HOURS OF OPERATION
Monday - Friday 5:00 AM - 10:00 PM
Saturday 6:00 AM - 7:00 PM
Sunday 7:00 AM - 7:00 PM
Pool closes 15 minutes before building.

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

EARLY SPRING SESSION DATES
February 24 – April 19

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

LATE SPRING SESSION DATES
April 20 – June 14

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

KIDS FIT ZONE (5 to 12 years)
Kids Fit Zone is a fun way for our members aged 6-12 to be physically fit and develop healthy lifestyles.

Monday - Thursday 4:00 PM - 8:00 PM
Friday 4:00 PM - 7:00 PM
Saturday 9:00 AM - 4:00 PM
Sunday 9:00 AM - 4:00 PM
Youth members must be signed in and out of Kids Fit Zone by their parents or legal guardian.

KID ZONE (3 months to 12 years)
KID ZONE 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 KID ZONE is operated on a first come, first served basis. This service is intended to support parents while working out. Parents must remain at the YMCA and are limited to two hours per day. Parents will be contacted to pick up their child if there are any problems.

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

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YOUTH ...................................... 3
ABILITY ..................................... 11
TEENS ...................................... 13
ADULTS ...................................... 13
COMMUNITY .................................. 18
**SWIM STARTERS** (30 minutes)
Develops water enrichment and aquatic readiness in children. In the two stages that make up this parent-child category, children learn to be comfortable in the water. Swim Starters focuses on developing swim readiness skills through fun and confidence-building experiences. Parents also learn essential skills in Swim Starters. Parents learn how to supervise children in the water, how to prevent accidents and how to plan for emergencies.

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

- **Tuesday** 12:20 PM - 12:50 PM
- **Wednesday** 10:00 AM - 10:30 AM
- **Saturday** 9:05 AM - 9:35 AM 12:35 PM - 1:05 PM
- **Sunday** 10:10 AM - 10:40 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.

- **Monday** 10:35 AM - 11:05 AM 11:10 AM - 11:40 AM 12:55 PM - 1:25 PM 5:10 PM - 5:40 PM
- **Tuesday** 10:35 AM - 11:05 AM 4:00 PM - 4:30 PM 4:35 PM - 5:05 PM 5:45 PM - 6:15 PM
- **Wednesday** 10:00 AM - 10:30 AM 11:45 AM - 12:15 PM 4:35 PM - 5:05 PM
- **Thursday** 10:00 AM - 10:30 AM 11:10 AM - 11:40 AM 4:35 PM - 5:05 PM 5:10 PM - 5:40 PM 6:20 PM - 6:50 PM 6:55 PM - 7:25 PM
- **Friday** 9:40 AM - 10:10 AM
- **Saturday** 9:40 AM - 10:10 AM 10:15 AM - 10:45 AM 10:50 AM - 11:20 AM 12:00 PM - 12:40 PM
- **Sunday** 9:00 AM - 9:30 AM 10:45 AM - 11:15 AM

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

**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** 10:35 AM - 11:05 AM 11:10 AM - 11:40 AM 12:55 PM - 1:25 PM 5:10 PM - 5:40 PM
- **Tuesday** 10:35 AM - 11:05 AM 4:00 PM - 4:30 PM 4:35 PM - 5:05 PM 5:45 PM - 6:15 PM
- **Wednesday** 10:00 AM - 10:30 AM 11:45 AM - 12:15 PM 4:35 PM - 5:05 PM
- **Thursday** 10:00 AM - 10:30 AM 11:10 AM - 11:40 AM 4:35 PM - 5:05 PM 5:10 PM - 5:40 PM 6:20 PM - 6:50 PM 6:55 PM - 7:25 PM
- **Friday** 9:40 AM - 10:10 AM
- **Saturday** 9:40 AM - 10:10 AM 10:15 AM - 10:45 AM 10:50 AM - 11:20 AM 12:00 PM - 12:40 PM
- **Sunday** 9:00 AM - 9:30 AM 10:45 AM - 11:15 AM

**School Age**
- **Monday** 6:30 PM - 7:10 PM
- **Wednesday** 5:00 PM - 5:40 PM
- **Thursday** 5:45 PM - 6:20 PM
- **Sunday** 11:00 AM - 11:40 AM

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

**YOUTH AQUATICS**

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

View current schedules online: PhilaYMCA.org
Swim Basics - Stage 2
Water Movement - Students focus on body position and control, directional change and forward movement in the water while continuing to practice how to safely exit in the event of falling into a body of water.

<table>
<thead>
<tr>
<th>Preschool</th>
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<tbody>
<tr>
<td>Monday</td>
<td>11:45 AM - 12:15 PM</td>
<td>2:05 PM - 2:35 PM</td>
<td>5:10 PM - 5:40 PM</td>
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<td>6:55 PM - 7:25 PM</td>
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<tr>
<td>Tuesday</td>
<td>11:45 AM - 12:15 PM</td>
<td>12:55 PM - 1:25 PM</td>
<td>6:20 PM - 6:50 PM</td>
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<td>6:55 PM - 7:25 PM</td>
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<td>Wednesday</td>
<td>11:10 AM - 11:40 AM</td>
<td>11:45 AM - 12:15 PM</td>
<td>1:00 PM - 1:30 PM</td>
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<td></td>
<td>4:35 PM - 5:05 PM</td>
<td>5:10 PM - 5:40 PM</td>
<td>6:55 PM - 7:25 PM</td>
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<td>11:45 AM - 12:15 PM</td>
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<td>Saturday</td>
<td>9:40 AM - 10:10 AM</td>
<td>10:15 AM - 10:45 AM</td>
<td>11:25 AM - 11:55 AM</td>
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<td>12:35 PM - 1:05 PM</td>
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<tr>
<td>Sunday</td>
<td>9:35 AM - 10:05 AM</td>
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<tr>
<td>Members: $70</td>
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<tr>
<td>Non-Members: $140</td>
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Swim Basics - Stage 3
Water Stamina - Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

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<th>Preschool</th>
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<tr>
<td>Monday</td>
<td>12:20 PM - 12:50 PM</td>
<td>1:30 PM - 2:00 PM</td>
<td>6:20 PM - 6:50 PM</td>
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<td>5:10 PM - 5:40 PM</td>
<td>6:20 PM - 6:50 PM</td>
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<tr>
<td>Thursday</td>
<td>10:35 AM - 11:05 AM</td>
<td>4:35 PM - 5:05 PM</td>
<td>5:45 PM - 6:25 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:05 AM - 9:35 AM</td>
<td>9:40 AM - 10:10 AM</td>
<td>12:00 PM - 12:30 PM</td>
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<tr>
<td>Sunday</td>
<td>1:15 PM - 2:45 PM</td>
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<tr>
<td>Members: $70</td>
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<tr>
<td>Non-Members: $140</td>
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School Age

| Monday            | 6:30 PM - 7:10 PM              |                           |                           |
| Tuesday           | 5:00 PM - 5:40 PM              | 6:30 PM - 7:10 PM         |                           |
| Wednesday         | 6:30 PM - 7:10 PM              |                           |                           |
| Thursday          | 6:30 PM - 7:10 PM              |                           |                           |
| Saturday          | 10:30 AM - 11:00 AM            | 11:15 AM - 11:55 AM       |                           |
| Sunday            | 10:15 AM - 10:55 AM            |                           |                           |
| Members: $78     |                                |                           |                           |
| Non-Members: $156|                                |                           |                           |
**YOUTH**

**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>
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<th>Day</th>
<th>Time</th>
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</table>
| Wednesday | 10:35 AM - 11:05 AM  
|         | 5:45 PM - 6:15 PM    |
| Thursday | 10:35 AM - 11:05 AM  
|         | 1:35 PM - 2:05 PM    
|         | 5:45 PM - 6:15 PM    |
| Saturday | 10:50 AM - 11:20 AM  |
| Sunday  | 11:20 AM - 11:50 AM  |

Members: $70  
Non-Members: $140

**School Age**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
</table>
| Monday  | 5:45 PM - 6:25 PM  
|         | 5:00 PM - 5:40 PM  
|         | 6:30 PM - 7:10 PM  |
| Tuesday | 6:30 PM - 7:10 PM  |
| Thursday | 10:30 AM - 11:10 AM  
|         | 12:35 PM - 1:05 PM  |
| Saturday | 11:45 AM - 12:25 PM  
|         | 1:15 PM - 1:55 PM   |

Members: $78  
Non-Members: $156

**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>
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</table>
| Monday  | 5:00 PM - 5:40 PM  
|         | 7:15 PM - 7:55 PM  |
| Tuesday | 5:45 PM - 6:25 PM  |
| Wednesday | 6:30 PM - 7:10 PM  |
| Thursday | 7:15 PM - 7:55 PM  |
| Sunday  | 12:30 PM - 1:10 PM |

Members: $78  
Non-Members: $156

**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>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>7:15 PM - 7:55 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>7:15 PM - 7:55 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:15 PM - 7:55 PM</td>
</tr>
</tbody>
</table>
| Thursday | 5:00 PM - 5:40 PM  
|         | 7:30 PM - 8:10 PM  |
| Sunday  | 12:30 PM - 1:20 PM |

Members: $78  
Non-Members: $156

**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-Lesson Package:**
Members: $150  
Non-Members: $300

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

**5-Lesson Package:**
Members: $100  
Non-Members: $200

**SWIM TEAM:**
On our swim team, every member has a place and every swimmer is important to our success! We offer multiple competitive and developmental groups for swimmers ages 5-18. Swimmers gain experience through YMCA and USA Swimming competitions. Everyone will enjoy our family and team-first atmosphere, which is easy to see at dual meets, pasta parties, and team practices!

The Rocky Run YMCA Reef Sharks Swim Team gives everyone a great opportunity to reach his or her potential! Our mission is to provide a safe environment where children can learn, improve, and enjoy the sport of swimming.

Our always popular Spring Conditioning Program will begin in April. It’s a great way to try our program and to get a jump on Summer Swimming!

**Monday, March 30 - Friday, May 22**

For more information, please visit the Rocky Run Swim Team website (www.SwimRockyRun.com), or email Coach Clark at cbickling@philaymca.org.

Please see our Swim Team website - www.SwimRockyRun.com - for Group Descriptions, Practice Schedules, and more information.
GARNET VALLEY MIDDLE SCHOOL POOL
Memberships are available for the Garnet Valley Middle School Pool, located on Smithbridge Road in Glen Mills. Use of the Garnet Valley Middle School Pool is not included in the cost of the Full Privilege Membership to the Rocky Run YMCA. For further information please contact the Welcome Center at the Rocky Run YMCA.

<table>
<thead>
<tr>
<th>Category &amp; Age</th>
<th>Garnet Valley</th>
<th>Non - Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18-61)</td>
<td>$190</td>
<td>$235</td>
</tr>
<tr>
<td>Family (62 &amp; older)</td>
<td>Free w/ Registration</td>
<td>$110</td>
</tr>
<tr>
<td>Senior</td>
<td>$285</td>
<td>$360</td>
</tr>
</tbody>
</table>
* Renewals and people applying for resident membership to the Garnet Valley Middle School Pool will need to produce proof of residency such as a school tax statement and a valid PA driver’s license.

ARTS & HUMANITIES

Arts & Crafts
This art education class will allow your child to experiment with shapes, lines, space and a combinations of color. Fine motor skills and creative thinking skills will be enhanced while the children learn about different art techniques. Please have your child bring a smock or wear old clothes.

Preschool (Ages 3-5)
- Tuesday 1:00 PM - 1:45 PM
  - Family Members: $30.50
  - Members: $61
  - Non-Members: $122

Youth (Ages 5-7)
- Tuesday 5:00 PM - 5:45 PM
  - Family Members: $30.50
  - Members: $61
  - Non-Members: $122

Art Exploration
Create with more than crayons and pencils! You will explore fine arts materials, as well as non-traditional techniques. Each week the instructor will take the class participants through a variety of art styles and techniques.

Parent/Child (Ages 18mo-3 years)
- Wednesday 9:30 AM - 10:15 AM
- Youth(Ages 8-10)
- Wednesday 6:00 PM - 6:45 PM
  - Family Members: $30.50
  - Members: $61
  - Non-Members: $122

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

(Preschool, Ages 3-5)
- Monday 1:00 PM - 1:45 PM
- Tuesday 9:30 AM - 10:15 AM
- Thursday 10:30 AM - 11:15 AM

(Ages Youth, 5-7)
- Wednesday 5:00 PM - 5:45 PM

(Ages 8-10)
- Monday 5:00 PM - 5:45 PM

Basic STEM Based Learning – Youth
Using some of life’s most basic materials students will learn simple and fun ways the world operates. The class will work with geo boards, basic coding, building structures, problem solving and more.

(Ages 8-10)
- Saturday 10:30 AM - 11:15 AM

Jam & Gym
Jam and Gym gives parents the opportunity to engage in physical activity while jamming to a variety of music with their little ones. The class will incorporate stretches, group games and fitness all while listening to current and past favorite tunes.

(Parent/Child, Ages 18 months-2 years)
- Thursday 10:30 AM - 11:15 AM

(Preschool, Ages 3-5)
- Wednesday 1:00 PM - 1:45 PM
  - Family Members: $30.50
  - Members: $61
  - Non-Members: $122

Little Builders
Little Builders will use a variety of materials and resources to create structures, designs and inventions of the imagination. Each week will focus on a specific material that will challenge the students while having fun. Materials will include; Legos, K’nex, building straws, building disks, wood, cardboard and more!

(Youth: Ages 5-7)
- Tuesday 6:00 PM - 6:45 PM

(Family)
- Saturday 11:30 AM - 12:15 PM
  - Family Members: $30.50
  - Members: $61
  - Non-Members: $122
Music & Movement
This class is a blend of dancing, music and rhythm. An instructor will guide children through various activities that will make discovering movement, balance and listening skills easy and fun while instilling a love of music. (Parent/Child, Ages 18 months -2 years)

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<tr>
<th>Day</th>
<th>Time</th>
<th>Languages</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>10:30 AM - 11:15 AM</td>
<td>(Preschool, Ages 3 - 5)</td>
<td>Family Members: $30.50</td>
</tr>
<tr>
<td>Tuesday</td>
<td>10:30 AM - 11:15 AM</td>
<td>(Preschool, Ages 3 - 5)</td>
<td>Members: $61</td>
</tr>
<tr>
<td>Thursday</td>
<td>1:00 PM - 1:45 PM</td>
<td>(Preschool, Ages 3 - 5)</td>
<td>Non-Members: $122</td>
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</table>

Playdough – Preschool (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.

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<th>Day</th>
<th>Time</th>
<th>Languages</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>9:30 AM - 10:15 AM</td>
<td>(Prechool, Ages 3-5)</td>
<td>Family Members: $30.50</td>
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<tr>
<td>Friday</td>
<td>10:30 AM - 11:15 AM</td>
<td>(Prechool, Ages 3-5)</td>
<td>Members: $61</td>
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<td></td>
<td>Non-Members: $122</td>
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World Cultures – Preschool (Ages 3-5)
Children will experience various cultures through programs and activities that both educate and inspire creative thinking.

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<td>(Prechool, Ages 3-5)</td>
<td>Family Members: $30.50</td>
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<td>Members: $61</td>
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<td>Non-Members: $122</td>
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Ballet I – Youth (NR) (Ages 5-7)
Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination, and creativity.

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<tbody>
<tr>
<td>Monday</td>
<td>6:00 PM - 6:45 PM</td>
<td>(Youth, Ages 5-7)</td>
<td>Members: $61</td>
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<td>Non-Members: $122</td>
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Sports Conditioning – Youth/Teen (Ages 10-12)
Sports Conditioning provides the aspiring athlete an opportunity to increase speed, agility and lower body strength. Students will meet once a week with an Athletics Specialist and will focus on drills that will enhance skills for a variety of sports.

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<th>Day</th>
<th>Time</th>
<th>Languages</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>6:30 PM - 7:15 PM</td>
<td>(Teen, Ages 10-12)</td>
<td>Members: $50</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00 AM - 9:45 AM</td>
<td>(Teen, Ages 10-12)</td>
<td>Members: $50</td>
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Archery – Preschool
*LATE SPRING ONLY
Participants will learn the fundamentals, rules and good sportsmanship all while having fun. (Youth Ages 8-12)

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<th>Day</th>
<th>Time</th>
<th>Languages</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Thursday</td>
<td>4:00 PM - 5:00 PM</td>
<td>(Teen, Ages 13+)</td>
<td>Members: $61</td>
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<td></td>
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<td>Non-Members: $122</td>
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INSTRUCTIONAL SPORTS

DANCE
The Rocky Run School of Dance offers classes with experienced, professional educators who teach in a positive, fun and nurturing environment. Our goal is to provide every student with a solid foundation for dance while helping them discover their own personal potential.

Non-Recital (NR) 8 week programs
Classes will run in 8 week sessions starting in September through May. Dancers will not participate in the Holiday Show or Spring Recital. Classes will focus on coordination, rhythm, creativity, technique and terminology.

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<th>Day</th>
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<th>Languages</th>
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<tbody>
<tr>
<td>Family Members: $30.50</td>
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<td>Members: $61</td>
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<tr>
<td>Non-Members: $122</td>
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</table>

Ballet I – Preschool (NR) (Ages 3 & 4)
An introduction to basic ballet technique will be taught and will allow young dancers to explore movement. It encourages children to develop motor skills, agility, coordination and flexibility.

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<tr>
<th>Day</th>
<th>Time</th>
<th>Languages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>5:00 PM - 5:45 PM</td>
<td>(Pre-school, Ages 3-4)</td>
<td>Members: $61</td>
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<td></td>
<td>Non-Members: $122</td>
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</tbody>
</table>
**YOUTH**

**Basketball – Preschool** (Ages 3-4)  
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>5:00 PM - 5:45 PM</td>
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<tr>
<td>Sunday</td>
<td>9:00 AM - 9:45 AM</td>
</tr>
<tr>
<td>(Family)</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>4:15 PM - 5:00 PM</td>
</tr>
</tbody>
</table>

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

**Basketball**  
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 5-7)

<table>
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<tr>
<th>Day</th>
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<tbody>
<tr>
<td>Monday</td>
<td>5:00 PM - 5:45 PM</td>
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<tr>
<td>Sunday</td>
<td>9:00 AM - 9:45 AM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>4:15 PM - 5:00 PM</td>
</tr>
</tbody>
</table>

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

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

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<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>5:00 PM - 5:45 PM</td>
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<tr>
<td>(Ages 8-12)</td>
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</tr>
<tr>
<td>Tuesday</td>
<td>6:00 PM - 6:45 PM</td>
</tr>
</tbody>
</table>

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

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

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<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>1:00 PM - 1:45 PM</td>
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</table>

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

**Youth** (Ages 5-7)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>2:00 PM - 2:45 PM</td>
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<tr>
<td>Sunday</td>
<td>10:00 AM - 10:45 AM</td>
</tr>
</tbody>
</table>

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

**Sports Introduction – Parent/Child**  
(Ages 1-2) 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wednesday</td>
<td>10:15 AM - 11:00 AM</td>
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<tr>
<td>Saturday</td>
<td>9:00 AM - 9:45 AM</td>
</tr>
</tbody>
</table>

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

**Sports Introduction – Preschool** (Ages 3-4)  
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>1:00 PM - 1:45 PM</td>
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<tr>
<td>2:00 PM - 2:45 PM</td>
<td></td>
</tr>
</tbody>
</table>

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

**Soccer – Preschool** (Ages 3-4)  
This class will teach the fundamentals and rules of soccer and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>1:00 PM - 1:45 PM</td>
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<tr>
<td>Wednesday</td>
<td>9:30 AM - 10:15 AM</td>
</tr>
<tr>
<td>Saturday</td>
<td>9:00 AM - 9:45 AM</td>
</tr>
</tbody>
</table>

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

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

<table>
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<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>2:00 PM - 2:45 PM</td>
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<tr>
<td>Thursday</td>
<td>6:00 PM - 6:45 PM</td>
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<tr>
<td>Sunday</td>
<td>11:00 AM - 11:45 AM</td>
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<tr>
<td>(Family)</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td>6:00 PM - 6:45 PM</td>
</tr>
</tbody>
</table>

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

**T-Ball**  
Participants will learn the fundamentals and rules of T-Ball while developing good teamwork and sportsmanship. Emphasis is on skill development, fun and participation.  
(Preschool, Ages 3-4)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>9:30 AM - 10:15 AM</td>
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<tr>
<td>Thursday</td>
<td>1:00 PM - 1:45 PM</td>
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<tr>
<td>Friday</td>
<td>10:00 AM - 10:45 AM</td>
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<tr>
<td>Saturday</td>
<td>10:00 AM - 10:45 AM</td>
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<tr>
<td>(Youth, Ages 5-7)</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td>2:00 PM - 2:45 PM</td>
</tr>
</tbody>
</table>

Family Members: $30.50  
Members: $61  
Non-Members: $122
Tennis – Youth
Participants are introduced to tennis through supplemental activities such as basic strokes and fun games. (Ages 5-7)
- Thursday: 5:00 PM - 5:45 PM
- Sunday: 11:00 AM - 11:45 AM
(Ages 8-12)
- Tuesday: 5:00 PM - 5:45 PM
- Wednesday: 6:00 PM - 6:45 PM
Family Members: $30.50
Members: $61
Non-Members: $122

Volleyball – Youth
This class will teach the fundamentals and rules of volleyball and assist in developing sportsmanship, fun and participation. (Ages 8-14)
- Thursday: 6:00 PM - 6:45 PM
Family Members: $30.50
Members: $61
Non-Members: $122

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.

2020 Spring Youth Sports Leagues

<table>
<thead>
<tr>
<th>League</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Feb. 29</td>
</tr>
<tr>
<td>T-Ball</td>
<td>April 25</td>
</tr>
</tbody>
</table>

Early Spring SATURDAYS

Basketball League – Preschool (Ages 3-5)
Saturday: 11:00 AM - 11:45 AM

Basketball League – Rookies (Ages 6-7)
Saturday: 12:00 PM - 12:45 PM

Basketball League – Winners (Ages 8-12)
Saturday: 1:00 PM - 1:45 PM

Late Spring SATURDAYS

T-Ball – Preschool (Ages 3-5)
Saturday: 11:00 AM - 11:45 AM

T-Ball – Rookies (Ages 6-7)
Saturday: 12:00 PM - 12:45 PM

T-Ball – Winners (Ages 8-12)
Saturday: 1:00 PM - 1:45 PM

GYMNASTICS

Gymnastics – Parent/Child (Ages 1-2)
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.
- Tuesday: 10:15 AM - 11:00 AM
- Thursday: 10:00 AM - 10:45 AM
- Sunday: 10:00 AM - 10:45 AM
Family Members: $30.50
Members: $61
Non-Members: $12

Gymnastics – Preschool (Ages 3-4)
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.
- Monday: 4:15 PM - 5:00 PM
- Tuesday: 4:15 PM - 5:00 PM
- Saturday: 10:00 AM - 10:45 AM
- Sunday: 9:00 AM - 9:45 AM
Family Members: $30.50
Members: $61
Non-Members: $122

Gymnastics – Youth
For beginners with no experience, intermediates familiar with basic gymnastic skills and advanced children mastering more difficult skills. Learn conditioning and flexibility techniques and instruction on bars, balance beam and floor. (Ages 5-7)
- Monday: 5:00 PM - 5:45 PM
- Thursday: 5:00 PM - 5:45 PM
Family Members: $30.50
Members: $61
Non-Members: $122

MARTIAL ARTS

Karate – Basic (Ages 5-7)
This is program teaches the foundations of focus, respect, self-control and coordination through fun games and activities. Children learn listening skills, good sportsmanship and how to follow directions.
- Friday: 6:45 PM - 7:30 PM
Family Members: $26
Members: $52
Non-Members: $104
**Shotokan - Youth / Teen (Ages 7 - 14)**

Students are taught the main objectives of Karate: development of character, effort, and self-control. These are the virtues that have been emphasized since the inception of the art of Karate.

Beginner - Intermediate

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>7:00 PM - 8:00 PM</td>
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</table>

Family Members: $30
Members: $60
Non-Members: $120

**ABILITY PROGRAMS**

**Adult Ability Fitness Class (Ages 16+)**

A class designed for special needs adults who are looking to jump start their fitness path & create a healthy lifestyle. Every class will be designed to fit the individual and group needs of the participant. Studio 4 group fitness schedule, no sign up required. There must be at least 3 participants to run the class. Free!

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday &amp; Thursday</td>
<td>3:00 PM - 4:00 PM</td>
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</table>

*See studio 4 schedule for details

**Art Exploration – Abilities Class**

Create with more than crayons and pencils! You will explore fine arts materials, as well as non-traditional techniques. Each week the instructor will take the class participants through a variety of art styles and techniques.

**Parent/Child (Ages 5-7)**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>5:00 PM - 5:45 PM</td>
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</table>

**BIRTHDAY PARTIES**

**Book a party at the Y!**

Let the YMCA do everything for you on your child’s special day. Our trained staff will run your child’s birthday party from beginning to end. All you need to do is show up, relax, and enjoy! For more information or to make a reservation, contact RRparty@philaymca.org or ext. 1266.

- All parties: 25 Kids
- Full Privilege Members: $275
- Non Members: $375

**Pool Parties:**
- $300 for members | $400 for non-members

**Pavilion Rentals:**
- $175 for members | $275 for non-members

**Facility Rentals:**
- $175 for members | $275 for non-members

**Birthday Party Categories:**

<table>
<thead>
<tr>
<th>Dance</th>
<th>Music</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arts and Crafts</td>
<td>Nature</td>
</tr>
<tr>
<td>Sports</td>
<td>Pool</td>
</tr>
<tr>
<td>Dance</td>
<td>Nature</td>
</tr>
</tbody>
</table>

*Parties are held Saturdays and Sundays from 1:00 PM - 3:00 PM or 4:00 PM - 6:00 PM.

**KIDS NIGHT OUT**

**Parents Night Out (Ages 3-12)**

Enjoy an evening without the little ones when you send them to the Y for their own night out. Children will enjoy gym time, open play, 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 order to participate in gym time. Children are divided into age appropriate groups and rotate throughout the activities.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Friday</td>
<td>3/13 5:00 PM - 9:00 PM</td>
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<tr>
<td>Saturday</td>
<td>3/21 2:00 PM - 6:00 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>4/11 2:00 PM - 6:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>4/17 5:00 PM - 9:00 PM</td>
</tr>
</tbody>
</table>

Full Privilege Members: $20 for the first child
$15 for second child; $10 per additional child

**Parent’s Afternoon Out (Ages 3-12)**

Enjoy an afternoon out while you child enjoys singing, games, and fun with friends. Please pack a nut free lunch.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wed.</td>
<td>3/4 12:00 PM - 3:00 PM</td>
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<tr>
<td>Wed.</td>
<td>3/11 12:00 PM - 3:00 PM</td>
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<tr>
<td>Wed.</td>
<td>3/18 12:00 PM - 3:00 PM</td>
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<tr>
<td>Wed.</td>
<td>3/25 12:00 PM - 3:00 PM</td>
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<tr>
<td>Friday</td>
<td>3/27 12:00 PM - 3:00 PM</td>
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<tr>
<td>Wed.</td>
<td>4/1 12:00 PM - 3:00 PM</td>
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<tr>
<td>Wed.</td>
<td>4/8 12:00 PM - 3:00 PM</td>
</tr>
<tr>
<td>Wed.</td>
<td>4/15 12:00 PM - 3:00 PM</td>
</tr>
<tr>
<td>Wed.</td>
<td>4/22 12:00 PM - 3:00 PM</td>
</tr>
<tr>
<td>Friday</td>
<td>4/24 12:00 PM - 3:00 PM</td>
</tr>
<tr>
<td>Wed.</td>
<td>4/29 12:00 PM - 3:00 PM</td>
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</tbody>
</table>

Members: $15 for the first child
$10 per additional child
CHILD CARE

Child Care programs. The Rocky Run YMCA offers a complete state licensed early learning center ranked at 4 stars for Keystone Stars.

The YMCA Early Learning Center has earned a 4 Star rating through the Keystone STARS program.

PRESCHOOL PROGRAMS

Rocky Run YMCA Preschool programs are consistent with the Greater Philadelphia 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:
- Full day program
- Stimulating environment with texture, sight and sound
- Language development, reading and math readiness
- Age appropriate equipment
- Social skills, independent and group playtime
- Art, music and movement
- Outdoor games and playground activities
- Ongoing communication between parents and staff
- Gym, swim and music
- CCIS accepted
- Financial Assistance available

Full Day Programming

Toddler Care (12-35 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.

Full day program 6:30 AM - 6:00 PM
*Preschool class children must be of age by August 31 and potty trained to be in the classroom to start in September.
Younger Toddlers must be walking.

Half Day Preschool (Ages 2-5)
September - May
Little Sprouts and Tiny Tots is more than a play group, this is your child’s first experience away from parents or guardians. Children will be introduced to the wonderful world of colors, shapes, letters, music, movement, friendship, social skills and more. The program is designed to promote developmental growth through creative interactions between children and staff within a warm, caring environment.

Tiny Tots (Ages 2-3) $154/month

<table>
<thead>
<tr>
<th>Days</th>
<th>Tuesday &amp; Thursday</th>
<th>9:00 AM - 12:00 PM</th>
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</table>

Little Sprouts (Ages 3-5) $206/month

<table>
<thead>
<tr>
<th>Days</th>
<th>Monday &amp; Wednesday &amp; Friday</th>
<th>9:00 AM - 12:00 PM</th>
</tr>
</thead>
</table>

SCHOOL AGE PROGRAMS (Grade K - 8)
The Rocky Run YMCA is committed to providing a quality School Age Program that is both fun and safe for children. Our School Age Programs are licensed by the Pennsylvania Department of Human Services. In addition, all programs have achieved a STAR 4 rating based on the Pennsylvania Keystone Stars quality assurance program. Each program day, our qualified staff provides creative learning experiences and supervised activities for a child’s development and enjoyment. Programs offered at two sites, Concord Elementary School, Bethel Springs Elementary School.

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

Concord 6:45 AM - 9:00 AM
Bethel Springs 6:45 AM - 8:45 AM

After Care

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

Programs include:
- Homework help
- Enhances social leadership skills
- Arts and Humanities
- Character Development
- Health and Fitness
- Literacy
- Science and Technology
- Service Learning

Locations:
Concord 3:00 PM - 6:00 PM
Bethel Springs 3:00 PM - 6:00 PM

Kindergarten Enrichment Programs

Supplement your child’s half day kindergarten program with the Y! Rocky Run YMCA Kindergarten Enrichment Program (KEP) offers an AM or PM schedule. This Enrichment Program includes a YMCA child-centered curriculum to balance your kindergartner’s day at school.

Kindergarten Enrichment Program includes:
- Language Arts
- Math
- STEM
- Literacy
- The Arts
- Physical Activity

Locations:
Concord Elem. 9:00 AM - 12:20 PM & 11:30 AM - 3:00 PM
School 2019-2020 FEES

1st Child $50
2nd Child $45
TEEN & ADULT SWIM LESSONS

For more information regarding swim stages please refer to page 4.

SWIM BASICS
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.

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.

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.

Tuesday 7:15 PM - 7:55 PM
Saturday 9:45 AM - 10:25 AM
Members: $78
(Stage 1, 2 and 3 in any time above)

SWIM STROKES
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.

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.

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.

Wednesday 7:15 AM - 7:55 AM
Saturday 9:00 AM - 9:40 AM
Members: $78
(Stage 4, 5 and 6 in any time above)

Coaching Program
A program designed to provide both individual and group training for the serious masters swimmer, triathlete, or open water swimmer who wants to be actively "coached" by a professional coach. Contact Rick Field for more details at rfield@philaymca.org

2-3 sessions/week
$100/month

Aquatic Scout Badges
Scout members will be guided through specific scouting requirements by a YMCA instructor. Scout leaders must furnish requirements and supply the badges, pins, etc. Minimum of 8 scouts per group. For more information contact Mike Franchi at mfranchi@philaymca.org. Scout Group Fee: $10/Scout

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-Lesson Package:
Members: $150
Non-Members: $300

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

5-Lesson Package:
Members: $100
Non-Members: $200

ADULT ARTS

Art Exploration – Adult Class
You will explore fine arts materials, as well as nontraditional techniques. Each week the instructor will take the class participants through a variety of art styles and techniques (Ages 18 & up)

Thursday 6:00 PM - 6:45 PM
Members: $56

Digital Photography for Adults
(Ages 18 & up)
This course is designed for the beginner photographer. We will cover the basics as well as some advanced techniques. The course is designed to give students the opportunity to ask questions and share ideas. Professional advice on camera settings, color correction, printing, composition and technical instruction will be a major focus. A digital SLR camera is required

Members: $56

Intermediate
Tuesday 10:45 AM - 11:30 AM

Advanced
Thursday 10:45 AM - 11:30 AM
ADULT DANCE

Adult Hip Hop
An upbeat, high energy class that focuses on developing rhythm and coordination while encouraging individual style.
Monday 8:00 PM - 8:45 PM
Members: $56

Couples Ballroom & Latin Dancing
The class will teach a combination of partner and social dances ranging from Salsa, Texas Two Step, Night Club Two Step and Swing. The class will learn the fundamentals of social dancing, ballroom dance etiquette, and several figures in each of these dances. Every two weeks will focus on a new style with a chance to review moves learned in prior lessons.
$42 per person for each 6 week session (couples preferred)
3/19 - 4/23

Tap - Adult (NR) (Ages 16+)
Dancers will quickly learn and review tap basics, learn more advanced techniques and incorporate new combinations as a faster pace.
Thursday 7:00 PM - 7:45 PM
Members: $56

ADULT AQUATIC EXERCISE

Our Group Exercise Classes offer a variety of exercise options and intensities. The following icons will help you select the best class for you. Schedules are posted on our website and mobile app and are available at the Welcome Center.

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

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

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

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

Aqua 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 Dance (B I A)
This dance-based fitness class is specially designed with great international rhythms and resistance aides to help you dance your way into shape. This class is taught in the shallow end of the pool.

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

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

Aqua Yoga / Aqua Pilates (B I A P)
This class combines one of our oldest forms of exercise (Yoga) with one of our newest (Pilates) to bring 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 ZUMBA® (B I A)
A low impact, high energy aquatic exercise program for people of all abilities. Water creates a natural resistance, which means every step is more challenging.

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

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

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</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>
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Partner Training
One on two training with a nationally certified personal trainer. They will help you and a partner meet your goals through varied and creative exercise techniques. Personal training is sold in 60 minute sessions and will be tailored to your needs and goals.

<table>
<thead>
<tr>
<th>Service</th>
<th>Cost</th>
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<tbody>
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SMALL GROUP TRAINING

TRX
1 hour - 8 week session
Revolutionary method of leveraged body weight 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. Experience one of the best total body workouts you’ve ever had!
Members: $50

Barre
1 hour - 8 week session
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 with high intensity intervals of strength training followed immediately by deep recovery stretching.
Members: $50

Dynamic Boxing
1 hour - 8 week session
Boxing, strength and conditioning mixed with technique. Boxing gloves recommended.
Members: $50

Shock Training
Designed to shock your current training routine, our instructors will challenge you to give it everything you have by utilizing the many functions of the rig. Pre and post fitness training will show how hard work pays off.
Members: $30

Women and Weights (B I)
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.
Beginner Class
Wednesday 7:00 PM - 8:00 PM
Thursday 9:00 AM - 10:00 AM
Members: $50

GROUP EXERCISE

CYCLE

Beginner Cycle (B I A)
This class is a great introduction to cycling and is perfect for those members looking for a beginner level experience. Enjoy cardio biking with an emphasis on form and pace.

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

Cycle Express (B I A)
A 30 or 45 minute cycling class intended to support your busy schedule or take this with another express class.

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

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

LAND

Les Mills BodyCOMBAT® (B I A)
BodyCOMBAT is a non-combat, martial arts-based fitness program with moves drawn from Karate, Tae Kwan Do, Boxing and Muay Thai. Each 60 minute class is choreographed to the latest music, providing an exhilarating exercise experience that delivers ultra-fast fitness results.
Les Mills BodyPUMP® (B I A)
A strength endurance training class where muscle and music collide! Max results in the shortest amount of time by working your ENTIRE body in one hour.

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

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.

H. I. I. T (B 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.

Indoor Row (B I A)
This class utilizes in-door rowers to simulate the high cardiovascular movement in rowing. This class will be a full body cardiovascular workout in a non-traditional movement, simulating rowing techniques.

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, athletic and cardio classes.

Movin` to Motown (B I A)
Definitely a blast from the past! This program guaranteed to get your groove going......an easy dance fitness Motown party with a lot of “sole.” This class is perfect for all age groups and abilities.

POUND®
A full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-style movements, inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

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

QuickFit (B I A)
Get it all done in 30 minutes - Warm-up, workout including strength, endurance, cardio and agility and a cool-down. Options and modifications are provided for all levels.

Senior Circuit Express (B I A)  AOA
This class is geared to the 65 and older population. We will combine fun with fitness to increase your cardiovascular and muscular endurance power. This is a 45 minute standing circuit workout.

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.

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

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

ZUMBA® Gold (B I)  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.

Endorsed by Silver&Fit

MIND BODY

Les Mills BodyFLOW® (B I A)
Controlled breathing, concentration and a series of stretches and poses to music create a holistic experience that brings the body into a state of harmony and balance.

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

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

Pilates (B I A)
This class focuses on the ‘powerhouse’. It is from within the abdominal region of the body, the powerhouse that supports the spine and all of our major organs. When you strengthen this area you dramatically improve your alignment and posture.
Power Pilates (B I A)
Using classical integrative movement you will find the connection to your core - which will completely change the body and decrease chronic weaknesses. This systematic approach allows for clearer and more effective progress.

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

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

Yang Style T’ai Chi (B I A)
Gentle movements foster a relaxed body and a peaceful state of mind, which are essential ingredients for cultivating healthy energy.

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

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.

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.

Nutrition at the Y, Powered by CHARGE
Sign up for 1-on-1 nutritional counseling, tailored to helping you achieve your individual health goals. Registered Dieticians are available to consult with you in private one on one sessions. They will help boost your nutrition – whether it’s to get leaner, address a health issue or just make smarter choices. Stop by the Y membership desk to sign up for a session and see how Nutrition at the Y, Powered by CHARGE can help you connect to better health.

Fees: CHARGE Nutrition Services may be a covered benefit through your health insurance. CHARGE will pre-qualify your insurance to verify coverage.

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<tbody>
<tr>
<td>1 session</td>
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LiveSTRONG at the YMCA
(12 Week Program)

Spring Session
The Y and LiveSTRONG joined together to create LiveSTRONG at the YMCA, a 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. For more information please contact Jennifer Corcoran at ext. 1218.

Smoking Cessation
Participate in SmokeFREE, MLH/Riddle’s FREE six session smoking cessation program. Participants may be eligible to receive up to six weeks of FREE nicotine replacement therapy (patch, gum, lozenge). Call 484-227-3733 to register.

Healthy Living Programs

Adult Ability Fitness Class (Ages 16+)
A class designed for special needs adults who are looking to jump start their fitness path & create a healthy lifestyle. Every class will be designed to fit the individual and group needs of the participant. Meets in Studio 4. Free!

Tuesday & Thursday 3:00 PM - 4:00 PM
*See studio for schedule

SPECIAL EVENTS

Club AOA
Join in the fun each week as we learn from guest speakers, create Arts & Crafts projects, try out new activities, play mind-sharpening games, and more! This "just for fun" club is FREE for members. Stop by the Welcome Center for a flyer of upcoming events.

FAMILY EVENTS

Healthy Kids Day
April 18 10:00 AM - 12:00 PM

Family Fun Fest
June 5 6:00 PM - 8:00 PM
**TRAINING & CERTIFICATION**

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Wed, March 5th - 7th</td>
<td>3:30 PM - 10:00 PM</td>
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<tr>
<td>Sat, March 8th</td>
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<tr>
<td>April 6th - 9th</td>
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</tr>
<tr>
<td>April 22nd - 24th</td>
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<tr>
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<tr>
<td>June 16th - 19th</td>
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Members and Non Members: $350

**Lifeguard Recertification**
This nationally recognized program teaches participants the skills and knowledge needed to prevent and respond to aquatic emergencies. Includes First Aid, CPR/AED for Professional Rescuer and Lifeguarding. You can be no more than 30 days past your certification expiration date.

<table>
<thead>
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<tbody>
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Members and Non Members: $125

**Blended Lifeguard Class**

<table>
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Members and Non Members: $350