SPRINT INTO SPRING

YOUR Y PROGRAM GUIDE

#THISISY
Donate today to the 2020 Annual Campaign!
HOURS OF OPERATION
Mon. - Fri. 5:30 AM – 9:00 PM
Saturday 8:00 AM – 5:00 PM
Sunday 8:00 AM – 4:00 PM

HOLIDAY HOURS
Easter April 12 CLOSED

SPRING SESSION DATES
February 24 – April 19

Registration:
Family member: January 27 - March 22
Member: January 29 - March 22
Non-member: February 3 - March 22

LATE SPRING SESSION DATES
April 20 – June 14

Registration:
Family Member: March 23 - May 24
Member: March 25 - May 24
Non-member: March 30 - May 24

CHILD WATCH
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.

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HOW TO REGISTER FOR PROGRAMS
• Register for classes any time at PhilaYMCA.org
• By calling the 610-323-7300 during normal business hours
• Stop by the branch during normal business hours to register at the Welcome Center Desk

MEET OUR STAFF

Alicia Dinnell
Executive Director
610-369-9622 ext. 3220

Logan Finerfrock
Senior Program Director
ext. 2914

Casey Killian
School Age Child Care Director
ext. 2946

Rebekah Iezzi
Child Care Director
ext. 2918

Kimberly Reidnauer
CCIS Coordinator /Childcare
ext. 2915

Shawn Ryan
Senior Facilities Director
ext. 2919

Alma Smith
Membership Supervisor
610-323-7300

Lillian Brandley
Membership Supervisor
610-323-7300

Aimee Gilbert
Swim Lesson Coordinator
610-323-7300

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

Rebekah Iezzi
Child Care Director
ext. 2918
**AQUATICS**

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

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

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<thead>
<tr>
<th>Saturday</th>
<th>9:00 AM - 9:30 AM</th>
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<tbody>
<tr>
<td>Family Members: $28</td>
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<td>Members: $56</td>
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<tr>
<td>Non-Members: $112</td>
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**Swim-Parent/Child** (18 months - 3 years)
Water Exploration - Parents work with their children in the water to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

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**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**
- Tuesday 6:00 PM - 6:30 PM
- Thursday 5:30 PM - 6:00 PM
- Saturday 9:30 AM - 10:00 AM
| Members: $54 |
| Non-Members: $108 |

**School Age**
- Tuesday 5:00 PM - 5:40 PM
- Thursday 5:00 PM - 5:40 PM
- Saturday 9:00 AM - 9:40 AM
| Members: $62 |
| Non-Members: $124 |

**Teen/Adult**
- Saturday 10:30 AM - 11:15 AM
| Members: $62 |
| Non-Members: $124 |

**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**
- Tuesday 6:00 PM - 6:30 PM
- Thursday 5:30 PM - 6:00 PM
- Saturday 10:00 AM - 10:30 AM
| Members: $54 |
| Non-Members: $108 |

**School Age**
- Tuesday 5:00 PM - 5:40 PM
- Thursday 5:00 PM - 5:40 PM
- Saturday 9:40 AM - 10:20 AM
| Members: $62 |
| Non-Members: $124 |

**Teen/Adult**
- Saturday 10:30 AM - 11:15 AM
| Members: $62 |
| Non-Members: $124 |

**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**
- Tuesday 5:30 PM - 6:00 PM
- Thursday 6:00 PM - 6:30 PM
- Saturday 10:00 AM - 10:30 AM
| Members: $54 |
| Non-Members: $108 |

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

**School Age**

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<th>Days</th>
<th>Time</th>
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<tr>
<td>Tuesday</td>
<td>5:40 PM - 6:20 PM</td>
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Members: $62
Non-Members: $124

**SWIM STROKES**

(Pre-school 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.

**Preschool**

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<tbody>
<tr>
<td>Tuesday</td>
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Members: $54
Non-Members: $108

**School Age**

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Members: $62
Non-Members: $124

**Teen/Adult**

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<tr>
<th>Days</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>6:15 PM - 7:00 PM</td>
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Members: $62
Non-Members: $124

**Aquatic Autism Class**

An interactive aquatic class for children diagnosed with Autism that combines games and activities with basic swimming skills in a fun, supportive environment. Class size is limited to ensure one-on-one time and promote group interaction.

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<tbody>
<tr>
<td>Saturday</td>
<td>11:00 AM - 11:30 AM</td>
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Members: $54
Non-Members: $108

**Private/Semi-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.

**5 Sessions:**

Members: $150
Non-Members: $300

Contact Aimee Gilbert at aimee.gilbert@philaymca.org to schedule today!

**ARTS & HUMANITIES**

**Science**

Children will begin to understand the value of nature and take a closer look at the world that surrounds us through exploration, creative projects and hands on experiments.

**Preschool (Ages 6-10)**

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<tr>
<th>Day</th>
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<tr>
<td>Tuesday</td>
<td>5:30 PM - 6:15 PM</td>
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**Youth (Ages 6-10)**

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<tr>
<th>Day</th>
<th>Time</th>
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<tr>
<td>Tuesday</td>
<td>5:30 PM - 6:15 PM</td>
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Family Members: $10.50
Members: $21
Non-Members: $42
Family Fun Days
Join families at the Y for fun activities like gym games, arts and crafts, dancing and more! Family Fun Days will run periodically throughout the year; visit the Welcome Center for dates and registration.

Parents Night Out- Ages 3 and up (3 hours)
Enjoy an evening without the little ones when you send them to the Y for their own night out. Children will enjoy gym time, open play, circle story time, crafts, and a movie. Dinner is provided. Send a pillow, blanket, and pajamas and the children will be ready for bed when you pick them up. Sneakers must be worn in to participate in gym time.
- Up to 3 Hours - cannot exceed 3 hours consecutive – (including time in child watch)
FEE - $15 for first child; $10 for any additional Child
March 20 5:30 PM – 8:30 PM
April 17 5:30 PM – 8:30 PM
May 22 5:30 PM – 8:30 PM

BIRTHDAY PARTIES
Pool Parties
Pool party includes one hour exclusive use of pool followed by one hour in the party room. Limit is 30 guests. Ratio of one adult to three children is strictly enforced. Adults need to be in the water with children, in accordance with our Aquatic Policy. Swimmers under the age of 16 who wish to swim in deep water must pass the swim test. All children under the age of 16 who do not pass the swim test must wear a PFD. Parties are held on Saturday and Sunday afternoons. For more information or to make a reservation, please contact our Welcome Center.

Zumba Parties
Zumba the day away! One hour Zumba class followed by one hour in party room. Includes cost for Zumba instructor and exercise room, party room rental and YMCA party host(s).

For more information or to make a reservation, please contact our Welcome Center.
Members: $200
Non Members: $350

CHILD CARE
The Pottstown YMCA offers a complete state licensed early learning center ranked at 3 Stars 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.

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

What to expect:
- Library
- Toys and Games
- 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. Growth and development are supported and facilitated as children experience their new independence.

Toddler Care
13 - 35 months
Teachers and staff support and facilitate child development as toddlers experience their new independence in a stimulating atmosphere. Growth and development are supported and facilitated as children experience their new independence.

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. Child-centered activities introduce and foster the development of Kindergarten readiness skills while supporting children’s natural curiosity about the world around them through dramatic play. Staff encourage pro-social behavior and provide opportunities to increase self-care skills.
YOUTH/TEENS/ADULTS

SCHOOL AGE CHILD CARE
K-5th Grade
The Pottstown YMCA is committed to providing a quality School Age Program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Human Services. In addition, all programs are approved for the Pennsylvania Keystone Stars quality assurance program. Each program day, our qualified staff provides creative learning experiences and supervised activities for a child’s development and enjoyment.

A YMCA Membership is required to participate in School Age Programs.

Registration for school year 2019-2020
Our programs are hosted in more than 7 local Elementary Schools. One half month’s tuition reserves your space for the program. Information on programs structure and fees can be found on our website PhilaYMCA.org (choose Pottstown Branch, Child Care).

Before Care
Hours: 6:30 AM- School Day Begins
Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc. This program is directed by trained professional staff.

After Care
Hours: Dismissal - 6:00 PM
Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours. The After School program provides children with a well rounded learning experience with a focus on fun, friends, and creativity through supervised activities. Activities include Arts & Crafts, games, homework supervision, fitness, recreation and daily snack. The program is designed to meet the age and interests of the children, and is directed by certified and trained staff. The program emphasizes character development that is reinforced through all activities and events.

After Care is held in Pottsgrove and Pottstown School Districts. For more information contact Kendall Madeja at kendall.madeja@philaymca.org

School Age Holiday Care
Provides care on the days that your child’s school is closed, including most in-service days, holidays and snow closings. Your child will engage in social and educational activities while having fun. School Age Holiday Care is an option only for children in our School Age Child Care program. You must enroll in this optional program to take advantage of this service.

Visit our website for registration and financial assistance information, or contact our School Age Child Care Director Emonie Black at emonie.black@philaymca.org

TEENS

Teen/Tween Night
Teen and Tween nights are combined into one fun-filled night for kids ages 12-17 years. These events will be held a few times throughout the year. Ask our Welcome Center for dates and times!

ADULT AQUATIC EXERCISE

Aquacize (B I A P)
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.

Tuesday 8:30 AM – 9:30 AM
Thursday 8:30 AM – 9:30 AM

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 buoyance belts and flotation noodles during the workout.

Monday 5:30 PM – 6:30 PM
Wednesday 5:30 PM – 6:30 PM
Friday 5:30 PM – 6:30 PM

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.

Monday 9:00 AM – 9:45 AM
Wednesday 9:00 AM – 9:45 AM

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
HEALTH & WELLNESS

Personal Training
One on one training with a nationally certified personal trainer. They will help you meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals.

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<tr>
<th>Sessions</th>
<th>Price</th>
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<tbody>
<tr>
<td>1 session</td>
<td>$55</td>
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<tr>
<td>5 sessions</td>
<td>$250</td>
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<tr>
<td>10 sessions</td>
<td>$475</td>
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Partner Training
One on two training with a Nationally Certified Personal Trainer. They will help you meet your goals through varied and creative exercise techniques.

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<tr>
<th>Sessions</th>
<th>Price</th>
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<tbody>
<tr>
<td>1 session</td>
<td>$40</td>
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<tr>
<td>5 sessions</td>
<td>$190</td>
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<tr>
<td>10 sessions</td>
<td>$360</td>
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SMALL GROUP TRAINING

Small Group Training is a class that runs by session and are restricted to 8-12 participants. These programs run the same day and time each week. Must Register.

Members: $50 for 1 hr class - 8 week session $30 for ½ hour class - 8 week session

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

GROUP EXERCISE

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.

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.

Cardio Kickboxing (I A)
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.

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

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<th>Day</th>
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<tr>
<td>Monday</td>
<td>2:00 PM - 2:45 PM</td>
<td>Full Privilege Members: Free</td>
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Core Works (B I A)
This class will strengthen the core which includes the abdominal muscles, oblique’s and lower back. This class is great to help improve core function as well as improved posture.

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

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

Dynamic Boxing (B I A)
Boxing strength and conditioning mixed with technique training. Participants are required to bring their own gloves.

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.

Power Yoga (B 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.

Pure Strength (B I A)
You’ll build and sculpt defined, lean and strong muscles. This class focuses on all the major muscle groups in the lower body, upper body1 and core. You’ll improve your posture and develop strength to aid in all aspects of physical well-being and overall health.

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<td>Tuesday</td>
<td>8:15 AM - 9:00 AM</td>
<td>Free</td>
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<tr>
<td>Thursday</td>
<td>8:15 AM - 9:00 AM</td>
<td>Free</td>
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View current schedules online: PhilaYMCA.org
ADULTS

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

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<td>Wednesday</td>
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<td>Tuesday</td>
<td>9:00 AM – 10:00 AM</td>
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Stretch and Balance (B I A)
Exercises to challenge and improve functional balance of varying levels. Equipment may be used depending on ability. Enhance your day with improved flexibility and balance while creating calm and relaxation.

STRONG by Zumba® (B I A)
STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

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

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 [AOA]
Modified movements and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Body sculpting techniques and specific ZUMBA moves fused into one calorie-burning, strength training class while using light weights to enhance rhythm.