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

SPRINT INTO
SPRING

YOUR Y PROGRAM GUIDE

#THISISY
Donate today to the 2020 Annual Campaign!
HOURS OF OPERATION
Monday - Friday 5:00 AM - 10:00 PM
Saturday 7:00 AM - 6:00 PM
Sunday 8:00 AM - 8:00 PM

Outdoor Pool Open
May 23 – Sept 7 11 AM – 8 PM DAILY

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

SPRING SESSION DATES
February 24 – April 19

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

LATE SPRING SESSION DATES
April 20 – June 14

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

HOW TO REGISTER FOR PROGRAMS
• Register for classes any time at PhilaYMCA.org
• By calling 484-984-2000 during normal business hours
• Stop by the branch during normal business hours to register at the Welcome Center Desk

CHILD WATCH
(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.

Monday - Thursday 8:00 AM - 9:00 PM
Friday 8:00 AM - 8:00 PM
Saturday 7:45 AM - 1:00 PM
Sunday 8:30 AM - 2:00 PM

TABLE OF CONTENTS
YOUTH ........................................... 3
TEENS ....................................... 15
ADULTS ..................................... 16
COMMUNITY ............................... 21

MEET OUR STAFF
Bridgette Barbera-Byrne
Senior Program Director
ext. 2755

Marty Early
Facility Director
ext. 2710

Scott Cusworth
Executive Director
ext. 2732

Richie Groff
Sports, Abilities & Camp Director
ext. 2732

Lisa Hollenbach
Senior Program Director
ext. 2724

Meghan Johnson
Adv. Aquatics Director
ext. 2729

Keri Julian
Adv. Child Care Director
ext. 2742

Taylor Kassel
Camp, SAAC and Teen Director
ext. 2757

Kim Kozel
Director of Administration
ext. 2711

Melissa Kratz
Child Watch, ½ Day Preschool & KinderKids, Director
ext. 2712

Becce Lafferty
Senior Director of Aquatics
ext. 2713

Chris Piazza
Asst. Facility Director
ext. 2733

Jessica Rigo,
Advanced Wellness & Adult Fitness Director
ext. 2714

Casey Weston-Kolunie
Wellness & Adult Fitness Director
ext. 2726
### YOUTH AQUATICS

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

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

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

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

**Swim Basics - Stage 1**
Water Acclimation - 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-Parent/Child (24 months - 3 years)
Water Acclimation - Parents will work with their children to develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water.

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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.

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

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

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School Age

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

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Teens/Adults

**Members:** $70  
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Abilities

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

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## Abilities

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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.

## Preschool

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Members: $62  
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SWIM STROKES
(Preschool 30 minutes)
(School Age/Teens/Adults 40 minutes)
Introduces and refines stroke technique in older students. In these three stages, having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.

Swim Strokes – Stage 4
Stroke Introduction - Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

Preschool

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Members: $70
Non-Members: $140

Teen/Adults

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Abilities

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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

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</tbody>
</table>

Members: $70
Non-Members: $140

Abilities

<table>
<thead>
<tr>
<th>Day</th>
<th>Schedule</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday</td>
<td>11:30 AM - 11:50 AM</td>
</tr>
</tbody>
</table>

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

**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>6:30 PM - 7:10 PM</td>
</tr>
<tr>
<td>Tuesday</td>
<td>5:45 PM - 6:25 PM</td>
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<tr>
<td>Wednesday</td>
<td>5:45 PM - 6:25 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>7:15 PM - 7:55 PM</td>
</tr>
<tr>
<td>Saturday</td>
<td>11:15 AM - 11:55 AM</td>
</tr>
<tr>
<td>Sunday</td>
<td>12:00 PM - 12:40 PM</td>
</tr>
</tbody>
</table>

Members: $70  
Non-Members: $140

**Teens/Adults**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tr>
<td>Tuesday</td>
<td>7:20 PM - 8:00 PM</td>
</tr>
<tr>
<td>Wednesday</td>
<td>8:05 PM - 8:45 PM</td>
</tr>
<tr>
<td>Thursday</td>
<td>8:50 PM - 9:30 PM</td>
</tr>
</tbody>
</table>

Members: $70  
Non-Members: $140

**Porpoise Club**  
**Pre-Competitive Swim Team** (Ages 7-12)  
Members: $140  
Non-Members: $280

**Intermediate** (Ages 7-10)  
For those 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 turns.

Tuesday/Thursday 5:00 PM - 5:45 PM

**Advanced** (Ages 8 -12)  
For those 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 working on turns.

Tuesday/Thursday 5:45 PM - 6:30 PM

**Prep** (Ages 10-14)  
For those who can swim four lengths of freestyle and backstroke and 2 lengths of breaststroke and butterfly. While tuning techniques this class will work on speed based workouts with an emphasis on turns and techniques.

Tuesday/Thursday 6:30 PM - 7:15 PM

**Gym and Swim**
This class will consist of a gym class followed by swim. In the gym, children will learn a new sport each week through skill building and games. In the pool, each child will play games to learn and practice basic swim skills in a fun environment. At the end, your child will receive a recommendation for the appropriate group swim level.  
(Ages 3-5)

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Friday</td>
<td>10:30 AM - 12:00 PM</td>
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</tbody>
</table>

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

**Boy Scout/Girl Scout Water Badge**  
(Ages 6+)
This comprehensive course will fulfill all requirements for Boy Scouts to complete the Aquatic Merit Badge.

<table>
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<tr>
<th>Day</th>
<th>Time</th>
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<tr>
<td>Friday</td>
<td>7:00 PM - 9:00 PM</td>
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</table>

Group Fee: $75

**Private or Semi-Private Swim Lessons**

<table>
<thead>
<tr>
<th>Type</th>
<th>Members</th>
<th>Program</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Lessons</td>
<td>$150/5 lessons - $300/5 lessons</td>
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</tr>
<tr>
<td>Semi-Private Lessons</td>
<td>$100/5 lessons - $200/5 lessons</td>
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</tbody>
</table>

Interested in Private or Semi-Private Swim Lessons? Fill out and submit a Request Form at the Welcome Center. Questions, contact svprivatelessons@philaymca.org.

**Scuba Diving** (Ages 10+)
Facilitated by Hilltop Diving.

Bring out your adventurous spirit...and discover the beauty of the underwater world! Learn to SCUBA dive from the most experienced dive instructors in our area. We have been training divers (both able bodied and disabled individuals) for over 30 years. Our primary focus is your safety so if you need a bit more time to feel comfortable on SCUBA, we can provide extra pool time instruction when it is determined as needed for your safety at no additional cost. SCUBA Diving Certifications are a 3 part adventure – classroom training (14 hours), pool training and Open Water certification dives (a total of 10 hours). Classes and pool exercises will be held weekly at the Spring Valley YMCA. Classroom dates and times will be scheduled to meet your schedule when possible. Open Water dives will be local or scheduled dive trips for warmer waters. (Open Water Certification Dive expenses are not included in class fee.) Class fee includes personal SCUBA equipment (mask, snorkel, booties & fins).

Questions? Contact Hilltop Diving of Schwenksville at 610-287-7270. Register at the Spring Valley Y Welcome Center desk. Class fee must be paid and registration completed prior to the beginning of your first class. Visit www.hilltop-diving.com to learn more. Classes run for 5 weeks

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Friday</td>
<td>7:00 PM - 9:00 PM</td>
</tr>
</tbody>
</table>

Members: $550  
Non Members: $599

View current schedules online: PhilaYMCA.org
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 11:30 AM - 12:15 AM
Family Members: $28.50  
Members: $57  
Non-Members: $114

Arts & Crafts – Preschool
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.

(Ages 3-5)
Thursday 10:30 AM - 11:15 AM

(Ages 4-6)
Thursday 12:45 PM - 1:30 PM
Family Members: $28.50  
Members: $57  
Non-Members: $114

Arts & Crafts – Youth (Ages 6-12)
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.

Thursday 5:30 PM - 6:15 PM
Family Members: $28.50  
Members: $57  
Non-Members: $114

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

Wednesday 10:30 AM - 11:15 AM
Family Members: $28.50  
Members: $57  
Non-Members: $114

Art Education – Teen (Ages 13-17)
Allow your child to experiment with shapes, lines, space and colors. Fine motor and creative thinking skills will be enhanced while the children learn about different art techniques.

Thursday 6:30 PM - 7:15 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.

Tuesday 12:45 PM - 1:30 PM
Wednesday 12:45 PM - 1:30 PM
Friday 9:30 AM - 10:15 AM
Family Members: $32.50  
Members: $65  
Non-Members: $130

Cooking – Youth (Ages 5-10)
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.

Tuesday 5:30 PM - 6:15 PM
Wednesday 5:30 PM - 6:15 PM
Family Members: $32.50  
Members: $65  
Non-Members: $130

Cooking – Teen
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.

(Ages 9-13)
Tuesday 6:30 PM - 7:15 PM
(Ages 13-17)
Wednesday 6:30 PM - 7:15 PM
Family Members: $32.50  
Members: $65  
Non-Members: $130

Imaginative Play – Preschool (Ages 3-6)
For the child who enjoys dress-up and role playing, this is the perfect opportunity to pretend. Children will make a simple craft to use during their creative playtime. Rock star, athlete, princess or pirate, each week has a different theme.

Thursday 9:30 AM - 10:15 AM
Wednesday 11:30 AM - 12:15 PM
Family Members: $28.50  
Members: $57  
Non-Members: $114

KIDZONE (Ages 7-11)
The big kids room of Child Watch for ages 7-11. Staff supervised with a Wii and computers plus special activities to keep kids busy while you work out or take a class. Max time allowed is 2 hours per day & parents are required to remain on premises. Hours subject to change due to Holiday hours.

Mon. - Thurs. 5:00 PM - 9:00 PM
**YOUTH**

**Lego & Building - Youth** (Ages 3-6)
This class will create a stimulating hands-on experience that engages the participants and helps them work through challenges and gain confidence all while having fun “playing” with Legos.

**Friday** 10:30 AM - 11:15 AM

Family Members: $28.50
Members: $57
Non-Members: $114

**Movement - Preschool**
Children will develop coordination and motor skills through exercise while having fun in a structured environment. Come in and play with your friends!
(Ages 2-3)

**Thursday** 12:20 PM - 12:50 PM

(Ages 3-4)

**Monday** 12:20 PM - 12:50 PM

**Tuesday** 11:30 AM - 12:00 PM

(Ages 3-5)

**Wednesday** 11:30 AM - 12:00 PM

Members: Free

**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 2-3)

**Monday** 12:15 PM – 12:45 PM

Thursday 12:05 PM – 12:35 PM

Members: Free

**Painting - Preschool** (Ages 3-6)
Students will learn about colors and the technique of painting while exploring different surfaces and textures in this beginner painting class.

**Friday** 11:30 AM - 12:15 PM

Family Members: $28.50
Members: $57
Non-Members: $114

**Parachute Play** (Ages 3-5)
Encourage physical fitness, social interaction and communication through songs and dance. Fun interactive parachute activities with care giver.

**Monday** 11:35 AM – 12:05 PM

**Thursday** 11:30 AM – 12:00 PM

Family Members: FREE

**Preschool Prep** (Ages 2½-4)
Get your soon-to-be preschooler ready with this educational class featuring circle time, weather/calendar, letters, numbers, and colors.

**Monday** 10:30 AM - 11:15 AM
**Tuesday** 10:30 AM - 11:15 AM
**Wednesday** 9:30 AM - 10:15 AM

Family Members: $28.50
Members: $57
Non-Members: $114

**Spanish – Youth**
Students will be introduced to Spanish through songs, games, stories and crafts. They will build vocabulary and simple everyday phrases as they explore a new language and culture.

(Ages 4-6)

**Monday** 9:30 AM – 10:15 AM

Family Members: $28.50
Members: $57
Non-Members: $114

**World Cultures – Preschool** (Ages 3-6)
Children will experience various cultures through programs and activities that both educate and inspire creative thinking.

**Tuesday** 9:30 AM – 10:15 AM

Family Members: $28.50
Members: $57
Non-Members: $114

**DANCE**

Jane Baron’s Academy of Dance will be teaching dance classes at the Spring Valley YMCA. For more information, please contact Bridgette Barbera-Byrne, Advanced Sports, Youth and Camp Director at bbyrne@philaymca.org or ext. 2755.

**Ballet – Preschool** (Ages 3-6)
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, agility, coordination and flexibility.

**Monday** 12:30 PM - 1:15 PM

**Friday** 10:45 AM - 11:30 AM

Members, Non-Members: $95
**INSTRUCTIONAL SPORTS**

**Basketball - Preschool**
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 3-5)

- **Thursday** 1:15 PM - 2:00 PM
- **Tuesday** 5:15 PM - 6:00 PM
- **Wednesday** 10:30 AM - 11:15 AM

Family Members: $28.50
Members: $57
Non-Members: $114

**Basketball Advanced - Youth**
Advanced basketball is for youth who have learned the fundamentals of the game. This program includes skill development, drills and some scrimmage time. Previous basketball experience recommended. (Ages 5-8)

- **Wednesday** 4:15 PM - 5:00 PM
- **Monday** 6:15 PM - 7:00 PM
- **Sunday** 2:00 PM - 2:45 PM

Family Members: $28.50
Members: $57
Non-Members: $114

**Dodgeball - Youth (Ages 5-11)**
This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem.

- **Tuesday** 6:15 PM - 7:00 PM
- **Thursday** 6:15 PM - 7:00 PM

Members Only: Free

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

- **Friday** 11:30 AM - 12:15 PM

Location: Spring Valley Y
Family Members: $28.50
Members: $57
Non-Members: $114

**Gym and Swim (Ages 3-5)**
This class will consist of a gym class followed by swim. In the gym, children will learn a new sport each week through skill building and games. In the pool, each child will play games to learn and practice basic swim skills in a fun environment. At the end, your child will receive a recommendation for the appropriate group swim level.

- **Friday** 10:30 AM - 11:15 PM

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

**Hockey - Preschool (Ages 3-5)**
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.

- **Monday** 11:30 AM - 12:15 PM

Family Members: $28.50
Members: $57
Non-Members: $114

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

- **Tuesday** 4:15 PM - 5:00 PM
- **Thursday** 9:30 AM - 10:15 PM

(Ages 3-6)

- **Monday** 4:15 PM - 5:00 PM

Family Members: $28.50
Members: $57
Non-Members: $114

**Soccer Advanced - Youth (Ages 6-10)**
For youth who have learned the fundamentals of the game. This program Includes skill development, drills and some scrimmage time. Previous soccer experience recommended.

- **Monday** 5:15 PM - 6:00 PM
- **Wednesday** 6:15 PM - 7:00 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** 10:30 AM - 11:15 AM
- **Tuesday** 9:30 AM - 10:15 AM
- **Wednesday** 9:30 AM - 10:15 AM
- **Thursday** 5:15 PM - 6:00 PM
- **Sunday** 12:00 PM - 12:45 PM

Family Members: $28.50
Members: $57
Non-Members: $114
## YOUTH

### Sports Introduction – Preschool
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.

(Ages 3-5)
- **Tuesday** 1:30 PM - 2:15 PM
- **Thursday** 10:30 AM - 11:15 AM
- **Friday** 9:30 AM - 10:15 AM
- **Sunday** 1:00 PM - 1:45 PM

(Ages 3-6)
- **Tuesday** 10:30 AM - 11:15 AM
- **Wednesday** 5:15 PM - 6:00 PM

(Ages 5-6)
- **Monday** 9:30 AM - 10:15 AM

Family Members: $28.50
Members: $57
Non-Members: $114

### Sports Introduction – Youth (Ages 6-8)
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** 4:15 PM - 5:00 PM

Family Members: $28.50
Members: $57
Non-Members: $114

### T-Ball – Preschool (Ages 3-5)
Participants will learn the fundamentals and rules of T-Ball while developing good teamwork and sportsmanship. Emphasis is on skill development, fun and participation.

- **Thursday** 11:30 AM - 12:15 PM

Family Members: $28.50
Members: $57
Non-Members: $114

### Table Tennis – Youth (Ages 8-12)
Participants are introduced to table tennis through supplemental activities such as basic strokes and fun games.

- **Tuesday** 6:15 PM - 7:15 PM

Family Members: $28.50
Members: $57
Non-Members: $114

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## TENNIS

### Greater Pottstown Tennis & Learning at the Spring Valley YMCA.
Greater Pottstown Tennis & Learning is a game based organization that provides fun professional tennis instruction for all players at all levels. Their pathway allows every student to maximize the elements necessary to develop their tennis game and life skills. Greater Pottstown Tennis & Learning seeks to mentor life skills, healthy behaviors and learning through tennis.

Tennis registration available online only at www.greaterpottstowntennis.org or 484-984-2732.

### Orange Ball 1
Students will be introduced to tennis using a fun game based approach to learning. Students will play games that focus on beginner developmental coordination skills that combine hand eye coordination, sending and receiving, tracking and movement, stroke production and basic tennis foundation.

- **(Ages 7-8)**
  - **Tuesday** 5:30 PM - 6:15 PM

- **(Ages 9-10)**
  - **Tuesday** 6:15 PM - 7:30 PM

### 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.

### EARLY SPRING 2020
- **Registration:** December 9 - January 27
- **Start Date:** February 10

<table>
<thead>
<tr>
<th>Sport</th>
<th>Age Range</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer - Indoor</td>
<td>3 - 11 yrs.</td>
<td></td>
</tr>
<tr>
<td>Hockey</td>
<td>4 - 11 yrs.</td>
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</table>

### LATE SPRING 2020
- **Registration:** February 10 - March 30
- **Start Date:** April 13

<table>
<thead>
<tr>
<th>Sport</th>
<th>Age Range</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soccer</td>
<td>3 - 11 yrs.</td>
<td></td>
</tr>
<tr>
<td>T-Ball</td>
<td>4-5 yrs.</td>
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<tr>
<td>Baseball Coach Pitch</td>
<td>6 - 7 yrs.</td>
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### SUMMER 2020
- **Registration:** April 20 - June 8
- **Start Date:** June 22

<table>
<thead>
<tr>
<th>Sport</th>
<th>Age Range</th>
<th>Start Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>4 - 11 yrs.</td>
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</tbody>
</table>

For more information contact Richard Groff at ext. 2732 or rgroff@philaymca.org
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 12-24 mos)

Wednesday 9:30 AM - 10:15 AM
Saturday 9:00 AM - 9:45 AM

(Ages 24-36 mos)
Monday 9:30 AM - 10:15 AM
Thursday 10:35 AM - 11:20 AM
Saturday 9:55 AM - 10:40 AM

Family Members: $32.50
Members: $65
Non-Members: $130

Gymnastics - Preschool
Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age appropriate equipment to ensure the safest and most effective learning environment. (Ages 3-5)

Monday 5:15 PM - 6:15 PM
Tuesday 1:30 PM - 2:30 PM
9:30 AM - 10:30 AM
Wednesday 10:25 AM - 11:25 AM
Thursday 9:30 AM - 10:30 AM
5:30 PM - 6:30 PM
Friday 9:15 AM - 10:15 AM
Saturday 10:50 AM - 11:50 AM

(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 and flexibility techniques and instruction on bars, balance beam and floor. (Ages 5-7)

Tuesday 6:40 PM - 7:40 PM
Wednesday 5:15 PM - 6:15 PM

(Ages 5-8)
Monday 6:20 PM - 7:20 PM
Thursday 6:40 PM - 7:40 PM
Saturday 11:55 AM - 12:55 PM

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

MARTIAL ARTS

Legacy Karate Academy at the Spring Valley YMCA
Training will focus on the traditional martial art of Tang Soo Do with an emphasis on improving self-discipline, focus, flexibility, balance, agility and body control. The skills learned in a traditional karate class transfer easily to anyone looking to enhance their training in other sports. Class components include, but are not limited to, the following: one-step fighting, forms, self-defense, kicking and kicking drills, sparring and flexibility training. Classes are taught by Master Eric Versland, 6th Degree Black Belt and Mr. Jonathan Amanto, 3rd Degree Black Belt.

Open Enrollment - register at any time.

Beginner Class (Ages 4-7)
Mon. & Wed. 6:00 PM - 6:45 PM
Beginner/Intermediate Class (Ages 8-12)
Mon. & Wed. 7:00 PM - 8:00 PM
Beginner through Advanced (Ages 13 & up)
Mon. & Wed. 8:00 PM - 9:00 PM

Saturday Class
Beginner (Ages 4-7)
Saturday 9:00 AM - 9:45 AM
Beginner/Intermediate (Ages 8-12)
Saturday 10:00 AM - 11:00 AM
Teen/Adult (Ages 13 & up)
Saturday 11:30 AM - 12:30 PM

*Saturday Classes held at Legacy Karate 326 North Lewis Road, Royersford PA 19468

Monthly Class Fees:
Beginner, Beginner/Intermediate, & Beginner through Advanced: $115.00/month (includes Monday, Wednesday and Saturday class)
Saturday Class ONLY $85/month

For more information, please contact Richie Groff, Sports & Camp Director at rgroff@philaymca.org or ext. 2732.
YOUTH

BIRTHDAY PARTIES

Let the FUN begin. Our Party Hostesses will create a fun, stress-free atmosphere for your child’s birthday party. Parties are held on Saturdays and Sundays from 1:00 PM - 3:00 PM or 4:00 PM - 6:00 PM.

For questions or to book a party, email: svbirthdays@philaymca.org
For more information about parties and party add ons, visit www.philaymca.org

Basic Party Cost:
• Member: $225
• Non-Member: $300

Price Includes:
• One hour of Party Activity
• One hour in Party Room
• Party Hostess for Entire Party
• Set-up and clean-up
• Can bring your own food, cake and decorations

Gym & Swim Party
(Ages: 3 & up)
Can’t decide between a Sports Party or a Pool Party? Enjoy both options. This 3-hour party gives you 1 hour in the pool, 1 hour in the gym and 1 hour in the party room. Available Saturday’s only from 1pm-4pm, based on availability of the party room. Limit: 16 children.
Members: $300
Non-Members: $400

Gymnasium/Sports Party
(Ages: 3 and up)
Gym/Sports party includes one hour exclusive use of 1/2 the gym, followed by one hour in the party room. You will choose the sport and we will provide the equipment. Limit 25 guests.
*Available Saturday’s from 3pm-5pm; and Sunday’s from December 8, 2019 – Feb. 1, 2020.
*Beginning on Saturday, Feb 8, 2020 – April 5, 2020 gym parties will only be available Sunday’s until Indoor Soccer Leagues are completed. Please contact Leslie Wolters our Birthday Party Coordinator for further scheduling questions at: svbirthdays@philaymca.org
*Beginning Saturday, April 11, gym parties will be available for both Saturday and Sunday regular party times.

Gymnastics Party
(Ages: 3-6)
Gymnastics Party includes on hour exclusive use of our gymnastics room, followed by one hour in the party room. Guests will be introduced to basic gymnastics skills on kid-sized equipment.
*Limit 10 guests.
*For each additional guest add $10.

Pool Party (Ages: 7 and up)
Pool party includes one hour non-exclusive use of the pool, followed by one hour in the party room. Limit is 25 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 between the ages of 5 and 16 who wish to swim in deep water and/or use the slide must pass the swim test. All children under the age of 16 who do not pass the swim test must wear a PFD.
*Limit 25 guests. Available Saturdays at standard party times and Sundays 1-3 PM only.

ZUMBA Party
(Ages: 7 & up)
Have a party celebration with ZUMBA. Our ZUMBA Instructors will have your party moving and grooving. Guests will receive one hour of ZUMBA instruction and dancing. It will be followed by one hour in the party room. Limit is 16 guests.
*Limit 16 guests

Specialty Party Options

Specialty Party Cost:
• Member: $275
• Non-Member: $350

Price Includes:
• Specialty Instructor for 1 Hour with Activity
• One hour in Party Room
• Party Hostess for Entire Party
• Set-Up & Clean-Up
• Can bring your own food, cake and decorations

Cooking or Baking Party
(Ages: 4 & up)
Get ready to cook or bake for your next Birthday Party! This party is a choice of either cooking or baking. It is one hours with the activity, followed by one hour in the party room. The Cooking option is Bagel Pizza and Lemonade; while the Baking option is Cupcakes and Shirley Temple. Each party guest will be able to enjoy their creation and will go home with a recipe card. Party option to be chosen upon booking.
Members: $275 for 10 guests
Program/Non-Members: $300 for 10 guests
*Limit 12 guests. Party availability is Saturdays 1-3 PM or Sundays 4-6 PM

Martial Arts Party
(Ages: 4 & up)
Hosted by Legacy Karate Academy. One hour of fun including basic kicking and blocking,games tailored to develop hand-eye coordination,balance and focus. Master Eric Versland is the instructor for this active Martial Arts hour, followed by one hour in the party room with your party hostess. Includes authentic karate trophy & Legacy Karate Academy t-shirt for the birthday child.
Members: $275 for 10 guests
Program/Non-Members: $300 for 10 guests
*Each additional child above the allotted 10 guests is $10 per person.
Science Extravaganza Party (Ages: 4 & up)
Does your birthday child love STEM? Then we have the party for them! Explosive fun, exciting experiments, gooey gifts; the birthday child and guests can mix up slime, see what happens when they just add a little of this to a little of that, or watch what happens when Coke and Mentos come together! Our Science Extravaganza Party can be customized so join us and make some science memories for your scientist’s next birthday.

*Limit 16 guests

Kindergarten Half Day Care
Location: Spring Valley YMCA
Supplement your child’s half day kindergarten program with the Y! Spring Valley YMCA Kindergarten Half Day Program offers an AM or PM schedule.

School Age Holiday Care
Location: Spring Valley YMCA
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.

Family Nights
A new benefit for Spring Valley YMCA members! Join us on the second Friday of the month for a fun night at the Y with activities for the whole family! Family Night activities may include: gym games, pool activities, crafts, movies, family classes and more. Stay tuned each month to see what we’ll be doing for Family Night at Spring Valley.

Family Cycle (B I A P)
An indoor cycling class created to challenge both the beginner fitness enthusiast and the seasoned athlete. Kids are welcome in this class as long as they are with an adult and fit comfortably on the spin bike. (Limited number of child-sized bikes available.)

Family Shock (B I A) (Ages 10 & Up)
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: $50
* Price is per family. Only one person in family needs to register for class.

Family Zumba (B I A P)
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.
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, or a movie. Sneakers must be worn in to participate in gym time.

FEE $20 – 1st Child; $15 2nd Child; $10 for each additional child after 2
Registration will open 2 weeks prior

Out & About Ages 3 and up (3 hours*)
Have a doctor’s appointment, need to run some errands or go shopping? Take some time for you while we take care of your little ones. Drop and Go Babysitting Service for existing members to allow parents flexibility to run errand, visit a doctor, etc. while child is cared for by our staff. Optional Peanut free snack may be provided by parent.

FEE - $15 for first child; $10 for any additional child

Swim Strokes -Stage 5
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.

Saturday 11:20 AM - 11:50 AM

Ability – Sports Introduction (Ages 5-18)
Our “Shooting Stars” is designed for children with physical and/or physiological challenges. The team is non-competitive, so winning and losing is not emphasized. With primary focus on movement and gross motor development, the class integrates basic sports skills such as dribbling a ball. Each class ends with a huddle where the Coordinator talks with the athletes about values and good sportsmanship.

Wednesday 5:30 PM - 6:30 PM
FREE

Ability – Movement (Ages Birth - 8yrs)
A whole body experience for children ages birth through 8 years old with physical and/or physiological challenges to run, jump and play with their peers.

Monday 10:30 AM - 11:30 AM
Tuesday 4:15 PM - 5:15 PM
Thursday 4:30 PM - 5:30 PM
Friday 10:30 AM - 11:30 AM
Sunday 2:30 PM - 3:30 PM
Members: Free

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.

Saturday 9:35 AM - 10:05 AM
11:20 AM - 11:50 AM

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.

Saturday 10:10 AM - 10:40 AM
10:45 AM - 11:15 AM

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.

Saturday 10:10 AM - 10:40 AM
10:45 AM - 11:15 AM

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.

Saturday 9:35 AM - 10:05 AM
11:20 AM - 11:50 AM

Swim Basics - Stage 4
Water Acclimation - Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water.

Saturday 10:10 AM - 10:40 AM
10:45 AM - 11:15 AM

Swim Basics - Stage 5
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.

Saturday 11:20 AM - 11:50 AM

Ability – Sports Introduction (Ages 5-18)
Our “Shooting Stars” is designed for children with physical and/or physiological challenges. The team is non-competitive, so winning and losing is not emphasized. With primary focus on movement and gross motor development, the class integrates basic sports skills such as dribbling a ball. Each class ends with a huddle where the Coordinator talks with the athletes about values and good sportsmanship.

Wednesday 5:30 PM - 6:30 PM
FREE

Ability – Movement (Ages Birth - 8yrs)
A whole body experience for children ages birth through 8 years old with physical and/or physiological challenges to run, jump and play with their peers.

Monday 10:30 AM - 11:30 AM
Tuesday 4:15 PM - 5:15 PM
Thursday 4:30 PM - 5:30 PM
Friday 10:30 AM - 11:30 AM
Sunday 2:30 PM - 3:30 PM
Members: Free

Swim Basics - Stage 1 – Water Acclimation

Monday 7:20 PM - 8:00 PM
Tuesday 8:05 PM - 8:45 PM
Wednesday 8:50 PM - 9:30 PM
Thursday 7:20 PM - 8:00 PM
Saturday 8:00 PM - 8:40 PM

Swim Basics - Stage 2 – Water Movement

Monday 7:20 PM - 8:00 PM
Tuesday 8:05 PM - 8:45 PM
Wednesday 8:50 PM - 9:30 PM
Thursday 7:20 PM - 8:00 PM
Saturday 8:00 PM - 8:40 PM

Swim Basics - Stage 3

Monday 7:20 PM - 8:00 PM
Tuesday 8:05 PM - 8:45 PM
Wednesday 8:50 PM - 9:30 PM
Thursday 7:20 PM - 8:00 PM
Saturday 8:00 PM - 8:40 PM

Swim Basics - Stage 4

Monday 7:20 PM - 8:00 PM
Tuesday 8:05 PM - 8:45 PM
Wednesday 8:50 PM - 9:30 PM
Thursday 7:20 PM - 8:00 PM
Saturday 8:00 PM - 8:40 PM
TEENS/ADULTS

Swim Basics
Stage 3 – Water Stamina
- Monday: 8:05 PM - 8:45 PM
- Tuesday: 8:50 PM - 9:30 PM
- Wednesday: 7:20 PM - 8:00 PM
- Thursday: 8:05 PM - 8:45 PM
- Saturday: 8:45 PM - 9:25 PM

Swim Strokes
Stage 3 - Water Stamina
- Monday: 8:05 PM - 8:45 PM
- Tuesday: 8:50 PM - 9:30 PM
- Wednesday: 7:20 PM - 8:00 PM
- Thursday: 8:05 PM - 8:45 PM
- Saturday: 8:45 PM - 9:25 PM

Swim Strokes
Stage 4 - Stroke Introduction
- Monday: 8:05 PM - 8:45 PM
- Tuesday: 8:50 PM - 9:30 PM
- Wednesday: 7:20 PM - 8:00 PM
- Thursday: 8:05 PM - 8:45 PM
- Saturday: 8:45 PM - 9:25 PM

Swim Strokes
Stage 5 - Stroke Development
- Monday: 8:50 PM - 9:30 PM
- Tuesday: 7:20 PM - 8:00 PM
- Wednesday: 8:05 PM - 8:45 PM
- Thursday: 8:50 PM - 9:30 PM

Swim Strokes
Stage 6 - Stroke Mechanics
- Monday: 8:50 PM - 9:30 PM
- Tuesday: 7:20 PM - 8:00 PM
- Wednesday: 8:05 PM - 8:45 PM
- Thursday: 8:50 PM - 9:30 PM

PRIVATE OR SEMI-PRIVATE SWIM LESSONS

<table>
<thead>
<tr>
<th></th>
<th>Members</th>
<th>Program</th>
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<tbody>
<tr>
<td>Private</td>
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<td>$300/5 lessons</td>
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<tr>
<td>Semi-Private</td>
<td>$100/5 lessons</td>
<td>$200/5 lessons</td>
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Interested in Private or Semi-Private Swim Lessons? Fill out and submit a Request Form at the Welcome Center. Questions, contact svprivatelessons@philayymca.org

ARTS & HUMANITIES

Art Education – Teen (Ages 13-17)
Allow your child to experiment with shapes, lines, space and colors. Fine motor and creative thinking skills will be enhanced while the children learn about different art techniques.
- Wednesday: 6:30 PM - 7:15 PM
  - Family Members: $28.50
  - Members: $57
  - Non-Members: $114

Cooking – Teen (Ages 13-17)
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.
- Wednesday: 6:30 PM - 7:15 PM
  - Family Members: $32.50
  - Members: $65
  - Non-Members: $130

HEALTH & WELLNESS

Dodgeball – Youth
This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem.
- (Ages 9-13)
- Tu/Thurs. 6:15 PM - 7:00 PM
  - Members Only: FREE

Shock (B I A) (Ages 13-17)
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: $50
* Registration required

Speed School (Ages 9-15)
Description: Speed School provides the aspiring athlete an opportunity to increase speed, agility and lower body strength. The Speed School students will meet once a week with an Athletics Specialist and will focus on drills that will enhance skills for a variety of sports.
- Members: $50
* Registration required

Teen Strength Training (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.
- Members: $50
* Registration required
TRX (B I A)
Revolutionary method of leveraged bodyweight exercise using the TRX Trainer. Safely perform hundreds of exercises that build power, strength, flexibility, balance and mobility, as well as prevent injuries, all at the intensity you choose. Come experience one of the best total body workouts you’ve ever had!
Members: $50/hr, $30/half hr
* Registration required

SPRING VALLEY YMCA MULTISPORT GATORS Triathlon Training Club/Coaching
Are you looking for a new challenge? How about three? If so, consider joining the Spring Valley YMCA’s triathlon club and you can learn all that you need to know and do all that you need to do to complete your first triathlon! With seven weekly coach-led workouts that include swimming, cycling, and running, plus regular seminars, a staff of 10 coaches (including four USAT-certified coaches), many club events, sponsor discounts, and very useful online tools, you will have access to tremendous resources at your fingertips. For more information, contact the Gators at gatorstri@gmail.com.
$125 per individual per year
$200 per family (2 people) per year

ADULTS

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

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.

Arthritis Foundation Aquatics Program (B I A 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.

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.

Aquacize (B I A)
A high intensity, shallow water, cardiovascular water fitness class that tones, tightens, and trims your body. Class includes use of barbells and noodles to enhance your total body workout as well as swim belts so that both swimmers and non-swimmers may participate.

Aqua Stretch and Strength (B I A)
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 Deep (B I A)
Deep-water exercise provides the benefits of cardiovascular training with little to no stress on your joints. The water’s natural resistance turbocharges 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 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 buoyance belts or flotation noodles during the workout.

AQUATIC PERSONAL TRAINING

Personal Training – Aquatics
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>Sessions</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>
<td>$475</td>
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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. One complimentary appointment is available for new and existing members.

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.

| 1 session | $75 |
| 3 sessions | $140 |
| 6 sessions | $275 |

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.

| 1 session | $40 (per person) |
| 5 sessions | $190 (per person) |
| 10 sessions | $360 (per person) |

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.

| 1 session | $55 |
| 5 sessions | $250 |
| 10 sessions | $475 |

Personal Training Post-Rehab
Any member who has a prescription for post-rehab will find your needs can be met through our personal training program. The YMCA will waive the joining fee for people who are joining the Y for Post-Rehab Training.

| 1 session | $55 |
| 5 sessions | $250 |
| 10 sessions | $475 |

SMALL GROUP TRAINING

*Registration required
Members:
1 hour class: $50
Express (½ hour) class: $30

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.

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

Kettlebell (B 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 (B I A)
A class designed to “shock” an individual’s current training routine or jump start a person that has gotten off track back to a fit lifestyle. Pre and Post fitness testing will show how hard work and challenging training pays off.

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

TRX (B I A)
Revolutionary method of leveraged bodyweight exercise using the TRX Trainer. Safely perform hundreds of exercises that build power, strength, flexibility, balance and mobility, as well as prevent injuries, all at the intensity you choose. Come experience one of the best total body workouts you’ve ever had! Ages 14 and up.

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.

Zero to 5K Training Program (B I A)
This series will incorporate a progressive running program, strength training sessions and nutritional principles to help you get fit, stay motivated and have fun. This program will culminate with several of our YMCA 5K Runs throughout the year.
Arthritis Foundation – Land (B I)
Low impact physical activity program to reduce pain and decrease stiffness. The class include gentle range of motion exercises that are suitable for every fitness level and ability.

Belly Dancing (B I)
Regardless of your age, size, shape or ability, you’ll gain confidence while gaining control of your body. This class explores muscle isolations and skeletal movements as they relate to Middle Eastern Dance. Form strong fluid dance combinations while you tone muscle and burn calories.

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

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

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

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

Boot Camp (I A)
Challenge your limits with a total body workout mixing traditional calisthenics and body weight exercises with interval training and strength training. Program meets outside or in the gym, depending on weather.

Cardio Fusion (B I A)
Full body workout offering a variety of cardio styles which vary by branch. May include kickboxing, step, aerobic dance, and military drills, Also incorporates strength training using weights as dresesistances move.

Cardio Kickboxing (B 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 (B I P) AOA
This class is a series of seated poses designed to increase flexibility and strength.

Cycle (B I A P)
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 P)
This is a half hour of an indoor cycling class in our cycle studio.

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

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

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

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.

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

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.

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

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

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.
ADULTS

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 (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.

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

SilverSneakers® Circuit (B I A) AOA
Combine fun with fitness to increase your cardiovascular and muscular endurance power with this 45 minute standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers® ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises.

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.

Trim & Sculpt (B I A P)
Trim and Sculpt is everyone’s favorite workout. It’s fast paced and challenging with motivating music to help you improve strength, flexibility, posture and balance in only 45 minutes.

Vinyasa Yoga (B I A P)
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.

Wheel Camp (B I A P)
(Wheelchair/Adaptive)
In this Boot Camp-style class, you will improve your cardiovascular conditioning, core strength, and challenge your limits with a total body workout mixing interval training and strength training. All ages and abilities are welcome as our Nationally Certified Personal Trainers will provide necessary exercise modifications. Please take the elevator to the second floor; the Training Zone is wheelchair accessible. Check our Group Exercise schedules for days/times we offer Wheel Camp!

Yin Yoga (B I A)
Find balance to your more energetic activities with meditative breathing and long-held, passive stretches. This class is designed to strengthen and support deep connective tissues while increasing flexibility and range of motion.

ZUMBA® Gold (B I A P) 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.

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

RECREATIONAL SPORTS

Pickleball Rec. Hours
Mon. - Fri. 7:00 AM - 9:00 AM Gym A/B
12:00 PM - 3:00 PM

*Subject to change if necessary

Men’s Basketball (Adults 18+)
Sunday 5:00 PM - 8:00 PM Gym D

Volleyball (Adults 18+)
Mon. & Thurs. 7:30 PM - 9:30 PM Gym D

*Must have 8 players to set up the net
Mishock Physical Therapy
Spring Valley YMCA now houses Mishock Physical Therapy and Associates, a privately owned outpatient physical therapy practice with five convenient locations in Limerick, Gilbertsville, Barto, Skippack, and Phoenixville. We provide Physical Therapy, Chiropractic, and Aquatic Therapy services to Relieve pain, restore function, and return our patients to the highest quality of life possible. For more information or to make an appointment contact the Welcome Center.

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.

Ability – Friday Night With Friends
(Ages 18 & up)
Join us for fun and socialization. A different activity to enjoy each week: including crafts, cooking, dances, swimming, and holiday parties. This is a great opportunity to meet new friends! Activities take place every Friday evening. Registration Required.

Ability Program:
Friday 6:30 PM - 8:00 PM
Members: Free

Active Older Adults
Senior Ambassadors at the YMCA (S.A.Y.)
Come hear what’s new or upcoming on the AOA calendar. Participate in decision making about events, trips and opportunities for our population. Speakers may do a brief presentation based on your suggestions.

Active Older Adults Program:
1st Wednesday of the month 12:00 PM
Members Only: Free

Join us for the following Special Interest Groups:

Book Club/Discussion Group
Planning meeting in July and January. This group reads a pre-determined book, then discusses plot, development and outcomes. Selected books are posted on the information board.

- 3rd Tuesday of each month 11:15 AM

Canasta
Thursday 12:30 PM - 3:00 PM

Mahjong
- Tuesday 12:30 PM - 3:00 PM
- Thursday 12:30 PM - 3:00 PM
- Sunday 12:00 PM - 3:00 PM

Movie Matinee
Come see a movie on our big screen based on your suggestions. B.Y.O.L. (Bring Your Own Lunch). Popcorn provided.

- 2nd Friday of each month 12:00 PM

Pickleball Rec. Hours
- Mon. - Fri. 7:00 AM - 9:00 AM Gym A/B
- 12:00 PM - 3:00 PM

*Subject to change if necessary

Pinochle
Thursday 12:30 PM - 3:00 PM

Bus Trips
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 contact Casey Kolunie at ext. 2132. Bus trip information will also be posted on the bulletin boards in the Intergenerational Room and throughout the building.

Community
American Red Cross Blood Drive
Make a different in the lives of others. Your donation could save up to 3 lives. Open to the community. Make your appointment today at redcrossblood.org. Enter the Y’s zip code - 19468 - under "Find a Blood Drive” and scroll to find the Spring Valley YMCA location. It’s that easy!

- Sat, Mar 28, 2020 8:00 AM - 1:00 PM

View current schedules online: PhilaYMCA.org
COMMUNITY

LIVESTRONG at the Y
At the Y, we believe in freely providing the gift of hope to the people in our community who are experiencing cancer. We provide cancer survivors with the opportunity to come to the Y to heal. We believe in partnering with people experiencing cancer to create a safe, loving and caring environment. Cancer knows no boundaries, but we believe in the strength of community and that every survivor deserves unconditional support, a chance to belong and an opportunity to feel “normal” as the regain their strength.

At no cost, cancer survivors have the opportunity twice each week to engage in a proven physical activity program under the guidance of qualified instructors trained in the LIVESTRONG® at the YMCA curriculum. Each survivor will also be provided a membership to the Y during the 12 week program.

We believe in the power of relationships and belonging to heal. We believe in supporting the cancer survivor with the hope that this is the beginning of their relationship with the Y. Human connection heals and it is critical that we build small communities of cancer survivors at all YMCA branches.

For more information, please contact Jessica Rigo at 484-984-2000, ext 2714 or jrigo@philaymca.org

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. 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.

Pre-requisites: Must be at least 15 years old and be able to complete a standard swim test on the first day of class.

Course 1
Thurs., February 27th 5:00 PM - 10:00 PM
Friday, February 28th 5:00 PM - 10:00 PM
Sat., February 29th 9:00 AM - 6:00 PM
Sunday, March 1st 9:00 AM - 6:00 PM

Course 2
Thursday, April 2nd 5:00 PM - 10:00 PM
Friday, April 3rd 5:00 PM - 10:00 PM
Saturday, April 4th 9:00 AM - 6:00 PM
Sunday, April 5th 9:00 AM - 6:00 PM

ARC Lifeguard Recertification
Course 1
Saturday, March 21st 9:00 AM - 6:00 PM
Sunday, March 22nd 9:00 AM - 6:00 PM

Course 2
Saturday, April 25 9:00 AM - 6:00 PM
Sunday, April 26 9:00 AM - 6:00 PM

Course 3
Saturday, May 15 9:00 AM - 6:00 PM
Sunday, May 16 9:00 AM - 6:00 PM