



Freedom Valley YMCA
www.fvymca.org

DUST OFF AND GET UP!

SPRING I: March 5-April 22 **Full Member Registration**

- AQUATICS** Online, In-person
Youth & Adult February 13 | 6:00am
- PHYSICAL** Online, In-person
Youth February 14 | 6:00am
Adult February 15 | 6:00am
- All YMCA** Phone
Programs February 16 | 7:00am

Program Member Registration

- AQUATICS &** Online, In-person & Phone
PHYSICAL February 20 | 7:00am

SPRING II: April 23-June 10

Full Member Registration begins April 2





Welcome to the 2012 Spring Program Guide

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While we do our best to ensure accuracy in this program guide, there are often changes made to classes and times after we go to print. For the most up-to-date information, please visit our website.

www.fvymca.org

Audubon YMCA

2460 Blvd. of the Generals, W. Norriton, PA 19403
Tel: 610-539-0900 | Fax: 610-539-2975

HOURS

Mon - Thur	6:30am - 9:00pm
Friday	6:30am - 7:00pm
Saturday	8:00am - 4:00pm
Sunday	Closed

Pool hours held at Norristown Area High School

Phoenixville YMCA

400 E. Pothouse Road, Phoenixville, PA 19460
Tel: 610-933-5861 | Fax: 610-935-4993

HOURS

Mon - Fri	5:30am - 10:00pm
Saturday	7:00am - 6:00pm
Sunday	8:00am - 8:00pm

Pottstown YMCA

724 North Adams Street, Pottstown, PA 19464
Tel: 610-323-7300 | Fax: 610-323-7651

HOURS

Mon-Thur	5:30am - 10:00pm
Friday	5:30am - 9:30pm
Saturday	8:00am - 5:00pm
Sunday	8:00am - 5:00pm

Spring Valley YMCA

19 W. Linfield-Trappe Road, Limerick, PA 19468
Tel: 484-984-2000 | Fax: 484-984-2010

HOURS

Mon- Fri	5:00am - 10:00pm
Saturday	7:00am - 7:00pm*
Sunday	8:00am - 8:00pm

Upper Perkiomen Valley YMCA

Pennsburg Square Shopping Center
476 Pottstown Avenue, Pennsburg, PA 18073
Tel: 215-679-9622 | Fax: 215-679-8009

HOURS

Mon-Thur	5:00am - 10:00pm
Friday	5:00am - 9:00pm
Saturday	7:00am - 5:00pm
Sunday	8:00am - 5:00pm

Pool hours held at UPV High School

Things to know when using the YMCA...

- All programs, activities and schedules are subject to change. For the most current information, please check www.fvymca.org or contact your branch's membership desk.
- Members must be at least 12 years of age to use YMCA facilities without adult supervision. Individuals must be at least 14 years of age to use the Wellness Center.
- Children under the age of 12 must be accompanied by a parent or guardian in the water to use both indoor and outdoor pools. Children wishing to swim independent of parent or guardian must pass yearly swim evaluation.
- When a child is attending a YMCA program, a parent/guardian is expected to remain on YMCA property. Children must be picked up by parent/guardian immediately after the program ends.
- The YMCA is not responsible for lost or stolen articles. Please bring a lock to secure your locker while you are in the facilities. Locks must be removed after each use to allow other members to use lockers.
- Cancellation of Freedom Valley YMCA classes in the case of inclement weather is dictated by the school district in which your branch is located or through a KYW closing number. In the case of late afternoon/early evening inclement weather, cancellations will be determined by the Branch Director. Visit www.fvymca.org for more details.
- Pools will close when thunder/lightning is in the area.
- Guests are welcome to visit each of our YMCAs 2 times in a calendar year. Photo ID is required for guests ages 16 and up. Children under 12 must be accompanied by a parent/guardian. Advance arrangements must be made for groups with more than 5 guests.

Spring Valley/Phoenixville
Family \$22, Adult \$12, Youth \$8

Audubon/UPV/Pottstown
Family \$18, Adult \$10, Youth \$7

Our Mission

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Our Financial Assistance

Financial assistance is available to help subsidize fees of those with a determined financial need. Please see a Member Services Representative at one of our branches for more information on how the Y can serve you or your family in this way.

Child Watch

Affordable babysitting is available for a nominal fee at all Freedom Valley YMCA branches while you use our facilities. Child Watch rates and hours for your branch are available online at www.fvymca.org under "Find Branch Info," or you can ask at your Member Services Desk.



NOTE

*Spring Valley YMCA Saturday's hours change to 7am-6pm beginning Sat., April 7, 2012.

Freedom Valley YMCA Membership

MEMBERSHIP LEVEL

ASSOCIATION MEMBERSHIP

Use all indoor and outdoor facilities at all Freedom Valley YMCAs: Spring Valley, Phoenixville, Pottstown, Upper Perkiomen Valley and Audubon.

FULL FACILITY

Enjoy the indoor facilities at your primary branch:

Pottstown Full Facility Membership: entitles members to privileges at Pottstown. Also includes use of Upper Perkiomen Valley YMCA, Kistler- Bitting Park and indoor facility at Audubon YMCA.

Upper Perkiomen Valley Full Facility Membership: entitles members to privileges at Upper Perkiomen Valley YMCA, outdoor pool Kistler-Bitting Park and access to Upper Perkiomen School indoor pool. Also includes use of the indoor facility at Audubon YMCA.

Audubon Full Facility Membership: entitles members to privileges at the indoor facilities at Audubon YMCA. Also includes access to the indoor pool at Norristown High School. This membership does not include access to the Audubon Swim Club Outdoor pool.

All Association / Full Facility members may take programs at any Freedom Valley YMCA Branch. *Full facility memberships at Spring Valley and Phoenixville YMCA branches are Association memberships.

PROGRAM MEMBERSHIP

Required of all participants in classes and/or programs who are not Association or Full Facility Members. Access to the facility is limited to the programs for which you are registered. Fee may be credited toward an Association membership when converted within the first month. Program Membership Fee: \$45 per year (as of 09-01-11).

MEMBERSHIP TYPE

Family	Two (2) Adults in one household and their dependants under age 18.
Adult	18-years or older
Sr. Citizen	60-years or older
Youth	17-years and under or a full-time student under age 23 (with I.D.).

Full Membership - Monthly Rate	Spring Valley	Phoenixville	Pottstown	Upper Perkiomen Valley	Audubon
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ASSOCIATION MEMBERSHIP

Family - Two adults in one household & their dependents under age 18.	\$87	\$87	\$87	\$87	\$87
Adult - 18 & older	\$59	\$59	\$59	\$59	\$59
Sr. Citizen - Age 60 & older.	\$40	\$40	\$40	\$40	\$40
Youth - Age 17 & under, or full-time student under age 23 with ID	\$29	\$29	\$29	\$29	\$29

FULL-FACILITY MEMBERSHIP

Family - Two adults in one household & their dependents under age 18.	N/A	N/A	\$78	\$70	\$55
Adult - 18 & older	N/A	N/A	\$52	\$42	\$41
Youth - Age 17 & under or full-time student under age 23 with ID (AUD), Age 13 & under (PTN)	N/A	N/A	\$19	N/A	\$19

* New Members (except Youth) pay a one-time joiner fee of \$75. If your membership lapses for more than 60 days, you will be required to pay this fee again when you rejoin. Certain health insurance providers may offer a discount on the joiners or membership fee.

Free Classes for Full Members

Participate in any of these YMCA Programs for FREE with an Association or Full-Facility Membership!

Youth

- Board Games for Toddlers
- Busy Bodies
- Dodgeball
- Flag Football
- Lil Miss Dancers
- Mess Class
- Open Preschool Gym
- Parachute Play
- Pee Wee Playground
- Preschool Basketball
- Whale of a Tale
- Rock Wall
- Rollin' in the Doh
- Soccer Starters
- Story Time Jamboree
- Youth Running
- Scooter Fun

Tween

- Badminton
- Cardio Kickboxing
- Dodgeball
- Floor Hockey
- Free Weight Class
- Jr. Instructor
- Jr. Leaders
- Middle School Muscle
- Rock Wall Belay
- Seventh Grade Strength
- Teen Leaders
- Teen Running
- Tween Dodgeball
- Tween Reading Circle
- Ultimate Frisbee
- Ultimate Gym
- Youth Cycling

Adults

- 20/20/20
- 5k Running
- 0 to 5K Running
- 10K Training
- Abs
- Adult Indoor Soccer
- Advanced Circuit Training
- Aqua Arms & Abs
- Aqua Biking
- Badminton
- Body Count
- Body Challenge
- Body Tone
- Body Tone Interval
- Bodyworks
- Cardio 101
- Cardio 911
- Cardio Blast
- Cardio Cross Training
- Cardio Dance
- Cardio Fusion
- Cardio Funk
- Cardio Kickboxing
- Chair Yoga
- Core Training
- Cycling
- Family Cycling
- Family Dodgeball
- Fitness Boxing
- Flip Fitness
- Hydro Aerobics
- Hydro Circuit
- H2O Toning
- Interval/Core Combo
- Interval Training
- Kick It
- Let's Run

- Lunch Time Workouts
- Masters Swim Teams
- Muscle Step
- Open Sports
- Powerflex
- Ready to Get Fit
- Step Aerobics
- Step Interval
- Therapy Program
- Total Body Conditioning
- Transition
- Turbo Kick
- Ultimate Gym Class
- Water Walking
- Water Running
- Wave Jumpers
- Weight Loss Challenge

Active Older Adults

- Arthritis Aquatics Exercise
- Aquatonics
- Beginner Senior Strength Training
- Chair Yoga
- Drop-in Arthritis Exercise
- Fit & 50
- Fit & 50: Strength & Stretch
- Fitness Training for Active Older Adults
- Pickleball
- SASSY
- Senior Cardio Cross Training
- Senior Splash
- Senior Stretch
- Senior Weight Lifting
- Yoqua

Freedom Valley Child Care

Early Learning Center

Early Learning Care & Education for children ages 6-weeks – 5 years is offered year-round, Monday - Friday. Our calendar and hours are designed to meet the needs of working families.

In State-Licensed & STARS Quality facilities, well-trained and degreed teaching staff guide children in their selection of activities that foster development for school readiness. Children's emerging skills and interests are explored through use of our standardized course of study called, "The Creative Curriculum" and the core content areas:

- Library
- Blocks
- Computers
- Art
- Dramatic Play
- Discovery
- Toys & Games
- Outdoor Recreation
- Sand & Water



Infant/Toddler – 6-weeks to 3 years

Safe, loving environment with experienced caregivers allow infants and toddlers to grow and flourish. Growth and development are supported & facilitated as children experience their new independence.

Preschool – 3 to 5 years

Child-centered activities introduce and foster the development of Kindergarten Readiness skills while supporting children's natural curiosity about the world around them through dramatic play. Staff encourage pro-social behavior and provide opportunities to increase self-care skills.

Each child who is enrolled receives a free youth membership!

Nursery School

A part-time nursery school program which runs from September through May and provides a beneficial social experience and a good foundation for future education. Encourages attentive listening skills through the loving guidance of experienced teachers and aides. Daily activities include circle time, arts and crafts, music and songs, games, and play time. Field trips, snack, outdoor activities and special guests are also included in the curriculum.

- 2 1/2 to 3 hour classes for children
- Ages 2 to 5 run from September to May.
- Available at all Freedom Valley YMCA's!

*Child must have a current Freedom Valley YMCA full or program membership.

The Freedom Valley YMCA is an Equal Opportunity Care Provider. We provide services without regard for race, age, gender, religion, ancestry, disability (including Limited English Proficiency), and marital status. The Freedom Valley YMCA Early Learning & School-Age Programs are licensed and participate in quality initiatives, including Keystone STARS and Pre-K Counts.



**2012-2013 Registration
Call for information packets now!**

Learn more on our child-care programs at www.fvymca.org/child-care or contact the child-care office at:

Audubon YMCA	610-539-2974
Phoenixville YMCA	610-933-8860
Pottstown YMCA	484-945-0400
Spring Valley YMCA	610-948-9622
Upper Perk YMCA	215-679-9622



School-Age Child Care

Our before- and after-school programs offer an opportunity for kids to engage in a variety of activities, expanding learning beyond what they experience during school hours. Directed at children in elementary grades and supplemental kindergarten, our programs are hosted in the YMCA and at many local Elementary and Middle schools.

Links to Learning

Upper Perkiomen Valley YMCA's school-age Child Care program for Kindergarten through 5th grade links before and after school care to the school curriculum through enrichment activities.

KinderKids/KinderBears

Half-day and extended care for kindergartners incorporates educational and recreational activities that supplement the Kindergarten day.

Middle School Program

Especially for the middle school student. Special events, computer room, study time, community service programs and more!

P.L.A.Y. Days

"Play and Learn At the Y"

Audubon and Spring Valley Y's "Play and Learn at the Y" Days is an alternative to our School-Age program. This option includes child care during scheduled full-days off from school. You must commit to a monthly payment or the entire school year.

Y-Day Insurance

Guarantees care on the days your child's school is closed: most in-service days, holidays and snow closings. Y-Day Insurance is an option only for children in our School-Age Child Care Program. You must enroll in this optional program to take advantage of this service.

- Trained, Experienced Staff
- State-Licensed & STARS Rated
- Planned Curriculum
- Homework Supervision
- Arts & Crafts
- Indoor/Outdoor Recreation
- Games & Activities
- A Free YMCA Youth Membership for every student enrolled full-time!

** Not every activity/program is offered at each branch. Be sure to call your Y to request more information!*

S.T.R.O.N.G. Program

Striving to Reach Our Needs and Goals

Audubon YMCA's **STRONG** Program offers after school care to K – 8th graders who live in the Norristown Borough.

Participants receive academic support, mentoring and inspiration from role models to inspire them to reach greater heights.

The STRONG learning environment incorporates the Keystone Stars Standards for Learning, as well as the YMCA of the USA curriculum guidelines at our certified site location.

Contact Erica Genuardi of the the Audubon YMCA at 484-539-0900 x6238 or email egenuardi@fvymca.org for more information.

Please contact a Freedom Valley YMCA School Age Director to request rates, registration, and financial assistance information and options offered at your branch.

www.fvymca.org/child-care

SOCIAL

Adventure Guides - *The Outdoor Club for Kids*

Where: Audubon YMCA or Mill Grove
When: December, biweekly | 6:30 -8:00pm
Who: Parents and Children; all ages
What: Develop and strengthen your parent-child relationship through biweekly meetings and activities such as campouts, swimming, games, crafts, skits and off-site trips. Contact Sarena Barausky, Youth Services Director, at 610-539-0900 for details.

Walking Club at Mill Grove

Where: Audubon YMCA or Mill Grove
When: Tuesdays | 12:00-1:00pm
Who: Parents and Children; all ages
What: Come join in the fun of getting in shape at your own pace. By the end of this 7 week program you will have built stamina, increased aerobic activity all while being around family and friends.

Games Families Play

Where: Spring Valley YMCA - Gym A
When: Mar. 25 | 3:00-4:30pm | 40PH-YFAMFU01
 April 22 | 3:00-4:30pm | 40PH-YFAMFU02
Who: Full Members
What: Come out with your whole family and play some games! Everything from dodgeball, scooter races, kickball, sports and more!
Cost: Free for Full Members Only.

Community Swims

Where: Pottstown YMCA
When: Monday, February 20 | 12:00-2:00pm
 Sunday, March 11 | 3:00-4:30pm
 Sunday, April 15 | 3:00-4:30pm
 Sunday, May 6 | 3:00-4:30pm
 Sunday, June 10 | 3:00-4:30pm
Who: Open to Community - Children under 12 must have a parent present. Children under 6 must have an adult in the water with them at all times. Proceeds the Y Cares Campaign.
Cost: Full Member Free, Individual \$2, Family \$5
 Proceeds benefit Y Cares Campaign.

Tween Time

Where: Spring Valley YMCA
When: March 16 | 6:30-8:00pm | 40PH-YFRINF01
Who: Members age 9-11
What: Come out and play some of your favorite sports and games. Bring your bathing suits, as swimming is always a possibility! Must register, as space is limited.
Cost: Free to full members/ guest welcome, but must pay guest Fee.

SUPPORT

Grief Support Groups

If your life has been affected by a loss of any kind, you're not alone. If you're not sure how to deal with the emotions you are experiencing, join us for grief support at our Pottstown, Spring Valley and Phoenixville locations. No registration required.

Who: Free to the Community.

Where: POTTSTOWN YMCA

H.O.P.E. (Healing Our Pain Effectively)

When: Meets 1st & 3rd Wednesday of the month at 6:30pm
 Sessions are facilitated by Rev. John Smolik, sponsored by Houck & Gofus Funeral Home

Where: SPRING VALLEY YMCA

When: Meets 3rd Wednesday of the month | 2:00-3:00pm
 Sessions are facilitated by TriCounty Home & Health Hospice
 Interactive discussion topics include:

- January 18: Shock
- February 15: Jealousy
- March 21: Confusion/Disorganization:

Where: PHOENIXVILLE YMCA

When: Meets 3rd Monday of the month from 5:30-6:30pm
 Interactive discussion topics include: For additional information, please contact Seasons Hospice at 1-888-839-7410.

- March 19 *Will I Ever*
- April 16: *Moving Forward...Growth and New Life*
- May 21: *Open Session*
- June 18: *Its Ok to Remember (Bring pictures and memory items)*
- July 16: *How to Talk to Children about Grief and Loss*

Autism Spectrum Disorder

Support group for Parents/Caregivers

Where: Pottstown YMCA

What: If you are a parent/caregiver of a child with ASD, you are definitely not alone. Please join us to share information, get help with navigating the system, listen to guest speakers and get support. Open to the community.

Who: Support for ASD families

Cost: Free to the community-some seminars will require early registration

When: Meets the First and 3rd Thursday of the Month
 For more information contact Lynn Seponski, 610.323.7300 ext 13.

Time: 6:30-7:30pm

Phoenixville Hospital Health Seminars

Where: Phoenixville YMCA

When: 12:00Noon-1:00pm

Wed., February 15 - Senior Home Safety Workshop

Wed., March 21 - The 20 Questions You Should Ask About Home Care

Wed., April 18 – Food as Medicine

Wed., May 16 – A Laugh a Day Keeps the Doctor Away

Wed., June 20 – The Benefits of Meditation

Who: Free and open to the community. Sign up in the lobby or call 610-933-5861

Sweethearts Night Out

Where: Upper Perkiomen Valley YMCA

When: February 10 | 6:00-8:30pm

Who: Full Members ages 6 months - 8 years

What: Parents have a night out while your children are entertained. Crafts, snacks and games.

For the Love of Chocolate

Where: Audubon YMCA

When: Saturday February 11 | 1:00-4:00pm

Who: Girls 17 & Up

Cost: \$10

What: Enjoy an afternoon of all sorts of Chocolate: From facials to massages and creating your own treats, it's all about the Chocolate and you!

February

Express yourself

Where: Pottstown YMCA

When: Monday, February 6 | 6:00-7:00pm
50PH-YEXPRM01

What: Light snack, craft and kidz Zone time.

Who: Ages 12-15

Cost: Full Members: \$5, Program Members \$7. Please Register by February 2.

Where: Spring Valley YMCA

When: Monday, Feb. 27 | 7:00-8:00pm | 40PH-YYEXPM01

What: Light snack, craft and Kidz Zone time.

Who: Ages 8-12

Cost: Full Members: \$5, Program Members \$7. Please Register by February 23.

February is National Women's Heart Month

Where: Pottstown YMCA

When: February 6-10

What: Events planned all month; Informational table, mini chair massages, free blood pressure screenings and more!

Where: Phoenixville YMCA

When: All month Long

What: Events all month; Informational table, free chair massages in lobby, free blood pressure screenings & more!

Feng Shui Clutter Solutions

Where: Spring Valley YMCA Conference room

When: Wednesday, Feb 8 6:30-8:00 | 40PH-YCAREW02

What: You'll learn basic fundamentals of FENG SHUI from an experienced professional. You'll learn principles of color, space and organization which contribute to why you love-or hate-your home. Topics include: The Bagua, problem w/ clutter, and letting go. Taught by Courtenay Day Becker, Owner, Day Organizing & Design

Cost: \$5 goes directly to our Y-Cares Campaign

Valentine Fun

Where: Pottstown YMCA

When: Monday, Feb 13 | 6:00-6:30pm | 50PH-YVALEM01

Who: Full Members Ages 6-10

Cost: \$2

What: Come decorate a cookie and make a card for someone special. Please register by 2-6.

Fall In Love With Fitness

Healthy Heart Challenge | Fitness Bingo

Where: Pottstown YMCA

When: Challenge runs February 4-26

Who: Full Members, Free

What: Stop by the front desk to pick up challenge info and guidelines. Great prizes! For more information, contact Lynn Seponski ext 13. Plus check out our Heart Healthy tips and information posted in the Wellness Center & Lobby.



Where: Phoenixville YMCA

When: Challenge runs February 4-26

Who: Full Members, Free

What: Stop by the Promotions Bulletin Board outside of the Wellness Center to pick up challenge information and to check out Heart Healthy tips. For more information please contact Michelle Ferretti 484-921-5854.

Where: Upper Perkiomen Valley YMCA

When: Challenge runs month of February

What: Fill out a fitness bingo card and win prizes. Get information in the Wellness Center.

Family Zumba Night

Where: Audubon YMCA
When: Friday, February 17 | 7:00-8:30 pm
Who: Families ages 8 and up, all invited.
Cost: Adults-\$8 Children under 10 -\$4 Children must be accompanied by an adult.
What: Bring the family out to try a fun new fitness fad-ZUMBA. Have fun while getting into shape with this international dance fitness program. Combines high energy motivating music with unique moves that will keep your family stepping.

Crop Till You Drop

Where: Pottstown YMCA
When: Saturday, February 25, 2012 | 9:00-4:00pm
 50PH-YCROPS01
Who: Open to Community - Ages 18 & Up
What: Join us for a day of scrap booking. Scrap booking is a hobby that has been growing in popularity. Preserve your memories in a unique and creative way. Everything you need to know to get started and also to inspire seasoned scrap bookers to keep going and to add new techniques to their repertoire. Come see what others have created. Scrap booking and stamping demonstrators will be on hand to assist you. Lunch is provided. Lots of door prizes and raffles.
Cost: \$20 per person. Please register by 2/13.

All You Can Eat Spaghetti Dinner

Where: Pottstown YMCA
When: February 26 | 4:30-7:30pm
What: Sponsored by Pottstown Seahawks National Swim Team
Cost: Adults \$8, Children Under 10 \$4

Spring Into Shape

Where: Audubon YMCA
When: February 27th, 2011 – March 3rd, 2011
Who: Ages 12 and up
What: Take advantage of all the great classes the Y can offer. During this week come try something new or join in your favorite class.
Cost: Free to all members

Womens Heart Health Expo

Where: Phoenixville YMCA
When: February 27th | 9:00-11:30am
Who: Ages 12 and up
What: Take advantage of all the great classes the Y can offer. During this week come try something new or join in your favorite class.
Cost: Free to all members



Train for our Annual 5K Run

Where: Upper Perkiomen Valley YMCA
What: Stop in the Wellness Center to get a training schedule to fit your personal fitness level. Receive instructions for weekly trainings to get you ready for the 5K run in May. You may also print customized schedules from our website.

March

Ladies Evening Out

Where: Spring Valley YMCA
When: Feb 28 | 5:30 -8:15pm | 40MELADEVT01
Sponsored by Paoli Hospital & Spring Valley YMCA
Who: Open to the Community
What: Educational seminars including Nutrition for Women, Cardiac risk in Women and Menopause: What you always wanted to know but were afraid to ask! Screenings include glucose/cholesterol, blood pressure, and dexiscan (bone density). Health education displays, vendors, raffles and refreshments. This event is free and open to the community. Pick up a flyer with seminar times at Spring Valley YMCA's Member Services Desk or visit our website at www.fvymca.org. Registration required.

2012 Y Member Meet

Where: Phoenixville YMCA
When: Saturday, March 3
Time: 9:30am - warm-up | 10:00am - start
Who: Ages 5-14
What: This entry level meet is designed for the beginner and intermediate swimmer. Individuals currently registered in association swim classes (starfish, minnow or higher, or pre-team class) are eligible to enroll. All proceeds go toward the Y Cares Campaign. Packets will be available at the front desk of your branch on January 16th. Registration due by February 27th.
Cost: \$3 per event

Sunday with Seuss

Where: Spring Valley YMCA
When: Sunday, March 4th
Who: Full members Only
Times: 4:30 pm 40PH-YSEUSU01
 5:00pm 40PH-YSEUSU02
 5:30 pm 40PH-YSEUSU03
 6:00 pm 40PH-YSEUSU04

What: Come out for a story and craft from one of America's best loved authors. Must register to attend.



2 Hour Cardio Class for Y CARES

Where: Phoenixville YMCA
When: Sunday, March 4 | 12:30-2:30pm
Who: Open to the Community
What: Back by popular demand, our two hour cardio class featuring 15 minute segments with your favorite instructors. Additional activities will be available to keep your kids active and occupied so you can enjoy your workout. All proceeds benefit Y Cares.
Cost: \$10 minimum donation / adult participant
 \$5 minimum donation / child (ages 3 & up)

Comedy Night - Laugh Yourself Silly

When: March 9, 2012 • 6:30 pm
Where: East Greenville Fire Company
 401 Washington Street
 East Greenville, PA
Cost: \$25/person
 Reserve a table of 10 for \$250.
What: Benefits the Y Cares Financial Assistance program. Two comedians, light dinner, music, chance auction, silent auction and raffles



National Agricultural Week

Where: Pottstown YMCA
When: March 12-15
Who: YMCA Members
What: A variety of farm related activities going on all week. Pick up a flyer at the front desk. Chick eggs arrive 3/6. Watch them begin to hatch the week of 3/12.



Senior Lunch Bunch

Sponsored by Community Health Services, Paoli Hospital
Where: Audubon YMCA
When: Tuesday, March 15 | 12Noon
Who: Senior Citizens & others interested in basic health topics
What: Join Donna Leva,. LPT from Paoli Hospital for a healthy lunch and an informative presentation about our "Achy Joints"
Cost: \$6 for a full lunch

Cycle Club

Where: Upper Perkiomen Valley YMCA
When: Sunday, beginning March 18 • 8:00am
What: Meet and ride with other bicyclists.
 Led by Dr. Craig D. Hall

Breakfast with the Bunny

Where: Applebee's in Audubon
When: Saturday, March 24 | 8am-10am
What: Enjoy a delicious pancake breakfast and then have your picture taken with the Easter bunny!
Cost: \$5 for breakfast, \$7 with picture, children under 2 free

Breakfast with the Bunny

Where: Spring Valley YMCA
When: Sunday, March 25
What: Enjoy a delicious buffet breakfast of scrambled eggs, hash browns, country ham and toast, and beverage. Then hop on down to have your picture taken with the Easter Bunny and make a craft! All family members must be registered.
Cost: \$6 adults, \$4 children, children under 2 free.
Seating Times:

8:30am	40MEBUNNS00
9:00am	40MEBUNNS01
9:30am	40MEBUNNS02
10:00am	40MEBUNNS03
10:30am	40MEBUNNS04

Jelly Bean Jamborree

Where: Pottstown YMCA
When: March 30 | 6:30-8:30pm | 50PH-YJELLF01
Who: Open to the community, children 10 & under with parents / guardian
Cost: \$5/child, Age 1 and under free.
What: Enjoy a "hopping" family night at the Y. Music by DJ Steve from Pure Fun Entertainment, raffles, egg scramble, face painting and a visit from that special bunny. Register by 3/23.

Family Bingo & Pizza Night

Where: Phoenixville YMCA
When: Friday, March 30 | 6:00-9:00pm
Who: Open to the Community
What: Fun and prizes for kids of all ages!
Cost: Adults: \$5 Family (up to 4) \$12

3rd Annual Comedy Night

Where: Phoenixville YMCA
When: March 31 | 6:00pm
 Franklin Commons, Phoenixville
Cost: Tickets - \$30/person.
What: Benefits the Y Cares Financial Assistance program. For more information about this event or to purchase tickets, call the Phoenixville YMCA or visit www.fvymca.org

April

50th Annual Good Friday Breakfast

Where: Phoenixville YMCA
When: April 6 | 6:00 am Breakfast, 7:00 am Program
Featuring, Dr. Don Meyer, President of Valley Forge Christian College
Who: Open to community
Cost: FREE

May

Family Zumba

Where: Upper Perkiomen Valley YMCA
When: April 13 | 7-8:30 pm
Who: Ages 8 & Up
What: Bring the family to try out a fun international dance fitness program. Combines high energy motivating music with Latin dance moves.
Cost: \$8 per family

Room Remix

Where: Upper Perkiomen Valley YMCA
When: Saturday, April 14 | 7-8:30 pm
Who: Ages 18 & Up
What: Imagine your home completely clutter free. Renee Pratt, owner of Room Remix will teach you how to create stylish organized spaces you will love.
Cost: FREE to full members

Eco-kids Night

Where: Pottstown YMCA
When: April 21 | 50PH-YECOKS01
Who: Full members, Ages 8-12
Cost: Free to full members, Register by April 16.
What: Celebrate Earth Day with a cool craft made from recycled materials.



Tye-Dye

Where: Spring Valley YMCA
When: April 23 | 6:30-8:00pm
Who: Full Members ages 8-14
Cost: \$4 Must register by April 18th | 40PH-YTYEDM01
What: Bring a clean white shirt, pillowcase or socks to dye.

2012 Healthy Kids Day (Mini Triathlon)

Where: Pottstown YMCA
When: Saturday, April 28th | 9:00 am-12noon
Who: Children Ages 8-13yrs
What: Come run 1 mile, bike 3 miles (indoor), and swim 500 yards. Receive a certificate, water bottle and special toe tokens for completion. Register by 4/22

Yard Sale

Where: Pottstown YMCA
When: May 5 | 8:00-12:00pm (no early arrivals please) 50PHAYARDS01
Who: Open to the Community
What: Interested in selling your unwanted items? Contact Lynn Seponski ext 13 for details. \$15 a parking spot...must provide your own table if you need one. Register for your spot by 4/30.registration.

Survive the Five, 5K Run & Fun Walk

Where: Upper Perkiomen Valley YMCA
 Kistler-Bitting Park, East Greenville
When: Saturday, May 5 | 9:00am
What: Run or Walk our 5 mile route, Support of our Y Cares Financial Assistance Program.
Who: Open to Community
Cost: \$20 Individual, \$50 Family



Family Bingo & Pizza Night

Where: Phoenixville YMCA
When: Friday, May 18 | 6:00-9:00pm
Who: Open to the Community
What: Fun and prizes for kids of all ages!
Cost: Adults: \$5 Family (up to 4) \$12

Senior Health and Fitness Day

Where: Spring Valley YMCA
When: Wednesday, May 30/ 9am-1:30pm | 40MESRHTHW01
What: If you or someone you know is age 55 and over, come experience the Y for FREE this day. Take a step towards a healthier lifestyle with a variety of non-competitive and low-impact activities. Health fair, demos, screenings, chair massages and light buffet lunch. Come dressed to move! Registration required. Pick up a schedule at the Member Services Desk in early May.
Who: Members and non-members

19th Annual National Senior Health & Fitness Day

Where: Phoenixville YMCA
When: Wednesday, May 30
 9:00-1:00pm
Cost: FREE to the Community
What: Health and wellness information, fitness demos and more!
Who: Members and Non Members age 55 and over.



Senior Health and Fitness Week

Where: Pottstown YMCA

When: May 21-25

Who: Active Older Adults in the community

What: Stop by the Y for a week long tribute to the Seniors in our community -Senior Health screenings, seminars, raffles, demos, free tours and more. See what we have to offer you and your families. Contact the Pottstown YMCA for more information and a schedule.

Senior Health and Fitness Day

Where: Audubon YMCA

When: Thursday, May 31 | 9:00-1:00pm

Who: Members & Non Members age 55 and over

What: Health and wellness information, fitness demos and more!

Cost: FREE to the Community

TAKE ON SUMMER APRIL 28, 2012

**HEALTHY
KIDS DAY®**
A YMCA Initiative

Visit one of your Freedom Valley branches for a day of fun the whole family can enjoy!

- Activities
- Games
- Health Information
- Healthy Snacks
- Great Prizes

REGISTER NOW FOR FREEDOM VALLEY YMCA SUMMER DAY CAMPS!

JUNE 11 - AUGUST 24
Open to Ages 2-17

DAY CAMPS FOR AGES 4-17!

FOCUS CAMPS: Creative Arts, Performing Arts, Science, Pottery, Bike, Hike & Canoe & Swimming.

SPECIALITY CAMPS: Dance, Photography, Skateboarding, Cooking & Gymnastics.

SPORTS CAMPS: Tennis, Basketball, Soccer, Baseball, Football, Court Sports, Field Sports & more!

ADVENTURE CAMPS: Circus Camp, Outdoor Living Skills and Ropes Course!

TEEN LEADERS & COUNSELORS IN TRAINING: For ages 13+

CAMPS FOR SPECIAL NEEDS: Camp Majic or Camp Akai at Spring Valley YMCA!

PRE-K & PRESCHOOL CAMPS: Half day camps for ages 5 & under!

Stop by the registration desk to pick up the 2012 Camp Brochure!

FREE Before & After Camp Care!



LEARN WHAT IT MEANS TO BE A 7TH GRADER

AT THE FREEDOM VALLEY YMCA!

Research shows that children make the decision to adopt a healthy or unhealthy behavior that carries into adulthood between the ages of 12-13. In support of this critical time, the Freedom Valley YMCA joins Pennsylvania Y's in promoting the importance of a healthy, active lifestyle for these 7th graders with a FREE membership at any Freedom Valley YMCA branch.

CHECK OUT OUR **SPRING PROGRAMS AND CLASSES** AND HELP YOUR 7TH GRADER MAKE THE HEALTHY CHOICE!

How do I join?

Seventh graders may activate their FREE membership at any Freedom Valley YMCA branch with a parent and proof of 7th grade status (report card, class schedule, etc.). Call or visit your local YMCA branch for more information! *7th Grade memberships run September 1st - May 31st.

The purpose of the Y Heritage Committee is to preserve the Christian Heritage of the YMCA as it was established in 1844 by promoting a Christian personality within the Y community based on our Y's heritage focusing on building a healthy spiritual life.

PRESERVING OUR CHRISTIAN HERITAGE . . .

The Y Heritage Committee is made up of YMCA staff and volunteers working together to provide programming and information that will connect members to the Y's spiritual heritage.

For additional information or to get involved

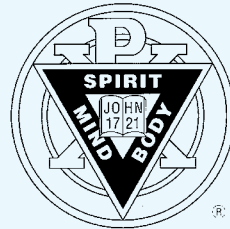
with the committee,

please contact:

Dennis Duncan

dduncan@fvymca.org

484-620-7017



You're Invited!

Birthday Parties at the YMCA

The Freedom Valley YMCA can host a fun, stress-free party for you and your child. Pool, gym and theme party options available depending on branch location. Call your Member Services Desk for availability and more information.



Parent-Child (6-48 months)

This water enrichment program provides a positive environment for children ages 6 - 48 months with a parent or guardian in the water. Parents are guided through basic swimming skills by our trained instructors. We follow the guidelines of the YMCA of the USA. Children must have head control and must wear swim diapers, not regular disposable diapers.

Shrimp & Kipper (6-18 months) & Inia (19-24 months)

Parents learn basic aquatic safety and experience to help bond with their children. Infants learn basic skills & have fun playing with toys and flotation devices.

Perch (24-36 months)

Children become more independent in the water as the instructor prepares them for a class without a parent. Skills and equipment are introduced.

Pre-Pike w/parent (3-4 years)

For children who are 3, but need assistance separating from parent. Instructors will be working on phasing parent out of the water.

Preschool (Ages 3-6)

Children learn the fundamentals of swimming with an emphasis on personal safety and developing strength, endurance and coordination. This program follows the guidelines of the YMCA Swim Lessons Preschool Program. If a child is not fully Potty trained, the child must wear a swim diaper. Must remain in preschool classes thru completion of Kindergarten.

Pike A

First level of the preschool program. Class teaches water comfort, blowing bubbles, swimming with flotation aids, and to float with assistance.

Pike B

For the beginner swimmer who is comfortable in the water and can paddle independently using a bubble and secondary instructional flotation device. Class works on putting face in the water, independent swimming, independent back floating, and jumping into the pool with assistance.

Eel

For the beginning swimmer who can swim 8-10 feet without flotation and can float on their back independently for 5 seconds. Child must be willing to put their face in the water, and jump into the pool.

Ray

For the advanced beginner who can swim 1/4 to 1/2 lap of the pool independently with their face in the water. Child must be able to float on their back without assistance and propel on back about 1/4 length of the pool. Child must be able to jump into the pool and swim back to the wall without assistance.

Starfish

For the advanced beginner who can swim 1/2 to 3/4 lap of the pool with their face in the water. Child can float on their back independently and propel on their back 1/4 length of the pool. Child must be able to jump into the pool and swim back to the wall without assistance. Child must be able to tread water for 15 seconds.

Progressive (Ages 6-12)

To enter the progressive levels, children must be in first grade or higher. Children will learn the fundamentals of swimming and water safety with increased stroke development and endurance as the levels increase. This program follows the guidelines of the YMCA Progressive Swim Lesson Program.

Polliwog

This is a beginner class. The swimmers will work on putting their face in the water, blowing bubble, paddling on front and back with and without flotation, back floating and jumping into water without assistance.

Guppy

To enter this level, a swimmer must paddle on their front and back for 20-feet without flotation, back float 30-seconds and jump into water and return to the wall unassisted.

Minnow

To enter this level, a swimmer should be able to back float for 30-seconds, swim 25-yards freestyle with rudimentary breathing, 25-yards backstroke and 25-yards elementary backstroke.

Fish

To enter this level, a swimmer should be able to swim 50-yards freestyle with rotary breathing, 50-yards backstroke, 25-yards elementary backstroke, and 25-yards breaststroke.

Flying Fish

To enter this level, swimmer must be able to swim 100-yards freestyle with rotary breathing, 100-yards backstroke and 50-yards breaststroke, and attempt the sidestroke and butterfly.

Shark

To enter this level, a swimmer must be able to swim 100-yards freestyle with rotary breathing, 100-yards backstroke, 100-yards breaststroke and 25-yards butterfly.

Private

Gain confidence in the water or improve your swimming skills with swim instruction tailored to your individual needs. Lessons are available for all ages. We do our best to coordinate days and times for your convenience depending on pool availability. For Full Members Only. [Visit our website for Spring Valley Private Lesson Schedule.](#)

Fee: **15 Minute Lesson- \$15**
 30 Minute Lesson- \$30

To set up appointments or if you are unsure of your child's swim level, please call the Aquatics Department.

Phoenixville: Leslie at 484-921-5843

Spring Valley: Mary at 484-984-2012

Audubon: Erica at 610-539-0900 x 6238

Pottstown: Sandy at 610-323-7300 x16

Upper Perk: Mike at 215-679-9622

Spring Session I

March 5 - April 22

Spring Session II

April 23 - June 10

KEEP YOUR PROGRAM GUIDE
FOR SPRING SESSION II CLASSES!

All Audubon swim lessons are held at
Norristown Area High School.

Shrimp, Kipper PARENT / CHILD (6-18 mo.) Full \$32; Program \$55				
AUD	I	Tues	5:30-6:00pm	30AQ-YSHIRT01
AUD	I	Sat	9:00-9:30am	30AQ-YSHIRS01
PHX	I/II	Tue	10:20-10:50am	10AQ-YSHRIT01
PHX	I/II	Sat	9:35-10:05am	10AQ-YSHRIS01
SV	I/II	Sat	8:30-9:00am	40AQ-YSHRIS01
SV	I/II	Sun	5:00-5:30pm	40AQ-YSHRIU01
Shrimp, Kipper & Inia PARENT / CHILD (6-24 mo.) Full \$32; Program \$55				
AUD	I	Tues	5:30-6:00pm	30AQ-YSHIRT01
AUD	I	Sat	9:30-10:00am	30AQ-YSHIRS01
PHX	I/II	Thur	9:45-10:15am	10AQ-YSHRIR01
PHX	I/II	Thur	6:35-7:05pm	10AQ-YSHRIR02
PHX	I/II	Sat	11:55-12:25pm	10AQ-YSHRIS02
PHX	I/II	Sun	4:00-4:30pm	10AQ-YSHRIU01
PTN	I/II	Tue	9:30-10:00am	50AQ-YSHRIT01
PTN	I/II	Tue	6:30-7:00pm	50AQ-YSHRIT02
PTN	I/II	Wed	5:00-5:30pm	50AQ-YSHRIW01
PTN	I/II	Thur	10:00-10:30am	50AQ-YSHRIR01
PTN	I/II	Thur	7:00-7:30pm	50AQ-YSHRIR02
PTN	I/II	Sat	8:30-9:00am	50AQ-YSHRIS01
SV	I/II	Mon	9:30-10:00am	40AQ-YSHRIM01
SV	I/II	Mon	5:00-5:30pm	40AQ-YSHRIM02
SV	I/II	Tue	10:35-11:05am	40AQ-YSHRIT01
SV	I/II	Tue	6:05-6:35pm	40AQ-YSHRIT02
SV	I/II	Wed	10:35-11:05am	40AQ-YSHRIW01
SV	I/II	Wed	5:00-5:30pm	40AQ-YSHRIW02
SV	I/II	Thu	10:35-11:05am	40AQ-YSHRIR01
SV	I/II	Thu	6:05-6:35pm	40AQ-YSHRIR02
SV	I/II	Fri	10:35-11:05am	40AQ-YSHRIF01
SV	I/II	Sat	11:25-11:55am	40AQ-YSHRIS01

Shrimp, Kipper, Inia Perch, Pre-Pike PARENT / CHILD (6-36 mo.) Full \$32; Program \$55				
UPV	I/II	Sat	9:10-9:40am	60AQ-YSHRIM01
Inia PARENT / CHILD (19-24 mo.) Full \$32; Program \$55				
PHX	I/II	Tue	9:45-10:15am	10AQ-YINIAT01
PHX	I/II	Tue	6:15-6:45pm	10AQ-YINIAT02
PHX	I/II	Sat	10:45-11:15am	10AQ-YINIAS01
SV	I/II	Sat	10:15-10:45am	40AQ-YINIAS01
SV	I/II	Sun	6:35-7:05pm	40AQ-YINIAU01
Perch PARENT / CHILD (24-36 mo.) Full \$32; Program \$55				
AUD	I	Thur	5:30-6:00pm	30AQ-YPERCR01
AUD	I	Sat	9:30-10:00am	30AQ-YPERCS01
PHX	I/II	Tue	11:30-12:00pm	10AQ-YPERCT01
PHX	I/II	Tue	6:50-7:20pm	10AQ-YPERCT02
PHX	I/II	Wed	9:10-9:40am	10AQ-YPERCW01
PHX	I/II	Thur	6:00-6:30pm	10AQ-YPERCR01
PHX	I/II	Sat	9:00-9:30am	10AQ-YPERCS01
PHX	I/II	Sat	10:10-10:40am	10AQ-YPERCS02
PHX	I/II	Sat	11:20-11:50am	10AQ-YPERCS03
PHX	I/II	Sun	3:30-4:00pm	10AQ-YPERCU01
PTN	I/II	Tue	10:00-10:30am	50AQ-YPERCT01
PTN	I/II	Tue	7:00-7:30pm	50AQ-YPERCT02
PTN	I/II	Wed	5:00-5:30pm	50AQ-YPERCW01
PTN	I/II	Thur	9:30-10:00am	50AQ-YPERCR01
PTN	I/II	Thur	6:30-7:00pm	50AQ-YPERCR02
PTN	I/II	Sat	9:00-9:30am	50AQ-YPERCS01
PTN	I/II	Sun	12:30-1:00pm	50AQ-YPERCU01
SV	I/II	Mon	10:35-11:05am	40AQ-YPERCM01
SV	I/II	Mon	5:30-6:00pm	40AQ-YPERCM02
SV	I/II	Tues	10:00-10:30am	40AQ-YPERCT01
SV	I/II	Tues	5:30-6:00pm	40AQ-YPERCT02
SV	I/II	Wed	11:05-11:35am	40AQ-YPERCW01
SV	I/II	Wed	5:30-6:00pm	40AQ-YPERCW02
SV	I/II	Thurs	10:00-10:30am	40AQ-YPERCR01
SV	I/II	Thurs	5:30-6:00pm	40AQ-YPERCR02
SV	I/II	Fri	10:00-10:30am	40AQ-YPERCF01
SV	I/II	Sat	9:05-9:35am	40AQ-YPERCS01
SV	I/II	Sat	10:50-11:20am	40AQ-YPERCS01
SV	I/II	Sun	5:30-6:00pm	40AQ-YPERCU01
SV	I/II	Sun	7:10-7:40pm	40AQ-YPERCU02

NOTE

All UPV swim lessons are held at Upper Perk High School

Youth Swim Lessons

Pre-Pike			PARENT / CHILD (34-36 mo.) Full \$32; Program \$55	
AUD	II	Sat	10:00-10:30am	30AQ-YPREPS01
PHX	I/II	Thur	10:55-11:25am	10AQ-YPREPR01
PHX	I/II	Thur	5:45-6:15pm	10AQ-YPREPR02
PHX	I/II	Sat	11:50-12:20pm	10AQ-YPREPS01
PTN	I/II	Tue	10:30-11:00am	50AQ-YPREPT01
PTN	I/II	Wed	5:30-6:00pm	50AQ-YPREPW01
PTN	I/II	Sat	9:30-10:00am	50AQ-YPREPS01
SV	I/II	Mon	10:00-10:30am	40AQ-YPREPM01
SV	I/II	Mon	6:05-6:35pm	40AQ-YPREPM02
SV	I/II	Tues	9:30-10:00am	40AQ-YPREPT01
SV	I/II	Tues	5:00-5:30pm	40AQ-YPREPT02
SV	I/II	Wed	6:05-6:35pm	40AQ-YPREPW02
SV	I/II	Thur	9:30-10:00am	40AQ-YPREPR01
SV	I/II	Thurs	5:00-5:30pm	40AQ-YPREPR02
SV	I/II	Fri	9:30-10:00am	40AQ-YPREPF01
SV	I/II	Sat	9:40-10:10am	40AQ-YPREPS01
SV	I/II	Sun	6:05-6:35pm	40AQ-YPREPU01

Pike A			PRESCHOOL (3-6 yr.) Full \$35; Program \$70	
AUD	II	Tue	5:30-6:00pm	30AQ-YPIKAT01
AUD	II	Thur	6:05-6:35pm	30AQ-YPIKAR01
AUD	II	Sat	9:35-10:05am	30AQ-YPIKAS01
PHX	I/II	Mon	9:10-9:40am	10AQ-YPIKAM01
PHX	I/II	Mon	1:00-1:30pm	10AQ-YPIKAM02
PHX	I/II	Mon	5:20-5:50pm	10AQ-YPIKAM03
PHX	I/II	Tue	10:55-11:25am	10AQ-YPIKAT01
PHX	I/II	Tue	1:10-1:40pm	10AQ-YPIKAT02
PHX	I/II	Tue	4:35-5:05pm	10AQ-YPIKAT03
PHX	I/II	Tue	5:45-6:15pm	10AQ-YPIKAT04
PHX	I/II	Wed	9:45-10:15am	10AQ-YPIKAW01
PHX	I/II	Wed	1:35-2:05pm	10AQ-YPIKAW02
PHX	I/II	Wed	4:50-5:20pm	10AQ-YPIKAW03
PHX	I/II	Wed	6:00-6:30pm	10AQ-YPIKAW04
PHX	I/II	Wed	7:00-7:30pm	10AQ-YPIKAW05
PHX	I/II	Thur	9:10-9:40am	10AQ-YPIKAR01
PHX	I/II	Thur	10:55-11:25am	10AQ-YPIKAR02
PHX	I/II	Thur	1:45-2:15pm	10AQ-YPIKAR03
PHX	I/II	Thur	4:00-4:30pm	10AQ-YPIKAR04
PHX	I/II	Thur	5:10-5:40pm	10AQ-YPIKAR05
PHX	I/II	Fri	11:00-11:30am	10AQ-YPIKAF01
PHX	I/II	Sat	9:00-9:30am	10AQ-YPIKAS01
PHX	I/II	Sat	9:35-10:05am	10AQ-YPIKAS02

Pike A			PRESCHOOL (3-6 yr.) Full \$35; Program \$70	
PHX	I/II	Sat	10:10-10:40am	10AQ-YPIKAS03
PHX	I/II	Sat	10:45-11:15am	10AQ-YPIKAS04
PHX	I/II	Sat	11:20-11:50am	10AQ-YPIKAS05
PHX	I/II	Sun	3:30-4:00pm	10AQ-YPIKAU01
PHX	I/II	Sun	4:00-4:30pm	10AQ-YPIKAU02
PHX	I/II	Sun	4:35-5:05pm	10AQ-YPIKAU03
PTN	I/II	Mon	9:30-10:00am	50AQ-YPIKAM01
PTN	I/II	Mon	5:00-5:30pm	50AQ-YPIKAM02
PTN	I/II	Mon	6:00-6:30pm	50AQ-YPIKAM03
PTN	I/II	Tue	10:00-10:30am	50AQ-YPIKAT01
PTN	I/II	Tue	2:00-2:30pm	50AQ-YPIKAT02
PTN	I/II	Tue	5:00-5:30pm	50AQ-YPIKAT03
PTN	I/II	Tue	7:00-7:30pm	50AQ-YPIKAT04
PTN	I/II	Wed	1:30-2:00pm	50AQ-YPIKAW01
PTN	I/II	Wed	6:30-7:00pm	50AQ-YPIKAW02
PTN	I/II	Thur	9:30-10:00am	50AQ-YPIKAR01
PTN	I/II	Thur	6:00-6:30pm	50AQ-YPIKAR02
PTN	I/II	Sat	9:00-9:30am	50AQ-YPIKAS01
PTN	I/II	Sun	1:00-1:30pm	50AQ-YPIKAU01
SV	I/II	Mon	9:30-10:00am	40AQ-YPIKAM01
SV	I/II	Mon	11:05-11:35am	40AQ-YPIKAM02
SV	I/II	Mon	1:00-1:30pm	40AQ-YPIKAM03
SV	I/II	Mon	1:30-2:00pm	40AQ-YPIKAM04
SV	I/II	Mon	5:00-5:30pm	40AQ-YPIKAM05
SV	I/II	Mon	5:30-6:00pm	40AQ-YPIKAM06
SV	I/II	Mon	6:35-7:05pm	40AQ-YPIKAM07
SV	I/II	Tues	10:35-11:05am	40AQ-YPIKAT01
SV	I/II	Tues	11:05-11:35am	40AQ-YPIKAT02
SV	I/II	Tues	11:35-12:05pm	40AQ-YPIKAT03
SV	I/II	Tues	1:00-1:30pm	40AQ-YPIKAT04
SV	I/II	Tues	2:00-2:30pm	40AQ-YPIKAT05
SV	I/II	Tues	5:00-5:30pm	40AQ-YPIKAT06
SV	I/II	Tues	5:30-6:00pm	40AQ-YPIKAT07
SV	I/II	Tues	6:35-7:05pm	40AQ-YPIKAT08

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

Youth Swim Lessons

Pike A			PRESCHOOL (3-6 yr.) Full \$35; Program \$70	
SV	I/II	Wed	10:35-11:05am	40AQ-YPIKAW01
SV	I/II	Wed	11:35-12:05pm	40AQ-YPIKAW02
SV	I/II	Wed	1:00-1:30pm	40AQ-YPIKAW03
SV	I/II	Wed	2:00-2:30pm	40AQ-YPIKAW04
SV	I/II	Wed	5:30-6:00pm	40AQ-YPIKAW05
SV	I/II	Wed	6:05-6:35pm	40AQ-YPIKAW06
SV	I/II	Wed	6:35-7:05pm	40AQ-YPIKAW07
SV	I/II	Thur	9:30-10:00am	40AQ-YPIKAR01
SV	I/II	Thur	11:05-11:35am	40AQ-YPIKAR02
SV	I/II	Thur	11:35-12:05pm	40AQ-YPIKAR03
SV	I/II	Thur	1:00-1:30pm	40AQ-YPIKAR04
SV	I/II	Thur	2:00-2:30pm	40AQ-YPIKAR05
SV	I/II	Thur	5:00-5:30pm	40AQ-YPIKAR06
SV	I/II	Thur	5:30-6:00pm	40AQ-YPIKAR07
SV	I/II	Thur	6:35-7:05pm	40AQ-YPIKAR08
SV	I/II	Fri	9:30-10:00am	40AQ-YPIKAF01
SV	I/II	Fri	11:05-11:35am	40AQ-YPIKAF02
SV	I/II	Fri	11:35-12:05pm	40AQ-YPIKAF03
SV	I/II	Sat	8:30-9:00am	40AQ-YPIKAS01
SV	I/II	Sat	9:05-9:35am	40AQ-YPIKAS02
SV	I/II	Sat	9:40-10:10am	40AQ-YPIKAS03
SV	I/II	Sat	10:15-10:45am	40AQ-YPIKAS04
SV	I/II	Sat	10:50-11:20am	40AQ-YPIKAS05
SV	I/II	Sat	11:25-11:55am	40AQ-YPIKAS06
SV	I/II	Sun	5:00-5:30pm	40AQ-YPIKAU01
SV	I/II	Sun	5:30-6:00pm	40AQ-YPIKAU02
SV	I/II	Sun	6:05-6:35pm	40AQ-YPIKAU03
SV	I/II	Sun	6:35-7:05pm	40AQ-YPIKAU04
UPV	I/II	Sat	9:50-10:20am	60AQ-YPIKAS01
Pike B			PRESCHOOL (3-6 yr.) Full \$35; Program \$70	
AUD	II	Tue	6:05-6:35pm	30AQ-YPIKAT01
AUD	II	Thur	5:30-6:00pm	30AQ-YPIKAR01
AUD	II	Sat	9:00-9:30am	30AQ-YPIKBS01
PHX	I/II	Mon	9:10-9:40am	10AQ-YPIKBM01
PHX	I/II	Mon	10:20-10:50am	10AQ-YPIKBM02
PHX	I/II	Mon	1:00-1:30pm	10AQ-YPIKBM03
PHX	I/II	Mon	5:20-5:50pm	10AQ-YPIKBM04
PHX	I/II	Mon	6:30-7:00pm	10AQ-YPIKBM05
PHX	I/II	Mon	7:00-7:30pm	10AQ-YPIKBM06
PHX	I/II	Tue	9:10-9:40am	10AQ-YPIKBT01
PHX	I/II	Tue	11:30-12:00pm	10AQ-YPIKBT02
PHX	I/II	Tue	5:10-5:40pm	10AQ-YPIKBT03

Pike B			PRESCHOOL (3-6 yr.) Full \$35; Program \$70	
PHX	I/II	Tue	6:20-6:50pm	10AQ-YPIKBT04
PHX	I/II	Wed	9:45-10:15am	10AQ-YPIKBW01
PHX	I/II	Wed	1:00-1:30pm	10AQ-YPIKBW02
PHX	I/II	Wed	4:15-4:45pm	10AQ-YPIKBW03
PHX	I/II	Wed	5:25-5:55pm	10AQ-YPIKBW04
PHX	I/II	Wed	6:30-7:00pm	10AQ-YPIKBW05
PHX	I/II	Thur	9:10-9:40am	10AQ-YPIKBR01
PHX	I/II	Thur	10:20-10:50am	10AQ-YPIKBR02
PHX	I/II	Thur	1:10-1:40pm	10AQ-YPIKBR03
PHX	I/II	Thur	4:00-4:30pm	10AQ-YPIKBR04
PHX	I/II	Thur	5:10-5:40pm	10AQ-YPIKBR05
PHX	I/II	Fri	11:00-11:30am	10AQ-YPIKBF01
PHX	I/II	Sat	9:00-9:30am	10AQ-YPIKBS01
PHX	I/II	Sat	9:35-10:05am	10AQ-YPIKBS02
PHX	I/II	Sat	10:10-10:40am	10AQ-YPIKBS03
PHX	I/II	Sat	10:45-11:15am	10AQ-YPIKBS04
PHX	I/II	Sat	11:20-11:50am	10AQ-YPIKBS05
PHX	I/II	Sun	3:30-4:00pm	10AQ-YPIKBU01
PHX	I/II	Sun	4:35-5:05pm	10AQ-YPIKBU02
PHX	I/II	Sun	5:10-5:40pm	10AQ-YPIKBU03
PTN	I/II	Mon	10:30-11:00am	50AQ-YPIKBM01
PTN	I/II	Mon	5:00-5:30pm	50AQ-YPIKBM02
PTN	I/II	Mon	6:30-7:00pm	50AQ-YPIKBM03
PTN	I/II	Tue	10:00-10:30am	50AQ-YPIKBT01
PTN	I/II	Tue	1:30-2:00pm	50AQ-YPIKBT02
PTN	I/II	Tue	5:00-5:30pm	50AQ-YPIKBT03
PTN	I/II	Tue	6:00-6:30pm	50AQ-YPIKBT04
PTN	I/II	Wed	1:30-2:00pm	50AQ-YPIKBW01
PTN	I/II	Wed	5:30-6:00pm	50AQ-YPIKBW02
PTN	I/II	Thur	9:30-10:00am	50AQ-YPIKBR01
PTN	I/II	Thur	7:00-7:30pm	50AQ-YPIKBR02
PTN	I/II	Sat	9:00-9:30am	50AQ-YPIKBS01
PTN	I/II	Sun	1:30-2:00pm	50AQ-YPIKBU01
SV	I/II	Mon	10:00-10:30am	40AQ-YPIKBM01
SV	I/II	Mon	10:35-11:05am	40AQ-YPIKBM02
SV	I/II	Mon	1:00-1:30pm	40AQ-YPIKBM03
SV	I/II	Mon	5:00-5:30pm	40AQ-YPIKBM04
SV	I/II	Mon	6:05-6:35pm	40AQ-YPIKBM05
SV	I/II	Mon	6:05-6:35pm	40AQ-YPIKBM06
SV	I/II	Mon	6:35-7:05pm	40AQ-YPIKBM07
SV	I/II	Tue	10:00-10:30am	40AQ-YPIKBT01

Youth Swim Lessons

Pike B			PRESCHOOL (3-6 yr.) Full \$35; Program \$70	
SV	I/II	Tue	11:05-11:35am	40AQ-YPIKBT02
SV	I/II	Tue	11:35-12:05pm	40AQ-YPIKBT03
SV	I/II	Tue	1:30-2:00pm	40AQ-YPIKBT04
SV	I/II	Tue	2:30-3:00pm	40AQ-YPIKBT05
SV	I/II	Tue	5:00-5:30pm	40AQ-YPIKBT06
SV	I/II	Tue	6:05-6:35pm	40AQ-YPIKBT07
SV	I/II	Tue	6:35-7:05pm	40AQ-YPIKBT08
SV	I/II	Wed	10:35-11:05am	40AQ-YPIKBW01
SV	I/II	Wed	11:05-11:35am	40AQ-YPIKBW02
SV	I/II	Wed	11:35-12:05pm	40AQ-YPIKBW03
SV	I/II	Wed	1:30-2:00pm	40AQ-YPIKBW04
SV	I/II	Wed	2:30-3:00pm	40AQ-YPIKBW05
SV	I/II	Wed	5:00-5:30pm	40AQ-YPIKBW06
SV	I/II	Wed	6:05-6:35pm	40AQ-YPIKBW07
SV	I/II	Wed	6:35-7:05pm	40AQ-YPIKBW08
SV	I/II	Thur	10:00-10:30am	40AQ-YPIKBR01
SV	I/II	Thur	10:35-11:05am	40AQ-YPIKBR02
SV	I/II	Thur	11:05-11:35am	40AQ-YPIKBR03
SV	I/II	Thur	11:35-12:05pm	40AQ-YPIKBR04
SV	I/II	Thur	1:30-2:00pm	40AQ-YPIKBR05
SV	I/II	Thur	2:30-3:00pm	40AQ-YPIKBR06
SV	I/II	Thur	5:00-5:30pm	40AQ-YPIKBR07
SV	I/II	Thur	6:05-6:35pm	40AQ-YPIKBR08
SV	I/II	Thur	6:35-7:05pm	40AQ-YPIKBR09
SV	I/II	Fri	10:00-10:30am	40AQ-YPIKBF01
SV	I/II	Fri	10:35-11:05am	40AQ-YPIKBF02
SV	I/II	Fri	11:05-11:35am	40AQ-YPIKBF03
SV	I/II	Fri	11:35-12:05pm	40AQ-YPIKBF04
SV	I/II	Sat	8:30-9:00am	40AQ-YPIKBS01
SV	I/II	Sat	9:40-10:10am	40AQ-YPIKBS02
SV	I/II	Sat	10:50-11:20am	40AQ-YPIKBS03
SV	I/II	Sat	11:25-11:55am	40AQ-YPIKBS04
SV	I/II	Sun	5:00-5:30pm	40AQ-YPIKBU01
SV	I/II	Sun	6:00-6:30pm	40AQ-YPIKBU02
SV	I/II	Sun	7:00-7:30pm	40AQ-YPIKBU03
SV	I/II	Sun	7:00-7:30pm	40AQ-YPIKBU04
UPV	I/II	Sat	9:10-9:40am	60AQ-YPIKBS01

Eel			PRESCHOOL (3-6 yr.) Full \$35; Program \$70	
AUD	II	Tue	6:40-7:10pm	30AQ-YEELLT01
AUD	II	Thur	6:05-6:35pm	30AQ-YEELLR01
AUD	II	Sat	9:35-10:05am	30AQ-YEELS01
PHX	I/II	Mon	10:20-10:50am	10AQ-YEELLM01
PHX	I/II	Mon	1:35-2:05pm	10AQ-YEELLM02
PHX	I/II	Mon	5:55-6:25pm	10AQ-YEELLM03
PHX	I/II	Tue	9:10-9:40am	10AQ-YEELLT01
PHX	I/II	Tue	1:10-1:40pm	10AQ-YEELLT02
PHX	I/II	Tue	4:35-5:05pm	10AQ-YEELLT03
PHX	I/II	Tue	5:45-6:15pm	10AQ-YEELLT04
PHX	I/II	Wed	1:35-2:05pm	10AQ-YEELLW01
PHX	I/II	Wed	4:15-4:45pm	10AQ-YEELLW02
PHX	I/II	Wed	5:40-6:10pm	10AQ-YEELLW03
PHX	I/II	Thur	9:45-10:15am	10AQ-YEELLR01
PHX	I/II	Thur	11:30-12:00pm	10AQ-YEELLR02
PHX	I/II	Thur	1:10-1:40pm	10AQ-YEELLR03
PHX	I/II	Thur	4:35-5:05pm	10AQ-YEELLR04
PHX	I/II	Thur	5:45-6:15pm	10AQ-YEELLR05
PHX	I/II	Fri	11:00-11:30am	10AQ-YEELLF01
PHX	I/II	Sat	9:00-9:30am	10AQ-YEELS01
PHX	I/II	Sat	9:35-10:05am	10AQ-YEELS02
PHX	I/II	Sat	11:20-11:50am	10AQ-YEELS03
PHX	I/II	Sun	4:00-4:30pm	10AQ-YEELLU01
PHX	I/II	Sun	5:10-5:40pm	10AQ-YEELLU02
PTN	I/II	Mon	6:30-7:00pm	50AQ-YEELLM01
PTN	I/II	Tue	9:30-10:00am	50AQ-YEELLT01
PTN	I/II	Tue	1:30-2:00pm	50AQ-YEELLT02
PTN	I/II	Tue	6:00-6:30pm	50AQ-YEELLT03
PTN	I/II	Wed	12:30-1:00pm	50AQ-YEELLW01
PTN	I/II	Wed	5:00-5:30pm	50AQ-YEELLW02
PTN	I/II	Thur	10:00-10:30am	50AQ-YEELLR01
PTN	I/II	Thur	7:00-7:30pm	50AQ-YEELLR02
PTN	I/II	Sat	9:30-10:00am	50AQ-YEELS01
SV	I/II	Mon	10:35-11:05am	40AQ-YEELLM01
SV	I/II	Mon	11:05-11:35am	40AQ-YEELLM02
SV	I/II	Mon	1:30-2:00pm	40AQ-YEELLM03
SV	I/II	Mon	5:30-6:00pm	40AQ-YEELLM04
SV	I/II	Mon	6:05-6:35pm	40AQ-YEELLM05
SV	I/II	Mon	6:35-7:05pm	40AQ-YEELLM06
SV	I/II	Tues	9:30-10:00am	40AQ-YEELLT01
SV	I/II	Tues	10:35-11:05am	40AQ-YEELLT02
SV	I/II	Tues	11:05-11:35am	40AQ-YEELLT03

NOTE

All Audubon swim lessons are held at Norristown Area High School.

Youth Swim Lessons

Eel		PRE-SCHOOL (3-6 yr.) Full \$35; Program \$70		
SV	I/II	Tues	1:00-1:30pm	40AQ-YEELLT04
SV	I/II	Tues	2:30-3:00pm	40AQ-YEELLT05
SV	I/II	Tues	5:30-6:00pm	40AQ-YEELLT06
SV	I/II	Tues	6:05-6:35pm	40AQ-YEELLT07
SV	I/II	Tues	6:35-7:05pm	40AQ-YEELLT08
SV	I/II	Wed	11:05-11:35am	40AQ-YEELLW01
SV	I/II	Wed	11:35-12:05pm	40AQ-YEELLW02
SV	I/II	Wed	2:00-2:30pm	40AQ-YEELLW03
SV	I/II	Wed	2:30-3:00pm	40AQ-YEELLW04
SV	I/II	Wed	5:00-5:30pm	40AQ-YEELLW05
SV	I/II	Wed	5:30-6:00pm	40AQ-YEELLW06
SV	I/II	Wed	6:35-7:05pm	40AQ-YEELLW07
SV	I/II	Thur	9:30-10:00am	40AQ-YEELLR01
SV	I/II	Thur	10:00-10:30am	40AQ-YEELLR02
SV	I/II	Thur	11:35-12:05pm	40AQ-YEELLR03
SV	I/II	Thur	2:00-2:30pm	40AQ-YEELLR04
SV	I/II	Thur	2:30-3:00pm	40AQ-YEELLR05
SV	I/II	Thur	5:30-6:00pm	40AQ-YEELLR06
SV	I/II	Thur	6:05-6:35pm	40AQ-YEELLR07
SV	I/II	Thur	6:35-7:05pm	40AQ-YEELLR08
SV	I/II	Fri	10:35-11:05am	40AQ-YEELLF01
SV	I/II	Fri	11:35-12:05pm	40AQ-YEELLF02
SV	I/II	Sat	9:05-9:35am	40AQ-YEELLS01
SV	I/II	Sat	10:15-10:45am	40AQ-YEELLS02
SV	I/II	Sat	11:25-11:55am	40AQ-YEELLS03
SV	I/II	Sun	5:30-6:00pm	40AQ-YEELLU01
SV	I/II	Sun	6:05-6:35pm	40AQ-YEELLU02
SV	I/II	Sun	7:15-7:45pm	40AQ-YEELLU03
UPV	I/II	Sat	9:50-10:20am	60AQ-YEELLS01
Ray		PRE-SCHOOL (3-6 yr.) Full \$35; Program \$70		
AUD	I	Tue	6:05-6:35pm	30AQ-YRAYYT01
AUD	I	Thur	6:40-7:10pm	30AQ-YRAYYR01
AUD	I	Sat	10:45-11:15am	30AQ-YRAYYS01
PHX	I/II	Mon	9:10-9:40am	10AQ-YRAYYM01
PHX	I/II	Mon	1:35-2:05pm	10AQ-YRAYYM02
PHX	I/II	Mon	5:55-6:25pm	10AQ-YRAYYM03
PHX	I/II	Tue	9:45-10:15am	10AQ-YRAYYT01
PHX	I/II	Tue	10:55-11:25am	10AQ-YRAYYT02
PHX	I/II	Tue	1:45-2:15pm	10AQ-YRAYYT03
PHX	I/II	Tue	4:35-5:05pm	10AQ-YRAYYT04
PHX	I/II	Tue	6:20-6:50pm	10AQ-YRAYYT05
PHX	I/II	Wed	9:45-10:15am	10AQ-YRAYYW01
PHX	I/II	Wed	1:00-1:35pm	10AQ-YRAYYW02
PHX	I/II	Wed	5:05-5:35pm	10AQ-YRAYYW03

Ray		PRE-SCHOOL (3-6 yr.) Full \$35; Program \$70		
PHX	I/II	Thur	10:20-10:50am	10AQ-YRAYYR01
PHX	I/II	Thur	4:35-5:05pm	10AQ-YRAYYR02
PHX	I/II	Fri	9:30-10:00am	10AQ-YRAYYF01
PHX	I/II	Sat	10:10-10:40am	10AQ-YRAYYS01
PHX	I/II	Sat	11:55-12:25pm	10AQ-YRAYYS02
PHX	I/II	Sun	4:35-5:05pm	10AQ-YRAYYU01
PTN	I/II	Mon	6:30-7:00pm	50AQ-YRAYYM01
PTN	I/II	Tue	6:00-6:30pm	50AQ-YRAYYT01
PTN	I/II	Wed	12:30-1:00pm	50AQ-YRAYYW01
PTN	I/II	Wed	5:00-5:30pm	50AQ-YRAYYW02
PTN	I/II	Thur	10:00-10:30am	50AQ-YRAYYR01
PTN	I/II	Thur	7:00-7:30pm	50AQ-YRAYYR02
PTN	I/II	Sat	9:30-10:00am	50AQ-YRAYYS01
SV	I/II	Mon	9:30-10:00am	40AQ-YRAYYM01
SV	I/II	Mon	11:05-11:35am	40AQ-YRAYYM02
SV	I/II	Mon	1:00-1:30pm	40AQ-YRAYYM03
SV	I/II	Mon	6:35-7:05pm	40AQ-YRAYYM04
SV	I/II	Tue	9:30-10:00am	40AQ-YRAYYT01
SV	I/II	Tue	2:00-2:30pm	40AQ-YRAYYT02
SV	I/II	Tue	6:35-7:05pm	40AQ-YRAYYT03
SV	I/II	Wed	10:35-11:05am	40AQ-YRAYYW01
SV	I/II	Wed	1:00-1:30pm	40AQ-YRAYYW02
SV	I/II	Wed	6:35-7:05pm	40AQ-YRAYYW03
SV	I/II	Thur	10:35-11:05am	40AQ-YRAYYR01
SV	I/II	Thur	11:05-11:35am	40AQ-YRAYYR02
SV	I/II	Thur	1:00-1:30pm	40AQ-YRAYYR03
SV	I/II	Thur	6:35-7:05pm	40AQ-YRAYYR04
SV	I/II	Fri	10:00-10:30am	40AQ-YRAYYF01
SV	I/II	Fri	11:05-11:35am	40AQ-YRAYYF02
SV	I/II	Sat	9:00-9:30am	40AQ-YRAYYS01
SV	I/II	Sat	10:10-10:40am	40AQ-YRAYYS02
SV	I/II	Sun	5:00-5:30pm	40AQ-YRAYYU01
UPV	I/II	Sat	9:50-10:20am	60AQ-YRAYSS01
Ray/Starfish		PRE-SCHOOL (3-6 yr.) Full \$35; Program \$70		
AUD	II	Tue	6:05-6:35pm	30AQ-YRAYST01
AUD	II	Thur	6:40-7:10pm	30AQ-YRAYSR01
AUD	II	Sat	10:45-11:15am	30AQ-YRAYSS01
SV	I/II	Sat	10:45-11:15am	40AQ-YRAYSS01
SV	I/II	Sun	7:15-7:45pm	40AQ-YRAYSU01

Youth Swim Lessons

Starfish		PRESCHOOL (3-6 yr.) Full \$35; Program \$70		
PHX	I/II	Mon	10:20-10:50am	10AQ-YSTARM01
PHX	I/II	Mon	6:30-7:00pm	10AQ-YSTARM02
PHX	I/II	Tue	9:45-10:15am	10AQ-YSTART01
PHX	I/II	Tue	1:45-2:15pm	10AQ-YSTART02
PHX	I/II	Tue	5:10-5:40pm	10AQ-YSTART03
PHX	I/II	Wed	9:10-9:40am	10AQ-YSTARW01
PHX	I/II	Wed	6:30-7:00pm	10AQ-YSTARW02
PHX	I/II	Thur	9:45-10:15am	10AQ-YSTARR01
PHX	I/II	Thur	1:45-2:15pm	10AQ-YSTARR02
PHX	I/II	Sat	10:45-11:15am	10AQ-YSTARS01
PHX	I/II	Sun	5:10-5:40pm	10AQ-YSTARU01
PTN	I/II	Tue	6:00-6:30pm	50AQ-YSTART01
PTN	I/II	Wed	12:30-1:00pm	50AQ-YSTARW01
PTN	I/II	Sat	9:30-10:00am	50AQ-YSTARS01
SV	I/II	Mon	10:00-10:30am	40AQ-YSTARM01
SV	I/II	Mon	1:30-2:00pm	40AQ-YSTARM02
SV	I/II	Mon	6:35-7:05pm	40AQ-YSTARM03
SV	I/II	Tues	10:00-10:30am	40AQ-YSTART01
SV	I/II	Tues	1:30-2:00pm	40AQ-YSTART02
SV	I/II	Tues	6:35-7:05pm	40AQ-YSTART03
SV	I/II	Wed	11:05-11:35am	40AQ-YSTARW01
SV	I/II	Wed	1:30-2:00pm	40AQ-YSTARW02
SV	I/II	Wed	6:35-7:05pm	40AQ-YSTARW03
SV	I/II	Thurs	10:35-11:05am	40AQ-YSTARR01
SV	I/II	Thurs	1:30-2:00pm	40AQ-YSTARR02
SV	I/II	Thurs	6:35-7:05pm	40AQ-YSTARR03
SV	I/II	Fri	9:30-10:00am	40AQ-YSTARF01
SV	I/II	Sat	9:35-10:00am	40AQ-YSTARS01
SV	I/II	Sun	5:30-6:00pm	40AQ-YSTARU01
Polliwog		PROGRESSIVE (6-12 yrs.) Full \$38; Program \$75		
AUD	II	Tue	5:50-6:35pm	30AQ-YPOLLT01
AUD	II	Thur	6:40-7:25pm	30AQ-YPOLLR01
AUD	II	Sat	9:00-9:45am	30AQ-YPOLLS01
PHX	I/II	Mon	5:20-5:50pm	10AQ-YPOLLM01
PHX	I/II	Wed	4:30-5:00pm	10AQ-YPOLLW01
PHX	I/II	Sat	9:50-10:20am	10AQ-YPOLLS01
PHX	I/II	Sat	11:35-12:05pm	10AQ-YPOLLS02
PHX	I/II	Sun	5:45-6:15pm	10AQ-YPOLLU01
PTN	I/II	Mon	5:30-6:00pm	50AQ-YPOLLM01
PTN	I/II	Tue	5:30-6:00pm	50AQ-YPOLLT01
PTN	I/II	Wed	6:00-6:30pm	50AQ-YPOLLW01
PTN	I/II	Thur	6:00-6:30pm	50AQ-YPOLLR01
PTN	I/II	Fri	12:30-1:00pm	50AQ-YPOLLF01
PTN	I/II	Sat	10:00-10:45am	50AQ-YPOLLS01

Polliwog		PROGRESSIVE (6-12 yrs.) Full \$38; Program \$75		
SV	I/II	Mon	5:00-5:30pm	40AQ-YPOLLM01
SV	I/II	Mon	5:30-6:00pm	40AQ-YPOLLM02
SV	I/II	Tues	5:00-5:30pm	40AQ-YPOLLT01
SV	I/II	Wed	5:00-5:30pm	40AQ-YPOLLW01
SV	I/II	Wed	5:30-6:00pm	40AQ-YPOLLW02
SV	I/II	Thurs	5:00-5:30pm	40AQ-YPOLLR01
SV	I/II	Sat	9:00-9:30am	40AQ-YPOLLS01
SV	I/II	Sat	11:30-12:00pm	40AQ-YPOLLS02
SV	I/II	Sun	5:00-5:30pm	40AQ-YPOLLU01
SV	I/II	Sun	6:05-6:35pm	40AQ-YPOLLU02
UPV	I/II	Sat	9:10-9:40am	60AQ-YPOLLS01
Guppy		PROGRESSIVE (6-12 yrs.) Full \$38; Program \$75		
AUD	II	Tue	6:40-7:10pm	30AQ-YGUPPT01
AUD	II	Thur	5:50-6:35pm	30AQ-YGUPPR01
AUD	I/II	Sat	9:50-10:35am	30AQ-YGUPPS01
PHX	I/II	Mon	5:55-6:40pm	10AQ-YGUPPM01
PHX	I/II	Tue	5:10-5:55pm	10AQ-YGUPPT01
PHX	I/II	Tue	6:50-7:35pm	10AQ-YGUPPT02
PHX	I/II	Wed	4:50-5:35pm	10AQ-YGUPPW01
PHX	I/II	Sat	9:50-10:35am	10AQ-YGUPPS01
PHX	I/II	Sat	11:30-12:15pm	10AQ-YGUPPS02
PHX	I/II	Sat	11:50-12:35pm	10AQ-YGUPPS03
PHX	I/II	Sun	5:45-6:30pm	10AQ-YGUPPU01
PHX	I/II	Sun	6:30-7:15pm	10AQ-YGUPPU02
PTN	I/II	Mon	6:30-7:15pm	50AQ-YGUPPM01
PTN	I/II	Tue	5:15-6:00pm	50AQ-YGUPPT01
PTN	I/II	Wed	4:45-5:30pm	50AQ-YGUPPW01
PTN	I/II	Wed	6:30-7:15pm	50AQ-YGUPPW02
PTN	I/II	Thur	5:15-6:00pm	50AQ-YGUPPR01
PTN	I/II	Fri	12:30-1:15pm	50AQ-YGUPPF01
PTN	I/II	Sat	10:00-10:45am	50AQ-YGUPPS01
SV	I/II	Mon	5:00-5:45pm	40AQ-YGUPPM01
SV	I/II	Tues	5:00-5:45pm	40AQ-YGUPPT01
SV	I/II	Tues	5:45-6:30pm	40AQ-YGUPPT01
SV	I/II	Wed	5:00-5:45pm	40AQ-YGUPPW01
SV	I/II	Thur	5:00-5:45pm	40AQ-YGUPPR01
SV	I/II	Thur	5:45-6:30pm	40AQ-YGUPPR02
SV	I/II	Sat	9:50-10:35am	40AQ-YGUPPS01
SV	I/II	Sat	10:40-11:25am	40AQ-YGUPPS02
SV	I/II	Sat	11:20-12:05pm	40AQ-YGUPPS03
SV	I/II	Sun	5:30-6:15pm	40AQ-YGUPPU01
SV	I/II	Sun	6:40-7:25pm	40AQ-YGUPPU02
UPV	I/II	Sat	9:10-9:40am	60AQ-YGUPPS01

Youth Swim Lessons

Minnow					PROGRESSIVE (6-12 yrs.) Full \$38; Program \$75
AUD	II	Tue	6:40-7:25pm	30AQ-YMINNT01	
AUD	II	Thur	6:40-7:25pm	30AQ-YMINNR01	
AUD	I/II	Sat	10:10-10:55pm	30AQ-YMINNS01	
PHX	I/II	Mon	4:30-5:15pm	10AQ-YMINNM01	
PHX	I/II	Tue	6:00-6:45pm	10AQ-YMINNT01	
PHX	I/II	Wed	5:40-6:25pm	10AQ-YMINNW01	
PHX	I/II	Wed	7:00-7:45pm	10AQ-YMINNW02	
PHX	I/II	Thur	6:15-7:00pm	10AQ-YMINNR01	
PHX	I/II	Sat	9:00-9:45am	10AQ-YMINNS01	
PHX	I/II	Sat	11:30-12:15pm	10AQ-YMINNS02	
PHX	I/II	Sun	5:45-6:30pm	10AQ-YMINNU01	
PHX	I/II	Sun	6:20-7:05pm	10AQ-YMINNU02	
PTN	I/II	Mon	6:30-7:15pm	50AQ-YMINNM01	
PTN	I/II	Tue	5:15-6:00pm	50AQ-YMINNT01	
PTN	I/II	Wed	4:45-5:30pm	50AQ-YMINNW01	
PTN	I/II	Wed	6:30-7:15pm	50AQ-YMINNW02	
PTN	I/II	Thur	5:15-6:00pm	50AQ-YMINNR01	
PTN	I/II	Fri	12:30-1:15pm	50AQ-YMINNF01	
PTN	I/II	Sat	10:00-10:45am	50AQ-YMINNS01	
PTN	I/II	Sun	2:30-3:15pm	50AQ-YMINNU01	
SV	I/II	Mon	5:00-5:45pm	40AQ-YMINNM01	
SV	I/II	Tues	5:00-5:45pm	40AQ-YMINNT01	
SV	I/II	Wed	5:45-6:30pm	40AQ-YMINNW01	
SV	I/II	Thurs	5:45-6:30pm	40AQ-YMINNR01	
SV	I/II	Sat	9:00-9:45am	40AQ-YMINNS01	
SV	I/II	Sat	11:30-12:15pm	40AQ-YMINNS02	
SV	I/II	Sun	5:00-5:45pm	40AQ-YMINNU01	
SV	I/II	Sun	6:35-7:20pm	40AQ-YMINNU02	
UPV	I/II	Sat	9:10-9:40am	60AQ-YMINNS01	
Fish					PROGRESSIVE (6-12 yrs.) Full \$38; Program \$75
AUD	II	Tue	6:40-7:25pm	30AQ-YFISHT01	
AUD	II	Thur	5:50-6:35pm	30AQ-YFISHR01	
AUD	II	Sat	10:10-10:55am	30AQ-YFISHS01	
PHX	I/II	Mon	4:30-5:15pm	10AQ-YFISHM01	
PHX	I/II	Mon	7:00-7:45pm	10AQ-YFISHM02	
PHX	I/II	Wed	6:15-7:00pm	10AQ-YFISHW01	
PHX	I/II	Thur	6:15-7:00pm	10AQ-YFISHR01	
PHX	I/II	Sat	9:50-10:35am	10AQ-YFISHS01	
PHX	I/II	Sat	10:40-11:25am	10AQ-YFISHS02	
PHX	I/II	Sun	6:30-7:15pm	10AQ-YFISHU01	
PTN	I/II	Mon	6:30-7:15pm	50AQ-YFISHM01	
PTN	I/II	Tue	5:15-6:00pm	50AQ-YFISHT01	

Fish					PROGRESSIVE (6-12 yrs.) Full \$38; Program \$75
PTN	I/II	Wed	6:30-7:15pm	50AQ-YFISHW01	
PTN	I/II	Fri	12:30-1:15pm	50AQ-YFISHF01	
PTN	I/II	Sat	10:00-10:45pm	50AQ-YFISHS01	
PTN	I/II	Sun	2:30-3:15pm	50AQ-YFISHU01	
SV	I/II	Mon	5:45-6:30pm	40AQ-YFISHM01	
SV	I/II	Tues	5:45-6:30pm	40AQ-YFISHT01	
SV	I/II	Wed	5:00-5:45pm	40AQ-YFISHW01	
SV	I/II	Thurs	5:00-5:45pm	40AQ-YFISHR01	
SV	I/II	Sat	9:50-10:35am	40AQ-YFISHS01	
SV	I/II	Sun	5:45-6:30pm	40AQ-YFISHU01	
Flying Fish					PROGRESSIVE (6-12 yrs.) Full \$38; Program \$75
AUD	II	Sat	10:40-11:25am	30AQ-YFLYIS01	
PHX	I/II	Thur	7:00-7:45pm	10AQ-YFLYIR01	
PHX	I/II	Sat	10:40-11:25am	10AQ-YFLYIS01	
Flying Fish/Shark					PROGRESSIVE (6-12 yrs.) Full \$38; Program \$75
PTN	I/II	Wed	6:30-7:15pm	50AQ-YFLSHW01	
PTN	I/II	Sat	10:00-10:45am	50AQ-YFLSHS01	
PTN	I/II	Sun	2:30-3:15pm	50AQ-YFLSHU01	
SV	I/II	Mon	5:45-6:30pm	40AQ-YFLSHM01	
SV	I/II	Tues	5:45-6:30pm	40AQ-YFLSHT01	
SV	I/II	Wed	5:45-6:30pm	40AQ-YFLSHW01	
SV	I/II	Thurs	5:45-6:30pm	40AQ-YFLSHR01	
SV	I/II	Sat	10:40-11:25am	40AQ-YFLSHS01	
SV	I/II	Sun	6:35-7:20pm	40AQ-YFLSHU01	
Shark					PROGRESSIVE (6-12 yrs.) Full \$38; Program \$75
AUD	II	Tue	6:40-7:25pm	30AQ-YSHART01	
AUD	II	Sat	9:00-9:45am	30AQ-YSHARS01	
PHX	I/II	Thur	7:00-7:45pm	10AQ-YSHARR01	
PHX	I/II	Sat	9:00-9:45am	10AQ-YSHARS01	

NOTE
All UPV swim lessons are held at Upper Perk High School

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

Swim Lessons

SCUBA ACTIVITIES FOR KIDS

Ages 8-10

SCUBA is a fun activity for all ages that can bring a lifetime of adventure. Check out the SCUBA link on the adult and youth pages (under aquatics programs and classes) at our website: www.fvymca.org for more information on YMCA arrangements with local SCUBA companies for instruction and certification, including sessions held in our pools!

AUD	O'Donnell Diving 610-635-0200
PHX	O'Donnell Diving 610-635-0200
SV	Indian Valley Scuba 800-825-2452 www.indianvalleyscuba.com

SWIM LESSONS FOR HOMESCHOOLERS

Ages 6-10

Full Member \$35, Program Member \$70

Focuses on swimming and socialization. All abilities welcome.

PHX	Session I& II	Fri(Adv)	9:00-9:30am	10AQ-YHOMEF01
PHX	Session I& II	Fri	9:30-10:00am	10AQ-YHOMEF02

TEEN

Ages 13-18

Full Member \$38, Program Member \$75

Beginners learn to find comfort in the water while the intermediate and advanced levels work on stroke development and refinement.

AUD	Session I& II	Thur	7:00-7:45pm	30AQ-ATLESSR01
PHX	Session I& II	Tues	6:50-7:50pm	10AQ-ALESST01
PTN	Session I& II	Wed	7:15-8:00pm	50AQ-ATLESW01
SV	Session I& II	Thur (Beg)	7:30-8:30pm	40AQ-ATLESSR01
SV	Session I& II	Fri (Beg)	6:30-7:30pm	40AQ-ATLESSF01
SV	Session I& II	Thur (Int)	8:30-9:30pm	40AQ-ATLESSR02

DIVING

Ages 6-12

Full Member \$33, Program Member \$65

Learn how to dive in the pool. Instructors will teach seated, kneeling and standing dives. Must be comfortable in deep water.

AUD	Session I& II	Thur	6:30-7:00pm	30AQ-YDIVER01
PHX	Session I& II	Sat	11:00-11:30am	10AQ-YDIVES01
PHX	Session I& II	Sun	7:10-7:40pm	10AQ-YDIVEU01

MASKS, FINS & SNORKELS

Ages 7-14

Full Member \$5, Program Member \$10

Learn the proper use of a mask, fins and snorkels. Must be able to swim one length of the pool

PTN	Mon April 9	10:30-11:30am	50AQ-YMASKM01
PTN	Mon April 9	6:30-7:30pm	50AQ-YMASKM02

WATER 101

Ages 11-14

Full Member FREE, Program Member \$5

Try one or all three water-workout classes. Learn how to dive in the pool with seated, kneeling and standing dive instruction, tread water or workout using colorful Noodle-flotation! Must be comfortable in deep water.

DIVING

AUD	Tues	4/17	7:00-7:30pm	30AQ-YDIVET01
AUD	Thur	4/19	7:00-7:30pm	30AQ-YDIVER02
PTN	Mon	4/9	11:30-12:00pm	50AQ-YDIVEM01
PTN	Mon	4/9	11:30-12:00pm	50AQ-YDIVEM02

TREADING

AUD	Tues	4/24	7:00-7:30pm	30AQ-YTREAT01
AUD	Thur	4/26	7:00-7:30pm	30AQ-TREAR01
PTN	Thur	4/5	12:00-12:30pm	50AQ-TREAM01
PTN	Mon	4/9	12:00-12:30pm	50AQ-YTREAM02

NOODLE FUN

AUD	Tue	4/24	7:00-7:30pm	30AQ-YNOODT01
AUD	Thur	4/26	7:00-7:30pm	30AQ-YNOODR01
PTN	Thur	4/5	12:30-1:00pm	50AQ-YNOODM01
PTN	Mon	4/9	12:30-1:00pm	50AQ-YNOODM02

WATER WIGGLES

Ages 3-6

Full Member \$13, Program Member \$25

An outlet for all that extra energy! Races, safety instruction, and lots of toys and fun in the pool's shallow end. No swimming skills necessary, and introduces independent swimming.

PTN	Session I& II	Mon	10:30-11:00am	50AQ-YWIGGM01
PTN	Session I& II	Tue	6:30-7:00pm	50AQ-YWIGGT01
PTN	Session I& II	Wed	12:00-12:30pm	50AQ-YWIGGW01
PTN	Session I& II	Thur	6:30-7:00pm	50AQ-YWIGGR01

SWIM IT

Ages 6-13

Full Members FREE

Participants will swim in the North Pool, Mon thru Thursday. Swim thirty minutes each night and receive a "swim fin token". Those swimmers who complete all four nights will receive a special prize.

PTN	April 2-5	6:30-7:00pm	50AQ-YDIVER01
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NOTE

All Audubon swim lessons are held at Norristown Area High School.

PRE-SWIM TEAMS

For children interested in competitive swimming who can swim a length of the pool freestyle and backstroke without flotation device.

MIGHTY MITES

Ages 6-9 **Full Members Only \$70**

Must have already participated or have director approval to enroll at PHX. Call branch for testing.

PHX	Sess. I & II	M & W (Beg)	4:30-5:15pm	10AQ-YMIGHM01
PHX	Sess. I & II	M & W (Adv)	5:15-6:00pm	10AQ-YMIGHM02
SV	Sess. I & II	T & R	6:30-7:15pm	40AQ-YMIGHT01

SWIM CLUB

Ages 10-14 **Full Member \$70, Program Member \$100**

Class will focus on the four competitive strokes covering technical skills and endurance. Must be able to swim 50 yds crawl stroke with rotary breathing and 50 yds backstroke.

PHX	Sess. I & II	Tue & Thur	6:00-6:45pm	10AQ-QSWCLT01
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JR. INSTRUCTOR

Ages 12-15 **Full & Program Member - FREE**

For the swimmer interested in learning how to teach swimming lessons. Program will include classroom & water instruction. This class may be given the chance to use the techniques learned by assisting current instructors with their classes.

PHX	Session II	Thur	5:00-5:45pm	10AQ-YJRINR01
PTN	Session I & II	Sat	9:00-11:00am	50AQ-YJRINS01

JR. LIFEGUARDING

Ages 11-14 **Full Member \$25, Program Member \$45**

Learn strokes needed to become a lifeguard, personal aquatic safety, basic rescue skills, lifeguarding techniques & first aid.

PHX	Session I	Thur	5:00-5:45pm	10AQ-YJRLIR01
PTN	Session I & II	Mon	4:15-5:00pm	50AQ-YJRLIM01

BEGINNER SYNCHRONIZED SWIMMING

Ages 6 & up **Full Member \$70, Program Member \$140**

Swimmers will learn the beginner techniques and the advanced swimmers will build on beginner skills. Students will learn a novice elements and routine. Additional fees may apply.

Session I: March 11-April 22 | Session II: April 29- June 10

Beginner - Ages 6 & over

PHX	Sun*	4:00-5:00pm	10AQ-YBSYNU01
SV	Tue & Thur	7:00-8:00pm	40AQ-YBSYNT01

*Phoenixville class only meets once a week, and will be prorated.

ADVANCED BEGINNER SYNCHRONIZED SWIMMING

Ages 6 & up **Full Member \$70, Program Member \$140**

Swimmers will learn to build on techniques learned in Previous sessions. Students will learn an intermediate routine with the option of performing in the first meet of the season, Sunday, November 20th in York, PA. Additional fees may apply.

Session I: March 5 – April 19 | Session II: April 24- June 7

Beginner - Ages 6 & over

PHX	Tue & Thur	7:00-8:00pm	10AQ-YBSYNT01
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SYNCHRONIZED SWIM TEAM

Full Member \$115/mo.

This year-round program combines swimming with music, gymnastics and ballet in the water. Must have previous Synchro experience. Contact 610-933-5861 or Coach Jennifer Hatt (jhatt@fvymca.org).

Intermediate - Ages 12 & under (Intermediate practice schedule)

PHX	Mon & Wed	6:30-8:30pm
	Sun	5:00-7:00pm

Advanced - Ages 13 & over (Advanced practice schedule)

PHX	Mon & Wed	7:00-9:30pm
	Sun	2:00-6:00pm

Gym & Swim Combination Classes

BOY SCOUT / GIRL SCOUT WATER BADGE

Ages 6 & up **Full Member \$5, Program Member \$10**

Instructor will be provided for your boy or girl scout troop to review water skills for water safety badges..

SV	Fri	7:30-9:00pm	40AQ-ABADGF01
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SPORTS AND SPLASH

Ages 3-6 **Full Member \$35, Program Member \$55**

A variety of land and water sports. Classes start in the gym and finish in the pool. Children should wear a bathing suit under clothes. **PHX class must be minimum Pike B swim level.**

PTN	Session I & II	Tue	12:30-1:30pm	50AQ-QSPLAT01
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TUMBLE / SPLASH

Ages 1-3 **Full Member \$47, Program Member \$70**

A combination class including 30-minutes in the gym using kid-sized shapes and gymnastics equipment followed by 30-minutes of basic swimming skills using songs & games in the pool. Children should wear bathing suits under clothes. Swim diapers only in the pool.

PHX	Session I & II	Mon	9:40-10:50am	10PH-QGYSPM01
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WRIST BAND CLASS

Ages 5-11

Full Member \$35 , Program Member \$70

An outlet for Instruction will focus on developing proper arm recovery and breathing during the 25-yard swim, building strength and endurance to tread water for 1 minute and practicing back floats in deep water. To participate, children need to have completed at least one session of Ray or Guppy, depending on age. It is recommended that this class be taken in conjunction with a YMCA Swim Lesson. Successful completion of the class will prepare the participant to earn the appropriate wristband. See branch for more information on wristbands and swim testing.

PHX	Session I & II	Mon	4:00-4:30pm	10AQ-YWRISM01
PHX	Session I & II	Mon	6:45-7:15pm	10AQ-YWRISM02
PHX	Session I & II	Tues	4:00-4:30pm	10AQ-YWRIST01
PHX	Session I & II	Tues	6:50-7:20pm	10AQ-YWRIST02
PHX	Session I & II	Wed	4:00-4:30pm	10AQ-YWRISW01
PHX	Session I & II	Thur	4:40-5:10pm	10AQ-YWRISR01
PHX	Session I & II	Fri	11:00-11:30am	10AQ-YWRISF01
PHX	Session I & II	Sat	10:25-10:55am	10AQ-YWRISS01
PHX	Session I & II	Sat	11:00-11:30am	10AQ-YWRISS02
SV	Session I & II	Fri	5:00-5:30pm	40AQ-YWRISF01
SV	Session I & II	Sun	4:15-4:45pm	40AQ-YWRISU01

STROKE & TURN CLINICS

A clinic for swimmers interested in improving their strokes, starts and turns. Participants must be able to swim freestyle and backstroke the length of the pool. A nice introduction to competitive swimming.

Pottstown YMCA - Stroke & Turn Clinic

Ages 6-14

Full Member \$25, Program Member \$45

Session II: April 30 - May 24

POT	Mon	Session II	6:30-7:30pm	50AQ-YSTROM01
POT	Tue	Session II	6:30-7:30pm	50AQ-YSTROT01
POT	Wed	Session II	6:30-7:30pm	50AQ-YSTROW01
POT	Thur	Session II	6:30-7:30pm	50AQ-YSTROR01

Phoenixville YMCA - Blue Wave Clinic

April 30th - May 25th

Blue \$95, Silver/Bronze \$95

Ages 6-18

Gold \$115

The Blue Wave stroke and turn clinic for the spring offers swimmers of all ages and abilities a chance to refine and progress their swimming. Please go to www.payswim.org for schedule. Call Coach Ryan at 484.921.5845 for questions about the program and level placement.

Freedom Valley YMCA Swim Academy

HALFWAY THERE

Ages 5-8

Full Member \$35, Program Member \$70

Participants swim half lengths to learn or improve competitive swimming strokes. Must be able to swim 25-yards and back float 30-seconds.

PTN	Session II	Mon	5:45-6:30pm	50AQ-YHALFM01
PTN	Session II	Wed	5:45-6:30pm	50AQ-YHALFW01

SPRING TRAINING CAMP

Ages 11 & up

Full Member \$35, Program Member \$60

For competitive swim team and/or USA-registered swimmers interested in preseason training. Includes video taping, stroke evaluation and guest speakers. Register by number of days per week.

Session II: April 23- May 25

POT	Mon	Session II	3:30-5:30pm	50AQ-YSPRIM01
POT	Tue	Session II	3:30-5:30pm	50AQ-YSPRIT01
POT	Wed	Session II	3:30-5:30pm	50AQ-YSPRIW01
POT	Thur	Session II	3:30-5:30pm	50AQ-YSPRIR01
POT	Fri	Session II	3:30-5:30pm	50AQ-YSPRIF01

**DUE TO HOLIDAYS, CLASSES ON
THESE DATES WILL BE PRORATED**

**Friday, April 6
Sunday, April 8
Monday, May 28**



Freedom Valley YMCA Competitive Swim Teams

Ages 6-18

Our YMCA based competitive swimming programs encompass everyone from the first year swimmer to the advanced swimmer. Our seasons run from October through their last qualifying meet in February, March or April. The Phoenixville and Pottstown programs both swim in the Penn Del League, a Y of the USA Swim League. Our coaching staff can assess and will work with you to determine the best training level for your child(ren).

POTTSTOWN SEAHAWKS SUMMER SWIM TEAM

Ages 7-19

Full Members Only \$100

A Co-ed program that competes at all levels by age group. Train for long course and invitationals or just keep in shape. For more information, contact Head Coach, Kathy Cook, 610-323-7300, ext. 31 or visit our website at www.ptfyseahawks.org.

May 29-July 20

Ages 11 & UP

PTN	Mon& Wed	5:30-7:30om
PTN	Tues & Thur	8:30-9:30am (When School is out)
PTN	Friday	4:00-6:00pm

Ages 10 & Under

PTN	Mon& Wed	6:30-7:30om
PTN	Tues & Thur	8:00-9:00am (When School is out)
PTN	Friday	5:00-6:00pm

PHOENIXVILLE BLUE WAVE SWIM TEAM

Ages 6-18

Full Members Only

or more information including practice times, pricing, and meet information, please contact head coach Ryan Kennedy at 484.921.5845 or visit our website at www.payswim.org. **** Practice will begin on Tuesday, May 29th**

**DUE TO HOLIDAYS, CLASSES ON
THESE DATES WILL BE PRORATED**

**Friday, April 6
Sunday, April 8
Monday, May 28**

Exceptional Programs for Exceptional Children

It is the belief of the Freedom Valley YMCA that all children are first and foremost children, *regardless of need or ability*. All individuals are welcome and encouraged to participate in our transitional programs; adaptations and accommodations are available. Individual differences are to be celebrated in an inclusive recreational experience, allowing the YMCA to fully deliver on its charitable mission of "enriching all people in spirit, mind and body."

Please note that all programs, including Specialized programs are open to all YMCA members, regardless of need or ability.

ADAPTIVE AQUATICS

A one-on-one program for physically &/or mentally challenged adults and children. Conducted in a warm water, walk-in pool. Special needs locker room available. Program available at Pottstown, Spring Valley & Phoenixville in different capacities. Please call each branch's aquatics department for additional information and rates.

PHX	Leslie	484-921-5843
Pot	Mike	610-323-7300
SV	Mary	484-984-0563

AQUATIC AUTISM CLASS

Ages 4-10 Full Member \$45, Program Member \$60

An interactive aquatic class for children diagnosed with Autism that combines games & activities with basic swimming skills in a fun, supportive environment. Class size is limited to ensure one-on-one time and promote group interaction.

PTN	Sun	11:30-12:00pm	50AQ-YAUTIU01
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ADAPTED LESSONS

Full Member \$35, Program Member \$70

For students with physical and/or mental challenges. Small class size and individualized attention to help students progress to regular swim lessons. Socialization and group participation encouraged.

AUD	Thur	6:40-7:10pm	30AQ-YADAPR01
AUD	Sat	9:00-9:30am	30AQ-YADAPS01

ADAPTED PARENT/CHILD SWIMMING

Ages 4-8 Full Member \$32, Program Member \$55

Help develop your child's ability to swim, as well as strengthening their muscles. Class is held in our warm water pool.

PHX	Sat	1:00-1:30pm	10AQ-YADPCS01
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ADAPTED SWIM TEAM

Ages 6-18

Full Members Only FREE

Program is designed to provide a competitive swimming opportunity to individuals with a primary diagnosis of a physical disability. Contact Maureen Smeltz (484-921-5846) for more information. Practices held at Phoenixville.

Sunday practice with individuals meeting with team coach an alternative day of the week.

AQUA PLAYTIME

Ages 3 and up w/ parent

Full & Program Members

For children with physical or physiological disabilities. Created to provide a safe fun environment where children can explore the joys of a healthy active lifestyle. Must register!

AUD	Tue	6:30-7:00pm	30AQ-YAQPLT01
AUD	Thur	6:30-7:00pm	30AQ-YAQPLR01
AUD	Sat	12:00-12:30pm	30AQ-YAQPLS01
SV	Mon	4:30-5:00pm	40AQ-YAQPLM01
SV	Wed	4:30-5:00pm	40AQ-YAQPLW01

Y-KNOT STARFISH SWIM PROGRAM

Ages 5-18

Full Member \$30 & Program Member \$45

For children with physical and development disabilities. Created to provide a safe fun environment where children can play, learn and explore the joys of a healthy active lifestyle.

SV	Sat	Sess. I & II	12:30 - 1:00pm	40AQ-YKNOSS01
SV	Sat	Sess. I & II	1:10 - 1:40pm	40AQ-YKNOSS02
SV	Sat	Sess. I & II	1:50 - 2:20pm	40AQ-YKNOSS03
UPV	Sat	3/5 - 4/22	10:30-11:00am	60AQ-YKNOSS02
UPV	Sat	4/23 - 6/10	10:30-11:00am	60AQ-YKNOSS02



ALPHABET SOUP					
Learn ABCs and 123's to prepare for preschool while having fun. Full Member \$22, Program Member \$60					
SV	I/II	2 ^{1/2} -4	Mon	10:30-11:15am	40PH-YALPHM01
SV	I/II	2 ^{1/2} -4	Tues	11:30-12:15pm	40PH-YALPHT01
ANIMAL PLANET					
Learn all about the animals that roam the earth and swim in the sea. Stories, songs and crafts will make this lots of fun! Full Member \$22, Program Member \$60					
PHX	I/II	3-6	Fri	9:30-10:15am	10PH-YANIMF01
SV	I/II	3-6	Wed	9:30-10:15am	40PH-YANIMW01
BOARD GAMES FOR TODDLERS					
A time to play the board games you love. Practice winning and losing, taking turns and learning new games. Full Member FREE, Program Member \$55					
PTN	I/II	2-4	Mon	4:15-4:45pm	50PH-YBOARM01
CRAFT SAMPLER					
Try out a few crafts from our most popular classes: animal planet ahoy mateys, simple science and some seasonal crafts. Something different each week! Full Member \$22, Program Member \$60					
SV	I/II	3-6	Thur	10:30-11:15am	40PH-YCRAFR01
SV	I/II	3-6	Fri	11:30-12:15pm	40PH-YCRAFF01
EXPLORE YOUR SENSES					
Enjoy your time with a small group of peers while participating in structured and unstructured sensory integrated activities. Full Member \$15, Program Member \$25					
PHX	I/II	3-5	Fri	10:15-11:00am	10PH-YEXPLF01
FUN WITH FOOD					
Children will prepare simple treats, with a different theme each week. Bring an apron! Not recommended for children with food allergies. Full Member \$22, Program Member \$60					
PHX	I/II	3-5	Mon	1:00-1:45pm	10PH-YFUNFM01
PHX	I/II	3-5	Tues	6:15-7:00pm	10PH-YFUNFT01
UPV	I/II	3-5	Tues	10:00-10:45am	60PH-YFUNFT01
FOOD FRENZY					
Are you always telling your child to stop playing with their food? In Food Frenzy, it's okay for them to drive trucks through their potatoes and make towers with cheese and crackers! We help your child developmentally by allowing them to explore the shapes and textures of their food, and we'll deal with the mess. No food allergies, please! Full Member \$22, Program Member \$60					
PHX	I/II	3-5	Tues	2:00-2:45pm	10PH-YFOODT01
PHX	I/II	2-4	Wed	11:00-11:45am	10PH-YFOODW01
PHX	I/II	3-5	Fri	9:30-10:15am	10PH-YFOODF01

GREEN TREASURES					
Think green and get creative! Children will use a variety of recycled materials to create art projects, games, and eco-friendly special treasures. Full Member \$22, Program Member \$60					
PHX	I/II	3-5	Tues	9:30-10:15am	10PH-YGREET01
IT'S A BOY'S LIFE					
This boys-only class teaches topics that boys love, including pirates, dinosaurs, bugs, etc. We will make crafts and have story time. Different each session! Full Member \$22, Program Member \$60					
SV	I/II	3-5	Thur	9:30-10:15am	40PH-YBOYSR01
SV	I/II	3-5	Fri	10:30-11:15am	40PH-YBOYSF01
KIDS MAKING MUSIC					
It's a musical jamboree. They will be able to express themselves through silly songs, musical games, activities and introduces the children to a variety of musical instruments. Classes vary by branch. Full Member \$22, Program Member \$60					
AUD	I/II	2-3	Tue	9:15-10:00am	30PH-YGYMBM01
PHX	I/II	1-2	Thur	6:30-7:15pm	10PH-YMAKMRO1
UPV	I/II	2-3	Mon	9:00-9:45am	60PH-YGYMBM01
KINDER KREATIONS					
For the 1/2 day kindergartner, we'll explore art through a variety of weekly projects. Full Member \$22, Program Member \$60					
PHX	I/II	5-6	Tue	1:00-1:45pm	10PH-YKINDT01
PHX	I/II	5-6	Mon	10:30-11:15am	10PH-YKINDM01
LEGO BUILDERS					
Play, Imagine, Create. Join us for a free-build session where class members are encouraged to interact and work as teams. Lego games and varying topics are explored each week as well as Lego Digital Designer. Participants are also welcome to bring their own sets. Each class ends with builders sharing their creations with their fellow designers.. Full Member \$22, Program Member \$60					
PHX	I/II	7+	Wed	4:00-5:00pm	10PH-YLEGOW01
LET'S IMAGINE					
Let their imagination run wild! For the child who enjoys dress-up and role-playing...a perfect opportunity to pretend. Children will make a simple craft to use during their free playtime. Rock star, athlete, princess, or pirate, each week has a different theme. Full Member \$22, Program Member \$60					
PHX	I/II	3-5	Wed	10:15-11:00am	10PH-YIMAGW01
PHX	I/II	3-5	Thur	5:00-5:45pm	10PH-YIMAGR01
PHX	I/II	3-5	Fri	2:00-2:45pm	10PH-YIMAGF01

LIL' ARTISTS					
Learn new techniques and skills while being crafty with your friends. UPV's class is not a craft class but intro to fine arts. There is a \$15 supply fee included in cost.					
Full Member \$37, Program Member \$75					
AUD	I/II	3-5	Sat	10:30-11:15am	30PH-YLILAS01
UPV	I/II	4-8	Sat	9:00-9:45am	60PH-YLILAS01
LIL' LINGUIST					
Vamonos! Lets learn basic Spanish! We use music, game, stories, finger plays, art and more to make learning Spanish fun!					
Full Member \$22, Program Member \$60					
PTN	I/II	4-6	Tue	10:00-10:45am	50PH-YLILAT01
SV	I/II	4-8	Sat	11:00-11:45am	40PH-YLILAS01
UPV	I/II	3-6	Fri	10:00-10:45am	60PH-YLILFF01
LIL' MISS DANCERS					
Fun, interactive dance class for little ones. Learn some basic dance steps and have fun dancing to favorite children's songs. Please only register for 1 dance class per child.					
Full Member FREE, Program Member \$55					
LEVEL ONE					
AUD	I/II	2-4	Thur	11:00-11:45am	30PH-YLILMR01
PTN	I/II	2-4	Thur	9:30-10:00am	50PH-YLILMR01
PTN	I/II	2-4	Thur	6:00-6:30pm	50PH-YLILMR02
UPV	I/II	3-5	Tues	9:00-9:45am	60PH-YDANCT01
UPV	I/II	3-5	Thur	10:00-10:45am	60PH-YDANCR01
MACARONI AND CHEESE PLEASE!					
Children will learn basic manners and etiquette. Saying please and thank you, how to meet people and using table manners will be taught using games, fun and rewards.					
Full Member \$22, Program Member \$60					
UPV	I/II	3-5	Tue	11:00-11:45am	60PH-YMACCT01
MESS CLASS					
Let the messes begin and let us clean it up! All the messy, gooey concoctions that kids love to play in and the stuff parents hate to clean up! Bring a smock & dress for a mess!					
Full Member FREE, Program Member \$55					
AUD	I/II	3-6	Sat	11:30-12:00pm	30PH-YMESS01
PTN	I/II	3-5	Thur	11:15-11:45am	50PH-YMESSR01
MY PARENT AND ME GYM					
Socialize while practicing coordination in playing games, singing songs and cardio exercises such as skipping, jumping and running.					
Full Member \$22, Program Member \$60					
SV	I/II	18mo-3	Thur	11:35-12:20pm	40PH-YMYPAR01
OODLES OF NOODLES					
Kids transform food into masterpieces! Each week will incorporate different techniques and materials.					
Full Member \$22, Program Member \$60					
PHX	I/II	3-5	Thur	9:30-10:15am	10PH-YOODLR01

NEW

PARACHUTE PLAY					
Encourage physical fitness, social interaction and communication through songs and dance. Fun interactive parachute activities with care giver.					
Full Member FREE, Program Member \$55					
PTN	I/II	2-5	Mon	10:30-11:00am	50PH-YPARAM01
PEE WEE BOOK CLUB					
Join us for a journey through reading, focusing on a new author each week. We will compare the books, find differences and similarities and explore "story stretching". This may include a craft, movement and dance or pretend play. You take care of your child's physical well-being, now let's take care of their minds!					
Full Member \$22, Program Member \$60					
PHX	I/II	3-5	Thur	10:15-11:00am	10PH-YPWBCR01
PEE WEE PLAYGROUND					
Come in and play with your friends! Climb obstacle courses, slide, play with balls and have a great time. Supervised, but not instructional. Parent/ Child Class.					
Full Members Only - FREE					
AUD	I/II	18mo-3	Tue	11:30-12:00pm	30PH-YPLAYT01
AUD	I/II	18mo-3	Tue	6:00-6:30pm	30PH-YPLAYT02
PHX	I/II	2-5	Fri	11:15-11:45am	10PH-YPLAYF01
PHX	I/II	2-5	Fri	11:55-12:25pm	10PH-YPLAYF02
PHX	I/II	2-5	Fri	12:35-1:05pm	10PH-YPLAYF03
PHX	I/II	2-5	Fri	1:15-1:45pm	10PH-YPLAYF04
PTN	I/II	1-4	Tue	9:45-10:15am	50PH-YPLAYT01
SV	I/II	18mo-3	Mon	12:30-1:00pm	40PH-YPLAYM01
SV	I/II	18mo-3	Wed	12:30-1:00pm	40PH-YPLAYW01
UPV	I/II	18mo-3	Mon	10:00-10:45am	60PH-YPLAYM01
PRESCHOOL POTPOURRI					
Develops social interaction through games and gross motor activities which emphasize coordination and cooperation skills through play.					
Full Member \$22, Program Member \$60					
PTN	I/II	4-6	Thur	10:30-11:15am	50PH-YPOTR01
SV	I/II	3-6	Mon	9:30-10:30am	40PH-YPOTM01
PRESCHOOL PREP					
A mini preschool for your soon to be preschooler. Get them ready with this educational class. Circle Time, story, weather/calendar, crafts and introduction to Spanish.					
Full Member \$32, Program Member \$70					
PTN	I/II	3-5	Thur	10:00-11:00am	50PH-YPREPR01

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

NEW

PRETENDING PRESCHOOLERS

Children are given the opportunity to use their imagination while being in character through different stories, skits and fables. Includes dressing up in various costumes.

Full Member \$22, Program Member \$60

SV	I/II	4-5	Mon	10:30-11:15am	40PH-YTHEAM01
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PRETTY PRETTY PRINCESS

Calling all princesses! Join us to make tiaras, wands and other princess-related items. Enjoy stories and wear your dress-up clothes!

Full Member \$22, Program Member \$60

AUD	I/II	3-5	Thur	6:00-6:45pm	30PH-YPRETT01
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PHX	I/II	3-5	Tues	10:30-11:15am	10PH-YPRETT01
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SV	I/II	3-5	Tues	10:30-11:15am	40PH-YPRETT01
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SV	I/II	3-5	Fri	9:30-10:15am	40PH-YPRETT01
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RED FISH, BLUE FISH

Explore the ocean and all it's inhabitants. Crafts and stories will make the journey fun!

Full Member \$22, Program Member \$60

PHX	I/II	3-5	Tues	6:45-7:30pm	10PH-YFISHT01
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ROLLIN IN THE DOH

Read and create using our imagination! Children will use their hands and imagination to create dough activities corresponding with the Book of the Day! Develop fine motor skills, hand-eye coordination and teamwork.

Full Member FREE, Program Member \$60

PTN	I/II	3-5	Mon	10:00-10:30am	50PH-YROLLM01
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PTN	I/II	4-6	Wed	6:15-6:45pm	50PH-YROLLW01
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UPV	I/II	3-5	Wed	10:00-10:45am	60PH-YROLLW01
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SCRIBBLES AND DRIBBLES

Children explore a variety of art materials and media, stimulating their creativity. Bring a smock, please. Parent/child class.

Full Member \$22, Program Member \$60

AUD	I/II	2-4	Sat	9:30-10:15am	30PH-YSCRIS01
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PHX	I/II	2-4	Mon	9:30-10:15am	10PH-YSCRIM01
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PHX	I/II	2-4	Thur	11:15-12:00am	10PH-YSCRIR01
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SV	I/II	2-4	Mon	9:30-10:15am	40PH-YSCRIM01
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SV	I/II	2-4	Tues	9:30-10:15am	40PH-YSCRIT01
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SV	I/II	2-4	Wed	10:30-11:15am	40PH-YSCRIW01
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SV	I/II	2-4	Thur	4:30-5:15pm	40PH-YSCRIR01
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SIGN LANGUAGE FOR INFANTS / TODDLERS

Help develop your child's ability to communicate as well as promote oral language development. Parent-to-be welcome.

Full Member \$17, Program Member \$55

PHX	I/II	up to 24mo	Wed	10:15-10:45am	10PH-YSIGNW01
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SIMPLE SCIENCE

Take a closer look at the world that surrounds you by participating in hands-on experiments. Topics will include volcanoes, space, weather & fossils.

Full Member \$22, Program Member \$60

PHX	I/II	4-7	Wed	2:00-2:45pm	10PH-YSCIEW01
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PTN	I/II	4-6	Wed	5:15-6:00pm	50PH-YSCIEW01
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SV	I/II	4-7	Wed	11:30-12:15pm	40PH-YSCIEW01
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SV	I/II	4-7	Wed	5:15-6:00pm	40PH-YSCIEW02
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S.M.A.T.Y. (Saturday Morning At The Y)

Children participate in recreational activities that include crafts and games. Bring a snack and show-n-tell. PHX participants should bring a bathing suit and towel. No Swimming at SV.

Full Members Only - FREE

PHX	I/II	4	Sat	9:00-12:00pm	10PH-YSMATS01
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PHX	I/II	5-8	Sat	9:00-12:00pm	10PH-YSMATS02
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SPANISH CLUB

Beginner Spanish for your school-age linguist. Learn the basics through conversation, stories and crafts.

Full Member \$22, Program Member \$60

PHX	I/II	4-7	Fri	11:00-11:45am	10PH-YSPANF01
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SPRING FLING

Spring has sprung! Come join us for stories, games and crafts all centered around the spring season.

Full Member \$22, Program Member \$60

PHX	I/II	5-9	Mon	6:15-7:00pm	10PH-YSPRIM01
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PHX	I/II	3-5	Wed	9:30-10:15am	10PH-YSPRIW01
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PHX	I/II	5-9	Thur	4:00-4:45pm	10PH-YSPRIR01
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SV	I/II	3-6	Mon	11:30-12:15pm	40PH-YWINTM01
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STORY TIME JAMBOREE

Interactive circle time incorporating story, music, dance, and guitar. A variety of activities throughout the session.

Full Member FREE, Program Member \$55

PTN	I/II	2-6	Tues	10:30-11:00am	50PH-YSTORT01
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STORY TIME THEATER

Children will listen to stories and bring those tales to life through guided drama and creative play. Use of provided props, instruments, and dress up will enhance this experience.

Full Member \$17, Program Member \$55

SV	I/II	2-3	Wed	10:40-11:10am	40PH-YTHEAW01
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WHALE OF A TALE

Listen to your favorite books during a fun circle time with parent.

Full Members Only - FREE

PHX	I/II	2 ^{1/2} -4	Fri	1:00-1:30pm	10PH-YWHALF01
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SV	I/II	1-2	Wed	11:15-11:45am	40PH-YWHALW01
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SV	I/II	3-4	Wed	11:50-12:20pm	40PH-YWHALW02
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NEW

Youth Sports

ALL SPORTS					
Play supervised sports with your friends such as; basketball, dodgeball and more!					
Full Members Only; FREE					
PTN	I/II	6-9	Wed	6:00-6:45pm	50PH-YALLSW01
ARCHERY -YOUTH					
Learn the basics of archery. Open to all levels. Taught by award-winning archer, Joseph Grejduš.					
Full Member \$22, Program Member \$60					
PHX	I/II	5-8	Sat	9:30-10:15am	10PH-YARCHS01
PHX	I/II	9-12	Sat	10:30-11:15am	10PH-YARCHS02
BASKETBALL SKILLS & DRILLS					
Learn the basic skills needed for basketball success. Skills, drills & a lot of fun!					
Full Member \$22, Program Member \$60					
PTN	I/II	6-9	Tue	6:00-6:45pm	50PH-YBEGBT01
SV	I/II	4-6	Tue	5:15-6:00pm	40PH-YBEGBT01
SV	I/II	4-6	Wed	12:30-1:15pm	40PH-YBEGBW01
BUSY BODIES					
Have fun with Scooters, Sports, Parachutes & more! Classes may vary by branch.					
Full Member FREE, Program Member \$55					
PTN	I/II	3-5	Wed	10:00-10:30am	50PH-YBUSBW01
SV	I/II	3-5	Thur	12:30-1:15pm	40PH-YBUSYR01
UPV	I/II	3-5	Fri	9:00-9:30am	60PH-YSCOOF01
UPV	I/II	3-5	Fri	9:30-10:00am	60PH-YSCOOF02
DODGEBALL					
Come play the old school game of dodgeball! Pick up games. NO head shots allowed. Athletic shoes MUST be worn to play.					
Full Members Only - FREE					
SV	I/II	6-9	Tue	6:15-7:00pm	40PH-YDODGT01
FIT & FUN					
Combines exercise and all the games that you love. We'll start with basic stretching and cardio, then finish up with games. Get your preschooler moving!					
Full Member \$22, Program Member \$60					
SV	I/II	3-6	Mon	10:30-11:15am	40PH-YFITNM01
SV	I/II	3-6	Wed	10:35-11:20am	40PH-YFITNW01
INDOOR TENNIS					
Topics include grips, strokes, strategy & rules. Ages 8 & up will be introduced to the serve. Athletic shoes MUST be worn. Please bring racket. Equipment provided at Pottstown & Phoenixville YMCA.					
Full Member \$22, Program Member \$60					
LEVEL ONE - Beginners with little or no tennis experience					
PHX	I/II	5-6	Fri	4:15-5:00pm	10PH-YTENNF01
PHX	I/II	7-9	Fri	5:15-6:00pm	10PH-YTENNF02
PTN	I/II	5-7	Wed	5:00-5:45pm	50PH-YTENNW01
SV	I/II	7-10	Sun	1:00-1:45pm	40PH-YTENNU01

INDOOR TENNIS					
LEVEL TWO- Must have completed at least one session of tennis instruction at the Y.					
PHX	I/II	7-12	Fri	6:15-7:00pm	10PH-YTENNF04
KARDIO KIDS					
Incorporate cardio and strength training at kid-friendly level. Kids discover how exercise can be fun.					
Full Member \$22, Program Member \$60					
PHX	I/II	7-11	Tue	4:45-5:30pm	10PH-YKARDT01
KINDER KAPERS					
For 1/2-day Kindergartners. Let off some steam and get physical while having fun. Enjoy a variety of sports and games.					
Full Member \$22, Program Member \$60					
SV	I/II	5-6	Tue	10:45-12:30pm	40PH-YKINDT01
SV	I/II	5-6	Tue	1:30-1:15pm	40PH-YKINDT02
UPV	I/II	5-6	Thur	1:00-1:45pm	60PH-YKINDR01
OLD SCHOOL GYM					
Have fun with friends while playing old school gym games like dodgeball, kickball, indoor soccer, hockey and scooter races.					
Full Member \$22, Program Member \$60					
PHX	I/II	7-10	Mon	4:30-5:15pm	10PH-YOLDSM01
SV	I/II	6-11	Sun	2:00-2:45pm	40PH-YOLDSU01
OPEN PRESCHOOL FAMILY GYM					
Enable the energy of your youngster in this unstructured program. Stop by the front desk to sign out the family bin. Parents must accompany the child. No registration needed.					
Full Members - FREE					
PTN	I/II	3-5	Wed	10:45-11:30am	Drop In



PRESCHOOL BASKETBALL					
Full Member FREE, Program Member \$55					
PHX	I/II	3-5	Wed	12:15-12:45pm	10PH-YBASSW01
PHX	I/II	3-5	Wed	1:00-1:30pm	10PH-YBASSW02
PHX	I/II	4-6	Fri	9:30-10:00am	10PH-YBASSF01
PTN	I/II	3-5	Tue	10:00-10:30am	50PH-YBASST01
PTN	I/II	3-5	Tue	5:30-6:00pm	50PH-YBASST02
UPV	I/II	4-6	Sat	11:45-12:15pm	60PH-YBASSS01
PRESCHOOL CHEERLEADING					
Non-competitive cheer squad to learn & practice basic cheers.					
Full Member \$17, Program Member \$55					
AUD	I/II	3-5	Sat	12:00-12:30pm	50PH-YCHEPS01
PTN	I/II	3-5	Mon	5:45-6:15pm	50PH-YCHEPM01
SV	I/II	3-6	Wed	1:15-1:45pm	40PH-YCHEPW01
SV	I/II	3-6	Wed	1:50-2:20pm	40PH-YCHEPW02
PRESCHOOL TENNIS					
Played indoors, come learn the basics of tennis while having fun with your kids your own age. Must bring your own racket.					
Full Member \$22, Program Member \$60					
SV	I/II	4-5	Wed	1:15-2:00pm	40PH-YTENNW01
SV	I/II	5-6	Wed	2:15-3:00pm	40PH-YTENNW02
PRESCHOOL YOGA					
Yes, Yoga is fun! Children unleash their imagination and play while learning yoga poses – as well as breathing and relaxation techniques – all in a non-competitive environment. Please bring yoga mat.					
Full Member \$22, Program Member \$60					
SV	I/II	3-4 w/ parent	Tues	11:15-12:00pm	40PH-YPYOGT01
SV	I/II	4-6	Thur	11:15-12:00pm	40PH-YPYOGR01
PEE WEE SPORTS CLASSES					
PEE WEE FLAG FOOTBALL					
Full Member \$22, Program Member \$60					
SV	I/II	4-6	Wed	11:30-12:15pm	40PH-YPFOOTW01
PEE WEE HOCKEY					
Full Member \$22, Program Member \$60					
PHX	I/II	3-6	Mon	10:15-11:00am	10PH-YPHOCM01
SV	I/II	3-4	Tues	12:35-1:20pm	40PH-YPHOCT01
SV	I/II	4-5	Fri	11:30-12:15am	40PH-YPHOCF01
SV	I/II	3-4	Sun	12:00-12:45pm	40PH-YPHOCU01
SV	I/II	5-7	Sun	1:00-1:45pm	40PH-YPHOCU02

PEE WEE OLD SCHOOL GYM					
Have fun with friends while playing a variety of old school gym games such as; Shark Attack, Kickball, Dodgeball & Red Rover.					
Full Member \$22, Program Member \$60					
PHX	I/II	4-5	Tues	2:00-2:45pm	10PH-YOLDST01
UPV	I/II	4-6	Thur	9:00-9:45am	60PH-YOLDRO1
PEE WEE SOCCER					
Full Member \$22, Program Member \$60					
PHX	I/II	3-6	Thur	2:00-2:45pm	10PH-YPSOCR01
PTN	I/II	4-6	Mon	6:00-6:45pm	50PH-YPSOCM01
SV	I/II	3-5	Mon	12:30-1:15pm	40PH-YPSOCM01
SV	I/II	3-5	Mon	4:15-5:00 pm	40PH-YPSOCM02
PEE WEE SPORTS - GENERAL					
Full Member \$22, Program Member \$60					
PHX	I/II	3-4	Mon	9:30-10:15am	10PH-YPPEEW01
PHX	I/II	3-4	Mon	1:30-2:15pm	10PH-YPPEEW02
PHX	I/II	3-4	Tue	10:15-11:00am	10PH-YPPEEWT01
PHX	I/II	3-4	Thur	10:00-10:45am	10PH-YPPEEWR01
PHX	I/II	3-4	Thur	1:00-1:45pm	10PH-YPPEEWR02
PTN	I/II	3-5	Thur	6:30-7:45pm	50PH-YPPEEWR01
SV	I/II	3-4	Mon	11:30-12:15pm	40PH-YPPEEW01
SV	I/II	4-5	Mon	1:30-2:15pm	40PH-YPPEEW02
SV	I/II	3-4	Mon	5:15-6:00pm	40PH-YPPEEW03
SV	I/II	3-4	Tue	11:45-12:30pm	40PH-YPPEEWT01
SV	I/II	4-6	Tue	4:15-5:00pm	40PH-YPPEEWT02
SV	I/II	3-5	Wed	10:30-11:15am	40PH-YPPEEWW01
SV	I/II	4-5	Thur	10:45-11:30pm	40PH-YPPEEWR01
SV	I/II	3-4	Thur	11:45-12:30pm	40PH-YPPEEWR02
SV	I/II	3-4	Fri	10:30-11:00pm	40PH-YPPEEWF01
UPV	I/II	2-4	Wed	9:00-9:45am	60PH-YPPEEWW01
SOCCER STARTERS					
Young beginners get familiar with soccer.					
Full Member FREE, Program Member \$55					
PTN	I/II	3-5	Tue	10:30-11:00am	50PH-YSOCST01
SPORTS SAMPLER					
Come try out a variety of sports and activities to help you stay fit ...all while having fun. Will learn the fundamentals of main-stream sports including basketball, soccer, hockey, and more.					
Full Member \$22, Program Member \$60					
SV	I/II	7-11	Thur	5:15-6:00pm	40PH-YSAMPRO1

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

Gymnastics

SUPER SPORTS					
For the kid who likes all sports! Learn a new sport each week... includes basketball, soccer, t-ball, kickball and more. Basic skills and lots of fun each week!					
Full Member \$22, Program Member \$60					
PHX	I/II	5-6	Mon	2:30-3:15pm	10PH-YSUPEM02
PHX	I/II	5-6	Tues (Adv)	9:30-10:15am	10PH-YSUPET01
PHX	I/II	5-6	Tues	1:00-1:45pm	10PH-YSUPET02
SV	I/II	5-6	Thur	4:15-5:00pm	40PH-YSUPERO1
TEEBALL STARTERS					
Played indoors. Receive instruction and develop basic fundamental skills. Class focuses on proper throwing, catching and hitting techniques of the game.					
Full Member \$22, Program Member \$60					
PTN	I/II	4-6	Thur	5:30-6:15pm	50PH-YTEEBR01
SV	I/II	4-6	Fri	12:30-1:00pm	40PH-YTEEBF01
WIFFELBALL					
Americas favorite backyard game but we are taking it indoors. Learn something new and super fun. Class size must be at least 10 participants to run so spread the word and tell your friends.					
Full Member \$22, Program Member \$60					
PTN	I/II	8-11	Sat	9:00-9:45am	50PH-YFLAGS01
YOUTH CHEERLEADING					
Non-competitive cheer squad to learn & practice basic cheers.					
Full Member \$22, Program Member \$60					
PTN	I/II	6-10	Mon	6:30-7:15pm	50PH-YCHEEM01
YOUTH RUNNING					
Learn how to train like a runner. Will focus on basic stretches, drills and running techniques in a fun supportive environment. Class will meet in lobby, but will run outdoors. Must bring water bottle, wear sneakers and dress for weather.					
Full Member Only - FREE					
SV	I/II	7-9	Wed	4:30-5:15pm	40PH-YRUNNW01
PHX	I/II	7-9	Thur	4:30-5:15pm	10PH-YRUNNR01
YOGA - YOUTH					
Children will experience yoga poses through games, songs and stories. A great way for your child to relax and try something new.					
Full Member \$22, Program Member \$60					
PHX	I/II	4-7	Wed	2:00-2:45pm	10PH-YYOGAW01
SV	I/II	8-13	Wed	5:00-5:45pm	40PH-YYOGAW01
YOGA - MOMMY & ME					
Come and relax with your young child. This program utilizes the "Yoga Kids International Program." Learn more at yogakids.com.					
Full Member \$22, Program Member \$60					
AUD	I/II	12-18mo	Mon	9:15-10:00am	30PH-YMOMMM01
SV	I/II	3-4	Tue	11:15-12:00pm	40PH-YPYOGT01

GYMNASTICS - GYM TOTS					
Come and introduce your child to walking on a balance beam, hanging from the bar and doing log rolls. Improve hand eye coordination during circle time and meet new friends. Parent/ Child Class.					
Full Member \$47, Program Member \$70					
PHX	I/II	1-2	Mon	10:20-11:05am	10PH-YGYTOM01
PHX	I/II	1-2	Wed	10:15-11:00am	10PH-YGYTOW01
PHX	I/II	1-2	Thur	9:15-10:00am	10PH-YGYTOR01
PHX	I/II	1-2	Sun	3:30-4:15pm	10PH-YGYTOU01
SV	I/II	1-2	Mon	9:30-10:30am	40PH-YGYTOM01
SV	I/II	1-2	Sat	9:30-10:30am	40PH-YGYTOS01
GYMNASTICS - TUMBLE BEARS					
Come and encourage your child to walk on a balance beam, jump and do forward rolls. Circle time enhances hand eye coordination and encourages group participation. Parent/ Child Class.					
Full Member \$47, Program Member \$70					
PHX	I/II	2-3	Mon	11:15-12:00pm	10PH-YGYTUM01
PHX	I/II	2-3	Wed	9:15-10:00am	10PH-YGYTUW01
PHX	I/II	2-3	Thur	10:15-11:00am	10PH-YGYTUR01
PHX	I/II	2-3	Sun	2:30-3:15pm	10PH-YGYTUU01
SV	I/II	2-3	Tue	9:30-10:15am	40PH-YGYTUT01
SV	I/II	2-3	Wed	9:30-10:15am	40PH-YGYTUW01
SV	I/II	2-3	Thur	10:35-11:20am	40PH-YGYTUR01
SV	I/II	2-3	Sat	10:40-11:25 am	40PH-YGYTUS01
GYMNASTICS - TINY TUMBLERS					
The first instructional gymnastics class for your child. Boys & girls enjoy learning on kid-sized gymnastics equipment. Must be Potty trained.					
Full Member \$47, Program Member \$70					
AUD	I/II	3-5	Sat	10:00-10:45am	30PH-YGYTIS01
PHX	I/II	3-4	Tue	1:30-2:15pm	10PH-YGYTIT01
PHX	I/II	3-4	Tue	4:30-5:15pm	10PH-YGYTIT02
PHX	I/II	3-4	Wed	12:30-1:15pm	10PH-YGYTIW01
PHX	I/II	3-4	Thur	12:45-1:30pm	10PH-YGYTIRO1
PHX	I/II	3-4	Fri	10:15-11:00am	10PH-YGYTIF01
PHX	I/II	3-4	Sat	8:30-9:15am	10PH-YGYTIS01
PTN	I/II	3-4	Tue	5:15-6:00pm	50PH-YGYTIT01
SV	I/II	3-4	Tue	10:25-11:10am	40PH-YGYTIT01
SV	I/II	2-3	Wed	10:25-11:10am	40PH-YGYTIW01
SV	I/II	3-4	Fri	9:20-10:20am	40PH-YGYTIF01

GYMNASTICS - TUMBLE FUN					
Kids learn basic gymnastics skills on kid-sized equipment. Combines Tiny Tumblers and Mini Gymnasts classes. Instructional class.					
Full Member \$47, Program Member \$70					
SV	I/II	3-5	Mon	1:15-2:15pm	40PH-YGYTFM01
SV	I/II	3-5	Mon	5:15-6:15pm	40PH-YGYTFM02
SV	I/II	3-5	Tues	1:30-2:30pm	40PH-YGYTFT01
SV	I/II	3-5	Thur	9:30-10:30am	40PH-YGYTFR01
SV	I/II	3-5	Fri	1:30-2:00pm	40PH-YGYTFF02
SV	I/II	3-5	Sat	11:35-12:35pm	40PH-YGYTFS01
GYMNASTICS - MINI GYMNASTS					
Incorporates the basic principles of balance, strength and flexibility to develop gymnastics skills. We use kid-sized equipment to ensure the safest & most effective learning environment.					
Full Member \$47, Program Member \$70					
PHX	I/II	4-5 ^{1/2}	Mon	12:30-1:15pm	10PH-YGYMIM01
PHX	I/II	4-5 ^{1/2}	Tue	10:15-11:00am	10PH-YGYMIT01
PHX	I/II	4-5 ^{1/2}	Tue	12:30-1:15pm	10PH-YGYMIT02
PHX	I/II	4-5 ^{1/2}	Tue	4:30-5:15pm	10PH-YGYMIT03
PHX	I/II	4-5 ^{1/2}	Wed	1:30-2:15pm	10PH-YGYMIW01
PHX	I/II	4-5 ^{1/2}	Thur	1:45-2:30pm	10PH-YGYMIR01
PHX	I/II	4-5 ^{1/2}	Fri	9:15-10:00am	10PH-YGYMIF01
PHX	I/II	4-5 ^{1/2}	Sat	8:30-9:15am	10PH-YGYMIS01
SV	I/II	4-5 ^{1/2}	Tue	11:35-12:20pm	40PH-YGYMIT01
SV	I/II	4-5 ^{1/2}	Wed	11:35-12:20pm	40PH-YGYMIW01

Progressive Gymnastics

GYMNASTICS PROGRESSIVE					
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 the vault, bars, balance beam and floor.					
Full Member \$47, Program Member \$70					
PHX	I/II	5 ^{1/2} -7	Mon	1:30-2:30pm	10PH-YGYL1M01
PHX	I/II	5 ^{1/2} -7	Tue	9:00-10:00am	10PH-YGYL1T01
PHX	I/II	5 ^{1/2} -8	Tue	5:25-6:25pm	10PH-YGYL1T02
PHX	I/II	5 ^{1/2} -8	Tue	6:35-7:35pm	10PH-YGYL1T03
PHX	I/II	5 ^{1/2} -8	Sat	9:30-10:30am	10PH-YGYL1S01
PHX	I/II	5 ^{1/2} -8	Sat	10:40-11:40am	10PH-YGYL1S02
PHX	I/II	5 ^{1/2} -8	Sun	5:00-6:00pm	10PH-YGYL1U01
PHX	I/II	5 ^{1/2} -8	Sun	6:15-7:15pm	10PH-YGYL1U02
PHX	I/II	8+	Tue	6:35-7:35pm	10PH-YGYL1T04
PHX	I/II	8+	Sat	10:40-11:40am	10PH-YGYL1S03
PHX	I/II	8+	Sat	11:45-12:45pm	10PH-YGYL1S04
PTN	I/II	5-8	Tue	6:00-7:00pm	50PH-YGYL1T01

GYMNASTICS CONT.					
SV	I/II	5 ^{1/2} -7	Mon	6:20-7:20pm	40PH-YGYL1M01
SV	I/II	5 ^{1/2} -8	Tues	6:15-7:15pm	40PH-YGYL1T01
SV	I/II	5 ^{1/2} -7	Wed	5:45-6:45pm	40PH-YGYL1W01
SV	I/II	5 ^{1/2} -8	Thur	6:30-7:30pm	40PH-YGYL1R01
SV	I/II	5 ^{1/2} -8	Wed	6:50-7:50pm	40PH-YGYL2W01

Competitive Teams

GYMNASTICS - LEVEL 4 COMPETITIVE TEAM				
All team participants are selected from the non-competitive gymnastics program or by tryout. For more information, call Deirdre Wood at 484-921-5852.				
Full Members Only, \$77/month				
PHX	Mon	4:00-6:00pm	10PH-YGYL4***	
PHX	Thur	4:00-6:00pm		
GYMNASTICS - LEVEL 5 COMPETITIVE TEAM				
Full Members Only, \$92/month				
PHX	Mon	4:00-6:00pm	10PH-YGYL5***	
PHX	Wed	6:30-8:30pm		
PHX	Thur	4:00-6:00pm		
GYMNASTICS - LEVEL 6 COMPETITIVE TEAM				
Full Members Only, \$92/month				
PHX	Mon	4:00-6:00pm	10PH-YGYL6***	
PHX	Wed	6:30-8:30pm		
PHX	Thur	4:00-6:00pm		
GYMNASTICS - LEVELS 7, 8 & 9 COMPETITIVE TEAM				
Full Members Only, \$107/month				
PHX	Mon	5:45-8:45pm	10PH-YGYL7***	
PHX	Wed	4:00-7:00pm		
PHX	Thur	5:45-8:45pm		

TUMBLING FOR CHEERLEADING					
Learn tumbling skills necessary for high school cheerleading. Minimum requirement- roundoff.					
Full Member \$30, Program Member \$50					
PHX	I/II	11-14	Tues	3:30-4:15pm	40PH-YCHTUT01
PHX	I/II	13-16	Thur	3:15-4:00pm	40PH-YCHTUR01

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

Special Needs

ADAPTED PEE WEE SPORTS					
Enjoy learning basic motor movements and sports fundamentals in a smaller group setting. Class size limited for children who benefit from less sensory stimulation. Full Member \$15, Program Member \$25					
PHX	I/II	3-4	Wed	9:15-10:00am	1OPH-YAPEEW01
ADAPTED SUPER SPORTS					
Group your motor movement skills together to play your favorite sports. Class size limited for children who benefit from less sensory stimulation. Full Member \$15, Program Member \$25					
PHX	I/II	5-7	Wed	10:15-11:00am	1OPH-YASUPW01
ART FOR THE SPECIAL ARTIST					
Does your special artist love to draw, paint, color or just love to work with their hands? Let this art class for children with a variety of special needs and developmental delays explore art while having fun. The Special Artist will use a variety of art materials to assist in the development of foundation skills, art activities and socialization. This is an unstructured "Parent Option" class for you and/or your child to create a masterpiece. Full Member \$15 & Program Member \$25					
SV	I/II	3-5yr old	Thur	11:15-11:45am	40SN-YARTR01
SV	I/II	K-5 grade	Thur	5:30-6:30pm	40SN-YARTR02
DANCE & MOVEMENT FOR THE SPECIAL DANCER					
Dance and Movement is designed for children with disabilities who love to dance, love music, and want to feel the joy and sensation of movement. Classes are offered for children with any range of disabilities; those in wheelchairs are warmly welcomed and encouraged to participate. You and your child will be learning and having fun all at the same time while moving to the BEAT!. Class size is limited. This is a "Parent Option" class for you and/or your child to move freely. Full Member \$15 & Program Member \$25					
SV	I/II	2-5yrs old	Thur	9:30-10:00am	40SN-YMUSR01

FRIDAY NIGHT WITH FRIENDS					
Join us for fun and socialization. A different activity each week, to include crafts, cooking, dances, swimming, and holiday parties. This is a great opportunity to meet new friends! (A minimal participation fee may be required depending on the activity.) Open to the Community					
SV	I/II	18 & UP	Fri	6:30-9:30pm	40SN-YSPNADF01
SUPER STARS					
A whole body experience for children with physical disabilities or mental challenges to run, jump & play with their peers. Make new friends while having fun. Must come with caregiver. Open to the Community - FREE					
AUD	I/II	Birth -5 w/par	Tues	12:00-12:30pm	30SN-YSPECT01
AUD	I/II	School Age w/par	Fri	4:30-5:00pm	30SN-YSPECF01
SV	I/II	Birth -5 w/par	Mon	10:30-11:30am	40SN-YSPECM01
SV	I/II	School Age w/par	Tue	4:15-5:15pm	40SN-YSPECT01
SV	I/II	School Age w/par	Thur	4:15-5:15pm	40SN-YSPECR01
SV	I/II	Birth -5 w/parr	Fri	10:30-11:30am	40SN-YSPECF01
UPV	I/II	w/par	Sat	9:15-10:00am	60PH-YSPECS01
Y KNOT PLAY - PARACHUTE					
Designed for children with special needs to encourage physical fitness while promoting social interaction and communication skills through songs and movement. This is a parent option class. Full Member \$15 & Program Member \$25					
AUD	I/II	2-5 w/par	Wed	11:00-11:30am	30SN-SPPARW01



EXPLORE YOUR SENSES					
Enjoy your time with a small group of peers while participating in structured and unstructured sensory integrated activities. Full Member \$15, Program Member \$25					
PHX	I/II	3-5	Fri	10:15-11:00am	10PH-YEXPLF01
Y KNOT KICK STARS					
Children with physical and/or mental challenges will have fun while learning the fundamentals of soccer. Non-competitive environment where focus will be placed on movement and gross motor skill development. Great opportunity to learn a team sport! Full Member \$32, Program Member \$45					
SV	I	K-12th Grade	Wed	5:30-6:30pm	40SN-YFALBW01
Y KNOT GYMNASTICS					
From stretching to the trampoline, to the balance beam, and parallel bars ... Designed for children with special needs to learn new skills while developing balance, muscle strength and coordination. A great introduction to the gymnastics environment! Full Member \$15 & Program Member \$25					
AUD	I/II	2-5 w/par	Sat	9:00-9:30am	30SN-SPNTUS01
SV	I/II	2-5yrs old	Wed	11:45-12:15pm	40SN-SPNTUW01
Y KNOT YOGA					
Designed for children with special needs to learn the foundations of yoga postures while increasing strength, flexibility, balance and relaxation. This is a parent option class. Please bring a yoga mat. Full Member \$15 & Program Member \$25					
SV	II	School Age	Tues	5:30-6:00pm	40SN-SPNYOT01
SV	II	3-5yrs old	Mon	11:45-12:15	40SN-SPNYOM01

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

PARENT FORUM

Open to Community - FREE

Special presenters on special needs topic and a great opportunity to network with families. Please register at front desk.
Topic - TBA - Check for more information to follow.

Y KNOT CONNECT

Ages 7-13

\$5.00 per participant

Y Knot Connect is a monthly social group to help children ages 7 through 13 connect with friends in a supportive environment. The activities will focus around the interests of the group and will incorporate interactive games that require cooperation and flexibility. Each class will conclude with yoga poses and daily reflection to teach stress relief and increase core strength and stability. Age appropriate siblings welcome. **Come join us at the Spring Valley YMCA the first Friday every month!**

SV Fri 7:00-8:00pm 40SN-YNOTCF01



FREEDOM VALLEY YMCA YOUTH LEAGUE SCHEDULE

	Age	Audubon	Phoenixville	Pottstown	Spring Valley
SPRING 2012	Registration Feb 1 - March 11, 2012 ; Start Date: April 14, 2012				
Soccer	Ages 4-13	X	X		X
Field Hockey	Ages 5-11		X		
T-Ball	Ages 4-5	X	X	X	X
Baseball	Ages 6-7	X	X	X	X
SUMMER 2012	Registration May 1- June 1; Start Date: June 18, 2012				
Basketball	Ages 6-17		X	X	X
Challenger Soccer Camp	Ages 4-16 - Start 7/11		X		X
FALL 2012	Registration June 1-July 31; Start Date: September 8, 2012				
Soccer	Ages 4-13	X	X		X
Field Hockey	Ages 5-11		X		
Flag Football	Ages 4-12	X	X		X
T-Ball	Ages 4-5		X		X
Baseball	Ages 6-7		X		X
WINTER 2013	Registration Sept. 28-Oct. 31; Start Date: December 1/2 2013				
Basketball	Ages 4-17		X	X	X
INDOOR 2013	Registration Dec. 1-Jan 22, 2012 ; Start Date: February 18, 2013				
Soccer	Ages 4-11		X	X	X
Football	Ages 4-11		X		

SPRING OUTDOOR SPORTS

STAFF:

Dan Babiak - Sports Director/Phoenixville
484.921.5851, dbabiak@fvymca.org

Don Grinstead - Spring Valley Sports Coordinator
484.984.2023, dgrinstead@fvymca.org

Ken Trusty - Pottstown Sports Coordinator
610.323.7300, ktrusty@fvymca.org

Katie Fisher - Audubon Sports Coordinator
610.323.7300, ktrusty@fvymca.org

CONTACT: Sports Hot Line: 484.921.5842
www.fvymca.org

YOUTH SPORTS PHILOSOPHY

Freedom Valley YMCA Youth Sports Programs give positive sports experiences that focus on fun, friendship, sportsmanship and skill development. Every boy and girl receives individual attention geared toward improving their skills and understanding of the game.

LOCATION

Soccer: Audubon, Phoenixville, Spring Valley

Field Hockey: Phoenixville

T-Ball: Audubon, Phoenixville, Pottstown, Spring Valley
Coach Pitch: Audubon, Phoenixville, Pottstown, Spring Valley

SESSION DATES: April 14 - June 9, 2012

PRACTICE SESSIONS: Each team will practice one evening per week during the session. Games played on Saturdays. NO practice for Division 1 Soccer for 4 yr olds / game-practice same day.

DIVISIONS

Will vary by sport. Please check with your Sports Coordinator for more information.



Teen/Tween Programs

For ages 8-15

Y-Zone (Intergenerational Center)

Where: Spring Valley YMCA | M-F; 5:00-8:00pm

Phoenixville YMCA | M-F; 4:00-8:00pm

Who: Full Members ages 10 & up; 10 -11 yr olds must be signed in by parent.

Parents must remain in the building for children under the age of 12.

What: A fun place to hang out while Mom or Dad use the facility. Activities include Wii, pool table, ping pong, foosball, board games, computer lab and more. Fully supervised by YMCA staff.

- For questions or event info at PHX, contact Chris at 610.933.5861 or cspinozzi@fvymca.org
- For questions or event info at SV, contact Jen at 484.984.2008 or jsteffenauer@fvymca.org

DRIVER'S ED

Ages 15 1/2 & UP

Full Members \$150
Program Member \$200

Does your online driver's education course have 27 years of driving experience? Come join us at the Phoenixville branch for our PA Department of Education, State Certified, 30 hour interactive Defensive Driver Training Program. Teen students will obtain certificates upon completion, allowing for insurance discounts and early senior license eligibility. Come learn with face to face interaction, where your questions can be answered in person from our state certified Driver's Ed instructor. Instruction will range from how to operate a motor vehicle overcoming the fears of driving and becoming a confident, safe, defensive driver with the dangers and distractions of driving in the world today. **10 weeks - January 14 - March 17**

PHX Sat 9:00am-12:00pm 10PH-YDRIVS01

ARCHERY					
Learn the basics of archery. Open to all levels. Taught by award-winning archer, Joseph Grejdus.					
Full Member \$22, Program Member \$60					
PHX	I/II	9-12	Sat	10:30-11:15am	10PH-YARCHS02
PHX	I/II	13+	Sat	11:30-12:15pm	10PH-YARCHS03
BADMINTON					
Learn through competitive match play, strategic coaching, stroke production drills & warm-up exercises. Instructor, Eric Miller, is a national level competitor. Bring your own racket.					
Full Member Only- FREE					
PHX	I/II	10-16	Sun	5:00-6:00pm	10PH-YBADMU01
BONJOUR FRIENDS					
A fun , easy and rewarding way for your child to learn to speak French! We will learn the language and explore the culture through songs, crafts and some snacks!					
Full Members \$22, program Member \$60					
PHX	I/II	6-10	Mon	5:00-5:45pm	10PH-YBONJM01
BOY'S SPORT CONDITIONING					
A personal trainer will help you get into shape for any sport season. Focuses on agility and speed. Please bring a towel & mat.					
Full Member \$22, Program Member \$60					
AUD	I/II	10-16	Tues	4:30-5:15pm	30PH-YBOYT01
CARDIO KICKBOXING					
Learn the basic kicks, punches, and combos in this fast-paced cardio class. No experience necessary. Parents welcome, but must register.					
Full Member FREE, Program Member \$80					
PHX	I/II	11-16	Wed	4:15-5:00pm	10PH-YCARKW01
CHEERLEADING					
Non-competitive cheer squad to learn & practice basic cheers.					
Full Member \$22, Program Member \$60					
PTN	I/II	6-10	Mon	6:30-7:15pm	50PH-YCHEEM01
CYCLING					
Learn the basics of cycling, safety & proper positioning. Must be 4'11" to participate. Parents welcome, but must register.					
Full Member FREE, Program Member \$32					
PHX	I	8+	Thur	5:00-5:45pm	10PH-YCYCLR01
PTN	I	8+	Tue	5:15-6:00pm	50PH-YCYCLT01
SV	I	8+	Wed	5:30-6:15pm	40PH-YFCYCW01
SV	I	8+	Thur	5:30-6:15pm	40PH-YFCYCR01

DANCE CLASS					
Learn basic moves for ballet, jazz and modern dance. Full Members \$32, Program Member \$70					
UPV	I/II	6-10	Sat	11:00-12:00pm	60PH-YDANCS01
DODGEBALL - TWEEN					
Come play the old school game of dodgeball! Pick up games. NO head shots allowed. Athletic shoes MUST be worn to play. Full Members Only - FREE					
PHX	I/II	10-14	Wed	4:00-4:45pm	10PH-YDODGW01
SV	I/II	9-12	Mon	6:15-7:00pm	40PH-YDODGM01
UPV	I/II	6-12	Mon	4:00-5:00pm	60PH-YDODGM01
UPV	I/II	6-12	Tue	4:00-5:00pm	60PH-YDODGT01
UPV	I/II	6-12	Wed	4:00-5:00pm	60PH-YDODGW01
UPV	I/II	6-12	Thur	4:00-5:00pm	60PH-YDODGR01
UPV	I/II	6-12	Fri	4:00-5:00pm	60PH-YDODGF01
FREE-WEIGHT CLASS - TEEN					
Learn proper lifting techniques along with weight room etiquette. *Recommended for those age 14 to use free weights. Full Members Only \$32					
SV	I/II	14-16	Thur	6:00-7:00pm	40PH-YFREER01
GIRL'S SPORT CONDITIONING					
A personal trainer will help you get into shape for any sport season. Focuses on agility and speed. Please bring a towel & mat. Full Member \$22, Program Member \$60					
AUD	I/II	10-16	Wed	4:30-5:15	30PH-YGIRW01
GUITAR JAM SESSION					
Want to learn to be a real guitar hero? Start with the basics, step into chords & soon you'll be jammin'. Guitars provided. Music book is \$4. Level 2 students must have some knowledge of some notes and chords. Full Member \$22, Program Member \$60					
PHX	I/II	Level 1	Mon	3:30-4:15pm	10PH-YGUITM01
PHX	I/II	Level 2	Mon	4:30-5:15pm	10PH-YGUITM02
PHX	I/II	Level 1	Fri	3:30-4:15pm	10PH-YGUITF01
PHX	I/II	Level 2	Fri	4:30-5:15pm	10PH-YGUITF02
PHX	I/II	Level 1	Fri	5:30-6:15pm	10PH-YGUITF03
PHX	I/II	Level 1	Sat	10:00-10:45am	10PH-YGUITSO1
PHX	I/II	Level 2	Sat	11:00-11:45am	10PH-YGUITSO2

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

H.I.P. KIDS					
This 8-week long health intervention program offers guidance from licensed, registered dietitians and fitness professionals to help families adopt a healthy lifestyle through nutrition counseling, exercise instruction and behavior modification. May be reimbursable through health insurance or YMCA Financial Assistance. Contact Michelle Ferretti at 484-921-5854 for more information.					
PHX	I/II	8-16	T/R	6:00-7:00pm	10PH-YHIPKT01
INDOOR TENNIS					
Topics include grips, strokes, strategy & rules. Ages 8 & up will be introduced to the serve. Athletic shoes MUST be worn. Full Member \$22,, Program Member \$60					
LEVEL ONE - Beginners with little or no tennis experience.					
PHX	I/II	7-9	Fri	5:15-6:00pm	10PH-YTENNF02
PHX	I/II	10-14	Fri	7:15-8:00pm	10PH-YTENNF03
SV	I/II	7-10	Sun	1:00-1:45pm	40PH-YTENNU01
SV	I/II	11-14	Sun	2:00-2:45pm	40PH-YTENNU02
LEVEL TWO - Must have completed at least one session of tennis instruction at the Y.					
PHX	I/II	7-12	Fri	6:15-7:00pm	10PH-YTENNF04
JUNIOR LEADERS					
The first step in becoming a leader. Make new friends and learn how you can make a difference. Registration required. Program will not meet if school is closed. (SV only.) Full Members & Program Members - FREE					
SV	I/II	Gr 3-5	Mon	5:15-5:45pm	40PH-YJRLDM01
JUMP 2B FIT					
What an easy way to have fun while getting fit. Jump roping is a fantastic exercise for shaping all major muscles plus a great cardio workout. We will do single and individual and doubles. All levels welcome. Ropes provided. Full Member \$22, Program Member \$60					
PTN	I/II	7-10	Wed	6:00-6:45pm	50PH-YJUMPW01
PTN	I/II	11-14	Wed	7:00-7:45pm	50PH-YJUMPW02
MIXED MEDIA ART					
Students use a wide variety of media to make unique art projects. Bring your imagination and your smocks! Additional \$15 supply fee for Upper Perk. Full Member \$22, Program Member \$60					
SV	I/II	7-12	Sat	10:15-11:00am	40PH-YMIXMS01
UPV	I/II	9-13	Sat	10:15-11:15am	60PH-YMIXMS01
MOD GIRL CRAFT CLASS					
Perfect class for your artsy tweens and teens. Variety of Multi-media crafts including decoupage, decorative journals, picture frames and more. A great creative outlet for the budding mod girl. Full Member \$22, Program Member \$60					
PHX	I/II	8-14	Fri	5:00-6:00pm	10PH-YMODGF01

Teen/Tween Programs

NORDIC WALKING - TWEEN					
Developed as a summer training for cross country skiers, this class gives you a total body workout and is suitable for all ages and skill levels. Use of official Nordic Walking Ski Poles is included in class price. Instructor will fit you for equipment. Class meets in lobby.					
Full Member \$22, Program Member \$60					
PHX	I/II	8-15	Wed	5:00-5:45pm	10PH-YNORDW01
OLD SCHOOL GYM					
Have fun with friends while playing old school gym games like dodgeball, kickball, indoor soccer, hockey and scooter races.					
Full Member \$22, Program Member \$60					
PHX	I/II	7-10	Mon	4:30-5:15pm	10PH-YOLDSM01
SV	I/II	6-11	Sun	2:00-2:45pm	40PH-YOLDSU01
POWER P.L.A.Y.					
Personal Trainer Lead Athletic Youth. Challenging program focused on strength training, cardio, core stability & flexibility using a variety of exercise equipment & body weight as resistance. Great training for off-season athletes. Can be held indoors or out, depending on weather.					
Full Member \$22, Program Member \$60					
SV	I/II	7-13	Wed	6:30-7:30pm	40PH-YPPLAYW01
PRESIDENTIAL FITNESS					
Train for the Presidential Fitness test's elements, including push-ups, sit-ups, pull-ups, shuttle run, mile run and V-sit reach.					
Full Member \$22, Program Member \$60					
SV	I/II	7-13	Wed	4:30-5:15pm	40PH-YPRESW01
RED CROSS BABYSITTING COURSE					
Fun, interactive American Red Cross course teaches everything needed to be a great babysitter, including first aid and safety skills. Participant will receive a certificate of completion. Bring a notepad, pen & lunch.					
Full and Program Members, and Community \$90					
SV		11-14	April 14	9:00-4:00pm	40PH-YBABYS01
SV		11-14	May 19	9:00-4:00pm	40PH-YBABYS02
ROCK WALL BELAY					
Climb with us one-day/week. Playing games on our Traverse (horizontal) climbing wall will develop agility, hand eye coordination, strength and confidence.					
Full Member Only \$22					
SV	I/II	8+	Wed	4:45-5:30pm	40PH-YBELAW01
SV	I/II	8+	Wed	5:35-6:20pm	40PH-YBELAW02

RUNNING - TWEEN					
Learn how to train like a runner. Will focus on basic stretches, drills and running techniques in a fun supportive environment. Class will meet in lobby, but will run outdoors. Must bring water bottle, wear sneakers and dress for weather.					
Full Member Only FREE					
PHX	I/II	10-14	Thur	5:30-6:15pm	10PH-YRUNTRO1
SV	I/II	10-14	Wed	5:30-6:15pm	40PH-YRUNNW02
SENIOR LEADERS					
Help the community, learn leadership skills & make friends. Senior Leaders have opportunities to volunteer, discuss issues and attend retreats.					
Full Members & Program Members FREE					
SV	Gr 9-12	Mon	7:00-8:00pm	40PH-YSRLDM01	
SPEED & AGILITY FOR TEENS					
This class will build your coordination, while working on your stamina to get faster, quicker, and more precise in time for your specific sport season.					
Full Member \$22, Program Member \$60					
AUD	I/II	10-15	Mon	4:00-5:00pm	30PH-YYOGAR01
SPORTS SAMPLER					
Come try out a variety of sports and activities to help you stay fit ...all while having fun. Will learn the fundamentals of main-stream sports including basketball, soccer, hockey, and more.					
Full Member \$22, Program Member \$60					
SV	I/II	7-11	Thur	5:15-6:00pm	40PH-YSAMPR01
SEVENTH GRADE STRENGTH & STAMINA					
Just for 7th graders, work on your strength training under the supervision of an attendant.					
Full Members Only - FREE					
AUD	I/II	12-13	W&F	2:30-4:00pm	Drop In
UPV	I/II	12-13	M-F	2:30-4:00pm	Drop In
STRENGTH TRAINING - TEEN					
Uses Wellness Center equipment to help you build strength, flexibility, agility & stamina. Learn proper lifting techniques and good form.					
Full Members Only \$32					
PHX	I/II	14-16	Tues	5:30-6:30pm	10PH-YTSTR01

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

STRENGTH TRAINING - YOUTH					
Build quickness, speed, agility, strength, flexibility, stamina and have fun doing it! The class utilizes our youth variable resistance equipment along with cardio, plyometrics, balance and stretching.					
Full Members Only \$47					
LEVEL ONE					
PHX	I/II	9-13	M/W	4:30-5:30pm	1OPH-YSTREM01
PHX	I/II	9-13	M/W	5:30-6:30pm	1OPH-YSTREM02
PHX	I/II	9-13	F	4:30-5:30pm	1OPH-YSTREF01
PHX	I/II	9-13	F	5:30-6:30pm	1OPH-YSTREF02
SV	I/II	9-14	M/W	5:00-6:00pm	4OPH-YSTREM01
SV	I/II	9-14	M/W	6:00-7:00pm	4OPH-YSTREM03
SV	I/II	9-14	T/TH	5:00-6:00pm	4OPH-YSTRET01
SV	I/II	9-14	T/TH	6:00-7:00pm	4OPH-YSTRET02
LEVEL TWO - Admittance by Instructor Approval					
PHX	I/II	9-13	M/W	6:30-7:30pm	1OPH-YSTR2M01
PHX	I/II	9-13	F	6:30-7:30pm	1OPH-YSTR2F01
TEEN LEADERS					
Help the community, learn leadership skills & make friends. Teen Leaders have opportunities to volunteer, discuss issues and attend retreats.					
Full Members & Program Members- FREE					
PHX	Gr 6-12	Wed	6:30-7:30pm	1OPH-YTELDM01	
SV	Gr 6-8	Mon	6:00-7:00pm	4OPH-YTELDM01	
TUMBLING FOR CHEERLEADING					
Learn tumbling skills necessary for middle and high school cheerleading. Minimum requirement for middle school is a cartwheel. Minimum requirement for high school is a round off.					
Full Member \$22, Program Member \$60					
PHX	I/II	11-14	Tues	3:30-4:15pm	1OPH-YGYCHT01
PHX	I/II	13-16	Thur	3:15-4:00pm	1OPH-YGYCHR01
ULTIMATE GYM					
This class takes gym to the next level. Play ultimate frisbee, dodgeball, kickball & more with your friends. Must register!					
Full Member FREE, Program Member \$80					
PHX	I/II	11-15	Tues	4:30-5:15pm	1OPH-YTULGT01
VOLLEYBALL					
Learn the basic skills of volleyball and play games. Class is taught by former college volleyball player.					
Full Member \$22, Program Member \$60					
PTN	I/II	8-10	Sun	1:30-2:15pm	50PH-YTVOLU01
PTN	I/II	11-14	Sun	2:15-3:00pm	50PH-YTVOLU02

YOGA - TEEN					
Intro to all basic Yoga poses, adjusted to individual fitness levels. Focus on general benefits of Yoga: inner focus, body/mind awareness, concentration and relaxation. Added focus on how these skills relate to lives of teens -- communication, self-expression, assertiveness, self affirmation and humor.					
Full Member \$22, Program Member \$60					
PHX	I/II	13-16	Fri	4:00-5:00pm	1OPH-YTYOGF01
YOGA - FOR ATHLETES (TEEN)					
Make a commitment to weeks of energy building yoga that can help you stay in shape and prepare your body for many spring and summer sports and activities. This all-levels class is structured with the young athlete in mind and will focus on twists, spinal health and flexibility, and strengthening of back muscles, abs, legs and arms. Increase your range of motion as you prime your body for your spring/summer sports and activities.					
Full Member \$22, Program Member \$60					
PHX	I/II	11-16	Thur	5:00-5:45pm	1OPH-YYOATR01
YOGA - TWEEN					
Yoga postures, breathing exercises, and relaxation techniques develop flexibility, strength, coordination and self-control. Skills learned apply to the classroom, sports, or any creative arts. Please bring yoga mat.					
Full Member \$22, Program Member \$60					
AUD	I/II	6-10	Thur	5:30-6:15pm	30PH-YYOGAR01
PHX	I/II	8-12	Mon	5:00-5:45pm	1OPH-YYOGAM01
SV	I/II	8-13	Wed	5:00-5:45pm	40PH-YYOGAW01
YOUTH FITNESS					
Introduction to fitness equipment and resistance training in the wellness center with an instructor.					
Full Member \$22, Program Member \$60					
AUD	I/II	10-16	Tues	4:00-4:45pm	30PH-YFIT01
AUD	I/II	10-16	Thur	4:00-4:45pm	30PH-YFITR01



DANCE

VALLEY FORGE DANCE SCHOOL

Valley Forge Dance School teaches classes at the Phoenixville branch for full and program members. Please wear socks and a leotard. More class info at 610-337-1772 or on www.valleyfordance.com.

Ballet Boogie Dance

Ages 3-4 **\$77/7 Lessons**

PHX	Sat	10:00-11:00am	10PH-YVFBAS01
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Creative Movement (Ballet) Dance

Ages 4-5 **\$77/7 Lessons**

PHX	Sat	11:00-12:00pm	10PH-YVFCMS01
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Hip Hop Dance

Ages 5-10 **\$77/7 Lessons**

PHX	Sat	9:00-10:00am	10PH-YVFHHS01
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Pre-Ballet (Ballet & Tap) Dance

Ages 5-7 **\$77/7 Lessons**

PHX	Sat	12:00-1:00pm	10PH-YVFPBS01
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Combo Tap & Jazz Dance

Ages 7-9 **\$77/7 Lessons**

PHX	Sat	1:00-2:00pm	10PH-YVFCJS01
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Ballroom Basics Dance

Adults 18 & up **\$77 per person/7 Lessons**

Learn the basics of traditional ballroom dances: waltz, foxtrot, swing/jitterbug, disco/hustle, latin. Bring a partner, if possible, or we can team you up. No forced rotation of partners. Wear leather soled shoes.

PHX	Sat	2:00-3:00pm	10PH-AVFBS01
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JANE BARON'S ACADEMY OF DANCE

Ages 3-16 **Full, Program & Community members welcome**

Jane Baron's Academy of Dance will be teaching dance classes at the Spring Valley YMCA. Register during regular program registration. Call 610-495-4700 or www.janebaronsacademyofdance.com for more information. Due to the holidays, classes will be prorated on Friday, April 6 and Monday, May 28th.

Pre-School Dance I

Ages 3-5 **6 Classes/ \$60**

SV	Mon	12:30-1:15pm	40PH-YDPREM01
SV	Fri	11:30-12:15pm	40PH-YDPREF01

Pre-School Dance II

Ages 4-6 **6 Classes/ \$60**

SV	Mon	1:15-2:00pm	40PH-YDPR2M01
SV	Fri	10:45-11:30am	40PH-YDPR2F01

THEATER

IMPROVISATION FOR KIDS

Ages 9-16 **Full Member \$22, Program Member \$60**

Get your creative juices flowing with the cooperative learning of improvisational technique. Instructed by Clare Edwards Myer, graduate Acting Scholar Villanova Theatre.

SV	Mon	7:00-7:45pm	40PH-YIMPRM01
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BROADWAY BOUND WORKSHOP

Ages 7-11 **Full Member \$32, Program Member \$70**

Acting Workshop designed to provide basic skills for the budding actor/playwrite. Kids create their own characters and stories through improv, games and learning to write their own plays. By the end of the session, kids will have created their own short play and will perform Reader's theater style.

PHX	Sat	10:00-11:00am	10PH-YBROAS01
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MUSIC

PRESCHOOL MUSIC

Ages 3-5 **Full Member \$22, Program Member \$60**

Join us for a weekly music class where participants will learn basics of reading music, explore rhythm, composers and all styles of music. Have fun learning by doing using rhythm instruments, movement and art. Class led by professional music educator.

AUD	Mon	9:30-10:15am	30PH-YMUSM01
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FLUTE CHOIR

Ages 10 & Up **Full Member \$32, Program Member \$70**

Join other flautists and have fun playing and exploring a variety of ensemble music. Participants must bring their own flute and be able to read music and play music with flats and sharps. We will determine the group that best suits your playing experience.

AUD(Beg)	Tue	6:15-7:15pm	30PH-YFLUTT01
AUD(Intermed)	Tue	7:20-8:20pm	30PH-YFLUTT02

PIANO AT THE Y

Ages 5 & Up **Full Member \$50, Program Member \$100**

Come learn something new...open for all beginning to early-advanced piano students. Lessons cover performance, technique, and music theory, as well as various musical styles. All lessons are tailored to each student's individual needs and goals.

PHX	Mon	9:00-9:30am	10PH-APIANM01
PHX	Mon	9:30-10:00am	10PH-APIANM02
PHX	Mon	10:00-10:30am	10PH-APIANM03
PHX	Mon	11:00-11:30am	10PH-APIANM04
PHX	Mon	11:30-12:00pm	10PH-APIANM05

PIANO AT THE Y (CON'T.)

<i>Ages 5 & Up</i>		Full Member \$45, Program Member \$90	
PHX	Mon	12:00-12:30pm	10PH-APIANM06
PHX	Mon	3:00-3:30pm	10PH-APIANM07
PHX	Mon	3:30-4:00pm	10PH-APIANM08
PHX	Mon	4:00-4:30pm	10PH-APIANM09
PHX	Mon	5:00-5:30pm	10PH-APIANM10
PHX	Mon	5:30-6:00pm	10PH-APIANM11
PHX	Mon	6:30-7:00pm	10PH-APIANM12
PHX	Mon	7:00-7:30pm	10PH-APIANM13
PHX	Mon	7:30-8:00pm	10PH-APIANM14
PHX	Mon	8:00-8:30pm	10PH-APIANM15
PHX	Tue	9:00-9:30am	10PH-APIANT01
PHX	Tue	9:30-10:00am	10PH-APIANT02
Phx	Tue	10:00-10:30am	10PH-APIANT03
PHX	Tue	11:00-11:30am	10PH-APIANT04
PHX	Tue	11:30-12:00pm	10PH-APIANT05
PHX	Tue	12:00-12:30pm	10PH-APIANT06
PHX	Wed	9:00-9:30am	10PH-APIANW01
PHX	Wed	9:30-10:00am	10PH-APIANW02
PHX	Wed	10:00-10:30am	10PH-APIANW03
PHX	Wed	11:00-11:30am	10PH-APIANW04
PHX	Wed	11:30-12:00pm	10PH-APIANW05
PHX	Wed	12:00-12:30pm	10PH-APIANW06

CREATIVE ARTS

CROCHET

Adults **Full Member \$20, Program Member \$75**

Must bring a G or H hook & yarn.

AUD	Fri	9:00-10:00am	30PH-ACROCF01
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FINE ARTS CLASS

Ages up to 18 **Full Member \$47, Program Member \$70**

This course will touch on the following areas of the Fine Arts, photography, painting, drawing and ceramics (sculpture). Once we have explored the fundamentals of each, students will be free to explore their creativity in any of the mediums all supplies are provided with the exception of digital cameras which are preferred for the photography portion.

AUD	Wed	4:00-6:00pm	30PH-YFINAW01
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SIGN LANGUAGE FOR BEGINNERS

Ages 13 and up **Full Member \$9, Program Member \$27**

Always wanted to learn sign language? Here is your chance - learn the alphabet, how to finger spell and basic sign language.

PHX	Wed	7:00-7:30pm	10PH-ASIGNW01
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COOKING

FAVORITE RECIPES DONE RIGHT

Ages 16+ **Full Member \$90, Program Member \$180**

Bring your favorite family recipes to our new cooking class and learn how to "lighten them up" and make them healthier without losing flavor. Members will choose which recipes will be prepared for the whole class to enjoy. Class topics will include: Desserts; Have Your Cake and Eat It Too, Raw Foods, BBQ Dry Rubs and Marinades, and many more!

PHX	Thur	6:30-8:00pm	10PH-ARECIR01
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INTERNATIONAL FOOD COOKING CLUB

Ages 16+ **\$5 per night**

Interest in ethnic cuisine? Can you cook authentic Italian, Chinese, Indian, Ethiopian, Moroccan, Pakistani, Greek, Polish, French, Brazilian, Mexican, Thai, Japanese or American (etc) dishes? We are looking to start an international cooking club. Share your country, culture and food with other Y members. Club will meet in the Spring Valley YMCA Cafe. For more information please contact Matt Jobson at 484.984.2015.

SV	Thur	5:00pm	40PH-AINFDR01
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Check out our Youth Art classes
on pages 28-30!

HOLISTIC WELLNESS

HEALING SAMPLER

Adults **Full Member \$17, Program Member \$55**

Come learn about different alternative healing techniques and how they help you and your family. Each week we will take a topic that interests the class and provide discussion and demonstration. Topics may include crystal healing, reiki, myofascial release, acupuncture, chakra balancing, qi gong, quantum nutrition and pranic healing.

PHX Tue 9:00-10:00am 10PH-AHEALT01

ADULT HYPNOSIS

Adults **Full Member \$17, Program Member \$55**

Hypnotism: What is it really about? Learn the Myths and truths about hypnosis. It's present form is quite different from its beginnings! Situational stress, sports, pregnancy, behavioral changes and modification, fears. Hypnosis with a willing committed intent and "can do" attitude will have you reaching your desires much more quickly than you imagined.

PHX Fri 6:00-7:00pm 10PH-AHYPNF01

MEDICAL QI GONG

Adults **Full Member \$17, Program Member \$55**

Increase Energy, reduce stress and enhance health with medical qi gong practices taught in this class. Qi gong, the grandfather to all martial arts is a lifestyle, including exercise, diet and intentional life choices.

PHX Tue 10:00-11:00am 10PH-AMQIGT01

EDEN ENERGY MEDICINE

Adults **Full Member \$17, Program Member \$55**

Learn tools to use for yourself and your family for health, healing and well-being. The first class introduces the benefits of energy medicine and a Daily Energy Routine. At the beginning of each subsequent class, members will practice the Energy Routine followed by a new topic with techniques/"energycises" corresponding to the discussion. Techniques adjusted to all ability levels.

PHX Mon 9:30-10:30am 10PH-AEDENM01

BASKET WEAVING

HEIRLOOM EASTER BASKET

Adults 18+ **Full Member \$15, Program Member \$30**

Create this Heirloom for someone in your family. A beautiful round basket perfect for Easter or just for spring décor. Woven on a D handle with flat, round and flat overall reed and finished off with pastel overlays. There is a \$20 supply fee, payable to the instructor.

UPV March 5 & 12 6:30-9:00pm 60PH-ABASKM01

TABLE TOP BREAD BASKET

Adults 18+ **Full Member \$10, Program Member \$20**

Woven on a wooden base, this bread basket would be great for fruit, too. Woven with flat and flat oval reed with dyed stakes and weavers and finished off with leather handles. There is an \$18 supply fee, payable to the instructor.

UPV March 29 6:30-9:00pm 60PH-ABASKR01

TO MARKET, TO MARKET BASKET

Adults 18+ **Full Member \$15, Program Member \$30**

Weave this double wall basket perfect for taking to the farmer's market. The double thickness makes it a nice and sturdy basket for all of your purchases. Woven with flat and flat oval reed and lots of color accents. There is a \$24 supply fee, payable to the instructor.

UPV April 10 & 17 6:30-9:00pm 60PH-ABASKT01

FANCY SHOPPER BASKET

Adults 18+ **Full Member \$15, Program Member \$30**

This market-style basket with a 7" Williamsburg-style handle is woven with flat, flat oval and round reed and finished off with a colorful braided rim. There is a \$22 supply fee payable to the instructor.

UPV April 26 & May 3 6:30-9:00pm 60PH-ABASKR01

LIDDED SEWING BASKET

Adults 18+ **Full Member \$15, Program Member \$30**

This round storage basket is woven with flat, flat oval and round reed with overlays of color and designs formed by adding dyed reed. It is finished off with a lid. There is a supply fee of \$22.00, payable to the instructor.

UPV May 15 & 22 6:30-9:00pm 60PH-ABASKT01

SEAGRASS CARRIER BASKET

Adults 18+ **Full Member \$10, Program Member \$20**

This square basket, perfect for carrying picnic accessories to the beach is woven with flat and flat oval reed on a flat top D handle with dyed and braided seagrass accents. There is a supply fee of \$20.00, payable to the instructor.

UPV May 31 6:30-9:00pm 60PH-ABASKR02

GARDENING

FLOWER TRANSPANTS

Teen & Adults 14+ \$10

This seminar is all about transplanting your flower seedlings the proper way so that they continue to bloom throughout the entire season. Instructions and giveaways provided for participants.

AUD	March 24	10:00-11:00am	30PH-AGARDS01
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GARDEN DESIGN

Teen & Adults 14+ \$10

Learn how to design your own garden, from the best types of seeds to plant for your garden area and when the best time to plant would be. Instructions and giveaways provided for participants.

AUD	March 31	10:00-11:00am	30PH-AGARDS02
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VEGGIE GARDEN START-UP

Teen & Adults 14+ \$10

Start your vegetable garden season our right. This seminar will teach you the proper techniques needed to help your plants germinate just in time. Instructions and giveaways provided for participants.

AUD	April 14	10:00-11:00am	30PH-AGARDS03
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DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

MARTIAL ARTS

KARATE KIDS

Ages 5-6 Full Member \$20, Program Member \$55

An introduction to basic karate for active kids.

AUD	Wed	5:30-6:00pm	30PH-YKARKW01
UPV	Tue	5:30-6:00pm	60PH-YKARKT01

TAE KWON DO

Ages 5 & up Full Member \$25, Program Member \$63

Promotes physical fitness, self-defense skills, discipline, responsibility and respect. A great family activity. Please arrive 15 minutes before class to stretch on your own.

PTN	Tue	7:00-8:00pm	50PH-YMARKT01
PTN	Thur	7:00-8:00pm	50PH-YMARKR01

TANG SOO DO

Ages 6 & Up - Children & Adults Full Member \$75/month
Program Member \$100/month

Enjoy healthy fun with the whole family, get in shape, and learn self-defense at your own pace. Tang Soo Do promotes fitness and discipline; develops character, mental strength and respect for others. Free uniform with 6-month sign up!

PHX	Tue & Thur	7:00-8:30pm	10PH-MARTA***
	Sat	8:30-10:00am	
AUD	Tue & Thur	7:00-8:30pm	30PH-MARTA***

Family Discount: Family Discount: First additional family member receives \$10 off. Family members must register at one time. Second additional family members receives \$15 off.

Payments: Full Members receive a 1 month FREE trial. All payments must be made for 3 or 6 months at a time. All instructors are Internationally Certified, and have PA State Police Background & Child Abuse clearance. Limit one uniform per enrollee.

UPPER PERK TANG SOO DO

Ages 6 & up Full Member \$75, Program Member \$100

Traditional Korean Martial Art promotes self-defense, fitness, discipline and develops character, mental strength and respect for others. Great for parents & children to do together. Meets twice a week.

UPV	Tue & Thur (Beg)	6:00-7:00pm	60PH-MARTAT01
UPV	Tue & Thur (Adv)	7:00-8:00pm	60PH-MARTAT02

WHITE EAGLE MARTIAL ARTS AT FREEDOM VALLEY YMCA

P.A.C.E Yourself with WEMA
Prepared...
Aware...
Confident...
Empowered

TANG SOO DOO

All Ages **Full Member \$65/month, Non-Member \$85/month**

No matter what shape you're in, you can learn to protect yourself and family members. Great cardiovascular training. Have fun while getting in shape. Please call 484.984.2018 or visit www.whiteeaglema.com.

SV	Tues & Fri	(Adults Only)	6:00-7:00am
SV	Mon	(All Belt Levels)	7:00-8:30pm
SV	Thur	(All Belt Levels)	7:00-8:30pm
SV	Sat	(White)	10:00-10:45am
SV	Sat	(Orange & Up)	11:00-12:00pm

LITTLE EAGLES MARTIAL ARTS

Ages 4-6 **Full Member \$40, Non Member \$60**

An introduction to martial arts. Have fun while learning self control self discipline and basic Martial Arts. Visit www.whiteeaglema.com or call 484-984-2018.

SV	Wed	(4-6 yrs)	5:30-6:15pm
SV	Sat	(4-6 yrs)	9:00-9:45am

BASIC SELF DEFENSE

8 Week Session **Full Member \$100, Non-Member \$120**

Many people think of self-defense as a karate kick to the groin or jab in the eyes of an attacker. But self-defense is actually doing everything possible to avoid fighting someone who threatens or attacks you by avoiding dangerous situations in the first place. Self-defense is all about using your smarts — not your fists. Visit www.whiteeaglema.com to register online or call 484-984.2018.

March 14 thru May 2, 8 week session

SV	Wed	6:30-8:30pm
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MARTIAL ARTS CARDIO

Ages 12 & up **Full Member \$25, Non-Member \$40**

Get a great cardio workout and increase strength while using basic Tang Soo Do & Moo Duk Qwan techniques. Warm-up, aerobic segment, abs, and cool-down. Visit www.whiteeaglema.com to register online or call 484-984.2018.

SV	Sess I & II	Mon / Thur	9:00-10:00am
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T'AI CHI BY WHITE EAGLE MARTIAL ARTS

The soft slow movements of T'ai Chi help to release tension, reducing the effects of stress on your body. Please visit www.whiteeaglema.com or call 484.984.2018 for more information and pricing.

SV	Tues (Beg-24 Form)	6:00-7:00pm
SV	Thur (Adv)	6:00-7:00pm
SV	Sat (Beg)	12:30-1:30pm
SV	Mon, Tues, Thurs, Fri (Senior)	10:00-10:45 am

24 FORM T'AI CHI

The 24 Form allows you to reap all the benefits that T'ai Chi has to offer in a short, flowing form. Reduce stress and learn to relax, increase flexibility, balance, and strength, all while learning this traditional art form. Minimum of 4 students needed to run class. Please call 484-984-2018 or visit www.whiteeaglema.com

SV	Tues (Beginner)	6:00-7:00pm
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SENIOR KARATE

No matter what shape you're in, you can learn to protect yourself. Increase cardiovascular health, strength, & flexibility, and learn relaxation techniques all while having fun getting in shape. Regular Moo Duk Qwan classes specifically structured for the needs of older adults. Please call 484.984.2018 or visit www.whiteeaglema.com.

SV	Monday / Thursday	11:00-11:45am
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SENIOR T'AI CHI

Easy to follow along; no forms to learn; includes relaxation and breathing techniques. T'ai Chi helps reduce stress, increases flexibility & balance, and improves circulation. Follows session schedules. Please call 484.984.2018 or visit www.whiteeaglema.com

SV	Mon, Tues, Thur & Fri	10:00-10:45am
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DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

Friday, April 6
Sunday, April 8
Monday, May 28

Family Classes

CYCLING (FAMILY) ●					
Ages 7 & up. 4'11" and up. All family members must register. Full Member FREE, Program Member \$32					
AUD	I/II	Sat	12:00-12:45pm	30PH-YFCYCS01	
PHX	I/II	Tue	5:30-6:15pm	10PH-YFCYCT01	
PTN	I/II	Tue	5:15-6:00pm	50PH-AFCYCT01	
SV	I/II	Wed	5:30-6:15pm	40PH-YFCYCW01	
SV	I/II	Thur	5:30-6:15pm	40PH-YFCYCR01	
UPV	I/II	Mon	6:30-7:15pm	60PH-YFCYCM01	
UPV	I/II	Wed	6:00-6:45pm	60PH-YFCYCW01	
DODGEBALL (FAMILY) ●					
Ages 7 & up. 4'11" and up. Full Member Only FREE					
PHX	I/II	Sun	5:00-6:00pm	10PH-YFDODU01	
FAMILY ADVENTURES ●					
Each week your family will experience a new challenge. Whether it's an obstacle course, treasure hunt or relay race, you will compete as a team and learn to work better together while having a blast! Ages 7 & up Full Member \$17, Program Member \$55					
PHX	I/II	Sun	1:00-2:00pm	10PH-YFADVU01	
FAMILY BODY COUNT					
The adults love this class, so now we're offering it to everyone ages 9 and up! Non-stop intervals of strength, power, & core training, set to energetic music guaranteed to get you motivated for this challenging workout. Full Member \$17, Program Member \$55					
SV	I/II	Tues	4:30-5:30pm	40PH-YBODYT01	
FAMILY CRAFT CORNER ●					
Personalized serving platters, family portrait frame, and handprint stepping stones are a few of the personalized crafts you might make in this art class geared towards creating family keepsakes and memories. Cost of class includes art materials. Discount given for additional family members. Ages 4 & up Full Member \$17, Program Member \$55					
PHX	I/II	Sun	2:00-3:00pm	10PH-YFCRAU01	

NEW FAMILIES, FUN & NORDIC FITNESS					
Does someone in your family have an issue with maintaining the proper weight? This class brings together an easy but challenging exercise program with lessons in portion control and understanding food labels to help with healthy choices. Nordic walking is an aerobic/ cardio workout that the whole family will enjoy. Equipment provided. Dress for appropriately outdoors. <i>Must register all participants.</i> Full Member \$17, Program Member \$55					
SV	I/II	Sun	1:00-2:00pm	40PH-YFFOOU01	
YOGA (FAMILY) ●					
Come relax and strengthen mind, body & spirit all while spending quality time as a family. All family members must register. Ages 7 and up. Full Member \$17, Program Member \$55					
PHX	I/II	Sat	11:00-11:45am	10PH-YFYOGS01	
ZUMBA (FAMILY) ●					
Have fun as a family all while getting in shape with this new international dance program! Combines high energy music with unique moves and combinations that will have you dancing your way into good shape! Ages 8 and up. Full Member \$17, Program Member \$55					
SV	I/II	Mon	5:15-6:00pm	40PH-YFZUMM01	



MASSAGE

Freedom Valley YMCA massage programs vary by branch. Find details at www.fvymca.org or at your branch's membership desk.

Audubon YMCA offers expanded services that bring a full massage therapy program including: Swedish/Relaxation Massage, Deep Tissue Therapeutic Massage, Sports Massage including Pre and Post event and Pre and Post Natal. Appointments available Mondays 5-7pm and Fridays 9am – Noon. Call for an appointment and additional availability 610-539-0900.

Phoenixville YMCA offers a full in-house massage therapy program. Male & female therapists provide various services including, but not limited to, Swedish/Therapeutic, Deep Tissue, Sports and Pre/Post Natal massage. All therapists are professionally certified. To make an appointment visit www.fvymca.org. or contact Michelle Ferretti at 484.921.5854.

Pottstown YMCA offers Swedish, deep muscle, myo facial and shiatsu for men and women. Purchase 1/2 and full hour massages, and look for mini chair massages in the lobby. Our new Massage with Spa Treatment includes an hour massage, neck wrap, eye pads, lip masque, hand repair therapy and a foot treatment!

Spring Valley YMCA has a full-service massage facility, run by In Touch Massage. To learn more, visit <http://intouchmassage.info> or call 610-287-0788.

WEIGHT WATCHERS®

Meets at the Pottstown YMCA every Saturday. Weigh-ins begin at 8:30am; the meeting follows at 9:00am. YMCA Full Members receive free Weight Watchers Registration!

ONE-ON-ONE WELLNESS CENTER SESSION

Age 14 and up

Full Members Only - FREE

Changing your exercise program will increase the effectiveness of your workouts. See a Wellness Center instructor to set up, add a machine or receive recommendations on how to change your exercise program. REQUIRED for anyone under 18 years of age.

BODY COMPOSITION SCREENING

Full Member \$20, Program Member \$40

Let us help you determine your percentage of body fat and lean body mass. Includes a measurement of body composition and counseling on what the results mean to you. Contact your YMCA Wellness Center.

FEEL GR8 COMBO

Full Member Only \$60

It's a combination of exercise, eating right and being relaxed that will help you reach your fitness goal. This combo provides you with a 1-hour personal training session, 1/2-hour nutrition session and a 1/2-hour massage session. May be purchased multiple times. Contact Lynn Seponski @ 610-323-7300 x 13.

PTN *Please register at front desk.*

NUTRITION COUNSELING

Full Member \$40/hr, Program Member \$55/hr

A nutritionist (SV/PTN) or registered dietician (SV/PHX) provides information you need to improve your eating habits. He/She answers nutrition questions, determines your caloric requirements, analyzes current diet and addresses special dietary needs. Please note that a specific diet plan or formulated diet will not be provided. Ask us about combining with a Personal Training Package!

PTN Lynn Seponski: 610-323-7300 x 13
 PHX Wellness Center: 610-933-5861 x 5860
 SV Wellness Center: 484-984-2000 x 2013

FITNESS RATING SYSTEM

Use the rating system below to determine each class's difficulty level. Feel free to take classes below your fitness level, as instructors can make classes more difficult to suit their students' needs. Please do not take classes that are ranked above your fitness level.

● Level 1 classes

For the fitness novice and are open to all members.

● ● Level 2 classes

Recommended for members who exercise regularly and who are interested in a more challenging workout.

● ● ● Level 3 classes

Geared for members who are able to complete the Fitness Assessment. You may complete it at your branch's Wellness Center if you'd like assistance. Please call ahead for appointment.

● ● ● ● Level 4 classes

For those who have completed the specified prerequisites.

Fitness Assessment (to Qualify for Level 3 & 4 classes)

- 10 Push-ups
- 25 Sit-ups
- Running on treadmill for 3-minutes (min. 5ph)
- Maintain a 30-sec plank
- Demonstrate proper squat and lunge technique

0 TO 5K ●				
Barely able to run a mile, but looking to run a 5K? This is the perfect start up running class for you! Starting distance is 1 mile, slowly increasing as you learn how to safely increase stamina, time and speed.				
Full Member FREE, Program Member \$55				
PHX	I/II	Mon	9:15-10:00am	10PH-AOTO5M01
PTN	I/II	Fri	4:30-5:15pm	50PH-AOTO5F01
5K TRAINING ● ●				
Want to train for a 5K (3.1 miles) or improve your 5K time? Join us for outdoor running from the YMCA to various routes around town. Mileage ranges from 3-4 miles.				
Full Member FREE, Program Member \$55				
PHX	I/II	Thur	9:15-10:15am	10PH-ARUN5R01
10K TRAINING ● ●				
Ready to tackle a 10K? Experienced runners train outdoors - weather permitting- to increase distance, endurance and speed.				
Full Member FREE, Program Member \$55				
PHX	I/II	Wed	9:15-10:00am	10PH-ARUN1W01
20/20/20 ●				
High energy cardio class that includes 20 minutes each of kickboxing, step & abs. Ages 16 and up.				
Full Member FREE, Program Member \$55				
AUD	I/II	Thur	11:30-12:30pm	30PH-A2020R01
PHX	I/II	Mon	9:30-10:30am	10PH-A2020M01
SV	I/II	Mon	10:30-11:30am	40PH-A2020M01
ABS ●				
Focused abdominal work.				
Full Member FREE, Program Member \$27				
AUD	I/II	Fri	9:00-9:30am	30PH-AABS0F01
PTN	I/II	Mon	9:30-10:00am	50PH-AABS0M01
PTN	I/II	Fri	9:30-10:00am	50PH-AABS0F01
PHX	I/II	Mon	10:30-11:00am	10PH-AABS0M01
PHX	I/II	Wed	10:30-11:00am	10PH-AABS0W01
PHX	I/II	Wed	5:30-6:00pm	10PH-AABS0W02
PHX	I/II	Fri	10:30-11:00am	10PH-AABS0F02
SV	I/II	Tue	5:45-6:15pm	40PH-AABS0T01
ATHLETIC TERRAINING ● ● ● ●				
This class is held outside near our running trail utilizing stations and incorporating boot camp style calisthenics & drills. For the advanced exerciser. Not for participants with any restrictions or health problems. Held Rain or Shine!				
Full Member ONLY \$77				
SV	I/II	T & R	9:15-10:45am	40PH-YAATHHT01
SV	I/II	T & R	6:45-8:15pm	40PH-YAATHHT02

BASICS OF MARATHON TRAINING ● ●				
Are you interested in going farther than a 10K? Running a half or full marathon? Join this outdoor running class to get you to the next level of running. It will cover the basics of marathon training including: tempo runs, speed, hill work and long runs. Should be able to run at least 6 miles before taking the class. .				
Full Member FREE, Program Member \$55				
PHX	I/II	Tues	5:45-6:45pm	10PH-BASMT01
BELLY DANCE - SHAKE, SHIMMEY & ROLL ●				
Ancient Middle Eastern art with combinations set to a wide collection of Eastern music. Explore body isolations, veil work, dance combinations, finger cymbals & choreography. Increase flexibility, promote coordination, tone muscles and burn calories. Costumes & finger cymbals provided. All levels – Beginner to Advanced				
Full Member \$17 Program Member \$55				
SV	I/II	Fri	6:30-7:30pm	40PH-ABELLF01
BELLY DANCE BASIC I ●				
Explore this ancient art that has been practiced for thousands of years while getting a great cardio workout. Wear comfortable clothes.				
Full Member \$17, Program Member \$55				
PHX	I/II	Tue	6:00-7:00pm	10PH-ABELDT01
BELLY DANCE BASIC II ● ●				
Prerequisite: Belly Dance Basic I or prior belly dance experience. Building on basic moves covered in Basic I, learn various upper and lower body figure 8"s, shoulder and hip shimmies and additional arm movements. Intro to zils. Each movement will be drilled for maximum muscle memory.				
Full Member \$17, Program Member \$55				
PHX	I/II	Tue	7:00-8:00pm	10PH-ABELDT02
BELLY DANCE BASIC III - DRILLS & COMBOS ● ● ●				
Prerequisite: Level II or prior Belly Dance experience. This class takes all of the moves learned in Level I & II and merges them into a combination drill/workout class. See how basic moves become more complex as we layer them all together. Zils will be practiced throughout the class hour.				
Full Member \$17, Program Member \$55				
PHX	I/II	Tue	8:00-9:00pm	10PH-ABELDT03
BENDER BALL ●				
The Bender Ball is a 9 Inch inflatable ball that is used with a variety of abdominal and Pilates like exercises resulting in a stronger and flexible core.				
Full Member \$17, Program Member \$55				
AUD	I/II	Wed	10:30-11:30am	30PH-ABENBW01
BEYOND BOOT CAMP ● ● ● ●				
Designed for the advanced exerciser, this intense workout is BEYOND typical. Pushed to your limits utilizing free weights, plyometrics, bosu and more. Class meets 3 days per week.				
Full Members Only - \$77				
SV	I/II	M/W/F	5:15-6:15am	40PH-ABBOOM01
SV	I/II	M/W/F	9:15-10:15am	40PH-ABBOOM02

NEW

BODY COUNT ● ● ●				
An intense, fast-paced full body combination of strength and cardio workout. Non-stop intervals of strength, power & core training. Nutrition guidance included to help you get maximum results.				
Full Member \$17, Program Member \$55				
SV	I/II	Tue	9:30-10:30am	40PH-ABODYT01
SV	I/II	Fri	9:30-10:30am	40PH-ABODYRF01
BODY CHALLENGE ● ●				
Target every muscle in your body. Alternating upper and lower body exercise using a variety of equipment.				
Full Member FREE, Program Member \$27				
PTN	I/II	Mon	9:30-10:00am	50PH-ABODCM01
PTN	I/II	Fri	9:30-10:00am	50PH-ABODCF01
BODY ROCK ●				
Total body with a rockin' twist. ½ hr of cycling followed by ½ hr of upper body toning utilizing dumbbells and our traverse rock wall.				
Full Member \$17, Program Member \$55				
SV	I/II	Mon	10:00-11:00am	40PH-ABODRM01
SV	I/II	Tues	6:15-7:15pm	40PH-ABODRT01
BODY TONE ● ●				
Develop muscle tone using bars, weights and bands.				
Full Member FREE, Program Member \$55				
AUD	I/II	Mon	5:00-6:00pm	30PH-ABODTM01
AUD	I/II	Wed	9:30-10:15am	30PH-ABODTW01
AUD	I/II	Fri	5:00-6:00pm	30PH-ABODTF01
PHX	I/II	Wed	6:00-7:00pm	10PH-ABODTW02
PHX	I/II	Thur	6:00-7:00am	10PH-ABODTR01
PHX	I/II	Fri	9:30-10:30am	10PH-ABODTF01
PTN	I/II	Thur	7:15-8:15pm	50PH-ABODTR01
SV	I/II	Tue	9:30-10:30am	40PH-ABODTT01
SV	I/II	Tue	6:15-7:15pm	40PH-ABODTT02
SV	I/II	Thur	9:30-10:30am	40PH-ABODTR01
SV	I/II	Thur	6:15-7:15pm	40PH-ABODTR02
UPV	I/II	Thur	6:15-7:00pm	60PH-ABODTR01
BODY TONE INTERVAL ●				
Develop muscle tone using bars, weights, and bands with some cardio mixed in.				
Full Member FREE, Program Member \$55				
SV	I/II	Tues	6:00-7:00am	40PH-ABODTT01
SV	I/II	Thur	6:00-7:00am	40PH-ABODTR01
BODYWORKS ● ●				
Reshape your entire body using weights and resistance bands with light cardio mixed in.				
Full Member FREE, Program Member \$55				
PHX	I/II	Thur	9:15-10:15am	10PH-ABODWR01

BOOT CAMP ● ● ●				
A challenging for the intermediate or advanced exerciser with a desire to achieve new fitness goals. The class format will become more challenging each week. Body measurements will be taken at the first and last classes.				
Full Members Only - \$77				
AUD	I/II	T & R	6:30-8:00pm	30PH-ABOOTT01
PHX	I/II	T & R	5:30-7:00am	10PH-ABOOTT01
PHX	I/II	T & R	9:30-11:00am	10PH-ABOOTT02
SV	I/II	M & W	7:00-8:30pm	40PH-ABOOTH03
BOSU ● ●				
Engages your muscles from head to toe in every move. Develop core strength, improve balance, build endurance and become more flexible.				
Full Members Only - \$17				
SV	I/II	Tue	5:45-6:45am	40PH-ABOSUT01
SV	I/II	Wed	9:00-10:00am	40PH-ABOSUW01
BOSU CARDIO ● ●				
A challenging workout with athletic-based drills that will get your heart rate pumping while working your core along with your upper and lower body using the bosu balance ball.				
Full Members Only - \$17				
SV	I/II	Sat	8:00-9:00am	40PH-ABOSCS01
BOSU EXPRESS ● ●				
Want to experience Bosu but don't have time for a full hour workout. Try this 30 minute express class and work your core while improving balance.				
Full Member FREE, Program Member \$27				
PHX	I/II	Fri	8:30-9:00am	10PH-ABOSXF01
BOSU SPIN ● ●				
Develop Core strength, balance and build cardio endurance.				
Full Members Only - \$17				
AUD	I/II	Wed	11:00-12:00pm	30PH-ABOSPW01
BOXING ● ●				
Train like a boxer with this high energy, non contact workout that incorporates punching, footwork and jump roping. Upbeat class with lots of elements that will keep you on your toes. Bring your own gloves.				
Full Members FREE, Program Memembrs \$70				
PTN	I/II	Tues	7:00-8:00pm	50PH-ABOXIT01
CARDIO 101 ●				
Not quite ready for a full-speed cardio workout? Nervous about joining a group exercise class? Then we have the perfect place for you to start. We will concentrate on good form and technique while preparing you for any Level 1 Fitness class. Ages 16 and up.				
Full Members FREE, Program Member \$55				
PHX	I/II	Mon	5:30-6:30pm	10PH-ACAR1M01

NEW

CARDIO 911 ● ●				
Advanced Cardio class. 30 minutes of hard core, intense cardiovascular work. Not for the beginner.				
Full Members Only - FREE				
PHX	I/II	Mon	9:30-10:00am	10PH-ACAR9M01
SV	I/II	Thur	10:45-11:15am	40PH-ACAR9R01
CARDIO BLAST ● ●				
A high-energy choreographed aerobic routine offering a great cardiovascular workout followed by abdominal and body toning exercises for the complete workout. A sure way to burn fat!				
Full Member FREE, Program Member \$55				
PTN	I/II	Tue	6:00-7:00pm	50PH-ACARBT01
UPV	I/II	Tue	5:30-6:30pm	60PH-ACARBT01
UPV	I/II	Thur	5:30-6:30pm	60PH-ACARBR01
CARDIO CIRCUIT TRAINING ● ●				
You'll never be bored with this hi intensity cardio class comprised of different exercise stations. Constantly changing your routine will keep you on your toes and encourage "muscle confusion".				
Full Member FREE, Program Member \$55				
PTN	I/II	Tue	6:00-7:00am	50PH-ACCIRT01
PTN	I/II	Wed	6:45-7:45pm	50PH-ACCIRW01
SV	I/II	Mon	9:30-10:30am	40PH-ACCIRM01
CARDIO CROSS TRAINING ●				
Use all our cardio machines - walking, cycling, rowing, and stepping - to decrease body fat and improve endurance and muscle tone. Work out at your own fitness level. Held in Wellness Center.				
Full Members Only - FREE				
PTN	I/II	Mon	8:00-9:00am	50PH-ACACRM01
PTN	I/II	Wed	8:00-9:00am	50PH-ACACRW01
PTN	I/II	Fri	8:00-9:00am	50PH-ACACRF01
CARDIO DANCE ●				
Work out while you do a choreographed routine to music.				
Full Member FREE, Program Member \$55				
PHX	I/II	Tue	7:00-8:00pm	10PH-ACADAT01
PHX	I/II	Fri	9:45-10:30am	10PH-ACADAF01
UPV	I/II	Mon	6:30-7:30pm	60PH-ACADAm01
CARDIO FUNK ●				
Mix it up with a Hip Hop & Funk Cardio Dance class.				
Full Member FREE, Program Member \$55				
PHX	I/II	Wed	7:00-8:00pm	10PH-AFUNKW01
CARDIO FUSION ● <i>Formerly BEAT</i>				
Full Body workout offering a variety of cardio styles which vary by branch. May include kickboxing, step, aerobic dance, & military drills. Also incorporates strength training using weights and resistance moves.				
Full Member FREE, Program Member \$55				
PHX	I/II	Mon	6:00-7:00pm	10PH-ACAFUM01

PHX	I/II	Wed	6:00-7:00pm	10PH-ACAFUW01
CARDIO FUSION ● <i>Formerly BEAT</i>				
PHX	I/II	Fri	6:00-7:00am	10PH-ACAFUF01
SV	I/II	Mon	6:00-7:00am	40PH-ABEATM01
SV	I/II	Mon	6:15-7:15 pm	40PH-ABEATM02
SV	I/II	Wed	6:00-7:00am	40PH-ABEATW01
SV	I/II	Wed	9:30-10:30am	40PH-ABEATW02
SV	I/II	Fri	6:00-7:00am	40PH-ABEATF01
SV	I/II	Sat	9:00-10:00am	40PH-ABEATS01
CARDIO KICKBOXING ● ●				
Focuses on using traditional martial arts kicks and punches in a fast-paced aerobic class. Begin with a warm-up, continue with an aerobic segment, ab work and cool down.				
Full Member FREE, Program Member \$55				
AUD	I/II	Tue	6:30-7:30pm	30PH-ACARKT01
PHX	I/II	Tue	9:30-10:30am	10PH-ACARKT01
PHX	I/II	Tue	6:00-7:00pm	10PH-ACARKT02
PTN	I/II	Mon	8:30-9:30am	50PH-ACARKM01
PTN	I/II	Mon	6:00-7:00pm	50PH-ACARKM02
PTN	I/II	Thur	6:00-7:00am	50PH-ACARKR01
PTN	I/II	Fri	8:30-9:30am	50PH-ACARKF01
SV	I/II	Tue	10:30-11:30am	40PH-ACARKT01
SV	I/II	Wed	6:15-7:15pm	40PH-ACARKW01
SV	I/II	Thur	9:30-10:30am	40PH-ACARKR01
CIRCUIT TRAINING ●				
HELD IN WELLNESS CENTER. Tired of the same old routine? Our circuit class with different, challenging stations will give you a full body workout. Ages 14 and up.				
Full Members Only - FREE				
PTN	I/II	Tue	5:30-6:30am	50PH-AACIRT01
PTN	I/II	Tue	8:00-9:00am	50PH-AACIRT02
PTN	I/II	Thur	5:30-6:30am	50PH-AACIRR01
PTN	I/II	Thur	8:00-9:00am	50PH-AACIRR02
COMBO CYCLING/CORE ● ●				
Stationary bike riding at varying intervals combined with core strength using medicine balls, Bosu balls and more.				
Full Member FREE, Program Member \$55				
AUD	I/II	Mon	7:00-8:00pm	30PH-ACCYCM01
CORE TRAINING ● ●				
Exercises that will help you focus on the abdominals, back, hips & glutes.				
Full Member FREE, Program Member \$27				
SV	I/II	Tue	10:30-11:00am	40PH-ACORET01
SV	I/II	Thur	10:30-11:00am	40PH-ACORER01
UPV	I/II	Mon	9:00-9:30am	60PH-ACOREM01

CYCLING ●				
Stationary bike riding at varying intensities.				
Full Member FREE, Program Member \$32				
AUD	I/II	Mon	9:30-10:15am	30PH-ACYCLM01
AUD	I/II	Mon	12:00-1:00pm	30PH-ACYCLM02
AUD	I/II	Tue	6:15-7:00pm	30PH-ACYCLT01
AUD	I/II	Wed	9:30-10:15am	30PH-ACYCLW01
AUD	I/II	Wed	7:00-7:45pm	30PH-ACYCLW02
AUD	I/II	Thur	7:00-7:45pm	30PH-ACYCLR01
AUD	I/II	Fri	12:00-1:00pm	30PH-ACYCLF01
AUD	I/II	Fri	5:00-5:45pm	30PH-ACYCLF02
AUD	I/II	Sat	8:30-9:15am	30PH-ACYCLS01
PHX	I/II	Mon	5:45-6:30am	10PH-ACYCLM01
PHX	I/II	Mon	9:30-10:15am	10PH-ACYCLM02
PHX	I/II	Mon	6:15-7:00pm	10PH-ACYCLM03
PHX	I/II	Tue	5:30-6:15am	10PH-ACYCLT01
PHX	I/II	Tue	6:30-7:15pm	10PH-ACYCLT02
PHX	I/II	Wed	6:00-6:45am	10PH-ACYCLW01
PHX	I/II	Wed	6:00-6:45pm	10PH-ACYCLW02
PHX	I/II	Wed	7:30-8:15pm	10PH-ACYCLW03
PHX	I/II	Thur	5:30-6:15am	10PH-ACYCLR01
PHX	I/II	Thur	6:00-6:45pm	10PH-ACYCLR02
PHX	I/II	Thur	7:00-7:45pm	10PH-ACYCLR03
PHX	I/II	Fri (Beg)	6:00-6:45am	10PH-ACYCLF01
PHX	I/II	Fri (Adv)	9:30-10:15am	10PH-ACYCLF02
PHX	I/II	Fri	5:30-6:15pm	10PH-ACYCLF03
PHX	I/II	Sat	7:45-8:30am	10PH-ACYCLS01
PHX	I/II	Sat	8:45-9:30am	10PH-ACYCLS02
PTN	I/II	Mon	6:00-6:45am	50PH-ACYCLM01
PTN	I/II	Mon(Adv)	6:15-7:00pm	50PH-ACYCLM02
PTN	I/II	Tue	10:15-11:00am	50PH-ACYCLT01
PTN	I/II	Tue	6:15-7:00pm	50PH-ACYCLT02
PTN	I/II	Wed	6:00-6:45am	50PH-ACYCLW01
PTN	I/II	Wed (Adv)	10:00-11:00am	50PH-ACYCLW02
PTN	I/II	Wed	6:00-6:45pm	50PH-ACYCLW03
PTN	I/II	Thur	10:15-11:00am	50PH-ACYCLR01
PTN	I/II	Thur(Adv)	6:15-7:00pm	50PH-ACYCLR02
PTN	I/II	Fri(Adv)	6:00-6:45am	50PH-ACYCLF01
PTN	I/II	Sat	10:30-11:15am	50PH-ACYCLS01
PTN	I/II	Sun	11:15-12:00pm	50PH-ACYCLU02

CYCLING ●				
SV	I/II	Mon	6:00-6:45am	40PH-ACYCLM01
SV	I/II	Mon	9:00-9:45am	40PH-ACYCLM02
SV	I/II	Mon	6:15-7:00pm	40PH-ACYCLM03
SV	I/II	Mon	7:30-8:15pmpm	40PH-ACYCLM04
SV	I/II	Tue	6:00-6:45am	40PH-ACYCLT01
SV	I/II	Tue	9:30-10:15am	40PH-ACYCLT02
SV	I/II	Tue	7:30-8:15pm	40PH-ACYCLT03
SV	I/II	Wed	6:00-6:45am	40PH-ACYCLW01
SV	I/II	Wed(Adv)	9:00-9:45am	40PH-ACYCLW02
SV	I/II	Wed	6:15-7:00pm	40PH-ACYCLW03
SV	I/II	Thur	6:00-6:45am	40PH-ACYCLR01
SV	I/II	Thur	9:30-10:15am	40PH-ACYCLR02
SV	I/II	Thur	7:30-8:15pm	40PH-ACYCLR03
SV	I/II	Fri	6:00-6:45am	40PH-ACYCLF01
SV	I/II	Fri	9:30-10:15am	40PH-ACYCLF02
SV	I/II	Fri	6:15-7:00pm	40PH-ACYCLF03
SV	I/II	Sat	8:00-8:45am	40PH-ACYCLS01
SV	I/II	Sat	9:00-9:45am	40PH-ACYCLS02
UPV	I/II	Mon	9:45-10:30am	60PH-ACYCLM01
UPV	I/II	Wed	8:30-9:15am	60PH-ACYCLW01
UPV	I/II	Wed	9:15-10:00am	60PH-ACYCLW02
UPV	I/II	Wed	6:00-6:45pm	60PH-ACYCLW03
UPV	I/II	Thu	10:00-10:45am	60PH-ACYCLR01
UPV	I/II	Fri	8:30-9:15am	60PH-ACYCLF01
UPV	I/II	Sat	10:00-10:45am	60PH-ACYCLS01
CYCLE BRICK WORKOUT CLASS ● ●				
A bike and run workout for training and preparation of dualathons. Learn how to transition between running and cycling along with the importance of and how to pace yourself during each event.				
Full Member FREE, Program Member \$55				
SV	I/II	Thur	6:30-7:30pm	40PHACYBRR01
CYCLE LUNCH TIME EXPRESS ● ●				
For those short on time..1/2 hr of cycling followed by (optional) pick-up of pre-ordered lunch from Café YMCA. Order will be taken before class, prepared, and available for take-out or eat-in at the end of class. No need to skip lunch or your valuable workout time. You can do it all.				
Full Member FREE, Program Member \$15				
SV	I/II	Mon	12:15-12:45pm	40PH-ACYCLR03
SV	I/II	Thur	12:15-12:45pm	40PH-ACYCLF01

EXTREME FITNESS ● ● ● ●				
Advanced strength training and cardio workouts including plyometrics, running, free weights & ball workouts. A different and unique fitness adventure each week. Come prepared for anything!				
Full Member \$27, Program Member \$77				
PHX	I/II	Tues	6:30-8:00pm	10PH-AEXTRT01
PHX	I/II	Wed	10:30-12:00pm	10PH-AEXTRW01
PHX	I/II	Thur	6:30-8:00pm	10PH-AEXTRR01
FITNESS BOXING ●				
This fast paced class is sure to jump-start your morning -- combining the basics of boxing, bag-work, resistance training and sprinting.				
Full Member FREE, Program Member \$55				
PHX	I/II	Tue	6:00-7:00am	10PH-AFIBOT01
FLIP FITNESS ●				
The first fitness experience using only your body & a deck of cards. 3 simple yet challenging workout levels are provided to improve muscle tone and burn calories!!				
Full Member FREE, Program Member \$55				
SV	I/II	Mon	9:00-9:30am	40PH-AFLIPM01
SV	I/II	Tue	9:00-9:30am	40PH-AFLIPT01
SV	I/II	Wed	9:00-9:30am	40PH-AFLIPW01
SV	I/II	Thur	9:00-9:30am	40PH-AFLIPR01
GYMNASTICS - ADULT ●				
Stretching, strength and cardio improvement while learning fun, safe gymnastic skills. All levels welcome!				
Ages 14 & up Full Member \$17, Program Member \$55				
PHX	I/II	Tues	8:15-9:15pm	10PH-AGYMNT01
HIGH DEFINITION TRAINING ● ● ●				
A step up from Boot Camp! This class is a strict strengthening workout to sculpt and define your already toned muscles. This is NOT for the beginner exerciser. Should have experience with using free weights and have gone through our boot camp.				
Full Members Only \$77				
PHX	I/II	M & W	6:00-7:00am	10PH-AHIGM01
SV	I/II	M & W	9:15-10:15am	40PH-AHIGM01
SV	I/II	T & R	9:15-10:15am	40PH-AHIGT01
SV	I/II	T & R	1:00-2:00pm	40PH-AHIGT02
SV	I/II	T & R	7:00-8:00pm	40PH-AHIGT03
INTERVAL TRAINING ●				
Cardiovascular workout with intervals of strength training.				
Full Member FREE, Program Member \$55				
UPV	I/II	Mon	5:30-6:30pm	60PH-AINTEM01

INTERVAL/CORE COMBO ● ●				
Focus on developing core strength with medicine balls, resist-a-balls, bosus and more. Ball workouts include cardio intervals to burn calories and get your heart pumping. Take your core training to the next level!				
Full Member FREE, Program Member \$55				
PHX	I/II	Tues	9:30-10:30am	10PH-AINCOT01
PHX	I/II	Wed	9:15-10:15am	10PH-AINCOW01
INTRO TO CYCLE ●				
Held in our cycle studio and offered on the first Saturday of each month. Learn everything you need to know including proper form, bike adjustments, and stretching techniques to get you started with indoor cycling. March 3rd, April 7th, May 5th.				
Full Member FREE, Program Member \$55				
SV	I/II	Sat	10:00am	40PH-AINCYS01
JUMP ROPE INTERVAL ●				
½ hour challenging class combining dumbbells for strength and periods of jump roping for cardio.				
Full Member \$27, Program Member \$77				
SV	I/II	Wed	9:00-9:30am	40PH-
KETTLEBELL ● ●				
Burn fat, build core strength, add definition and lean muscle and increase agility. This workout will build phenomenal cardio fitness and send your energy level through the roof!				
Full Member \$17, Program \$55				
AUD	I/II	Tues	11:30-12:30pm	30PH-AKETTT01
AUD	I/II	Wed	11:30-12:30pm	30PH-AKETTW01
AUD	I/II	Wed	7:30-8:30pm	30PH-AKETTW02
PHX	I/II	Tues	5:30-6:30am	10PH-AKETTT01
PHX	I/II	Tues	10:30-11:30am	10PH-AKETTT02
PHX	I/II	Thurs	6:00-7:00pm	10PH-AKETTR01
PTN	I/II	Thur	6:15-6:45pm	50PH-AKETTR01
KETTLEBELL EXPRESS ● ●				
Kettle bell training uses the entire body for virtually every movement pattern, enhancing strength, balance and hand-eye coordination. This 30 minute class will give you a quick cardio and strength workout.				
Full Member \$9, Program \$27				
PTN	I/II	Wed	9:30-10:00am	50PH-AKETXW01
PTN	I/II	Wed	6:00-6:30pm	50PH-AKETXW02
UPV	I/II	Fri	9:30-10:00am	60PH-AKETXF01
LIFESTYLE & WEIGHT MANAGEMENT				
Learn about common causes of weight gain and how to make the changes to shed the weight and live a healthy lifestyle once and for all. Nutrition and Personal Training recommendations included.				
Full Member ONLY \$17,				
PHX	I/II	Thur	7:00-8:00pm	10PH-ALIFER01

MIND BODY FUSION ● ●				
Warm up with Tai Chi and continue your work out with a simple yet challenging balance of Pilates and Yoga. All fitness levels are welcome to develop their strength and flexibility , leaving this fusion class refreshed and balanced.				
Full Member \$17, Program Member \$55				
PHX	I/II	Mon	7:30-8:30pm	10PH-AMINDM01
MOVING WITH EASE - THE ALEXANDER TECHNIQUE ●				
Back or neck pain? Does your body have stress or unwanted tension? Do you have trouble moving easily and freely? If your movement is restricted or limited by pain, stress or injury and you would like to learn how to move with greater ease and freedom. The Alexander Technique can offer you a choice in how you live and move in your body. It is easy, gentle, nurturing and nourishing. Come with an open mind and a willingness to let go...				
Full Member \$17, Program Member \$55				
PHX	I/II	Wed	9:00-10:00am	10PH-AALEXW01
NORDIC FITNESS ● ●				
A fast-paced cardio workout using specially designed poles to tone your upper body as you walk. Pre-requisite: proficient in NW technique; able to walk 2 miles at a good tempo. Class is held outside in almost every weather.				
Full Member \$17, Program Member \$55				
PHX	I/II	Fri	9:45-10:45am	10PH-ANORFF01
NORDIC WALKING ●				
Developed as summer training for cross country skiers, it gives you a total body workout but is suitable for all ages and skill levels. Class begins in lobby. By learning the proper technique, your entire body becomes involved in a gentle walk. Increase your target heart rate, core strength, bicep and tricep strength. Classes are generally held outside.				
Full Member \$17, Program Member \$55				
PHX	I/II	Fri	12:00-1:00pm	10PH-ANORDF01
PTN	I/II	Tue	8:30-9:30am	50PH-ANORDT01
PTN	I/II	Tues	10:30-11:30am	50PH-ANORDT02
SV	I/II	Thur(Beg)	8:30-9:30am	40PH-ANORDR01
SV	I/II	Thur (Adv.)	9:45-10:45am	40PH-ANORDR02
SV	I/II	Thur(Beg)	11:30-12:30pm	40PH-ANORDR02

PILATES ●				
Stress relieving, mind clearing, body strengthening, muscle lengthening, balance enhancing exercises with core stabilization. Beginners welcome				
Full Member \$17, Program Member \$55				
AUD	I/II	Mon	9:15-10:15am	30PH-APILAM01
AUD	I/II	Wed	6:30-7:30pm	30PH-APILAW01
AUD	I/II	Fri/II	9:15-10:15am	30PH-APILAF01
AUD	I/II	Sat	9:30-10:15am	30PH-APILAS01
PHX	I/II	Mon	8:30-9:30am	10PH-APILAM01
PHX	I/II	Mon	6:00-7:00pm	10PH-APILAM02
PHX	I/II	Wed	9:30-10:30am	10PH-APILAW01
PHX	I/II	Fri/II	8:30-9:30am	10PH-APILAF01
PHX	I/II	Sat	9:15-10:15am	10PH-APILAS01
PTN	I/II	Wed	10:00-11:00am	50PH-APILAW01
SV	I/II	Mon	6:00-7:00am	40PH-APILAM01
SV	I/II	Tues	9:30-10:30am	40PH-APILAT01
SV	I/II	Thur	9:30-10:30am	40PH-APILAR01
SV	I/II	Thur	6:15-7:15pm	40PH-APILAR01
UPV	I/II	Mon	5:30-6:30pm	60PH-APILAM01
UPV	I/II	Wed	10:00-11:00am	60PH-APILAW01
PILATES - CREATIVE ● ●				
Pilates moves using various apparatus to create a more intense core awareness. Advanced moves implemented.				
Full Member \$17, Program Member \$55				
PTN	I/II	Tues	5:30-6:30pm	50PH-APILCT01
PILOXING ● ●				
Join the latest fitness craze! Piloxing mixes Pilates and Boxing into a fat torching and muscle sculpting workout. Attain a sleek and powerful body!				
Full Member \$17, Program Member \$55				
PTN	I/II	Wed	8:30-9:30am	50PH-APILOW01
SV	I/II	Wed	9:30-10:30am	40PH-APILOW01
PIYO ● ●				
PiYo™ is a unique mind/body class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability. Whether you are a fan of Yoga, Pilates or Cardio classes, you will be hooked!				
Full Member \$17, Program Member \$55				
AUD	I/II	Wed	10:30-11:30am	30PH-APIYOW01
PHX	I/II	Mon	9:30-10:30am	10PH-APIYOM01
PHX	I/II	Thur	10:30-11:30am	10PH-APIYOR01

POWERFLEX ●				
Choreographed weight training for the whole body. Uses barbells & free weights to build lean muscle, burn fat, improve muscular endurance and tone. All levels welcome.				
Full Members Only - FREE				
PTN	I/II	Tue	9:00-10:00am	50PH-AFLEXT01
PTN	I/II	Tue	7:00-8:00pm	50PH-AFLEXT02
PTN	I/II	Thur	9:00-10:00am	50PH-AFLEXR02
PTN	I/II	Thur	7:00-8:00pm	50PH-AFLEXR03
PTN	I/II	Sat	9:15-10:15am	50PH-AFLEXS01
UPV	I/II	Tue	9:00-10:00am	60PH-AFLEXT01
UPV	I/II	Wed	5:30-6:30pm	60PH-AFLEXW01
UPV	I/II	Thur	9:00-10:00am	60PH-AFLEXR01
PUMP IT UP ●				
A group barbell class set to music that challenges every major muscle in your body. Low in complexity and high in fun! Ideal for all fitness levels for both women and men. ((Group Barbell Training))				
Full Member \$17, Program Member \$55				
SV	I/II	Fri	6:15-7:15pm	40PH-PUMPUF01
READY TO GET FIT				
Feeling nervous about getting in shape? Try this non-intimidating workout and have trainers take you through each step and answer questions to help you transition to a new, healthy lifestyle.				
Full Member FREE, Program Member \$55				
SV	I/II	Tue	7:15-8:15pm	40PH-AREADT01
STEP AEROBICS ●				
45 minutes of step, followed by 15-minutes of abdominal workout. All fitness levels welcome.				
Full Member FREE, Program Member \$55				
AUD	I/II	Fri	8:45-9:45am	30PH-ASTEAF01
SV	I/II	Tue	6:15-7:15pm	40PH-ASTEAT01
SV	I/II	Thur	4:30-5:30pm	40PH-ASTEAR01
UPV	I/II	Sat	8:00-9:00am	60PH-ASTEAS01
STEP INTERVAL ●				
Combines steps with intervals of strength training.				
Full Member FREE, Program Member \$55				
SV	I/II	Fri	9:30-10:30am	40PH-ASTEIF01
STRENGTH TRAINING FOR MEN ● ●				
Choreographed weight training for the whole body. Uses barbells & free weights to build lean muscle, burn fat, improve muscular endurance and tone. M/W Class a Level 1 Fitness Rating.				
Full Members Only \$32				
PHX	I/II	M/W	7:00-8:00pm	10PH-AMSTRM01

NEW

Please bring your own mat to all fitness classes!

STRENGTH TRAINING FOR WOMEN ● ●				
Choreographed weight training for the whole body. Uses barbells & free weights to build lean muscle, burn fat, improve muscular endurance and tone. M/W Class a Level 1 Fitness Rating.				
Full Members Only \$32				
PHX	I/II	M/W	10:00-11:00am	10PH-ASTREM01
PHX	I/II	T/TH	7:00-8:00pm	10PH-ASTRET01
STROLLER FITNESS ●				
A total body work out, including power walking and toning exercises using your stroller and baby. Make new friends, get in shape and spend time with your little one.				
Full Member \$17, Program Member \$55				
SV	I/II	Tue	9:30-10:30am	40PH-ASTROT01
SV	I/II	Thur	9:30-10:30am	40PH-ASTROR01
TABATA ● ● ●				
The Tabata Protocol is the best supra-aerobic cardio workout to quickly and effectively burn fat and increase metabolism. The class will consist of intense 20 second intervals gradually increasing to a total class time of approximately 15 minutes. NOT for those with injuries, heart issues or limitations. No beginners, please.				
Full Member FREE, Program Member \$14				
PHX	I/II	Mon	10:15-10:30am	10PH-ATABAM01
PHX	I/II	Mon	5:30-5:45pm	10PH-ATABAM02
PHX	I/II	Wed	8:30-8:45am	10PH-ATABAW01
PHX	I/II	Wed	10:15-10:30am	10PH-ATABAW02
PHX	I/II	Fri	9:00-9:15am	10PH-ATABAF01
THERAPEUTIC MOVEMENT ●				
An improvisational movement class designed to increase ease and flexibility. Gentle whole body movement on all levels with music will help those with injuries, older adults, or individuals just starting on the road to wellness find balance, enhance coordination and improve their sense of well being. Please wear loose, comfortable clothing.				
Full Member \$17, Program Member \$55				
PHX	I/II	Tues	9:00-10:00am	10PH-ATHERT01
PHX	I/II	Thur	9:00-10:00am	10PH-ATHERR01
TOTAL BALL ● ●				
Get a full body workout with a focus on your core while using bosu, resista-balls and various other equipment.				
Full Member \$17, Program Member \$55				
PHX	I/II	Fri	10:30-11:30am	10PH-ABALLF01
TOTAL BODY CONDITIONING ●				
Every week it's a different workout designed to strengthen and tone from head to toe. New instructor every week.				
Full Member FREE, Program Member \$55				
PHX	I/II	Sat	7:00-8:00am	10PH-ACONDS01

NEW

TRX® EXPRESS ● ●				
30 minutes of suspension training with a Personal Trainer. Class is limited to 4.				
Full Members ONLY \$39				
PHX	I/II	Thur	9:30-10:00am	10PH-TRXERO1
PTN	I/II	Mon	7:15--7:45pm	50PH-TRXEMO1
PTN	I/II	Mon	7:50-8:20pm	50PH-TRXEMO2
PTN	I/II	Sun	10:30-11:00am	50PH-TRXEUO1
PTN	I/II	Sun	12:15-12:45pm	50PH-TRXEUO2
TRX® FITNESS ● ●				
TRX is a suspension training system that uses gravity and body weight to achieve positive neuromuscular responses. This is an instructor led class and class is limited to 10.				
Full Members ONLY \$77				
AUD	I/II	Wed	10:30-11:30am	30PH-ATRXW01
TRX® INTERVAL ● ●				
This instructor led class will introduce you to the basics of TRX Suspension Training. This is a challenging intermediate level interval workout that combines TRX suspension, cardio, weights and abs. The class meets the needs of the whole group and not on an individual basis.				
Full Member \$17, Program Member \$55				
PHX	I/II	Thur	9:30-10:30am	10PH-ATRXIRO1
PTN	I/II	Mon	7:15-8:15pm	50PH-ATRXIM01
PTN	I/II	Sat	8:00-9:00am	50PH-ATRXIS01
SV	I/II	Tue	9:30-10:30am	40PH-ATRXIT01
TURBO KICK® ● ●				
A combination of intense kickboxing moves as well as dance moves choreographed to high-energy music. The ultimate cardio challenge blending intense intervals, strength/endurance training and a relaxing cooldown. No previous kick-boxing or dance experience required!				
Full Member FREE, Program Member \$55				
PHX	I/II	Mon	5:45-6:45am	10PH-ATURBM01
PHX	I/II	Wed	5:45-6:45am	10PH-ATURBW01
PHX	I/II	Wed	10:15-11:15am	10PH-ATURBW02
PHX	I/II	Fri	9:30-10:30am	10PH-ATURBF01
PHX	I/II	Sat	8:15-9:15am	10PH-ATURBS01
UPV	I/II	Tue	5:30-6:30pm	60PH-ATURBT01

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

ULTIMATE GYM CLASS ● ●				
Start your day with a hard-core game of Ultimate Frisbee, dodgeball or hockey. Not for the faint of heart!				
Full Member FREE, Program Member \$55				
PHX	I/II	Mon	5:30-7:00am	10PH-AULTGM01
GENTLE YOGA ●				
Learn the fundamentals of yoga in a supportive environment. Appropriate for beginners, people with mild physical limitations, or anyone wishing to improve focus, awareness, flexibility, mobility, and balance. Includes introduction to yoga philosophy and beginning meditation. Classes end with deep relaxation to release tension, reduce stress and quiet the mind.				
Full Members Only \$27, Program Member \$77				
PHX	I/II	Thur	10:30-12:00pm	10PH-AYOGGR01
YIN YOGA ●				
Poses are held for several minutes at a time in order to stretch the connective tissue around the joints. Yin focuses on stretching connective tissues instead of muscle.				
Full Members Only \$17, Program Member \$55				
PHX	I/II	Wed	7:15-8:15pm	10PH-AYOYIW01
SV	I/II	Thur	7:15-8:15pm	40PH-AYOYIR01
YOGA LEVEL 1 ●				
Traditional yoga for the first time enthusiast. Learn the foundations of yoga postures for strength, flexibility, balance, breath work and relaxation.				
Full Member \$17, Program Member \$55				
AUD	I/II	Tue	7:45-8:45pm	30PH-AYOG1T01
AUD	I/II	Wed	8:15-9:15am	30PH-AYOG1W01
AUD	I/II	Sat	11:00-12:00pm	30PH-AYOG1S01
PHX	I/II	Tues	10:30-11:30am	10PH-AYOG1T01
PHX	I/II	Tues	6:15-7:15pm	10PH-AYOG1T02
PHX	I/II	Thur	6:00-7:00pm	10PH-AYOG1R01
PHX	I/II	Sun	9:00-10:00am	10PH-AYOG1U01
PTN	I/II	Mon	6:00-7:00am	50PH-AYOG1M01
PTN	I/II	Wed	6:45-7:45pm	50PH-AYOG1W01
SV	I/II	Mon	9:30-10:30am	40PH-AYOG1M01
SV	I/II	Tue	8:30-9:30am	40PH-AYOG1T01
SV	I/II	Thur	8:30-9:30am	40PH-AYOG1R01
SV	I/II	Fri	6:00-7:00am	40PH-AYOG1F01
SV	I/II	Fri	9:30-10:30am	40PH-AYOG1F02
UPV	I/II	Tue	10:00-11:00am	60PH-AYOG1T01
UPV	I/II	Thur	7:00-8:00pm	60PH-AYOG1R01
UPV	I/II	Sat	9:00-10:00am	60PH-AYOG1S01

YOGA LEVEL 2 ● ●				
An intermediate yoga class for those familiar with sun salutations.				
Full Member \$17, Program Member \$55				
PHX	I/II	Wed	6:00-7:00pm	10PH-AYOG2W01
PHX	I/II	Fri (Vig Flow)	10:30-11:30am	10PH-AYOG2F01
PHX	I/II	Fri (Hatha)	5:30-6:30pm	10PH-AYOG2F02
PHX	I/II	Sat	8:00-9:00am	10PH-AYOG2S01
PHX	I/II	Sun	10:30-11:30am	10PH-AYOG2U01
PTN	I/II	Mon	8:30-9:30am	50PH-AYOG2M01
SV	I/II	Mon	8:30-9:30am	40PH-AYOG2M01
SV	I/II	Tues	6:00-7:00am	40PH-AYOG2T01
SV	I/II	Wed	6:00-7:00am	40PH-AYOG2W01
SV	I/II	Thur	6:00-7:00am	40PH-AYOG2R01
SV	I/II	Fri (Adv)	8:00-9:00am	40PH-AYOG2F01
YOGA FOR ATHLETES				
For athletes and fitness enthusiasts who want to use their bodies to their full potential by increasing flexibility, strength, and endurance physically and gaining mental control through their bodies.				
Full Member \$17, Program Member \$55				
PHX	I/II	Mon	8:00-9:00am	10PH-AYOATT01
PHX	I/II	Sat	6:45-7:45am	10PH-AYOATS01
SV	I/II	Mon	7:15-8:15pm	40PH-AYOATM01
YOGA - CHAIR YOGA ●				
Gentle yoga postures using a chair for stability. A great benefit for the workplace and travel.				
Full Members Only FREE				
PTN	I/II	Tue	9:30-10:30am	50PH-AYOCHT01
PTN	I/II	Thur	9:30-10:30am	50PH-AYOCHR01
SV	I/II	Tue	10:30-11:30am	40PH-AYOCHT01
YOGA - HATHA YOGA ENDURANCE ●				
Postures designed to strengthen the body, reduce stress & give peace to the mind with ball workout using yoga postures				
Full Member \$27, Program Member \$77				
PTN	I/II	Wed	8:00-9:30am	50PH-AYOHAW01

YOGA - PRE/POST NATAL ●				
Gentle postures and breathing techniques to prepare the body for demands of pregnancy and labor recovery. Babies in car seat welcome.				
Full Member \$17, Program Member \$55				
SV	I/II	Fri	10:30-11:30am	40PH-AYOPRF01
YOGA - POWER YOGA ● ●				
Experience powerful and vigorous yoga techniques.				
Full Member \$17, Program Member \$55				
AUD	I/II	Thur	9:30-10:30am	30PH-AYOPOR01
PHX	I/II	Mon (Warm)	9:30-10:30am	10PH-AYOPOM01
PHX	I/II	Mon (Warm)	6:30-7:30pm	10PH-AYOPOM02
PHX	I/II	Sat (Warm)	9:30-10:30am	10PH-AYOPOS01
PTN	I/II	Tue	6:00-7:00pm	50PH-AYOPOT01
SV	I/II	Tue	10:30-11:30am	40PH-AYOPTNR1
UPV	I/II	Wed	6:30-7:30pm	60PH-AYOPTNW1
UPV	I/II	Sat	8:00-9:00am	60PH-AYOPTNS1
YOGA - POWER YOGA WITH A TWIST ● ●				
Designed to strengthen core with a ball workout using yoga postures.				
Full Member \$27, Program Member \$77				
PTN	I/II	Mon	5:30-7:00pm	50PH-APGYTM01
YOGALATES ●				
A gentle blend of yoga and Pilates. Appropriate for all levels.				
Full Member \$17, Program Member \$55				
PHX	I/II	Thur	9:15-10:15am	10PH-AYOLAR01
PHX	I/II	Thur	7:30-8:30pm	10PH-AYOLAR02
YOGALATES WITH TONING ●				
A gentle blend of yoga and Pilates. Appropriate for all levels.				
Full Member \$17, Program Member \$55				
SV	I/II	Mon	7:20-8:20pm	40PH-AYOLTM01
SV	I/II	Wed	7:20-8:20pm	40PH-AYOLTW01

Please bring your own mat to all fitness classes!



Athletic Classes

ZUMBA® ●				
Have fun while getting in shape with this international dance fitness program. Combines high energy motivating music with unique moves and combinations that will have you dancing off that excess weight				
Full Member \$17 Program Member \$55				
AUD	I/II	Mon	10:30-11:30am	30PH-AZUMBM01
AUD	I/II	Mon	6:00-7:00pm	30PH-AZUMBM02
AUD	I/II	Thur	6:00-7:00pm	30PH-AZUMBR01
AUD	I/II	Fri	10:30-11:30am	30PH-AZUMBF01
PHX	I/II	Mon	10:45-11:45am	10PH-AZUMBM01
PHX	I/II	Mon	7:00-8:00pm	10PH-AZUMBM02
PHX	I/II	Tue	5:00-6:00pm	10PH-AZUMBT01
PHX	I/II	Wed	12:30-1:30pm	10PH-AZUMBW01
PHX	I/II	Wed	7:15-8:15pm	10PH-AZUMBW02
PHX	I/II	Thur	10:45-11:45am	10PH-AZUMBR01
PHX	I/II	Thur	1:00-2:00pm	10PH-AZUMBR02
PHX	I/II	Thur	6:00-7:00pm	10PH-AZUMBR03
PHX	I/II	Fri	10:30-11:30am	10PH-AZUMBF01
PHX	I/II	Fri	6:00-7:00pm	10PH-AZUMBF02
PHX	I/II	Sat	9:30-10:30am	10PH-AZUMBS01
PHX	I/II	Sun	1:00-2:00pm	10PH-AZUMBU01
PTN	I/II	Mon	7:00-8:00pm	50PH-AZUMBM01
PTN	I/II	Wed	7:00-8:00pm	50PH-AZUMBW01
PTN	I/II	Sun (Beg)	3:30-4:30pm	50PH-AZUMBU01
SV	I/II	Mon	9:00-10:00am	40PH-AZUMBM01
SV	I/II	Mon (Beg)	6:15-7:15pm	40PH-AZUMBM02
SV	I/II	Tue	6:15-7:15pm	40PH-AZUMBT01
SV	I/II	Wed	9:30-10:30am	40PH-AZUMBW01
SV	I/II	Wed (Int)	6:15-7:15pm	40PH-AZUMBW02
SV	I/II	Fri	9:30-10:30am	40PH-AZUMBF01
UPV	I/II	Tues	6:30-7:30pm	60PH-AZUMBT01
UPV	I/II	Sun	12:00-1:00pm	60PH-AZUMBU01
ZUMBA® TONING ● ●				
Get more out of your Zumba workout! Combines Zumba cardio with strength training.				
Full Member \$17 Program Member \$55				
SV	I/II	Thur(Beg)	6:15-7:15pm	40PH-AZUMTR01
SV	I/II	Sat (Int)	9:15-10:15am	40PH-AZUMTS01

BADMINTON				
Learn through competitive match play, strategic coaching, stroke production drills & warm-up exercises. Instructor, Eric Miller, is a national-level competitor. Ages 17 and up. Bring Own Racquet.				
Full Members Only -FREE				
PHX	I/II	Sun	6:00-8:00pm	10PH-ABADMU01
BASKETBALL - OPEN REC				
UPV: Drop in at Perkiomen School.				
Full Members Only - FREE				
PHX	I/II	M/W	7:00-9:00pm	HI/IIgh School & up
PTN	I/II	Mon-Fri/II	12:00-1:30pm	18 & up
PTN	I/II	M/W/F	5:00-5:30pm	HI/IIgh School & up
PTN	I/II	M & R	5:00-6:30pm	18 & up
PTN	I/II	M & W	6:30-9:45pm	HI/IIgh School & up
SV	I/II	Tues-Fri/II	5:30-7:00am	18 & up
SV	I/II	M/T/W	7:30-10:00pm	18 & up
SV	I/II	Sun	6:15-8:00pm	30 & up
UPV	I/II	Mon	6:30-8:30pmpm	18 & up
DODGEBALL ●				
Ages 16 & Up. All members must register.				
Full Members Only -FREE				
PHX	I/II	Mon	6:00-6:45pm	10PH-ADODGM01
INDOOR SOCCER				
Ages 16 & Up. All Must Register.				
Full Members Only -FREE.				
PHX	I/II	T/R	8:30-9:45pm	10PH-ASOCCT01
PICKELBALL				
A great workout for ages 18 and up! If you like tennis, you'll love Pickleball. Get a good workout while having fun. If you're interested, please contact Lynn Seponski, ext. 13 at PTN.				
Full Members FREE, Program Members - \$5/game				
RACQUETBALL ONE-ON-ONE INSTRUCTION ●				
Personalized on-the-court instruction in all areas of racquetball including equipment, fundamentals, rules, serving, scoring, game playing strategy and more! Have fun while learning, playing and getting in shape! Available on an individual basis or in pairs. Contact Lynn Seponski with questions at 610-323-7300 x 13.				
1 Person: \$20/hr.		2 Person: \$35/hr.		
\$55/(3) 1-hr sessions		\$90/(3) 1-hr sessions		
\$80/(5) 1-hr sessions		\$125/(5) 1-hr sessions;		
\$150/(10) 1-hr sessions		\$225/(10) 1-hr sessions		
VOLLEYBALL - OPEN REC				
Full Members Only - FREE				
PHX	I/II	Fri/II	8:00-9:45pm	Any Level
PTN	I/II	Wed	7:30-9:45pm	Any level
SV	I/II	Thur	7:30-10:00pm	Any level

PERSONAL TRAINING

AT ALL BRANCHES

1 ON 1 TRAINING PACKAGE

\$40./(1)hr, \$175./(5)hours, \$300./(10)hours, \$550./(20)hours

Work one-on-one with one of our certified personal trainers in a 60-minute session devoted entirely to you.

PARTNER TRAINING PACKAGE

\$55./(1)hour, \$250./(5)hours, \$450./(10)hours

You and a buddy train with one of our certified personal trainers.

GROUP PERSONAL TRAINING

\$70./(1)hour, \$325.(5)hours, \$600./(10)hours

Get personal attention during personal training with 3 friends.

QUICK START PERSONAL TRAINING

\$80./2(1) hour sessions

Perfect for anyone just starting out. The package gives you two 1-hour sessions with a personal trainer and includes an initial fitness assessment. **Only at Spring Valley, Pottstown & Phoenixville.**

WEIGHT LOSS PACKAGE

\$120./2(1) hour sessions

Gives you a meal planning session and 2 1-hour personal training sessions including an initial fitness assessment. **Offered only at Spring Valley & Phoenixville.**

YOUTH FITNESS PACKAGE

Ages 14 & Up \$100./5 (1/2) hour sessions

Five ½ hour sessions with a certified personal trainer including an initial and follow-up fitness assessment. Whether you're training for a sport or just want to be motivated to get into shape this package is for you. **Offered only at Spring Valley & Phoenixville.**

SENIOR TRAINING PACKAGE

Ages 65+ \$100./5 (1/2) hour sessions

Five ½ hour training sessions with a certified personal trainer designed to build bone density, improve balance and coordination, and overall flexibility. Includes an initial and follow up fitness assessment. **Offered only at Spring Valley & Phoenixville.**

TRX PERSONAL TRAINING

\$40/ 1 hour \$175.(5)hrs, \$300.(10)hrs, \$550.(20)hrs

Take your training to the next level with TRX! This is suspension training that utilizes gravity and movement to generate neuromuscular responses that change body position. The movements integrate strength and balance into a single, dynamic action that gets you results faster! Great for all ages and abilities.

Offered at the Spring Valley, Phoenixville, Pottstown & Upper Perkiomen Valley Only!

TRX SMALL GROUP PERSONAL TRAINING

\$140/ (7) - 1 hour sessions

This training will spark your interest and revitalize your routine. Work on strength, functional training, flexibility and balance during this progressive 7 week session. Groups are limited to 4 participants, so there is plenty of individual attention to go around.

Offered at the Spring Valley, Phoenixville & Pottstown.

LAP & RECREATIONAL SWIMMING

At all 5 Freedom Valley YMCA Branches

Swimming laps is a great way to get in shape & stay fit. Refer to Pool Schedule at www.fvymca.org or at your branch for lap & recreational swim times. Audubon YMCA lap swimming is indoors at the Norristown Area High School pool. Upper Perk YMCA lap swimming will be held at Upper Perk High School.

ADULT SWIM LESSONS

Ages 18 and up

Full Member \$38, Program Member \$75

Beginners learn to find comfort in the water while the intermediate and advanced levels work on stroke development and refinement. All lessons are beginner unless specified.

AUD	Tue	Session I & II	7:00-8:00pm	30AQ-ALESST01
PHX	Mon	Session I & II	7:00-8:00pm	10AQ-ALESSM01
PHX	Mon	(Adv-Beg) Sess. I & II	8:00-9:00pm	10AQ-ALESSM02
PHX	Wed	(Int) Session I & II	7:00-8:00pm	10AQ-ALESSW01
PHX	Wed	(Adv) Session I & II	8:00-9:00pm	10AQ-ALESSW02
PHX	Thur	Session I & II	10:00-11:00am	10AQ-ALESSR01
PTN	Wed	Session I & II	7:15-8:00pm	50AQ-ALESSW01
PTN	Fri	Session I & II	10:00-10:45am	50AQ-ALESSF01
SV	Thur	Session I & II	7:30-8:30pm	40AQ-ALESSR01
SV	Thur	(Int) Session I & II	8:30-9:30pm	40AQ-ALESSR02
SV	Fri	Session I & II	6:30-7:30pm	40AQ-ALESSF01

AQUATIC PERSONAL TRAINING

Ages 18 and up

Full Members Only

Our aquatic-specific personal trainers will customize fitness programs to fit your goals, from lap swimming to an aquatic rehab graduate. They will create a program for you, implement it with you, and offer other suggestions to help. Available on an individual basis or in pairs.

SV				Must Register at Front Desk
SEE:	1 person:	\$40 / hour		
		\$175 / (5) 1-hour sessions		
		\$320 / (10) 1-hour sessions		
	2 persons:	\$55 / hour		
		\$250 / (5) 1-hour sessions		
		\$450 / (10) 1-hour sessions		

AQUA BIKING

Full Member FREE, Program Member \$55

Give yourself an amazing aqua workout with this underwater cycling class. Great for people who have knee or joint problems. A safe, low-impact cardiovascular workout. Water shoes are required.

SV	Tue	Session I & II	9:15-10:00am	40AQ-ABIKET01
SV	Tue	Session I & II	6:30-7:15pm	40AQ-ABIKET02
SV	Thur	Session I & II	9:15-10:00am	40AQ-ABIKER01

AQUA TREK

Ages 14 and up

Full Member \$24, Program Member \$45

A 1-hour workout that travels from shallow to deep water. Includes strength training, toning and aerobic activity. All levels welcome. Class uses water's resistance along with equipment and flotation belts. 30 Minute classes will be 1/2 price.

PHX	Tue	Session I & II	9:00-10:00am	10AQ-ATREKT01
PHX	Thur	Session I & II	9:00-10:00am	10AQ-ATREKR01
PTN	Mon	Session I & II	7:30-8:30pm	50AQ-ATREKM01
PTN	Wed	Session I & II	7:30-8:30pm	50AQ-ATREKW01
SV	Wed	Session I & II	8:00-9:00pm	40AQ-ATREKW01

AQUA ARMS & ABS

Full Member FREE, Program Member \$32

Use water resistance to strengthen upper and lower abdominal and oblique muscles.

PTN	Mon	Session I & II	7:00-7:30pm	50AQ-AARMSM01
PTN	Wed	Session I & II	7:00-7:30pm	50AQ-AARMSW01
SV	Tues	Session I & II	7:30-8:00pm	40AQ-AARMST01
SV	Thur	Session I & II	7:30-8:00pm	40AQ-AARMSR01
SV	Fri	Session I & II	10:00-10:30am	40AQ-AARMSF01

AQUATIC BOOT CAMP LEVELS I & II

Full Member \$24, Program Member \$45

The Level I class workout is limited to the Family Fun Pool at Spring Valley or is held at Norristown High school for Audubon Swimmers. You will do cardiovascular exercises and less lap swimming. If you don't know how to swim, it's okay, you will learn enough to have a great workout.

The Level II Class will work toward improving the mile swim time. It is strenuous and technique will be reviewed. Class size is limited.

LEVEL I:

AUD	Tue	Session I & II	7:00-8:00pm	30AQ-ABOO1T01
AUD	Thur	Session I & II	7:00-8:00pm	30AQ-ABOO1R01
AUD	Sat	Session I & II	12:00-1:00pm	30AQ-ABOO1S01
SV	Mon	Session I & II	5:45-6:45am	40AQ-ABOO1M01
SV	Wed	Session I & II	5:45-6:45am	40AQ-ABOO1W01
SV	Fri	Session I & II	5:45-6:45am	40AQ-ABOO1F01

LEVEL II:

SV	Mon	Session I & II	5:45-6:45am	40AQ-ABOO2M01
SV	Wed	Session I & II	5:45-6:45am	40AQ-ABOO2W01
SV	Fri	Session I & II	5:45-6:45am	40AQ-ABOO2F01

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

AQUA FITNESS BASICS

Full Member \$24, Program Member \$45

This class is great for the individual getting back into exercise or who will benefit from a class in the warm water. Components of class include cardio, strengthening and stretching. Class combined with pre-natal.

PHX	Tue	Session I & II	6:00-7:00pm	10AQ-APRENT01
PHX	Thur	Session I & II	6:00-7:00pm	10AQ-APREN01

DEEP WATER WORKOUT

Ages 14 & up

Full Member \$24, Program Member \$45

For those beginning an exercise routine or those at an intermediate fitness level. Participants wear flotation belts to suspend them in deeper water for an intense no- impact workout. Great for back problems. Burns calories fast.

PHX	Mon	Session I & II	10:00-11:00am	10AQ-ADEEPM01
PHX	Tue	Session I & II	7:05-8:05pm	10AQ-ADEEPT01
PHX	Wed(Adv)	Session I & II	9:00-10:00am	10AQ-ADEEPW01
PHX	Wed	Session I & II	10:00-11:00am	10AQ-ADEEPW02
PHX	Thur	Session I & II	7:05-8:05pm	10AQ-ADEEPR01
PHX	Fri (Adv)	Session I & II	9:00-10:00am	10AQ-ADEEPP01
PHX	Fri	Session I & II	10:00-11:00am	10AQ-ADEEPP02
PHX	Sat	Session I & II	10:00-11:00am	10AQ-ADEEPS01
SV	Tue	Session I & II	10:00-11:00am	40AQ-ADEEPT01
SV	Tue	Session I & II	8:00-9:00pm	40AQ-ADEEPT02
SV	Thur	Session I & II	10:00-11:00am	40AQ-ADEEPR01
SV	Thur	Session I & II	8:00-9:00pm	40AQ-ADEEPR02

FAMILY FITNESS FUN

Ages 8 & up

Full Member \$12, Program Member \$25

Looking for ways to get fit, but still have fun as a family? Join us in the warm pool and we'll introduce a different water fitness skill every week. Using the water as resistance, you'll learn how to use our water fitness equipment. Bubbles or belts are provided as needed.

PHX	Sat	Session I & II	9:00-9:30am	10AQ-AFITFS01
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FAMILY HYDRO-AEROBICS

Ages 5 & up

Full Member FREE, Program Member \$45

A great opportunity to set a good example for healthy living, spend quality time together, and enjoy a fun activity with your child(ren)! Use the water's natural resistance to improve flexibility, shape & tone the body, and provide cardiovascular conditioning. Bubbles or belts are provided if needed.

PTN	Sun	Session I & II	1:00-2:00pm	50AQ-AHYDRU01
SV	Fri	Session I & II	5:45-6:30pm	40AQ-AFAERF01

H2O PLYOMETRICS & INTERVAL TRAINING

Ages 18 & up

Full Member \$24, Program Member \$45

You better bring it when you take this class! This is a dynamic cardio workout with tons of explosive jumping moves and interval training. The water will help with the shock absorption, however water shoes are required. Be prepared to get your heart rate elevated.

SV	Mon	Session I & II	11:00-12:00pm	40AQ-APLYOM01
SV	Wed	Session I & II	11:00-12:00pm	40AQ-APLYOW01

H2O RESISTANCE

Ages 18 & up

Full Member \$12, Program Member \$25

Heart pounding, foot stomping, never stop moving, calories burning shallow water workout with the resistance challenge of the slide's current. A great cross-training opportunity for competing athletes and enthusiasts alike. Water Shoes REQUIRED.

SV	Fri	Session I & II	10:30-11:00am	40AQ-AH2ORF01
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HYDRO AEROBICS

Ages 14 & up

Full Member FREE, Program Member \$45

Held in shallow water this program utilizes the water's natural resistance to improve flexibility, shape and tone the body, and provide cardiovascular conditioning. Express class is half-priced.

PHX	Mon	Session I & II	10:00-11:00am	10AQ-AAEROM01
PHX	Wed	Session I & II	10:00-11:00am	10AQ-AAEROW01
PHX	Fri	Session I & II	10:00-11:00am	10AQ-AAEROF01
POT	Mon	Session I & II	9:00-10:00am	50AQ-AAEROM01
POT	Wed	Session I & II	9:00-10:00am	50AQ-AAEROW01
POT	Fri	Session I & II	9:00-10:00am	50AQ-AAEROF01
SV	Mon	Session I & II	8:00-9:00am	40AQ-AAEROM01
SV	Mon	Session I & II	8:00-9:00pm	40AQ-AAEROM02
SV	Wed	Session I & II	8:00-9:00am	40AQ-AAEROW01
SV	Fri	Session I & II	8:00-9:00am	40AQ-AAEROF01
SV	Sat	Session I & II	7:00-8:00am	40AQ-AAEROS01
UPV	Sat	Session I & II	8:00-9:00am	60AQ-AWALKS01

H2O TONING

Ages 18 & up

Full Member FREE, Program Member \$45

This class will incorporate balls, bands, barbells and noodles to create a wonderful balance for total body toning in the slide well using the resistance of the water current.

SV	Mon	Session I & II	10:00-10:45am	40AQ-ATONEM01
SV	Wed	Session I & II	10:00-10:45am	40AQ-ATONEW01

HYDRO CIRCUIT

Full Member FREE, Program Member \$40

From weight training to cardiovascular conditioning, this class will hit all major muscle groups each week. Different routines each time you come to class. Water shoes and water bottles are a must.

SV	Tue	Session I & II	5:45-6:45am	40AQ-AHCIRT01
SV	Thur	Session I & II	5:45-6:45am	40AQ-AHCIRR01

KICKBOXING

Ages 18 & up Full Member FREE, Program Member \$45

A water workout that integrates kicks, punches, and martial arts combinations with high intensity aerobic conditioning and core strengthening.

SV	Tue	Session I & II	10:00-11:00am	40AQ-AKICBT01
SV	Thur	Session I & II	10:00-11:00am	40AQ-AKICBR01

LUNCH TIME WORKOUTS

Ages 18 & up Full Members FREE, Program Members \$45

A conditioning workout for the serious lap swimmer.

PHX	Mon	Session I & II	12:00-1:00pm	10AQ-ALUNCM01
PHX	Wed	Session I & II	12:00-1:00pm	10AQ-ALUNCW01
POT	Mon	Session I & II	12:00-1:00pm	50AQ-ALUNCM01
POT	Wed	Session I & II	12:00-1:00pm	50AQ-ALUNCW01

PRE-NATAL HYDRO AEROBICS

Full Member \$24, Program Member \$45

Meets the physical, emotional and social needs of the expectant mother through proper exercise in the water. Physician's approval required. Mothers can join this class AT ANY TIME during the session. Price will be adjusted for how many weeks you will attend to allow you to join as soon as you know you are pregnant and continue until your due date! *PHX Tues & Thur classes combines with Aqua Fitness Basics.

PHX	Mon	Session I & II	11:00-12:00pm	10AQ-APRENM01
PHX	Tue	Session I & II	6:00-7:00pm	10AQ-APRENT01
PHX	Thur	Session I & II	6:00-7:00pm	10AQ-APRENRO1
SV	Tue	Session I & II	9:00-10:00am	40AQ-APRENT01
SV	Thur	Session I & II	6:30-7:30pm	40AQ-APRENRO1

TEEN AQUATIC WORKOUT

Full Member FREE, Program Member \$45

Water exercise class just for you. 1 hour of cardio strength and flexibility that will progress in intensity from light to moderate to extreme over the course of the 7 week program. Water shoes are recommended. Also includes family time.

PTN	Sun	Session I & II	1:00-2:00pm	50AQ-ATEENU01
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TRANSITION THERAPY PROGRAM

Full Member FREE, Program Member \$45

16-visit program to help you ease into your individual exercise routine. Approval from physician needed. Held in South Pool. Register and then choose your 16 visits from times below.

PTN	Mon, Wed, Fri	12:00-1:00pm	50AQ-ATTPOOO1
PTN	Tues, Thur	8:00-9:00am	
PTN	Sat	3:30-4:30pm	

INTRODUCTION TO TRIATHLON TRAINING

Ages 16 & up Full Member FREE

Do you want to do a triathlon but have no idea how to train for one? No more excuses! We have the perfect class for you! This is a class offered for the beginner tri-athlete. This is a (7) week class with a 2-week concentration on swimming, biking and running with a final triathlon on the last week. The class is designed to help an individual train for all three disciplines of a triathlon.

SV	Sat	Session I & II	7:00 - 8:00am	40AQ-AITRIS01
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TRIATHALON SWIM CLASS

Full Member \$24, Program Member \$45

Many triathletes fear "the swim" but not any more. Whether you are a beginner or advance swimmer, our experienced coach will give you an intense workout emphasizing stroke technique, efficiency and help you achieve your goals.

SV	Mon	Session I & II	10:00-11:00am	40AQ-ATRISM01
SV	Mon	Session I & II	8:00-9:00pm	40AQ-ATRISM02
SV	Wed	Session I & II	10:00-11:00am	40AQ-ATRISW01
SV	Wed	Session I & II	8:00-9:00pm	40AQ-ATRISW02

TRIATHALON SWIM CLUB

Full Member Only - FREE

Training for a triathlon and need some advice or buddy? Contact David Rude at 610.327.3246 or contact the Pottstown YMCA.

TRI CLUB

Ages 16 & up Full Member \$100 Program Member \$175

We are looking for triathletes! Do you want to improve your race times, workout with other tri-athletes, improve your motivation, and gain more training advice? Here is your chance! The Tri-Club is offering a class for the experienced tri-athlete that wants more than a one day a week class. This is more like a focused training group. This class is a (3) day a week class focusing on improving endurance, power and strength in all (3) disciplines. Whether you're training for a sprint, Olympic, half or full triathlon, you will get what you need here. There will be planned events throughout the year including triathlons, seminars, and group training. A bike trainer is required for class and a heart rate monitor is strongly recommended.

SV	Tues/Thur	8:00-9:30pm	40AQ-ATRICS01
SV	Sat	7:00-9:00am	40AQ-ATRICS01

WATER PILATES

Full Member \$24, Program Member \$48

Water Pilates emphasizes stability in the center of the body, which promotes support to the rest of the muscles of the body, flexibility and strength. Held in chest-deep **warm** water. Non-aerobic & very relaxing.

PHX	Tue	Session I & II	12:05-1:05pm	10AQ-APILAT01
PHX	Thur	Session I & II	12:05-1:05pm	10AQ-APILAR01

WATER-RUNNING

Full Member FREE, Program Member \$45

Intense fitness class that will have you running in deep and shallow water. Great for runners who want conditioning without the pounding on your joints, ligaments & tendons. Water shoes & water bottle required.

SV	Mon	Session I & II	9:00-10:00am	40AQ-AWRUNM01
SV	Wed	Session I & II	9:00-10:00am	40AQ-AWRUNW01
SV	Fri	Session I & II	9:00-10:00am	40AQ-AWRUNF01

WATER-WALKING

Full Member FREE, Program Member \$25

A low impact exercise that strengthens, tones and increases mobility and fitness.

PTN	Mon	Session I & II	8:30-9:00am	50AQ-AWALKM01
PTN	Wed	Session I & II	8:30-9:00am	50AQ-AWALKW01
PTN	Fri	Session I & II	8:30-9:00am	50AQ-AWALKF01

WAVE JUMPERS

Full Member FREE, Program Member \$45

An excellent workout for the entire body held in the deep end of our North Pool. Stretch and jump to elevate your heart rate. Gain strength but never touch the bottom. Float belts may be used. For all abilities.

PTN	Tue	Session I & II	9:30-10:30am	50AQ-AWAJUT01
PTN	Thur	Session I & II	9:30-10:30am	50AQ-AWAJUR01

DRYLAND FOR MASTERS

Ages 19 & up

Full Members Only - FREE

A great compliment to your swim practice. You will work on core strength and body balance while building up your speed and endurance as well.

SV	Thur	Session I & II	7:00-8:00pm	40AQ-AAMDRYR01
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MASTERS SWIM TEAMS

Ages 19 & up

Full Members Only - FREE

Participants have the option of joining the US Master's Swimming organization and competing at sanctioned pool meets at local and national levels. Competitive season runs from November-May.

Phoenixville YMCA - Call Maureen at 484-921-5846

Tue & Thur	8:15-9:45pm	10AQ-APMAST01
Sat	4:00-5:30pm	

Pottstown YMCA - Call Kathy at 610-323-7300 Ext 31

Tue & Thur	7:00-8:00am	50AQ-APMAST01
Sat	8:00-9:00am	

Spring Valley YMCA - Call Mary at 484-984-2012

Mon & Wed	7:00-8:00m	40AQ-TMADUM01
Sat	8:00-9:00am	

AQUA THERAPY

Membership not necessary

Most insurances accepted.

One-on-one water-based physical therapy offered by Pottstown Memorial Medical Center. The Pottstown YMCA's shallow, 3-5 foot soothing warm water allows for a greater tolerance of activity as compared to land. Shorts/T-Shirt or bathing suit may be worn. Getting into pool made easy by ramp that is also wheelchair accessible. If you or a loved one are recovering from orthopedic surgery or injury, or are challenged with lack of function due to arthritis, multiple sclerosis, Parkinson's disease or stroke, you may benefit from this soothing therapy. For more information, contact Stacy Gayer, MSPT, Aqua Therapist at 610-327-8191 Mon, Wed, Fri 8:00am - 12:00pm.

SCUBA

Ages 10 & up

Become a lifetime certified SCUBA Diver and learn the proper way to use SCUBA equipment. **Students under 18 must have signed parental consent.** Average swimming skills or better needed to begin course. Worldwide certifications offered. Additional costs for equipment and certification incurred. Special needs classes also available. Visit www.fvymca.org for more information or call Maureen Smeltz at 484-921-5846.

PHX	David O'Donnell, O'Donnell Diving 610-635-0200
AUD	O'Donnell Diving 610-635-0200 odonnelldiving.com
SV	Indian Valley Scuba 800-825-2452 indianvalleyscuba.com

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRORATED

**Friday, April 6
Sunday, April 8
Monday, May 28**

LIFEGUARDING COURSES

Full Member \$215, Program Member \$235, Non-Member \$270

Must also pay \$25 Pre-Test Fee

Upon successful completion, student will receive YMCA or American Red Cross Certification in Lifeguarding, American Red Cross CPR for the Professional Rescuer with AED, and Oxygen. **MUST attend ALL classes to receive certification.**

American Red Cross Certification enrollment requirements:

POTTSTOWN / PHOENIXVILLE

- Must be 15 years old by pre-test! (Bring proof of age)
- Swim 300 yards freestyle & breast stroke proficiently and without stopping.
- Swim 20 yards, surface dive down 10 feet, retrieve a brick and swim back in under 1 minute, 40 seconds.
- Parents of participants under 18 must attend the pretest.

PHOENIXVILLE COURSE OPTIONS

Course 1 Information 1: March 8 - April 19

PHX	Thur	6:00-8:30pm	10AQ-LIFEG001
	Sat	11:00-2:00pm	

Pre-Test - March 3

PHX	Sat	9:30am	10AQ-ALIFT001
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Course 2 Information 2: April 26 - June 7

PHX	Thur	6:00-8:30pm	10AQ-LIFEG001
	Sat	11:00-2:00pm	

Pre-Test - April 21

PHX	Sat	9:30am	10AQ-ALIFT001
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*Class meets BOTH days

POTTSTOWN COURSE

Course Information: April 10-May 10

PTN	Tues & Thur	6:30-9:30pm	50AQ-ALIFG001
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Pre-Test - Tuesday, April 10 - 6:30pm

PTN	Tues	6:30pm	50AQ-ALIFT001
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* Class meets all three days.

SPRING VALLEY COURSE OPTIONS

Course 1 Information : April 14 - June 9

SV	Sat	1:00-6:00pm	40AQ-ALIFG001
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Pre-Test - March 31st

SV	Sat	3:00pm	40AQ-LIFT001
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Course 2 Information: June 26-June 30

SV	Tues - Sat	10:00-5:00pm	40AQ-ALIFG001
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Pre-Test - June 21

SV	Thur	4:00pm	40AQ-LIFT001
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RED CROSS CPR/AED FOR PRO RESCUER CERTIFICATION

Learn cardiopulmonary resuscitation for the adult, child and infant for the professional rescuer. Course also teaches rescue breathing and techniques for helping a choking victim. You will be provided with a book and pocket mask. Keep the book. Pocket mask an additional charge.

CERTIFICATION: Full & Program Member \$60, Non-Member \$80

PHX	Wed	April 11	5:30-10:00pm	10AQ-ACRPW01
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*All Classroom at PHX. Books will be provided. Pocket masks & Additional charges may apply.

RECERTIFICATION: Full & Prog. Member \$40, Non-Member \$60

PTN	Tues	May 15	6:00pm	50AQ-ACRPRT01
PTN	Wed	May 16	6:00pm	50AQ-ACRPW01

RED CROSS FIRST AID CERTIFICATION

Ages 12 & Up Full Member & Program Member \$55

Non Members \$45

Help identify and eliminate Potentially hazardous conditions in your environment, recognizes emergency, and make appropriate decisions for first aid care. *Books will be provided

PHX	Wed	April 28	5:30-8:30pm	10AQ-AFIRSW01
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Swim

AQUATONICS			
Moderate exercise for the older adult, those beginning an exercise routine or people with mild physical limitations. Improves flexibility & mobility, tones & strengthens muscles, eases stiffness, increases stamina & energy. *Pottstown Pro-Rated. Full Member FREE, Program Member \$45			
PHX	Mon	8:00-9:00am	10AQ-AAQUAM01
PHX	Wed	8:00-9:00am	10AQ-AAQUAW01
PHX	Fri	8:00-9:00am	10AQ-AAQUAF01
PTN	Tue	8:45-9:30am	50AQ-AAQUAT01
PTN	Thur	8:45-9:30am	50AQ-AAQUAR01
SV	Tue	8:00-9:00am	40AQ-AAQUAT01
SV	Thur	8:00-9:00am	40AQ-AAQUAR01
ARTHRITIS AQUATIC EXERCISE			
Complete range-of-motion exercise program to enhance flexibility, mobility & muscle strength. Endorsed by the National Arthritis Foundation. New entrants must complete Arthritis Aquatic Program Application & release form and provide a physician's approval prior to first class. Full Member FREE, Program Member \$45			
PHX	Mon	12:00-1:00pm	10AQ-AARTHMO1
PHX	Wed	12:00-1:00pm	10AQ-AARTHWO1
PHX	Fri	12:00-1:00pm	10AQ-AARTHFO1
SV	Tue	12:00-1:00pm	40AQ-AARTHTO1
SV	Thur	12:00-1:00pm	40AQ-AARTHRO1
ARTHRITIS EXERCISE (DROP-IN)			
Gentle, recreational activities in our warm South Pool for those with arthritis. A cooperative program of the YMCA and the National Arthritis Foundation. Pool has zero depth entry ramp. Pre-paid Drop-In Exercise Pass allows Program Members to attend Drop-In Arthritis Exercise as you wish! Full Member FREE, Program Member \$3.50/visit or \$52 Drop-In Arthritis Pass			
PTN	Mon-Fri	2:00-3:00pm	Drop-in
PTN	T & R	11:00-12:00pm	Drop in
PTN	M&W&F	5:30-6:30pm	Drop-in

SENIOR SPLASH			
Enjoy listening to some "Older but Goodies" during this water exercise program. Swimming skills are not necessary for this moderate exercise program in the shallow areas of the pool. Full Members Only- FREE			
SV	Mon	3:00-4:00pm	40AQ-ASSPLM01
SV	Wed	3:00-4:00pm	40AQ-ASSPLW01
SV	Fri	3:00-4:00pm	40AQ-ASSPLF01
SENIOR SWIM			
Open to Freedom Valley YMCA members & the public, 60 & older. Full Member FREE, Community/Prgrm Members- \$3/visit			
PTN	Tue/Thur	7:45-8:45am	
PTN	Tue/Thur	3:30-4:30pm	
WATER PILATES			
Water Pilates emphasizes stability in the center of the body, which promotes support to the rest of the muscles of the body, flexibility and strength. Held in chest-deep warm water. Non-aerobic & very relaxing. Full Member \$24, Program Member \$45			
PHX	Tue	12:05-1:05pm	10AQ-APILAT01
PHX	Thur	12:05-1:05pm	10AQ-APILAR01

Strength & Cardio

BEGINNER STRENGTH TRAINING			
Beginner level class helps develop strength, balance, coordination, and confidence. For those who are just beginning strength training or who have minor physical limitations. Taught in a studio. UPV in Wellness Center. Full Members Only - FREE			
AUD	Thur	9:00-9:30am	30PH-ASRBER01
PTN	Mon	10:00-11:00am	50PH-ASRBEM01
PTN	Fri	10:00-11:00am	50PH-ASRBEF01

FIT & 50

Co-ed class. Walking, stretching, toning. Low impact aerobics and relaxation techniques.

Full Member FREE, Program Member \$55

AUD	Tue	9:30-10:30am	30PH-A50FFT01
AUD	Thur	9:30-10:30am	30PH-A50FFR01
AUD	Fri	9:30-10:30am	30PH-A50FFF01
PHX	Mon	11:00-12:00pm	10PH-A50FFM01
PHX	Fri	11:00-12:00pm	10PH-A50FFF01
SV	Mon	10:45-11:45am	40PH-A50FFM01
SV	Mon	5:00-6:00pm	40PH-A50FFM02
SV	Wed	10:45-11:45am	40PH-A50FFW01
SV	Wed	5:15-6:15pm	40PH-A50FFW02
SV	Fri	10:45-11:45am	40PH-A50FFF01

FIT & 50: STRENGTH & STRETCH

70 Exercises designed to build strength, bone density and balance. Includes warm-up, ab work & stretching.

Full Member FREE, Program Member \$55

PHX	Wed	11:00-12:00pm	10PH-A50SRW01
PTN	Mon	11:00-12:00pm	50PH-A50SRM01
PTN	Tue	8:30-9:30am	50PH-A50SRT01
PTN	Wed	11:00-12:00pm	50PH-A50SRW01
PTN	Thur	8:30-9:30am	50PH-A50SRR01
PTN	Fri	11:00-12:00pm	50PH-A50SRF01
UPV	Tue	7:30-8:30pm	60PH-A50SRT01
UPV	Wed	8:00-9:00am	60PH-A50SRW01



BEGINNER NORDIC WALKING

Developed as summer training for cross country skiers, it gives you a total body workout but is suitable for all ages and skill levels. Class begins in lobby. By learning the proper technique, your entire body becomes involved in a gentle walk. Increase your target heart rate, core strength, bicep and tricep strength. Classes are generally held outside.

Full Members Only - \$17, Program \$55

PHX	Fri	12:00-1:00pm	10PH-ANORDF01
PTN	Tue	8:30-9:30am	50PH-ASNORT01
PTN	Tue	10:30-11:30am	50PH-ASNORT02
SV	Thur	8:30-9:30am	40PH-ASNORR01
SV	Thur (Adv)	9:45-10:45am	40PH-ASNORR02
SV	Thur (Adv)	11:30-12:30pm	40PH-ASNORR03

PICKLEBALL

A great workout for ages 18 and up! If you like tennis, you'll love Pickleball. Get a good workout while having fun. If you're interested, please contact Lynn Seponski, at 610-323-7300.

Full Members - FREE
Program Member \$5/game

SENIOR CARDIO CROSS TRAINING

Get a varied cardio workout using a different Wellness Center machine or program each week. Instructor will teach you how to get the most out of your workout by coaching good form and maximizing each machine's programming. All levels welcome.

Full Members Only - FREE

AUD	Tue	8:45-9:30am	30PH-ASCARM01
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SENIOR STRETCH

Gentle stretching program to improve flexibility and balance.

Full Members Only - FREE

AUD	Tue	10:30-11:00am	30PH-ASRSTT01
AUD	Thur	10:30-11:30am	30PH-ASRSTRO1
SV	Mon	10:00-10:30am	40PH-ASRSTM01
SV	Wed	10:00-10:30am	40PH-ASRSTW01
UPV	Mon	8:00-9:00am	60PH-ASTREM01

SENIOR WEIGHT LIFTING			
<p>Taught in the Wellness Center using a variety of strength training equipment. Not for those just starting strength work or if you have physical challenges, painful conditions, or injuries. Class will progress from week to week.</p> <p style="text-align: right;">Full Members Only- FREE</p>			
PHX	Tue	9:00-10:00am	10PH-ASRWET01
PHX	Thur	9:00-10:00am	10PH-ASRWER01
SV	Tue	9:15-10:15am	40PH-ASRWT01
RESTORATIVE YOGA			
<p>Increase flexibility, mobility energy, and improve posture, learning the basics of yogic breath and movement.</p> <p style="text-align: right;">Full Member \$17, Program Member \$55</p>			
SV	Mon	1:00-2:00pm	40PH-RYOGAM01
SENIOR YOGA			
<p>Classical style Yoga geared toward our Senior members. Excellent to improve strength, balance & flexibility. All levels welcome.</p> <p style="text-align: right;">Full Member \$17, Program Member \$55</p>			
PHX	Thur	12:00-1:00pm	10PH-AYOSER01
YOGA - CHAIR YOGA			
<p>Gentle yoga postures using a chair for stability. A great benefit for the workplace and travel.</p> <p style="text-align: right;">Full Members Only - FREE</p>			
PHX	Mon	3:30-4:30pm	10PH-AYOCHM01
PTN	Tue	9:30-10:30am	50PH-AYOCHT01
PTN	Thur	9:30-10:30am	50PH-AYOCHR01
SV	Tue	10:30-11:30am	40PH-AYOCHT01
YOGA - GENTLE / FOAM ROLLER			
<p>This class is for those seniors who have taken Chair Yoga and are ready to progress with standing and floor poses without using the chair. Uses foam roller for stretching and releasing fascia around the muscles. Bring mat & foam roller to class. Foam rollers available for sale.</p> <p style="text-align: right;">Full Members Only - FREE</p>			
SV	Thur	10:30-11:30am	40PH-AYOCHT01

YOQUA			
<p>Gently flowing yoga movements in the pool improve balance, posture and strength. Great for arthritis.</p> <p style="text-align: right;">Full Member FREE, Program Member \$55</p>			
PTN	Mon	3:00-4:00pm	50PH-AYOQUM01
PTN	Wed	3:00-4:00pm	50PH-AYOQUW01
SENIOR ZUMBA			
<p>Senior Zumba makes it accessible for seniors, beginners or others needing modifications in their exercise routine. Senior Zumba builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves</p> <p style="text-align: right;">Full Member \$17, Program Member \$55</p>			
SV	Thur	11:30-12:30pm	40PH-ASRZUR01

WHITE EAGLE MARTIAL ARTS AT FREEDOM VALLY YMCA

SENIOR KARATE

No matter what shape you're in, you can learn to protect yourself. Increase cardiovascular health, strength, & flexibility, and learn relaxation techniques all while having fun getting in shape. Regular Moo Duk Qwan classes specifically structured for the needs of older adults. Please call 610-948-0357 or visit www.whiteeaglema.com.

SV Mon/Thurs 11:00-11:45am

SENIOR T'AI CHI

Easy to follow along; no forms to learn; includes relaxation and breathing techniques. T'ai Chi helps reduce stress, increases flexibility & balance, and improves circulation. Follows session schedules. Please call 610-948-0357 or visit www.whiteeaglema.com

SV Mon,Tues,Thur & Fri 10:00-10:45am

Senior Ambassadors of Social Services at the YMCA (S.A.S.S.Y.)

Full Members Only - FREE

A vibrant seniors group of men and women within the Freedom Valley YMCA who are active and involved. We get together socially and meet at the YMCA for monthly informative or planning meetings.

AUDUBON

Meets the 2nd & 4th Tuesday of each month at 10:30 am for coffee and 11:00 for scheduled activity. Meet 3rd Tuesday of every month at 10:30 am for cards. For more information, contact Barb Santoro at 610-539-0900.

BOOK CLUB/DISCUSSION GROUP

Each month the club reads a different book and meets to discuss it. Group members provide their own copies of the book. If you are interested in joining our group, please contact Anne Mita or Pat Bradish at 610-933-5864.

Meets the 2nd Wednesday of every month at 9:30am in the Intergenerational Center.

PHOENIXVILLE

Sugiura Intergenerational Center (on 2nd floor)
The center includes pool table, ping-pong, foosball, board and card games, Nintendo Wii, computer lab and lounge area.

Senior hours:

Mon - Fri | 9:30-1:30pm

BRIDGE CLUB

Experienced players are on hand to provide assistance with rules, procedures and scoring for those who want to learn to play. If you are interested in joining the club, please contact Anne Mita or Pat Bradish at 610-933-5864.

Meet Tuesday and Thursday of every month at 9:30am in the Intergenerational Center.

BOOK CLUB/DISCUSSION GROUP

Each month the club reads a different book and meets to discuss it. Group members provide their own copies of the book. If you are interested in joining our group, please contact Anne Mita or Pat Bradish at 610-933-5864.

Meets the 2nd Wednesday of every month at 9:30am in the Intergenerational Center.

POTLUCK DINNER

What: Bring a main dish, side dish, salad or dessert. We provide paper products and beverages. Join us for fun, food and fellowship.

When: Wednesday, February 8
Wednesday, March 14
Wednesday, April 11
Wednesday, May 9

Time: 12:00pm

Where: Intergenerational Center - A sign up sheet will be available in the lobby or call 610.933.5861.

NEW! ACTIVE OLDER ADULT ADVISORY COMMITTEE

We are looking for active older adults ages 50 and older that are willing to meet monthly to help plan events, activities day trips and fundraisers. If you are interested in joining the committee, please contact Anne Mita or Pat Bradish at 610-933-5864.

BUS TRIPS

Chaperoned trips are offered a few times a year. The trips are planned with our senior members in mind but are open to people of all ages. You do not need to be a member of the Y to go on the trips. For information about upcoming bus trips, call Anne Kelley-Mita or Pat Bradish at 610-933-5864. Bus trip information will also be posted on the bulletin boards throughout the building.



SPRING VALLEY

Special interest groups, book club, bridge and games club, knitting group, trips and social events. Meets 1st Wednesday of each month at 9:15am. For more information, contact Lisa Hollenbach at 484-984-2001.

Intergenerational Center

The center includes Nintendo Wii, Internet accessible computers, card tables and book swap library.

Senior hours:

Mon - Fri | 12:00-3:00pm

Join us at Spring Valley for the following Special Interest Groups:

Book Club / Discussion Group

Meets 3rd Tuesday of each month at 11:15am.

Knitting Group

Meets 4th Thursday of every month at 1:00pm.

Bridge

Meets every Wednesday and Friday from 1:00-3:00pm.

Games

Meet every Tuesday of each month from 1:00-3:00pm.

Canasta

Meets every Thursday from 1:00-3:00pm

Registering Online

1. - Before signing up for classes online, you'll need to set up your online account.
 - Go to: www.fvymca.org
 - Click on "register for classes/programs" in the right hand menu
 - Click on the link to log in or browse available programs
 - Follow instructions on right of the screen
2. Make sure you know the email and password on your account before registration opens. E-mail address instead of member ID number, along with your password, is being used to log into the system. If you do not have your current e-mail address and password on file in the account record through which you are entering the registration program, you will need to re-enroll as a new user to set up your account. Previously you may have entered the system through a child's account, where no e-mail address was on file. If you experience a problem with registration, please contact the branch to assist you. Information on file can be verified with you.
3. Be sure you are on the correct participant's record when registering. When using our online registration services, activity is recorded on the record of the person whose name appears after the word "hello" at the top of the screen. When registering for a program, be sure that the program participant's name appears at the top of the page when selecting the program.
4. Always use the "log-out" button before closing your browser. Simply closing the browser without logging out will make it difficult to access your account immediately if you need to log back in.
5. When searching for programs, the less criteria you enter, the better. We recommend searching by Program Category or using the first few characters of the program code. (ie: To search for Zumba at Audubon on Mondays, enter the 8-digit code after the dash from the program guide, or AZUMBM01.)

Registering In Person

Registration forms available at www.fvymca.org or at your Freedom Valley branch Member Services Desk.

Payment

The YMCA accepts cash or checks (*In-Person registration only*) and all major credit cards. Payments must be made in full.

Credit/Refund

Credits/refunds will be given ONLY the first week of class. A \$10.00 processing fee, per class, will be charged for all refunds or class changes.

YMCA may cancel any program due to insufficient enrollment. The full program fee will be refunded.

Make-Up Policy

Initial cancellation of classes due to inclement weather or for any other reason, no makeup or refund will be granted. Classes will be prorated if the class falls on a holiday.

Second-time class cancellations for any reason, the branch will attempt to make up the class as schedules and facilities allow. Classes will not be prorated.

Third-time class cancellations for any reason, action is taken at the discretion of each Freedom Valley YMCA branch.

Questions?

If you have any questions about the information above, please call the Member Services Desk at your specific Freedom Valley YMCA Branch.

Audubon	610-539-0900
Phoenixville	610-933-5861
Pottstown	610-323-7300
Spring Valley	484-984-2000
Upper Perkiomen Valley	215-679-9622

In-Person registration is required for all financial aid programs. Membership account vouchers may now be used online!

All program participants must be Freedom Valley YMCA Full Privilege or Program Members. Register for programs online, in person at the YMCA, or by phone on the correct day and time. Any faxed registrations will be returned.

To assure program quality, class sizes may be limited. Programs and fees are subject to change without notice. Due to swimmer/instructor ratios, it is not possible for children to attend an alternate class if they are unable to attend their scheduled class.

Spring I Session - Full Member Registration

AQUATICS *Online & In Person*
Youth & Adult **Mon., Feb 13 | 6:00am**

PHYSICAL *Online & In Person*
Youth **Tue., Feb 14 | 6:00am**
Adult **Wed., Feb 15 | 6:00am**

ALL *Phone registration*
PROGRAMS **Thur., Feb 16 | 7:00am**

Program Member Registration

AQUATICS & *Online, In Person & Phone*
PHYSICAL **Mon, Feb 20 | 7:00am**

Spring II Session - Full Member Registration

AQUATICS *Online & In Person*
Youth & Adult **Mon., April 2 | 6:00am**

PHYSICAL *Online & In Person*
Youth **Tues., April 3 | 6:00am**
Adult **Wed., April 4 | 6:00am**

ALL *Phone registration*
PROGRAMS **Thur., April 5 | 7:00am**

Program Member Registration

AQUATICS & *Online, In Person & Phone*
PHYSICAL **Mon, April 9 | 7:00am**

DUE TO HOLIDAYS, CLASSES ON THESE DATES WILL BE PRO-RATED

Friday, April 6
Sunday, April 8
Monday, May 28



Freedom Valley YMCA
Corporate Offices
19 W. Linfeild Trappe Rd.
Limerick, PA 19468
www.fvymca.org

TAKE ON SUMMER APRIL 28, 2012

**HEALTHY
KIDS DAY®**
A YMCA Initiative

YMCA Healthy Kids Day brings families and communities together to celebrate healthy living with a free fun-filled day of interactive games, family activity, health give-aways and more!

Call or visit your local Freedom Valley YMCA branch for details on YMCA Healthy Kids Day activities in your neighborhood!