MAKING FITNESS FUN

SPRING II | Apr 22-Jun 16, 2019

INDIAN VALLEY FAMILY YMCA
LANSDALE AREA FAMILY YMCA
BRANCHES OF NORTH PENN YMCA

Full Member Registration Begins Mon Apr 8
Program Member Registration Begins Mon Apr 15
NATIONWIDE MEMBERSHIP | ALWAYS WELCOME IN EVERY COMMUNITY

Nationwide Membership enables active, full facility Y members to visit any participating YMCA in the United States.* Nationwide Members must use their home Y at least 50% of the time.

*Program memberships, insurance memberships and special memberships are excluded.

FOR YOUTH DEVELOPMENT

We're here to help all children learn, grow, and thrive. Parents will find a safe, positive environment for children to learn good values, social skills and behaviors. Our youth programs range from addressing child care needs, educational enrichment, to programs that have children moving and engaging in healthy activities. Children and teens play, develop skills, learn who they are and are accepted.

FOR HEALTHY LIVING

We are committed to providing every person with the opportunity to address their health goals from fitness, disease prevention, and through the relationships built through our programs. Adults connect with friends, pursue interests and learn how to live healthier. Older adults increase their self-confidence and sense of achievement while building relationships in a supportive community.

FOR SOCIAL RESPONSIBILITY

Communities thrive because neighbors support each other and give back. We invite you to participate in activities that help shape and strengthen our community. We offer opportunities that provide meaning through volunteerism, giving, and supporting community initiatives. Together, we are stronger in building healthier communities by fostering the care and respect that all people need and deserve.

OUR MISSION: We make the community we serve a better place to live. Through our programs and activities, we strive to enrich and strengthen families, provide wholesome supervised recreation, offer positive learning, leadership and character development opportunities, and promote wellness for all people regardless of ability to pay.
DISCOVER WHAT’S NEW AT THE Y

Be sure to check out the new programs and activities!

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www.NorthPennYMCA.org

JOIN THE Y THIS SUMMER!
BEGINNING MAY 15

Home from college for the summer?
Want to give the Y a try?
Looking for a great gift idea?

You can now purchase a 3-month summer special. This membership gives you the opportunity to experience all the terrific programs we offer and gives you full access to both of our facilities without committing for a full year. Swim in the pool, work out in the Wellness Center or play ball in the gymnasium. Experience the new renovations in both facilities! Families $243, Adults $156, Young Adult $87 Youth $75, Single Parent Families $171, 65+ $117. NO JOINING FEE.

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MEMBERSHIP  SWIM LESSONS AQUATICS
SPECIAL EVENTS  ADULT PROGRAMS
CHILD CARE  ACTIVE OLDER ADULTS
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FINANCIAL ASSISTANCE

We believe that everyone should have the opportunity to benefit from our Y programs and services. As a nonprofit, charitable organization, our Y recognizes that many individuals who could benefit most from our programs and services cannot afford to participate. Funds provided through the North Penn United Way, our Annual Campaign, and our donors and members help us assure that financial assistance is available to those who qualify. All applications are handled in a safe and confidential manner. Please stop by one of our branches or download the application from our website at NorthPennYMCA.org.

PROMOTING A HEALTHIER YOU

You may be eligible for fitness rewards benefits through your private or your employer provided health insurance. Check with your provider to determine your fitness rewards benefits.

NORTH PENN YMCA PARTICIPATES WITH:
Health Partners Plans
Keystone First, Keystone VIP Choice
Silver Sneakers | Silver & Fit

WANT TO EARN A MONTH OF FREE MEMBERSHIP?

MEMBER REFERRAL

Bring a friend to the Y. If they join, you receive the next month FREE. Your friend receives their 6th month FREE.
MEMBERSHIP

MEMBERSHIP CATEGORIES

• YOUTH MEMBERSHIP - Through 17 years of age who are not included in a family membership.
• YOUNG ADULT MEMBERSHIP - 18–25 years of age.
• ADULT MEMBERSHIP - 26 years of age and older.
• 65 PLUS MEMBERSHIP - 65 years of age or older.

FAMILY MEMBERSHIP CATEGORIES

FAMILY MEMBERSHIP - Two adults living in the same household, all dependent children under 18 years of age or still in high school and dependent children who are full-time students with college ID up to and including age 25. Any additional individuals living in the same household can be added to the membership for 50% off the current pertinent fee.

SINGLE PARENT FAMILY MEMBERSHIP - Single parent as defined in the IRS code as “head of household” (divorced, widowed or un-married) and all dependent children under 18 years old or still in high school and living in the same household and dependent children who are full-time students with college ID up to and including age 25. Any additional individual living in the same household can be added to the membership for 50% off the current fee.

PROGRAM MEMBERSHIP

A program membership enables participants to enroll in classes at either of our full facility branches by paying the program member rate for the class. Access to our facilities is limited to attending the program in which you are registered.

HOW TO REGISTER FOR A PROGRAM

We are a membership based organization. A full facility membership or program membership is required for participation in our programs.

2019 MEMBERSHIP CATEGORIES

<table>
<thead>
<tr>
<th>Category</th>
<th>Monthly Draft</th>
<th>Joining Fee</th>
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<tbody>
<tr>
<td>YOUTH</td>
<td>Through 17 yrs of age</td>
<td>$25</td>
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<tr>
<td>YOUNG ADULT</td>
<td>18 to 25 yrs of age</td>
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<tr>
<td>ADULT</td>
<td>26 to 64 yrs of age</td>
<td>$52</td>
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<tr>
<td>FAMILY</td>
<td>Two adults 18 yrs+ and dependents living in the same household</td>
<td>$81</td>
</tr>
<tr>
<td>SINGLE PARENT FAMILY</td>
<td>One adult 18 yrs+ and dependents living in the same household</td>
<td>$57</td>
</tr>
<tr>
<td>65 PLUS</td>
<td>65 yrs+</td>
<td>$38</td>
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Monthly draft/charge deducted from your checking account, savings account, debit card or credit card. We accept Visa, Mastercard, American Express and Discover. Membership is continuous, 30 days written notice terminates your membership.

PROGRAM MEMBER FEES: Youth $50; Adult $75; Family $125

GUESTS: Youth $5; Adult $10; Family $25; 65+ $5 | Photo ID and signed guest waiver required.

Join or register online at NorthPennYMCA.org.

• Full facility members can take advantage of early registration two weeks prior to the start of the session. Program members may register one week prior to the start of a session.
• Visit one of our two full facility locations to register for a program or register online by visiting www.NorthPennYMCA.org.
• Programs must be paid in full at the time of registration.
• Class sizes are limited to ensure quality programs. If a class is full, we will assist you in selecting another class and/or place you on a waiting list.

GUEST POLICY

Full Privilege Members under the age of 18 years are NOT permitted to sign in guests. Each full membership unit, ages 18 years and over, is granted three (3) free guest passes per calendar year. Guest passes will be tracked. Once all three (3) free passes have been used all guests must pay the posted fee.

For the safety of our members and guests, all guests must complete a waiver and have a picture taken. Guests must present a valid photo ID upon entering the facility. Guests are welcome up to six (6) times per year and must be accompanied by a full facility adult member. After six (6) visits, a membership purchase is required.

YMCA members who participate in AWAY or Reciprocity programs are permitted to use our facilities at no charge. Current membership ID cards must be presented.
No matter who you are or what neighborhood you grow up in, the Y is a place for anyone who needs us. From college prep to safe spaces, we give everyone the opportunities they need to reach their full potential.

Help build a better us. DONATE TODAY.

The Y. For a better us.

NORTH PENN YMCA
NorthPennYMCA.org/donate

100% OF YOUR DONATION SUPPORTS OUR COMMUNITY
### Indian Valley Branch
890 Maple Avenue, Harleysville, PA | 215-723-3569

**Facility Features**
- Indoor pool
- 6,000 sq/ft family wellness center with youth area that includes kid-size equipment, bouldering wall, interactive video fitness programs and dance mat
- Full size gymnasium
- Aerobics studio
- RPM room for spinning
- Dance studio for ballet and other performing arts

**Facility Membership Office**
- Mon-Fri | 5:00 am-10:00 pm
- Sat | 7:00 am-8:00 pm
- Sun | 11:00 am-7:00 pm

**Stay & Play**
- Mon-Thurs | 8:15 am-12:30 pm
- Fri | 8:15 am-12:30 pm
- Sun | 11:00 am-2 pm

### Lansdale Area Branch
608 E. Main Street, Lansdale, PA | 215-368-1601

**Facility Features**
- Steam Room, Sauna and Whirlpool
- Three multi-purpose indoor pools for recreation and laps
- 17,000 sq/ft family wellness center with youth area that includes kid-size equipment, climbing and bouldering walls and interactive video fitness programs
- Gymnasium
- Racquetball courts
- Indoor cycling studio and Aerobics studio

**Facility Membership Office**
- Mon-Fri | 8:00 am-8:00 pm
- Sat | 8:00 am-4:00 pm
- Sun | 9:00 am-7:00 pm

**Stay & Play**
- Mon-Thurs | 4:45-8:15 pm
- Fri | 4:45-7:30 pm
- Sun | 9:00-11:30 am

### Your Membership Benefits Include:

- Access to two full facility locations.
- Participation in our SmartStart program that includes three one-on-one sessions and one personal training session in our Wellness center.
- Over 160 land and water group exercise classes to keep you fit offered at all times of the day.
- A variety of free youth classes.
- Free Stay & Play services up to two hours of child care while you work out.
- Over 50 community business discounts offered to Y members.
CELEBRATE YOUR PARTY AT THE Y!
FOR ALL OCCASIONS

CHARACTER & THEMED PARTIES AVAILABLE

Hosting fun and unique birthday parties are part of our specialty. We offer customizable party packages where you choose the party theme and we tailor the activities around that theme. Themed parties include: Pool, Dance, Gymnastics, Cartoon Character, Princess, Super Hero, Kids Zumba, Kids Yoga, Sports, Bounce House & Climbing Wall (Lansdale Only).

Choose to have your party at our Indian Valley, Lansdale, or Harleysville branch on a Saturday or Sunday afternoon. Outside food is permitted; refrigerator and freezer are accessible.

PARTY PACKAGE A – One hour of a party theme of your choice with personal instructor in the gym or guarded pool with slide and one hour in a private party room with assistance provided. White tablecloths, plates, cups, napkins and utensils. Set-up and clean-up by our staff.
Full Member $150* | Program Member $180
Non-Member $210

*Pricing includes up to 15 children; additional children are $5 each.

PARTY PACKAGE B – Package A plus themed paper products and invitations, surprise gift for the birthday child and $25 off towards a class, membership fee, or birthday party to our Y for all party participants.
Full Member $200* | Program Member $225
Non-Member $265

PARTY PACKAGE C – Package B plus cake, chips, pretzels and juice.
Full Member $255* | Program Member $285
Non-Member $305

HARLEYSVILLE
Diane Manus | 215-256-0767
dianem@NorthPennYMCA.org

INDIAN VALLEY
Alexandra Ricketts | 215-723-3569
ivbirthday@NorthPennYMCA.org

LANSDALE AREA
Patty Roberts | 215-368-1601, ext 236
pattyr@NorthPennYMCA.org

MOBILE APP
SPRING INTO SUMMER!

MAY MILEAGE CHALLENGE
Go the distance! Walk, run, bike, or swim to complete 50 miles in the 31 days of May.
» Record your workouts in May
» Maximum of 5 miles per day
» Go the distance of 50 miles by May 31 to be entered into a drawing for a ONE-HOUR PERSONAL TRAINING SESSION

Search North Penn YMCA
Subject to change. Please check the website or call your branch.

3rd Mon of every month | 10:00 am-12:00 pm
KNOW YOUR NUMBER
Blood Pressure Screenings
INDIAN VALLEY
Stop by and have your blood pressure checked by Sandy Brooks, RN, from our partners at Abington Jefferson Health.

Once a Month
REIKI | FREE!
LANSDALE
Times and dates to be determined. Please check our website and branch for more updates or contact Mary Ellen at 215-368-1601 ext. 246 or maryellenm@NorthPennYMCA.org.

Tuesdays – Mar 26, Apr 30, May 28, Jun 4
6:30–8:00 PM
INTRODUCTION TO LAW ENFORCEMENT
LANSDALE
12–18 YRS | PAL officers will focus on law enforcement and what requirements are needed for a career in law enforcement. Each session will be instructed by Law Enforcement personnel. Teens will learn about intro to Law Enforcement, crime scene investigation, patrol and SWAT. For more information please contact Christy Pope 215-368-1601 ext, 209 or christyp@NorthPennYMCA.org. Membership not required. Waiver signed by parent/guardian required.

Sat May 4 | 9:00 am–12:00 pm
PAMPER MOM & MORE | FREE!
INDIAN VALLEY
Join us for a day of pampering mom. All moms will receive complimentary flowers. There will also be free hand facials, kids can make crafts for mom, complimentary family photos, and face painting and bounce house for kids while mom shops through a variety of pampering mom focused vendors.

Sat May 4 | 9:30 am–11:30 am
MAY THE 4’S BE WITH YOU
LANSDALE
Four formats for $4! Try some of the classes you’ve always wanted to try all in 90 minutes! BOXING, BARRE, STRONG, SHOCK. All four formats will run simultaneously every 20 minutes. Members are welcome to bring a guest for $4. Sign children up for a 90-minute Rockwall Class for only $5! Space is limited, so please contact Mary Ellen at 215-368-1601 ext. 246 or maryellenm@NorthPennYMCA.org.

Sat May 11 | 11:00–4:00 pm (Rain Date Sun May 12)
CELEBRATE SPRING FEST
LANSDALE
Spring into family fun | Bring your friends and family to this fun community event!
» DJ
» Zumba Party | 11 am
» Inflatables
» Games
» Vendor Fair
» Entertainment
Contact Mary Ellen, 215-368-1601 ext. 246 or maryellenm@NorthPennYMCA.org to become a vendor. Wrist bands available for activities:
Pre-Sale $12/ person | Day of event $15/ person

May 21–31
LANSDALE AREA BOOK SALE
LANSDALE
Paperbacks 25 cents | Hardbacks 50 cents, or stop by our Welcome Center and purchase a reusable shopping tote to fill to the brim for just $5. We’re also happy to accept your gently used books. Children’s books are especially appreciated. All donations are tax deductible, as 100% of the proceeds benefit our Annual Campaign. Please no magazines, Readers’ Digests, encyclopedias or text books. Donations may be dropped at the Welcome Center at any time. Contact Michelle McKeown, michellem@NorthPennYMCA.org, 215-368-1601 ext. 207.

Tue May 21
WELLNESS KID’S DAY OFF
LANSDALE
Looking for fun activities on your day off? Try something new by joining us at our wellness open house. All activities are free and open to full members.
» Youth Fitness Class | 7–11 YRS | 9:00–10:00 am
» Climbing Wall | 7–13 YRS | 10:00 – 12:00 pm
» Youth Boxing | 8+ YRS | 10:30–11:30 am
» Cycling | 8+ YRS | 11:30–12:15 pm
» Teen Small Group Training | 12+ YRS | 12:00–1:00 pm

www.NorthPennYMCA.org
Sat Jun 1 & Sun June 2 | 8:00 am–6:00 pm
LES MILLS BODYCOMBAT® TRAINING
LANSDALE
BODYCOMBAT® is a martial arts inspired cardio workout that will train your whole body and get you fit, fast and strong. Unleash and empower yourself. As a BODYCOMBAT® Instructor, you inspire and motivate members to look and feel their best. For more information, or to register, please visit the Les Mills website at www.lesmills.com/us/.

Sat Jun 22 | 8:00–1:00 pm
FLEA MARKET
LANSDALE
De-clutter your home or shop for new treasures at our outdoor flea market! Clothing, accessories, household items, sports equipment, books, movies, etc. Bring your own table and set your own prices. Vendor spaces are $30 each. Rain date Sun June 23. Contact Michelle McKeown, michellem@NorthPennYMCA.org or 215-368-1601 ext. 207.

DINE OUT AND SUPPORT THE Y
LANSDALE
Join us to help raise money for the Y’s Annual Campaign.

Wed Apr 24 | 4:00–9:00 pm
BONEFISH GRILL (North Wales)

Mon Apr 29 | 12:00–9:00 pm
IRON HILL BREWERY (North Wales)
Take the flyer

Fri May 31 | 12:00–9:00 pm
PANCHEROS (Spring House)

Tue May 14 | 4:00 pm-9:00 pm
HARVEST GRILL (North Wales)

Sat Jun 8 | 11:00 am–10:30 pm
GRUB BURGER (North Wales)

Sun Jun 9 | 11:30 am–9:00 pm
BERTUCCI’S (North Wales)
Take a copy of the flyer

SNEAKERS FOR FUNDS
We are collecting new and gently used athletic shoes to raise funds for our Annual Campaign. Drop your new and gently used shoes off in one of the bins at the Indian Valley Branch.

Sun Jun 2
DASH INTO SUMMER
5K/10K AND 1 MILE FUN WALK
LANSDALE
Join us for our first ever Dash into Summer 5K/10K and 1 mile Family Fun Walk on Sunday, June 2. Meet at the Pavilion at Parkside Place, Upper Gwynedd. Our Family Fun Run starts at 8:00 am followed by our 5K/10K Race at 8:30 am. The fun walk will take place on the trail at Parkside Place. The 5K and 10K will be through the streets of Upper Gwynedd Township. Swag bags and raffles for all participants. T-shirts guaranteed for the first 150 5K/10K registrants. Chip Timing will be used on the run. Save money by registering prior to April 30. Register through Run the Day at www.runtheday.com/dashintosummer. Contact Bruce Bach at 215-368-1601-1601 ext 216 or bruceb@NorthPennYMCA.org.

Fun Run: $20
5K Early Bird (by Apr 30) $30 | 5K (after Apr 30) $35
10K Early Bird (by Apr 30) $40 | 10K (after Apr 30) $45

Mon May 13 | 10:00 am
CULINARY ARTS PRESENTATION
Join us at our Indian Valley branch for a special presentation by Charles Cole and students from North Montco’s Technical Career Center’s Culinary Arts program. They will be demonstrating their prep and knife skills with fresh fruits and vegetables and answering questions about the culinary arts. Get some great ideas for your spring picnics and try some tasty treats. Sign up at the AOA bulletin board. Contact Alicia at ext. 115 with questions.

Fri May 17 | 6:30–8:30 pm
MOTHER–SON DANCE
INDIAN VALLEY
Come on down to the hoedown! Enjoy a fun filled evening of activities, snacks, drinks, and loads of dancing with your favorite cowboy(s)! Dress to impress in your favorite country western get up and don’t forget to be on the lookout for our raffle table, face painter, and bounce house.

$25 per couple and $5 each additional sibling
PROGRAMS & ACTIVITIES

May 17, Jun 21 | 6:00-9:00 pm
KID’S NIGHT OUT | 4-12 YRS
LANSDALE
Drop your children off at our Lansdale Area branch for a kid’s night out filled with fun games in our gym, swimming in our pool, and a pizza party. Pre-registration is strongly recommended.
Full Member, Program Member, Community $15

LIVESTRONG® AT THE YMCA
INDIAN VALLEY
Free twelve-week, small group fitness program designed for adult cancer survivors. Provides support for the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their “new normal.” The program is conducted outside of medical facilities to emphasize that LIVESTRONG at the YMCA is about health, not disease. A Y membership is not required. Contact Alicia Fergus at 215-723-3569, ext 115 or email aliciaf@NorthPennYMCA.org.

2019 THURSDAY MEETING DATES:
May 10, Jun 13
THE INDIAN VALLEY CHARACTER COUNTS! COALITION
This group of local businesses, educational and organizational leaders work together to build a community where all citizens embrace the principle that Character Counts! and where youth stay healthy, safe and drug free. The coalition holds and participates in community activities throughout the year including National Character Counts! Week, local Prescription Medicine Take Back Days and provides the community with educational seminars based on current trends and issues facing our youth and families in our community.

All meetings are held at the Souderton Area School District Office on the second Thursday of each month. The meetings begin at noon. Our coalition has implemented a new meeting schedule to accomplish our work. Please see the schedule below. Everyone is invited to attend these meetings. If you would like to join us and need more information, please feel free to reach out to DonnaLea Pyrz, Program Director at 215-723-3569, ext. 116. For up to date meeting information and general coalition information visit our website at www.ivccc.org.

2019 THURSDAY MEETING DATES:
May 9 Workgroup       Sep 12 General Membership
Jun 13 General Membership    Oct 10 Workgroup
Jul 11 Workgroup          Nov 14 Workgroup
Aug 8 Workgroup          Dec 12 General Membership

CLUBS

LANSDALE AREA Y BOOK CLUB
Mon Apr 29 | 12:00 pm
Astor Place Vintage by Stephanie Lehmann
Tue May 28 | 12:00 pm
The Road by Cormac McCarthy
Mon Jun 24 | 12:00 pm
Orlando by Virginia Woolf
Join a collection of readers who meet monthly to participate in a fun and lively discussion of the group’s selected book. Book club members make the selection each month. Bring your brown bag lunch and join in the discussion. Open to the public. For more information, please call 215-368-1601.

2nd Mon of every month | 2:00 pm in the IGR Room
BOOK CLUB AT INDIAN VALLEY FAMILY YMCA
Open to the public - do not need to be a member of the Y
Apr 8 | Bossypants by Tina Fey
May 13 | Hidden Figures by Margot Lee Shetterly
Jun 17 | My Grandmother Asked Me to Tell You She’s Sorry by Fredrik Backman
Jul 8 | Me Before You by Jojo Moyes
Aug 12 | The Elegance of the Hedgehog by Muriel Barbery
Come out for an afternoon of interesting discussion and meet friends. Book lists will be provided for members to choose their selections. The book list is the courtesy of Indian Valley Public Library, and they will be providing ten copies of the book. Leader: Diana Shearer. Contact Alicia Fergus at 215-723-3569, ext.115 if you have any questions. Membership required
No fee | Program Membership/Senior Center

YMCA BOWLING CLUB
Apr 26, May 24 | 9:30 am
Bring your bowling skills to Earl Bowl the fourth Friday of each month to challenge other YMCA Members to a friendly game of bowling. To enroll in this program contact the Mary Levenberg at Lansdale 215-368-1601, ext 233 or maryl@NorthPennYMCA.org.

Y WALKERS
Join us as we walk all year long. In the spring, summer and fall we will take the group outdoors to explore the local parks and neighborhoods. Learn proper stretching techniques, how to calculate your target heart rate and achieve all the benefits walking has to offer. Fun, safe alternative to walking on a treadmill or indoor track year round. Walking with a group is also a great way to stay motivated and meet new friends! Call our membership office at 215-368-1601.
Full Member N/C | Program Member $10
LANSDALE       Tue/Thu 9:30 am
With so many demands on today’s families, parents need all the support they can get. That’s why child care at the Y is about more than looking after kids. It’s about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and building self-reliance through the Y core values of caring, honesty, respect and responsibility.

CHILD CARE OFFERINGS

DAYCARE

HUGS
Providing positive learning experiences and opportunities for young children to develop socially, emotionally and physically.

» State licensed facility
» Serving Infants 6 weeks through 5 years
» Full and part time care available
» Swimming lessons
» Gym and Music class
» Intergenerational Activities

PRESCHOOL PROGRAMS

Harleysville | Lansdale
Offering a comfortable setting, with familiar places and spaces, our Preschool Programs help kids grow academically, physically and socially. Our well designed program fosters long term success for a lifetime of learning.

» State Licensed facilities
» Children ages 2—5 years
» Programs run September through June
» Potty Training Not Required
» Swimming Lessons (Lansdale Only)
» Music & Gym Class (Harleysville)

BEFORE & AFTER SCHOOL

Indian Valley | Lansdale
Maturing school-age children who seek new challenges, close friendships and increasing responsibilities experience enriching learning opportunities in a fun environment before and after school.

» Full and part time schedules available
» Programs open before and after school day
» Program runs school calendar year

KINDERGARTEN ENRICHMENT

Harleysville
With morning and afternoon programs, we create an environment where children are successful, capable and excited about learning.

» Full and part time options available
» Mid-day transportation to or from the child’s Elementary School is provided
» Additional off-site programs are offered at Advent Church (Harleysville) and Emmanuel Church (Souderton)
» Program runs school calendar year
Our child care programs are designed with the YMCA’s philosophy of the development of the spirit, mind and body. We offer well-balanced programs that fit the needs of children according to their age and individual progress. Promoting physical, educational and social growth for all children is the ultimate goal of our program. Each childcare center serves children between the ages of 6 weeks and Pre-K. Combined with a talented staff and unique educational environment, our childcare centers offer a wide array of programs and services. We provide quality, affordable child care in four locations.

HARLEYSVILLE YMCA EARLY CHILDHOOD CENTER
311 Alumni Avenue, Harleysville | 215-256-0767
» Early Childhood Programs | Diane Manus
» Kindergarten Enrichment | Diane Manus

INDIAN VALLEY FAMILY YMCA
890 Maple Avenue, Harleysville | 215-723-3569
» HUGS Daycare | Karen Coutts, ext 114
» School’s Out (Before & After School Care) | Pam Jackson, ext 113

LANSDALE AREA FAMILY YMCA
608 East Main Street, Lansdale | 215-368-1601
» Early Childhood Programs | Suzie Mundie, ext 240
» Kindergarten Enrichment | Suzie Mundie, ext 240
» Kid’s Club | Suzie Mundie, ext 240
» School’s Out (Before & After School Care) | Suzie Mundie, ext 240

HARLEYSVILLE YMCA EARLY CHILDHOOD CENTER
EARLY CHILDHOOD PROGRAMS*
Through the talents of our qualified staff, our preschool programs are designed to help your child grow academically, physically and socially. Our state licensed curriculum includes reading readiness, math, science, arts & crafts, games, music, gym and more!
*Extended hours available

2019–2020 2-DAY PROGRAMS

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<tr>
<th>Days</th>
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<td>Tue/Thu Pre-K</td>
<td>4–5 yrs</td>
<td>9:00 am–2:15 pm</td>
</tr>
</tbody>
</table>

2019–2020 3-DAY PROGRAMS
(AM/PM ENRICHMENT AVAILABLE)

<table>
<thead>
<tr>
<th>Days</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon/Wed/Fri</td>
<td>3–4 yrs</td>
<td>8:45–11:15 am</td>
</tr>
<tr>
<td>Tue/Thu/Fri</td>
<td>3–4 yrs</td>
<td>8:45–11:15 am</td>
</tr>
<tr>
<td>Mon/Wed/Fri Pre-K</td>
<td>4–5 yrs</td>
<td>9:00–11:30 am</td>
</tr>
<tr>
<td>Mon/Wed/Fri Pre-K</td>
<td>4–5 yrs</td>
<td>9:00 am–2:15 pm</td>
</tr>
</tbody>
</table>

2019–2020 5-DAY PROGRAMS
(EXTENDED PRE-K HOURS AVAILABLE)

<table>
<thead>
<tr>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>4–5 yrs</td>
<td>9:00 am–2:15 pm</td>
</tr>
</tbody>
</table>

Call 215–256–0767 for more information!

KEYSTONE STARS 4 DESIGNATION
Youth Program Membership Included

AM/PM EXTENDED KINDERGARTEN FOR CHILDREN IN THE SOUDERTON SCHOOL DISTRICT
Our Kindergarten Enrichment program includes art, crafts, games, language arts, math, science, music, gym, creative play, outdoor play, lunchtime, quiet time and lots of fun!

AM KINDERGARTEN
Advent Lutheran & Emmanuel Lutheran Church Sites Kindergarten before school care is available to children attending PM Kindergarten at EMC, Franconia, Salford Hills, Oak Ridge, Vernfield and West Broad Elementary Schools. Care is available from 7:00 am–12:30 pm. After school care is available at the schools from 3:30 pm–6:00 pm.

PM KINDERGARTEN
Kindergarten extended care is available to children attending AM Kindergarten at Oak Ridge, Salford Hills and Vernfield Elementary schools. Childcare is available from 11:30 am–6:00 pm. Before school care is available from 7:00–8:30 am at the school. Bus transportation is provided from church sites to school or from school to YMCA. Full & part-time service is available.

www.NorthPennYMCA.org
INDIAN VALLEY FAMILY YMCA

HUGS DAYCARE
Providing positive learning experiences and opportunities for young children to develop socially, emotionally and physically.
  » State licensed facility
  » Serving Infants 6 weeks through 5 years
  » Full and part time care available
  » Swimming lessons
  » Gym and Music class
  » Intergenerational Activities

KIDS KARE GRADES K-5
A school age childcare program held in all six of the Souderton Elementary Schools. Activities will include sports, games, crafts, character development, homework supervision and snack. Enrichment programs will include math, reading and science.

HOURS OF OPERATION
Mon-Fri 7:00-8:30 am and or 3:15-6:00 pm.
Full and part-time rates available.

INDIAN VALLEY KIDS KARE Y-DAYS
Kids home from school? Want them to have fun? The Indian Valley Y will be having Y days for children. Children ages 6 thru 10 can come and enjoy a fun filled day with lots of great activities while meeting new friends. Hours of our Y days are 7:00am-6:00pm and the cost is $35.00 for the first child and $30.00 for second child discount. Call Pam Jackson, ext 113 or visit our website for information and forms at www.NorthPennYMCA.org.

LIVE Y’ERS GRADE K-5
School age childcare program held at Schwenksville and Skippack Elementary Schools in the Perkiomen Valley School District. Activities will include sports, games, crafts, character development, homework supervision and snack. Enrichment programs will include math, science and reading.

HOURS OF OPERATION
Mon-Fri 7:00-8:30 pm and/or 3:00-6:00 pm.
Full-time and part-time rates available.
LANSDALE AREA FAMILY YMCA
LANSDALE AREA PRESCHOOL PROGRAM

2019–2020
PRESCHOOL REGISTRATION
NOW OPEN

Our 9 ½ month progressive early learning program offers excellent staff to child ratios, indoor/outdoor play areas and a social/academic curriculum incorporating the PA Early Learning Standards. We accept children who are not potty trained.

2-DAY PROGRAM (TUE/THU)

<table>
<thead>
<tr>
<th>Plan</th>
<th>Age Range</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nursery Rhyme Tyme</td>
<td>2 yrs</td>
<td>9:00-11:30 am</td>
</tr>
<tr>
<td>Little Learners</td>
<td>2 1/2 yrs</td>
<td>9:00-11:30 am</td>
</tr>
<tr>
<td>Kiddle Korner Jr</td>
<td>3 yrs</td>
<td>9:00 am-1:00 pm</td>
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</tbody>
</table>

3-DAY PROGRAM (MON/WED/FRI)

<table>
<thead>
<tr>
<th>Plan</th>
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<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Little Learners</td>
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<td>9:00-11:30 am</td>
</tr>
<tr>
<td>Kiddle Korner Jr</td>
<td>3 yrs</td>
<td>9:00 am-1:00 pm</td>
</tr>
<tr>
<td>Kiddle Korner Pre-K</td>
<td>4 yrs</td>
<td>9:00 am-1:00 pm</td>
</tr>
<tr>
<td>Kiddle Korner Pre-K</td>
<td>4 yrs</td>
<td>9:00 am-3:00 pm</td>
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</tbody>
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5-DAY PROGRAM (MON–FRI)

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<thead>
<tr>
<th>Plan</th>
<th>Age Range</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Little Learners</td>
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</tr>
<tr>
<td>Kiddle Korner Pre-K</td>
<td>4 yrs</td>
<td>9:00 am-3:00 pm</td>
</tr>
</tbody>
</table>

NEW OFFERING | PRE-K PROGRAM
5 DAY | 9:00 AM–1:00 PM
This program is for children who miss the kindergarten cutoff date. Class will be taught at a more advanced level than traditional Pre-K. For questions please contact Suzie Mundie 215-368-1601 ext, 240.

LANSDALE AREA SCHOOL’S OUT
What are your kids doing before and after school? At our Y, your children can be involved in a variety of activities including art, gym, homework, and music. All public school students in the North Penn area may attend. Transportation is provided to the following schools for before and after care depending on enrollment: North Wales, Walton Farms, Knapp, Gwyn-Nor, Bridle Path, Inglewood, York Avenue and Oak Park. Program runs September–June.

LANSDALE AREA KIDS CLUB
Is your child’s school closed today? Do you have to take the day off from work? Is it a school in-service day?

Sounds like you need our Kids Club! Our Kids Club offers childcare for scheduled school closing days, in-service days and snow days. We follow the North Penn School District calendar.

Your kids will have lots of fun doing arts & crafts, music, movies and board games.

Days off Kids Club is based on enrollment. You must be registered one week prior to the school closing day off. Kids Club may be cancelled due to lack of enrollment.

Pre-registration for planned closings. Youth Program Membership required.
Registered School’s Out participants | $30
Non School’s Out participants | $55

Licensed by DHS, the Department of Human Services.

Call Suzie Mundie 215-368-1601, ext 240 to schedule a visit or for additional information.

KEYSTONE STARS DESIGNATION
YOUTH PROGRAM MEMBERSHIP REQUIRED

www.NorthPennYMCA.org
YOUTH & TEEN PROGRAMS

CREATIVE ARTS

INTRO TO CREATIVE WRITING WORKSHOP
12-16 YRS | NEW!
Learn how to craft stories that will entrance readers and take them on exciting journeys into new worlds. Award-winning independent author Alessandro Reale will also share his expertise on the publishing process and how to pursue a career as an author.
INDIAN VALLEY  Wed 6:30-7:30 pm
Full Member $45  |  Program Member $90

SEWING AND QUILTING (BOYS WELCOME)
We will teach anyone 8-years or over to do basic sewing tasks on the way to creating useful and unique items. Cost of materials not included in class fee.
LANSDALE  Thu 6:00-7:00 pm (Beg Sewing)

DRAMA KIDS INTERNATIONAL WORKSHOP:
FIND YOUR VOICE | 5-10 YRS
Brings out the shy child or provide a great outlet for the highly expressive kids. Lessons are fast paced, motivational and fun! Specially trained teachers offer a wide range of creative activities including theatre games, short skits, vocal warm-ups, and improvisation exercises designed to engage every child. To register call (215) 723-0304 or visit www.dramakids.
INDIAN VALLEY  Thu 4:45-5:45 pm (5-10 yrs)
Held in the Linko Room
Full, Program & Community Member $98

DANCE

MOMMY AND ME DANCE | 18 MTHS–3 YRS
Great introduction to the world of dance. Designed for young children and an accompanying adult. Learn creative movement and musicality while developing coordination and balance in a fun environment. This is a great way to connect and have fun with your little ones.
INDIAN VALLEY  Thu 3:15-3:45 pm

CREATIVE DANCE | 3–5 YRS
Guaranteed fun while learning the fundamentals of dance and movement. Develop dance skills through ballet technique, contemporary dance, stretching, tumbling and range of motion exercises.
INDIAN VALLEY  Thu 4:00-4:30 pm (A/B room)
Thu 4:30-5:00 pm (A/B room)
Full Member $30  |  Program Member $65

MARLYN ABRAMSON’S NEW DANCE WORKSHOP | SEE DESCRIPTION ON PG 36
INDIAN VALLEY DANCE STUDIO

INTRO TO DANCE | 3–5 YRS
A beginner class where children learn ballet, tap, gymnastics, as well as creative movement. Sign up is online @ https://dancestudio-pro.com/online/harleysville.
8 week session | $120  | Tue 12:30-1:15 pm

BALLETT | 5–10 YRS
Experience the joy of ballet! Students learn the basics in a fun, creative, and supportive atmosphere. This well-structured class teaches the fundamentals of ballet positions, barre and center work, musicality, and choreography. In addition to technique, balance, and flexibility, children develop confidence in themselves and the ability to encourage their peers.
INDIAN VALLEY  Tue 4:15-5:00 pm

BALLETT II | 5–10 YRS
Designed for children who have already taken Ballet I or who have taken ballet classes previously. Ballet II builds on the foundation terminology and movements learned in Ballet I. Students will expand their knowledge of ballet as they further develop their technical skills, artistry, and musicality in a fun and supportive environment.
INDIAN VALLEY  Wed 4:15-5:00 pm

IRISH DANCE CLASSES | 5–15 YRS
For more information and registration contact Pride of Erin School of Irish Dance at 215-364-1076.
LANSDALE  Fri 4:00–6:30 pm
YOUTH & TEEN PROGRAMS

FITNESS

HAVE A BALL | 15 MO-3 YRS
A fun and interactive class for toddlers to play and interact with other children using balls, beanbags and other play equipment.
INDIAN VALLEY Wed 9:30-10:15 am
Full Member $30 | Program Member $65

FIT KIDS I | 3–4 YRS
An introduction to Fit Kids where kids practice following directions and playing with others through interactive activities and cooperative games.
INDIAN VALLEY Mon 5:15-6:00 pm
Tue 9:15-10:00 am
Fri 9:15-10:00 am
Fri 10:00-10:45 am
Full Member N/C | Program Member $53

FIT KIDS II | 5–6 YRS
Fun, organized play, learning to work in teams, developing basic sports skills helping your children move into the next level of a specific sport.
INDIAN VALLEY Mon 6:00-6:45 pm
Tue 10:00-10:45 am
Fri 9:15-10:00 am
Full Member N/C | Program Member $53

GENERATION POUND | 6–12 YRS
Generation POUND® was created not just as a workout geared towards kids, but a MOVEMENT that aims to change the concept of health and fitness for today’s youth. Get ready to make fitness about self-expression, empowerment, self-love and FUN! How? By introducing alternative ways to, MOVE, ROCK, PLAY and MAKE NOISE!
INDIAN VALLEY Thu 5:45-6:30 pm | IGR
Full Member $20 | Program Member $75

YOUTH FITNESS CLASSES | 7–11 YRS
Participants experience a different workout each week focusing on developing various motor skills with multiple activities such as relay racing, jumping rope, hurdles, and much more. It is recommended that participants do not miss more than 2 classes. Minimum needed: 5 per class
INDIAN VALLEY Mon 6:15-7:15 pm
Wed 6:30-7:30 pm
Sat 9:45-10:45 am
LANSDALE Wed 5:30-6:15 pm
Thu 5:30-6:15 pm
Sat 9:00-9:45 am
Full Member N/C | Program Member $45

CLIMBING WALL | 7–17 YRS
Our climbing wall is a great workout for youth and adults. Improve strength, agility and have fun too! Try the different routes as you get better and stronger.
LANSDALE Wed 6:00-7:00 pm 7-12 yrs
Wed 7:00-8:00 pm 13-17 yrs
Sat 10:00-11:00 am 7-12 yrs
Sat 11:00-12:00 pm 13-17 yrs
Full Member $25

BOGAYOGA | 10 YRS+
Just like the ebb and flow of the water, this practice builds gradually and then returns you to a sense of calm. Flare of yoga incorporated to build strength and conditioning. You’ll flow gradually into more challenging postures, utilizing your breath, with the option to modify if necessary. Take your yoga practice to a new level of intention while moving with the water. Class is being held on the dates/times below. Attend one or all of these classes:
INDIAN VALLEY Wed May 1 & Jun 5 | 9:45-10:30 am
Thu May 2 & Jun 6 | 6:00-6:45 pm
Full Member $10/class | Program Member $15/class

TWEEN YOGA | 10–15 YRS
A yoga class for Tweens! Come and bring a friend to learn awesome yoga poses. Whether you are into sports or a book worm, this class will get you in the right frame of mind. Throughout the session we will work on the basic poses to give you the building blocks to become a Yogi.
INDIAN VALLEY Tue 5:00-5:45 pm
Full Member N/C | Program Member $67

TWEEN ZUMBA | 10–15 YRS
The ultimate dance–fitness party for young Zumba fans. Play it loud, rock with friends, be fearless, and dance like nobody’s watching.
INDIAN VALLEY Mon 4:40-5:25 pm | Dance Studio
Fri 5:00-5:45 pm | Dance Studio
Full Member N/C | Program Member $67

www.NorthPennYMCA.org
YOUTH & TEEN PROGRAMS

TEEN FITNESS ORIENTATIONS | 12-13 YRS | FREE!
INDIAN VALLEY & LANSDALE
Looking to start your child’s journey to healthy living off right? Learn to use the cardio equipment, a select number of strength machines, and Wellness Center guidelines. It’s a great way to learn the foundations of cardio and strength training with an experienced professional. Appointments can be scheduled at the Membership Desk or through our MobileFiT system.

TEEN TEAM SPORTS CONDITIONING
Available on request. Contact the Wellness Departments.
INDIAN VALLEY/LANSDALE

GYMNASTICS & CHEER

PARENT/TOT GYMNASTICS | 2 -3 YRS
Each week, we will focus on a different skill as children gain the fundamental knowledge of beginner gymnastics skills and vocabulary. Have fun stretching, rolling, running obstacle courses, and building balance while developing strength, flexibility, and social skills. Parent/Guardian Participation is required.
INDIAN VALLEY Wed 9:45-10:15 am
Full Member $30 | Program Member $65

TUMBLE TIME | 2-5 YRS
Play on our indoor gymnastics equipment playground. Great place to let out some energy. No instruction provided. Parents are required to stay with children.
INDIAN VALLEY Mon 10:15 am-11:15 am
Full Member N/C | Program Member $59

PRESCHOOL GYMNASTICS | 3-4 YRS | NEW!
Tumble, swing, climb, and jump with us! Focuses on building flexibility and strength as well as social skills all while having fun in a supportive environment. Children will learn fundamental gymnastics skills through the use of the beam, bar, floor mats, and more. Parent/Guardian participation is encouraged.
INDIAN VALLEY Wed 5:00-5:45 pm
LANSDALE Wed 5:00-5:45 pm

OPEN GYMNASTICS | LANSDALE
Sat May 11 | Sat Jun 15
10-11 am | 3-6 yrs  11-12 pm | 7-9 yrs
Our coaches will introduce basic gymnastics to those who are new and will help with spotting and technique for those who want to improve their skills.

INTRO TO GYMNASTICS | 4 –6 YRS
Tumble, swing, climb, and jump with us! This class focuses on building flexibility and strength as well as social skills all while having fun in a supportive environment. Children will learn fundamental gymnastics skills through the use of the beam, bar, floor mats, and more. Parent/Guardian participation is encouraged.
INDIAN VALLEY Wed 10:30-11:15 am

GYMNASTICS LEVEL 1 | 5 YRS+ | NEW!
Learn the fundamentals of gymnastics using various pieces of equipment. Students improve muscular strength and flexibility in a positive and safe learning environment.
INDIAN VALLEY Wed 5:45-6:30 pm
Thu 4:15-5:00 pm
LANSDALE Wed 5:45-6:30 pm

GYMNASTICS LEVEL 2 | 5 YRS+ | NEW!
Designed for students who have already mastered their cartwheel. We will build on the skills they learned in Level 1. Students improve muscular strength and flexibility in a positive and safe learning environment.
INDIAN VALLEY Thu 5:00-5:45 pm
LANSDALE Wed 6:30-7:15 pm

CHEERNASTICS | 7 YRS+
Learn the fundamentals of cheerleading including basic motions, jumps, and cheer tumbling. Cheerleaders build self-confidence and self-esteem while developing social skills and healthy relationships with other students.
INDIAN VALLEY Tue 4:15-5:00 pm

ADAPTED GYMNASTICS | 4–8 YRS
We will focus on the sport of gymnastics while using techniques to support different abilities. These include: structured wait times and transitions, using clear directions, modifying skills as needed. Parental inclusion is encouraged.
LANSDALE Wed 4:30-5:30 pm
MARTIAL ARTS

TAEKWON-DO | ALL AGES
Korean martial art that translates to ‘The Way of the Hand and Foot’. It is an unarmed system of self-defense that promotes physical and mental conditioning through exercise and self-discipline. Challenging and engaging but in a safe and fun environment. Helps students develop strength, stamina and flexibility through a variety of exercises and training drills. Training and work gradually leads towards advancement through the various ranks.

Classes have been taught at this Y for over 20 years by Y instructors – all of whom started their training here. In addition to local instructors, our program is also affiliated and accredited with Taekwon-Do organizations at the local, national, and international levels. We encourage parents to participate with their children. We recommend certain ages and levels for each of the classes but can accommodate exceptions and challenging schedules pending the instructors’ approval. Students are encouraged to attend classes often to retain and expand their knowledge and physical ability.

INDIAN VALLEY
- Tue 6:45–7:45 pm
- Tue 7:45–8:45 pm (7 yrs+) Beg-Int
- Sat 9:00–10:00 am

LANSDALE
- Tue 7:00–8:00 pm (7 yrs+) Beg-Int
- Tues 8:00–9:00 pm (7 yrs+) Int-Adv
- Wed 7:00–8:00 pm (7 yrs+) Beg-Int
- Wed 8:00–9:00 pm (7 yrs+) Int-Adv
- Thu 7:00–8:00 pm (7 yrs+) Beg-Int
- Thu 8:00–9:00 pm (7 yrs+) Int-Adv
- Fri 6:30–8:30 pm (7 yrs+)
  Black Stripe/Black Belt

For the younger student we offer a class that introduces some of the concepts and techniques used in Taekwon-Do but emphasizes movement, body control, and fun but in a disciplined fashion. No rank or level is achieved but the student is challenged to learn new techniques and improve their skills regularly.

LANSDALE
- Sat 9:30–10:20 am (5–7 yrs)

INDIAN VALLEY
- Sat 10:00–10:45 am

WHITE EAGLE MARTIAL ARTS | ALL AGES
Train your mind, body and spirit with White Eagle Martial Arts. New members welcome, first month tuition free. We take a disciplined approach to develop the whole person. Focus on perseverance, respect, obedience, self-control through the practice of martial arts. Check our website at www.whiteeaglema.com or call us at 267-642-1101.

INDIAN VALLEY
- Mon 7:00–8:30 pm
- Thu 7:30–8:30 pm
- Sat 8:00–9:25 am

MUSIC

MUSIC TOGETHER® CLASSES OFFERED BY LITTLEST MUSIC MAKERS, LLC.
10-WEEK SPRING SESSION - APR 7-JUN 2
FOR CHILDREN AGES BIRTH–PRESCCHOOL 5 YRS

Classes are taught by a professional with Music Education degree. During classes we play a variety of percussion instruments, such as drums, rhythm sticks, maracas, bells and more. We also participate in large movement activities with scarves and other props. Each registered family receives a songbook, CD and electronic access code for the music we work with during our session included in the cost of tuition.

Cost for 1st child - $193 | Cost for 2nd child - $80
*Infants under 9 months old attending with a registered sibling are FREE.
*YMCA FULL Members receive a discount. This may not be combined with other offers. Proof of FULL membership required.

Tue 9:30 am, 10:30 am, 6:30 pm | Wed 9:30 am
See website for other classes.
Littlestmusicmakers.com | 267.342.2093
**SPORTS**

**T-BALL | 3-4 YRS**
A fun introduction to the great game of baseball. Coaches use creative, engaging drill and games to develop basic hitting, fielding, throwing and running skills.

**INDIAN VALLEY**
Thu 9:15-9:45 am
Full Member $30 | Program Member $65

**DOUBLE Dribblers | 3-4 YRS**
A fun introduction to soccer and basketball. Four weeks of each sport.

**INDIAN VALLEY**
Mon 9:30-10:00 am
Thu 10:00-10:30 am
Full Member $30 | Program Member $65

**LANSDALE**
 Tue 5:45-6:30 pm
Full Member $30 | Program Member $65

**BASKETBALL – YOUTH | 3-12 YRS**
Our coaches teach the fundamental skills using exciting drills and game situations in a friendly atmosphere.

**INDIAN VALLEY**
Tue 5:15–6:00 pm 7-8 yrs
Thu 6:00–6:45 pm 9-11 yrs
Thu 5:45–6:30 pm 5-6 yrs
Thu 6:30–7:15 pm 7-8 yrs
Thu 7:15–8:00 pm 9-12 yrs

**LANSDALE**
Thu 5:45–6:30 pm 5-6 yrs
Thu 6:30–7:15 pm 7-8 yrs
Thu 7:15–8:00 pm 9-12 yrs

**SOCcer INDOOR | YOUTH 5-11 YRS**
Our coaches teach children fundamental skills of soccer using exciting drills and game situations in a friendly atmosphere. Shin guards are required. Times subject to change based on enrollment.

**LANSDALE**
Mon 5:45–6:30 pm 5-6 yrs
Mon 6:30–7:15 pm 7-11 yrs

**DODGEBALL YOUTH PROGRAM | 7-11 YRS**
Provides a means of physical activity and exercise for kids while promoting important values such as sportsmanship, teamwork, cooperation, confidence and self-esteem. Games include every man, doctor dodge and jailbreak & more.

**INDIAN VALLEY**
Fri 6:30–7:45 pm

**RacquetBall | 7-15 YRS**
Boys and girls of all levels are welcome to learn to play racquetball. Our program includes lessons, round robin and the use of a racquet ball and eye guards.

**LANSDALE**
Sat 9:00–10:00 am Beg
Sat 10:00 am–11:00 am Int
Sat 11:00 am–12:00 pm Adv

**DOdGEBALL LEAGUE – YOUTH | 12-17 YRS**
Come join our Indian Valley Dodgeball League! Open to all dodgeball fans. Participants are divided into 4 teams of 6-8 players. Occasional practices may be scheduled on Sundays.

**INDIAN VALLEY**
Fri 7:45–9:30 pm Gym A
Sat 10:00–11:00 am Gym B

**INTRO TO Volleyball | 10 YRS+**
Class consists of skills and drills for player development with the goal of transferring their volleyball skills onto the court. Instructor will introduce bumping, setting, and serving fundamentals. This class is designed for members with some or no volleyball experience.

**INDIAN VALLEY**
Thu 7:00–8:00 pm

**LANSDALE**
Wed 7:30–8:15 pm

**PERSONAL BASKETBALL TRAINING AND DEVELOPMENT | MIDDLE SCHOOL+**
Development of all areas of basketball and personal performance will be improved through a program geared to the individuals skill set. Offered at both Lansdale and IV. To schedule a session contact Christy Pope at Lansdale, Eric Troilo at IV. Contacts: Lansdale - Christy Pope, christyp@NorthPennYMCA.org; Indian Valley - Eric Troilo, erict@NorthPennYMCA.org.

**SPORTS OF ALL SORTS**

**FREE STYLE JUMP ROPE | 7 YRS+**
Get your heart pumping with this high energy program. Mr. John whom is certified through Buddy Lee’s Jump Rope Institute will have you moving and grooving while improving balance, coordination, endurance, weight loss, strength, power, speed, quickness, and agility.

**INDIAN VALLEY**
Mon 7:00–8:00 pm
Full Member $5 | Program Member $10

**FLOOR HOCKEY | 8-12 YRS**
From basic puck work and shooting to successful stick handling and passing, kids have a great time learning floor hockey fundamentals. Kids progress from the basics to more advanced techniques as they master each level in a safe environment. Instructors use a skills assessment to find the right class for your child. Classes grouped by age and ability. Shin guards and helmet required (bike helmet acceptable).

**INDIAN VALLEY**
Wed 7:00–8:00 pm
YOUTH & TEEN PROGRAMS

Full Member $45 | Program Member $90 unless noted

YOUTH & TEEN PROGRAMS

ADVENTURE GUIDES
Don’t let your kids grow up without you! Our Adventure Guides Program offers children and their fathers the opportunity to build strong, long lasting relationships while participating in enjoyable and educational activities. Plus $5/yr. per person Group Activity fee paid to your circle leader.

HIGHLIGHTS INCLUDE:
• Pinewood Derby: build and race your own pine car
• Camp outs: cabin camping
• Rocket Launch: build and launch your own rocket
• Sporting events: sledding, tubing, bowling
• Sleepovers: Aquarium, Battleship, Science Centers
• Arts & Crafts
• No Fundraising: no cookies or magazines to sell
• Program fits into any schedule: attend what you are able to

For additional information, visit us online at npadventureguides.com or call us at 267-291-4636. Like us on Facebook at facebook.com/NPYAG

FATHER/DAUGHTER
5-9 yrs | 10-14 yrs (Trailmates)

FATHER/SON
5-9 yrs | 10-14 yrs (Trailmates)

Full Member N/C | Program Member $60

PAL
NORTH PENN POLICE ATHLETIC LEAGUE
FREE PROGRAM!
North Penn PAL, now a program of the North Penn YMCA, is a youth crime prevention program that utilizes educational, athletic and recreational activities to create trust and understanding between police officers in the community and youth. All kids ages 8-18 are invited to join this free program! ‘Like’ North Penn PAL on Facebook to stay up-to-date on all of our exciting current events. For more information contact Christy Pope at pal@NorthPennYMCA.org or stop by the Membership Office of the Lansdale branch for registration forms today!

TEEN LEADERS CLUB | 12-18 YRS
Adult supervised program that promotes leadership, character development, community involvement and exciting special events. Teens have a voice in community events, attend youth rallies, do community service projects and have meaningful talks about what’s important in their lives. Interested teens receive a conditional Y membership while participating in our club. Contact: Gianna D’Amato, giannad@NorthPennYMCA.org.

LANSDALE  Tue 6:30-8:00 pm
Full Member N/C | Program Member $35

7TH GRADE YMCA
FREE MEMBERSHIP INITIATIVE
If you are a current 7th grader in any school, stop by with your 7th grade school ID and a parent and complete a membership application to join our Y at no charge. Great way to work with our staff and trainers to help you reach your health and wellness goals.

There’s plenty to do at both of our branches:
» Get stronger & work out in our fitness centers
» Get involved in a pick-up game in the gym
» Ask a friend to join you for group exercise
» Swim in one of our pools or join the swim team
» Join a youth sports class or league
» Sign up for arts and crafts, dance or music class

This membership allows you to access those programs and services included with membership at no additional fee. For information, contact our membership desk and they will be happy to get you enrolled.

7TH GRADE YOGA CLASS | FREE
Roll out a mat and wake up your energy for confidence, strengthen the back for a healthy spine and recognize the greatness within. Practice self-love and taking care of yourself. It gets easier with practice. For more information, contact Bruce Bach at 215-368-1601 ext. 216 or bruceb@NorthPennYMCA.org.

LANSDALE  Tue and Thu | 3:30-4:00 pm

7TH GRADE INTRO TO ROCK CLIMBING | FREE
LANSDALE  Mon 3:30-5:30 pm

7TH GRADE FIT CLUB | FREE
Learn how to build a safe and effective exercise program with guidance from our wellness coaches. Teens will challenge themselves while having fun getting fit with peers.
LANSDALE  Wed 3:30-4:30 pm

www.NorthPennYMCA.org
SPECIAL NEEDS

ADAPTED-FREE SWIM | FREE
Free open swim time for all with special needs. No instruction is provided. Participants must bring help to assist them in our locker room and pool.

INDIAN VALLEY  Tue 3:30–4:15 pm
LANSDALE  Thu 3:00–4:00 pm

ADAPTED SWIM LESSONS | 3 YRS+
Small group swim lessons for children with mild physical and mental disabilities.

INDIAN VALLEY  Fri 4:00–4:30 pm
Fri 4:30–5:00 pm
Fri 5:00–5:30 pm
Fri 5:30–6:00 pm
Fri 6:00–6:30 pm
LANSDALE  Sat 12:00–12:30 pm 3–6 yrs
Sat 12:30–1:00 pm 7–12 yrs
Full Member $57 | Program Member $90

ADAPTED GYMNASTICS | 4–8 YRS | NEW!
We will focus on the sport of gymnastics while using techniques to support different abilities. These include: structured wait times and transitions, using clear directions, modifying skills as needed. Parental inclusion is encouraged.

LANSDALE  Wed 4:30–5:30 pm

INT’L ASSOCIATION FOR HANDICAPPED DIVERS | 10 YRS+ | FREE
Designed to allow mentally, emotionally or physically challenged divers ages 10 and up to learn and enjoy the magic of scuba diving. Taught year-round by IAHD certified instructors in safe, non-competitive environment and students proceed at their own pace. Every diver earns an appropriate IAHD Scuba Certification for participating in the program. Family and private formats can be arranged at add’l cost. To learn more, call (215) 256–1992 or visit us on the web: www.iahd-americas.org

INDIAN VALLEY  Thu 6:30–10:00 pm
LANSDALE  Fri 6:30–10:00 pm

BASKETBALL
Special Olympic athletes participate in drills, skills and game style instruction. Team building is the goal and basketball is the medium. All are welcome. Remember to wear gym shorts, T-shirts and sneakers. Tournaments are held in the spring.

LANSDALE  Fri 8:00–9:30 pm Gymnasium – Court A

POWERLIFTING
Athletes training for Powerlifting are required to be 14 years old and may compete at the age of 16 years. Powerlifting is a sport that involves building strength as well as character. Athletes should wear loose gym clothing and footwear with good ankle support and may bring their own water. Our team has competed in Delaware, Connecticut, New York, Villanova and even Dublin, Ireland. Local tournaments are held in the spring. County and state competitions in the fall.

LANSDALE  Wed 7:30–9:30 pm Rotelle Wellness Ctr

SPECIAL OLYMPICS
Through the sponsorship of Developmental Fitness Co. of North Wales, we offer three year-round Special Olympics programs. Athletes must have a Special Olympics medical release on file with Montgomery County Special Olympics as well as a copy for the YMCA before beginning. Volunteers are always needed and welcomed. Contact Sean Hanley at 215–527–2475 or SeanHanley@developmentalfitness.com.

LANSDALE

FRIDAY NIGHT OUT
YOUNG ADULTS WITH SPECIAL NEEDS
Socialization to build friendships, enjoy activities in the community and swim/exercise at our Indian Valley YMCA. Events are held on and off Y property. For more information, call Betty Linko at 215–723–3569, ext 112. Extra fee may be required for field trips. Includes a free complimentary program membership. Session runs through June. Limited Enrollment (Maximum 30–35). Schedule subject to change. Material fees associated with some events.

INDIAN VALLEY  Fridays 7:00–9:00 pm
Apr 26 (note – this is the 4th Friday of the month)
Indian Valley YMCA - Demo Night Rehearsal
May 3 | Indian Valley YMCA - Demo Night – Parents/Friends/Families Invited
May 17 | Freddy Hill - Miniature Golf
May 31 | So Long, Farewell, AufWeideshen, Good Bye Location and Fee TBD
Schedule Subject to Change.
$70 per session
PRE-SCHOOL SUMMER DAY CAMP

Our summer camp programs offer young campers weekly sessions that feature arts & crafts, cooking, experiments, literature, music, & movement activities. Bring a disposable, bagged lunch.

SUMMER CAMP SESSIONS & THEMES

<table>
<thead>
<tr>
<th>SESSION</th>
<th>THEME</th>
<th>DATES</th>
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<tbody>
<tr>
<td>Pre-Session</td>
<td>GET READY FOR SUMMER AT THE YMCA</td>
<td>May 28-31</td>
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<td>MAY 28: EDIBLE ART</td>
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<td>MAY 29: CONSTRUCTION JUNCTION</td>
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<td>MAY 30: GREEN THUMB KIDS</td>
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<td>MAY 31: MONSTER MASH</td>
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Introduce your child to Sensational Summer Preschool Camp by enrolling in daily sessions. This week only, you may choose 1, 2, 3, or 4 days of camp adventures. Times: 9am-1pm. Cost: $30/day

1 JUNIOR SCIENTISTS June 3-7
Experiment, investigate, and be amazed by scientific concepts and activities.

2 GREAT ARTISTS AT WORK June 10-14
Paint, draw, color, and make masterpieces.

3 KIDS IN THE KITCHEN June 17-21
Roll up your sleeves and get busy creating yummy recipes.

4 BUILDING BUDDIES June 24-28
If you can dream it, you can build it!

5 CELEBRATE THE USA July 1, 2, 3
Be patriotic in art, music, stories, and games.

6 SPORTS & GAMES July 9-11
Move your muscles in this fast-paced session.

7 DINOMITE DINOS & DRAGONS July 16-18
Have fun and go back to prehistoric times.

8 FAIRYTALE PRINCESSES & KNIGHTS July 23-25
Explore timeless fantasies and treasures.

9 ANIMAL ANTICS July 30-Aug. 1
Learn fun, fascinating facts and activities.

10 SUPER HEROES Aug 6-8
Explore your amazing powers!

11 YOUNG ENVIRONMENTALISTS Aug 13-15
Help make the world a safer place in this fun-filled camp session.

SUPER SPECIAL!
Register before April 30 and receive an additional $5.00 off each camp session!

HARLEYSVILLE EARLY CHILDHOOD CENTER
311 Alumni Ave., Harleysville, Pa

5-DAY WEEKLY CAMP SESSION
Mon-Fri 9am to 1pm*
$125 | 2nd child $110

3-DAY WEEKLY CAMP SESSION
Tue-Thu 9am-1pm*
$93 | 2nd child $83

*NEW THIS YEAR* Jr. Campers: Ages 2 1/2-3 1/2 yrs. T, W, TH only

*Extended hours available - call for pricing.

For more information, contact Diane Manus at 215-256-0767 or by email at dianem@NorthPennYMCA.org.
Welcome to our 2019 camping season. We have a great summer planned for your kids, with plenty of options available. Our camp programs strive to provide positive experiences and opportunities for children entering grades K through 9 through a variety of activities, including sports, games, swimming, field trips, and more. *Camp will begin on June 12 for Souderton School District, and June 13 for Perkiomen Valley School District (dates subject to change according to school district calendars and potential snow days).

Children go swimming Monday, Wednesday, and Friday at the community pool near them. Heidelberg Camp gets bussed to the Harleysville Community Pool on Park Avenue. We also do crafts, enjoy enrichment and the most important thing is make great friends.

2019 CIT POSITIONS AVAILABLE! COST $163.00 PER WEEK TRIP FEES A $40.00 trip fee will be added for part-time campers attending field trips. All parents are welcome to be field trip chaperones. Please contact Pam Jackson for more information.

For more information contact Pam Jackson at 215-723-3569, ext 113 or pamj@NorthPennYMCA.org.
Welcome to our 2019 Summer Camp program. Our camp strives to provide positive experiences and opportunities to all children through a variety of wholesome recreational activities. Our goal is to create an opportunity for your child to enhance their self-esteem, build friendships and develop a greater sense of their potential in a safe & fun environment. Values of caring, honesty, respect & responsibility are reflected in daily camp life and through all the fun your child is sure to experience here at the Lansdale Area Family YMCA Summer Camp program!

SUMMER CAMP | JUN 17–AUG 23
GRADES 1–9

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<td>OLYMPICS</td>
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<td>2</td>
<td>EVERYDAY HEROS</td>
<td>June 24-28</td>
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<td>3</td>
<td>SURVIVOR WEEK</td>
<td>July 1-3, 5</td>
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<td>4</td>
<td>CAMPERS GOT TALENT</td>
<td>July 8-12</td>
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<td>5</td>
<td>SHARK WEEK</td>
<td>July 15-19</td>
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<td>6</td>
<td>SILLY SCIENCE</td>
<td>July 22-26</td>
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<td>7</td>
<td>BEACH WEEK</td>
<td>July 29-Aug 2</td>
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<td>8</td>
<td>ULTIMATE SPORTS</td>
<td>Aug 5-9</td>
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<td>9</td>
<td>KIDS CLUB</td>
<td>Aug 12-16</td>
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<td>10</td>
<td>KIDS CLUB</td>
<td>Aug 19-23</td>
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*Limited Enrollment

SUMMER CAMP OPEN HOUSE
Sat Apr 27 | 12–2 pm

$25 COUPON
toward any one week of Summer Camp when you attend our Open House

FULL DAY (9 AM–4 PM)
EXTENDED DAY (6:30 AM–6 PM)

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<th>1ST CHILD</th>
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<tr>
<td>FULL DAY</td>
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<td>EXTENDED DAY</td>
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PRIVATE/SEMI PRIVATE SWIM LESSONS

PRIVATE LESSONS
Full Member $80 | Program Member $95

SEMI-PRIVATE LESSONS
Full Member $56 | Program Member $71

Private or semi-private swim lessons are available by the half hour for adults and children. Private lessons are for four years to adult. Four years and under need the approval of our Aquatics Directors. Call 215-723-3569, ext 121.

INDIAN VALLEY
SESSION I | APR 22-MAY 19 | 4 WKS
SESSION II | MAY 20-JUN 16 | 4 WKS

Mon 4:15-4:45 pm Mon 4:30-5:00 pm
Mon 4:45-5:15 pm Mon 5:00-5:30 pm
Mon 5:15-5:45 pm Tue 11:30-12:00 pm
Tue 12:00-12:30 pm Tue 5:00-5:30 pm
Tue 5:30-6:00 pm Tue 6:00-6:30 pm
Tue 7:30-8:00 pm Wed 4:15-4:45 pm
Wed 4:30-5:00 pm Wed 4:45-5:15 pm
Wed 5:00-5:30 pm Wed 5:15-5:45 pm
Wed 5:30-6:00 pm Wed 8:00-8:30 pm
Thu 11:30-12:00 pm Thu 12:00-12:30 pm
Thu 5:00-5:30 pm Thu 5:30-6:00 pm
Thu 6:00-6:30 pm Thu 6:15-6:45 pm
Thu 6:30-7:00 pm Fri 4:00-4:30 pm
Fri 4:15-4:45 pm Fri 4:30-5:00 pm
Fri 4:45-5:15 pm Fri 5:00-5:30 pm
Fri 5:15-5:45 pm Fri 5:30-6:00 pm
Sat 8:00-8:30 am Sat 8:30-9:00 am
Sat 12:00-12:30 pm Sat 12:30-1:00 pm
Sat 1:00-1:30 pm Sun 12:00-12:30 pm
Sun 12:30-1:00 pm Sun 1:00-1:30 pm
Sun 1:30-2:00 pm Sun 2:00-2:30 pm

LANSDALE AREA
Private or semi-private swim lessons are available by the half hour for adults and children. Private lessons are for ages four to adult. Ages four and under need the approval of our Assistant Aquatics Director, Jen Eidell. Call 215-368-1601, ext 211 or jennifere@NorthPennYMCA.org.

GROUP OR TEAM AQUATICS

AQUA PERSONAL TRAINING | 18 YRS+
One-on-one training | Twelve times more resistance than the air without the gravitational stress and pain. Helps to improve balance and overall toning of muscles. No swim experience necessary. Pool depth is 3-4 ft. Please contact Cindy at 215-368-1601, ext 210 or cindylea@NorthPennYMCA.org

TRAINING PACKAGES

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<tr>
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<th>60 MINUTE</th>
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<tr>
<td>1 Session</td>
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<td>8 Sessions</td>
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<td>12 Sessions</td>
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SWIM LESSONS-ADULT/TEEN | 13 YRS+
Learn to swim. Class is divided into beginner, intermediate and advanced levels.

INDIAN VALLEY Mon 8:00-8:45 pm
LANSDALE Wed 6:30-7:15 pm
Thu 9:00-9:45 am
Sat 8:15-9:00 am
Full Member $51 | Program Member $90

SYNCHRONIZED SWIMMING
No experience is necessary to develop your inner bathing beauty. Must have basic swimming abilities and be comfortable in deep water. Deep water.

INDIAN VALLEY Mon 9:00-10:00 am
LANSDALE Fri 9:30-10:30 am
Full Member N/C | Program Member $78

VOLLEYBALL-WATER
Co-ed volleyball for everyone 16 years and up.
LANSDALE Tue/Thu 12:30-2:00 pm
Full Member N/C | Program Member $50
SWIM STARTERS, SWIM BASICS & SWIM STROKES SWIM LESSON FOCUS SKILLS

SWIM STARTERS | 6 MTHS-3 YRS
Full Member $40 | Program Member $80

LEVEL A FOCUS SKILLS
» Blow bubbles on surface (assisted)
» Front tow chin in water (assisted)
» Water exit – parent and child together
» Water entry – parent and child together
» Back float assisted head on parent shoulder
» Roll over in water (assisted)
» Front float chin in water (assisted)
» Back tow head on parent shoulder (assisted)
» Wall grab (assisted)

LEVEL B FOCUS SKILLS
» Blow bubbles mouth and nose submerged (assisted)
» Front tow and blow bubbles (assisted)
» Water exit child (assisted)
» Water entry child (assisted)
» Back float assisted head on parent chest
» Roll over in water (assisted)
» Front float and blow bubbles (assisted)
» Back tow head on parent chest (assisted)
» Wall grab and monkey crawl along edge (assisted)

SWIM BASICS | 3-5 YRS | 30 MIN
Full Member $40 | Program Member $80

SWIM BASICS | 6-12 YRS | 45 MIN
Full Member $60 | Program Member $100

LEVEL 1 FOCUS SKILLS
» Blowing bubbles out mouth
» Back float & front glide assisted
» Kicking on stomach and back assisted
» Rolling over in water
» Jumping in from side of pool on teacher cue with assistance

LEVEL 2 FOCUS SKILLS
» Blowing bubbles with face submerged and out nose
» Back float for a longer period of time with goal of being unassisted
» Front glide with improving body position and less assistance
» Kicking on stomach and back improving quality and distance
» Rolling over in water
» Beginning to learn to tread water 10 seconds and exit pool
» Jumping in from side of pool on teacher cue with less assistance and completely submerging

LEVEL 3 FOCUS SKILLS
» Improving body position and kicks working toward front & back crawls
» Front glide adding rotational breathing
» Kicking on stomach and back assisted
» Jumping in deeper water on teacher cue and submerging
» Treading water for 1 minute and exiting pool

SWIM STROKES | 3-5 YRS | 30 MIN
Full Member $40 | Program Member $80

SWIM STROKES | 6-12 YRS | 45 MIN
Full Member $60 | Program Member $100

LEVEL 4 FOCUS SKILLS
» Drills building to being able to swim 15 yds front crawl with rotary breathing
» Drills building to being able to swim 15 yds backstroke
» Introduce Breaststroke kick
» Introduce Butterfly/dolphin kick
» Diving in from knees on teacher cue in deep water
» Tread water with quality kick and arms for 1 min and exit pool

LEVEL 5 FOCUS SKILLS
» Endurance, any stroke or combination of strokes for 50 yds
» Freestyle, bent-arm recovery, 25 yd.
» Backstroke, 25 yd.
» Dive, kneeling/standing
» Resting stroke, sidestroke, 25 yd.
» Tread water, scissor & whip kick, 2 mins.
» Beginning Breaststroke, 25 yd.
» Beginning Butterfly, simultaneous arm action & kick, 15 yd.

LEVEL 6 FOCUS SKILLS
» Endurance, any stroke or combination of strokes, 150 yd.
» Front crawl, 50 yds and begin working on flip turn
» Backstroke 50 yds & begin working on flip turn
» Dive, standing
» Resting stroke, elementary backstroke or sidestroke, 50 yd.
» Tread water, retrieve object off bottom, tread 1 min.
» Breaststroke, with open turn, 50 yd.
» Butterfly, 25 yd.
SWIM LESSONS

Our swim lessons are designed to teach this lifelong skill to children and adults in a safe environment.

For more information, contact our Indian Valley branch at 215-723-3569, ext 121 or Cindy Leahy at our Lansdale branch at cindylea@NorthPennYMCA.org.

YOUTH SWIM EVALUATION

Students enrolled in swim class will be given an evaluation at week six. These evaluations indicate the level we believe the child should sign up for; however, the reports are not always accurate since two weeks remain in the session. We encourage parents to discuss level placement with their child’s instructor. For those unsure of level placement, waterskill evaluation may be done by appointment. Call Aquatics at our Indian Valley Branch at 215-723-3569, ext 121 for an appointment. Call Cindy Leahy at our Lansdale Area Branch at 215-368-1601, ext 210 or cindylea@NorthPennYMCA.org for an appointment.

AQUATIC CLASS WAIT LIST

Please ask to be put on a waiting list if your preferred class is full. We will try to add new classes as needed. Our Aquatic Department reserves the right to cancel or combine any program due to low enrollment or unforeseen facility schedule changes.

AQUATIC MAKE-UP POLICY

Due to class consistency and ratios, we do not offer make-up swim lessons (including closures due to weather).

REGISTRATIONS FOR THE SWIM BASICS AND SWIM STROKES WILL NOT BE ACCEPTED AFTER MAY 5. SWIM LESSONS ARE NOT PRO-RATED. (Does not apply to Swim Starters)

SWIM STARTERS

6 mths–3 years

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

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<thead>
<tr>
<th>LEVEL A</th>
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<tr>
<td>Water Discovery</td>
<td>Water Exploration</td>
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<td>Mon 12:00-12:30 pm</td>
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INDIAN VALLEY | 6 MTHS–3 YRS

| YMCA Swim Lessons |
| Water Discovery |
| A |

| YMCA Swim Lessons |
| Water Exploration |
| B |

A | WATER DISCOVERY

This class introduces infants and toddlers to the aquatic environment.

B | WATER EXPLORATION

(No prerequisite) This class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.

LANSDALE AREA | 6 MTHS–3 YRS

<table>
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<tr>
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28 | SWIM LESSONS | SWIM SCHEDULES
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
- Jump, push, turn, grab

**1 | WATER ACCLIMATION**
Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process.

**2 | WATER MOVEMENT**
For the beginning swimmer and simply builds on basic skills of Level 1 with the goal of improving the most basic skills and safety around the water.

**3 | WATER STAMINA**
Designed to move the beginning swimmer to more independence in the water applying the basics covered in Levels 1 & 2 but being done without assistance and with better mechanics overall.

**PLEASE NOTE NEW START AND END TIMES:** We have added five minutes between our Saturday Swim Lessons to help with the transitions between classes.

### INDIAN VALLEY | 3–5 YRS

<table>
<thead>
<tr>
<th>LEVEL 1 Water Acclimation</th>
<th>LEVEL 2 Water Movement</th>
<th>LEVEL 3 Water Stamina</th>
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<tr>
<td>Mon 10:30–11:00 am</td>
<td>Mon 1:30–2:00 pm</td>
<td>Mon 10:30–11:00 am</td>
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### LANSDALE AREA | 3–5 YRS

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Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social–emotional and cognitive well-being, and foster a lifetime of physical activity.

### SWIM STROKES

**3–5 yrs/6–12 yrs**

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<tr>
<th>LEVEL 1</th>
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<tr>
<td>Water Acclimation</td>
<td>Water Movement</td>
<td>Water Stamina</td>
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<tr>
<td>**INDIAN VALLEY</td>
<td>6–12 YRS**</td>
<td>**LANSDALE AREA</td>
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<td>Mon 6:15–7:00 pm</td>
<td>Tue 4:15–5:00 pm</td>
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| Sat 11:20 am–12:05 pm | | | | | 10:40–11:25 am

**YMCA Swim Lessons**

**Stroke Introduction**

**Stroke Development**

**Stroke Mechanics**

**4 | STROKE INTRODUCTION**

Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke).

**5 | STROKE DEVELOPMENT**

(Approval required for ages 3–5) Designed to start refining freestyle and backstroke and introduce breaststroke and butterfly.

**6 | STROKE MECHANICS**

(Approval required for ages 3–5) This level further refines stroke technique on all major competitive strokes and begins to teach flip turns as well as expecting students to swim longer distances.

### SWIM SCHEDULES

- **INDIAN VALLEY | 3–5 YRS**
  - Level 4 Stroke Introduction
    - Wed 5:45–6:15 pm
    - Thu 10:00–10:30 am
    - Sat 9:35–10:05 am

- **LANSDALE AREA | 3–5 YRS**
  - Level 4 Stroke Introduction
    - Mon 6:00–6:30 pm
    - Wed 5:30–6:00 pm
    - Sat 10:10–10:40 am
    - Sat 11:55–12:25 pm

- **LANSDALE AREA | 6–12 YRS**
  - Level 4 Stroke Introduction
    - Tue 5:30–6:15 pm
    - Thu 6:15–7:00 pm
    - Sat 9:50–10:35 am
    - Sat 11:30–12:15 pm

- **INDIAN VALLEY | 6–12 YRS**
  - Level 4 Stroke Introduction
    - Mon 6:15–7:00 pm
    - Wed 6:15–7:00 pm
    - Wed 6:15–7:00 pm
    - Sat 11:20 am–12:05 pm
    - Sat 11:20 am–12:05 pm
PORPOISE CLUB | 12 YRS+
Get ready to learn lifeguard skills, pool safety, rules and swim instruction. Swimming skills will be tested.
Must have four or more students enrolled.
**LANSDALE** Sat 11:40 am-12:25 pm
Full member $50 | Program Member $100

STROKE & TURN | 8–14 YRS
Competitive style swim instruction focusing on individualized stroke mechanics, flip turn improvement and overall improved swimming proficiency.
**INDIAN VALLEY** Sun 12:30–1:30 pm
Full Member $100 | Program Member $180

INDIAN VALLEY SCUBA DIVING | 10 YRS+
Earn your IVS-Exclusive PADI Open Water +Plus! certification. Classes start monthly; dives are local or on our signature trips to the Florida Keys! Every student receives FREE personal gear. Details: Indian Valley Scuba 215-256-6000 or visit us on the web www.indianvalleyscuba.com.
**INDIAN VALLEY** Thu 6:30–10:00 pm

LIFEGUARD – AMERICAN RED CROSS CERTIFICATION
Pre-requisites: Must be 15 years old and able to swim 300 yards non-stop, complete a surface dive and tread water for 2 minutes. Fee includes American Red Cross CPR and Lifeguarding textbooks, CPR mask and CPR and Lifeguarding certification cards. Must attend all four classes.
**INDIAN VALLEY**
Sun 8:00 am–3:00 pm Apr 28, May 5, 12, 19
Member $300 | Community $325
**RECERTIFICATION CLASS**
9:00 am–3:00 pm May 5
Cost $150

LANSDALE LIFEGUARD CLASS | NEW BLENDED LEARNING STRUCTURE
2 CLASS OFFERINGS
Sat 12:00–6:00 pm May 4, 11, 18, 25
Sat 12:00–6:00 pm Jun 1, 8, 15, 22
Member $300 | Community $325
**RECERTIFICATION CLASS | NEW BLENDED LEARNING STRUCTURE**
2 CLASS OFFERINGS
Sat 12:00–6:00 pm May 18, 25
Sat 12:00–6:00 pm Jun 15, 22
Cost $150

CAPTAIN RON’S SCUBA DIVING
“Big enough to serve you, small enough to know you!” Specializing in scuba diving education! Padi IDC Staff Instructor. Contact Ronald Boice at 610-277-3973 or visit us on the web at www.captronsdiving.com.
**LANSDALE**

WATER SAFETY CLASSES | MAY 10 & MAY 21
According To the CDC, “About ten people die per day due to drowning, and of that, one in five of them are children 14 and younger.” Teaching children how to be safe around water is not a luxury; it is a necessity. While it is proven that swim lessons greatly reduce the risk of drowning there are other factors. The Y is committed to aquatic safety and drowning prevention. As summer approaches getting families involved in water safety clinics is a valuable refresher on topics that can help save lives.
**LANSDALE** 6:15–7:00 pm | Grades 1–3
7:00–7:45 pm | Grades 4–7
Full Member Family $5 | Program Member Family $10

SUMMER SWIM TEAM
**LANSDALE**
MAY 28–JULY 25
» Practices on Mon, Tue and Thu 5:00–7:00 pm
» No Try Outs required for summer team
» Invitational meets will be offered
Full member $165 | Program Member $225

SPRING TUNE-UPS
SESSION I APR 1–24 | Mon/Wed Option
5:00–6:00 pm | Advanced
6:00–7:00 pm | Beginners/Intermediate
SESSION I APR 2–25 | Tue/Thu Option
5:00–6:00 pm | Advanced
6:00–7:00 pm | Beginners/Intermediate
SESSION II APR 29–MAY 22 | Mon/Wed Option
5:00–6:00 pm | Advanced
6:00–7:00 pm | Beginners/Intermediate
SESSION II APR 30–MAY 23 | Tue/Thu Option
5:00–6:00 pm | Advanced
6:00–7:00 pm | Beginners/Intermediate
Full Member $110 | Program Member $145 | Gators $75

2019–2020 SEASON
All new to the Gators MUST attend one try out in order to determine eligibility for the team.
**TRY-OUTS:**
Aug 15 – 5–7 pm | Sep 7 – 1–3 pm | Sep 12 – 5–7 pm
OPEN HOUSE | AUG 22 6:00–7:30 PM
Meet the coaches and ask any questions you may have about our program. Check out our website: www.npygators.org or email us with any questions: npswimteam@northpennymca.org.
ADULT AQUATICS

CLASSES FREE TO FULL MEMBERS

AEROBICS – AQUA
Challenge your cardiovascular system with some fluid energy while experiencing a fun blend of muscle endurance and core conditioning. Swimming ability is not required.

INDIAN VALLEY Mon 7:15-8:00 pm
Full Member N/C | Program Member $34

LANSDALE Mon/Wed 7:15-8:00 pm
Full Member N/C | Program Member $62

AEROBICS – DEEP WATER
Deep water exercise class focusing on abs, thighs and buttocks. A great way to tone your body in warm water. Swim belts are provided.

INDIAN VALLEY Wed 7:15-8:00 pm
Full Member N/C | Program Member $34
Tue/Thu 10:40-11:25 am
Full Member N/C | Program Member $62

LANSDALE Mon/Wed 7:15-8:00 pm
Tue/Thu 8:15-9:00 am
Full Member N/C | Program Member $62

LANSDALE Mon/Wed/Fri 8:15-8:55 am
Mon/Wed/Fri 12:30-1:15 pm
Full Member N/C | Program Member $79

ARTHRITIS STRESS FREE – AQUATIC
Recommended for people with arthritis, limited movement or high stress levels.

LANSDALE Tue/Thu 11:30 am-12:15 pm
Full Member N/C | Program Member $62

BOGAYOGA
Just like the ebb and flow of the water, this practice builds gradually and then returns you to a sense of calm. Flare of yoga incorporated to build strength and conditioning. You’ll flow gradually into more challenging postures, utilizing your breath, with the option to modify if necessary. Take your yoga practice to a new level of intention while moving with the water. Class is being held on the dates/times below. Attend one or all of these classes:

INDIAN VALLEY Wed May 1 & Jun 5 | 9:45-10:30 am
Thu May 2 & Jun 6 | 6:00-6:45 am
Full Member $10/class | Program Member $15/class

LOW IMPACT HYDRO
Stretch and hold, increasing your ability to balance and gain core strength while listening to soothing music.

LANSDALE Mon 9:00-9:45 am
Full Member N/C | Program Member $34

HIGH IMPACT AEROBICS
Choreographed shallow water workout for cardio and toning. Includes use of barbells and your own resistance.

LANSDALE Wed 10:30-11:15 am
Full Member N/C | Program Member $34

HYDROTRIM
Cardiovascular fitness water aerobic class that tones, tightens and trims your body. Includes the use of barbells and noodles to enhance your total body workout. Swimming ability is not required.

LANSDALE Fri 10:45-11:30 am
INDIAN VALLEY Mon/Wed/Fri 9:00-9:45 am
Full Member N/C | Program Member $79

HYDRO POWER
Aqua aerobic class with high energy and intensity.

LANSDALE Wed 9:00-9:45 am
Fri 9:00-9:45 am
Full Member N/C | Program Member $34

INTERVAL DEPTH CLASS
Combining deep and shallow exercise.

INDIAN VALLEY Mon/Wed/Fri 5:30-6:15 am
Full Member N/C | Program Member $79

STEP UP HYDRO NOODLE WITH A TWIST
Creative cardio workout which includes toning and core concepts, all with a pool noodle and a twist.

INDIAN VALLEY Tue/Thu 8:45-9:30 am
Tue/Thu 1:00-1:45 pm
Full Member N/C | Program Member $62

WATER WALKERS
Walk and have a full body massage with every step, all while making your body stronger and more flexible.

INDIAN VALLEY Mon/Wed 3:30-4:15 pm
Tue/Thu 10:40-11:25 am
Full Member N/C | Program Member $62

LANSDALE Mon/Tue 9:45-10:30 am
Thu 9:15-10:00 am
Full Member N/C | Program Member $79
DIABETES PREVENTION PROGRAM

Did you know that one-third of all adults in America are at risk for developing diabetes? The North Penn YMCA is ready to help change those statistics. Call now for information on the ongoing class at Indian Valley. We are accepting new participants for our June launch at the Lansdale Area Branch. The Y’s Diabetes Prevention Program (DPP) helps pre-diabetics reduce their risk for type-2 diabetes through lifestyle changes that include healthy eating and physical activity. Anyone age 18 and over with a diagnosis of pre-diabetes is eligible for this year-long program with approval from their physician. DPP is a nationally recognized program, originated by the CDC. More details are available at the Membership Desk of either the Lansdale or Indian Valley branches. Or contact Alicia Fergus at Indian Valley at 215-723-3569, ext. 115 or aliciaf@northpennymca.org. Contact Bruce Bach at Lansdale at 215-368-1601 ext. 216 or bruceb@NorthPennYMCA.org.

HOW DOES THE CANCER SURVIVOR PROGRAM WORK?

LIVESTRONG at the YMCA focuses on you – the whole person – not the disease. The FREE, 12-week program meets twice a week for 90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. You’ll focus on:

» Building muscle mass and strength
» Increasing flexibility and endurance
» Improving confidence and self-esteem

Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program ends.

Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community – a safe, comfortable place for you to build companionship with others affected by cancer and share stories and inspiration.

To learn more, contact Alicia Fergus at 215-723-3569, ext 115 or aliciaf@northpennymca.org.

WELLNESS BINGO APRIL 22–MAY 12

INDIAN VALLEY & LANSDALE

Wellness BINGO is a 3 week challenge to engage everyone in daily healthy activities. Participants will track their healthy activities on a BINGO card by crossing out squares for each activity completed. Prizes given to the first 5 BINGO’s. BINGO cards are available at Membership. Prizes include Y swag. Contact Bruce Bach at 215-368-1601 ext. 216 or bruceb@NorthPennYMCA.org. Full Member $5

www.NorthPennYMCA.org
PERSONAL TRAINING
Available for individuals who would like one-on-one sessions with our instructors at our Indian Valley and Lansdale Area branches. Trainers workout with you and answer any questions you might have concerning your program. Your sessions include body fat testing, personal exercise program, fitness testing and large amounts of motivation.

TRAINING PACKAGES

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<tr>
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<td>12 Sessions</td>
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PARTNER TRAINING (2 PEOPLE)
Available in 60 minute sessions for the same rates as personal training. See above for package pricing.

GROUP TRAINING (3–6 PEOPLE)
4 sessions $300 / $12.50/hr/person

FITNESS ASSESSMENT | 14 YRS+
Polar Body Age Fitness Assessment system discovers your TRUE Body Age in a private room. Your personal evaluator will assess your body composition, cardiovascular fitness, muscular endurance/strength and flexibility to reveal your age and give you suggestions for improvement. Our personal training staff will design your program based on the results of this assessment and your goals. Follow-up assessments within a year are $15.

LANSDALE/INDIAN VALLEY by appointment
Full Member N/C for first assessment | Program Member $15

ONE-ON-ONE BOXING
Get fit with our certified boxing coach, Phil Chebook. Whether you have been in the ring, want to get in the ring or just want to mix up your fitness routine, let Phil’s 30 years of experience take your training to the next level. One hour sessions. Contact the Group Exercise Department for more information: 215-368-1601, ext 246.

LANSDALE  By Appointment
Full Member | 4 sessions $120

PERSONAL TRAINING

TEEN SMALL GROUP TRAINING | 12 YRS+
For those looking for a strength, speed and agility training class to help prepare for upcoming spring sports this class is for you. Small group setting will provide tailored workouts to meet the group’s needs. Your trainer will utilize kettle bells, medicine balls, and body weight exercises to focus on core training and improving functionality. 6 person maximum to ensure personal attention.

LANSDALE  Mon 7:15-8:15 pm
            Sat 9:00-9:45 am
Full Member $48 | Program Member $65

TRX SUSPENSION TRAINING
Learn the foundations and principles of resistance training. Increase strength, improve core, balance and stability. Use of battle ropes, medicine balls, kettlebells, and more are incorporated during this workout.

LANSDALE  Wed 6:30-7:15 pm
            Thu 8:30-9:15 am
Full Member $50 | Drop-In $10/class

BOXING | 16 YRS+
Class that encompasses the technical aspects of boxing with core strengthening exercises. Develops footwork, conditioning and endurance. Learn boxing skills such as correct form in throwing jabs, hooks and uppercuts, how to work with pads, the speed bag and heavy bag techniques, all while working at an intense pace. Push yourself to the limit and find the champion within you! All fitness levels. Hand wraps are provided, but you must bring your own gloves.

LANSDALE  Tue 5:30-6:30 pm
            Fri 5:30-6:30 pm
            Sat 11:00 am-12:00 pm
FULL MEMBERS ONLY:
Drop-In $5 | Full Session $35

TRX BOXING FUSION
SMALL GROUP TRAINING
Combine TRX resistance training with boxing for a great circuit training experience. The use of TRX bands, boxing mitts, kettlebells and boxing bags make up this amazing combo class. Registration is required. Class is limited to eight members.

LANSDALE  Mon 6:15-7:00 pm
Full Member $50 | Drop-In $10/class

WOMEN’S WEIGHT TRAINING | NEW!
Tired of coming to the gym and only doing cardio? Interested in learning how to incorporate free weights and other weight training methods into your workouts? Then this is the class for you. Learn how to incorporate these weight training techniques into your workout in a small group setting.

LANSDALE  Wed 6:00-6:45 pm
Full Member $50

Personal Training in Water
See page 25
SMART START PROGRAM
Through this FREE program, our coaches will educate you on the equipment and create a customized workout to help you achieve your goals. Complete all three SmartStart sessions with your coach and get a 30 minute personal training session. Register by speaking with a wellness coach or visit the membership desk.

THERAPEUTIC TRAINING
One-on-one sessions are available with Alicia Fergus, Licensed Physical Therapist, for those individuals with a recent injury or surgery, chronic conditions or for those who are wheelchair bound. This is helpful if you’ve recently finished a rehab program and want to begin a fitness program while incorporating your rehab exercises. Call our Indian Valley Wellness Center at 215-723-3569, ext 119.

ORGANIZATIONAL FITNESS
If your church, company or organization is interested in group wellness at your site, we will come to you. We will tailor the program to fit your needs. We will host one event or an ongoing exercise program lead by one of our certified instructors such as yoga, Zumba, boot camp or a mixture of our most popular classes. Improve the health of your staff or members convenient to your location. Call 215-723-3569, ext 119 at Indian Valley. Call Bruce Bach, 215-368-1601, ext 216 at Lansdale.

PARRY PHYSICAL THERAPY GROUP
Parry Physical Therapy Group is a privately owned physical therapy practice with offices in Harleysville, Quakertown and Lansdale. They provide rehabilitation services for orthopedic, sports, work and auto-related injuries. They specialize in treating arthritis, degenerative joint disease of the spine and extremities and pre- and post-joint replacement. Each of their staff holds either a Doctor or Master of physical therapy degree. They provide aquatic therapy, manual therapy, therapeutic exercise, spine manipulation, lymphedema massage, fitness training, ergonomic assessment, work site evaluation, functional capacity exams and isokinetic exams. Free musculoskeletal evaluations are offered to all YMCA members. Come see how Parry PT Group can help you! Call 215-538-1999 or visit them on the web at www.parryptgroup.com.

FITNESS ON DEMAND/CONSULTATIONS
ADULT ARTS, CRAFTS, DANCE

ADULT AND ADVANCED SEWING
It's easier than most people think, when you have directions along with progressive sewing lessons. If you can tie your shoes, write your name and read second-grade level books, you can learn to sew! Sewing is a life skill. Weekly lessons will teach how to construct a garment following directions. Cost of material not included in class fee.

LANSDALE  Wed 8:20-9:20 pm  Fri 5:30-6:30 pm

NEEDLE CRAFTS | ADULT
We include almost any of the hand crafts such as knitting, crocheting, counted or stamped cross stitch, plastic canvas, needlepoint, smocking and more. Please come the first night with supplies for your chosen craft.

LANSDALE  Mon 7:00-8:00 pm Adult & Teen
Full Member $17  |  Program Member $34

NEEDLE NUTS
Needle Nuts is a time for experienced needle crafters, guys and gals, who just want a place to gather with like-minded individuals for an hour or so per week to get inspiration and enjoy an appreciative audience. No actual instruction will be given, but you can always ask for advice or skill refresher.

LANSDALE  Mon 7:30-8:30 pm
Full Member $17  |  Program Member $34

MARLYN ABRAMSON’S NEW DANCE WORKSHOP
INDIAN VALLEY DANCE STUDIO
8 week session $120  |  Under the direction of Marlyn Abramson, the instructional staff is university trained in dance and have either their BFA or MFA degrees. The faculty is committed to providing an experience that promotes individual success through a curriculum which emphasizes discipline and patience in a caring and nurturing environment. “We believe that fantastic things can happen to those that study dance. Improved coordination, posture, and self-confidence are among some of the benefits. Our student-centered approach to the art of dance fosters creativity and self-expression.” Our program is inclusive for the community, not just YMCA members. To register for these classes, please visit https://dancestudio-pro.com/online/harleysville.

ADULT TAP | BEG/INT | 16 YRS+
All tap skills are introduced to build a solid foundation and basic level of technique.
Mon 8:30-9:30 pm

SEWING AND QUILTING | ADULT
Brush up on skills learned long ago, hang out to get inspiration or learn from the very beginning. We will teach anyone, 8-years or over, to do basic sewing tasks on the way to creating useful and unique items. Cost of materials not included in class fee.

LANSDALE  Thu 6:00-7:00 pm Beg Sewing
Thur 7:00-8:00 pm Adult and Adv Sewing
Full Member $45  |  Program Member $90

SWING DANCE LESSONS
In conjunction with Swingkat try your hand at Swing Dancing with Faryl Codispoti. Please contact Faryl at 610-348-6727 or Faryl@swingkat.com to register.

LANSDALE  Tue 8:30-9:30 pm

ADULT SPORTS

BADMINTON | 16 YRS+
Join us for a fun game of badminton. Everyone is required to register due to space limitations. Lansdale Offsite Location: Central Community Center at Central Schwenkfelder Church, 2067 Steelman Rd, Lansdale.

INDIAN VALLEY  Sun 5:00-6:30 pm  Full Member N/C  |  Program Member $57

LANSDALE  Tue 7:00-9:30 pm Central Comm Ctr  Fri 5:30-7:30 pm Central Comm Ctr
Full Member $29  |  Program Member $57

BADMINTON FAMILY | 7 YRS+
Bring the family for a fun night of badminton. Adults and youth are required to register on an individual basis due to space limitations.

INDIAN VALLEY  Sat 5:45-7:45 pm  Full Member N/C  |  Program Member $57

BASKETBALL ADULT PICK-UP | 35 YRS+
Enjoy exercise and fun. Games are recreational and designed to provide exercise and a good time. Running is required for this program. Registration required.

INDIAN VALLEY  Thu 8:15-9:45 pm  Sat 7:00-8:50 am Gym A/B
LANSDALE  Thu 7:00-9:30 pm Central Comm Ctr
Full Member $29  |  Program Member $57

HOCKEY | 16 YRS+
Play floor hockey in the gym. Teams chosen each week and competitive pick up games are played. Plastic blade sticks only! Pre-registration required. Please no checking. Protective gear required.

INDIAN VALLEY  Mon 12:00-1:00 pm  Tue 12:00-1:00 pm  Wed 12:00-1:00 pm  Wed 8:15-9:50 pm  Thu 12:00-1:00 pm  Fri 12:00-1:00 pm
Full Member N/C  |  Program Member $57
**WHITE EAGLE MARTIAL ARTS**
Train your mind, body and spirit. New members welcome age 7 and up; we encourage families to train together! Check out our website at www.whiteeaglema.com or call White Eagle Martial Arts at 267-642-1101. Try us FREE for one month!

**INDIAN VALLEY**
- Mon 7:00–8:30 pm
- Thu 7:30–8:30 pm
- Sat 8:00–9:25 am

**YMCA PICKLEBALL TOURNAMENT**
**SUNDAY, APRIL 28 | 9 AM**

**INDIAN VALLEY**
Calling all pickleball players! Our annual YMCA pickleball tournament, sponsored by our friends at Green Packaging, is open to YMCA members and their guests, ages 21 and over. Registration is limited to the first 32 participants. The "Luck of the Draw" format guarantees everyone several games and the top three winners (by points) will receive prizes. All proceeds will benefit sports programming.

Fee $15 per person | Ages 21 and over

**PICKLEBALL**
Learn the fastest growing sport for active older adults. Fun court game that is just the right speed for you! Learn to play doubles. All equipment provided at Indian Valley and Lansdale.

**INDIAN VALLEY**
- Mon 7:00–9:00 am Gym A/B
- Tue 1:00–3:00 pm Gym A
- Wed 7:00–9:00 am Gym A/B
- Thu 1:00–3:00 pm Gym A
- Fri 7:00–9:00 am Gym A/B

**LANSDALE**
- Mon 12:00–1:30 pm Meg Gym
- Wed 12:00–1:30 pm Meg Gym

Full Member N/C | Program Member $45

**RACQUETBALL LEAGUE | 16 YRS+**
Registration forms are available at our front desk or in our membership office. Dates and times to be determined by skill level.

**LANSDALE**
- Tue 5:30–7:30 pm
- Tue 7:30–9:30 pm
- Thu 5:30–7:30 pm
- Thu 7:30–9:30 pm

Full Member N/C | Program Member $57

**RACQUETBALL LESSONS**
Learn to play a fun, fast-paced game. It is also a great cardiovascular workout!

**LANSDALE**
- Mon 7:00–8:00 pm

Full Member $45 | Program Member $90

**RACQUETBALL PRIVATE LESSONS**
Do you want to learn how to play or just improve your skills in the fun and exciting game? One-half hour private lessons are now available. Various dates and times are available. Contact Christy Pope at 215-368-1601, ext 209.

**LANSDALE**

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<thead>
<tr>
<th>30 MIN</th>
<th>FULL MEMBER</th>
<th>PROGRAM MEM</th>
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<tr>
<td>1 Session</td>
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<td>4 Session</td>
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<tr>
<td>8 Sessions</td>
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**SOCcer ADULT | 16 YRS+**
Pick-up games. Drop-ins always welcome.

**INDIAN VALLEY**
- Tue 8:30–9:50 pm

Full Member N/C | Program Member $57

**TAE KWON DO ADULT | 13 YRS+**
Tae Kwon Do is the ancient Korean art of self-defense. Offers adults the opportunity to learn self-defense, self-confidence, self-discipline and to improve his/her power of concentration, physical strength and endurance.

**LANSDALE**
- Tue 7:00–8:00 pm Beg/Int
- Tue 8:00–9:00 pm Adv
- Thu 8:00–9:00 pm All Levels
- Fri 6:30 – 8:30 pm Black stripe & up

Full Member $45 | Program Member $90

**VOLLEYBALL ADULT | 15 YRS+**
Play competitive and recreational volleyball. For the advance player, teams are formed each night competing against one another looking for victory at all cost! Interested players are evaluated each night to ensure the safety of all our players. Not feeling so serious? Try recreational volleyball, meet new friends while playing on a more relaxed court!

**INDIAN VALLEY**
- Mon 9:00–10:50 pm | Gyms A&B

Full Member N/C | Program Member $57

**LANSDALE**
- Wed 8:30–11:00 pm | Meg Gym

Full Member N/C | Program Member $57
AOA – BEGINNER BALL CLASS
We focus on the basics of balance and core strengthening.
INDIAN VALLEY Fri 9:30–10:15 am
LANSDALE Tue 11:30–12:25 pm
Full Member N/C | Program Member $34

AOA CARD CLUB
Did you know that learning a new game is a great way to exercise your brain? Learning in a group is even more stimulating! So come join us to learn or re-learn some brain-stimulating games; Hassenpfeffer, cribbage, pinochle, etc. Contact Alicia Fergus at Indian Valley at ext 115 or Mary Levenberg at Lansdale ext 233.
INDIAN VALLEY Tue 3:00 pm A/B Room
LANSDALE Tue 12:30 pm
No fee | Program Membership/Senior Center Membership required

AOA CYCLING | NEW!
If you want a low-intensity workout due to arthritis or other physical or joint limitations, try this 45 minute cycle class. This is the same great format of a regular spin class with some simple modifications and at a slower pace.
LANSDALE Tue 10:30–11:15 am

AOA HEALTHY BODY TONING
Incorporates weights, balls, elastic bands and other equipment with cardiorespiratory fitness and core exercise to strengthen the entire body. Involves prolonged standing and some floor work. Ideal for ages 55+.
LANSDALE Mon 10:45–11:40 am
Tue 9:30 am–10:25 am
Wed 11:00–11:45 am
Thu 11:30 am–12:25 pm
Fri 10:45–11:40 am
Full Member N/C | Program Member $34 | Senior Ctr $34

AOA CIRCUIT TRAINING
Learn how to properly use the weight machine circuit in our Energy Zone. Training will incorporate how to safely use machines, including how to adjust machine settings, proper lifting techniques, and a personal fitness plan based on individual needs.
LANSDALE Mon 9:30–10:15 am
Full Member N/C | Program Member $40

AOA SATURDAY MORNING SERIALS
Get together with your peers to watch and remember serials from the good old days. Fifteen minute segments from Saturday morning greats like “The Phantom”, “The Adventures of Smilin’ Jack” and “Zorro” will be shown, followed by a group discussion and memory session. This is a great opportunity for socialization and nostalgia.
INDIAN VALLEY Tue 1:00 pm
No fee | Program Membership/Senior Center Membership required

AOA TRIVIA TIME/ZENTANGLES
Exercise your brain and tap into your creative side. Every other week we will have Trivia practice to help you stretch your brain cells, alternating with Zentangles, learning the art of meditative doodling. Trivia will help you get ready for our next Trivia Night competition and Zentangles will help you manage stress and create beautiful artwork. All are welcome. Contact Alicia Fergus at 215–723–3569, ext 115.
INDIAN VALLEY Thu 11:30–12:45 pm
No fee | Program Membership/Senior Center Membership required

AOA WALKING TO THE OLDIES
Join us for a half-hour walking workout to music of the 60’s, 70’s and 80’s. This is a safe alternative to walking outside since it is on the non-slip surface of the track and it is led by a wellness instructor.
INDIAN VALLEY Tue/Thu 8:15 am Gym Track
Full Member N/C | Program Member $50

AOA YOGA
Introduction to gentle yoga combining slow controlled stretches with deep conscious breathing. Join us and ease your way into fitness.
LANSDALE Mon 11:45–12:40 pm
Fri 11:45–12:40 pm
Full Member N/C | Program Member $34

BEADING WORKSHOPS | 16 YRS +
Come refine your skills and learn new ones at our beading workshops every Thursday. Work on your own projects or work on the project the group is making.
INDIAN VALLEY Thu 1:00–3:45 pm | Intergenerational Room
No fee | Program Membership/Senior Center Membership required

SILVERSNEAKERS BOOM
A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.
INDIAN VALLEY Tue 12:00–12:30 pm Dance Studio
Thu 12:00–12:30 pm Dance Studio
LANSDALE Wed 10:30–11:00 am
Full Member N/C | Program Member $34
SILVERSNEAKERS CARDIO
Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball is alternated with nonimpact aerobic choreography. A chair is offered for support, head to toe stretching and complete relaxation.

INDIAN VALLEY  Mon 3:30-4:15 pm  Wed 3:30-4:15 pm
Full Member N/C  Program Member $34

SILVERSNEAKERS CLASSIC
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and SilverSneaker balls are offered for resistance. A chair is available for support.

INDIAN VALLEY  Mon 11:30-12:15 pm  Wed 11:30-12:15 pm  Fri 11:30-12:15 pm
LANSDALE Tue 11:30 am-12:15 pm  Thu 9:30-10:15 am  Thu 10:45-11:30 am
Full Member N/C  Program Member $34

SILVERSNEAKERS YOGA
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

INDIAN VALLEY  Mon 12:15-1:00 pm  Wed 12:15-1:00 pm
LANSDALE Wed 11:15-12:00 pm
Full Member N/C  Program Member $34

ACTIVE OLDER ADULT EVENTS
For more information on any AOA events, contact: Alicia Fergus, Indian Valley at 215-723-3569, ext. 115 or Mary Levenberg, Lansdale at 215 368-1601, ext. 233

AOA RESTAURANT REVIEW
Join our older adult group every month as they visit a different local restaurant for lunch. Meet new people, try different foods and share your reviews.

INDIAN VALLEY  Tue Apr 16 12:30 pm | Butcher and Barkeep
Tue May 21 12:30 pm | Stove & Tap

LANSDALE  Mon Apr 29 12:00 pm | Iron Hill Brewery
Fri May 31 4:00 pm | Pancheros

Thu Apr 18 9:30 am
MEDICATION SAFETY PRESENTATION
INDIAN VALLEY
Please join us for a Medication Safety Presentation provided by the Montgomery County Department of Health and Human Services and the Office of Aging & Adult Services Office of Drug & Alcohol. The presentation will provide you with information on how to safely use prescriptions, the dangers of misusing opioid prescriptions and most importantly proper storage and disposal of all prescription medicines. Light refreshments will be served and there will be a giveaway for those who register. This is important information every active older adult should have. Contact Alicia Fergus at ext. 115 with questions.

Thu May 2 9:30 am | Free Seminar
SKIN CANCER AWARENESS
INDIAN VALLEY
May is National Skin Cancer Awareness month. It’s a time to learn how to keep yourself and your family skin-safe during the hot summer months. Join us for an informative presentation by Emilie Dumbach, Community Health Educator from the Montgomery County Department of Health and Human Services. Topics will include: what is skin cancer, what is melanoma, the risk factors for skin cancer, the ABCDE’s of moles and how to prevent and protect yourself from skin cancer. Sign up at the AOA bulletin board. Contact Alicia Fergus at ext. 115 with questions.

Thu May 9 11:00 am
MOTHER’S DAY / FATHER’S DAY TEA & FASHION SHOW
LANSDALE
Held in the Meg Gym | Enjoy a variety of delicate tea sandwiches, desserts and tea while viewing local fashion. Take a chance on the 50/50 and raffle baskets while enjoying the entertainment. $10 per person plus a dessert to share. Sign up at membership by May 3. For more information contact Mary Levenberg at 215-368-1601 ext 233 or maryl@NorthPennYMCA.org.

AOA ADVISORY COMMITTEE
INDIAN VALLEY  Wed May 31, 1:00 pm  Wed Jun 6, 1:00 pm
LANSDALE Tue May 7, 8:30 am  Tue Jun 4, 8:30 am

Active Older Adults are members 50 years and older at our North Penn YMCA. Our Lansdale Area and Indian Valley branches each have Advisory Committees that meet monthly to plan events, fundraisers, programs and trips for our older adults. We are always looking for new members to join us.
Spring II - April 22-June 16, 2019

“A MATTER OF BALANCE”: FALL PREVENTION PROGRAM
PETER BECKER COMMUNITY WELLNESS STUDIO AT MAPLEWOOD APARTMENTS
Join us for an 8-week program for older adults that addresses concerns about falling. We’ll discuss the major factors in fall prevention and what you can do to identify your individual issues. We will also suggest changes you can make to keep yourself safe. And we’ll learn a few simple exercises to help keep you strong and moving. This program is sponsored by the Montgomery County Department of Health and Human Services and the Indian Valley Family YMCA and hosted by the Peter Becker Community. Registration is limited, so register early. Advance registration is required.

Thu May 16 | 1:30–4:15 pm
CARFIT
LANSDALE
CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road. For more information contact Mary Levenberg at 215-368-1601 ext. 233.

CELEBRATE NATIONAL SENIOR FITNESS DAY!

Thu May 29 | 11:30 am
INDIAN VALLEY
This annual celebration of fitness for older adults occurs nationwide with over 100,000 people at more than 1,000 locations will participate in events with the common goal of promoting health and fitness for mature adults. The Indian Valley Family YMCA will celebrate National Senior Fitness Day with a fitness walk in the park at Franconia Park followed by a picnic lunch. The fee includes a picnic lunch provided by Generations of Indian Valley with drinks and dessert, provided by the Peter Becker Community and Arbour Square. Register at the Membership Desk at the Y. Contact Alicia Fergus at 215 723-3569, ext. 115 for details. $6 per person

Thu May 16 | 9:00–12:00 pm
LANSDALE
Check out the more than 30 vendors, have your blood pressure checked, bring any nutrition questions you might have and get the answers. Enjoy snacks, giveaways and much more. This event is open to everyone. Contact Mary Levenberg at 215-368-1601 ext 233 or maryl@NorthPennYMCA.org
GROUP EXERCISE CLASSES INCLUDED WITH FULL MEMBERSHIP
8 week sessions for 16 yrs+. Classes open to 13 yrs and up include: Bodyshaping, Butts 'N Guts, Gentle Yoga, Fitness Level I Yoga and Pilates. Participants, 13–16 yrs old along with a parent or guardian, must complete and sign our class regulations found at our membership desks and in all group exercise rooms.

All Levels: Basic to intermediate exercises and cardiovascular exercises taught.

Intermediate/Advanced: For those exercising on a regular basis/may include choreographed routines.

Advanced: Includes high levels of cardiovascular and/or strength training, recommended for athletes, members looking to take their fitness goals to the next level.

Program members pay $43 per program for each session, unless a different fee is noted.

20/20/20 – ALL LEVELS
A combination of 20 minutes body shaping, 20 minutes step aerobics and 20 minutes of abs.

BARRE – ALL LEVELS
A full body workout that combines the best fitness elements of ballet, Pilates, and functional sports conditioning to sculpt, strengthen, and tone muscles and increase flexibility.

Ballet Barre Burn (BBB) | ALL LEVELS | 13 YRS+
Challenge your core, flexibility and endurance while doing ballet movements in a fitness format. Strengthen, lengthen and tone for a total body workout while using a barre for support. No prior dance experience needed. Workout in socks or bare feet.

Bodyshaping – ALL LEVELS | 13 YRS+
Designed to tone and strengthen every muscle in your body using a variety of playground tools.

BOOT CAMP
Designed for MAXIMUM calorie burn in the shortest amount of time. Combines strength, cardio, muscle endurance, flexibility and core. Get fit; get healthy. Challenge your mind, your body and make fitness fun.

Butts 'N Guts – ALL LEVELS | 13 YRS+
A core workout designed for the lower body to tighten abs and strengthen the back.

Cardio Blast – INT/ADV
A high/low choreographed aerobic class with varying intensities.

Cardio Core
A high/low aerobic class that targets core muscles while introducing unique variations of familiar moves.

Cardio Interval – INT/ADV
Combines cardiovascular workout with intervals of strength exercises. Weights, stability balls and/or bosu may be used.

Cardio Kickboxing
Sculpt muscles and blast fat. Innovative variations of jabs, power punches and fitness blended together with aerobics.

De-Stress/Guided Meditation
Start your journey to a calmer mind by enjoying 30 minutes of quiet refreshing moments. A guided meditation from sound to silence. Result: a refreshed you with a better focus.

Fast ‘N Furious – INT/ADV
A boot camp style class that includes high energy cardio intervals mixed with strength training exercises.

Fitness Yoga – ALL LEVELS | 13 YRS+
Release stress, increase flexibility and build strength while moving at a steady pace through yoga postures.

Floor, Core & More – ALL LEVELS | 13 YRS+
Exercises that help you strengthen and tone the abdominals, back, hips and glutes while teaching appropriate stretches to increase flexibility.

Gentle Yoga
Softer, slow paced, relaxing yoga practice. Range of motion and flexibility stretches along with meditation and breath practices. May help individuals with back pain, arthritis and other musculo-skeletal issues.

Glutes, Guns N Guts
Shape muscles throughout the body with strength work.

Grid Cardio/Strength Class
Weekly rotation of GRIT Cardio and GRIT Strength (see pg 43 for descriptions).

Indoor Cycling – ALL LEVELS
Awesome music and great instructors set the pace for this aerobic workout on stationary bikes. Climb hills, sprint, race and more in a group setting – fun and challenging for all.

H.I.I.T. – ADV (HIGH INTENSITY INTERVAL TRAINING)
Proven to be one of the most effective ways to burn fat and increase strength and cardio respiratory fitness. H.I.I.T. is the training principle behind popular workouts like Insanity, P90X and Les Mills™ GRIT™. Go through varied exercises to burn fat, increase strength, endurance, speed and agility fast. All the intensity in half the time. Followed by 15 mins of Core Training.
JUMP ROPE/FREESTYLE & SPORTS | 7 YRS+
Learn jump rope techniques and safe progressions that will improve athletic conditioning and sports performance. Taught by John Spratt, certified through Buddy Lee’s Jump Rope program.

KETTLEBELL BOOT CAMP – INT/ADV
Burn fat, build core strength, add definition, lean muscle and increase agility. Build phenomenal cardio fitness and send your energy level through the roof!

LINE DANCING
Choreographed to a variety of music with repeating series of steps that are performed in unison. Learn fancy footwork while challenging your mind to memorize these fun sequences. High energy, low impact, calorie burning class.

PILATES – ALL LEVELS | 13 YRS+
Strengthen and lengthen your entire body with the main focus being on the “core” of the body (abs and back). Stability ball and Pilates rings may be used.

POP PILATES
Pilates exercises, choreographed dance and the energy of music results in an intense workout that is FUN and effective. Develop a rock solid core in this challenging workout. Total body, equipment-free work out that sculpts a body like nothing else can. Every exercise can be modified to fit YOUR personal needs. You’ll leave feeling sweaty, strong and ready to take on MORE.

POUND® | NEW!
Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out! The workout is easily modified and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

PURE STRENGTH
Work your muscles in every way possible. Designed to build strength, add definition, increase your bone density and decrease your body fat by increasing your lean muscle.

STEP – ALL LEVELS
A step class designed to keep you constantly challenged and motivated.

SHOCK – ALL LEVELS
A mix of high and low intensity exercises designed to “shock” or jump-start your fitness training by changing up the workouts to keep the body guessing and to help avoid the plateau effect.

STROLLER FIT | NEW!
Bring your baby (and stroller) to this fat burning, muscle sculpting class that consists of a cardio and strength exercises while incorporating your child.

STRONG BY ZUMBA™
Challenging, high intensity total body interval training. Music used was crafted to drive the intensity in a challenging progression. Pushes you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you gain muscular endurance, tone, and definition.

TAI CHI
Developed by the Arthritis Foundation, calming low-impact easy to follow activity focusing on healing and rejuvenation. Helps improve balance and coordination, relieve stress and increase the flow of body energy.

TABATA TRAINING – ADV
Very intense form of interval training. Short bursts of cardiovascular drills combined with strength exercises. Great for athletes and those wanting a challenge!

YOGA
The first step to a healthy body is listening to it and learning how to release stress and tension. Achieve this by combining slow, controlled stretching with deep conscious breathing.

YOGA FITNESS – ALL LEVELS | 13 YRS+
Release stress, increase flexibility and build strength while moving at a steady pace through yoga postures.

YOGALATES – ALL LEVELS
Great combination of yoga and pilates to enhance muscle tone and flexibility.

ZUMBA – ALL LEVELS | 16 YRS+
A fusion of Latin and international music combining fast and slow rhythms that tone and sculpt the body.

ZUMBA® BURST
Easy to follow program designed to add a burst of fierce intensity and highly motivating moves in a shorter amount of time to get your metabolism moving.

ZUMBA GOLD – ALL LEVELS
Popular Latin-dance inspired workout makes it accessible for seniors, beginners or anyone needing modification. Build cardiovascular health while working the muscles of the hips, legs and arms.
Great music and passionate instructors inspire exhilarating workouts. Each class is choreographed to music. Please do not enter the class 5 minutes after scheduled start time for safety reasons.

**BODYCOMBAT™**
Empowering cardio workout where you are totally unleashed. Fiercely energetic program inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

**BODYFLOW™ - ALL LEVELS**
Yoga-based class that improves your mind, your body and your life. During BODYFLOW™, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

**BODYPUMP™ - ALL LEVELS**
The fastest way in the universe to get in shape! BodyPump™ is the most popular group fitness program. Revolutionary weight-training workout that strengthens, tones and defines every muscle in your body.

**GRIT™ CARDIO**
High-impact cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability. Explosive, 30-minute team training combines high impact body weight exercises and uses no equipment.

**GRIT™ STRENGTH**
High-intensity 30-minute interval training (HIIT) workout designed to improve strength and build lean muscle.

**RPM™ – INT/ADV**
Experience the ride of your life! RPM™ is a fun, athletic, cardiovascular cycling workout. Set to a jamming soundtrack RPM™ is known by devotees as “the rock concert on wheels”. Great for men and women of all fitness levels.

**ZUMBA TONING – ALL LEVELS**
We provide 1 and 2.5 lb sand filled toning sticks for a safe effective total body toning workout! No previous dance or Zumba class experience necessary.

**ZUMBA GOLD TONING**
We provide 1 and 2.5 lb sand filled toning sticks for a safe effective total body toning workout for our active older adults, seniors, beginners or anyone needing modification in their exercise routine.

**LES MILLS™ CLASSES | 15 YRS+**
Great music and passionate instructors inspire exhilarating workouts. Each class is choreographed to music. Please do not enter the class 5 minutes after scheduled start time for safety reasons.

**SPRINT™ – INT/ADV**
30-minute High-Intensity Interval Training (HITT) workout, using an indoor bike to achieve fast results. The Les Mills SPRINT™ workout drives your body to burn calories for hours.

**SPRINT & RPM ON DEMAND**
See website for scheduled classes

**LES MILLS™ PROGRAM MEMBER ALL ACCESS PASS**
One card that gives Program Members the freedom to take BODYPUMP™, BODYCOMBAT™, BODY FLOW™, GRIT CARDIO™, GRIT STRENGTH™ and RPM™ at Indian Valley or BODYPUMP™ at Lansdale for one low fee. Must present the pass at each class. Or register for one or two classes and pay the registration fee per class.

Cards available at the membership desk during the registration period. No pro-rating.

INDIAN VALLEY LANSDALE
Program Member $74 Program Member $54

**GET A BUDDY!**
Meet your goals, get an accountability partner! We are implementing a buddy system where you can pair up with another member of the IV YMCA to hold yourselves accountable and increase your chances of success. You can also pair up with a more seasoned member who will “show you the ropes” and attend a Group Ex class with you. Email Bridgette P. at bridgettep@NorthPennYMCA.org for more information.

**GET NUTRITION ADVICE!**
May 1 & June 5 | Visit with a Registered Nutritionist on the first Wednesday of each month in the lobby of the Indian Valley Family YMCA between the hours of 5–7 pm. Get free nutrition advice and healthy recipes to better meet your fitness goals! Email Bridgette P. at bridgettep@NorthPennYMCA.org for more information.

**GROUP EX FACEBOOK**
Join the group to check out clips from classes and stay up to date with all things Group Exercise. www.facebook.com/groups/ivgroupex
FAMILY ACTIVITIES | VENDORS | FOOD
SATURDAY, APRL 27 | 12 NOON–2 PM

All are welcome to celebrate how much fun fitness can be for kids! Join us for games, activities and demonstrations along with healthy food.

If you are interested in becoming a vendor, or would like more information on the event please contact Eric Troilo, ext 122 or erict@northpennymca.org at our Indian Valley branch or Christy Pope, christyp@northpennymca.org at our Lansdale branch.