



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY, HAPPY 2012

Winter Program Guide

LIONVILLE COMMUNITY YMCA • YMCA AT EAGLEVIEW

January 2 to February 26, 2012



REGISTRATION DATES: Full Privilege Members: 12/12/2011 | Program Members: 12/19/2011



FOR YOUTH DEVELOPMENT®
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WELCOME!

At the Y, we strengthen our community through Youth Development, Healthy Living and Social Responsibility. We bring friends and families closer together, encourage good health and foster connections through our program offerings, special events, group classes, child care and more. There truly is something for everyone at the Y.

OUR MISSION

To enrich our community by building a healthy Spirit, Mind and Body for all.

REGISTRATION DATES

Full Privilege Members 12/12/2011
Program Members 12/19/2011

SESSION DATES

January 2 to February 26, 2012

HOW TO SIGN UP FOR PROGRAMS

- All program participants must be YMCA full privilege or program members and may register for programs online, in person at the YMCA, or by phone.
- The YMCA accepts cash, check, Master Card, Visa, American Express, and Discover.
- This publication is divided by three program areas: Youth Development, Healthy Living and Social Responsibility. Programs or services are further subdivided by age, competency level or discipline.
- Most programs are available for online registration. A 5 digit program code is located next to the title of each program available on EZ to Enroll. If no code is listed, the program will require in-person registration.
- Programs such as sports leagues and drop-in classes may have alternative methods for registration. Please contact the Welcome Center if you have questions.
- Before signing up for classes online you'll need to set up an online account. If you are not already a full privilege member or a program member of the YMCA with an active membership card, you'll need to set up your online account at least 48 hours prior to the start of registration. It's easy. Just follow the directions under **First Time Users**.
- Get started Today! Log in to www.lionvilleymca.org/ez.

HOW TO CANCEL/CHANGE YOUR PROGRAMS

NEW CREDIT/REFUND POLICY - EFFECTIVE SEPTEMBER 1, 2011

All cancellations or program changes and credit/refund requests must take place at the Y branch in writing. A \$15.00 administrative fee may apply. View the complete policy on our website www.lionvilleymca.org.

YOUR FULL MEMBERSHIP INCLUDES:

- Complete use of three facilities: Lionville Community YMCA, YMCA at Eagleview and YMCA at Great Valley.
- Reduced rates on classes, camps and programs.
- Priority registration for programs.
- More than 130 group fitness classes per week - Please see our web page for a schedule of classes.
- Unlimited use of our state of the art fitness centers loaded with strength and cardio training equipment.
- Three fitness center orientations at no additional fee.
- One 30 Minute Personal Training Consultation at no additional fee (Please schedule at the Wellness Center).
- Year round use of our indoor pool and outdoor water park during the summer.
- Special events throughout the year.

PROGRAM MEMBERSHIP

If you only use the Y for registered programs, this is the option for you. Program members are not permitted to use the facilities beyond the programs they have purchased.

BECOME A MEMBER ONLINE

Go to www.lionvilleymca.org to complete our online membership application.

MEMBERSHIP MONTHLY RATES AND CATEGORIES

The Y offers a variety of membership categories based on age and family type: Youth, Young Adult, Adult, Family, Senior Adult, and Senior Family, which include our Lionville and Eagleview facilities plus the YMCA at Great Valley. Our Exclusively Eagleview membership is valid for Adult membership only.

MONTHLY MEMBERSHIP FEES

LIONVILLE COMMUNITY YMCA & EAGLEVIEW

| Category | Rate | Joiner Fee |
|---------------------|---------|------------|
| Youth (0-18) | \$31.00 | N/A |
| Young Adult (19-28) | \$44.00 | \$40.00 |
| Adult | \$63.50 | \$80.00 |
| Sr. Adult (65+)* | \$49.00 | \$50.00 |
| Family | \$99.00 | \$120.00 |
| Senior Family* | \$75.00 | \$50.00 |

EXCLUSIVELY EAGLEVIEW

| Category | Rate | Joiner Fee |
|----------|---------|------------|
| Adult* | \$39.00 | N/A |

YMCA AT GREAT VALLEY ONLY

| Category | Rate | Joiner Fee |
|------------------|---------|------------|
| Adult | \$39.00 | N/A |
| Sr. Adult (65+)* | \$31.00 | N/A |
| Youth (15 to 18) | \$25.00 | N/A |

*No joiner fee/#One-time fee.

Rates are subject to change.

JOINER FEES

New members and those whose membership lapses for more than 90 days are required to pay a joiner fee.

MEMBERSHIP CHANGES WELCOME

Members may upgrade or downgrade their membership with 5 or more days' notice prior to billing date; changes may result in program-fee adjustments. A \$40.00 change fee may apply. No refunds will be given for membership fees charged.

FINANCIAL ASSISTANCE

The YCARES Financial Assistance/Changing Lives Fund allows the Y to help children, families and adults in our community who need our programs and services the most. Last year the Y provided over \$144,000 in subsidies to our members for such programs as childcare, swim team, memberships, camp and more. Applications are available at the Welcome Center or at www.lionvillemca.org. **YOU CAN HELP.** If you'd like to make a tax-deductible contribution to our **Changing Lives** annual support campaign, please visit www.lionvillemca.org.

FREE SENIOR MEMBERSHIPS

We partner with the nationally-recognized Healthways SilverSneakers Fitness Program, which offers a free membership to those who qualify. For more information, please contact the Welcome Center. To see if you are eligible, please contact your health plan provider or visit www.silversneakers.com.

FREE 7TH GRADE MEMBERSHIPS

Valid for existing students September 1, 2011 - June 30, 2012. Stop by the Welcome Center with a parent and proof of 7th grade status (report card, class schedule, etc.). Complete a membership application and immediately enjoy all the YMCA has to offer. **Please note that refunds will not be issued for memberships already paid for youth who are eligible for Free 7th Grade Membership.**

GUESTS

Some members receive a number of guest passes per year included with their membership. Additional passes are available for a fee. Members must accompany their guests.

AWAY

When traveling, the AWAY (Always Welcome at YMCAs) insignia on your membership card entitles you to some privileges at participating YMCAs in other cities. For more information, call 800/872-9622 or visit www.ymca.net.

FACILITIES

Three Convenient Locations:

- **LIONVILLE COMMUNITY YMCA**
100 Devon Drive, Exton, PA 19341 • 610/363-9622
- **YMCA AT EAGLEVIEW**
699 Rice Boulevard, Exton, PA 19341 • 610/458-9090
- **YMCA AT GREAT VALLEY**
10-20 Liberty Boulevard, Malvern, PA 19355 • 610/644-6575

HOURS OF OPERATION

| | |
|--------------------------------|----------------------|
| Lionville and Eagleview | Great Valley |
| Mon-Fri 5:15 AM to 10 PM | Mon-Fri 5 AM to 9 PM |
| Sat 7 AM to 7 PM | Sat 7 AM to 6 PM |
| Sun 8 AM to 7 PM | Sun 8 AM to 4 PM |

HOLIDAY SCHEDULE

Saturday December 24, 2011*
Lionville Closes at Noon Eagleview Closes at Noon

Sunday December 25, 2011
Lionville Closed Eagleview Closed

Saturday December 31, 2011*
Lionville Closes at 5 PM Eagleview Closes at 5 PM

Sunday January 1, 2012
Lionville Open 10 AM -2 PM Eagleview Closed

***No youth classes, limited FlexFit schedule; check with our Welcome Center and website for scheduled activities**

BABYSITTING SERVICE

Babysitting is included with membership for full privilege Family members while using the facilities. Reservations are recommended. Call 610/363-9622, x2238 (LCY) and 610/458-9090, x2833 (EAG). Babysitting is limited to two hours per day, per child. This service is available to program members and full privilege Adult members for a fee. See www.lionvillemca.org for schedule.

POOL AND GYM HOURS

www.lionvillemca.org.

PARTIES & ROOM RENTAL S

Whether you have a birthday or a group that just wants to get together and have fun, we have the party space for you. For reservations and pricing, contact Michelle Kasker at 610/363-9622, x2251 or michelle.kasker@umly.org.

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FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

EDUCATION & LEADERSHIP

CHILD CARE

Trust your children to our award-winning programs for children ages 6 weeks through 5th grade.

FULL DAY CARE AT EAGLEVIEW

6 weeks to 5 years

NOW ACCEPTING STUDENTS - ENROLL TODAY

Parents voted us the **#1 CHILDCARE CENTER IN THE AREA!** Our state-licensed learning facility is conveniently located near corporate centers in the Exton/Downingtown area. Teachers incorporate exciting and enriching activities to stimulate little minds and bodies for life-long learning.

- **INFANT CARE** (6 weeks - 18 months)
- **TODDLER CARE** (18 months - 24 months)
- **FULL DAY PRESCHOOL** (2 years - 5 years)

For pricing information and a tour, please contact JoAnn Fravel at 610/458-9090, x2826 or joann.fravel@umly.org.

Monday-Friday 7:00 AM - 6:00 PM

SCHOOL AGE DAY CARE @ LCY

Kindergarten to 5th Grade

REGISTER NOW SPACE IS LIMITED

Need care before or after school? We've got you covered. The Y welcomes children from the following elementary schools: Lionville, Uwchlan Hills, Pickering Valley, Shamona Creek and Springton Manor. Our programs offer a flexible schedule, experienced, qualified staff and a DPW license. Each day we spend time on homework, sports, crafts and plenty of outdoors time. Care for participants who attend Shamona Creek, Uwchlan Hills, and Pickering Valley Elementary schools is located at Shamona Creek Elementary. Care for Springton Manor students is at Springton Manor.

For more information, please contact Pattie Lebresco, 610/363-9622, x2245 or pattie.lebresco@umly.org.

TEEN CLUB

10 to 14 years

This after school club for middle school students participates in educational, recreational and athletic activities under the supervision of our dedicated staff. With mandatory homework time and on-site tutoring Teen Club will help students stay on track academically. For more information, call Lindsey Kujawa at 610/363-9622, x2235 or lindsey.kujawa@umly.org.

Mon - Fri 2:45 PM - 6:00 PM

Please call for tuition options.

LCY PRESCHOOL

Our morning program promotes independence, curiosity and a love of learning for children ages 2 through Pre-K. Classes run from September to May. Register anytime if space is available.

Your preschool contact is Amy Baker, 610/363-9622, x2237 or amy.baker@umly.org.

ENROLL FOR THE 2012/2013 SCHOOL YEAR

- **Member Registration** Monday, January 9 @ 9:00 AM
- **Open Registration** Monday, January 23 @ 9:00 AM

TIME FOR TOTS

2 to 3 years (Born between 4-1-09 and 9-1-09)

Children develop gross motor skills and body awareness through activities including parachute games, action songs, circle time, and supervised play with gym equipment. Parents share the final 15 minutes.

WEE THREES

3 years (Born between 9-2-08 and 3-31-09)

This class is designed to help children develop social skills, confidence and a positive self-concept. In addition to age-appropriate learning experiences, activities include arts and crafts and fine and gross motor activities. Class meets twice weekly.

KINDERPALS

3 to 4 years (Born between 9-2-07 and 3-31-08)

This program is designed to help children develop coordination, confidence, social skills and fine and gross motor dexterity. Activities include arts and crafts, story time, songs and fingerplays, snacks and developmentally appropriate learning centers. Two or three days per week options available.

Y'S OWLS

4 to 5 years (Born between 9-1-06 and 9-1-07)

Prepare children approaching five years old for kindergarten. Program emphasizes fine and gross motor development, cognitive skills and language. Self-help and socialization skills are enhanced through art projects and learning center activities that include alphabet, language, science and math. Music experiences highlight the schedule. Class meets three or four times a week. Lunch Bunch available.

EXTENDED PRESCHOOL OPTIONS

LUNCH BUNCH

Pack a lunch and extend your child's day. Register one week in advance with the preschool office.

Monday-Friday 11:30 AM - 1:30 PM

Y'S OWLS ENRICHMENT

Extended day educational activities that include literature, music, science and cooking. For pricing and registration information, contact Amy Baker in the preschool office. Register one week in advance.

Wednesday 12:00 PM - 3:00 PM

ARTS & HUMANITIES

Art has a tremendous impact on society...the Y is making the arts come alive with enriching programs for young people.

Your Arts and Humanities contact is Lindsey Kujawa, 610/363-9622, x2235 or lindsey.kujawa@umly.org.

Full Member: \$47.00 Program Member: \$115.00

GIGGLE AND WIGGLE (07104)

2 to 3 years

Come dance, sing, tumble and laugh! Learn songs, read stories, participate in movement activities and creative arts. Get out all of your sillies and bring your smiles.

Monday 11:30 AM - 12:00 PM

Tuesday 9:50 AM - 10:20 AM

SNACKS AND CRAFTS (07105)

3 to 5 years

Food and fun! Kids will make their own snacks and then create a related art project! Please inform the instructor of any food allergies on the first day.

Tuesday 11:20 AM - 11:50 AM

Wednesday 11:45 AM - 12:15 PM

GLOBE TROTTIN' (07134)

3 to 7 years

Children will travel the globe and learn about a different country each week. We will do age appropriate crafts and activities that are native to each country and its culture.

Thursday 6:30 PM - 7:15 PM **5 to 7 years**

Friday 12:30 PM - 1:15 PM **3 to 5 years**

READY, SET AND GO (07137)

3 to 5 years

Art projects, songs and stories about transportation. Explore cars, trains, airplanes and much more!

Monday 12:30 PM - 1:00 PM

BRAIN BUSTERS

6 to 12 years

Think you have the knowledge to solve puzzles and games? Come join us and test that knowledge with different games, puzzles, cracking codes and solving mysteries.

6 to 9 years (03868)

Mon 6:00 PM - 6:45 PM

10 to 12 years (03869)

Wed 6:15 PM - 7:00 PM

Thu 6:15 PM - 7:00 PM

GREEN ART

3 to 8 years

Join us in learning how to make art out of recyclable materials. We will be making flower pots, leaf presses and other unique projects.

3 to 5 years (03384)

Fri 11:40 AM - 12:10 PM

Sat 10:00 AM - 10:30 AM

6 to 8 years (03387)

Tue 6:15 PM - 7:00 PM

Sat 10:45 AM - 11:30 AM

SEWING CLASS (03948)

8 to 12 years

Has your child expressed an interest in learning how to sew or learn how to use a sewing machine? In this class we will learn about different kinds of fabric, pattern making and using a sewing machine.

Tuesdays 4:30 PM - 5:30 PM

Full Member: \$63.00

Program Member: \$160.00

DRUM LESSONS (07139)

7 to 14 years

The basics of drumming are taught, including notes and rhythms. Please bring your own practice pad and sticks.

Sunday 10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

Full Member: \$63.00

Program Member: \$160.00

VIOLIN LESSONS (07135)

6 to 12 years

Interested in playing the violin? There is no better place than here at the Y. Learn basic to intermediate level skills of the violin. Please bring your own violin and we will provide the music.

Saturday 10:00 AM - 10:45 AM

11:00 AM - 11:45 AM

6 to 9 years

10 to 12 years

Full Member: \$63.00

Program Member: \$160.00

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

DANCE

The Dance program at LCY is presented by The Dance Center, official school of the Brandywine Ballet.

Your Dance contact is Donna L. Muzio, Artistic Director, 610/696-5023.

MONTHLY TUITION:

Full Member: \$39.50 Program Member: \$79.00

All registration fees are by bank draft.

PRESCHOOL BALLET/JAZZ (01303 AND 01307)

3 to 4 years

Class is a combination of ballet and a modern Jazz introduction. Main emphasis is ballet for 30 minutes taught with classical music using Russian technique and concepts. This class is a fun introduction to a world of classical dance! New class added on Saturday.

Tuesday 10:00 AM – 10:45 AM

Saturday 9:30 AM – 10:15 AM

11:00 AM – 11:45 AM (no recital)

PEE WEE HIP HOP (01355)

5 to 6 years

This class is an introduction to hip hop. It gives your child a great exercise experience while learning age appropriate hip hop moves and techniques.

Wednesday 5:00 PM – 5:45 PM

PRE BALLET AND TAP (01315)

5 to 6 years

This class is a combination of ballet and tap. Main emphasis is ballet for 30 minutes of the class. The remaining 15 minutes is an introduction to tap. The ballet is taught with classical music using Russian techniques and concepts. More work is in feet and arm positions as well as classical movement and terminology. This class is an excellent and fun introduction to the Elementary Division of the school.

Monday 5:00 PM – 5:45 PM

Saturday 10:15 AM – 11:00 AM

ELEMENTARY BALLET (01325)

7 to 9 years

This level introduces the Vaganova method of classical ballet emphasizing feet and arm positions, terminology, stretching and proper technique.

Monday 5:45 PM – 6:30 PM

ELEMENTARY BALLET 2 (01322)

8 to 10 years

Continuation of Elementary Ballet. More in the Vaganova method of classical ballet emphasizing feet and arm positions, terminology, stretching and proper technique.

Monday 6:30 PM – 7:15 PM

ELEMENTARY JAZZ HIP HOP (01326)

7 to 9 years

Class is a beginner Jazz class based on Hip Hop technique. Popular music of today is used for instruction emphasizing stretching, coordination exercises and age appropriate combinations. Ballet is not required to take this class, but is strongly recommended.

Wednesday 5:45 PM – 6:30 PM

ELEMENTARY JAZZ HIP HOP 2 (01349)

8 to 10 years

Class is intermediate Jazz class based on Hip Hop technique. Popular music is used for instruction emphasizing stretching, coordination and age appropriate combinations.

Wednesday 6:30 PM – 7:15 PM

YOUTH ENRICHMENT

SUPERSITTER BABYSITTING (07103)

10 to 15 years

Valuable information for mother's helpers and babysitters. Learn and review basic childcare for babies, toddlers and older children. Learn age appropriate activities and emergency care. Bring a bag lunch. Register early, this class fills quickly.

Friday 1/6/2012 4:45 PM – 8:00 PM

Full Member: \$63.00

Program Member: \$125.00

SWIM, SPORTS & PLAY

YOUTH SWIM LESSONS

For Aquatic Program inquiries (not registration) please contact Ross Herman, 610/363-9622, x2240, or ross.herman@umly.org.

Prerequisites Participants must demonstrate all skills required for the desired level and previous class levels. Please see lionvillemca.org/ez for more detailed class descriptions and availability. All swim lessons are held once weekly for 7 weeks unless otherwise noted.

| | 30 Min | 45 Min | 60 Min |
|-----------------|----------|----------|----------|
| Full Member: | \$63.00 | \$78.00 | \$104.00 |
| Program Member: | \$163.00 | \$193.00 | \$257.00 |

Fees unless otherwise noted, some fees may be prorated for holidays.

30 MINUTE PARENT & CHILD

Parent and child classes consist of water-enrichment and aquatics-readiness activities with both parent and child in the water. Swim diapers are required for children not potty trained.

PARENT/TOT (02209)

6 months to 18 months

Water Acclimation Children are introduced to the water through songs and games that simulate swimming movements. No prerequisites.

Saturday 11:20 AM – 11:50 AM

KIPPER & PARENT (02210)

18 months to 3 years

Water Acclimation: Children learn basic swimming movements through songs and games. No prerequisites.

Saturday 10:10 AM - 10:40 AM

PIKE & PARENT (02211)

2 years to 4 years

For children who can follow directions from both the instructor and parent. Children MUST meet age requirement prior to first class.

Monday 10:30 AM - 11:00 AM
Tuesday 10:00 AM - 10:30 AM 6:00 PM - 6:30 PM
Wednesday 1:00 PM - 1:30 PM
Thursday 6:35 PM - 7:05 PM
Friday 10:00 AM - 10:30 AM
Saturday 9:00 AM - 9:30 AM 10:45 AM - 11:15 AM
Sunday 9:35 AM - 10:05 AM 10:45 AM - 11:15 AM

30 MINUTE PRESCHOOL

Children learn about personal safety and develop beginning swimming skills, strength, endurance and coordination. Children MUST meet age requirement prior to first class.

PIKE (02212)

3 to 5 years

For children who can consistently attend class without a parent visible and follow directions from an instructor.

Monday 10:00 AM - 10:30 AM 1:45 PM - 2:15 PM
Tuesday 9:30 AM - 10:00 AM 6:35 PM - 7:05 PM
7:10 PM - 7:40 PM
Wednesday 10:00 AM - 10:30 AM 12:30 PM - 1:00 PM
Thursday 10:30 AM - 11:00 AM 7:10 PM - 7:40 PM
7:45 PM - 8:15 PM
Friday 10:30 AM - 11:00 AM 1:30 PM - 2:00 PM
Saturday 9:35 AM - 10:05 AM 11:30 AM - 12:00 PM
Sunday 9:00 AM - 9:30 AM 10:10 AM - 10:40 AM
11:20 AM - 11:50 AM

EEL (02213)

3 to 5 years

For children who are completely comfortable with face, head and body underwater and can swim with flotation device on front/back; without a flotation device swim five feet on front and back.

Monday 2:15 PM - 2:45 PM
Tuesday 10:30 AM - 11:00 AM
1:00 PM - 1:30 PM 6:35 PM - 7:05 PM
Wednesday 10:30 AM - 11:00 AM 11:00 AM - 11:30 AM
Thursday 6:00 PM - 6:30 PM
Friday 10:00 AM - 10:30 AM
Saturday 9:35 AM - 10:05 AM 10:45 AM - 11:15 AM
Sunday 9:00 AM - 9:30 AM 11:20 AM - 11:50 AM

RAY (02214)

3 to 5 years

For children who can swim half a length of the pool without a flotation device and are completely comfortable on back without instructor's assistance.

Monday 10:30 AM - 11:00 AM
Tuesday 1:30 PM - 2:00 PM 7:10 PM - 7:40 PM
Thursday 10:00 AM - 10:30 AM 1:00 PM - 1:30 PM
6:35 PM - 7:35 PM
Friday 2:00 PM - 2:30 PM
Saturday 9:00 AM - 9:30 AM
Sunday 10:10 AM - 10:40 AM

STARFISH (02215)

3 to 5 years

For children who can comfortably swim without flotation device on front and back for a full length of the pool and are completely comfortable in deep water. Front stroke must include rhythmic breathing and both front/back strokes include arms that break the surface of the water each stroke.

Monday 10:00 AM - 10:30 AM
Tuesday 6:00 PM - 6:30 PM
Wednesday 10:30 AM - 11:00 AM
Thursday 1:00 PM - 1:30 PM 7:10 PM - 7:40 PM
Friday 10:30 AM - 11:00 AM 1:30 PM - 2:00 PM
Saturday 9:00 AM - 9:30 AM
Sunday 11:30 AM - 12:00 PM

PRE-TYKES (02218)

4 to 7 years

An entry level pre-competitive program with emphasis on teaching competitive strokes. Must have completed at least one session of Starfish and be able to swim 25 yards of freestyle.

Wednesday 11:00 AM - 11:30 AM
Friday 2:00 PM - 2:30 PM
Saturday 11:15 AM - 11:45 AM
Sunday 9:00 AM - 9:30 AM

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

30 MINUTE YOUTH

Children learn about personal safety and develop beginning swimming skills, strength, endurance and coordination.

Children **MUST** meet age requirement prior to first class.

POLLIWOG (02220)

6 to 12 years

For inexperienced to beginner swimmers, no prerequisites.

| | | |
|----------|--------------------|---------------------|
| Tuesday | 7:45 PM – 8:15 PM | |
| Thursday | 6:00 PM – 6:30 PM | |
| Saturday | 9:50 AM – 10:20 AM | 11:30 AM – 12:00 PM |
| Sunday | 9:00 AM – 9:30 AM | 11:30 AM – 12:00 PM |

GUPPY (02221)

6 to 12 years

For children who are completely comfortable with face, head and body underwater and can swim with flotation device on front/back; without a flotation device swim five feet on front/back and are moderately comfortable in deep water.

| | | |
|----------|--------------------|--|
| Tuesday | 7:45 PM – 8:15 PM | |
| Thursday | 7:45 PM – 8:15 PM | |
| Saturday | 9:00 AM – 9:30 AM | 10:10 AM – 10:40 AM 11:20 AM – 11:50 AM |
| Sunday | 9:35 AM – 10:05 AM | 10:45 AM – 11:15 AM |

45 MINUTE YOUTH

Children continue to learn about personal safety and develop intermediate swimming skills, strength, endurance and coordination. Children **MUST** meet age requirement prior to first class.

MINNOW (02223)

6 to 12 years

For children who can swim on front and back half a length of the pool without a flotation device, a full length with a flotation device and are completely comfortable in deep water.

| | | |
|----------|---------------------|-------------------|
| Monday | 6:15 PM – 7:00 PM | |
| Tuesday | 6:00 PM – 6:45 PM | 7:40 PM – 8:25 PM |
| Thursday | 6:50 PM – 7:35 PM | |
| Saturday | 10:40 AM – 11:25 AM | |
| Sunday | 9:35 AM – 10:20 AM | |

FISH (02225)

6 to 12 years

For children who can comfortably swim without flotation device on front and back for a full length of the pool. Front stroke must include rhythmic breathing and arms that break the surface on each stroke.

| | | |
|----------|---------------------|---------------------|
| Tuesday | 6:50 PM – 7:35 PM | |
| Thursday | 6:00 PM – 6:45 PM | 7:40 PM – 8:25 PM |
| Saturday | 10:25 AM – 11:10 AM | 10:40 AM – 11:25 AM |
| Sunday | 9:35 AM – 10:20 AM | |

60 MINUTE YOUTH

Advanced swimming skills are refined including the competitive strokes. Must be at least seven years old at time of class.

Children **MUST** meet age requirement prior to first class.

FLYING FISH (02226)

7 to 12 years

For children who are able to swim freestyle with rotary breathing, backstroke with roll and bent arms, and breaststroke with pull, kick and glide for two lengths of the pool; butterfly for a full length of the pool with fins and half a length without fins. **Children should bring fins, goggles and a cap for hair longer than shoulder length.**

| | |
|----------|---------------------|
| Monday | 7:00 PM – 8:00 PM |
| Saturday | 9:35 AM – 10:35 AM |
| Sunday | 10:25 AM – 11:25 AM |

SHARK (02227)

7 to 12 years

For children who are able to swim freestyle with rotary breathing, backstroke with roll and bent arms, and breaststroke with pull, kick and glide for four lengths of the pool; butterfly for two length of the pool with fins and one length without fins. Children should bring fins, goggles and a cap for hair longer than shoulder length.

| | |
|----------|---------------------|
| Saturday | 9:35 AM – 10:35 AM |
| Sunday | 10:25 AM – 11:25 AM |

PORPOISE CLUB (02228)

10 to 17 years

This program teaches competitive strokes, starts and turns without the pressure and intensity of a team environment—ideal for swimmers who require additional technique work prior to joining a team, or who simply want to continue to improve beyond the basic levels. New participants must be evaluated for entrance into this class. Please call Ross Herman at 610/363-9622, x2240 to schedule.

| | |
|-----------|--------------------|
| Wednesday | 6:45 PM – 7:45 PM |
| Sunday | 12:00 PM – 1:00 PM |

TEEN SWIM LESSONS (02118)

11 to 17 years

Program is tailored to meet the needs of the participants. Must be at least 11 years old at time of class.

| | |
|-----------|-------------------|
| Wednesday | 6:00 PM – 6:45 PM |
|-----------|-------------------|

BEGINNING DIVING (02230)

8 to 18 years

Class covers the competitive fundamentals. Dive movements include pike, tuck, straight and free position. No experience is necessary.

| | |
|--------|--------------------|
| Sunday | 12:00 PM – 1:00 PM |
|--------|--------------------|

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

3 years and up

Private lessons are for students who require additional attention due to special needs. Semi-private lessons are for two students of similar age and ability. These lessons are by appointment only. For questions or to schedule an appointment, email lcypriateswim@umly.org.

| | (02201) Private | (02202) Semi-Private |
|-----------------|-----------------|----------------------|
| Full Member: | \$267.00 | \$202.00 |
| Program Member: | \$413.00 | \$245.00 |

COMPETITIVE SWIMMING

SWIM TEAM

6 to 18 years

Our YMCA offers a year-round competitive swim program.

For more information, please contact Competitive Aquatics Director, Alex Baxter, 610/363-9622, x2239 or alex.baxter@umly.org.

RECREATION

BEWITCHED WIZARD NIGHT

6 to 12 years

NEW! Some magical professors have traveled far and wide and landed in our area! They are eager to share their knowledge of spells, potions, divination and more with all the young witches and wizards. No prior magic experience necessary! Come learn from the best and brightest and get a taste of the wizarding world by making wands, learning spells, playing Quidditch and more! We'll round out the night celebrating with fanciful treats such as butter beer and exploding bonbons!

Friday 1/13/2012 6:30 PM - 9:00 PM

Full Member: \$25.00 Program Member: \$35.00

4TH AND 5TH GRADE NIGHTS OUT

Need something to do on Friday nights? Bring your friends to the Y (non-members welcome) and enjoy a DJ, dance contests, swimming, ping pong, billiards and more.

4TH GRADE (07165) • 5TH GRADE (07166)

Fridays 7:00 PM - 9:00 PM

1/20/2012 5th Grade 2/10/2012 5th Grade
1/27/2012 4th Grade 2/24/2012 4th Grade

Full Member: \$6.00 Program Member: \$7.00

MIDDLE SCHOOL NIGHT OUT

Meet up with your friends for a night of fun at the Y. Enjoy swimming, music, dancing, Wii, laser tag, X-Box & more.

Saturday 1/28/2012 7:00 PM - 9:00 PM

Full Member: \$10.00 Program Member: \$12.00

COMPETITIVE SPORTS

YOUTH BASKETBALL LEAGUE (03121)

6 to 12 years

Come join our newest youth sports league. Have tons of fun learning and practicing new skills and working as a team. Practices and game times will be during allotted times determined by league coordinators and team coaches. Players are separated by age. **If interested in being a volunteer coach, please contact erin.cline@umly.org.**

Wednesday 5:00 PM - 7:00 PM

Thursday 6:00 PM - 8:00 PM

Plus 1 weekday practice TBA

Full Member: \$40.00 Program Member: \$70.00

*Late registration begins 12/24 includes a \$10.00 late fee.

YOUTH SPORTS INSTRUCTION

Your YMCA contact is Michelle Kasker, 610/363-9622, x2251 or michelle.kasker@umly.org.

Full Member: \$46.00
Program Member: \$125.00

This is an 8-week session. Some classes are prorated. Fees unless otherwise noted.

BOUNCING BABIES (03401)

10 to 23 months

This class introduces young children to gymnastics to help develop motor development skills through gymnastics with a parents help. It will help increase strength, coordination and balance. This is a parent and child class.

Thursday 9:30 AM - 10:00 AM

PARENT CHILD SPORTS (03145)

2 to 4 years

Kids and their parent(s) explore the basic movements and skills of sports such as tumbling, dribbling, throwing, catching, and hitting. Fun games work on coordination and balance.

Saturday 9:45 AM - 10:15 AM

TINY TUMBLERS (03146)

2 to 3 years

This fun and exciting class explores the art of movement through tumbling and games. Students will experiment with different gym apparatus and movements.

Tuesday 9:15 AM - 9:45 AM

Wednesday 10:15 AM - 10:45 AM

Thursday 10:30 AM - 11:00 AM

Saturday 9:00 AM - 9:30 AM

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

INTRO TO SPORTS (03144)

2 to 3 years

This program samples a variety of sports and games to entertain and encourage exercise and muscle growth. Skills that will be introduced include throwing, catching, kicking, and batting.

Wednesday 9:15 AM - 9:45 AM

Friday 10:00 AM - 10:30 AM

T-BALL (03170)

3 to 6 years

This class emphasizes teaching the fundamentals of catching, throwing, batting and base running through fun drills and games.

Monday 11:15 AM - 11:45 AM 3 to 4 years

5:00 PM - 5:45 PM 4 to 6 years

Tuesday 5:00 PM - 5:45 PM 4 to 6 years

LITTLE DRIBBLERS (03115)

4 to 6 years

An introduction to soccer and basketball. Kids develop hand-eye and foot coordination through relays, games and practice.

Friday 12:15 PM - 1:00 PM

PEE WEE SOCCER (03150)

3 to 6 years

Program emphasizes basic soccer skills, great fun and sportsmanship. Basic skills are introduced in a positive atmosphere. Kids will discover the joy of learning new skills.

Monday 10:15 AM - 10:45 AM 3 years

Wednesday 1:00 PM - 1:45 PM 4 to 6 years

5:00 PM - 5:45 PM 4 to 6 years

Saturday 9:30 AM - 10:00 AM 3 years

10:00 AM - 10:45 AM 3 years

TINY TENNIS (03418)

4 to 6 years

An introduction to the very basics of tennis. Kids develop hand eye coordination while having fun.

Tuesday 1:30 PM - 2:15 PM

Thursday 12:15 PM - 1:00 PM

Saturday 11:00 AM - 11:45 AM

MIGHTY MITE SPORTS (03147)

4 to 6 years

Kids develop throwing, catching and striking skills through a progression of activities without the aid of their parents.

Tuesday 10:30 AM - 11:15 AM

PRESCHOOL GYMNASTICS (03420)

4 to 6 years

For the first time without their parents, children are introduced to gym apparatus such as bars and balance beam.

Tuesday 12:30 PM - 1:15 PM

Thursday 11:15 PM - 12:00 PM

Friday 10:45 AM - 11:30 AM

PEE WEE BASKETBALL (03110)

4 to 6 years

Class teaches basic basketball skills such as dribbling, passing, shooting and footwork. Six-foot baskets help to build confidence and proper form.

Tuesday 6:00 PM - 6:45 PM

LITTLE STICKERS (03148)

4 to 6 years

This variety class introduces the basics of lacrosse, floor hockey, and field hockey. Includes fun drills and games.

Monday 5:00 PM - 5:45 PM

JUMPING JAGUARS (03113)

5 to 10 years

This fun and creative program will get your kids feet moving! They'll learn skills with the jump rope; from single and double jumps to heel toes and much more!

Saturday 10:30 AM - 11:00 AM

YOUTH VOLLEYBALL (03124)

7 to 12 years

Learn the fundamentals of the game with drills and strategies.

Thursday 5:00 PM - 5:45 PM

YOUTH BASEBALL (03171)

7 to 12 years

Hitting and fielding fundamentals along with rules and strategy are introduced.

Monday 6:00 PM - 6:45 PM

YOUTH BASKETBALL (03120)

7 to 12 years

A review of the fundamentals and an introduction to more advanced drills and strategy. There's plenty of game play.

Wednesday 6:00 PM - 6:45 PM

YOUTH BASIC TENNIS (03127)

7 to 12 years

An introduction to tennis fundamentals including stroke development and game strategy.

Tuesday 6:00 PM - 6:45 PM

YOUTH SOCCER (03151)

7 to 12 years

A review of game fundamentals with an introduction to rules and strategy. There will be plenty of time for game play.

Thursday 6:00 PM - 6:45 PM

SOFTBALL PITCHING CLINIC (03136)

8 to 14 years

Learn the basics of the fast pitch softball pitching motion. Skills are learned using a combination of drills and live pitching. Students will work in circuits consisting of drills and full out pitching. Parents are welcome to catch for their child.

Monday 6:00 PM - 6:45 PM 7:00 PM - 7:45 PM

YOUTH KARATE (03320)

8 to 12 years

Presented by the Philadelphia School of Karate. From beginners to black belts, this class incorporates a traditional karate program along with self-defense techniques. Students build flexibility and mental discipline. Students earn their belt in class - additional fees for testing apply.

Tue/Thu 6:45 PM - 7:45 PM

Full Member: \$80.00 Program Member: \$159.00

YOUTH SPORTS CAMPS

ATHLETIC PERFORMANCE ACADEMY

The Athletic Performance Academy is partnering with the Y to help develop young athletes. Gary Christopher, former owner and performance coach at the Parisi Speed School offers his expertise in conditioning and performance. Proper movements and skills are taught in a fun and easy-to-understand manner. Gary helps to develop the skills necessary for any child to become faster and more athletic.

For more information, please contact ronda.hamilton@umly.org or call 610/363-9622, x2252.

DIRECTIONAL CHANGE CLASS

Tuesday 3:30 PM - 4:30 PM 13 to 16 years

Thursday 3:30 PM - 4:30 PM 9 to 12 years

LINEAR SPEED CLASS

Tuesday 5:00 PM - 6:00 PM 9 to 12 years

Thursday 5:00 PM - 6:00 PM 13 to 16 years

Full Member: \$139.00 Program Member: \$169.00

IN-SERVICE DAYS SPORTS (03142)

5 to 12 years

Worried about what to do with those kids during In-service days? Bring them to the Y for a one day sports camp where they'll sample a variety of sports and games.

For more information please contact Michelle.Kasker@umly.org 610/363-9622, x2251.

Friday 1/13/2012 8:00 AM - 4:00 PM

Monday 1/16/2012 8:00 AM - 4:00 PM

Friday 2/17/2012 8:00 AM - 4:00 PM

Monday 2/20/2012 8:00 AM - 4:00 PM

Full Member: \$40.00/day Program Member: \$55.00/day

HOLIDAY SPORTS CAMP (03142)

5 to 12 years

Happy Holidays! No school for kids means a week of fun at the Lionville Community YMCA. Kids will need to pack a bathing suit, towel, lunch and a snack. Each day is scheduled full of activities including a variety of sports and free play time in the gym.

December 26th - 30th 8:30 AM - 4:30 PM

Full Member: \$200.00 Program Member: \$275.00

YOUTH FITNESS

YOUTH BOOT CAMP (01411)

9 to 13 years

This fast-paced instruction and conditioning program led by a certified personal trainer teaches teens how to get in shape and stay in shape through weight training and conditioning drills. A fun and challenging program for all abilities.

Mon/Wed 4:00 PM - 5:00 PM

Full Members Only: \$62.00

ONE-ON-ONE FOR YOUTH WELLNESS

10 to 11 years

Our experienced wellness associates will teach the fundamentals of the equipment and provide exercise tips so upon completion of the course, youth will be able to safely and efficiently use the Wellness Center with a parent.

Three 45-minute Sessions

Full Members Only: \$39.00

FOR HEALTHY LIVING

Improving the nation's health and well-being.

FAMILY TIME

For more information about Family/Social programs, contact Lindsey.Kujawa@umly.org.

YMCA ADVENTURE GUIDES

6 to 9 years (Kindergarten to third grade)

Adventure Guides (boys) and Adventure Princesses (girls) meet monthly from September to June. This parent/child program is designed to help parent-child pairs build strong, lasting relationships & memories. Activities include camping trips, campfires, trips to museums, aquariums & zoos, snow tubing, bowling, skating, baseball games and much more!

STRENGTHENING FAMILIES

10 to 14 years with Parents

This FREE, interactive 7 week program for 5th & 6th graders and their parents focuses on teaching youth resilience; positive parenting through love and limits; and open family communication. Childcare is available for younger children, dinner is provided for all family members and there are weekly raffle prizes. For more information, visit www.chestercountysfp.org or email Libby Egnaczyk at legnaczyk@coadgroup.com.

January 11 through February 29
Wednesday 6:00 PM – 8:30 PM

REGISTER by December 22, 2011

FAMILY EVENTS

PARENT PASS

2 to 12 years

Take some time for yourself while the kids play at the YMCA! Just drop them off at the LCY Gymnasium and we'll keep them active and entertained, giving you some well deserved free time.

Saturday 2/4/2012 5:00 PM – 8:00 PM

Full Member: \$15.00 Program Member: \$20.00

SANTA'S HOLIDAY VILLAGE

Santa invites the entire community to his holiday village where local vendors will showcase their wares and you can purchase gifts for everyone on your list. Full Members can enjoy a complimentary holiday lunch and a photo with Santa. Tickets are required for lunch and photo.

Saturday 12/10/11 12:30 PM – 3:30 PM

MY Y WEEK

Join us for a variety of special events and activities as we kick off a week full of fun! There's lots to do during this celebration of all the Y has to offer you. Watch for details on the web and around the facility.

Saturday 2/18/2011 to Sunday 2/26/11

FAMILY BINGO & BASKET RAFFLE A CHANGING LIVES FUNDRAISER

Come to the Y for a family bingo bonanza and purchase chances to win baskets full of fun! Basket themes include sports, spa, entertainment, and more.

Sunday 2/19/2012 1:00 PM

HEALTH, WELL-BEING & FITNESS GROUP EX CLASSES

GROUP EXERCISE CLASSES

12 years and up

Group Exercise classes are included with your YMCA membership. Choose from more than 130 different class times including aquatics fitness. Group Ex classes are included with a YMCA membership.

Basic Training
BodyPump™
BodyVive™
Boot Camp
Cardio Fit
Cardio, Core and More
Corporate Fit
Cycle – Spin Class
Cycle – Spin/Sculpt
Kickboxing **NEW!**
Lift It

Pilates
SilverSneakers®
Step It Up
Step N Abs
Step N Sculpt
Strength, Step, Sculpt
Tai Chi
TRX **NEW!**
Yoga
Yoga Strength
Zumba

Class descriptions, schedules and locations are available in the Welcome Centers and online at lionvilleymca.org.

Full Member: FREE

Program Member: \$115.00**

Fees unless otherwise noted. **20-punch Wellness Activity Card
Valid for one year from purchase date.

TRX SUSPENSION TRAINING

TRX is a type of training that uses your own body weight and gravity, to build strength, balance, coordination, flexibility, core and joint stability, all while preventing injuries. Taught by a certified TRX instructor, the program is available in small classes of up to 8 participants on a first-come, first-served basis or as one-on-one training.

| | TRX Punch Cards | 1-on-1 Training |
|-----------------|---------------------|-----------------|
| Full Member: | \$65.00/20 classes | \$29.00/hour |
| Program Member: | \$149.00/20 classes | \$59.00/hour |

PERSONAL FITNESS

We're here to help you get started and stay on track with your fitness goals. These programs are available to our Full Privilege Members only. Additional fees may apply.

MEASURE UP CLINIC

Learn about goal setting and how to acquire the tools you need to for ideal fitness. Get to where you want to be with charting designed specifically for this course and once weekly meetings with your trainer. Trainers are also available by phone to answer questions and provide support.

Monday 6:00 PM - 7:00 PM

\$29.00/month

FREE FITNESS ASSESSMENT

By appointment only. Our certified fitness instructors will evaluate your strength, flexibility and endurance and help you develop a program to achieve your fitness goals. By appointment only. For Eagleview, call 610/363-9622, x2823 or x2256 for Lionville.

Free

FREE INDIVIDUAL PERSONAL TRAINING CONSULTATION

Meet with one of our certified trainers to get your program started. This 30-minute appointment is free and part of your membership. Contact Ronda Hamilton at 610/363-9622, x2252 to schedule.

INDIVIDUAL PERSONAL TRAINING

Purchase your training tickets and get started on a personal program just for you! Call Anne Robinson 610/363-9622, x2824 for questions and information.

Now Just \$39.00/hour

ADULT AQUATICS

WATER EXERCISE

These group fitness programs are included with a Full Privilege Membership. Participation in Water Exercise classes in on a first come and availability basis. These classes are included with a YMCA membership. There is a program member fee.

Your Y contact is Ronda Hamilton, 610/363-9622, x2252 or ronda.hamilton@umly.org.

Class schedules and locations are available in the Welcome Centers and at www.lionvilleymca.org.

Full Member: FREE

Program Member: \$115.00*

*20-punch Wellness Activity Card required
Valid for one year from purchase date.

AQUA FIT

This class features cardiovascular conditioning, strength training, flexibility and endurance using noodles, barbells, kick boards and more. No swimming ability required.

AQUA FIT PLUS

Aqua Fit taken up a notch. Must be comfortable in deep water.

ARTHRITIS EASE

Arthritis Ease is designed to help improve your body's range of motion and mobility. No swimming ability required.

HEALTHY LIFESTYLES

For more information about Healthy Lifestyles offerings, contact Ronda Hamilton at 610/363-9622, x2252 or ronda.hamilton@umly.org.

WHITE MOUNTAIN 100 - MEMBER CHALLENGE

This challenge is inspired by the 100-mile, man-powered race held every year in the White Mountains near Fairbanks, Alaska. Every 20 minutes of activity at the Y in the wellness centers, gymnasium, pool, racquetball courts or exercise classes equals one mile of the race. It will take more than 4 hours of activity each week to finish. Make it to the 30 and 70 mile checkpoints and pick up a prize. Make to the end and collect the grand prize. Feeling ambitious? Do it twice for even more prizes. Good luck.

Register beginning January 9.

Starts Monday, 1/16 and ends Sunday, 3/11/2012

AEROBATHON

A Changing Lives Fundraiser

Join us at the YMCA at Eagleview and sweat for a good cause! Starting February 5, pick up sponsor forms at the Welcome Center and gather pledges. For more information, contact Ronda Hamilton at 610/363-9622, x2252.

Sunday 2/26/2012 1:00 PM - 5:00 PM

NUTRITIONAL COUNSELING

10 years and up

A one hour, one-on-one nutritional counseling with a certified registered dietician. By appointment.

Full Member: \$49.00/hour Program Member: \$85.00/hour

LIVING WITH DIABETES

Three sessions with a dietician, one 60 minute and two 30 minute sessions. Program includes a diet analysis to improve blood sugar, menu planning and advice for living with diabetes.

Full Member: \$110.00 Program Member: \$180.00

FITNESS ROOM ORIENTATIONS

NEW! We'll show you how to get the most out of your workouts. Schedule your orientation with a Wellness Associate. Call 610/363-9622, x2256 for Lionville and x2823 for Eagleview to get started.

CORPORATE WELLNESS

Want us to come teach a class or classes at your place of business? We have a variety of programming we can bring to your workplace.

FOR HEALTHY LIVING

Improving the nation's health and well-being.

ADULT SWIM LESSONS

ADULT SWIM CLINICS

18 years and up

Each class is designed to the needs of the participants. Beginners learn to find comfort in the water and basics of swimming including breath control and floating. Intermediate swimmers learn breathing techniques and develop/refine strokes; intermediate swimmers should be comfortable in deep water. Classes run 7 weeks.

ADULT BEGINNER CLINIC (02120)

Wednesday 6:00 PM – 6:45 PM 7:30 PM – 8:15 PM

ADULT INTERMEDIATE CLINIC (02121)

Wednesday 6:45 PM – 7:30 PM

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

3 years and up

Private lessons are for students who require additional attention due to special needs. Semi-private lessons are for two students of similar age and ability. These once per week lessons are appointment only. Applications are available at the Welcome Center during registration. Application does not guarantee acceptance.

| | (02201) Private | (02202) Semi-Private |
|-----------------|-----------------|----------------------|
| Full Member: | \$267.00 | \$202.00 |
| Program Member: | \$413.00 | \$245.00 |

ADULT TEAM SPORTS

RACQUETBALL LEAGUES (03762)

18 years and up

The challenge ladder is now open to all current members of all skill levels. Doubles Teams may consist of all men, all women, or mixed. Singles league follows a new format and players are placed in either A, B, C or D level. Schedule varies for both leagues. Please register at the Welcome Center.

Singles: \$20.00/person Doubles: \$10.00/person

MEN'S INDOOR SOCCER LEAGUE (03155)

18 years and up

Show off your soccer skills at our Sunday morning league. The league is held in our gymnasium. Last season was a great mixture of fun and competition. Rosters and Registration deadline is January 15, 2012.

Season starts on Sunday, January 22, 2012

League Fee: \$299.00/Team Referee is paid each game.

MEN'S 5 ON 5 BASKETBALL LEAGUE (03150)

18 years and up

Join the high-flying fast paced action of our men's basketball league. Games are played on Wednesday and Thursday evenings. Slots are filled on a first come first serve basis. Registration and Rosters are due by Monday, January 9, 2012. Games start January 18.

League Fee: \$219/TEAM Officials are also paid each game.

MARTIAL ARTS

ADULT KARATE (03321)

12 years and up

Presented by the Philadelphia School of Karate. From beginners to black belts, this class incorporates a traditional karate program along with self-defense techniques. Students build flexibility and mental discipline. Students earn their belt in class – additional fees for testing apply.

Tue/Thu 8:00 PM – 9:00 PM **Beginner**
8:00 PM – 9:00 PM **Advanced**

Saturday 11:00 AM – 12:30 PM

Combined Level Class **NEW!**

| | Tue/Thu | Saturday |
|-----------------|----------|----------|
| Full Member: | \$80.00 | \$60.00 |
| Program Member: | \$159.00 | \$119.00 |

CPR/FIRST AID

For more information about CPR/First Aid offerings, please contact Sue Gualtieri at sue.gualtieri@umly.org or 610/363-9622, x2822.

CPR/First Aid Class Fees

Full Member: \$30.00

Program Member: \$60.00

Fees unless otherwise noted.

CPR CLASSES

12 years and up

Learn how to recognize and respond to an emergency situation and earn your certifications.

ADULT CPR (01605)/ FIRST AID (01610)

Wednesday 1/11/2012 7:00 PM – 9:00 PM

Wednesday 2/8/2012 7:00 PM – 9:00 PM

INFANT/CHILD CPR

Saturday 1/14/2012 9:00 AM – 12:00 PM

Saturday 2/11/2012 9:00 AM – 12:00 PM

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

ACTIVE OLDER ADULTS

Your Y contact is Carole Wulk at 610/363-9622, x2234 or carole.wulk@umly.org.

ACTIVE OLDER ADULT ACTIVITY SCHEDULE

Join us at the Y for table games, fellowship and more.

| | | |
|-----------|--------------------|----------------------|
| Monday | 6:45 PM – 9:00 PM | Evening Bridge# |
| | 12:00 PM – 2:00 PM | Pinochle |
| Tuesday | 9:30 AM – 12:00 PM | Beginner/Int. Bridge |
| | 12:00 PM – 2:30 PM | Duplicate Bridge# |
| Wednesday | 10:00 AM – 1:00 PM | Mah jongg |
| Thursday | 9:30 AM – 1:00 PM | Duplicate Bridge# |
| Friday | 9:30 AM – 12:30 PM | Experienced Bridge# |

#Must pre-register with Carole.

AOA LUNCHEON

Join us for this monthly gathering which includes a delicious meal and great discussion.

Tuesday, 2/14/2012 12:15 PM – 2:00 PM

SPECIAL POPULATIONS

Your Y contact is Sue Gualtieri, 610/458-9090, x2822, or sue.gualtieri@umly.org.

OPEN DOORS

18 to 45 years

A social opportunity for individuals in the community that are faced with challenges in their day-to-day lives. These differently abled persons have the prospect of developing friendships in a casual setting.

FRIDAY NIGHT OUT Trips to fun area locations.

Friday 6:30 PM – 9:30 PM

FRIDAY NIGHTS IN At Lionville Community YMCA and/or Upper Main Line YMCA in Berwyn (Check the schedule).

Friday 7:00 PM – 9:30 PM

Additional information about Open Doors is available at the Welcome Center.

STARS ADAPTIVE PROGRAMMING

We are pleased to offer a new variety of adaptive programs for children with special needs. Please register in person at the Y.

For more information, please contact Erin Cline at erin.cline@umly.org or 610/363-9622, x2251.

STARS SWIM

4 to 12 years

Group swimming lessons for high functioning children. Water acclimation and safety are introduced.

Sunday 3:30 PM – 4:00 PM **Preschool 4 to 6 years (02270)**

Sunday 4:15 PM – 4:45 PM **Youth 7 to 12 years (02271)**

STARS SPORTS

4 to 12 years

A whole body experience for children to run, jump & play with their peers. A variety of sports movements are covered including gymnastics, soccer, and tennis.

Thursday 5:15 PM – 5:45 PM **Preschool 4 to 6 years (03490)**

Thursday 6:00 PM – 6:30 PM **Youth 7 to 12 years (03491)**

STARS FITNESS

4 to 12 years

This fun class allows children to get a head start on fitness and learn what it means to be healthy.

Monday 5:30 PM – 6:00 PM **Preschool 4 to 6 years (03492)**

Monday 6:15 PM – 6:45 PM **Youth 7 to 12 years (03493)**

VOLUNTEER

One way the Y builds community is through teaching volunteerism. We welcome volunteer participation in our programs, our committees and especially in our special events and Summer Teen Leadership Program. Here are just a few ways to volunteer:

SPECIAL EVENTS help ensure that our special events run smoothly.

YOUTH NIGHTS OUT help chaperone our monthly 4th Grade, 5th Grade and Middle School Nights Out.

OPEN DOORS share a smile and some time with our differently-abled members at the Y and at off-site locations.

For information about high school graduation projects at the Y, contact sue.gualtieri@umly.org or 610/458-9090, x2822.

GIVE

OTHER WAYS TO HELP THE Y

By supporting the YMCA financially, you help us fulfill our mission to enrich our community by building a healthy Spirit, Mind and Body for all. There are many ways to give:

- **DONATE ONLINE** www.lionvillemca.org/giving
- **CASH, CHECK OR CREDIT CARDS**
- **STOCKS/SECURITIES**
- **UNITED WAY** Donor Option number is 0294.
- **MATCHING GIFTS** Check with your employer to see if they participate in a matching gifts program.
- **SHOW YOUR SUPPORT AT EVENT FUNDRAISERS** Food purchases, silent auctions and special games are some ways we raise money at special events for children, families and adults in our community.

Visit lionvillemca.org/giving to learn more.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Permit #286

UPCOMING EVENTS

Learn more about our upcoming events on page 12 or at lionvilleyymca.org.

WHITE MOUNTAIN 100 MEMBER CHALLENGE

January 16 to March 11

Every 20 minutes of activity at the Y equals 1 mile. Complete the 100-mile trek in eight weeks for great prizes.

FAMILY BINGO AND BASKET RAFFLE

Sunday, February 19 at 1 PM

A CHANGING LIVES FUNDRAISER Join us for a family bingo bonanza and bid on great baskets.

TRY THE Y DAY

All Day Saturday, February 25

The Y is open to the community for Free

AEROBATHON AT EAGLEVIEW

Sunday, February 26 1 PM to 5 PM

A CHANGING LIVES FUNDRAISER Pick up your sponsor sheets beginning Feb. 5th. Contact ronda.hamilton@umly.org for more information.



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CHECK US OUT ON FACEBOOK!

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MERRY FITNESS

A GIFT OF HEALTH!

Get up to Five **FREE** Weeks*

Pay only 50% of the joiner fee to get started.

Join Early!

OFFER BEGINS
BLACK FRIDAY

Join between
11/25 and 12/24*.

Offer valid at the Lionville Community YMCA and the YMCA at Eagleview only and includes the purchase of a full YMCA membership between 11/25 and 12/24/2011. The first full month will be billed on January 1, 2012. 50% of joiner fee is the only payment due on initial visit. Valid for Young Adult, Adult, Family, Senior or Senior Family membership categories and is for new YMCA members only.



Photo courtesy of Lisa Praul Photography.



SANTA'S HOLIDAY VILLAGE

Saturday, December 10

12:30 PM - 3:30 PM

- Free holiday lunch for members*
- Photos with Santa* by Lisa Praul Photography
- Crafts & activities
- Local vendor fair
- Admission is FREE/Community Welcome

*Tickets required for lunch and photo. Register at the Welcome Center.