**HOURS OF OPERATION**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Friday</td>
<td>5:00 AM - 10:00 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>7:00 AM - 8:00 PM</td>
</tr>
<tr>
<td>Sunday</td>
<td>8:00 AM - 8:00 PM</td>
</tr>
</tbody>
</table>

**Jean West Pools at Baker Park:**

Open Sat., May 25

Limited weekday hours through June 7th

**HOLIDAY HOURS**

<table>
<thead>
<tr>
<th>Holiday</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easter</td>
<td>CLOSED</td>
</tr>
<tr>
<td>Memorial Day</td>
<td>8:00 AM - 1:00 PM</td>
</tr>
</tbody>
</table>

**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

**HOW TO REGISTER FOR PROGRAMS**

- Register for classes any time at philaymca.org.
- Call 610-933-5861 during normal business hours.
- Stop by the branch during normal business hours to register at the Welcome Center Desk.

**CHILD WATCH**

Ages 6 weeks - 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:**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday - Thursday</td>
<td>8:30 AM - 8:30 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>8:30 AM - 8:00 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>8:00 AM - 2:00 PM</td>
</tr>
<tr>
<td>Sunday</td>
<td>9:00 AM - 2:30 PM</td>
</tr>
</tbody>
</table>

Child Watch will escort a child to and from a class during their time in Child Watch. Please confirm dates and times with Kathy Hogga.

**TABLE OF CONTENTS**

- YOUTH ......................... 4
- TEENS .......................... 15
- ADULTS .......................... 16
- COMMUNITY ...................... 23
- POLICIES ....................... 25

**MEET OUR STAFF**

Deirdre Wood  
Executive Director  
ext. 2310

Kim Acito  
Youth Program Director  
ext. 2311

Anthony Addlesberger  
Director, Competitive Aquatics  
anthony.addlesberger@philaymca.org

Emily Boring  
Adv. Aquatics Director  
ext. 2369

Becky Duncan  
Program Director, Preschool  
becky.duncan@philaymca.org  
ext. 2328

Sharon Engro  
Half Day Preschool/ Nursery School Director  
ext. 2319

Sara Guido  
Wellness Director  
ext. 2323

Deric Hafer  
Sports Director  
ext. 2312

Kelly Handy  
Membership Director  
ext. 2370

Amanda Chelian  
Gymnastics Coordinator  
ext. 2326

Kathy Hogga  
Child Watch Coordinator  
khogga@philaymca.org  
ext. 2359

Lisa McGregor  
Senior Program Director  
ext. 2330

Julie Szerynyi  
Adv. Program Director, ELC & School Aged Childcare  
ext. 2339

John Wisser  
Senior Program Director  
ext. 2333
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 (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.

- Thursday 5:00 PM - 5:30 PM
- Friday 9:30 AM - 10:00 AM
- Saturday 9:35 AM - 10:05 AM, 10:45 AM - 11:15 AM, 11:20 AM - 11:50 AM

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

Swim-Parent/Child (18 months - 3 years)
Water Exploration - Parents work with their children in the water to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

- Thursday 5:00 PM - 5:30 PM
- Friday 9:30 AM - 10:00 AM
- Saturday 9:00 AM - 9:30 AM, 10:10 AM - 10:40 AM, 11:20 AM - 11:50 AM

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

SWIM BASICS
(Preschool 30 minutes)
(School Age/Teens/Adults 40 minutes)
Develops personal water safety and basic swimming skills in students of all ages. In these three stages, students develop a high level of comfort in the water by practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety and exit if they fall into a body of water. Group activities that reinforce learning help students progress.

Swim Basics - Stage 1
Water Acclimation - Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water.

**Preschool**
- Monday 9:30 AM - 10:00 AM, 1:00 PM - 1:30 PM, 5:00 PM - 5:30 PM
- Tuesday 5:40 PM - 6:10 PM, 7:00 PM - 7:30 PM
- Wednesday 10:50 AM - 11:20 AM, 1:00 PM - 1:30 PM, 5:00 PM - 5:30 PM
- Thursday 1:40 PM - 2:10 PM, 5:40 PM - 6:10 PM
- Friday 10:10 AM - 10:40 AM, 1:00 PM - 1:30 PM
- Saturday 9:35 AM - 10:05 AM, 10:45 AM - 11:15 AM
- Sunday 10:00 AM - 10:30 AM, 4:35 PM - 5:05 PM, 5:45 PM - 6:15 PM

Family Members: $62
Members: $124

**School Age**
- Thursday 6:40 PM - 7:20 PM
- Saturday 9:45 AM - 10:25 AM, 11:20 AM - 12:00 PM
- Sunday 11:20 AM - 12:00 PM

Family Members: $70
Non-Members: $140

**Teen / Adult**
- Tuesday 7:30 PM - 8:10 PM
- Sunday 4:00 PM - 4:40 PM

Family 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.

<table>
<thead>
<tr>
<th>Preschool</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>10:10 AM – 10:40 AM</td>
<td>5:40 PM – 6:10 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>9:30 AM -10:00 AM</td>
<td>5:00 PM -5:30 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>9:30 AM – 10:00 AM</td>
<td>5:00 PM – 5:30 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>1:00 PM – 1:30 PM</td>
<td>6:20 PM -6:50 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>1:00 PM – 1:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>9:00 AM – 9:30 AM</td>
<td>10:10 AM -10:40 AM</td>
<td></td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>10:40 AM -11:10 AM</td>
<td>4:00 PM -4:30 PM</td>
<td></td>
</tr>
</tbody>
</table>

Members: $62  
Non-Members: $124

<table>
<thead>
<tr>
<th>School Age</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wednesday</strong></td>
<td>6:20 PM -7:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>5:50 PM -6:30 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>9:00 AM – 9:40 AM</td>
<td>10:30 AM -11:10 AM</td>
<td></td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>12:10 PM -12:50 PM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Members: $70  
Non-Members: $140

<table>
<thead>
<tr>
<th>Teen/Adult</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday</strong></td>
<td>7:30 PM - 8:10 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>4:00 PM -4:40 PM</td>
<td></td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Preschool</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>10:50 AM -11:20 AM</td>
<td>5:00 PM -5:30 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday</strong></td>
<td>10:10 AM -10:40 AM</td>
<td>5:00 PM -5:30 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>10:10 AM – 10:40 AM</td>
<td>5:00 PM – 5:30 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>9:30 AM -10:00 AM</td>
<td>7:00 PM -7:30 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Friday</strong></td>
<td>1:40 PM - 2:10 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>9:00 AM – 9:30 AM</td>
<td>10:10 AM -10:40 AM</td>
<td></td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>10:00 AM -10:30 AM</td>
<td>4:00 PM -4:30 PM</td>
<td></td>
</tr>
</tbody>
</table>

Members: $62  
Non-Members: $124

<table>
<thead>
<tr>
<th>School Age</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>6:20 PM -7:00 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Wednesday</strong></td>
<td>7:10 PM -7:50 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Thursday</strong></td>
<td>5:00 PM - 5:40 PM</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Saturday</strong></td>
<td>9:45 AM – 10:25 AM</td>
<td>11:20 AM -12:00 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>11:20 AM -12:00 PM</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Members: $70  
Non-Members: $140

<table>
<thead>
<tr>
<th>Teen/Adult</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday</strong></td>
<td>7:30 PM - 8:10 PM</td>
<td></td>
</tr>
<tr>
<td><strong>Sunday</strong></td>
<td>4:45 PM - 5:25 PM</td>
<td></td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1:40 PM - 2:10 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>5:40 PM - 6:10 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1:40 PM - 2:10 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:10 AM - 10:40 AM</td>
</tr>
<tr>
<td>Friday</td>
<td>1:40 PM - 2:10 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:35 AM - 10:05 AM</td>
</tr>
<tr>
<td>Sunday</td>
<td>10:40 AM - 11:10 AM</td>
</tr>
</tbody>
</table>

**Members:** $62  
**Non-Members:** $124

---

### 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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:20 PM - 7:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>5:00 PM - 5:40 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:10 PM - 7:50 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>5:50 PM - 6:30 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00 AM - 9:40 AM</td>
</tr>
</tbody>
</table>
| Sunday    | 4:45 PM - 5:25 PM | Members: $70  
**Non-Members:** $140

#### Teen/Adult

| Wednesday | 7:30 PM - 8:10 PM |
| Sunday    | 4:45 PM - 5:25 PM |

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

---

### 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

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7:10 PM - 7:50 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6:40 PM - 7:20 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:20 PM - 7:00 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>5:00 PM - 5:40 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:45 AM - 10:25 AM</td>
</tr>
</tbody>
</table>
| Sunday    | 5:30 PM - 6:10 PM | Members: $70  
**Non-Members:** $140

#### Teen/Adult

| Wednesday | 7:30 PM - 8:10 PM |
| Sunday    | 5:30 PM - 6:10 PM |

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

---

View current schedules online: philaymca.org
YOUTH

PRIVATE SWIM LESSONS
Private lessons are for all ages and swimming ability. Individual lessons are scheduled with an instructor and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are scheduled in 30 minute increments. Questions can be directed to Emily Boring at emily.boring@philaymca.org.

Private Swim Lessons (5-Lesson Package):
- Members: $150 ($30/person per ½ hour)
- Non-Members: $300 ($60/person per ½ hour)

Semi-Private Swim Lessons (5-Lesson Package):
- Members: $100 ($20/person per ½ hour)
- Non-Members: $200 ($40/person per ½ hour)

Fee applies to each person registered.

PRE-COMPETITIVE SWIM PROGRAM

Beginner (Ages 6-8)
For children who can swim an entire length of the pool with all four competitive strokes. This class will continue to refine stroke techniques as well as introduce starts and turns.

Saturday 1:00 PM – 1:45 PM
- Members & Family Members: $70
- Non-Members: $140

Intermediate (Ages 7-10)
For children who can swim two lengths of the pool of freestyle and backstroke and one length of the pool breaststroke and butterfly. This class will begin to build stamina for longer swims as well as working on starts and turns.

Tues./Thurs. 5:15 PM - 6:15 PM
- Members & Family Members: $140
- Non-Members: $280

Advanced (Ages 8-12)
For children who can swim two lengths of the pool of all four competitive strokes. This class will continue to build stamina for longer swims as well as work on starts and turns.

Tues./Thurs. 5:15 PM - 6:15 PM
- Members & Family Members: $140
- Non-Members: $280

YOUTH AQUATIC FITNESS

COMPETITIVE SWIM TEAM PROGRAM
The Phoenixville YMCA offers a year round competitive swim-team which participates in the YMCA Penn-Del League, the Tri-County Swim League, and USA Swimming Competitions. Our swimmers compete at the local, regional, and national levels. All swimmers, from beginners to national qualifiers, participate in swim meets which are catered toward their individual development, as well as the team’s growth and development.

The PAY Swim-Team offers a fun and challenging atmosphere for kids to learn a life skill and develop sound character traits that will help them contribute positively to society. Extensive stroke mechanic development, aerobic capacity development, and strength and conditioning training are offered at all levels, with an emphasis on developing sound swimming skills that can be performed at a fast pace over a multitude of distances. Swimmers are asked to develop an aptitude for all four competitive swimming strokes and to challenge themselves daily by working to improve both their strengths and weaknesses. Mental skills training, goal setting, and team-building exercises are all heavily integrated into the program.

The team practices from September through July, with a short break in April, and a more extensive break in August.

Registration opens in August. Depending on space and availability, swimmers may register for the team at other points during the year. Registration timeline and procedures, including all fees, will be posted on the team website at www.payswim.org.

Participation in the swim team requires a YMCA membership. Please register online or at the Welcome Center.

Swim Team Evaluations (Ages 5-15)
If you are interested in joining the Phoenixville YMCA Swim Team, the coaching staff will be conducting evaluations to determine a child’s readiness for each program. Evaluations are free and open to the community. Questions and requests for individual evaluations can be directed to Anthony Addlesberger, Director of Competitive Aquatics at Anthony.addlesberger@philaymca.org.

For more information, visit www.payswim.org or contact Anthony at anthony.addlesberger@philaymca.org.

SYNCHRONIZED SWIMMING LESSONS
Our Synchronized Swimming Lessons are designed to give you a feel for the sport. Lessons offer individual attention to the basic skills to help the children develop a good skill base for growth. We encourage everyone to try a meet before making a decision to join the team. Our beginner lessons are for anyone who has never done synchro before. Intermediate lessons are for those that may have tried them in the past or have had previous swimming team, dance or gymnastics backgrounds. Jumping to Intermediate requires a meeting with the coach.
Beginner
Beginner lessons concentrate on flexibility, swimming skills and basic synchronized swimming moves.
(Ages 4-7)
Sunday 3:15 PM – 4:30 PM
(Ages 7+)
Thursday 7:00 PM – 8:30 PM
Sunday 5:00 PM – 6:30 PM
Members: $135
Non-Members: $270
Intermediate (Ages 7+)
Intermediate lessons build on the beginner skills and learn more challenging moves. Swimmers will learn basic moves set to music and will perform their moves in the team’s annual water show, June 14th and 16th, 2019. This is a 16-week program, spanning Early and Late Spring.
Tuesday 7:00 PM - 8:30 PM
Members: $270
Non-Members: $540
SYNCHRONIZED SWIMMING TEAM
This year-round program combines swimming with music, gymnastics and ballet in the water. Must have previous Synchro experience.
Family Members: $130/month
For more information about the Synchronized Swimming program, contact Jennifer Hatt at jhatt@philaymca.org.

ARTS & HUMANITIES

Arts & Crafts – Parent/Child (Ages 2-4)
In this parent participation class, students will use different types of materials to make art projects to take home. Please bring a smock or wear old clothes; this class may be messy!
Monday 10:30 AM - 11:15 AM
Family Members: $28.50
Members: $57
Non-Members: $114

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.
Wednesday 9:30 AM - 10:15 AM
Family Members: $28.50
Members: $57
Non-Members: $114

Arts & Crafts – Play Dough (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.
Thursday 10:30 AM - 11:00 AM
Family Members: Free
Members: Free

Art Education – Fine Arts (Ages 6-10)
Learn about techniques of renowned artists from the past like Picasso, DaVinci, VanGogh, Rembrandt, Monet, and others. Work on various styles of art – painting, water color, charcoal.
Monday 4:45 PM – 5:15 PM
Family Members: $28.50
Members: $57
Non-Members: $114

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.
Sunday 6:00 PM – 6:45 PM
Family Members: $28.50
Members: $57
Non-Members: $114

Cooking – Preschool (Ages 3-6)
Hands-on food preparation teaches healthy eating, basic cooking terms, sharing and teamwork. Please inform Program Director of allergies prior to the start of the session.
Thursday 5:00 PM - 5:45 PM
Family Members: $36.50
Members: $73
Non-Members: $146

Education – Academic
1-on-1 Tutoring (Ages 7+)
Working with one of our Pennsylvania Certified Teachers can help you plan your approach to accomplishing your goals. Are you getting your child ready for a test? Do they need help with a specific concept? Do they need a little extra explanation or assistance in a subject? Our teachers are prepared to help in any way they can be developing a one-on-one tutoring plan designed around your child’s needs. Tutoring packages are purchased by the number of sessions you need, and arranged on an individual basis with the tutor. All sessions are 30 minutes. For more information, contact Kim Acito at ext. 2311.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Family/Full Privilege Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$70</td>
<td>$140</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$130</td>
<td>$260</td>
</tr>
</tbody>
</table>

Education – Pre-School Prep
(Ages 2-1/2 – 4)
Get your soon-to-be preschooler ready with this education class featuring circle time, weather/calendar, letters, numbers, and colors.
Wednesday 10:30 AM - 11:15 AM
Family Members: $28.50
Members: $57
Non-Members: $114
Education – Science – Youth  
(Ages 4 - 6)  
Take a closer look at the world that surrounds you by participating in hands-on experiments. Topics will include volcanoes, space, weather, and fossils.  
Wednesday 6:00 PM - 6:45 PM  
Family Members: $28.50  
Members: $57  
Non-Members: $114  

Guitar Instructional  
(Ages 7+)  
Individual Instructional Guitar lessons. Want to learn to be a real guitar hero? Start with the basics, step into chords and soon you’ll be jammin'. All classes are 30 minutes and are offered Monday through Sunday at varying times between the hours of 9:00 AM and 7:30 PM. Specific times can be found online or at the Welcome Center prior to registration. Please direct all questions to Kim Acito at ext. 2311.  
Full Privilege Members: $65  
Non-Members: $130  

Music – Parent/Child  
(Ages 1-3)  
Children will explore musical concepts through song, dance and creative movement. Children will try out different musical instruments and make their own individual songs.  
Tuesday 9:30 AM - 10:15 AM  
Family Members: $28.50  
Members: $57  
Non-Members: $114  

Music – Preschool  
(Ages 2-5)  
Children will explore musical concepts through song, dance and creative movement. Children will try out different musical instruments and make their own individual songs.  
Tuesday 6:15 PM - 7:00 PM  
Family Members: $28.50  
Members: $57  
Non-Members: $114  

Music – Parent/Child  
(Ages 1-3)  
Children will explore musical concepts through song, dance and creative movement. Children will try out different musical instruments and make their own individual songs.  
Tuesday 9:30 AM - 10:15 AM  
Family Members: $28.50  
Members: $57  
Non-Members: $114  

Piano Instructional  
(Ages 5 & up)  
Come learn something new...open for all beginning to early-advanced piano students. Lessons cover performance, technique, and music theory, as well as various musical styles. All lessons are tailored to each student’s individual needs and goals. Classes are held in the Intergenerational Room. All classes are 30 minutes. Please direct all questions to Kim Acito at ext. 2311.  
Members: $100  
Non-Members: $200  

DANCE  
Phoenixville YMCA offers dance instructional classes that incorporate the basic elements and technique for various styles and levels of dance.  

Dance Ballet – Preschool  
(Ages 3-5)  
An introduction to basic ballet technique will be taught in this class and will allow young dancers to explore movement. It encourages children to develop motor skills, a gility, coordination and flexibility.  
Tuesday 10:00 AM - 10:45 AM  
Saturday 1:00 PM - 1:45 PM  
Family Members: $36.50  
Members: $73  
Non-Members: $146  

Dance Ballet – Youth  
Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination and creativity.  
(Ages 5-8)  
Saturday 10:00 AM - 11:00 AM  
Family Members: $38.50  
Members: $77  
Non-Members: $144  

HEALTH & WELLNESS  
Family Yoga (B I A)  
A Hatha gentle Yoga class for the whole family to enjoy! The class will explore standing poses, sun salutations and breathing and relaxation techniques. It's an opportunity for bonding with family while sharing the health and well-being that Yoga brings. Program is for ages 8 and up.  
Thursday 5:30 PM – 6:15 PM  
Family Members: Free  
Members: Free  

Youth Strength Training (I A)  
(Ages 10-12)  
This program will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence. Only one class per person per program session.  
Tuesday 5:30 PM – 6:00 PM  
6:15 PM – 6:45 PM  
Wednesday 5:30 PM – 6:00 PM  
6:15 PM – 6:45 PM  
Thursday 5:30 PM – 6:00 PM  
6:15 PM – 6:45 PM  
Family Members: $30  
Members: $30
YOUTH

GYMNASTICS

Gymnastics – Parent/Child
This parent participation program introduces balancing, tumbling, hanging and agility skills in a fun, open environment. Short structured experiences mixed with free play and choice.
(Ages 1-2)
- Monday: 9:15 AM - 10:00 AM
- Wednesday: 10:15 AM - 11:00 AM
- Thursday: 9:15 AM - 10:00 AM
- Saturday: 9:00 AM - 9:45 AM

(Ages 2-3)
- Monday: 10:15 AM - 11:00 AM
- Wednesday: 9:15 AM - 10:00 AM
- Thursday: 10:15 AM - 11:00 AM
- Saturday: 9:00 AM - 9:45 AM

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

Gymnastics – Preschool
Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age-appropriate equipment to ensure the safest and most effective learning environment. Participants must be potty-trained.
(Ages 3-4)
- Monday: 11:30 AM - 12:15 PM
- Tuesday: 10:30 AM - 11:15 AM
- Wednesday: 12:30 PM - 1:15 PM
- Thursday: 11:30 AM - 12:15 PM
- Friday: 11:15 AM - 12:00 PM
- Saturday: 10:00 AM - 10:45 AM
- Sunday: 2:30 PM - 3:15 PM

(Ages 4-5)
- Monday: 12:30 PM - 1:15 PM
- Tuesday: 12:30 PM - 1:15 PM
- Wednesday: 11:30 AM - 12:15 PM
- Thursday: 11:30 AM - 12:15 PM
- Friday: 10:00 AM - 10:45 PM
- Saturday: 10:00 AM - 10:45 AM
- Sunday: 2:30 PM - 3:15 PM

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

Gymnastics – Youth
For beginners with no experience, intermediates familiar with basic gymnastic skills and advanced children mastering more difficult skills. Learn conditioning, flexibility techniques and instruction on bars, balance beam, floor and vault.
(Ages 5½-8)
- Monday: 1:30 PM - 2:15 PM
- Tuesday: 9:15 AM - 10:15 AM
- Wednesday: 1:30 PM - 2:30 PM
- Thursday: 1:30 PM - 2:30 PM
- Friday: 10:00 AM - 11:00 AM
- Saturday: 11:00 AM - 12:00 PM
- Sunday: 12:00 PM - 1:00 PM

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

Gymnastics Team
All team participants are selected from our gymnastic classes or by tryout. For more information, please contact Murdina Misson at mmisson@philaymca.org

Gymnastics Team – Level 3
Mon. & Thurs. 4:15 PM - 6:15 PM
Family/Members: $100/Month

Gymnastics Team – Level 4
Mon. & Thurs. 6:30 PM - 8:30 PM
Wednesday 4:00 PM - 6:00 PM
Family/Members: $115/Month

Gymnastics Team – Level XCEL Gold/Silver
Thursday 6:30 PM – 8:30 PM
Sunday 4:45 PM – 7:45 PM
Family/Members: $115/Month

Gymnastics Team – Levels 5+
Monday 4:00 PM - 7:00 PM
Wednesday 6:00 PM - 9:00 PM
Sunday 4:30 PM - 7:30 PM
Family/Members: $130/Month
MARTIAL ARTS

Tang Soo Do (Ages 6 & up)
Traditional Korean Martial Art promotes self-defense, fitness, discipline and develops character, mental strength and respect for others. Great for parents and children to do together. All classes are taught by World Tang Soo Do certified Black Belt instructors.

Tues. & Thurs. 7:00 PM - 8:30 PM
Family, Youth & Adult Members: $75/month
Youth Non-Members: $100/month
Family Discount: First additional family member receives $10 off. Second additional family member receives $15 off. Family members must register together.

INSTRUCTIONAL SPORTS

Agility/Running - Youth (Ages 6-10)
The class will enhance athlete’s speed and agility to better prepare them for various sports. Class will consist of conditioning, cardio, and drills for participants.

Wednesday 4:30 PM - 5:15 PM
Family Members: $28.50
Members: $57
Non-Members: $114

Archery - Youth/Teen
*LATE SPRING ONLY
Introduction to Archery and the skills required to join a team. Participants will learn fundamentals, rules and good sportsmanship, all while having fun. Late Spring Only!

(Ages 5-8)
Saturday 9:30 AM - 10:15 AM
10:30 AM - 11:15 AM
(Ages 9-12)
Saturday 11:30 AM - 12:15 PM
Family Members: $44.50
Members: $89
Non-Members: $178

Advanced Archery
*LATE SPRING ONLY
In addition to traditional target practice, this class will add skilled assessments that are used in competition. The program will include flu, clout and distance shooting into the weekly curriculum. Participants must have prior archery experience; no other skill level is required. Late Spring Only!

(Ages 5-8)
Sunday 10:30 AM - 11:15 AM
(Ages 9-12)
Sunday 11:30 AM - 12:15 PM
(Ages 13+)
Sunday 12:30 PM - 1:15 PM
Family Members: $44.50
Members: $89
Non-Members: $178

Badminton - Beginner (Ages 8-14)
This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem. Bring your own racket. Open play only in Summer.

Wednesday 6:30 PM - 7:30 PM
Sunday 4:00 PM - 5:00 PM
Family Members: $28.50
Members: $57
Non-Members: $114

Badminton - Youth/Teen (Ages 8-14)
This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem. Bring your own racket. Open play only in Summer.

Sunday 5:00 PM - 6:00 PM
Family Members: $28.50
Members: $57
Non-Members: $114

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

(Ages 3-6)
Thursday 4:30 PM - 5:15 PM
Friday 12:45 PM - 1:30 PM
(Ages 7-10)
Tuesday 4:30 PM - 5:15 PM
Family Members: $28.50
Members: $57
Non-Members: $114

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

(Ages 11-14)
Tuesday 5:15 PM - 6:00 PM
Family Members: $28.50
Members: $57
Non-Members: $114

Dodgeball (Ages 7-10)
This program is designed to provide physical activity, exercise and fun while enforcing important values such a sportsmanship, teamwork, confidence and self-esteem.

Wednesday 6:45 PM - 7:15 PM
Family Members: Free
Members: Free
Field Hockey Youth/Teen  
**LATE SPRING ONLY**
This program focuses on improving the child’s motor skills while teaching the fundamentals of the game such as passing, stickhandling and shooting. Participants may practice drills and play games. Sportmanship and teamwork will emphasized during the program.
(Ages 6-9)
**Wednesday** 5:30 PM - 6:15 PM
(Ages 10-14)
**Wednesday** 6:15 PM - 7:00 PM
Family Members: $28.50  
Members: $57  
Non-Members: $114  

**Soccer – Preschool/Youth**
This class will teach the fundamentals and rules of soccer, and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.
(Ages 3-6)
**Thursday** 9:30 AM - 10:15 AM  
(Ages 6-10)
**Wednesday** 6:00 PM - 6:45 PM  
Family Members: $28.50  
Members: $57  
Non-Members: $114

**Sports Introduction – Parent/Child**  
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 participation is encouraged.
(Ages 2 -3)
**Monday** 9:30 AM – 10:00 AM  
Family Members: FREE  
Members: FREE

**Sports Introduction – Preschool**  
(Ages 3-6)
Children are introduced to a variety of different sports and games. This is a great way to get your child excited about playing sports while building self-esteem and improving coordination and motor skills.
**Thursday** 12:15 PM - 12:45 PM  
Family Members: Free  
Members: Free

**T-Ball – Preschool**  
(Ages 3-6)
Participants will learn the fundamentals and rules of T-Ball while developing good teamwork and sportsmanship. Emphasis is on skill development, fun and participation.
**Tuesday** 9:30 AM - 10:15 AM  
Family Members: $28.50  
Members: $57  
Non-Members: $114

**SPORTS LEAGUES**
YMCA Youth Sports Leagues provide positive sports experiences that focus on competitive play, sportsmanship, and skill development. Players receive individual attention geared toward improvement of skills and game knowledge. All participants will receive equal playing time.

**LATE SPRING 2020**
Registration: February 10 - March 30  
Start Date: April 13  
T-Ball 4 – 5 yrs.  
Baseball Coach Pitch 6 - 7 yrs.  
Soccer 2 - 11 yrs.  
Flag Football 4 – 7 yrs.

**SUMMER 2020**
Registration: April 20 - June 8  
Start Date: June 22  
Basketball 4 - 10 years

**FALL 2020**
Registration: July 6 – August 24  
Start Date: September 7  
Girls Volleyball 8-16 years  
Soccer 3 – 11 years  
T-Ball 4 – 5 years  
Baseball Coach-Pitch 6 – 7 years  
Basketball 4 – 9 years

**WINTER 2020**
Registration: September 21 - November 9  
Start Date: November 23  
Basketball 4 – 18 years

League Registration Forms are available online or at the Welcome Center.  
Family Members: $40  
Members: $80  
Non-Members: $160

Phoenixville YMCA Sports  
Deric Hafer, Sports Director  
484-921-5851  
deric.hafer@philaymca.org

View current schedules online: philaymca.org
Looking to host a birthday party, baby shower or pool party?
Whatever your need, we are here to help plan the event of your dreams.
Offering options such as gymnastics, sports, aquatics, fitness or craft themes, your party is limited only by your imagination.
Contact Kim Acito at 484-921-5839 to start planning your next event at the Y.

Ability - Aquatic Parent/Child (Ages 4-8)
Help develop your child’s ability to swim, as well as strengthen their muscles. Class is held in our warm water pool. If interested in this class for your child, e-mail Emily Boring: emily.boring@philaymca.org

Abilities Parent Support Group
Please join us for our monthly meetings of the Phoenixville YMCA Parent Support Group. Our goal is to provide a safe and positive environment for parents to share their thoughts and concerns about raising a child with special needs. We hope to create an environment of positive cooperative support where individuals will encourage each other, share resources, and create a sense of community. Parent Support Group meets the fourth Monday of every month.

Members with a disability are encouraged to participate in all classes that the YMCA has to offer.
If you have a disability and are in need of support or have questions about the Parent Support Group Schedule, please contact Kelly Handy at kelly.handy@philaymca.org

A YMCA Membership is required to participate in Child Care programs.

The Phoenixville YMCA offers a complete state licensed early learning center ranked for Keystone Stars.

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. Phoenixville Y is a Pre-K Counts Facility. Please visit www.papromiseforchildren.org for more information.

Phoenixinville 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. Families enrolled five days will receive a free youth membership. All Phoenixville Preschool classes are led by degreed teachers and credentialed assistants.

What to expect:
- Library
- Dramatic Play
- Computers
- Sand and Water
- Art
- Blocks
- Outdoor Recreation
- Discovery

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

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

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

Half Day Preschool (2-5 years)
This is more than a play group; this is your child’s first experience away from parents or guardians. Children are introduced to the wonderful world of colors, shapes, songs, music, movement, friendship, social skills and more. The children will also learn the fundamentals of reading and writing, and STEAM (Science, Technology, Engineering, Art, Math). With degreed staff, we encourage pro-social behavior and provide opportunities to increase self-care skills.

With degreed staff, we encourage pro-social behavior and provide opportunities to increase self-care skills.

- 2, 3 and 5 day options; 3 hour classes for children
- Swim Lessons are available with some options
- Ages 2 to 5 runs from September to May.
- Extended Care available as early as 8:30 AM and until 2:00 PM
- Music and gym are offered as specials.

The Phoenixville Y is committed to providing a quality School Age program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Human Services. In addition, all programs participate in the Pennsylvania Keystone Star quality assurance program. Each program day, our qualified staff provides creative learning experiences and supervised activities for a child’s development and enjoyment.
Before Care
(7:00 AM - school start time)
Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc. Drop your child off at school with our staff and they’ll be in good hands until class begins.

After Care
(Dismissal - 6:30 PM)
Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours.

Directed at children in elementary grades, our programs are hosted in the Phoenixville Area School District Elementary schools. We follow a planned curriculum and provide homework supervision as well as encourage the child to enjoy fun time.

SCHOOL AGE HOLIDAY CARE
School Age Holiday care is held at the Phoenixville YMCA. *Your child must be enrolled in the School Age Childcare program in order to attend Holiday Care. Care is available for your child on the days when school is closed due to in-service days and holidays. You must register at least one month prior to the date you want your child to attend.

2020 REGISTRATION
Registration for Half Day Preschool and Childcare has begun. Please contact one of the staff listed below to register or receive information on Financial Assistance. Registration for all programs is underway.

Education – Academic 1-on-1 Tutoring
(Ages 7+)
Working with one of our Pennsylvania Certified Teachers can help you plan your approach to accomplishing your goals. Are you getting your child ready for a test? Do they need help with a specific concept? Do they need a little extra explanation or assistance in a subject? Our teachers are prepared to help in any way they can be developing a one-on-one tutoring plan designed around your child’s needs. Tutoring packages are purchased by the number of sessions you need, and arranged on an individual basis with the tutor. All sessions are 30 minutes. For more information, contact Kim Acito at ext. 2311.

Academic 1-on-1 Tutoring Prices:

<table>
<thead>
<tr>
<th># of Sessions</th>
<th>Members</th>
<th>Program Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$15</td>
<td>$30</td>
</tr>
<tr>
<td>5</td>
<td>$70</td>
<td>$140</td>
</tr>
<tr>
<td>10</td>
<td>$130</td>
<td>$260</td>
</tr>
</tbody>
</table>

TEEN PROGRAMS

Y Achievers (Grades 5-12)
The Greater Philadelphia YMCA’s Y Achievers program is designed to expose 5th-12th graders to a wide range of career options and the tools to achieve their higher educational goals. Y Achievers encompasses 5 Programmatic Thrusts: College Readiness, Career Exploration, Leadership Development, Character Development and Community Service.

9th-12th graders participate in workshops dubbed Clusters which provide mentorships from a diverse group of professionals and give students hands-on career experiences through school-year long projects. Clusters are held at Villanova University the 1st and 3rd Saturdays of the month.

5th-8th graders participate in leadership sessions and activities for their age group. College and career choices are introduced with the goal of preparing students with the tools they need to excel in the program through 12th grade. Sessions are held at the Phoenixville Y, every other Thursday evening, 6:30-8:00pm.

The program runs September – June. Each Y Achiever receives a free one-year YMCA membership while active in the program.

College students and working or retired professionals are welcomed as volunteers.

Y Leaders
Help the community, learn leadership skills and make friends. Teen Leaders have opportunities to volunteer, discuss issues, and attend retreats. Y Teen Leaders meet at the Phoenixville Y on Mondays, 6:30-8:00pm.

Y Teen Leaders is free for Full Privilege and Program Members

View current schedules online: philaymca.org
TEEN/ADULTS

TEEN SPORTS

Note: Y Achievers program registrants and 7th Graders receive Full Privilege Memberships.

Badminton – Youth/Teen (Ages 10-16)
Learn through competitive match play, strategic coaching, stroke production drills and warm-up exercises. Bring your own racket. Open play only during summer.

Sunday 5:00 PM - 6:00 PM
Family Members: Free
Members: Free

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

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

Aqua Combo (B I A P) The best of shallow and deep aquatic exercise come together for this energetic class. Cardiovascular training, muscular resistance training and endurance are all featured. This workout will begin in the shallow water and move to the deep water using buoyancy belts or flotation noodles during the workout.

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

Aqua Yoga/Aqua Pilates (B I A P) Combining one of our oldest forms of exercise (Yoga) with one of our newest (Pilates), we bring two of the best mind and body disciplines together. The result is a class that can stretch and tone the entire body, lower blood pressure, increase circulation, improve balance and increase core strength.

Health & Wellness

Teen Strength Training (I A)
(Ages 13-17)
This program will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence.

Wednesday 6:00 PM - 7:00 PM
Family Members: $50
Members: $50

TEEN SWIM LESSONS

(Ages 13-17)
Please refer to the aquatics section on page 4 for stage descriptions and details.

Swim Basics
Stage 1
Tuesday 7:30 PM – 8:10 PM
Sunday 4:00 PM - 4:40 PM

Stage 2
Tuesday 7:30 PM – 8:10 PM
Sunday 4:00 PM - 4:40 PM

Stage 3
Tuesday 7:30 PM – 8:10 PM
Sunday 4:45 PM - 5:25 PM

Swim Strokes
Stage 4
Wednesday 7:30 PM – 8:10 PM
Sunday 4:45 PM - 5:25 PM

Stage 5
Wednesday 7:30 PM – 8:10 PM
Sunday 5:30 PM - 6:10 PM

Stage 6
Wednesday 7:30 PM – 8:10 PM
Sunday 5:30 PM - 6:10 PM

Members: $70
Non-Members: $140

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

Aqua Combo (B I A P) The best of shallow and deep aquatic exercise come together for this energetic class. Cardiovascular training, muscular resistance training and endurance are all featured. This workout will begin in the shallow water and move to the deep water using buoyancy belts or flotation noodles during the workout.

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

Aqua Yoga/Aqua Pilates (B I A P) Combining one of our oldest forms of exercise (Yoga) with one of our newest (Pilates), we bring two of the best mind and body disciplines together. The result is a class that can stretch and tone the entire body, lower blood pressure, increase circulation, improve balance and increase core strength.

Aqua Stretch and 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.
SilverSneakers® Splash (B I A P) 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.

**ADULT SWIM LESSONS**

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

**Swim Basics**

<table>
<thead>
<tr>
<th>Stage 1</th>
<th>Tuesday 7:30 PM – 8:10 PM</th>
<th>Sunday 4:00 PM - 4:40 PM</th>
</tr>
</thead>
</table>

**Stage 2**

| Tuesday 7:30 PM – 8:10 PM | Sunday 4:00 PM - 4:40 PM |

**Stage 3**

| Tuesday 7:30 PM – 8:10 PM | Sunday 4:45 PM - 5:25 PM |

**Swim Strokes**

**Stage 4**

| Wednesday 7:30 PM – 8:10 PM | Sunday 4:45 PM - 5:25 PM |

**Stage 5**

| Wednesday 7:30 PM – 8:10 PM | Sunday 5:30 PM - 6:10 PM |

**Stage 6**

| Wednesday 7:30 PM – 8:10 PM | Sunday 5:30 PM - 6:10 PM |

Members: $70
Non-Members: $140

**Masters Swimming** (Ages 18 & up)

Participants have the option of attending weekly practices to stay fit and/or joining the US Masters Swimming organization competing at sanctioned meets at the local and national levels. Competitive season runs from November to May. Summer training is held in the Baker Park outdoor pool, weather-permitting. For more information contact Ross Herman at rherman@philaymca.org.

**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 John Wisser at ext. 2333.

<table>
<thead>
<tr>
<th>Members:</th>
<th>1 session $55</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>5 sessions $250</td>
</tr>
<tr>
<td></td>
<td>10 sessions $475</td>
</tr>
</tbody>
</table>

**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 Training**

A class designed to "shock" an individual's current training routine or jump start a person that has gotten off track back to a fit lifestyle. Pre and Post fitness testing will show how hard work and challenging training pays off.

| Members: | $30 (30-min.) $50 (60-min.) |

View current schedules online: philaymca.org
ADULTS

TRX Foundation
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!
30-minute class.
Friday 5:30 AM – 6:00 AM
Members: $30

TRX
Revolutionary method of leveraged bodyweight exercise using the TRX Trainer. Safely perform hundreds of exercises that build power, strength, flexibility, balance and mobility, as well as prevent injuries, all at the intensity you choose. Come experience one of the best total body workouts you’ve ever had!
60-minute class.
Monday 7:00 PM – 8:00 PM
Members: $50

Women and Weights (B I A)
This program is guided by a Wellness Coach who will demonstrate proper techniques and allow you to become familiar with and engage in a variety of strength training methods. Through this program you will gain strength and confidence. Registration required.
60-minute class. Registration Required.
Tuesday 7:00 PM - 8:00 PM
Thursday 7:00 PM - 8:00 PM
Members: $50

Men’s 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. Registration Required.
Monday 7:00 PM – 8:00 PM
Wednesday 7:00 PM – 8:00 PM
Members: $50

GROUP EXERCISE

Aqua ZUMBA® (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.

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

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.

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 P)
A full-body cardio workout to really tone your butt and thighs. Burn calories and leave buzzing with satisfaction.

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.

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

Fit and Fifty (B I A)
This class consists of varied exercises including walking, stretching, light strength training, low-impact aerobics and relaxation techniques.

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.

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

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.

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.
Silver&Fit® Excel (B I A) AOA
This class is designed for the active, athletic older adult who is looking for a challenging workout. Participating in this class will help you increase your heart health, muscular endurance and strength, flexibility and balance. The exercises are freestanding and involve more complex movements for advanced fitness levels. This class will help you continue all of the activities you love, like playing sports or trying out a new dance routine. 60 Minutes!

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

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

CYCLE
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 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.

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

Thursday 5:30 PM – 6:15 PM
Family Members: Free
Members: Free

Functional Pilates (B I A)
Vertical & horizontal training to lengthen and lean all muscle groups, with a focus on postural awareness, correct functional movement patterns, flexibility, balance/alignment training and challenges core stability and strength.

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

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

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

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.

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.

HEALTHY LIVING PROGRAMS

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

Massage
Phoenixville YMCA offers a full in-house massage therapy program. Male and female therapists provide various services including, but not limited to, Swedish/Therapeutic, Deep Tissue, Sports, Pre/Post Natal and Oncology massage. All therapists are licensed and professionally certified. To secure an appointment visit www.philaymca.org or contact the Wellness Center at ext. 2350.

<table>
<thead>
<tr>
<th>Session</th>
<th>Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>One Hour</td>
<td>$55</td>
</tr>
<tr>
<td>Half Hour</td>
<td>$35</td>
</tr>
</tbody>
</table>
**Nutritional Education**

Our diet analysis is conducted by a Registered Dietitian and provides an excellent way for you 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. For more information please contact John Wisser at ext. 2333.

<table>
<thead>
<tr>
<th></th>
<th>Members</th>
<th>Non-Members</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$75</td>
<td></td>
</tr>
<tr>
<td>3 sessions</td>
<td>$140</td>
<td></td>
</tr>
<tr>
<td>6 sessions</td>
<td>$275</td>
<td></td>
</tr>
</tbody>
</table>

**Pedaling for Parkinson’s**

Pedaling for Parkinson’s Pedaling for Parkinson’s is a class designed to improve the quality of life of Parkinson’s disease patients and their caregivers. Studies have shown that maintaining an active lifestyle after a Parkinson’s diagnosis can have a great impact on quality of life. This is a free class for Parkinson’s patients and their caregivers. Membership is not required. This program is supported by a community grant from the Parkinson Foundation.

**Phenixvile Hospital Diabetes Management Program**

Diabetes Self-Management Education helps persons manage their diabetes self-care effectively on a day-to-day basis. Physician prescription required. This program is covered by most insurance plans. Call 610-983-1022 for more information. Open to the Community. Insurance Coverage required

**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.

**Card & Game Schedule**

For card games, experienced players are on hand to provide assistance with rules, procedures and scoring for those who want to learn to play. If you are interested in joining us, please stop in to the Community Room or contact Pat Bradish at ext. 2313.

<table>
<thead>
<tr>
<th>Day</th>
<th>Game</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Monday</td>
<td>Mahjong</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Third Tuesday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Scrabble</td>
<td>2:00 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Friday</td>
<td>Bridge</td>
<td>9:30 AM</td>
</tr>
</tbody>
</table>

Members: Free

If you have suggestions for other games or programs that you’d like to see offered in the Community Room, please let us know.

**Book Discussion Group**

Each month the club reads a different book and meets to discuss it. Group members provide their own copies of the book. If you are interested in joining our group, please contact Pat Bradish at ext. 2313.

**Bus Trip**

Chaperoned trips are offered a few times a year. The trips are planned with our senior members in mind but are open to people of all ages. You do not need to be a member of the Y to go on the trips. For information about upcoming bus trips, call Pat Bradish at ext. 2313. Bus trip information will also be posted on the bulletin boards throughout the building.

**Knitting & Crocheting Group**

Come and relax and enjoy. Ask for advice, talk about your knitting/crocheting, and make some new friends. This is an unstructured get-together of like-minded people who enjoy knitting/crocheting. All levels are welcome. For more information, please contact Pat Bradish at ext. 2313.

**Mexican Train – A Domino Game NEW!**

Are you interested in playing, or want to learn how to play Mexican Train? Then join us on Wednesdays at 9:00 AM in the AOA/Community Room. Mexican Train is an entertaining, social domino game that can be enjoyed by a group of players. Dominos are played into the middle with matching numbers on open trains. Keep your score low to win the game. Wednesday 9:00 AM

**Community Room**

The Community Room is located on the 1st floor at the end of the Child Watch hallway. It is the gathering place for many of our vibrant active older adult men and women (ages 50+). We get together socially and meet at the Y for card and board games such as Pinochle, Bridge, Mahjong and Scrabble (see schedule below for days and times). We also offer monthly informational seminars and Potluck Lunches. If you have suggestions for other games or programs that you’d like to see in the Community Room, please let us know.

**Active Older Adults**

**Card & Game Schedule**

For card games, experienced players are on hand to provide assistance with rules, procedures and scoring for those who want to learn to play. If you are interested in joining us, please stop in to the Community Room or contact Pat Bradish at ext. 2313.

<table>
<thead>
<tr>
<th>Day</th>
<th>Game</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Monday</td>
<td>Mahjong</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Third Tuesday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Scrabble</td>
<td>2:00 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Friday</td>
<td>Bridge</td>
<td>9:30 AM</td>
</tr>
</tbody>
</table>

Members: Free

If you have suggestions for other games or programs that you’d like to see offered in the Community Room, please let us know.

**Book Discussion Group**

Each month the club reads a different book and meets to discuss it. Group members provide their own copies of the book. If you are interested in joining our group, please contact Pat Bradish at ext. 2313.

**2nd Wednesday**

<table>
<thead>
<tr>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 AM</td>
</tr>
</tbody>
</table>

**Bus Trip**

Chaperoned trips are offered a few times a year. The trips are planned with our senior members in mind but are open to people of all ages. You do not need to be a member of the Y to go on the trips. For information about upcoming bus trips, call Pat Bradish at ext. 2313. Bus trip information will also be posted on the bulletin boards throughout the building.

**Knitting & Crocheting Group**

Come and relax and enjoy. Ask for advice, talk about your knitting/crocheting, and make some new friends. This is an unstructured get-together of like-minded people who enjoy knitting/crocheting. All levels are welcome. For more information, please contact Pat Bradish at ext. 2313.

**Mexican Train – A Domino Game NEW!**

Are you interested in playing, or want to learn how to play Mexican Train? Then join us on Wednesdays at 9:00 AM in the AOA/Community Room. Mexican Train is an entertaining, social domino game that can be enjoyed by a group of players. Dominos are played into the middle with matching numbers on open trains. Keep your score low to win the game. Wednesday 9:00 AM

**Community Room**

The Community Room is located on the 1st floor at the end of the Child Watch hallway. It is the gathering place for many of our vibrant active older adult men and women (ages 50+). We get together socially and meet at the Y for card and board games such as Pinochle, Bridge, Mahjong and Scrabble (see schedule below for days and times). We also offer monthly informational seminars and Potluck Lunches. If you have suggestions for other games or programs that you’d like to see in the Community Room, please let us know.

**Active Older Adults**

**Card & Game Schedule**

For card games, experienced players are on hand to provide assistance with rules, procedures and scoring for those who want to learn to play. If you are interested in joining us, please stop in to the Community Room or contact Pat Bradish at ext. 2313.

<table>
<thead>
<tr>
<th>Day</th>
<th>Game</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Monday</td>
<td>Mahjong</td>
<td>1:00 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Third Tuesday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Scrabble</td>
<td>2:00 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>Bridge</td>
<td>9:00 AM</td>
</tr>
<tr>
<td>Friday</td>
<td>Bridge</td>
<td>9:30 AM</td>
</tr>
</tbody>
</table>

Members: Free

If you have suggestions for other games or programs that you’d like to see offered in the Community Room, please let us know.

**Book Discussion Group**

Each month the club reads a different book and meets to discuss it. Group members provide their own copies of the book. If you are interested in joining our group, please contact Pat Bradish at ext. 2313.

**2nd Wednesday**

<table>
<thead>
<tr>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00 AM</td>
</tr>
</tbody>
</table>

**Bus Trip**

Chaperoned trips are offered a few times a year. The trips are planned with our senior members in mind but are open to people of all ages. You do not need to be a member of the Y to go on the trips. For information about upcoming bus trips, call Pat Bradish at ext. 2313. Bus trip information will also be posted on the bulletin boards throughout the building.

**Knitting & Crocheting Group**

Come and relax and enjoy. Ask for advice, talk about your knitting/crocheting, and make some new friends. This is an unstructured get-together of like-minded people who enjoy knitting/crocheting. All levels are welcome. For more information, please contact Pat Bradish at ext. 2313.

**Mexican Train – A Domino Game NEW!**

Are you interested in playing, or want to learn how to play Mexican Train? Then join us on Wednesdays at 9:00 AM in the AOA/Community Room. Mexican Train is an entertaining, social domino game that can be enjoyed by a group of players. Dominos are played into the middle with matching numbers on open trains. Keep your score low to win the game. Wednesday 9:00 AM

**Community Room**

The Community Room is located on the 1st floor at the end of the Child Watch hallway. It is the gathering place for many of our vibrant active older adult men and women (ages 50+). We get together socially and meet at the Y for card and board games such as Pinochle, Bridge, Mahjong and Scrabble (see schedule below for days and times). We also offer monthly informational seminars and Potluck Lunches. If you have suggestions for other games or programs that you’d like to see in the Community Room, please let us know.

**Active Older Adults**
Active Older Adults Monthly Potluck Lunch
Bring a main dish, side dish, salad or dessert to share and meet us in the Community Room for good food, fun and fellowship. For more information, contact Pat Bradish at ext. 2313.
Wednesday, March 20, April 17, May 15
12:00 PM – 2:00 PM
Family/Members: Free

Phoenizville Hospital Educational Programs
Health topics are presented by Phoenixville Hospital Senior Resource Center or Caise Benefits and held in the Community Room. A light lunch is provided. Check the AOA Bulletin Board for additional information or call Pat Bradish or Nancy Collins at ext. 2313. Must register at the Welcome Center or call 610-933-5861.

Members & Non Members: Free

ADULT SPORTS

Badminton
Learn through competitive match play, strategic coaching, stroke production drills and warm-up exercises. Free Play.
Friday 7:00 PM - 9:00 PM
Sunday 6:00 PM - 8:00 PM
Family/Members: Free

Gymnastics – Adult (Ages 15+)
Learn fun, safe gymnastics skills while gaining strength, improving flexibility and maximizing cardio fitness. Open gym style. All levels welcome.
Monday 8:00 PM – 9:00 PM
Members: $40
Non-Members: $80

Ping Pong
Is available for open play
Monday - Thursday 9:00 AM – 3:00 PM
Family/Members: Free

Pickleball
Pickleball is a combination of tennis and ping pong. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Learn the fundamentals of the game and develop skills to play for life. Registration Required.

Monday 7:00 PM - 9:00 PM
Tues./Wed./Thurs. 12:00 PM - 2:00 PM
Friday 11:00 AM – 12:00 PM
12:00 PM –1:00 PM
Family/Members: Free

Adult Co-Ed Volleyball
Adult Co-Ed volleyball leagues provide recreational/competitive play for BB/B/C level teams. League participation features one practice/10-game schedule (5 game sets) and post-season tournaments by divisions. Games are USVBA-officiated. Fall League begins September 10th; Winter League begins January 7th. For more information, contact Deric Hafer at deric.hafer@philaymca.org.

Sunday 5:00 PM - 9:00 PM
Members/Non-Members: $525 per team

SPECIAL EVENTS

Please refer to social media and mobile app for information on upcoming events.

Grief Support Group
If you have suffered a loss and are unsure how to deal with the emotions you are experiencing, join us for grief support. For more information contact Season’s Hospice at 888-839-7410.

3rd Monday of each month 5:30 PM - 6:30 PM
ADULTS

HEALTHY LIVING PROGRAMS

Lunch and Learn Phoenixville Hospital Health Seminars
Health topics are presented by Phoenixville Hospital Senior Resource Center and held in the Community Room. A light lunch will be provided. For more information on upcoming topics, please check the Active Older Adults bulletin board. Full Privilege & Non Members: Free

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.

TRAINING & CERTIFICATION

ARC Lifeguard/Oxygen/Waterpark Certification
This American Red Cross Lifeguard program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Pre-requisites: Must be at least 15 years old and be able to complete a standard swim test on the first day of class. The swim test includes a 300 yard swim using front, breast, and backstroke. Fee includes Lifeguarding, First Aid, and Professional CPR certification, textbook, and pocket mask. There will be no refunds given. Participants are required to attend all scheduled class days. For more information and future scheduled trainings, contact Lisa McGregor at ext. 2330.

First Aid CPR/AED Lay Responder
The Adult First Aid/CPR/AED course teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies, and how to respond to breathing and cardiac emergencies for victims about 12 years and older. Successful students will receive a certificate for Adult First Aid/CPR/AED, valid for two years. Contact Lisa McGregor at ext. 2330 for a schedule of classes.

Safety Training for Swim Coaches
Safety Training for Swim Coaches was developed in partnership with USA Swimming to teach those involved in competitive swimming, including coaches, officials, and trainers, how to help maintain a comfortable safe environment for swimmers, prevent accidents, emergencies, and respond to ill or injured swimmers in water or on land. Updated with new content on safe transportation, emergency planning and first aid, Safety Training for Swim Coaches is available in a convenient blended-learning format that includes online and in-water training. This is a two-year certification. For more information and future scheduled trainings, contact Lisa McGregor at ext. 2330. Open to the Community: $80

EXPRESS CHURCH
Looking to improve your spiritual health? Have you tried a community approach? You don't have to do life alone.
Join Express Church of the Y on Sundays at 10:00 AM in the Community Room. Express Church is a place where you can express who you are and discover who God made you to be. We are a community of people looking to Love God and Love Others. We also serve the community in a variety of ways, expressing our faith and putting our love into action. All are welcome!

TOGETHERHOOD
A member-led community service program, Togetherhood invites Y members to activate their social responsibility by participating in the Y's cause to strengthen community. Togetherhood provides Y members with fun, convenient, and rewarding ways to give back and support their neighbors. Togetherhood is committed to a minimum of four community service projects per year. For more information, or to volunteer on an upcoming outreach project, please contact Sara Guido at sguido@philaymca.org.