HOURS OF OPERATION
Monday - Thursday 5:00 AM - 10:00 PM
Friday 5:00 AM - 9:00 PM
Saturday 7:00 AM - 6:00 PM
Sunday 7:00 AM - 5:00 PM

HOLIDAY HOURS
Easter CLOSED
Memorial Day 8:00 AM - 1:00 PM
Memorial Day - Outdoor Pools 11:00 AM - 7:00 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

HOW TO REGISTER FOR PROGRAMS
- Register for classes any time at PhilaYMCA.org
- By calling Upper Perkiomen Valley YMCA during normal business hours
- Stop by the branch during normal business hours to register at the Welcome Center Desk

CHILD WATCH
(Ages 3 months - 9 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.

Child Watch Hours
Monday - Thursday 8:00 AM - 8:30 PM
Friday 8:00 AM - 7:30 PM
Saturday 8:00 AM - 2:00 PM
Sunday 8:00 AM - 12:00 PM

KIDZONE
(Ages 6-11 years)
Babysitting for children ages 6-11. During these times, we will run staff-led games that suit this age group.

KIDZONE Hours
Monday - Thursday 5:00 PM - 7:00 PM

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MISSION:
TO TRANSLATE THE PRINCIPLES OF THE YMCA’S CHRISTIAN HERITAGE INTO PROGRAMS THAT NURTURE CHILDREN, STRENGTHEN FAMILIES, BUILD STRONG COMMUNITIES AND DEVELOP HEALTHY SPIRITS, MINDS AND BODIES FOR ALL.

MEET OUR STAFF
Michael J. Tannous
Executive Director
ext. 3110
Kelly Calabria
Senior Program Director
ext. 3114
Randy Brunner
Property Director
ext. 3119
Carol Fels
Business Manager
ext. 3111
Corinne Guntz
Membership Sales Director
ext. 3116
Amanda Hengeveld
Group Exercise & Wellness Director
ext. 3118
Michele Heimes
Aquatics Director
ext. 3121
Lisa Nesbitt
Child Care Director
ext. 3121
Wendy Kern
Adv. Membership Director
ext. 3112
Cameron Baker
Adv. Aquatics Director
ext. 3117
Shane Smith
Youth, Sports & Camp Director
ext. 3120
YOUTH

AQUATICS

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

SWIM STARTERS
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.

Saturday 9:00 - 9:30 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 9:00 AM - 9:30 AM
6:10 PM - 6:40 PM
Saturday 9:35 AM - 10:05 AM
Family Members: $28
Members: $56
Non-Members: $112

Learn more about swim lessons with our swim tree!
Visit PhilaYMCA.org

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

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

Preschool
Monday 9:35 AM - 10:05 AM
5:00 PM - 5:30 PM
Tuesday 5:55 PM - 6:25 PM
Wednesday 9:15 AM - 9:45 AM
6:10 PM - 6:40 PM
Thursday 9:00 AM - 9:30 AM
6:10 PM - 6:40 PM
Saturday 9:00 AM - 9:30 AM
10:10 AM - 10:40 AM
11:55 AM - 12:25 PM
Members: $62
Non-Members: $124

School Age
Monday 6:20 PM - 7:00 PM
Saturday 10:55 AM - 11:35 AM
Members: $70
Non-Members: $140

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

Preschool
Monday 10:10 AM - 10:40 AM
5:35 PM - 6:05 PM
Tuesday 9:00 AM - 9:30 AM
5:20 PM - 5:50 PM
Wednesday 9:50 AM - 10:20 AM
5:35 PM - 6:05 PM
Thursday 9:35 AM - 10:05 AM
5:00 PM - 5:30 PM
Saturday 9:35 AM - 10:05 AM
10:45 AM - 11:15 AM
11:20 AM - 11:50 AM
Sunday 12:30 PM - 1:00 PM
Members: $62
Non-Members: $124

Visit current schedules online: PhilaYMCA.org
**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**
- Monday: 6:45 PM - 7:15 PM
- Tuesday: 10:10 AM – 10:40 AM
- Saturday: 9:35 AM - 10:05 AM

Members: $62
Non-Members: $124

**School Age**
- Monday: 5:45 PM - 6:25 PM
- Tuesday: 5:00 PM - 5:40 PM
- Thursday: 5:45 PM - 6:25 PM
- Saturday: 9:45 AM - 10:25 AM
- Sunday: 2:25 PM - 3:05 PM

Members: $70
Non-Members: $140

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

**School Age**
- Monday: 6:30 PM - 7:10 PM
- Tuesday: 5:45 PM - 6:25 PM
- Wednesday: 5:00 PM - 5:40 PM
- Thursday: 5:45 PM - 6:25 PM
- Saturday: 11:15 AM - 11:55 AM

Members: $70
Non-Members: $140

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**School Age**

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<td>Wednesday</td>
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<tr>
<td>Thursday</td>
<td>5:00 PM - 5:40 PM</td>
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<tr>
<td>Saturday</td>
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Members: $70
Non-Members: $140

**Teen/Adult**

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<td>5:35 PM - 6:15 PM</td>
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Members: $70
Non-Members: $140

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

**Preschool**
- Monday: 5:00 PM - 5:30 PM
- Tuesday: 9:35 AM - 10:05 AM
- Wednesday: 10:25 AM – 10:55 AM
- Saturday: 9:35 AM - 10:05 AM
- Sunday: 1:05 PM - 1:35 PM

Members: $62
Non-Members: $124

**School Age**
- Monday: 5:00 PM – 5:40 PM
- Tuesday: 5:45 PM - 6:25 PM
- Wednesday: 5:00 PM – 5:40 PM
- Thursday: 5:45 PM - 6:25 PM
- Saturday: 9:00 AM - 9:40 AM
- Sunday: 1:40 PM - 2:20 PM

Members: $70
Non-Members: $140

**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**

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<th>Day</th>
<th>Time</th>
<th>Members</th>
<th>Non-Members</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>6:30 PM – 7:10 PM</td>
<td>$70</td>
<td>$140</td>
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<tr>
<td>Saturday</td>
<td>10:30 AM - 11:10 AM</td>
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**Teen/Adult**

Aquatics Conditioning
The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

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<th>Time</th>
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<th>Non-Members</th>
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<tbody>
<tr>
<td>Tuesday 6:30 PM - 7:10 PM</td>
<td>$70</td>
<td>$140</td>
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</table>

Advanced Aquatics Conditioning
(Ages 19+)
The total body fitness program focuses on stroke refinement and building endurance on all four competitive strokes. Get a great workout while swimming laps, building endurance and meeting new friends. Participants must have knowledge of all four competitive strokes. Prerequisite: able to swim 100 yards continuous freestyle with flip turns. May attend up to five practice sessions per week.

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<tr>
<th>Time</th>
<th>Members</th>
<th>Non-Members</th>
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<tr>
<td>Monday, Wednesday, Friday 6:00 AM – 7:00 AM</td>
<td>$100</td>
<td>$200</td>
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<tr>
<td>Tuesday, Thursday 8:00 PM – 9:00 PM</td>
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Private Swim Lessons
Private lessons are for all ages and swimming ability. Individual lessons are scheduled with an instructor and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are scheduled in 30 minute increments.

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

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

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

UPPER PERKIOMEN VALLEY
YMCA GATORS
SWIM TEAM

Year long swim team.
Swim in YMCA & USA swim meets!
Contact: Michele Heimes for more information at mheimes@philaymca.org

ARTS & HUMANITIES

Art Education – Preschool/Youth
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. (Ages 3-5)

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<thead>
<tr>
<th>Time</th>
<th>Members</th>
<th>Non-Members</th>
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<tbody>
<tr>
<td>Friday 10:45 AM - 11:30 AM (Ages 3-5)</td>
<td>$16</td>
<td>$32</td>
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<tr>
<td>Thursday 6:15 PM - 7:00 PM (Ages 5-7)</td>
<td>$16</td>
<td>$32</td>
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Ballet – Preschool (Ages 3-5)
An introduction to basic ballet technique will be taught in this class and will allow young dancers to explore movement. It encourages children to develop motor skills, agility, coordination and flexibility.

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<tr>
<th>Time</th>
<th>Members</th>
<th>Non-Members</th>
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<tbody>
<tr>
<td>Sunday 9:00 AM - 9:45 AM</td>
<td>$16</td>
<td>$32</td>
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</table>

Cooking – Youth (Ages 5-10)
Hands- on food preparation will teach healthy eating; basic cooking terms, sharing and teamwork please inform Program Director of allergies prior to the start of the session.

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<tr>
<th>Time</th>
<th>Members</th>
<th>Non-Members</th>
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<tbody>
<tr>
<td>Tuesday 6:45 PM - 7:30 PM</td>
<td>$21</td>
<td>$42</td>
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</table>

Dance Combo – Preschool (Ages 3-5)
Participants work on foot and arm positions, control, stability, poise and grace and are encouraged to express themselves through different styles of dance.

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<th>Non-Members</th>
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<tbody>
<tr>
<td>Thursday 9:15 AM - 10:00 AM</td>
<td>$16</td>
<td>$32</td>
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</table>

View current schedules online: PhilaYMCA.org
YOUTH

Education – Science (Ages 8-12)
Children will begin to understand the value of nature and take a closer look at the world that surrounds us through exploration, creative projects and hand on experiments.

Saturday 11:00 AM - 11:45 AM
Family Members: $16
Members: $32
Non-Members: $80

Music – Parent Child/Preschool
Children will explore musical concepts through song, dance and creative movement. Children will try out different musical instruments and make their own individual songs.
(Ages 1-3)
Tuesday 9:15 AM - 10:00 AM
(Ages 3-5)
Monday 9:15 AM - 10:00 AM
Members: Free
Non-Members: $40

Music and Movement – Parent/Child
(Ages 1-3)
This class is a blend of dancing, music and rhythm. An instructor will guide children through various activities that make discovering movement, balance and listening skills easy and fun while instilling a love of music
Monday 10:15 AM - 11:00 AM
Members: Free
Non-Members: $40

Science – STEM (Ages 6-12)
Exploring science, technology, engineering and math through a variety of experiments and activities.
Wednesday 5:45 PM - 6:30 PM
Family Members: $21
Members: $42
Non-Members: $80

Story Time – Preschool (Ages 3-5)
Join us for a journey through reading. We will compare books and explore story stretching. This may include a craft, movement or pretend play.
Wednesday 9:15 AM - 9:45 AM
Family Members: $16
Members: $32
Non-Members: $80

INSTRUCTIONAL SPORTS

Basketball – Preschool/Youth
This class will teach the fundamentals and rules of basketball and assist in developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation.
(Ages 5-7)
Saturday 9:00 AM - 9:45 AM
(Ages 8-12)
Saturday 10:00 AM - 10:45 AM
Family Members: $16
Members: $32
Non-Members: $80

Dodgeball – Youth (Ages 6-12)
This program is designed to provide physical activity, exercise and fun while enforcing important values such as sportsmanship, teamwork, confidence and self-esteem.
Monday 6:25 PM - 7:10 PM
Members: FREE
Non-Members: $40

Flag Football – Youth (Ages 8-12)
This class will teach the fundamentals of flag football while developing teamwork and sportsmanship. Emphasis is on skill development, fun and participation.
Thursday 5:30 PM - 6:15 PM
Family Members: $16
Members: $32
Non-Members: $80

Hockey – Youth (Ages 5-7)
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.
Tuesday 5:30 PM - 6:15 PM
Family Members: $16
Members: $32
Non-Members: $80

Lacrosse – Youth (Ages 5-8)
Our lacrosse program is designed to introduce youth to the sport of lacrosse and build the skills necessary in a supportive, fun and relaxed environment.
Wednesday 6:15 PM - 7:00 PM
Family Members: $16
Members: $32
Non-Members: $80

Soccer – Preschool/Youth
This class will teach the fundamentals and rules of soccer and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.
(Ages 3-5)
Tuesday 6:25 PM - 7:10 PM
(Ages 5-7)
Sunday 10:00 AM - 10:45 AM
Family Members: $16
Members: $32
Non-Members: $80
Sports Introduction - Parent/Child  
(Ages 1-3)  
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.

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<tr>
<td>Monday</td>
<td>9:15 AM - 10:00 AM</td>
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<td>Sunday</td>
<td>9:00 AM - 9:45 AM</td>
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</table>

Members: Free  
Non-Members: $40

Sports Introduction - Preschool  
(Ages 3-5)  
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>
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<th>Tuesday</th>
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<tr>
<td>Thursday</td>
<td>9:15 AM - 10:00 AM</td>
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</table>

Members: Free  
Non-Members: $40

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.

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<tr>
<td>Monday</td>
<td>5:30 PM - 6:15 PM</td>
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Family Members: $16  
Members: $32  
Non-Members: $80

Beginner Volleyball  
(Ages 9-12)  
This class will teach the fundamentals and rules of volleyball and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.

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<th>Day</th>
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<tr>
<td>Monday</td>
<td>7:00 PM - 8:00 PM</td>
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Family Members: $16  
Members: $32  
Non-Members: $80

Intermediate/Advanced Volleyball  
(Ages 12-16)  
Provides a pre-competitive level of instruction, skill and game development for boys and girls interested in more advanced game play.

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<tr>
<td>Thursday</td>
<td>7:15 PM - 9:00 PM</td>
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<td>Sunday</td>
<td>1:00 PM - 3:00 PM</td>
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Family Members: $16  
Members: $32  
Non-Members: $80

Wrestling – Youth  
(Ages 5-8)  
This class will teach the basics of wrestling. Emphasis on skill development, confidence and self esteem.

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<tr>
<td>Wednesday</td>
<td>5:30 PM - 6:15 PM</td>
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</table>

Family Members: $16  
Members: $32  
Non-Members: $80

GYMNASTICS

Basic Tumbling – Parent/Child  
(Ages 1-3)  
This parent participation program introduces balancing, tumbling, hanging and agility skills in a fun, open environment. Short structured experiences mixed with free play and choice.

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<th>Day</th>
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<tr>
<td>Friday</td>
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Family Members: $16  
Members: $32  
Non-Members: $80

Basic Tumbling – Preschool  
(Ages 3-5)  
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.

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<td>Friday</td>
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<td>Saturday</td>
<td>10:00 AM - 10:45 AM</td>
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</table>

Family Members: $16  
Members: $32  
Non-Members: $80

Basic Tumbling – Youth  
(Ages 5-7)  
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.

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<th>Day</th>
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<tr>
<td>Saturday</td>
<td>11:00 AM - 11:45 AM</td>
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Family Members: $16  
Members: $32  
Non-Members: $80

MARTIAL ARTS

Martial Arts promotes self-defense, fitness, discipline and develops character, mental strength and respect for others. Great for parents and children to do together.

Tae Kwon Do – Beginner  
(Ages 5-7)  

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<td>Wednesday</td>
<td>6:00 PM - 6:30 PM</td>
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Members: $32  
Non-Members: $80

Tae Kwon Do – Intermediate  
(Ages 8+)  

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<tr>
<td>Wednesday</td>
<td>6:35 PM - 7:35 PM</td>
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Members: $32  
Non-Members: $80
FAMILY

Parents Night Out (Ages 4-12)
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.

**FEE** $20 – 1st Child; $15 2nd Child; $10 for each additional child after 2

Mar 13 & 27 5:15 PM - 8:30 PM
Apr 10 & 24 5:15 PM - 8:30 PM
May 8 & 22 5:15 PM - 8:30 PM
June 5 5:15 PM - 8:30 PM

ABILITY PROGRAMS

Abilities – Cooking (Ages 12 and up)
Join us as we explore the world of cooking. This class will teach children that cooking and a healthy diet are fun. Participants will learn basic cooking terms and how to use basic cooking tools and utensils.

**Monday** 7:15 PM - 8:15 PM
Family Members: $16
Members: $32
Non-Members: $80

Friday Night with Friends (Ages 12+)
Join us for fun and socialization. A different activity to enjoy each week; including crafts, dances, swimming and holiday parties.

**Friday** 7:00 PM - 8:00 PM
Full Privilege Members: Free
Non-Members: $40

BIRTHDAY PARTIES

Book a party at the Y!
Have an idea? Let us know. Parties can be altered to fit every child’s special day.
All parties: 25 kids
Members: $175
Non Members: $275
*p*arties are held Saturdays and Sundays.

Arts & Crafts (Ages 4 & up)
The birthday child may choose to make sand art, fuse beads or mosaics. After the craft there will be gym time.

Cooking (Ages 4 & up)
Children will decorate aprons or chef hats and make one of the following foods: pretzels, pizza pockets, fruit sushi, pancakes, quesadillas, dirt pudding.

Pool (Ages 7 & up)
Splash parties include one hour in the indoor pool and one hour in the party room.

SPORTS

Sports (Ages 3 & up)
(Call for additional information)
Is your child active? Choose a sport or two and let them unleash their inner athlete.

For more information contact Melanie Ziegler at ext. 3122.

CHILD CARE

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

The Upper Perkiomen Valley YMCA offers a complete state licensed child care program ranked at 2 Stars for Keystone Stars.

Keystone Stars encourages and supports programs to develop and sustain higher levels of quality, in order to strengthen outcomes for children and families and improve school readiness.

Registration for school year 2019-2020
The Upper Perkiomen Valley 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 2 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.

SCHOOL AGE PROGRAMS

Before and After Care Programs are held at Marlborough, Hereford Elementary School, and 4th/5th Grade Center.

**Before Care (K-5th Grade)**
Hours: 6:30 AM - School Day Begins
Before Care is a program designed to promote child development by providing activities in the form of Arts & Crafts, games, fitness, etc. This program is directed by trained professional staff.

**After Care (K-5th Grade)**
Hours: Dismissal - 6:00 PM
Our After Care program offers an opportunity for children to engage in a variety of activities expanding learning beyond what they experience during school hours.

The After School program provides children with a well-rounded learning experience with a focus on fun, friends, and creativity through supervised activities. Activities include Arts and Crafts, games, homework supervision, fitness, recreation and daily transfat free snack.

The program is designed to meet the age and interests of the children, and is directed by certified and trained staff. The program emphasizes character development that is reinforced through all activities and events.
Supplemental Kindergarten Program
Supplement your child’s half-day Kindergarten program in the Upper Perkiomen School District. The Y’s Supplemental Kindergarten program offers an AM or PM schedule designed to complement the school district curriculum and your child’s learning experience. Children work in large and small groups on enrichment activities that focus on meeting key milestones and making learning fun.

AM Supplemental Program (8:30 AM – 12:00 PM)
for Afternoon Kindergartners at Marlborough Elementary School.

PM Supplemental Program (12:00 PM – 3:30 PM)
for Morning Kindergartners at Hereford Elementary School.

Before and after care available for both programs: 6:30 -8:30 AM and 3:30 – 6:00 PM

SCHOOL AGE HOLIDAY CARE
Held at the 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.

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 Boot Camp (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.

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

Aqua 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.

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.

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.

HEALTH & WELLNESS

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.

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<th>Cost Per Person</th>
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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>Sessions</th>
<th>Cost</th>
</tr>
</thead>
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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 enrollment fee for people who are joining the YMCA for post-rehab training.

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. Complimentary appointments are available for new and existing members.
SMALL GROUP TRAINING

Small Group Training programs are specialty classes designed for high attention, resulting in a form of semi-private training under our class-specific outlined goals. For more information contact Amanda Hengeveld at 215-679-9622 ext. 3118.

1 Hour Session: 8 weeks - $50,
30 Minute Session: 8 weeks - $30

Dynamic Boxing (B I A)
Boxing, strength and conditioning mixed with technique. Boxing gloves recommended.

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.

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 (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.

Speed School–Ages 10–14 (B I A)
This program provides the aspiring athlete an opportunity to increase speed, agility, lower body power and explosiveness. The Speed School students will meet with an Athletics Specialist and will focus on drills that will enhance skills for a variety of sports.

Sports Conditioning (I A)
Sports conditioning provides participants an opportunity to increase speed, agility, lower body strength, and overall total body conditioning.

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!

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.

GROUP EXERCISE

Women and Weights (B I A P)
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 the program you will gain strength and confidence.

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.

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)
Controlled breathing, concentration and a series of stretches and poses to music create a holistic experience that brings the body into a state of harmony and balance.

BodyPUMP® (B I A)
A strength endurance training class where muscle and music collide! Max results in the shortest amount of time by working your ENTIRE body in one hour.

Butts & Guts (B I A)
Target your core and lower body with a combination of exercises using equipment and your own body weight.

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

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

Cycle (B I A)
An indoor cycling class created to challenge both the beginner fitness enthusiast and the seasoned athlete. Each ride on the bike helps to increase your cardiovascular endurance, reduce body fat and increase muscular strength. As part of the cycling team you travel on flat roads, climb hills, sprint and race! You get a great workout – no matter what the weather is outside!
Dance (B I A P)
Come ready to work up a sweat dancing to a variety of music including hip hop, pop, African and Latin music.

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

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.

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

Les Mills Body Step (I A)
A full-body cardio workout to really tone your butt and thighs. Burn calories and leave buzzing with satisfaction.

Les Mills GRIT (I A)
A 30-minute high intensity interval training that challenges you mentally and physically. Strength, athletic and cardio training programs accelerate fat burning and rapidly improve athletic capability.

Les Mills SPRINT (I A)
A 30-minute high intensity interval training (HIIT) workout using an indoor bike to achieve fast results. It’s a quick and hard style of training that returns rapid results with minimum joint impact.

Line Dancing (B I 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, 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.

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

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.

Silver&Fit Experience (B I A) AOA
This class is designed for older adults looking for a moderate-level, well-balanced exercise routine. Participating in this class will help you take on daily tasks with more ease and keep up with your grandkids! 45 Minutes

SilverSneakers® Classic (B) 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.

Stretch & Balance (B I A) AOA
Exercises to challenge and improve functional balance of varying levels. Equipment may be used depending on ability. End your day with improved flexibility and balance while creating calm and relaxation.

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 an final stretch.

STRONG by Zumba (BIA)
A class that combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. You will burn calories while toning arms, legs, abs, and glutes.

Vinyasa Yoga (IA)
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.

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.
HEALTHY LIVING PROGRAMS

LiveSTRONG at the YMCA
The Y and LiveSTRONG joined together to create LiveSTRONG at the YMCA, a 12-week physical activity and wellbeing program designed to help adult cancer survivors improve strength and physical fitness, diminish the severity of therapy side effects, develop supportive relationships and improve their quality of life. The small group, research-based program offers cancer survivors a safe, supportive environment to participate in physical and social activities.

Tues. & Thurs. 1:00 PM - 2:30 PM

Power up with Prayer
Power Up through the world’s greatest wireless connection...Prayer. Lifting up the Y, our members and staff. Held in the Conference Room.

Thursday 7:45 AM - 8:30 AM

Volunteer at the Y
Want to give back to your Y? Come by the Welcome Center to learn about Volunteer Opportunities.

SPECIAL EVENTS

Easter Eggstravaganza
April 4th 9:00 AM – 10:00 AM

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

ACTIVE OLDER ADULTS

Irish Celebration Bus Trip, Hunterdon Hills Playhouse
Sunday, March 15

Peking Acrobats, American Music Theatre
Saturday, March 21

Queen Esther, Sight and Sound Theatre
Tuesday, May 5

TRAINING AND 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 compete a standard swim test on the first day of class. The swim test includes a 300 yard swim using front crawl, breaststroke, and backstroke as well as diving to the bottom of the pool and retrieving a weighted brick. Fee includes Lifeguarding, First Aid, and CPR for the Professional Rescuer certifications. There will be no refunds given once the class starts. Participants are required to attend all class days. Full Privilege, Program and Non Members: $350