  
Non-Members: $140  

**Adult**

Tuesday  
7:30 PM - 8:10 PM  

Members: $70  
Non-Members: $140
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: $70
Non-Members: $140

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

School Age

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Member: $70
Non-Member: $140

Teen/Adult Swim Lessons

Swim Basics – Stage 1
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.

Thursday 6:15 PM - 6:55 PM
Member: $70
Non-Member: $140

Swim Basics – Stage 3
Water Acclimation - Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water.

Monday 7:30 PM - 8:10 PM
Member: $70
Non-Member: $140

Private Swim Lessons
Private lessons are for all ages and swimming ability. Individual lessons are scheduled with an instructor and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are schedule in 30 minute increments. For more information contact Chelsea Heimer at ext. 1321.

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

Semi-Private Swim Lessons
Semi-Private lessons are for all ages and swimming ability. Lessons are scheduled with an instructor and two or three participants. They will learn the basics of swimming, refine current skills and perfect your stroke mechanics. Semi-Private lessons are scheduled in 30 minute increments and each participant will register individually.

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

View current schedules online: philaymca.org
YOUTH

Stroke/Turn Clinic (Ages 6 - 13)
Focusing on stroke mechanics, starts, turns, and endurance. Swim clinics are great for competitive swimmers looking to refine skills.

**Beginner**

Mon, Wed, Fri 5:00 PM - 6:00 PM

Members: $125 per person
Non-Members: $250 per person

Abilities

The Adapted Aquatic Program is small group format led by an experienced instructor able to meet your child’s special needs. Children can participate either with an aid or on their own, depending on their needs.

Monday 5:30 PM - 6:00 PM
Tuesday 6:30 PM - 7:00 PM
Thursday 6:30 PM - 7:00 PM
Saturday 9:00 AM - 9:30 AM

Member: $62
Non-Member: $124

**SPORTS INSTRUCTIONAL**

Basketball – Early Spring
This class will teach the fundamentals and rules of basketball and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.

(Ages 3-5)
Sunday 10:00 AM - 10:45 AM
(Ages 5-7)
Sunday 11:00 AM - 11:45 AM
(Ages 8-12)
Sunday 12:00 PM - 12:45 PM

Family Member: $27.50
Member: $55
Non-Member: $110

Outdoor Soccer – Late Spring
This class will teach the fundamentals and rules of soccer and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.

(Ages 3-5)
Saturday 10:00 AM - 10:45 AM
(Ages 5-7)
Saturday 11:00 AM - 11:45 AM
(Ages 8-12)
Saturday 12:00 PM - 12:45 PM

Family Member: $27.50
Member: $55
Non-Member: $110

**Intro To Sports**
Children are introduced to a variety of different sports and games. This is a great way to get your child excited about playing sports while building self-esteem and improving coordination and motor skills.

(Parent/Child Ages 2-3)
Sunday 9:00 AM - 9:45 AM

LATE SPRING (Ages 3-5)
Sunday 10:00 AM - 10:45 AM

Family Member: $27.50
Member: $55
Non-Member: $110

**ARTS & HUMANITIES**

Arts & Crafts
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.

(Parent/Child Ages 1-3)
Wednesday 10:00 AM - 10:45 AM
(Ages 5-7)
Tuesday 5:45 PM - 6:30 PM
(Ages 8-12)
Tuesday 6:45 PM - 7:30 PM

Family Member: $27.50
Member: $55
Non-Member: $110

Playdough (Ages 3-5)
Children will use their imagination to make dough creations that correspond with the theme of the day! Your child will develop fine motor skills, hand-eye coordination, teamwork and creativity.

Wednesday 10:45 AM - 11:30 AM

Family Member: $27.50
Member: $55
Non-Member: $110

**GYMNASTICS**

Gymnastics – Parent/Child
(Ages 1-3)
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.

Saturday 9:00 AM - 9:45 AM

Family Member: $27.50
Member: $55
Non-Member: $110
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)

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Gymnastics-Youth
Learn conditioning and flexibility techniques and instruction on bars, balance beam, and floor. To enroll in intermediate or advance gymnastics courses participants must complete a skill assessment. Please contact Reaona at rjedwards@philaymca.org

Beginners (Ages 5-7)

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Beginners (Ages 6-18)

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Intermediate (Ages 6-18)

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Advanced (Ages 6-18)

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Movement
Children will develop coordination and motor skills through exercise while having fun in a structured environment. Come in and play with your friends!
(Parent/Child Ages 1-3)

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Advanced

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Gymnastics Team
The Gymnastics Team is available to members 6 to 18 years old and is growing fast under the direction of Head Coach Jennifer Evans. The Northeast Family YMCA Gym Team is an exciting program for the competitive gymnast. USAG Girls Competition level 3-9 and xcel levels 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, please contact ext. 1320.

MARTIAL ARTS

Shotokan – Basic
A traditional Japanese style of karate that provides training for self-development, self-defense, and physical fitness. Program teaches flexibility, strength and cardiovascular fitness. Beginner and Advanced classes are offered based on skill level.
Ages 6-7

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Ages 8-14

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<td>Thursday 6:30 PM - 7:15 PM</td>
<td>$27.50</td>
<td>$55</td>
<td>$110</td>
</tr>
</tbody>
</table>

FAMILY

Family Swim
Family swim is open to Members Member only. Children under 12 must be accompanied by an adult age 18 or older on the pool deck. Children under the age of 7 are required to be supervised in the water by an adult. Any child in a life jacket (regardless of age) must have parent/guardian over 10 in the pool with them. All participants are subjected to swim testing and may be required to wear a flotation device or life jacket. No water wings or outside toys are permitted. Please pick up the family swim schedule from the Welcome Center. *No guests allowed in the pool.

Family Activities
There is always something going on at the Y for you and your family! Please visit our website philaymca.org or our Welcome Center for updated activities and information about all of our family activities. Don’t forget to become a fan of the Northeast Family YMCA on Facebook and follow events and programming on there as well.
ABILITY PROGRAMS

Ability Aquatic Instruction
The Adapted Aquatic Program is small group format led by an experienced instructor able to meet your child’s special needs. Children can participate either with an aid or on their own, depending on their needs. For more information contact Brendan Malone at ext. 1321.

Monday 5:30 PM - 6:00 PM
Tuesday 6:30 PM - 7:00 PM
Thursday 6:30 PM - 7:00 PM
Saturday 9:00 AM - 9:30 AM

Members: $62
Non-Members: $124

BIRTHDAY PARTIES

Celebrate at the YMCA! Whether you have a birthday or a group that just wants to get together and have fun, we have the party for you. Each party consists of one hour in a program area and the second hour in our party room. The trained staff at the Northeast YMCA will handle every detail of your child’s special day and run the party from beginning to end. Space is reserved on a first-come, first-serve basis and requires a 50% non-refundable deposit. The remaining balance is due 2 weeks before the day of the party. The hosting family may arrive up to 30 minutes early to decorate the room. For more information, please contact Erika Purcell ext. 1324.

Pool Party
(Ages 8 & up)
Celebrate with a splash in our pool! All guests will be swim tested prior to entering the pool and must adhere to YMCA Aquatic Safety policies. This party includes one hour of exclusive pool use and one hour in a private party room.

Sports Party
A Sports Party will get your children moving with age-appropriate sports and games such as Hockey, Basketball and Soccer. Party includes one hour in the private party room.

Member: $250
Non-Member: $300
Non-Member: $350
Pool Parties: Add $75 up to 20 guests

CHILD CARE

A YMCA Membership is required to participate in Child Care programs. For more information, please call Natalie Mission at ext. 1317. 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 4 Rating
NAEYC Accredited. A complete State Licensed Child Care Learning Center.

Preschool Programs
The Northeast Family 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.

• Cheerful atmosphere
• Stimulating environment with texture, sight and sound
• Language development, reading and math readiness
• Age appropriate equipment
• Social skills, independent and group playtime
• Art, music and movement
• Outdoor games and playground activities
• Ongoing communication between parents and staff
• Gym, swim and cooking experiences

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Younger Toddler</td>
<td>13-24 mo.</td>
<td>M-F</td>
<td>6:30 AM - 6:00 PM</td>
</tr>
<tr>
<td>Older Toddler</td>
<td>25-35 mo.</td>
<td>M-F</td>
<td>6:30 AM - 6:00 PM</td>
</tr>
</tbody>
</table>

Preschool (Ages 3-5)
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.

The Northeast Family Y Participates in the Pre-K Counts program.

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Preschool</td>
<td>3-5 yrs.</td>
<td>M-F</td>
<td>6:30 AM - 6:00 PM</td>
</tr>
</tbody>
</table>
Half Day Preschool (Ages 2-5)
This is more than a play group, this is your child’s first experience away from parents or guardians. Children will be introduced to the wonderful world of colors, shapes, songs, music, movement, friendship, social skills and more. Pre K children will also be taught beginning writing and reading skills, along with math concepts.

Child must be 2 by September 1, 2019

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>2 Day</td>
<td>Tues. &amp; Thurs.</td>
<td>9:30 AM - 11:30 AM</td>
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<tr>
<td>3 Day</td>
<td>Mon., Wed.,</td>
<td>9:30 AM - 11:30 AM (AM Only)</td>
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<td></td>
<td>&amp; Fri.</td>
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Child must be 3 by September 1, 2019

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<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>5 Day</td>
<td>Mon. - Fri.</td>
<td>8:45 AM - 11:45 AM, 12:15 PM - 3:15 PM</td>
</tr>
</tbody>
</table>

Child must be 4 by September 1, 2019

<table>
<thead>
<tr>
<th>Class</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>5 Day AM</td>
<td>Mon. - Fri.</td>
<td>8:45 AM - 11:45 AM</td>
</tr>
<tr>
<td>5 Day PM</td>
<td>Mon. - Fri.</td>
<td>12:15 PM - 3:15 PM</td>
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</tbody>
</table>

School Age Child Care
Keystone Stars 3 Rating

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

After Care (3:00 PM - 6:00 PM)
Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school. School Age Before/After Care serves Fitzpatrick, Decatur and Hancock Elementary Schools. This program focuses on homework help, Arts & Crafts, games, physical activities and more. For more information please contact the SACC Director at ext. 1317.

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.
*Please visit our website for a full list of upcoming Holiday Care Dates. $40 per child/per day
*Must register for a full school year. Otherwise School Age Holiday Care is $40 per day.
Financial Assistance available for qualifying applicants.

TEENS

ARMS & HUMANITIES

Teen Leaders Club
Teen Leaders Club is a youth group at the YMCA. It originated early in the history of the YMCA by Robert J. Roberts as a training tool for young adults to become exceptional volunteer leaders in the YMCA and in their community. Today we still carry that tradition. Leaders club is group of teens grades 5th - 12th that are organized for the purpose of rendering volunteer service in a local YMCA. Teen Leaders Club meets September through June. For more information contact the Reaona Edwards at ext. 1320.

TEEN/ADULT SWIM LESSONS

Swim Strokes – 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.

| Members: $70 | Monday 7:30 PM - 8:10 PM |

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.

| Members: $70 | Tuesday 7:30 PM - 8:10 PM |

ADULT AQUATIC EXERCISE

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.
TEENS/ADULTS

Aqua Shallow (B I A P)
Description: Working out in shallow water cushions and protects the lower body and spine by reducing the impact created on land by 50% or more. This class provides different challenges each day to help keep your bones strong, your heart healthy and muscles toned.

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 Stretch and Strength (B I A) AOA
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 low impact, high energy aquatic exercise program for people of all abilities. Water creates a natural resistance, which means every step is more challenging.

SilverSneakers® Splash (B I A) AOA
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.

NUTRITION CONSULTATION
Our diet analysis is conducted by a Registered Dietician and provides an excellent way to learn how to make smart dietary changes for long term weight loss, optimal health or optimal athletic performance. The analysis will examine the aspects of your current dietary intake and our Registered Dietician will be able to find areas where you can improve. Contact Wellness Director for one free consultation at ext. 1335.

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<tbody>
<tr>
<td>1 session</td>
<td>$75</td>
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<tr>
<td>3 sessions</td>
<td>$140</td>
</tr>
<tr>
<td>6 sessions</td>
<td>$275</td>
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</table>

GROUP EXERCISE

Cardio Kickboxing
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 exercise.

Les Mills BodyCOMBAT® (I A)
BodyCOMBAT is a non-combat, martial arts-based fitness program with moves drawn from Karate, Taekwondo, 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.

Les Mills BodyFLOW® (B I A P)
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.

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. Member:

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<tbody>
<tr>
<td>1 session</td>
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<tr>
<td>5 sessions</td>
<td>$250</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$475</td>
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</table>

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.

Wellness Consultations

HEALTH & WELLNESS

Les Mills 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.

Bootcamp (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.

Bosu (B I A)
The conditioning class incorporates the Bosu Balance Trainer and focuses on the entire body—cardiovascular endurance, strength, balance, core and stability.

Cardio Jump
Jumping rope is a great cardiovascular exercise and burns a lot of calories. In this 30 minute class you will mix jumping rope with muscle work to get a full body workout. No experience necessary.
Chair Yoga (B I A)
This class is a series of seated poses designed to increase flexibility and strength.

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

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

Enhance Fitness
Enhance Fitness is a proven community-based senior fitness and arthritis management program geared at helping older adults become more active, energized and empowered for independent living. Enhance Fitness exercises focus on increasing cardiovascular endurance, strength, balance and flexibility which can help reduce arthritis symptoms. A certified instructor leads classes at a pace that works for all fitness levels.

Les Mills Barre (I A)
A modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday. Incorporating classic ballet positions, with modern music, LES MILLS BARRE is a combination of cardio and strength with high reps of small range-of-motion movements and very light weights.

Les Mills BodyJam (B I A P)
House, Hip Hop, Drum ‘n’ Bass, Trap, all styles of electronic dance music, it’s the soul of BodyJam. Dance your heart out and have fun doing it.

LES MILLS SPRINT (I A)
A 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It’s a quick and hard style of training that returns rapid results with minimum joint impact.

Line Dancing (B I)
This choreographed dance program is intended for all audiences and provides a well-rounded exercise experience while having fun with a group of friends.

Kettlebell
Gives you fast results for strength, endurance, and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body three dimensional movement. Intensity can be modified by using a smaller or larger bell allowing all participants to work together in the same group.

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 Pilates (B I A)
Using classical integrative movement you will find the connection to your core - which will completely change the body and decrease chronic weaknesses. This systematic approach allows for clearer and more effective progress.

Power Chair Pilates (B I A)
With the aid of a chair, use classical and integrative movements to find the connection to your core - which will completely change the body and decrease chronic weaknesses.

Power Yoga (I A)
Power yoga is designed to both stretch and strengthen the body while providing the deeper benefits of stress reduction. Classes will include yoga asana(postures), breath work(pranayama) and time for meditation and relaxation.

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
You’ll build and sculpt defined, lean and strong muscle. This class focuses on all the major muscle groups in the lower body, upper body and core. You’ll improve posture and develop strength to aid in all aspects of physical well-being and overall health.

Qigong (B I)
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.

Silver and Fit (B I A)
All classes provide older adult students with fun, time-efficient, circuit-based workouts that encompass a well-rounded approach to fitness so they can maintain an independent lifestyle, continue to participate in activities they love, and be empowered to live healthier, happier lives.

SilverSneakers® CardioFit (B I A)
SilverSneakers CardioFit is an advanced group exercise class designed for active adults who desire a safe and effective low-impact cardiovascular workout. Energizing and easy-to-follow movements promote heart-healthy, total-body conditioning to increase cardiovascular and muscular endurance. In addition, a variety of strength training options are offered to provide a well-rounded workout.

View current schedules online: philaymca.org
ADULTS

SilverSneakers® Classic (B)  
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.

SilverSneakers® Yoga (B I)  
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.

T’ai Chi (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.

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.

Walk Group (B I A)  
Exercise with family, friends and neighbors is fun and easy with a walking clubs. Walking with others can keep you motivated, improve your accountability and help you meet new people with similar goals.

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 fused into one calorie-burning, strength training class while using light weights to enhance rhythm. Endorsed by Silver & Fit.

ZUMBA KIDS®  
Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children’s lives by making fitness fun. Ages 5-12

SMALL GROUP TRAINING

Dynamic Boxing  
Boxing strength & conditioning mixed with technique training. Participants are required to bring their own gloves.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Session</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 hour class</td>
<td>8 week</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td>4 week</td>
<td>$15</td>
</tr>
<tr>
<td>1/2 hour class</td>
<td>8 week</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td>4 week</td>
<td>$15</td>
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Mens Strength Training (B I A)  
This program will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence.

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<thead>
<tr>
<th>Duration</th>
<th>Session</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
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<td>8 week</td>
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<td></td>
<td>4 week</td>
<td>$30</td>
</tr>
<tr>
<td>1/2 hour class</td>
<td>8 week</td>
<td>$30</td>
</tr>
<tr>
<td></td>
<td>4 week</td>
<td>$15</td>
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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.

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<thead>
<tr>
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</thead>
<tbody>
<tr>
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<td>8 week</td>
<td>$50</td>
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<tr>
<td></td>
<td>4 week</td>
<td>$25</td>
</tr>
<tr>
<td>1/2 hour class</td>
<td>8 week</td>
<td>$30</td>
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<tr>
<td></td>
<td>4 week</td>
<td>$15</td>
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Triathlon Training  
Training and access to the right information will help smooth the transition from mere athlete to triathlete. Beginners to experienced athletes welcome. Swim, Bike, Run...build mental toughness, confidence and technique to race.

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<tr>
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</thead>
<tbody>
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<td></td>
<td>4 week</td>
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<td>$30</td>
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<tr>
<td></td>
<td>4 week</td>
<td>$15</td>
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</tbody>
</table>
Women & Weights
Guided by a Wellness Coach who will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence.

1 hour class
- 8 week session $50
- 4 week session $25

1/2 hour class
- 8 week session $30
- 4 week session $15

Livestrong at the Y
LIVESTRONG® at the YMCA is an evidence based program that helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis. Participating YMCAs create a welcoming community in which survivors can improve their strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships, and improve their quality of life. Since 2007, the LIVESTRONG Foundation has been the YMCA’s partner in developing and delivering LIVESTRONG at the YMCA. Free 12 week program. Meets 2 times a week.

TRAINING & CERTIFICATION

ARC Lifeguard Certification
This American Red Cross Lifeguard program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Pre-requisites: Must be at least 15 years old and be able to complete a standard swim test on the first day of class. The swim test includes a 300 yard continuous swim using front crawl, breaststroke or a combination of both as well as a two-minute tread, and diving to the bottom of the pool and retrieving a weighted brick.
Fee includes Lifeguarding, First Aid and Professional CPR certification, textbook and pocket mask. There will be no refunds given within to 2 business days prior to the start of the class. Participants are required to attend all scheduled class days. For more information contact Chelsea Heimer at ext. 1321.

ARC Lifeguard Re-Certification
This American Red Cross program teaches participants the skills and knowledge needed to prevent and response 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 standard swim test. (Swim Test: Swim 300 yards continuously, tread water for 3 minutes and dive to 9 feet) Fee includes: American Red Cross Lifeguarding textbook, CPR pocket mask, Lifeguarding, First Aid, AED/CPR certification cards. Participants must attend all dates. For more information contact Chelsea Heimer at ext. 1321.

ARC CPR / AED / FA
The Adult First CPR course teaches students to recognize how to respond to breathing and cardiac emergencies for victims about 12 years of age and older. Successful students will receive a certification. CPR valid for two years. Bring lunch to class. Classes are scheduled quarterly. For more information contact Chelsea Heimer at ext. 1321.

COMMUNITY EVENTS

Easter Egg Hunt
Join us for our first annual Easter Egg Hunt! The Easter Bunny has agreed to make a special stop by the branch to hide some special treats for kids to find! Children will also enjoy music and crafts. Registration required.
- Saturday, April 4th Rain Date April 5th
- Members: FREE

Spring Fling– ADA
The Northeast Family Y is proud to present our annual Spring Fling! Join us for an afternoon of good food, good tunes and a ton of dancing! Registration is required so stop by the Welcome Center to secure your spot!

Members: $10