



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY, HAPPY 2012

Winter Program Guide

UPPER MAIN LINE YMCA

January 2 to February 26, 2012



REGISTRATION DATES: Full Privilege Members: 12/7/2011 | Program Members: 12/14/2011



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WELCOME!

The Upper Main Line YMCA is much more than a pool, gym or a fitness center. A YMCA membership helps you lead a healthier life by building relationships and providing a way for you to be part of your community. It also sets you on a path to good health in spirit, mind and body.

OUR MISSION

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

REGISTRATION DATES

Full Privilege Members 12/7/2011
Program Members 12/14/2011

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.
- 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: For Youth Development, For Healthy Living and For 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 may 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 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, you'll need to set up your membership account online at least 48 hours prior to the start of registration. It's easy. Just follow the online directions under **First Time Users**.
- Get started Today! Log in to www.umly.org/ez.

HOW TO CANCEL/CHANGE YOUR PROGRAMS

All cancellations or program changes as well as credit/refund requests must take place at the YMCA branch. A \$15.00 administrative fee may be applicable. Weather-related or acts of nature cancellations are not subject to refunds. View the complete policy on our website at www.umly.org.

YOUR FULL MEMBERSHIP INCLUDES:

- A full schedule of free fitness classes (aerobics, cycling and aquatics, yoga and pilates).
- Free babysitting service while you use the Y.
- Unlimited use of our state of the art fitness centers loaded with strength and cardio training equipment.
- Free fitness center orientation.
- Year round use of our indoor pools and outdoor water parks during the summer.
- Free family nights and special events throughout the year.
- Reduced rates on classes, camps and programs.
- Priority registration.

BECOME A MEMBER ONLINE

Go to www.umly.org/UMLYapp to complete our online membership application.

MEMBERSHIP MONTHLY RATES AND CATEGORIES

The Upper Main Line YMCA offers a variety of membership categories based on age and family status: Youth, Young Adult, Adult, Family, Senior, and Senior Family.

MONTHLY MEMBERSHIP FEES

UPPER MAIN LINE YMCA

Category	Rate	Joiner Fee
Youth (0-18)*	\$40.00	N/A
College	\$40.00	N/A
Young Adult (19-25)	\$53.00	\$40.00
Adult	\$79.00	\$80.00
Sr. Adult (65+)*	\$63.00	\$50.00
Family	\$125.00	\$120.00
Senior Family*	\$92.00	\$50.00

YMCA AT GREAT VALLEY ONLY

Category	Rate	Joiner Fee
Youth (15-18)	\$25.00	N/A
College	\$33.00	N/A
Adult (19-64)	\$39.00	N/A
Sr. Adult (65+)	\$31.00	N/A

*No joiner fee/#One time fee.

Membership to the Upper Main Line YMCA includes privileges at the Great Valley, Lionville and Eagleview facilities. Rates are subject to change. Rates are effective July 1, 2011.

JOINER FEES

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

FINANCIAL ASSISTANCE

Financial Assistance is available for all YMCA activities including membership, programs, childcare and camp. No qualified applicants are denied access to the YMCA for inability to pay. Decisions are determined by a sliding fee scale and all applications are kept confidential. Applications are available at the Welcome Center or at www.umly.org.

FREE SENIOR MEMBERSHIPS

We are partners 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 visit www.silversneakers.com or contact your health plan provider.

FREE 7TH GRADE MEMBERSHIPS

Valid for existing students currently enrolled in the 7th grade through 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 code of conduct waiver and immediately enjoy all the YMCA has to offer.

INCLUSION/SPECIAL NEEDS

If a member of your family has a developmental or learning challenge, we may be able to support her/him in our programs and activities. Please contact Ability Center Director, Jennifer Whalen, 610/854-1625 or jennifer.whelen@umly.org to discuss available options.

GUESTS

Members receive 6 free guest passes per year. Youth members however only receive 3 passes per year. Additional passes are available for a fee. Members must accompany 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

- **UPPER MAIN LINE YMCA**
1416 Berwyn-Paoli Rd, Berwyn, PA 19312 • 610/647-9622
Mon-Fri 5:30 AM to 10 PM
Sat 6 AM to 7 PM
Sun 8 AM to 6 PM
- **YMCA AT GREAT VALLEY**
10-20 Liberty Boulevard, Malvern, PA 19355 • 610/644-6575
Mon-Fri 5 AM to 9 PM
Sat 7 AM to 6 PM
Sun 8 AM to 4 PM

BABYSITTING SERVICE

Babysitting is FREE for full privilege members while using the facilities. This service is available for non-members for a nominal fee payable at the Welcome Center. Reservations are required, however walk-ins are accepted if space is available. Babysitting is limited to two hours per day, per child. Ask us about our **Magic Carpet Ride** for parents taking a program or class. We'll escort your child from babysitting to and from their classes.

POOL AND GYM HOURS

Please see www.umly.org.

HOLIDAY SCHEDULE

Saturday December 24, 2011*

UMLY Closes at Noon Y at Great Valley Closes at Noon

Sunday December 25, 2011

UMLY Closed Y at Great Valley Closed

Saturday December 31, 2011*

UMLY Closes at 4 PM Y at Great Valley Closes at 4 PM

Sunday January 1, 2012

UMLY Open 8 AM - 3 PM Y at Great Valley Closed

YOUTH PLUS OPTIONS

Look for **PLUS Programs (+)** next to select youth programs in the Arts, Nature and Sports areas. These programs enrich and expand your child's experience and give you more time to take a fitness class or use the Wellness Center. A YMCA staff escorts your child to the designated combo class. Please register for each class separately.

SPECIAL EVENTS

Please see page 16 for upcoming events.

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FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

UMLY EARLY LEARNING

FULL DAY

6 weeks to 5 years

New children may join the program at anytime providing space is available.

Our Y offers full time care and preschool at our state-licensed early learning facility at the Carriage House Family Center. Near the 202 corridor between King of Prussia and Malvern, the Y is conveniently located near many corporate centers.

- **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 Kelley Holmwood at kelley.holmwood@umly.org or 610/647-9622, x2407.

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

UMLY PRESCHOOL

ENROLL TODAY FOR 2011-12 SCHOOL YEAR

Our morning program promotes independence, curiosity and a love of learning for children 2 to Pre-K.

Your preschool contact is Michele Lynch at 610/647-9622, x2124 or michele.lynch@umly.org.

MOMMY AND ME (03850)

18 to 30 months

Our unique 90 minute program gives parent and child a positive social experience through a variety of activities including songs, stories, games and arts and crafts. The first hour is spent in the classroom with the teacher and the last half hour is spent on the playground. **This class runs January through May.**

Tuesday 9:30 AM - 11:00 AM

TIME FOR ME (03852)

2 to 3 years

A positive social and educational experience without parents. Children sing songs, create beautiful masterpieces and much more. This 60 minute program offers students an opportunity for independent playtime. **This class runs January through May.**

Thursday 9:30 AM - 10:30 AM

MOM'S MORNING OUT (05396)

2 to 5 years

This class can be done in addition to preschool or independently. Children will play and do crafts and you have the morning out! **This class runs January through May.**

Tuesday 10:00 AM - 12:00 PM

WEE THREES (05310)

2 to 3 years

This class helps your child develop social skills such as cooperating, developing a self-concept and building confidence.

KINDERPALS (05325)

3 years

This class helps your child develop further in the areas of coordination, confidence, social skills and fine and gross motor dexterity.

Y'S OWLS (05335)

4 years

Our Y's Owls class prepares children approaching five years old for kindergarten by emphasizing fine and gross motor development, cognitive skills and language development. Self help and socialization skills are enhanced throughout the year. Activities for preschool include Arts and Crafts, Music, Language, Cooking, Science, and activities to develop fine and gross motor skills.

ARTS & HUMANITIES

Art has a tremendous impact on society and youth development...the Y is making the arts come alive with enriching programs for all ages. We offer classes and workshops in a multitude of mediums.

Your Y contact is Karen Murphy, 610/647-9622, x2500 or karen.murphy@umly.org.

	30 Min	60 Min	90 Min
Full Member:	\$49.00	\$70.00	\$84.00
Program Member:	\$95.00	\$135.00	\$159.00

Fees unless otherwise noted, some fees may be prorated.

CRAFTS

CRAFTY CREW (03956)

2 to 3 years (without parents)

A craft club specifically designed for 2 and 3 year olds. Snowmen, polar bears, penguin crafts and more fill this 45 minute class. Not only will the kids use their imaginations to create their own unique craft, the kids will also be working on their fine motor skills.

Wednesday 9:30 AM - 10:15 AM

Thursday 10:15 AM - 11:00 AM **+Intro to Sports (9:30)**

ARTISTIC MOVERS (01312)

3 to 5 years

This class offers an introduction for young children to the wonderful world of art and creative movement. Experienced staff will lead students through fun and exciting crafts along with a variety of music for dancing which will inspire creativity and promote independent thinking.

Wednesday 1:00 PM - 2:15 PM

READING ADVENTURES (03951)

3 to 6 years

Take off on a reading adventure! Award winning stories about winter, adventure and more will be explored through theater games, crafts, songs and more. This class will be full of creativity, laughter, self confidence and fun.

Friday 1:00 PM - 2:15 PM

CREATIVE CLUB (03959)

4 to 10 years

Join us on Saturday for a morning of creative fun! Kids will create their own art using paper mache, recyclables, found objects and even food. From snowmen to polar bears their imaginations will run wild.

Saturday 9:30 AM - 10:45 AM (7-10 years) +Incred. Edibles (11:00)
11:00 AM - 12:15 PM (4-6 years)

COOKING

CULINARY KIDS (03885)

3 to 6 years

Have a little one who loves to help in the kitchen? While cooking breakfast, lunch, dinner and dessert, students will receive an introduction to cooking that emphasizes safety, measurement, etiquette and of course, taste!

Monday 1:00 PM - 2:00 PM

Tuesday 9:30 AM - 10:45 AM

INCREDIBLE EDIBLES (03906)

7 to 10 years

Kids love helping out in the kitchen. Let them start their own recipe file. Each week they will make fun new edible creations while learning basic kitchen skills and safety. Children will keep their own recipe cards for their collection. An appetite for fun is required

Monday 4:30 PM - 5:45 PM

Saturday 11:00 AM - 12:15 PM +Creative Club (9:30)

VISUAL ARTS

PAINT PALS (03950)

3 to 6 years

Have a kid that loves to paint and get messy? This is the class for him/her. Kids will paint with rollers, paint brushes and even their fingers to learn the basics of painting. Children are inspired by the introduction of artists.

Monday 9:30 AM - 10:30 AM

Tuesday 1:00 PM - 2:00 PM

ART AROUND THE WORLD (03876)

3 to 6 years

Travel the world through art. Kids will experience different cultures through stories and art. Throughout the session the kids will get their passports stamped.

Thursday 9:30 AM - 10:30 AM

LITTLE MUDDERS (03957)

3 to 6 years

A ceramics club just for preschoolers! Kids will learn the basics of handbuilding and glazing. They'll develop their fine motor skills as they create fun projects.

Thursday 1:00 PM - 2:00 PM

ARTIST IN TRAINING (A.I.T.) (03963)

5 to 8 years

Art is all about creative exploration. This class will supply everything your child will need to create their very own masterpieces. Projects will range from paintings to clay to crafts. Kids will be introduced to artists for inspiration. Small snack provided.

Thursday 4:30 PM - 5:30 PM

MUD CLUB (03958)

7 to 10 years

Dive into mud club and learn the techniques of handbuilding and glazing! Under the guidance of the instructor, kids will build a variety of clay projects such as pots, sculptures and reliefs. **Class fee includes materials. A snack is provided.**

Tuesday 4:30 PM - 5:30 PM

Full Member: \$80.00

Program Member: \$145.00

NATURE PHOTOGRAPHY (03962)

7 to 12 years

Learn how to take pictures of nature! Bring your digital camera and your walking shoes as we learn about nature and how to photograph trees, flowers, landscapes and animals. Digital cameras may be rented for an additional fee.

Saturday 10:00 AM - 11:00 AM

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

HONORS ART (03964)

8 to 12 years

This class is for kids interested and challenged by a wide range of art experiences. Each session the kids will focus on the completion of one major project. The instructor will provide an encouraging atmosphere so the kids can thrive in their creativity. Small snack provided.

Thursday 5:30 PM - 6:30 PM

WATERCOLOR PAINTING FOR ADULTS (03919)

18 years and up

Fabulously fun watercolor class open to all levels. Class will include the beauty of flowers and techniques for painting interesting background textures. Fee includes materials.

Friday 9:30 AM - 10:45 AM

Full Member: \$115.00 Program Member: \$155.00

ADULT OIL PAINTING (03902)

18 years and up

Come join us for two hours of oil painting. Class is open to all levels. The instructor will cover color, composition, the tools and equipment needed to paint your very own masterpiece. Fee includes materials.

Wednesday 1:00 PM - 3:00 PM

Full Member: \$115.00 Program Member: \$155.00

THEATER

THEATER ARTS JR. (03938)

7 to 10 years

Places please! Join us and learn musical and non-musical aspects of theater; everything from improv, to line memorization, to character development. Theater develops group dynamics, cooperation, self confidence and public speaking. The session ends with a fantastic production.

Wednesday 4:30 PM - 5:30 PM

ARTS & HUMANITIES PARTIES

See page 22 for details.

DANCE

Your YMCA contact is Coleen Scheb, 610/647-9622, x2510 or UMLYdance@umly.org.

If you would like to participate in the dance recital, all registrations for the school of dance must be received by December 16, 2011.

BABY DANCE (01302)

2 to 3 years

Children (along with a parent or caregiver) are introduced to various free movement exercises and simple ballet steps. Taught in a fun-loving, safe and nurturing atmosphere, the instructor will incorporate simple dance exercises, stretches and easy to follow routines while helping to emphasize body awareness and creativity in a fun-loving, nurturing environment.

Tuesday 9:30 AM - 10:00 AM Miss Claire

Thursday 9:30 AM - 10:00 AM Miss Claire

Saturday 9:30 AM - 10:00 AM Miss Claire

UMLY SCHOOL OF DANCE

3 years and up

The School of Dance teaches a nine month progressive curriculum beginning in September and culminating in May with our annual recital. For class listings and registration information, please download our dance catalog at www.umly.org/dance or pick one up at the Welcome Center.

ARTISTIC MOVERS

3 to 5 years

This class offers an introduction for young children to the wonderful world of art and creative movement. Experienced staff will lead students through fun and exciting crafts along with a variety of music for dancing which will inspire creativity and promote independent thinking.

Wednesday 1:00 PM - 2:15 PM

ADULT JAZZ (01350)

17 years and up

Jazz is an energetic dance style consisting of unique moves, fancy steps, leaps and turns to music ranging from today's pop hits to Broadway musical tunes. It's a great way to work all of your muscles while having fun!

Beginner Jazz

Wednesday 11:00 AM - 12:00 PM Miss Coleen

Intermediate Jazz

Wednesday 10:00 AM - 11:00 AM Miss Coleen

ADULT BALLET "JUST BARRE" (01374)

17 years and up

"Just Barre" is an 8 week course designed to tone, lengthen and strengthen the muscles of the legs, arms and back based upon the principles of the ballet barre. No dance or ballet experience is necessary.

Thursday 10:30 AM - 11:30 AM Miss Claire

DANCE BIRTHDAY PARTIES

See page 22 for details.

ENVIRONMENTAL EDUCATION

The Environmental Education Center helps kids develop a connection to the natural world. Our outdoor classroom includes more than twenty acres of woodland, wetlands, the headwaters of Darby Creek and a one acre pond. Your Environmental Education contact is Jean Zimmerman, 610/647-9622, x2405.

	30 Min	60 Min	90 Min
Full Member:	\$49.00	\$70.00	\$84.00
Program Member:	\$95.00	\$135.00	\$159.00

Fees unless otherwise noted, some fees may be prorated.

LITTLE NATURE EXPLORERS (07328)

2 to 3 years

Little ones explore the world of nature through live animal visits, related art projects, stories, and fun games to get them moving.

Monday	10:15 AM - 10:45 AM	+Tiny Tumblers (9:30) +Intro to Sports (11:00)
Thursday	10:15 AM - 10:45 AM	+Intro to Sports (9:30) +Tiny Tumblers (9:30)

NATURE CRAFTS & CRITTERS (07325)

3 to 6 years

Creativity abounds as children explore nature through art projects, woodland walks and visits with the animals in the Environmental Education Center.

Tuesday	1:00 PM - 2:00 PM	+Swim (2:15)
Friday	9:30 AM - 10:30 AM	

ANIMAL TALES & TAILS (07351)

3 to 6 years

Introduce your youngster to nature through some of our favorite nature tales. Experience the adventure through stories, music/movement, crafts, walks in the woods and live animal visits.

Monday	9:30 AM - 10:30 AM	
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SCIENCE & NATURE (07331)

3½ to 6 years

Children have fun mixing up silly concoctions, growing crystals, having fun with magnets and much more. Curriculum also includes nature walks in the woods and learning about the critters in our Environmental Education Center.

Monday	1:00 PM - 2:00 PM	+Swim (2:15)
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NATURE, SCIENCE & CRAFTS (07336)

3½ to 6 years

This class combines animals, science and arts and crafts. Kids will spend time in our Nature Center conducting hands-on science experiments, making creative nature themed craft projects and getting up close and personal with the animals that make the Environmental Education Center their home.

Friday	1:00 PM - 2:30 PM	
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FUN WITH ANIMALS (07371)

4 to 6 years

Kids help feed and care for the critters in our Environmental Education Center and learn about the special needs of these and other wild animals. Activities also include walks in our woods and along the pond and wetlands of the Y.

Thursday	1:00 PM - 2:00 PM	+Swim (2:15)
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SCIENCE SAFARI & SPATULAS (07361)

4 to 6 years

This is a fun class that combines science, nature and cooking. Kids make tasty treats, perform hands on science experiments, learn about the animals that make the nature center their home and take walks along the woodlands and wetlands of the YMCA.

Thursday	9:30 AM - 11:00 AM	+Swim (11:15)
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OUTDOOR WINTER ADVENTURE (07369)

4 to 6 years

Winter is a great time for outdoor fun. Bundle up and come explore the YMCA woods with us as we search for and learn about some of its winter residents. On snowy winter days we will look for animal tracks in the snow, ice on the creek and pond, build a snowman, or hop on a sled and take a ride. For those days that are not fit for man or beast, we will have fun indoors learning about the critters in the nature center, performing science experiments and much more. Come dressed for winter weather.

Wednesday	1:00 PM - 2:15 PM	
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ECO-DISCOVERY AFTER SCHOOL CLUB- OUTDOOR WINTER ADVENTURE (07370)

6 to 10 years

This after-school club will explore wildlife and ecology within our nature center and throughout the woodlands and wetlands of the YMCA. On snowy winter days we will look for animal tracks in the snow, ice on the creek and pond, build a snowman, or hop on a sled and take a ride. For those days that are not fit for man or beast, we will have fun indoors learning about the critters in the nature center, performing science experiments and much more. Come dressed for winter weather.

Thursday	4:30 PM - 5:45 PM	
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ZOOLOGY FOR KIDS WORKSHOP (07335)

8 to 12 years

Is your child a future zoologist or veterinarian? This class brings kids up close with the animals in the Environmental Education Center as they learn the proper way to care for some exotic and native critters. 4 week class meets 1/23, 1/30, 2/6, and 2/13.

Monday	4:30 PM - 5:30 PM	
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FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

Y EARTH SERVICE CORPS (YESC) (07304)

Grades 3 through 12

This national Y program focuses on environmental service learning, adventure trips and team building. We'll get involved in local environmental and wildlife service projects, help organize YMCA special events, participate in day hikes, adventure sports, and overnight trips. Environmental-related careers are also explored. Check out our website: www.umly.org/yesc. Your Y contact is Brian Quindlen, 610/647-9622, x2408 or yesc@umly.org.

YESC Mudpuppies (Grades 3 & 4) NEW!

YESC Ivory-billed Woodpeckers (Grades 5 - 8)

YESC Apgar's Moose (Grades 9 - 12)

Weekly Meetings

Tuesday 7:00 PM - 8:00 PM

Please visit www.umly.org/yesc for fee information.

YESC TRIPS (07306)

- **UMLY Service Project***
Saturday 12/10/2011
- **UMLY Christmas Bird Count**
Monday 12/26/2011
- **John Heinz Christmas Bird Count**
Saturday 1/7/2012
- **Sandy Hook**
Saturday 1/14/2012
- **MLK Day Service Project***
Monday 1/16/2012
- **Murder Mystery**
Saturday 1/28/2012
- **Service Project***
Saturday 2/11/2012
- **Frost Valley YMCA**
Fri/Sat/Sun 3/2/2012 - 3/4/2012

*Please register for service projects by emailing: yesc@umly.org.

SWIM, SPORTS & PLAY

SWIM LESSONS

For swim lesson inquiries (not registration) please contact Mary Beth Jones, marybeth.jones@umly.org or 610/647-9622, x2410.

Prerequisites Participants must demonstrate all skills required for the desired level and previous class levels.

Swim lessons are offered TWICE WEEKLY or ONE TIME per week for 4 weeks.

	1 Day 30 Min	2 Day 30 Min	1 Day 45 Min	2 Day 45 Min
Full Member:	\$59.00	\$67.00	\$69.00	\$75.00
Program Member:	\$123.00	\$140.00	\$148.00	\$160.00

Fees unless otherwise noted, some fees may be prorated.

Once Weekly Session Dates January 6 - February 18

Twice Weekly Session Dates (Must register separately)

Session "A" January 2 - January 26

Session "B" January 30 - February 23

30 MINUTE PARENT & CHILD

Parent and child classes consist of water-enrichment and aquatics-readiness activities with both parent and child in the water.

Monday - Friday Parent/Child classes are available for drop-ins provided space is available. The drop-in fee per class is \$10.00 for members and \$18.00 for non-members.

PARENT/TOT (02209)

6 months to 18 months

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

Tuesday 10:30 AM - 11:00 AM

Thursday 10:30 AM - 11:00 AM

Saturday 9:30 AM - 10:00 AM

PERCH & PARENT (02206)

18 months to 3 years

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

Tuesday 10:30 AM - 11:00 AM

Thursday 10:30 AM - 11:00 AM

Saturday 9:00 AM - 9:30 AM 10:15 AM - 10:45 AM

PIKE & PARENT (02211)

2½ to 4 years

A transitional class for children and their parents. Participants will learn to listen to an instructor and work in a group setting. No prerequisites.

Tuesday	10:00 AM - 10:30 AM	
Thursday	10:00 AM - 10:30 AM	
Saturday	9:00 AM - 9:30 AM	9:30 AM - 10:00 AM
	10:15 AM - 10:45 AM	10:45 AM - 11:15 AM
	11:15 AM - 11:45 AM	

30 MINUTE PRESCHOOL

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

PIKE (02212)

3 to 5 years

Pre-beginner class. Children may attend class without a parent. Recommended for children new to lessons.

Mon/Wed	1:00 PM - 1:30 PM	
	4:00 PM - 4:30 PM	
	5:45 PM - 6:15 PM	
Tue/Thu	10:00 AM - 10:30 AM	
	1:00 PM - 1:30 PM	4:00 PM - 4:30 PM
	5:00 PM - 5:30 PM	6:30 PM - 7:00 PM
Friday	1:00 PM - 1:30 PM	3:30 PM - 4:00 PM
	4:00 PM - 4:30 PM	
Saturday	9:00 AM - 9:30 AM	9:30 AM - 10:00 AM
	10:45 AM - 11:15 AM	11:15 AM - 11:45 AM
	12:30 PM - 1:00 PM	

EEL (02213)

3 to 5 years

Beginner level for children who can swim 5 feet on their front and can float on their back independently without flotation.

Mon/ Wed	1:30 PM - 2:00 PM	4:00 PM - 4:30 PM
	5:15 PM - 5:45 PM	
Tue/Thu	10:00 AM - 10:30 AM	1:30 PM - 2:00 PM
	4:30 PM - 5:00 PM	5:00 PM - 5:30 PM
	6:30 PM - 7:00 PM	
Friday	12:30 PM - 1:00 PM	5:15 PM - 5:45 PM
Saturday	10:15 AM - 10:45 AM	10:45 AM - 11:15 AM
	11:15 AM - 11:45 AM	12:00 PM - 12:30 PM

RAY (02214)

3 to 5 years

Intermediate level for children who can swim on their front for half a length of the pool without a flotation device and can paddle on their back without assistance.

Mon/Wed	1:00 PM - 1:30 PM	4:30 PM - 5:00 PM
Tue/Thu	10:30 AM - 11:00 AM	1:30 PM - 2:00 PM
	4:30 PM - 5:00 PM	6:30 PM - 7:00 PM
Friday	1:45 PM - 2:15 PM	
Saturday	10:15 AM - 10:45 AM	12:00 PM - 12:30 PM

STARFISH (02215)

3 to 5 years

Advanced level for children who can comfortably swim without a flotation device on their front, back and side for a full length of the pool. Passed Starfish? Check out Porpoise for Minis! Call 610/647-9622, x2410 for information or to schedule an evaluation!

Mon/Wed	1:30 PM - 2:00 PM	
Tue/Thu	10:30 AM - 11:00 AM	1:00 PM - 1:30 PM
	4:00 PM - 4:30 PM	
Saturday	9:30 AM - 10:00 AM	

RAY/STARFISH (02208)

3 to 5 years

Combined class of Ray and Starfish. Intermediate/Advanced level.

Friday	5:45 PM - 6:15 PM
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45 MINUTE YOUTH

POLLIWOG (02220)

6 to 12 years

Pre-beginner class for inexperienced to beginner swimmers, no prerequisites.

Tue/Thu	5:45 PM - 6:30 PM	
Saturday	9:00 AM - 9:45 AM	11:30 AM - 12:15 PM

GUPPY (02221)

6 to 12 years

Beginner I class for participants who are able to swim without a flotation device on their front and back at least 15 feet and are completely comfortable underwater.

Tue/Thu	4:45 PM - 5:30 PM	
Friday	4:15 PM - 5:00 PM	
Saturday	9:45 AM - 10:30 AM	12:30 PM - 1:15 PM

MINNOW (02223)

6 to 12 years

Beginner II class for participants who are comfortable in deep water and are able to swim at least one length of the pool on front with rudimentary breathing and a full length on back without a flotation device.

Mon/Wed	7:15 PM - 8:00 PM	
Tue/Thu	4:00 PM - 4:45 PM	
	6:30 PM - 7:15 PM	
Friday	5:15 PM - 6:00 PM	
Saturday	9:00 AM - 9:45 AM	10:45 AM - 11:30 AM
	12:30 PM - 1:15 PM	

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

FISH (02225)

6 to 12 years

Intermediate I class for participants who are able to swim freestyle with rotary breathing and backstroke at least one length of the pool using good form. Participant should also be able to swim one length of breaststroke.

Tue/Thu 4:45 PM - 5:30 PM 5:45 PM - 6:30 PM
Friday 6:30 PM - 7:15 PM
Saturday 9:45 AM - 10:30 AM 11:30 AM - 12:15 PM

45 MINUTE YOUTH ADVANCED

FLYING FISH (02226)

7 to 12 years

Intermediate II class for participants who are able to swim at least two lengths freestyle, backstroke and breaststroke in good form. Students should be able to swim a rudimentary butterfly one length.

Mon/Wed 6:00 PM - 6:45 PM
Friday 6:00 PM - 6:45 PM

FLYING FISH/SHARK (02222)

7 to 12 years

For participants whom exhibit competencies in either the Flying Fish or Shark levels.

Tue/Thu 4:00 PM - 4:45 PM
Saturday 10:45 AM - 11:30 AM

PORPOISE CLUB (02228)

4 to 17 years

This 8 week program refines competitive strokes, starts and turns without the pressure and intensity of a team environment. This program is ideal for swimmers who require additional technique work prior to joining a team, or who simply want to continue to improve their swimming beyond the intermediate 2 levels. New participants must be evaluated. For Porpoise Club swim evaluations, please call MaryBeth Jones at 610/647-9622, x2410.

Mon/Wed 4:30 PM - 5:15 PM 4 to 7 years (Mini)
6:15 PM - 7:00 PM 4 to 7 years (Mini)
7:15 PM - 8:00 PM 10 to 17 years (Senior)
Tue/Thu 5:30 PM - 6:15 PM 4 to 7 years (Mini)
5:30 PM - 6:15 PM 7 to 10 years (Junior)

Full Member: \$160.00 Program Member: \$240.00

GENERAL SWIM PROGRAMS

PLUS SWIM (02151)

Plus swim is a once-weekly program that pairs a youth sports, environmental education, fitness, arts or another class with a 30 minute organized swim program. Children will learn basic safety skills and stroke technique as well as play fun water games! In order to participate, children must be registered for a Plus designated partner program found in this catalog.

Monday 2:15 PM - 2:45 PM
Tuesday 11:15 AM - 11:45 AM 2:15 PM - 2:45 PM
Wednesday 2:15 PM - 2:45 PM
Thursday 11:15 AM - 11:45 AM 2:15 PM - 2:45 PM

Full Member: \$47.00 Program Member: \$90.00

PRIVATE SWIM LESSONS (02201)

3 years and up

We believe our group lessons are great, however, if group lessons do not work for you or your child, private swim lessons are available. To schedule a private swim lesson, please fill out a private lesson request form at the Welcome Center. Lessons are scheduled on a first come, first served basis following the session schedules and have limited availability. Please email UMLYprivateswim@umly.org for more information.

Eight 30 Minute Lessons

Individual Lessons

Full Member: \$245.00 Program Member: \$357.00

Semi-Private Swim Lessons (price per student for 2)*

Full Member: \$184.00 Program Member: \$221.00

Semi-Private Swim Lessons (price per student for 3)*

Full Member: \$138.00 Program Member: \$165.00

*Lessons available for siblings or friends.

COMPETITIVE SWIMMING

DEVELOPMENTAL CLASSES

HALF PINTS (02302)

4 to 6 years

Our primer for the competitive swim program. Children must have passed Ray level or equivalent and be able to swim freestyle and backstroke with good form for 15 yards. Technique is emphasized for competitive strokes and diving in preparation for starts is introduced. An evaluation is required.

Mon/Wed 4:00 PM - 4:30 PM

PRETYKES (02305)

4 to 7 years

An entry-level pre-competitive program with an emphasis on teaching competitive strokes. Must have passed preschool advanced swim lessons and be able to swim 25 yards of freestyle. An evaluation is required.

M/W/F 4:30 PM - 5:00 PM

SWIM TEAM

Our mission for nearly forty years has been to develop "good swimmers and great kids." Competitive swimming teaches skills for a lifetime. Our swimmers achieve success at all levels of competition. We provide the foundation for our athletes to excel based on their talent, skills and level of commitment.

Full Member Fees	Fall	Winter	Spring	Summer	Annual
National/Pre-National	\$230	\$850	\$230	\$430	\$1690
Senior Red/Green	\$190	\$730	\$190	\$360	\$1420
SR Yellow	\$150	\$625	\$150	Not Offered	\$895 [#]
JR Blue	\$150	\$600	\$150	\$300	\$1200
JR Red/Green	\$130	\$570	\$130	\$300	\$1130
JR Yellow	\$130	\$570	\$130	Not Offered	\$850 [#]
Mini Blue/Red	\$125	\$475	\$125	Not Offered	\$725 [#]

UMLY Otters Summer Team fees apply separately. [#]No Summer.
For Program Member fees, please contact UMLY Swimming.

Your YMCA contacts are Glenn Neufeld at 610/854-1616 or glenn.neufeld@umly.org and Tim Ryan at 610/647-9622, x2504 or tim.ryan@umly.org. Visit www.swimumly.com for information about practice groups, updates and schedules.

INSTRUCTIONAL SPORTS

Your Sports contact for instructional programs is Kevin Curley, 610/647-9622, x2412 or kevin.curley@umly.org.

	30 Min	45 Min
Full Member:	\$49.00	\$70.00
Program Member:	\$95.00	\$135.00

Fees unless otherwise noted, some fees may be prorated.

INTRO TO SPORTS (03144)

2 to 3 years

This class will give your child a fun way to learn the basics of sports, from learning about being a good sport, cheering on your friends, and taking turns. All while having fun!

Monday	11:00 AM - 11:30 AM	+Little Nature Explore. (10:15)
Tuesday	10:15 AM - 10:45 AM	
Wednesday	10:00 AM - 10:30 AM	
Thursday	9:30 AM - 10:00 AM	+Little Nature Explore. (10:15)
Friday	11:00 AM - 11:30 AM	
	1:00 PM - 1:30 PM	

TINY TUMBLERS (03146)

2 to 3 years

This class introduces children to the art of movement with the use of music, tumbling and games.

Monday	9:30 AM - 10:00 AM	+Little Nature Explore. (10:15)
Tuesday	9:30 AM - 10:00 AM	
Thursday	9:30 AM - 10:00 AM	+Little Nature Explore. (10:15)

PRESCHOOL GYMNASTICS (03420)

3 to 5 years

Safe and solid instruction in tumbling, balance, vault, strength and flexibility.

Monday	1:15 PM - 2:00 PM	
Tuesday	10:15 AM - 11:00 AM	+Swim (11:15)
	1:15 PM - 2:00 PM	
Wednesday	1:15 PM - 2:00 PM	
Thursday	10:15 AM - 11:00 AM	+Swim (11:15)
	1:15 PM - 2:00 PM	
Friday	12:15 PM - 1:00 PM	
	1:15 PM - 2:00 PM	

SPORTS OF ALL SORTS (03101)

4 to 5 years

Explore an array of all sports from soccer, kickball, t-ball, basketball and other fun field games. All while learning about teamwork, sharing and having fun!

Monday	1:15 PM - 2:00 PM	+Swim (2:15)
Tuesday	1:15 PM - 2:00 PM	
Wednesday	10:45 AM - 11:30 AM	
Thursday	1:15 PM - 2:00 PM	

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

BASKETBALL SCHOOL (03117)

4 to 6 years

Want to learn what it takes to play like a pro? Improve your dribbling and shooting technique.

Monday 10:00 AM - 10:45 AM

Friday 1:45 PM - 2:30 PM

PEE-WEE SOCCER (03150)

4 to 8 years

This class is an introduction to soccer. Basic skills are introduced in a positive atmosphere. Kids will discover the joy of learning new skills.

Monday 6:00 PM - 6:45 PM 6 to 8 years

Wednesday 2:00 PM - 2:45 PM 4 to 6 years

Thursday 5:00 PM - 5:30 PM 4 to 6 years @ Paoli Pres. Church

LITTLE LACROSSE (03106)

5 to 9 years

Learn the basics of lacrosse, one of the fastest growing sports in the country. Grades K-2 or 3-5. Bring a lacrosse stick, helmet with a mask and mouth guard.

Monday 5:00 PM - 5:45 PM @ UMLY

Thursday 4:30 PM - 5:00 PM @ Paoli Pres. Boys Only

PRIVATE YOUTH SPORTS INSTRUCTION

We offer private sports instruction for basketball, soccer, t-ball, baseball and gymnastics. Instruction is one hour long and packages are available.

Please contact Kevin Curley, 610/647-9622, x2412 or kevin.curley@umly.org for more information.

	1 Session (60 min)	6 Session Package	12 Session Package
Full Member:	\$51.00	\$273.00	\$503.00
Program Member:	\$66.00	\$363.00	\$684.00

YOUTH GYMNASTICS

INSTRUCTIONAL GYMNASTICS (03430)

4 to 12 years

Progressive instructional levels address the needs of gymnasts at different levels of athletic development.

- Rockers** Beginner. No minimum requirements.
- Kickers** Intermediate. Must have graduated beginner level. Minimum requirements: forward and back roll, cartwheel, bridge, 5 pushups, 15 sit ups.
- Springers** Advanced. Minimum requirements: round off, handstand, one leg bridge, jump full turn, pull up and 3 leg lifts.

Monday 4:00 PM - 5:00 PM **Rockers** 4 to 5 years

5:00 PM - 6:00 PM **Rockers** 4 to 5 years

Tuesday 4:00 PM - 5:00 PM **Kickers** 5 years and up

5:00 PM - 6:00 PM **Springers** 6 years and up

Saturday 9:30 AM - 10:30 AM **Rockers** 4 years and up

10:30 AM - 11:30 AM **Rockers** 4 years and up

11:30 AM - 12:30 PM **Kickers** 5 years and up

12:30 PM - 1:30 PM **Springers** 6 years and up

GYMNASTICS TEAM

For more information about the team including evaluations, please contact Kevin Curley, 610/647-9622, x2412 or umlygymnastics@umly.org.

	Mini	Mini Extended	Level 4*	Level 4 (3 Day) & Level 5-9*
Full Member:	\$115.00	\$198.00	\$198.00	\$236.00
Program Member:	\$275.00			

*Levels 4 through 9 must be Full Members.

GIRLS GYMNASTICS TEAMS

6 to 18 years

Gymnastics team consists of developmental and competitive levels.

Mini Team (03439) Non-competitive training group designed to teach level 4 skills and advance gymnasts to the competitive team

Level 4 (03440) Prepares gymnasts for the competitive team levels 5-9.

Levels 5-9 (03450) Competitive team. Many of the Y's athletes compete at the state and national level.

Tue/Thu 5:00 PM - 6:00 PM **Mini**

Tue/Thu 5:00 PM - 7:00 PM **Mini-Extended**

Tue/Thu 5:30 PM - 7:30 PM **Level 4**

Tue/Thu 5:30 PM - 8:30 PM **Level 4 (3 Day)**

Tue/Thu 5:30 PM - 8:30 PM **Level 5-9**

Sunday 3:00 PM - 6:00 PM **Level 4 and 5-9**

YOUTH FITNESS/EXERCISE

	30 Min	60 Min
Full Member:	\$49.00	\$70.00
Program Member:	\$95.00	\$135.00

Fees unless otherwise noted, some fees may be prorated.

YOUTH AND TEEN WELLNESS CENTER

8 to 14 years

The Youth and Teen Wellness Center is a supervised workout area just for young people 8-14. Whether they are training for school sports or love video games, this is the place for your pre-teen and early teen. Once completing the required orientation, members will have full access to Exer-gaming, methods of functional training, and when they turn 10 years old, state of the art Strive strength training equipment. Parents are encouraged to work out with their kids! The equipment can accommodate someone over 6 feet tall.

Schedule your child's FREE orientation in the Youth Wellness Center or call 610/647-9622, x2319.

KIDS CROSS CONDITIONING CHALLENGE (01457)

8 to 11 years

NEW! We'll get your kids moving through a variety of strength and conditioning exercises in a fast-paced, fun workout environment. Program includes interval training techniques designed for athletes of any ability.

Saturday 11:00 AM - 12:00 PM

RUN FOR YOUR LIFE! (01414)

8 to 14 years

Come challenge yourself in this 60 minute cardio circuit. Run a full marathon by the end of the session! Increase your stamina along the way. In just eight weeks, you'll have completed 26.2 miles, a FULL marathon! This workout is designed for the novice to the elite athlete. Pair this class with Beginner Weight Training for a complete strength and cardio workout.

Thursday 4:45 PM - 5:45 PM
Sunday 11:00 AM - 12:00 PM

X-SPORTS FACEOFF (03109)

8 to 14 years

Eight weeks of virtual fitness training! Each week is a fitness challenge using one of our exer-gaming systems. There will be a Martial Arts week (Jackie Chan training camp and 3 kick), Boxing week (Xavix & Wii sports), Core strength week (Wii Fit), and an Agility week (Wii Sports). Compete against your classmates and attempt to beat your own scores. Learn how to use your exer-gaming for fitness.

Sunday 10:00 AM - 11:00 AM

BEGINNER WEIGHT TRAINING (01415)

10 to 14 years

Come STRIVE and thrive in this fast paced, 60 minute strength conditioning program. We'll put you through your paces using the 1.2.3. Strive Smart Strength Training machines, quick bursts of cardio intervals and finishing up with core conditioning. This workout is designed for the novice to the elite athlete. Pair this class with **Run For Your Life!** for a complete strength and cardio workout.

Tuesday 4:45 PM - 5:45 PM
Wednesday 6:00 PM - 7:00 PM
Saturday 10:00 AM - 11:00 AM

XRCAD/YOUTH WELLNESS CENTER BIRTHDAY PARTIES

See page 22 for details.

YOUTH SPORTS LEAGUES

All children, regardless of their size, experience or ability shares equal time while learning and having fun. Your Sports League contact is Ed Bullen, 610/647-9622, x2512 or UMLYSports@umly.org.

YOUTH LEAGUES

INDOOR SOCCER

4 to 9 years

A fun league/clinic that stresses skill development in a positive atmosphere. There will be one game a week along with practice time before each game.

IMPORTANT DATES

League Play: March 10th - April 7th
Registration: December 7th - February 24th
Late Registration: Add \$10.00

Saturday 9:00 AM - 10:00 AM Clinic (3-4 yrs)
10:00 AM - 12:00 PM U6 League (4-5 yrs)
11:00 AM - 1:00 PM U8 thru U10 (6-9 yrs)

Full Member: \$53.00 Program Member: \$98.00

SPRING OUTDOOR SOCCER AND T-BALL

4 to 9 years

A fun league/clinic that stresses skill development in a positive atmosphere. There will be one game a week and each team will practice one night per week.

IMPORTANT DATES

League Play: April 14th - June 9th
Registration: December 7th - March 24th
Late Registration: Add \$10.00

SOCCER AND T-BALL CLINICS

Saturday 9:00 AM - 10:00 PM (3-4 years)

SOCCER LEAGUE

10:00 AM - 12:00 PM U6 League (4-5 years)
11:00 AM - 1:00 PM U8 thru U10 (6-9 years)

T-BALL LEAGUE

10:30 AM - 1:30 PM ALL (4-5 years)

Full Member: \$68.00 Program Member: \$133.00

VOLUNTEER COACHES NEEDED

Our YMCA youth teams are parent coached. If you are interested in coaching your son or daughter, please let us know.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

YOUTH TENNIS

For more information about our Tennis programs, visit www.umly.org, or contact the Tennis Office at 610/854-1610.

	30 Min	60 Min	90 Min
Full Member:	\$71.00	\$119.00	\$167.00
Program Member:	\$142.00	\$238.00	\$334.00

Fees unless otherwise noted, some fees may be prorated.

TINY TENNIS

Tiny Tennis classes follow the USTA QuickStart Tennis program. QuickStart is an exciting new play format designed to bring kids into the game by utilizing specialized equipment, shorter court dimensions and modified scoring, all tailored to age and size.

TEENY TINY TENNIS (03610)

3 to 4 years

This program uses our mini net and court, easy to hit foam balls and outrageous on-court aides to instruct and facilitate immediate success for our young players. Kids will warm up with stretches in order to improve their hand-eye coordination, balance, and coordination by doing drill and skill sets. Basic strokes are introduced in this class.

Monday	9:30 AM - 10:00 AM	1:00 PM - 1:30 PM
Tuesday	4:00 PM - 4:30 PM	
Wednesday	9:30 AM - 10:00 AM	1:00 PM - 1:30 PM
	4:00 PM - 4:30 PM	
Thursday	9:30 AM - 10:00 AM	1:30 PM - 2:00 PM
	4:00 PM - 4:30 PM	
Saturday	9:00 AM - 9:30 AM	1:00 PM - 1:30 PM
Sunday	1:00 PM - 1:30 PM	

BEGINNER TINY TENNIS (03613)

4 to 6 years

This program uses our mini net and court, easy to hit low compression balls and outrageous on-court aides. Kids will warm up with stretches then improve their hand-eye coordination by learning the stationary forehand and backhand, and basic forehand volley, while having loads of fun.

Monday	10:00 AM - 10:30 AM	1:30 PM - 2:00 PM
Wednesday	10:30 AM - 11:00 AM	
Thursday	1:00 PM - 1:30 PM	
Saturday	9:30 AM - 10:00 AM	12:30 PM - 1:00 PM
	1:30 PM - 2:00 PM	
Sunday	12:30 PM - 1:00 PM	

TINY TENNIS (03616)

4 to 6 years

The next step in our Tiny Tennis Program will teach progressions including forehand development and an introduction to the backhand volley with a continued emphasis on having a fun and exciting time.

Monday	10:30 AM - 11:00 AM	2:00 PM - 2:30 PM
	4:00 PM - 4:30 PM	4:30 PM - 5:00 PM
Tuesday	5:00 PM - 5:30 PM	
Wednesday	10:00 AM - 10:30 AM	1:30 PM - 2:00 PM
	4:30 PM - 5:00 PM	
Thursday	10:00 AM - 10:30 AM	2:00 PM - 2:30 PM
	4:30 PM - 5:00 PM	
Saturday	10:00 AM - 10:30 AM	11:30 AM - 12:00 PM
Sunday	2:00 PM - 2:30 PM	

TINY TENNIS GAMES (03620)

4 to 6 years

This progression in Tiny Tennis reinforces all the basic strokes and on-court fundamentals including tracking ground strokes. Drill and point play will be introduced in this fast paced class. Players must have stroke basics and knowledge to participate.

Monday	11:00 AM - 11:30 AM	
Tuesday	4:30 PM - 5:00 PM	
Wednesday	2:00 PM - 2:30 PM	5:00 PM - 5:30 PM
Thursday	10:30 AM - 11:00 AM	5:00 PM - 5:30 PM
Saturday	10:30 AM - 11:00 AM	12:00 PM - 12:30 PM
Sunday	1:30 PM - 2:00 PM	

ADVANCED TINY TENNIS (03619)

4 to 6 years

This program advances players and readies them for our QuickStart League. Continuing to use low compression balls, this class complements the QuickStart court. Increased movement with drills and a fast paced tempo encourage players to move to the next level.

Monday	11:30 AM - 12:15 PM	Verified
	5:00 PM - 5:45 PM	Verified
Thursday	12:15 PM - 1:00 PM	Verified
Sunday	2:30 PM - 3:15 PM	Verified

TINY TENNIS PRIVATE LESSONS

4 to 6 years

One of our fastest growing programs at the Y now offers a twenty minute private lesson for the Tiny player interested in one on one instruction. To book your lesson, contact the tennis office at 610/854-1610.

PARENT VOLUNTEERS

Would you like to be a Volunteer Parent Tennis Coach? Please call the tennis office.

JUNIOR TENNIS

Our goal is to create an environment where people of all ages and abilities can develop and maintain a life-long love of tennis in a fun, friendly atmosphere!

Placement Evaluation: If your child has played tennis before, but is new to our program, please schedule a free 15 minute evaluation with one of our tennis professionals so we can evaluate and properly place your child. Call the tennis office to schedule an appointment.

NOTE: If your child is a beginner, no evaluation is necessary. It is recommended that all beginners enroll in Y Tennis Academy.

Y TENNIS ACADEMY (03657)

6 to 15 years

Development Level Get an early introduction to this exciting sport! This level specializes in games that develop hand-eye coordination. The focus is on fun, while learning the basics of tennis. On the first day of the program we will be dividing into separate groups based on age. Class includes Match Play. Register for multiple days and get a price break.

Monday 4:00 PM - 5:00 PM
Tuesday 5:30 PM - 6:30 PM
Wednesday 4:00 PM - 5:00 PM
Thursday 5:00 PM - 6:00 PM
Saturday 11:00 AM - 12:00 PM 12:00 PM - 1:00 PM

Full Member: \$119.00 Program Member: \$238.00

Y FUTURES TOUR (03658)

10 to 18 years

Competitive Level /Previous Experience Required. Players involved in this program are comfortable with basic tennis techniques and concepts and are beginning to show an interest in competitive play or high school tennis. Competitive techniques, development of individual playing styles, team and tournament concepts, rules, etiquette and sportsmanship are emphasized. Players will be divided into groups based upon skill. Class includes a day of supervised match play.

Register for multiple days and get a price break.

Monday 5:00 PM - 6:30 PM
Tuesday 4:00 PM - 5:30 PM
Wednesday 5:00 PM - 6:30 PM
Thursday 3:30 PM - 5:00 PM
Friday 4:00 PM - 5:30 PM
Saturday 1:00 PM - 2:30 PM

Full Member: \$167.00 Program Member: \$334.00

Y TOURNAMENT TRAINING (03659)

14 to 18 years

Tournament Level/Invitation Only. The Tournament Training Program (TTP) is for the junior player actively pursuing year round competition and sanctioned tournament participation, While all our classes offer instruction, TTP is separated by one factor – INTENSITY. Tennis is a challenging sport to play and master, and players without intensity don't succeed at the highest level. Students in TTP not only share the skills required of tennis, but also the love of the sport! In addition to intensive on-court instruction and workouts, off-court sport science topics will be introduced and discussed. Workouts will be offered up to three days a week. Players must have prior staff approval to register! Contact the Tennis Department for approval information.

Full Members Only: \$230.00

FOR HEALTHY LIVING

Improving the nation's health and well-being.

YMCA EVENTS

3RD ANNUAL CRAFT AND VENDOR FAIR

Browse a full array of local craft and vendor tables in our lobby. You never know what you might find!

Wednesday 11/30/2011 - Saturday 12/3/2011

CHRISTMAS FESTIVAL

The live reindeer returns. Meet Santa and have your photo taken with the jolly old elf and his reindeer. Make holiday crafts and warm up with free hot chocolate and muffins. Please get your tickets for photos before 10:45 to guarantee your place in line.

Saturday 12/3/2011 8:30 AM - 11:30 AM

Admission: FREE

Photo with Santa: \$8.00

28TH ANNUAL NEW YEARS EVE 5K ROAD RACE

Start 2012 off on the right foot and jump start your New Year's resolution before the ball even drops! Race through the neighborhoods surrounding the Y.

Race Day Registration from 7:00 AM - 8:45 AM

Saturday 12/31/2011 9:00 AM Snow or Shine

Register online at www.umly.org/5k

Entry Fee: \$20.00

2ND ANNUAL UMLY WINTER CLASSIC HOCKEY TOURNAMENT

This coed recreational tournament is a fundraiser for the Y's Changing Lives Annual Support campaign. Registered players are drafted and placed onto teams to compete in a round robin tournament (13 minute games) and championship playoffs.

Please register as an individual online at:
www.umly.org/forms/winterclassic.

For more information, please contact Kevin Curley, 610/647-9622, x2412 or kevin.curley@umly.org.

Saturday 12/31/2011 11:00 AM - 3:00 PM

Entry Fee: \$15.00 per player

FAMILY TIME

YMCA ADVENTURE GUIDES

5 to 13 years

YMCA Adventure Guides is a father/child program designed to help build strong, lasting relationships & memories. For both adult and child—elementary school age through middle school—activities include: overnight weekend cabin camping, campfires, overnights in museums and aquariums, canoeing, rock wall, archery, bowling, skating, pine wood derby, and much more. **For more information, please visit umly.org/Adventure_Guides.**

NEW WELLNESS CENTER POLICY

Please remember to bring your membership card to the Adult Wellness Center. We will be scanning cards in an effort to better protect your membership investment. Thank you in advance for your cooperation.

HEALTH, WELL-BEING & FITNESS

Your YMCA contact for Health, Well-Being & Fitness is Jill Glasgow, 610/647-9622, x2501 or jill.glasgow@umly.org.

ADULT HEALTH AND WELLNESS

ADULT WELLNESS CENTER

15 years and up

The Adult Wellness Center is open for members 15 and above. Our state-of-the-art 8,500 square foot Wellness Center is equipped with the latest Precor cardio and strength training equipment. Fitlinxx is a computerized system that will help you meet your fitness goals faster by adding an extraordinary "intelligent" dimension to your workout experience. Fitlinxx remembers your personal settings, coaches you on proper form and speed and shows your progress. **Schedule your free orientation in the Wellness Center or call 610/647-9622, x2513.**

EAT WELL, BE WELL (01129)

18 years and up

Strengthen your understanding of what "Healthy Eating" really means for you! Join Holistic Nutritionist Cindy Panaro as she guides you through the myths and truths about food. Change the way you look at and feel about what you eat. Over an 8 week period during this once per week class you and Cindy can build healthy eating habits together.

Thursday 9:45 AM - 10:30 AM

Full Member: \$70.00

Program Member: \$95.00

MEDITATION AND MINDFUL STRETCHING (01153)

18 years and up

This class will guide you through mind quieting and stress relieving exercises. It will incorporate Gentle Stretching/Yoga poses to alleviate tension from the body and guide the practitioner into deeper self awareness. You will better understand your body's stress responses to life's daily challenges and help bring your Yoga off the mat and into your everyday life. All are welcome.

Tuesday 7:15 PM - 8:15 PM

Full Member: \$70.00

Program Member: \$95.00

GROUP EXERCISE CLASSES

12 years and up

Group Exercise classes are included with your YMCA membership. Choose from nearly 100 different classes each week. From BodyPump and Spinning to Yoga and Zumba, we have classes to meet everyone's fitness needs. For a complete group exercise class schedule, please visit umly.org or pick one up at the Welcome Center.

	8 Punch	16 Punch
Adult Program Member:	\$105.00	\$175.00

Valid for one 8 week session.

TRX SUSPENSION TRAINING

AT YMCA GREAT VALLEY 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 10 participants on a first-come, first-served basis.

Full Members Only: \$50.00/10 class punch card

INTRO TO TRX SUSPENSION TRAINING

A FREE introduction to our new program.

Fridays Only: (check website for times)

Full Members: FREE

SENIOR ADULT HEALTH AND WELLNESS

SILVER SNEAKERS MUSCULAR STRENGTH & RANGE OF MOVEMENT CLASS (03341)

This program is ideal for any fitness level. Improve overall strength, flexibility and balance, resulting in your ability to stay healthy and maintain your independence. Your instructor guides you through exercises with resistance tools at your own pace. A chair is available for seated and/or standing support, stretching and relaxation. **For more information, please contact Jill Glasgow, 610/647-9622, x2501 or jill.glasgow@umly.org.**

Mon/Wed/Fri 11:45 AM - 12:30 PM

Full Member/Silver Sneakers: Free

Program Member: \$100.00

SILVER SNEAKERS CARDIO CIRCUIT (01507)

Aerobic or cardiovascular exercise is the focus while the class features upper-body strength workouts using hand-held weights, elastic tubing with handles and other fun accessories in non-impact aerobic activity. **For more information, please contact Jill Glasgow, 610/647-9622, x2501 or jill.glasgow@umly.org.**

Tue/Thu 11:45 AM - 12:30 PM

Full Member/Silver Sneakers: Free

Program Member: \$65.00

SENIOR GROUP EXERCISE CLASSES

Group Exercise classes are included with your YMCA membership. From Active Older Adult Fitness Fusion and Zumba to Spinning and Active Older Adult Cardio Dance, we have classes to meet everyone's fitness needs. For a complete group exercise class schedule, please visit umly.org or pick one up at the Welcome Center.

	8 Punch	16 Punch
Senior Program Member:	\$70.00	\$135.00

Valid for one 8 week session.

PERSONAL TRAINING*

10 years and up

Get the results you want with Fitness Trainers Inc. Whether you want to drop a few pounds, train for your sport, rehab an injury or generally be more fit, we'll customize a routine with your goals and needs. All staff are certified and degreed professionals. **Call Colleen Heslin, 610/249-9630 for fees and to set up an appointment.**

MARTIAL ARTS

Your YMCA contact for Martial Arts is Jill Glasgow, 610/647-9622, x2501 or jill.glasgow@umly.org.

KARATE (TAE KWAN DO)

6 years and up

Tae Kwon Do is a form of Karate. It is a Korean style with a foundation from Funakoshi GIGI. From beginners to black belt, this class incorporates a traditional karate program along with self-defense techniques. This program is taught by Mark Johnson, who not only has a bachelor's degree in education, but is also certified by PSKK and International Federation of Martial Arts. Class meets twice weekly.

Mon/Wed 6:30 PM - 7:30 PM 6 to 12 years (03320)

Mon/Wed 7:45 PM - 9:00 PM 12 years and up (03321)

Full Member: \$75.00

Program Member: \$140.00

*There will be additional fees for level testing.

AIKIDO (03310)

12 years and up

Aikido not only improves your body's abdominal muscles, flexibility and balance; it also improves your mind. The class emphasizes concentration, conflict resolution and relaxation. This class is open to participants 12 years and older making it ideal for quality parent/child time. Class meets twice weekly.

Tue/Fri 7:00 PM - 8:30 PM

Full Member: \$75.00

Program Member: \$140.00

FOR HEALTHY LIVING

Improving the nation's health and well-being.

HEALTH & SAFETY

For information about Lifeguard Certification, contact Jeremy Brown, 610/647-9622, x2523 or jeremy.brown@umly.org.

AMERICAN RED CROSS CPR

The Red Cross CPR programs are registered through the Red Cross, but held at our facility! For dates, availability and registration for upcoming classes, please visit

www.redcross.org and search for classes in our area.

ADULT AQUATICS

WATER EXERCISE

These group fitness programs are included with a Y membership. Participation in Water Exercise classes is on a first come and availability basis.

Your Y contact is Mary Beth Jones, 610/647-9622, x2410 or marybeth.jones@umly.org.

Full Member:	FREE
Adult Program Member:	\$175.00
Senior Program Member:	\$80.00

**Aquatic 16 punch card is valid for 6 months.

DEEP WATER EXERCISE

This is a low impact class that focuses on cardio, core strength and stretching.

Mon/Wed/Fri	7:30 AM - 8:00 AM
Wednesday	10:00 AM - 11:00 AM
Saturday	8:45 AM - 10:15 AM

WATER WALKERS

This class has little or no impact. Participants may work at their own pace. This is great for strengthening hips, knees and back.

Tue/Thu	6:30 PM - 7:30 PM
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CARDIO WET STYLE

This class includes a 15 minute segment concentrating on core-strength, followed by a 30 minute segment including running, jumping, and hopping for a great aerobic workout. The class finishes with a 15 minute barbell workout.

Mon/Wed/Fri	8:00 AM - 9:00 AM
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AQUA FIT

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

Tue/Thu	8:00 AM - 9:00 AM
Mon/Wed/Fri	9:00 AM - 10:00 AM

AQUA FIT PLUS

An Aqua Fit class with high-octane intensity and high impact exercises. Not recommended for beginners or those with physical ailments.

Mon/Wed/Fri	10:00 AM - 11:00 AM
Tue/Thu	7:00 PM - 8:00 PM

AQUATIC T'AI CHI

Increase vitality and energy in this one-hour mind/body class. Other benefits include improved balance, strength, flexibility and mental focus.

Tue/Wed/Thu	9:00 AM - 10:00 AM
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AQUATIC THERAPY CLASSES

Mary Beth Jones, 610/647-9622, x2410 or marybeth.jones@umly.org.

Full Member:	FREE
Adult Program Member:	\$100.00
Senior Program Member:	\$80.00

Therapy 16 punch card is valid for 6 months.

ARTHRITIS EASE

A low-impact water exercise class in the shallow, warm water, focusing on the entire body from head to toe and emphasizing joint strengthening and mobility. Most participants are elderly and joint-impaired, post-rehab or surgery. This is the most gentle of our regular exercise classes.

Mon/Wed/Fri	11:00 AM - 12:00 PM
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HEALTHY BACK

This class helps improve posture and balance with exercises that strengthen muscles, increase range of motion and improve flexibility. No swimming skills required. Class is held in our warm water pool.

Mon/Wed/Fri	11:00 AM - 12:00 PM
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WATER EXERCISE TECHNIQUES

WET is a warm water class for people with disabilities. The buoyancy of the pool water decreases the strain on joints and helps to increase flexibility and range of motion. Swimming is not required. The pool is equipped with a chair lift and access stairs.

Tue/Thu	12:00 PM - 1:00 PM
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SWIM LESSONS

ADULT BEGINNER SWIM CLINIC (02120)

13 years and up

Individualized instruction for beginners only. Students start with breath control and progress to floating.

Tue/Thu 7:15 PM - 8:00 PM

Mon/Wed 8:00 PM - 8:45 PM

Full Member: \$75.00

Program Member: \$160.00

ADULT INTERMEDIATE SWIM CLINIC (02121)

13 years and up

This class progresses from beginner swim lessons to cover the skills needed to increase your confidence in the water. Students will refine basic stroke mechanics.

Tue/Thu 6:15 PM - 7:00 PM

Full Member: \$75.00

Program Member: \$160.00

SPORTS & RECREATION

RECREATIONAL AQUATICS

COACHED ADULT LAP SWIMMING

This friendly and fun group is open to everyone that can swim 2 laps comfortably. Printed workouts are available and coaches provide stroke correction for endurance and speed improvement. No registration is required.

Mon/Wed/Fri 5:30 AM - 7:00 AM

10:30 AM - 12:00 PM

SCUBA DIVING

Learn to scuba dive with Dudas' Diving Duds. This comprehensive 6 week program meets once weekly from 7:00 to 10:00 PM. Advanced and private instruction is also available. For more information and to register, contact Dudas' Diving Duds directly at 610/436-0176, visit online at www.dudasdiving.com or e-mail to Dudas@erols.com.

TRIATHLON TRAINING

MID-ATLANTIC MULTISPORT

Learn Triathlon from the pros at Mid-Atlantic Multisport. Please register for all Triathlon classes at midatlanticmultisport.com and at the Welcome Center. For more information, call 610/644-0440, or info@midatlanticmultisport.com.

TRIATHLON SWIMMING (02122)

The perfect class for beginner and intermediate triathletes looking to develop greater confidence and efficiency in the water. An on-deck Mid-Atlantic Multisport coach leads weekly workout sessions which include freestyle technique instruction and drill work as well as open water skills practice (sighting, drafting, mass starts, etc.) and structured interval sets.

Wednesday 9:30 AM - 10:30 AM

Thursday 7:00 PM - 8:00 PM

Full Member: \$175.00

Program Member: \$250.00

SWIM AND SPIN INTERVALS (02122)

14 years and up

This is the perfect program for triathletes looking to improve race-day performance. This fast-paced indoor class combines a challenging swimming interval workout with a power-based cycling workout on stationary bikes. During each session, participants will quickly transition between swimming and biking with the goal of improving both swimming and cycling speed as well as the ability to recover and make repeated high intensity efforts.

Sunday, January 8 - February 19 8:30 AM - 9:30 AM

Monday, January 9 - February 20 7:30 PM - 8:30 PM

Full Member: \$125.00

Program Member: \$175.00

PERFORMANCE INDOOR CYCLING

If you are ready to take your cycling performance to the next level, then this power-based cycling class will help to improve your lactate threshold, power and pedaling efficiency through structured drill work and interval sets. Workouts are based on your individual threshold so you can train in a group setting while still getting a highly individualized workout.

Sunday, January 8 - February 19 8:30 AM - 9:30 AM

Monday, January 9 - February 20 7:30 PM - 8:30 PM

Full Member: \$125.00

Program Member: \$175.00

FOR HEALTHY LIVING

Improving the nation's health and well-being.

ADULT TENNIS

Looking to work out? Better your game? Meet new friends? Would you enjoy learning a lifetime sport? Start here...

Adult level rated classes are now available based on USTA ratings. If a class is listed as 3.0, you may register if you feel you can compete with the level of the class.

For more information about our tennis programming, call 610/854-1610.

	60 Min	90 Min
Full Member:	\$119.00	\$167.00
Program Member:	\$238.00	\$334.00

Fees unless otherwise noted, some fees may be prorated.

TENNIS 1 (03683)

This new player clinic will teach strokes, footwork and on court basics needed for a solid tennis foundation.

Monday	9:00 AM - 10:30 AM
Sunday	1:30 PM - 3:00 PM

TENNIS 2 (03684)

For the player who has completed Tennis 1. In this class your play will continue to grow while gaining more experience with stroke production and footwork as you learn basic positions for singles and doubles play.

Monday	9:00 AM - 10:30 AM
Tuesday	6:00 PM - 7:00 PM
Saturday	9:30 AM - 11:00 AM

TENNIS 2.5 (03685)

For the player who has completed Tennis 2 and has a 2.5 USTA rating. This player is learning to better judge where the ball is going, and can sustain a short rally of slow pace with other players of the same ability.

Monday	9:00 AM - 10:30 AM	7:30 PM - 9:00 PM
Wednesday	9:00 AM - 10:30 AM	

TENNIS 3.0 (03686)

Development of skills needed at the intermediate level. Participants should have a 3.0 USTA rating.

Monday	1:30 PM - 3:00 PM	
Tuesday	9:00 AM - 10:30 AM	
Thursday	1:00 PM - 2:30 PM	7:00 PM - 8:30 PM

TENNIS 3.5 (03687)

A clinic is designed for the advanced-intermediate player. Players should have completed Tennis 3.0 and have a 3.5 rating. This player has improved stroke dependability with directional control on moderate shots, but still lacks depth and variety. This player exhibits more aggressive net play, has improved court coverage, and is developing teamwork in doubles.

Monday	10:30 AM - 12:00 PM
Wednesday	9:00 AM - 10:30 AM
Thursday	10:30 AM - 12:00 PM

TENNIS 4.0 (03689)

The participant must have a 4.0 USTA rating or have gained approval from one of our trained Tennis Professionals to enroll for this clinic. Drills and intense point play geared for the 4.0 and above player. This player will have dependable strokes, including directional control and depth on both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots, and volleys with some success. Teamwork is evident in doubles play.

Wednesday	10:30 AM - 12:00 PM
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SINGLES STRATEGY AND TACTICS 2.5-3.0 (03692)

Singles players will improve their match play skills with the valuable tactics, techniques and strategies presented in this class. Easy to understand skills transform your singles play into a formidable all court game that your opponents will respect.

Thursday	9:00 AM - 10:30 AM
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PRO ASSIGNMENTS

For information about pro assignments, please feel free to contact the Tennis Office at 610/854-1610.

CARDIO TENNIS (03693)

Tennis with a workout! This intense intermediate level tennis clinic uses plyometrics, speed and agility ladders along with resistance and core work to produce fitness in the most intense format. Players should have a solid aerobic base to participate in this class.

Monday 10:30 AM - 11:30 AM 6:30 PM - 7:30 PM
Wednesday 10:30 AM - 11:30 AM

DRILL CLINIC (03678)

Our certified tennis professionals will help you work on footwork, conditioning, strokes, strategy and tactics in this intense session. Participants should have completed Tennis 3.0 or have a 3.0 USTA rating. This player is fairly consistent when hitting medium-paced shots, but is not comfortable with all strokes and lacks execution when trying for directional control, depth or power.

Monday 7:00 PM - 8:30 PM
Wednesday 7:00 PM - 8:30 PM
Friday 10:30 AM - 12:00 PM
Saturday 8:00 AM - 9:30 AM
Sunday 10:30 AM - 12:00 PM

ADVANCED DRILL CLINIC (03679)

For those players with a 3.5 rating or higher. This is a fast paced clinic.

Monday 8:30 PM - 10:00 PM

EARLY AM DRILLS (03682)

Get your mornings started with 30 minutes of drills followed by play. Register for once or twice weekly class. Players should have at least a 3.0 rating.

Tue/Thu 8:00 AM - 9:00 AM
Tuesday 8:00 AM - 9:00 AM
Thursday 8:00 AM - 9:00 AM

FUN AND GAMES 2.5 (03695)

This class starts with two on two drilling. A fast paced class to develop aggressive play. This player is learning to judge where the ball is going, although court coverage is weak.

Thursday 10:30 AM - 12:00 PM

FUN AND GAMES 3.0 - 3.5 (03697)

This class starts with two on two drilling. A fast paced class to develop aggressive play. Players are fairly consistent when hitting medium paced shots, but not comfortable with all strokes and lacks execution when trying for directional control, depth and power.

Wednesday 11:30 AM - 1:00 PM

ROUND ROBINS (03703)

Learn strategy and tactics while you play! Warm-up with drills before playing your matches while pros offer tips and advice to improve your game. Players should have at least a 3.0 rating.

Monday 10:30 AM - 12:00 PM
Saturday 9:30 AM - 11:00 AM
Sunday 12:00 PM - 1:30 PM

INTRACLUB TENNIS LEAGUES

Intraclub tennis leagues are composed of UMLY members playing UMLY members. We offer men's, women's, and mixed leagues. Singles and doubles competitive play at various times and days giving our members opportunities to compete year round. These leagues are offered throughout the year. For information on league times and structure, visit our tennis office.

TENNIS COURT RESERVATIONS

Reserve your court online at www.umly.org. Please call the Tennis Office or visit www.umly.org for reservation policies.

FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.

SOCIAL SERVICES

COMMUNITY OUTREACH

The Upper Main Line YMCA offers programs that make a difference in the community. For more information, please contact Community Outreach Director, Jennifer Whalen, 610/854-1625, or jennifer.whelen@umly.org.

BIBLE STUDY

This interactive Bible study group is FREE and open to the public. Bring your Bible and join us Wednesdays at the YMCA. Walk-ins always welcome.

Wednesday 3:00 PM – 4:30 PM

FRIEND FITNESS YOUTH MENTORING

14 to 18 years

Friend Fitness helps kids build inner and outer strength. Volunteer adult mentors meet 1-2 times per week with area middle and high school age students. Using fitness as the medium, mentors help teach the value of hard work, perseverance and goal setting. Volunteer mentors receive comprehensive training and only need an interest in fitness and helping kids! For more information Contact Ingrid Canterella-Fox at 610/249-9631.

Thursday 5:30 PM – 7:30 PM

Sunday 10:30 AM – 12:30 PM

PARTY RESERVATIONS

Celebrate your big day at the YMCA! Whether you have a birthday or a group that just wants to get together and have fun, we have the party for you. Each party consists of one hour in a program area and the second hour in our party room where we supply all of the table cloths, utensils, cups and paper plates. Requests should be made at least three weeks in advance.

SWIM Each party includes fun activities and free time in the pool. To schedule a party call Jeremy Brown, 610/647-9622, x2523 or jeremy.brown@umly.org.

ECO-BIRTHDAY PARTIES Nature themed parties in the Environmental Education Center. Choose from six fun party themes: Crafts & Animal Visit, Animal Detectives, Unnatural Hike, Wetland & Pond Hike, Woodland & Stream Hike, Science & Animal Visit and Owls & Owl pellets. Contact Jean Zimmerman, 610/647-9622, x2408 or umlyeecenter@umly.org to book.

DANCE Enjoy a private dance lesson for your celebration. Kids will learn dance steps while putting together their own routine. The dance routines are based on the age and skill level of participating children. Call Coleen Scheb, 610/647-9622, x2510 for more information.

ARTS & HUMANITIES Enjoy a creative adventure full of crafts and fun for your special day. Pick from our six themes, Jungle Adventure, Circus, Princess Party, Under the Sea, On the Go, and Pirates. You can also create your own adventure. Please contact Karen Murphy, 610/647-9622, x2500 or karen.murphy@umly.org to schedule.

SPORTS Choose from Basketball, Soccer and Gymnastics activities led by a YMCA instructor. To schedule, please contact Kevin Curley, 610/647-9622, x2412 or kevin.curley@umly.org.

TENNIS PARTIES Enjoy group instruction and fun tennis games. Instruction and games are age and skill appropriate. To schedule, please contact the Tennis Office 610/647-9622, x2505 or umlytennis@umly.org.

XRCAD/YOUTH WELLNESS CENTER Join us in the Youth Wellness Center for a Sports Exer-gaming or a Competition party complete with Dance Dance Revolution. In addition to DDR, activities include martial arts skills on the three kick machine and virtual rides on the expresso bike and much more. To schedule, please contact Jill Glasgow, 610/647-9622, x2501 or jill.glasgow@umly.org.

Not sure which party to choose? We will be happy to combine two party themes. We'll build your event to your specification. Please contact Marjorie Feliciani at 610/647-9622, x2007 for details.

We are an all-inclusive YMCA which accommodates all abilities. If your child has special needs, please contact Ability Center Director Jennifer Whalen at 610/647-9622, x2401 or jennifer.whelen@umly.org

ROOM RENTALS

Do you have a group in need of meeting space? Whether you have 10 or 80, we can accommodate your needs. For reservations and pricing room rentals contact Marjorie Feliciani at 610/647-9622, x2007. Non-profits, ask about our special rates.

ABILITIES PROGRAMMING

Abilities Programs are designed to allow children and adults with physical and/or cognitive challenges to be part of activities that promote pride and success through achievement. Participants have the opportunity to meet friends, have fun, develop a healthy active lifestyle, all while building confidence and self esteem. The Y is a place where people can explore their abilities and find within themselves the confidence to pursue their goals and the capacity to develop the skills that will help them see possibilities for their future. **For more information, please contact Jennifer Whalen at 610/854-1625 or Jennifer.Whalen@UMLY.org.**

BOWLING LEAGUE (07420)

20 years and up

Come spend the night out with your friends and make new friends too!

League runs January 3rd to February 21st

Tuesday 7:00 PM - 9:00 PM Devon Lanes

Program Fee: \$235.00

OPEN DOORS FRIDAY NIGHTS

20 years and up

An interactive, social oriented program designed for adults with physical, cognitive or developmental challenges. Come spend the night out with your friends and make new friends too! It is ability that counts and it is all the possibilities that are the most important.

FRIDAY NIGHT OUT (07410)

Please call in after 3:00 PM on Fridays to check arrival, departure times and confirm activities.

Friday 6:30 PM - 9:30 PM

Program Fee: \$235.00

FRIDAY NIGHT IN (07411)

Fridays 6:30 PM - 9:30 PM

- **Gym, Swim and Games**
January 20th
- **Winter Dance**
February 17th

Program Fee: \$10.00 each night*

OPEN DOORS SATURDAY TEEN PIZZA NIGHT (07421)

13 to 19 years

Saturday night out with games, pizza and lots of fun! An interactive, social oriented program designed for adults with physical, cognitive or developmental challenges.

First Saturday of the Month 6:00 PM - 8:00 PM

January 7th and February 4th

Program Fee: \$25.00 each night

SPECIAL NEEDS AQUATIC PROGRAM SNAP (02114)

18 years and up

This 8 week program is for adults with developmental differences. Using floatation devices if necessary, participants enjoy shallow and deep water exercises as well as games and socialization to build strength, self-esteem and independence. Aides or caretakers may be required to enter the water with participants. Class is held in our warm water ADA accessible pool. **Your contact for this program is Mary Beth Jones: MaryBeth.Jones@umly.org.**

Monday 7:00 PM - 8:00 PM

Full Member: \$50.00

Program Member: \$75.00

PROGRESSIVE FITNESS

16 years to 25 years

This 3 stage fitness program is an introduction to health & wellness in our Wellness Centers. A trainer will meet with each participant individually to assess their personal fitness needs. We'll work on the body and mind with activities that enhance social competence through character development exercises. Each stage of the program builds on the last and is a prerequisite to advance to the next stage. We suggest spending as much time on a stage as is needed to progress. Stages 2 and 3 will be rolled out in upcoming program sessions.

Stage 1 Adult Wellness Center (07156)

Tue/Thu 4:30 PM - 5:30 PM

Program Fee: \$200.00

VOLUNTEERISM

One of the ways the Y builds community is through volunteering. We welcome your help in our programs, our committees and especially for special events.

For more information about volunteer opportunities at the YMCA, contact Debbie Cornell Naughton, debbie.naughton@umly.org or 610/854-1642.

UPCOMING EVENTS

Learn more about our upcoming events on page 16 or at www.umly.org.

3RD ANNUAL CRAFT AND VENDOR FAIR

Wednesday, November 30 – December 3

Browse a full array of local craft and vendor tables in our lobby. You never know what you might find!

28TH ANNUAL NEW YEAR'S EVE 5K RACE

Saturday, December 31
8:00 AM

Jump start your New Year's resolution before the ball even drops! Race through the neighborhoods surrounding the Y.

Register online at www.umly.org/5k

2ND ANNUAL WINTER CLASSIC STREET HOCKEY TOURNEY

Saturday, December 31
11:00 AM – 3:00 PM

A CHANGING LIVES FUNDRAISER Register online and be placed on a team for round robin tournament and championship playoffs.

Register as an individual online at www.umly.org/forms/winterclassic



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

UPPER MAIN LINE YMCA
1416 Berwyn-Paoli Road
Berwyn, PA 19312

610/647-9622
www.umly.org

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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 Upper Main Line YMCA 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.



CHRISTMAS FESTIVAL

Saturday, December 3
8:30 AM – 11:30 AM

- Holiday crafts
- Photos with Santa and a live reindeer
- Free hot chocolate and muffins
- Admission is FREE
- Photos with Santa are \$8.00*

*Tickets required. Please purchase before 10:45 to guarantee your spot in line.