SPRINT INTO SPRING

YOUR Y PROGRAM GUIDE

#THISISY
Donate today to the 2020 Annual Campaign!
HOURS OF OPERATION
Monday - Friday 5:00 AM - 10:30 PM
Saturday 6:00 AM - 7:00 PM
Sunday 7:00 AM - 7:00 PM
The Willow Grove YMCA closes to incoming members 15 minutes prior to listed time. All members must be out of the building no later than the listed closing time.

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 on our mobile app or at philaymca.org
• Stop by the branch during normal business hours to register at the Welcome Center Desk

KIDS ZONE
Kids Zone is a value-added member benefit and is included with the cost of full privilege adult or family memberships. This service is offered on-site with convenient drop-in hours that vary by location. Hours are subject to change around holidays. Registration is not required and Kids Zone is operated on a first come, first served basis. This service is intended to support parents while working out. Parents must remain at the YMCA and are limited to two hours per day. Parents will be contacted to pick up their child if there are any problems. (3 months - 10 years)

KIDS ZONE HOURS
Monday – Thursday 8:00 AM – 8:30 PM
Friday 8:00 AM – 7:00 PM
Saturday 8:00 AM – 5:00 PM
Sunday 8:00 AM – 5:00 PM

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MEET OUR STAFF
Gary Chamberlain
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Danny Ziccardi
Sports Director
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YOUTH

AQUATICS

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

POOL KEY:
F: FAMILY POOL
L: LAP POOL
P: PROGRAM POOL

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.

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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.

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Members: $70
Non-Members: $140

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

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

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Members: $70
Non-Members: $140
## YOUTH

### School Age

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

### 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

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

### 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:** $70  
**Non-Members:** $140
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Members: $78  
Non-Members: $156

### Swim Strokes – Stage 5

**Stoke Development** - Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

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Members: $78  
Non-Members: $156

### Age Key:

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

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### Preschool

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Members: $70  
Non-Members: $140

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### 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.
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.

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Members: $78
Non-Members: $156

Private Swim Lessons (5 years & up)
Private lessons are for any swimming ability. Individual lessons are scheduled with an instructor and participant. Learn the basics of swimming, refine current skills or perfect your stroke mechanics. Private lessons are schedule in 30 minute increments. For more information email torri.lasmith@philaymca.org with Name and Number.

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

Semi-Private Swim Lessons (5 years & up)
Semi-Private lessons are for any swimming ability. Lessons are scheduled with an instructor and two or three participants. They will learn the basics of swimming, refine current skills or perfect your stroke mechanics. Semi-Private lessons are schedule in 30 minute increments and each participant will register individually. For more information email torri.lasmith@philaymca.org

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

Recreational Swim
Children 6 years & under must be supervised in the water by an adult member. The supervision may be by an adult OR a teen with the adult on deck. Children 7-12 years do not have to be supervised in the water but require an adult on deck, unless they can’t pass the shallow water test which would then require supervision in the water as stated above.

The supervising adult member is permitted to provide supervision in the water if he or she chooses. All children 16 years and under will be swim tested and marked with a colored wrist band. More details can be found in the aquatic brochure. Fitness lanes may be used by our younger, serious swimmers. Swimmer must be working on endurance and be able to swim front and back crawl well.

For days and times visit our mobile app or visit our website at PhilaYMCA.org.

Pre-Competition Swim Lesson (Ages 6-16)
The Pre-Competition Swim Lesson is designed to work on our younger developmental swimmers’ skills. Concentration will be on proper streaming, starts, turns and basic stroke development to give your swimmer the “competitive edge” in building their swimming career.

Prerequisite (Ages 6-8): The minimum requirement is the ability to swim 25 yards of freestyle with rotary breathing, 25 yards of proper backstroke and a basic dive.

Prerequisite (Ages 9-16): The minimum requirement is the ability to swim 50 yards of freestyle with rotary breathing, 50 yards of proper backstroke and a dive.

Members: $78
Non-Members: $156

HURRICANE SWIM TEAM

Swim Team
September 30 – Division Champs, 2020

Come and swim for the Willow Grove Hurricanes in the Penn-Del League, YMCA’s premiere swim league in the nation. We accommodate various swim levels 6 years to 18 years. Through competitive swimming, the YMCA teaches the character virtues of CARING, HONESTY, RESPECT, AND RESPONSIBILITY.

Prerequisite: The minimum requirement is the ability to swim one length of freestyle with rotary breathing, one length of proper backstroke and a basic dive. The first day swim test will determine your swimmer’s level and practice time. The minimum requirement may change with the age of the swimmer.

As your child progresses to a higher level, your swim team fee will be adjusted accordingly. Practice days and times may also be adjusted.

SWIM MEETS ARE MANDATORY AND A SCHEDULE WILL BE POSTED.

For more information contact Torri LaSmith at Torri.LaSmith@philaymca.org
**Green & Yellow**

- Monday: 7:30 PM – 9:00 PM
- Tuesday: 7:30 PM – 9:00 PM
- Wednesday: 7:30 PM – 9:00 PM
- Thursday: 7:30 PM – 9:00 PM
- Friday: 7:30 PM – 9:00 PM

Team & Clinic: Family Members: $450  
Team & Clinic: Member: $450  
Team ONLY: Family Members: $385  
Team ONLY: Member: $385

**Blue & Red**

- Monday: 6:00 PM - 7:30 PM
- Tuesday: 6:00 PM - 7:30 PM
- Thursday: 6:00 PM - 7:30 PM
- Friday: 6:00 PM - 7:30 PM

Team & Clinic: Family Members: $415  
Team & Clinic: Member: $415  
Team ONLY: Family Members: $355  
Team ONLY: Member: $355

**Purple**

- Tuesday: 6:00 PM - 7:00 PM
- Thursday: 6:00 PM - 7:00 PM
- Friday: 6:00 PM - 7:00 PM

Team & Clinic: Family Members: $380  
Team & Clinic: Member: $380  
Team ONLY: Family Members: $325  
Team ONLY: Member: $325

### Spring Clinic

**April 13th – May 22nd**

Designed to prepare swimmers for the upcoming summer competitive swim season. We focus on improving swimmers technique in all four strokes as well as starts and turns. Our spring clinic leads right into our summer swim season that begins on May 27th.

Swimmers must meet the prerequisites in order to participate in clinic. New swimmers should plan to attend an evaluation on either Monday April 13th or Tuesday April 14th at 6pm to be evaluated by a member of our coaching staff. The coach will evaluate your swimmer and let you know if your swimmer is ready for clinic. Returning swimmers do not need to be evaluated and may simply register in their current color group.

**Clinic practice times as follows:**

- **Purple**
  - Mon, Thur, Fri: 6:00 PM - 7:00 PM

- **Red & Blue**
  - Mon, Tues, Thurs, Fri: 6:00 PM - 7:30 PM

- **Yellow & Green**
  - Mon, Tues, Thurs, Fri: 7:30 PM - 9:00 PM
  - Wednesday: 6:00 PM - 8:00 PM

### Clinic Fees

**Full privilege members:**  
- Purple: $120  
- Red, Blue: $135  
- Yellow, Green: $155

**Program Member:**  
- Purple: $170  
- Red, Blue: $185  
- Yellow, Green: $205

### Summer Clinic

**May 22nd – June 19th**

Our summer season begins May 22, 2020 and wraps up with League Champs at the end of July. All of our dual meets are against non YMCA summer league teams and take place on either Tuesday or Thursday evenings.

Swimmers must meet the prerequisites in order to participate in team. New swimmers should plan to attend an evaluation on either Tuesday May 27, 2020 or Thursday May 28, 2020 at 6pm to be evaluated by a member of our coaching staff. The coach will evaluate your swimmer and let you know if your swimmer is ready for team.

Returning swimmers do not need to be evaluated and may simply register in their current color group.

**Summer Practice Times are as follows:**  
(May 22-June 19, 2020)

- **Purple**  
  - Tues, Thurs, Fri: 6:00 PM - 7:00 PM

- **Red & Blue**  
  - Mon, Tues, Thurs, Fri: 6:00 PM - 7:30 PM

- **Yellow & Green**  
  - Mon, Tues, Thurs, Fri: 7:30 PM - 9:00 PM  
  - Wednesday: 6:00 PM - 8:00 PM

**Summer Practice Times are as follows:**  
(June 22-July 27, 2020)  
Morning Practice Location- Willow Grove YMCA

- **Purple**  
  - Tues, Thurs, Fri: 8:45 AM - 10:00 AM

- **Red & Blue**  
  - Mon, Tues, Thurs, Fri: 8:45 AM – 10:00 AM

- **Yellow & Green**  
  - Mon - Fri: 7:00 AM – 8:45 AM

**Evening Practice Times are as follows:**  
(June 22-July 24, 2020)  
Evening Practice Location- Willow Grove YMCA

- **Purple**  
  - Mon, Wed: 6:00 PM - 7:00 PM

- **Green/Yellow/Blue/Red**  
  - Mon, Wed: 6:00 PM - 7:00 PM
YOUTH

• Evening practice times are for swimmers who absolutely cannot attend morning practices. All Practices Groups attend M, W, F. Swimmers may not fluctuate between morning/evening practices.

• All Swimmers must commit and will be held to a 2 practice per week minimum in order to participate in team.

Summer 2020 Fee Schedule - Team only
Full privilege members:
Green /Yellow - $280
Blue / Red - $260
Purple - $245

Summer 2020 Fee Schedule - Team only
Non-Members:
Green / Yellow - $380
Blue / Red - $360
Purple - $345

Summer 2020 Fee Schedule - Clinic/Team Combo
Full Privilege Member:
Green / Yellow - $384
Blue / Red - $348
Purple - $324

*Parent Association Fee:
$50 per swimmer, not to exceed $100 per family

DANCE

Ballet/Tap – Preschool (Ages 3-5)
A combination of ballet and tap, dancers will work on coordination, rhythm, creativity, technique and terminology in both dance forms. Tap shoes are needed.

Tuesday 6:15 PM – 7:00 PM
Thursday 6:15 PM – 7:00 PM
Saturday 1:00 PM – 1:45 PM
2:30 PM - 3:15 PM

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

Ballet/Tap – Youth (Ages 6-8)
Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination, and creativity. Ballet or tap shoes and leotards are needed.

Tuesday 7:15 PM – 8:00 PM
Thursday 7:15 PM – 8:00 PM
Saturday 1:45 PM – 2:30 PM
3:15 PM - 4:00 PM

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

ARTS & HUMANITIES

Art Exploration – Parent Child
Create with more than crayons and pencils! Your child will explore fine arts materials, as well as, non-traditional techniques. Each week there will be a theme explored to reinforce fine motor skills and creative thinking. This is the perfect class to help expand your child’s horizons and delve into more complex art-making ideas. Please have your child bring a smock or wear old clothes. (Ages 1-3)

Wednesday 9:30 AM – 10:15 AM
Sunday 9:30 AM – 10:15 AM

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

Music & Movement– Parent Child
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. (Ages 1-3)

Tuesday 9:30 AM – 10:15 AM
Saturday 9:30 AM – 10:15 AM

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

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)

Monday 11:30 AM – 12:15 PM
Thursday 10:30 AM – 11:15 AM
Saturday 11:30 AM – 12:15 PM

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

Arts & Science – Preschool
Let your child explore the world of science through the arts. We will get messy and have fun as we make artistic creations while experimenting with science concepts at the same time. Please bring a smock or wear old clothes. (Ages 3-5)

Wednesday 10:30 AM – 11:15 AM
Thursday 4:15 PM – 5:00 PM

Family Members: $34.50
Members: $69
Non-Members: $138
Art Education – Preschool
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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(Ages 3-5)

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Playdough – Preschool
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.
(Ages 3-5)

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Arts & Crafts – Youth
Let your child create their own masterpiece. Students will create a new project to take home nearly every week. Please have your child bring a smock or wear old clothes.
(Ages 6-9)

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Cooking – Youth
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 6-12)

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Arts & Crafts – Homeschool
Let your child create their own masterpiece. Students will create a new project to take home nearly every week. Please have your child bring a smock or wear old clothes.
(Ages 5-15)

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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)

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<tr>
<th>Day</th>
<th>Time</th>
<th>Family Members:</th>
<th>Members:</th>
<th>Non-Members:</th>
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<td>Wednesday</td>
<td>5:15 PM – 6:00 PM</td>
<td>$34.50</td>
<td>$69</td>
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<td>Thursday</td>
<td>1:00 PM – 1:45 PM</td>
<td>$34.50</td>
<td>$69</td>
<td>$138</td>
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Hockey – Preschool
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.
(Ages 3-5)

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<th>Members:</th>
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</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>1:00 PM – 1:45 PM</td>
<td>$34.50</td>
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</table>

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

Monday 2:00 PM – 2:45 PM
7:00 PM – 7:45 PM
Wednesday 2:00 PM – 2:45 PM
4:15 PM – 5:00 PM

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

Basketball – 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 6-8)

Monday 6:00 PM – 6:45 PM
Thursday 6:00 PM – 6:45 PM
(Ages 8-12)
Tuesday 7:00 PM – 7:45 PM

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

Flag Football – Youth
This class will teach the fundamentals of flag football while developing teamwork and sportsmanship. Emphasis is on skill development, fun, and participation.
(Ages 8-12)

Wednesday 7:00 PM – 7:45 PM

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

Soccer – Youth
This class will teach the fundamentals and rules of soccer and assist in developing teamwork and sportsmanship. Emphasis is on skill development, fun, and participation.
(Ages 6-8)

Tuesday 5:15 PM – 6:00 PM
(Ages 8-12)
Tuesday 6:15 PM – 7:00 PM
Wednesday 6:15 PM – 7:00 PM

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

Tennis – Youth
Participants are introduced to tennis through supplemental activities such as basic strokes and fun games.
(Ages 6-8)

Monday 4:15 PM – 5:00 PM
(Ages 9-12)
Monday 5:15 PM – 6:00 PM

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

Basketball – Tween/Teen
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 10-13)

Thursday 5:15 PM – 6:00 PM
Family Members: $34.50
Members: $69
Non-Members: $138

Sports Various – Homeschool
This class will provide activities and experiences that fulfill your physical education requirements for home school and cyber school participants. Also provides socialization, teamwork, and good sportsmanship.
(Ages 5-15)

Tuesday 2:00 PM – 2:45 PM
Family Members: $34.50
Members: $69
Non-Members: $138

SPORTS INTRODUCTION

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 1-3)

Monday 10:00 AM – 10:45 AM
Tuesday 1:00 PM – 1:45 PM
Wednesday 9:30 AM – 10:15 AM

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

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)

Monday 11:00 AM – 11:45 AM
1:00 PM – 1:45 PM
Wednesday 10:30 AM – 11:15 AM
Thursday 2:00 PM – 2:45 PM

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

MARTIAL ARTS

Shotokan – Youth
Students are taught the main objectives of Karate: development of character, effort, and self-control. These are the virtues that have been emphasized since the inception of the art of Karate.
(Ages 6-10)
Monday 6:00 PM – 6:45 PM
Wednesday 6:00 PM – 6:45 PM
(Monday 6:45 PM – 7:30 PM
Wednesday 6:45 PM – 7:30 PM
Family Members: $62.50
Members: $125
Non-Members: $250

Shotokan – Teen/Adult
Students are taught the main objectives of Karate: development of character, effort, and self-control. These are the virtues that have been emphasized since the inception of the art of Karate. Higher belts have the opportunity to train more advanced skills.
(Ages 10+)
Monday 7:30 PM – 8:30 PM
Family Members: $82.50
Members: $165
Non-Members: $330

GYMNASTICS

Gymnastics – 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.
Monday 9:30 AM – 10:15 AM
Tuesday 9:30 AM – 10:15 AM
Thursday 10:15 AM – 11:00 AM
Friday 10:30 AM – 11:15 AM
Sunday 8:15 AM – 9:00 AM
Family Members: $39
Full Privilege Members: $70
Non-Members: $138

Gymnastics – Preschool
Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use age appropriate equipment to ensure the safest and most effective learning environment. For boys and girls.
(Age 3, 30 minute class)
Monday 11:00 AM – 11:30 AM
Tuesday 10:15 AM – 10:45 AM
1:15 PM – 1:45 PM
4:15 PM – 4:45 PM
5:30 PM – 6:00 PM

Wednesday 4:30 PM – 5:00 PM
5:45 PM – 6:15 PM
Thursday 11:15 AM – 11:45 AM
12:30 PM – 1:00 PM
Friday 9:15 AM – 9:45 AM
11:30 AM – 12:00 PM
Saturday 9:00 AM – 9:30 AM
10:30 AM – 11:00 AM
Sunday 9:45 AM – 10:15 AM
(Ages 4-5, 45 minute class)
Monday 10:15 AM – 11:00 AM
1:00 PM – 1:45 PM
1:45 PM – 2:30 PM
Tuesday 10:45 AM – 11:15 AM
1:45 PM – 2:30 PM
4:45 PM – 5:30 PM
Wednesday 5:00 PM – 5:45 PM
6:00 PM – 6:45 PM
6:15 PM – 7:00 PM
Thursday 9:15 AM – 10:00 AM
1:00 PM – 1:45 PM
6:00 PM – 6:45 PM
Friday 9:45 AM – 10:30 AM
6:00 PM – 6:45 PM
Saturday 9:30 AM – 10:15 AM
10:15 AM – 11:00 AM
11:00 AM – 11:45 AM
11:30 AM – 12:15 PM
Sunday 9:00 AM – 9:45 AM
10:15 AM – 11:00 AM
Family Members: $39
Full Privilege Members: $70
Non-Members: $138

Gymnastics – Youth Beginner – Girls
For beginners with little or no experience. Learn conditioning and flexibility techniques and instruction on vault, bars, balance beam and floor.
(Ages 5-18, 50 minute class)
Monday 4:10 PM – 5:00 PM
5:10 PM – 6:00 PM
Tuesday 4:10 PM – 5:00 PM
5:10 PM – 6:00 PM
Wednesday 4:10 PM – 5:00 PM
5:10 PM – 6:00 PM
7:00 PM – 7:50 PM
Thursday 4:10 PM – 5:00 PM
5:00 PM – 5:50 PM
5:50 PM – 6:40 PM
Friday 4:10 PM – 5:00 PM
Saturday 8:30 AM – 9:20 AM
9:20 AM – 10:10 AM
10:10 AM – 11:00 AM
11:00 AM – 11:50 AM
Sunday 10:00 AM – 10:50 AM
Family Members: $39
Full Privilege Members: $70
Non-Members: $138

View current schedules online: PhilaYMCA.org
**Gymnastics - Youth Beginner - Boys**
For beginners with little or no experience. Learn conditioning and flexibility techniques and instruction on pommel horse, still rings, vault, parallel bars and floor.  
(Ages 5-18, 50 minute class)

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<th>Day</th>
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Family Members: $39  
Full Privilege Members: $70  
Non-Members: $138

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**Gymnastics - Youth Intermediate - Girls**
For intermediates familiar with basic gymnastic skills. Learn conditioning and flexibility techniques and instruction on vault, bars, balance beam and floor.  
(Ages 6-18, 1 hour class)

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<td>Sunday</td>
<td>9:00 AM – 10:00 AM</td>
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Members: $100  
Non-Members: $168

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**Gymnastics - Youth Intermediate - Boys**
For intermediates familiar with basic gymnastic skills. Learn conditioning and flexibility techniques and instruction on pommel horse, still rings, vault, parallel bars and floor.  
(Ages 6-18, 1 hour class)

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<td>10:20 AM - 11:20 AM</td>
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Members: $100  
Non-Members: $168

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**Gymnastics - Youth Advanced - Girls**
For children mastering more difficult gymnastic skills. Learn conditioning & flexibility techniques and instruction on vault, bars, balance beam and floor.  
(Ages 7-18, 1.5 hour class)

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<td>Sunday</td>
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Members: $126  
Non-Members: $210

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**Gymnastics - Youth Advanced - Boys**
For children mastering more difficult gymnastics skills. Learn conditioning & flexibility techniques and instructions on pommel horse, still rings, vault, parallel bars, and floor.  
(Ages 6 – 18, 1.5 hour class)

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<tr>
<th>Day</th>
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<tr>
<td>Saturday</td>
<td>8:00 AM - 9:30 AM</td>
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Members: $126  
Non-Members: $210

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**Gymnastics - Pre-Team - Boys**
Pre-Competitive level. Students continue to refine advanced skills in preparation to reach the competitive team.  
(Ages 6-18, 2 hour class)

<table>
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<tr>
<th>Day</th>
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<tr>
<td>Tuesday</td>
<td>4:30 PM - 6:30 PM</td>
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<tr>
<td>Sunday</td>
<td>8:00 AM – 10:00 AM</td>
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Members: $163  
Non-Members: $326

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**Gymnastics - Pre-Team - Girls**
Pre-Competitive level. Students continue to refine advanced skills in preparation to reach the competitive team.  
(Ages 3-6 - Invitation Only)

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<th>Day</th>
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<td>Tuesday</td>
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<td>Wednesday</td>
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<td>6:00 PM – 7:00 PM</td>
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<td>Saturday</td>
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Members: $100  
Non-Members: $168

(Ages 4-7 - 1.5 hour class - Invitation Only)

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<td>Monday</td>
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<tr>
<td>Sunday</td>
<td>11:30 AM – 1:00 PM</td>
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</table>

Members: $126  
Non-Members: $210
FAMILY/ABILITY

Youth Ninja Training
The participation introduces obstacle course training that challenges and improves strength, endurance, coordination, agility, and balance. Children learn a combination of flips, rolls, and jumps.
(Ages 7-17, 50 minute class)
Saturday 3:30 PM – 4:20 PM
Family Members: $39
Full Privilege Members: $70
Non-Members: $138

Tumbling
Learn the basic tumbling elements to cheer. Class consist of basic tumbling instruction, jumps and Strength exercises.
(Ages 6-9, 1 hour class)
Sunday 9:45 AM – 10:45 AM
(Ages 10 – 18, 1 hour class)
Sunday 10:00 AM – 11:00 AM
Members: $100
Non-Members: $168

Gymnastics – Teen
For teens of all skill levels. Learn conditioning and flexibility techniques on vault, bars, balance beam and floor.
(Ages 12-17, 1 hour class)
Wednesday 8:00 PM – 9:00 PM
Members: $100
Non-Members: $168

Gymnastics – Adults
For all skill levels. Learn conditioning and flexibility techniques on vault, bars, balance beam and floor.
(Ages 18 and up, 1 hour class)
Wednesday 10:00 AM - 11:00 AM
9:00 PM – 10:00 PM
Members: $100
Non-Members: $168

Gymnastics – Homeschool
For Homeschool and Cyber school participants of all levels. This class will provide instruction of conditioning and flexibility techniques on vault, bars, balance beam and floor.
(Ages 6-15, 50 minute class)
Monday 1:30 PM – 2:20 PM
Family Members: $39
Full Privilege Members: $70
Non-Members: $138

GYMNASTICS PRIVATE LESSONS
(Ages 5-13)
One half-hour lesson per week with individual attention to boost gymnastic skills. May be any class level - beginner, intermediate or advanced. Call our Gymnastics Department for available days and times.
5 Lessons:
Members: $150
Non-Members: $300

GYMNASTICS TEAM
Gymnastics Team – Recreational, Competitive Levels 3-10, Xcel Silver Diamond
(Ages 6-18)
All competition team members are selected from our gymnastic classes or by try-out and registered by Senior Program Director - Gymnastics, Darlene Malone.
Training: 1 day $80/month
Training: 2 days $120/month
Training: 3 days $168/month
Training: 4 days $196/month
Training: 5 days $218/month

GYMNASTICS TEAM
Gymnastics Team – Recreational, Competitive Levels 3-10, Xcel Silver Diamond
(Ages 6-18)
All competition team members are selected from our gymnastic classes or by try-out and registered by Senior Program Director - Gymnastics, Darlene Malone.
Training: 1 day $80/month
Training: 2 days $120/month
Training: 3 days $168/month
Training: 4 days $196/month
Training: 5 days $218/month

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

2020 EARLY SPRING YOUTH SPORTS LEAGUES

Basketball League – Preschool
(Ages 3-4)
Saturday 9:00 AM – 9:45 AM
Family Members: $34.50
Members: $69
Non-Members: $138

Basketball League – Rookies
(Ages 5-7)
Saturday 10:00 AM – 11:00 AM
Family Members: $34.50
Members: $69
Non-Members: $138

View current schedules online: PhilaYMCA.org
Winners Basketball  
(Ages 8-12)  
Saturday  11:00 AM – 12:00 PM  
Family Members: $34.50  
Members: $69  
Non-Members: $138  

2020 LATE SPRING YOUTH SPORTS LEAGUES  

Tball League – Preschool  
(Ages 3-4)  
Saturday  9:00 AM – 9:45 AM  
Family Members: $34.50  
Members: $69  
Non-Members: $138  

Tball League – Rookies  
(Ages 5-7)  
Saturday  10:00 AM – 10:45 AM  
Family Members: $34.50  
Members: $69  
Non-Members: $138  

Tball League – Winners  
(Ages 8-12)  
Saturday  11:00 AM – 11:45 AM  
Family Members: $34.50  
Members: $69  
Non-Members: $138  

Family Fun Nights  
Join us for a fun night at the Y with activities for the whole family! Activities may include gym, games, crafts, family classes, wellness orientations and more. Program changes monthly.  
February 28  6:00 PM – 7:30 PM  
March 20  6:00 PM – 7:30 PM  
May 8  6:00 PM – 7:30 PM  
Family Members: Free  

Family Movie Nights  
Bring the family for a movie and snacks at the Y!  
March 6  6:00 PM – 8:00 PM  
April 3  6:00 PM – 8:00 PM  
Family Members: Free  

Parents Night Out (Ages 5 and up)  
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. Sneakers must be worn to participate in gym time.  
March 21  5:30 PM – 8:30 PM  
April 25  5:30 PM – 8:30 PM  
May 9  5:30 PM – 8:30 PM  
1st Child: $20  
2nd Child: $15  
Each additional Child after 2: $10  

Family/Ability/Tweens  

Recreational Swim  
Children 6 years & under must be supervised in the water by an adult member. The supervision may be by an adult OR a teen with the adult on deck. Children 7-12 years do not have to be supervised in the water but require an adult on deck, unless they can’t pass the shallow water test, which would then require supervision in the water as stated above. The supervising adult member is permitted to provide supervision in the water if he or she chooses. All children 16 years and under will be swim tested and marked with a colored wrist band. More details can be found in the aquatic brochure. Fitness lanes may be used by our younger, serious swimmers. Swimmer must be working on endurance and be able to swim front and back crawl well. For days and times, visit our mobile app or visit our website at philaymca.org  

Birthday Parties  
The Willow Grove Y has an exciting variety of parties designed for children of all ages. All parties are scheduled on Saturday and Sunday afternoons and are a total of 2 hours long – 1 hour in activity and remainder in the party room. Two trained staff members are available to help you conduct your party. All packages include paper plates, utensils and tablecloths for up to 25 children. Contact our Party Director Caseyanne McHale at caseyanne.mchale@philaymca.org to book your party.  

Birthday Parties – Dance  
Y Party professionals will create a fun time for your child and their friends with a dance party theme. A Hip Hop Dance party includes a Hip Hop instructor to teach the children the correct steps of a dance routine.  

Birthday Parties – Sports  
Y Party professionals will create a fun time for your child and their friends with a sports party theme. Choose from basketball, gymnastics, hockey and soccer or a little of each.  

Birthday Parties – Pool  
(Ages 7-12 years old)  
*55 minutes in the pool and remainder in party room/transition.  
*All participants under 18 will be swim tested and identified with a colored wrist band.  
*At least one adult representative of the rental group must remain on the deck at all times.  
*Children 7-15 years of age will be supervised in the water by at least one adult or teen from the rental group for every five children.  
*Children 6 years and under will be supervised in the water by at least one adult or teen for every two children. NOTE: As a policy, the YMCA does not provide parties which include pool use for ages 6 years and under. The above adult supervision requirements provide direction in case children 6 years and under happen to attend a birthday party as part of an older group. NOTE: An adult is defined as a responsible person 18 years or older. Teen supervision is defined as a responsible person 17 years or older.
ABILITY PROGRAMS
The Willow Grove YMCA offers programs for both youth and adults with Special Needs. The populations we serve include people who have Autism, Sensory Integration Dysfunction, Intellectual Disabilities, ADD/ADHD, Down Syndrome, Spina Bifida, Cerebral Palsy and other special needs.

ABILITY ARTS & HUMANITIES
Ability Arts & Crafts
Let your child create their own masterpiece. Students will create a new project to take home nearly every week. Please have your child bring a smock or wear old clothes.
(Ages: 6-10)
Monday 1:30 PM – 2:15 PM
(Ages: 10+)
Thursday 6:15 PM – 7:00 PM
Family: $34.50
Members: $69
Non-Members: $138

ABILITY AQUATICS
POOL KEY:
F: FAMILY POOL
L: LAP POOL
P: PROGRAM POOL

Ability 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 2:00 PM – 2:30 PM
Tuesday 10:30 AM – 11:00 AM
Thursday 1:00 PM – 1:30 PM
Friday 10:30 AM - 11:00 AM
Saturday 12:30 PM – 1:00 PM
Members: $70
Non-Members: $140

Ability 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.

School Age
Saturday 12:30 PM – 1:00 PM
Family: $78
Non-Members: $156

Ability Aquatic – Private Swim Lessons
See Private Lessons on pg. 6

ABILITY GYMNASTICS
Ability Gymnastics (Ages 5-18)
A fun and beneficial program for those with special abilities and needs. Self-confidence and the joy of movement & fitness are stressed in a safe, non-competitive, successful atmosphere.

Saturday 8:00 AM – 8:30 AM
Sunday 8:30 AM – 9:00 AM
Family Members: $30
Members: $60
Non-Members: $120

Ability Gymnastics – Advanced
(Ages 9 - 25)
Advanced boys/girls extra practice to get ready for the Special Olympic competitive season.

Monday 5:45 PM – 6:45 PM
Family Members: $40
Members: $80
Non-Members: $160

Ability Gymnastics – Private Lessons
See Private Lessons on pg. 13

ABILITY SPORTS
Ability Sports
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.

Saturday 1:00 PM – 1:30 PM
Family Members: $34.50
Members: $69
Non-Members: $138
TEENS

Basketball – Tween/Teen
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 10-13)

Thursday 5:15 PM – 6:00 PM
Family Members: $34.50
Members: $69
Non-Members: $138

Gymnastics – Teen
For teens of all skill levels. Learn conditioning and flexibility techniques on vault, bars, balance beam and floor. (Ages 12-17, 1 hour class)

Wednesday 8:00 PM – 9:00 PM
Members: $100
Non-Members: $168

Shotokan – Youth
Students are taught the main objectives of Karate: development of character, effort, and self-control. These are the virtues that have been emphasized since the inception of the art of Karate. (Ages 6-10)

Monday 6:00 PM – 6:45 PM
Wednesday 6:00 PM – 6:45 PM
(Ages 6-15)
Monday 6:45 PM - 7:30 PM
Wednesday 6:45 PM - 7:30 PM
Family: $62.50
Members: $125
Non-Members: $250

Shotokan – Teen/Adult (Ages 10+)
Students are taught the main objectives of Karate: development of character, effort, and self-control. These are the virtues that have been emphasized since the inception of the art of Karate. Higher belts have the opportunity to train more advanced skills.

Monday & Wednesday 7:30 PM – 8:30 PM
Family: $82.50
Members: $165
Non-Members: $330

Teen/Tween Nights
Teen and Tween nights are combined into one fun-filled night for kids ages 10-15 years. Have fun playing games, swimming, watching movies and more.

Feb 21st 6:00 PM – 9:00 PM
March 13th 6:00 PM – 9:00 PM
April 10th 6:00 PM – 9:00 PM
May 15th 6:00 PM – 9:00 PM
Members: $10
Non-Member: $15

Generation Y: After School Enrichment Program for Junior High School Students
Our Generation Y program provides a safe, supportive and enriching environment for junior high school students at Abington Junior High School to learn and grow together. We provide the tools teens need in order to have effective time management skills, social skills, personal abilities, and much more.

*Transportation is provided from Abington Junior High School to our YMCA outreach location - Abington Presbyterian Church.

Monday - Friday 3:00 PM - 6:00 PM
Members: $300 per month
Non-Members: $300 per month

HEALTH & WELLNESS

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

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

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. Partner training is sold in 60-minute sessions and will be tailored to your needs and goals.

1 session $40/each
5 sessions $190/each
10 sessions $360/each

Post-Rehab Training
Any member who has a prescription for post-rehab training is welcome to enroll in our personal training program. The YMCA will waive the joining fee for people who are joining the YMCA for Post-Rehab Training.

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

Nutritional Education
Our diet analysis is conducted by a Registered Dietitian and provides an excellent way for you to learn how to make smart dietary changes for long term weight loss, optimal health or optimal athletic performance. The analysis will examine the aspects of your current dietary intake and our Registered Dietician will be able to find areas where you can improve. For more information contact our Wellness Department.

1 session $75
3 sessions $140
6 sessions $271
SMALL GROUP TRAINING

Small Group Training Programs are specialty classes designed for small groups and high attention resulting in a form of semi-private training under our class-specific outlined goals. For more information contact our Wellness Department.

Barre
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.
8 weeks - 60-minute session $50
4 weeks - 60-minute session - 1x/week $25

Dynamic Boxing
This class is designed to push your endurance through boxing style strength and conditioning. Participants need to bring their own gloves.
8 weeks - 60-minute session $50
4 weeks - 60-minute session - 1x/week $25

Kettlebell (I A)
This class offered by an instructor/trainer will give fast results for strength, endurance, and muscle toning by challenging both the muscular and cardiovascular systems with dynamic, total body movement. Intensity can be modified by using a smaller or larger bell, allowing participants of all fitness levels to work together in the same group.
8 weeks - 60-minute session $50
4 weeks - 60-minute session - 1x/week $25

Men's Strength Training (B I A)
This program will demonstrate proper technique and will train you on a variety of strength training methods. You will gain strength and confidence.
8 weeks - 60-minute session $50
4 weeks - 60-minute session - 1x/week $25

Shock
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.
8 weeks - 60 minute session $50
4 weeks - 60-minute session - 1x/week $25

Superfunctional Training
This class is designed to test your body’s limits through suspension training on the Queenax Functional Trainer. The class will highlight the various additional applications offered by the Queenax for interval training: battle ropes; parallel bars; a continuous rope pull; a rebounder; and heavy bags.
8 weeks - 60 minute session $50
4 weeks - 60-minute session - 1x/week $25

Silver Strength (B I A) AOA
This class is a low impact, high-energy cardiovascular workout and is designed to get you moving in a fun, interactive environment.
8 weeks - 60-minute session $50
4 weeks - 60-minute session - 1x/week $25

TRX
Revolutionary method of leveraged body weight exercise using the TRX Trainer. Safely perform hundreds of exercises that build power, strength, flexibility, balance and mobility, as well as prevent injuries, all at the intensity you choose. Come experience one of the best total body workouts you’ve ever had!
8 weeks - 60-minute session $50
4 weeks - 60-minute session - 1x/week $25

Teen Strength Training
(Age 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.
8 weeks - 60-minute session $50
4 weeks - 60-minute session - 1x/week $25

Women and Weights (B I A)
This program is guided by a Wellness Coach who will demonstrate proper techniques and allow you to become familiar with and engage in a variety of strength training methods. Through this program you will gain strength and confidence. Registration is required.
8 weeks - 60-minute session $50
4 weeks - 60-minute session - 1x/week $25

GROUP EXERCISE

Group exercise programs are free to adult members and do not require registration.

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

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

Arthritis Foundation® (B I) AOA
Low-impact physical activity program to reduce pain and decrease stiffness. The class includes gentle range of motion exercises that are suitable for every fitness level and ability.

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

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

BOOM (B I A) AOA
This class is designed to meet the needs of the Baby Boomers and Active Older Adults. It focuses on a strength, dance and mind/body format for those who may be too young for Silver Sneakers, but want an alternative to the standard group exercise classes.

CARDIO FUSION (B I A)
Full Body workout offering a variety of cardio styles which vary by branch. Program may include kickboxing, step, aerobic and military drills. Also incorporates strength training using weights and resistance moves.

CARDIO FUSION–SILVER (B I A)
Full Body workout offering a variety of low impact cardio styles which vary by branch. Program may include kickboxing, step, aerobic dance, and military drills. Also incorporates strength training using weights and resistance moves.

Core Works (B I A)
This class will strengthen the core which includes the abdominal muscles, obliques and lower back. This class is great to help improve core function as well as improved posture.

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

Enhance Fitness (B I A) AOA
Enhance Fitness is a proven community-based senior fitness and arthritis management program geared at helping older adults become more active, energized and empowered for independent living. Enhance Fitness exercises focus on increasing cardiovascular endurance, strength, balance and flexibility which can help reduce arthritis symptoms. A certified instructor leads classes at a pace that works for all fitness levels. Endorsed by Silver & Fit.

Foam Roller (B I A)
This class will teach the proper use of foam roller stretching.

H.I.I.T. ( I A)
This class is High Intensity Interval Training. Exercises will be executed immediately following another opposing exercise in a high paced environment of constantly variable exercises.

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

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

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

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.

SH’BAM (B I A)
The fun-loving, insanely addictive dance workout – No dance experience required.

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

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

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 A) 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.

Stroller Fitness (B I A)
A total body workout including power walking and toning exercises using your stroller and baby. Make new friends, get in shape and spend time with your little one.

Total Body Conditioning (B I A)
Work all the muscles, using your own body weight and various pieces of equipment. Cardio intervals are added to keep the heart rate elevated. Class ends with awesome abs and a final stretch.
ZUMBA® (B I A)
ZUMBA is a fusion of body sculpting movements with easy to follow dance steps to Latin and International music. Aerobic interval training using fast and slow rhythms maximizes caloric output, fat burning and total body toning.

ZUMBA® Gold (B I A) AOA
Modified movements and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Body sculpting techniques and specific ZUMBA® moves fused into one calorie-burning, strength training class while using light weights to enhance rhythm. Endorsed by Silver&Fit.

MIND/BODY

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.

Chair Pilates (B I A P) AOA
One of the keys to helping prevent falls is core strengthening. People who have a stronger core have fewer falls and find it easier to stay balanced in their everyday activities.

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

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

SilverSneakers® Yoga (B I) AOA
SilverSneakers Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

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.

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

Yoga (B I A)
This class challenges the body and mind through strengthening, stretching, relaxing and breathing. Flexibility, strength and muscle tone will continually improve as your mind, body and spirit work together in harmony.

Yoga – Chair AOA
This class is a series of seated poses designed to increase flexibility and strength.

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

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

Yoga – Power (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.

Yoga – Vinyasa (I A)
An active class emphasizing the development of strength, flexibility, balance and grace through the use of postures linked through the synchronization of breathing with movement.

GROUP CYCLING

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

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

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

Total Body Cycle (B I A)
Work on and off the bike for the perfect mix of cardio, endurance and strength training. In addition to body weight, the instructor may also incorporate resistance bands and light hand-held weights.
ADULTS/COMMUNITY

ADULT AQUATIC EXERCISE

Adult Aquatic Exercise programs are free to adult members and do not require registration.

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

Aquacize 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.

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

Aquastretch and Cardio (B I A)
This class includes stretching and breathing in the water then moves into cardiovascular training using water resistance and movement to get your heart pumping with little or no stress on your joints.

Aquastretch & 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.

Aquazumba (B I A P)
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.

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

ADULT SWIM LESSONS

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

Thursday 7:00 PM - 8:00 PM P
Members: $78
Non-Members: $156

Swim Basics – Stage 2 – Adult
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.

Tuesday 7:00 PM - 8:00 PM L
Wednesday 11:30 AM – 12:10 PM
Members: $78
Non-Members: $156

Swim Strokes – Stage 4 – Adult
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.

Wednesday 12:20 PM – 1:00 PM
Members: $78
Non-Members: $156

HEALTHY LIVING PROGRAMS

FIT360
This FREE 10-week, small group program is specifically designed for people who have experienced bouts of mild to moderate depression. Components of fitness and positive psychology are combined with the goal of establishing consistent habits of well-being through exercise, improved mood, and a better outlook. Research has shown that exercise and the reinforcement of positive experiences will strengthen our resistance to stress. The group will be led by an instructor proficient in both psychology and fitness. For more information, contact our Wellness Department.

LiveSTRONG at the YMCA
12 Week Session
The Y and LiveSTRONG joined together to create LiveSTRONG at the YMCA, a 12-week physical activity and well-being 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.
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.

Active Older Adults

Bowling at Thunderbird Lanes
Meet your friends from the Y at the Thunderbird Lanes to bowl a few games in a non-league, non-competitive atmosphere. The group bowls twice a month at 1:30 PM and anyone is welcome including drop-ins.

Thunderbird Lanes:
1475 W. Street Road,
Warminster, PA 18974

Cards and More
Join your friends or make new ones and enjoy games, cards, conversation and great company. Bring a brown bag lunch if you like or a snack to share. Location: Willow Grove Y lobby tables.

Let’s Do Lunch
This volunteer-led outing gives you a chance to try a different restaurant every month! All are welcome to drop in and make some new friends. Meet at a local eatery one Tuesday each month.

Lunch and Learn
Enjoy an informative presentation on a topic of interest, followed by a light lunch and time to socialize with your Y friends. Please check the automated signs in the lobby. Free. Registration required.

Other Activities
Watch for additional information for other activities such as Pot Luck Lunches, special speakers, trips, computer and phone classes and more.

For more information on AOA programs, contact Beth Kenas at bkenas@philaymca.org

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 complete a standard swim test on the first day of class. The swim test includes a 300 yard swim using front crawl, breast and backstroke 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 once class begins. Participants are required to attend all scheduled class days. For more information contact our aquatic department.

Full Certification
February 15, 16, 22, 23
8:30 AM – 3:30 PM
Members and Non Members: $350

ARC Lifeguard Review
Participants must hold a current American Red Cross Lifeguard Certification to participate.

February 8, 9
8:30 AM – 3:30 PM
Members and Non Members: $150

ARC Basic Life Support, Basic First Aid, and Emergency Oxygen Combo Blended Learning
This American Red Cross class combines the convenience of online learning with a shortened practical skills session in order to meet both knowledge and skill objectives for learners. This expert-level program helps keep healthcare professionals prepared and ready to respond as they encounter life-threatening emergencies, provide basic first aid care, and administer emergency oxygen. Participants must provide a valid email address and have access to the internet in order to receive an email with instructions and a web link to the online content. Participants must complete all online lessons for each class, including related quizzes, prior to attending the skills session. Provide your instructor with printed proof of completion CPR Pro & First Aid, by printing your completion record or print your confirmation email. Upon successful completion, participants receive a Digital Certification Card for CPRPro/BFA/O2 valid for 2 years.

Full Certification
January 20
6:00 PM – 10:00 PM
Members and Non Members: $90

February 17
6:00 PM – 10:00 PM
Members and Non Members: $90

View current schedules online: PhilaYMCA.org
Safe Sitter Course (Age 11-15)
Gives you the skills to manage whatever may come up while you are babysitting. You'll learn how to care for babies and children up to 10 years old, keep the kids and yourself safe, make playtime fun with age appropriate games and handle a wide variety of emergencies. Includes pediatric CPR and First Aid Basic.

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<tr>
<th>Date</th>
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<tbody>
<tr>
<td>February 11 &amp; 18</td>
<td>5:30 PM – 8:30 PM</td>
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<td>March 18 &amp; 25</td>
<td>5:30 PM – 8:30 PM</td>
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<td>April 14 &amp; 21</td>
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Members: $40
Non Members: $60

SPECIAL EVENTS

Camp Information Sessions
Saturday, April 18th 10:00 AM – 1:00 PM

Camp Reunion
This is a great opportunity to see all your summer friends. You can also bring a friend. We are inviting all of our 2019 summer day campers to the Willow Grove YMCA for an evening of games, crafts, pizza and lots of fun! This is a FREE event however registration is required.

Saturday, February 29th 6:00 PM – 9:00 PM

Easter Egg Scramble
Hippity Hop, Don’t Stop! Join us for music, movement, arts and crafts, sweet treats and egg hunt.

Friday, April 10th 6:00 PM – 7:00 PM
Cost: Free for Family Members