HOURS OF OPERATION
Monday - Friday 5:30 AM - 10:00 PM
Saturday 6:00 AM - 6:00 PM
Sunday 9:00 AM - 6:00 PM
*Pool closes 30 minutes before building; gymnasium and sauna close 15 minutes before building

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

SPRING SESSION DATES
February 24 – April 19
Registration:
Family member: January 27 - March 22
Member: January 29 - March 22
Non-member: February 3 - March 22

LATE SPRING SESSION DATES
April 20 – June 14
Registration:
Family Member: March 23 - May 24
Member: March 25 - May 24
Non-member: March 30 - May 24

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

CHILD WATCH (3 months - 12 years)
Child Watch is a value added member benefit and is included with the cost of Full Privilege Adult or Family memberships. This service is offered on-site with convenient drop-in hours that vary by location. Hours are subject to change around holidays. Registration is not required and Child Watch is operated on a first come, first served basis. This service is intended to support parents while working out. Parents must remain at the YMCA and are limited to two hours per day. Parents will be contacted to pick up their child if there are any problems.

Monday - Friday 9:00 AM - 12:00 PM & 4:30 PM - 8:30 PM
Saturday 9:00 AM - 12:00 PM

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TEENS ................................... 8
ADULTS .................................. 8
COMMUNITY ............................. 11

MEET OUR STAFF
Ronna Kassel
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rkassel@philaymca.org

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Carrington Wiggins
Camp and Youth Program Director
ext 3635
cwiggins@philaymca.org
YOUTH

AQUATICS

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

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

Saturday 10:10 AM - 10:40 AM
Sunday 2:35 PM - 3:05 PM
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.

Thursday 6:40 PM - 7:10 PM
Saturday 10:10 AM - 10:40 AM
Sunday 2:35 PM - 3:05 PM
Family Members: $28
Members: $56
Non-Members: $112

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 4:00 PM - 4:30 PM
Tuesday 6:05 PM - 6:35 PM
Wednesday 4:00 PM - 4:30 PM
Thursday 6:05 PM - 6:35 PM
Saturday 9:40 AM - 10:10 AM
Sunday 2:00 PM - 2:30 PM
Family Members: $28
Members: $56
Non-Members: $112

School Age

Monday 6:40 PM - 7:20 PM
Tuesday 6:05 PM - 6:45 PM
Wednesday 6:20 PM - 7:00 PM
Thursday 6:40 PM - 7:20 PM
Saturday 9:00 AM - 9:40 AM
Sunday 2:00 PM - 2:40 PM
Family Members: $62
Non-Members: $124

Teens

Saturday 12:30 PM - 1:10 PM
Family Members: $62
Non-Members: $124

Teen/Adult

Sunday 4:30 PM - 5:10 PM
Family Members: $62
Non-Members: $124

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

**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** | 4:35 PM - 5:05 PM  
| **Tuesday** | 6:05 PM - 6:35 PM  
| **Wednesday** | 4:35 PM - 5:05 PM  
| **Saturday** | 9:40 AM - 10:10 AM  
| **Sunday** | 3:10 PM - 3:40 PM  

Members: $54  
Non-Members: $108

**School Age**  
|  
| **Monday** | 5:55 PM - 6:35 PM  
| **Tuesday** | 6:05 PM - 6:45 PM  
| **Wednesday** | 6:45 PM - 7:20 PM  
| **Thursday** | 7:15 PM - 7:55 PM  
| **Saturday** | 11:30 AM - 12:10 PM  
| **Sunday** | 2:45 PM - 3:25 PM  

Members: $62  
Non-Members: $124

**Adults**  
|  
| **Monday** | 6:20 PM - 7:00 PM  
| **Wednesday** | 6:20 PM - 7:00 PM  

Members: $62  
Non-Members: $124

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

| Preschool |  
| --- | ---  
| **Monday** | 6:40 PM - 7:10 PM  
| **Tuesday** | 6:50 PM - 7:20 PM  
| **Wednesday** | 5:45 PM - 6:15 PM  
| **Thursday** | 6:05 PM - 6:35 PM  
| **Saturday** | 10:45 AM - 11:15 AM  
| **Sunday** | 3:30 PM - 4:00 PM  

Members: $54  
Non-Members: $108

**School Age**  
|  
| **Monday** | 5:10 PM - 5:50 PM  
| **Tuesday** | 6:40 PM - 7:20 PM  
| **Wednesday** | 5:25 PM - 6:05 PM  
| **Saturday** | 11:55 AM - 12:25 PM  
| **Sunday** | 4:05 PM - 4:45 PM  

Members: $62  
Non-Members: $124

**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** | 4:45 PM - 5:15 PM  
| **Wednesday** | 5:10 PM - 5:40 PM  
| **Saturday** | 11:20 AM - 11:50 AM  
| **Sunday** | 3:10 PM - 3:40 PM  

Members: $54  
Non-Members: $108

**School Age**  
|  
| **Monday** | 5:55 PM - 6:35 PM  
| **Wednesday** | 4:45 PM - 5:20 PM  
| **Saturday** | 12:15 PM - 12:55 PM  
| **Sunday** | 3:45 PM - 4:25 PM  

Members: $62  
Non-Members: $124
Swim Strokes – Stage 5
Stroke Development - Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

School Age

Monday 4:00 PM – 4:40 PM
Wednesday 4:00 PM – 4:40 PM
Saturday 11:55 PM – 12:25 PM

Members: $62
Non-Members: $124

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

Saturday 12:40 PM - 1:20 PM
Sunday 4:50 PM – 5:30 PM

Members: $62
Non-Members: $124

DANCE

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.

Saturday 9:00 AM - 9:45 AM

Family Members: $27.50
Members: $55
Non-Members: $110

Ballet – Youth (Ages 6-12)
Dancers will learn fundamental ballet technique with emphasis on proper placement and alignment while developing rhythm, coordination, and creativity.

Saturday 10:00 AM - 10:45 AM

Family Members: $27.50
Members: $55
Non-Members: $110

MARTIAL ARTS

Shotokan – Basic (Ages 4-6)
A traditional Japanese style of karate that provides training for self-development, self-defense, and physical fitness. Program teaches flexibility, strength and cardiovascular fitness. Beginner and Advanced classes are offered based on skill level.

Friday 4:45 PM - 5:30 PM

Family Members: $27.50
Members: $55
Non-Members: $110

Shotokan – Youth/Teen (Ages 7-13)
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.

Friday 5:30 PM - 6:15 PM

Family Members: $27.50
Members: $55
Non-Members: $110
INSTRUCTIONAL SPORTS

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 3-5)
Wednesday 5:00 PM - 5:45 PM
Saturday 11:00 AM - 11:45 AM
(Ages 6-8)
Wednesday 6:00 PM - 6:45 PM
Saturday 10:00 AM - 10:45 AM
(Ages 9-12)
Wednesday 7:00 PM - 7:45 PM
Saturday 9:00 AM - 9:45 AM
Family Members: $22.50
Members: $45
Non-Members: $90

Boxing - Youth
Boxing strength and conditioning mixed with technique training. Participants are required to bring their own gloves.
(Ages 6-12)
Tuesday 5:00 PM - 5:45 PM
Thursday 5:00 PM - 5:45 PM
(Ages 13-17)
Tuesday 6:00 PM - 6:45 PM
Thursday 6:00 PM - 6:45 PM
Family Members: $22.50
Members: $45
Non-Members: $90

Soccer - Preschool (Ages 3-5)
This class will teach the fundamentals and rules of soccer and assist in developing sportsmanship. Emphasis is on skill development, fun and participation.
Saturday 9:00 AM - 9:45 AM
Family Members: $22.50
Members: $45
Non-Members: $90

Soccer - Youth
This class will teach the fundamentals of soccer, while developing good sportsmanship. Emphasis is on skill development, fun and participation.
(Ages 6-8)
Saturday 10:00 AM - 10:45 AM
(Ages 9-12)
Saturday 11:00 AM - 11:45 AM
Family Members: $22.50
Members: $45
Non-Members: $90

SPORTS LEAGUES

2020 SPRING SPORTS LEAGUES

Basketball - Adult (Ages 18+)
Game
Monday/Thursday 7:00 PM
Registration/Thursday Captains Meeting
February 17 7:00 PM
League Start Date: March 9th
Members: $50
Non-Members: $60
Referee fee not included

BIRTHDAY PARTIES

Birthday Party - Pool (Ages 7-16)
Splash parties include one hour in the pool and one hour in the party room. Party rooms are available at the West YMCA. For more information contact Antonio Harris ext. 3621.

Birthday Parties Birthday Party - Sports (Ages 3-8)
Sports parties include one hour of sports activity and one hour in the party room. For more information contact Carrington Wiggins ext 3635

Parties are for 20 children and under:
Members: $250
Non Members: $325
Parties with additional children (40 total):
Members: $325
Non Members: $400
Additional Hour: $100

FAMILY

Family Fun Fridays
Looking for a Fun Filled Family night? The following Friday evenings have been designed as Family Fun Nights at the West Philadelphia YMCA. Family Fun Night activities will include board games in the Family Room, Fitness Orientations in the Wellness Center, Flick & Float in the Pool, Arts & Crafts, parenting workshops and more. For more information contact Shalann Graves at ext. 3617. Registration is required by prior Wednesday.

April 17 6:00 PM - 8:00 PM
May 15 6:00 PM - 8:00 PM
Members: Free
Program & Non Members: $5/person
FAMILY

Parents Night Out Ages 4 and up (3 hours) Enjoy an evening without the little ones when you send them to the Y for their own night out. Children will enjoy gym time, open play, circle story time, crafts, and a movie. Dinner is provided. Send a pillow, blanket, and pajamas and the children will be ready for bed when you pick them up. Sneakers must be worn in to participate in gym time.

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

Registration will open 2 weeks prior.

April 10 6:00 PM - 9:00 PM
May 8 6:00 PM - 9:00 PM

SCHOOL AGE PROGRAMS
The West Philadelphia 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 Public Welfare. Each program day, our qualified staff provides creative learning experiences and supervised activities for a child’s development and enjoyment.

After Care (3:00 PM - 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. This program is offered to any child in kindergarten through 6th grade attending a school in the West Philadelphia area. A YMCA membership is required. After school care is offered at the West Philadelphia YMCA beginning at 3:00 PM on days that the Philadelphia School District elementary schools are in session. For more information stop by the Welcome Center for a registration packet.

After Care includes:

- Weekly themes and activities
- Homework Assistance/tutoring
- Sports/games, swimming and fitness programming.
- CCIS State subsidy accepted.

For more information contact Anthony Guildford at ext. 3611 or aguildford@philaymca.org.

School Age Holiday Care
Provides care on the days that your child’s school is closed, including most in-service days and holidays. Your child will engage in social and educational activities while having fun. We have Holiday Care scheduled for most Philadelphia Public School holidays. *Please visit our website for a full list of upcoming Holiday Care Dates.

CHILD CARE

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

A Keystone Stars Program

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

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

- Full Day Program runs from 7:00 AM - 6:00 PM
- Cheerful atmosphere
- Stimulating environment with texture, sight and sound
- A curriculum that includes: language development, reading and math readiness, love of the fine arts, weekly swim classes, gross and fine motor skill development, and socialization
- Age appropriate equipment
- Social skills, independent and group playtime
- Outdoor games and playground activities
- Financial Assistance available
- CCIS accepted
- Meals and snacks provided

For more information, contact Anthony Guildford at ext. 1727 or aguildford@philaymca.org
YOUTH/TEENS/ADULTS

7th Grade Membership Initiative
A YMCA Initiative
FUN. FITNESS. FREE!
Just for 7th Graders!
The Philadelphia Freedom Valley YMCA is offering a Free One Year Membership To Every 7th Grader!

SIGN UP TODAY!
Here’s how: Stop by any of the Philadelphia Freedom Valley YMCA branch locations and bring:
1. Proof of 7th grade status - a student ID card, class roster, class schedule, or report card.
2. A parent or guardian
All 7th Graders are encouraged to sign up today!

EVENTS

Tween/Teen Nights (Ages 10-17)
Get your friends together and come out to the YMCA. Have fun swimming, playing games, checking out the night movie, dancing with your friends and much more. For more information, contact Shalann Graves at ext. 3617. Parent registration is required by prior Wednesday.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>April 3</td>
<td>6:00 PM - 8:00 PM</td>
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<tr>
<td>May 1</td>
<td>6:00 PM - 8:00 PM</td>
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Members: Free
Non Members: $5

ADULT SPORTS LEAGUES

Basketball – Adult (Ages 18+)
For more information contact Carrington: cwiggins@philaycma.org

Game Day

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Monday/Thursday</td>
<td>7:00 PM</td>
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<tr>
<td>Registration Day/Captains Meeting</td>
<td>7:00 PM</td>
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</table>

Start Date:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>March 9</td>
<td>7:00 PM</td>
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</table>

Members: $50
Non-Members: $60
Referee fee not included

ADULT AQUATIC EXERCISE

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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tues. &amp; Thurs.</td>
<td>9:15 AM - 10:00 AM</td>
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<tr>
<td></td>
<td>6:15 PM - 7:00 PM</td>
</tr>
</tbody>
</table>

Members: Free

Aqua Shallow (B I A)
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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Tues. &amp; Thurs.</td>
<td>10:00 AM - 10:45 AM</td>
</tr>
</tbody>
</table>

Members: Free

Aqua 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.

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Mon. &amp; Wed.</td>
<td>10:00 AM - 10:45 AM</td>
</tr>
</tbody>
</table>

Members: Free

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

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. &amp; Wed.</td>
<td>7:15 AM - 8:00 AM</td>
</tr>
</tbody>
</table>

Members: Free
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.

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$55</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$250</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$475</td>
</tr>
</tbody>
</table>

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

Members:

<table>
<thead>
<tr>
<th>Sessions</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 session</td>
<td>$50</td>
</tr>
<tr>
<td>5 sessions</td>
<td>$225</td>
</tr>
<tr>
<td>10 sessions</td>
<td>$425</td>
</tr>
</tbody>
</table>

SMALL GROUP TRAINING

Dynamic Boxing
Boxing strength and conditioning mixed with technique training. Participants are required to bring their own gloves.

Saturday 1:15 PM - 2:15 PM
$50 for 8-week session

GROUP EXERCISE

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

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.

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

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

Cardio Fusion (B I A)
Full Body workout offering a variety of 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

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

Core & Strength (I A)
Functional, whole body, multi-planar movements are in! Get stronger and leaner working your core from the inside out. Not your typical Total Body class.

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

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

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

Dance (B I A P)
Come ready to work up a sweat dancing to a variety of music including hip hop, pop, African or Latin music.

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

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

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.
POUND (B I A)
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.

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.

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

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

SilverSneakers® 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.

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

STRONG BY ZUMBA® (B I A)
Combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. ... The original STRONG by Zumba® class is a demanding hour-long session that works your entire body.

T’ai Chi Chih® (B I A) AOA
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.

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.

Yoga (B I) AOA
Traditional yoga for the first time enthusiast. Learn the foundations of yoga postures for strength, flexibility, balance, breath work and relaxation.

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

FIT360
FIT360 is a new 10-week program designed specifically for people who feel mild to moderately depressed. This small group, evidenced-based program will focus on an individual’s strengths and successes. The group will participate in weekly sessions to practice mindfulness, learn positive psychology skills, and of course exercise! This is a free program, requiring a pre-assessment at the Y.

For more information, contact Teisha Cavanaugh at teisha.cavanaugh@philaymca.org / ext. 3614

Free 10-week program includes membership

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. For more information, contact Cynthia McCoy at cmccoy@philaymca.org / ext.3644

12-week session Free for Members

COMMUNITY DEVELOPMENT

Facility Rentals
Our facility has multi-purpose rooms for rent. If your group, school, church or organization is looking for a meeting area or place for a fun filled event, please contact Teisha Cavanaugh Ext 3614. Pricing varies based on event and availability.