



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PLAY HERE!

Summer Program Guide

UPPER MAIN LINE YMCA

June 18 to August 12, 2012



REGISTRATION DATES: Full Privilege Members: 5/30/2012 | Program Members: 6/6/2012



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: 5/30/2012

Program Members: 6/6/2012

SESSION DATES

June 18 to August 12, 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.

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

Now No Joiner Fee!

UPPER MAIN LINE YMCA

Category	Rate
Youth (0-18)	\$40.00
College	\$40.00
Young Adult (19-25)	\$53.00
Adult	\$79.00
Sr. Adult (65+) [#]	\$63.00
Family	\$125.00
Senior Family [#]	\$92.00

YMCA AT GREAT VALLEY ONLY

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

[#]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 will change effective July 1, 2012.

SLIDING-SCALE MEMBERSHIP RATES

Affordable Memberships for Everyone

We've eliminated joiner fees and created a new fee structure.

Beginning July 1, 2012, the YMCA of the Upper Main line will offer sliding-scale membership rates. Households with incomes of \$70,000 and below may pay a lower rate. To see if you qualify, just call or stop by our Welcome Center with a copy of your most recent IRS tax return and we'll make the adjustment on the spot. No forms, no questions, no waiting.

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 - August 31, 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 (Summer 6-8)

Sun 8 AM to 6 PM (Summer 8-8)

• 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, May 26

UMLY Summer Hours Y at Great Valley Regular Hours
Outdoor pool 11 AM - 7:45 PM

Sunday, May 27

UMLY Summer Hours Y at Great Valley Regular Hours
Outdoor pool 11 AM - 7:45 PM

Monday, May 28

UMLY Open 8 AM- 8 PM Y at Great Valley Closed
Outdoor pool 11 AM - 7:45 PM

Wednesday, July 4

UMLY Open 8 AM- 8 PM Y at Great Valley 8 AM - 4 PM
Outdoor pool 11 AM - 7:45 PM

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. Our curriculum encourages and supports the emotional, physical, social and cognitive development of each child providing an enriching experience that builds confidence and a love of learning. 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 Karen Murphy at karen.murphy@umly.org or 610/647-9622, x2500.

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

UMLY PRESCHOOL

ENROLL TODAY FOR 2012-13 SCHOOL YEAR

Our morning preschool provides early education opportunities for children ages 2 to Pre-K in a safe and loving environment that fosters independence, curiosity and intellectual growth. Our curriculum encourages and supports the emotional, physical, social and cognitive development of each child by providing an enriching experience that builds confidence and a love of learning.

For more information, please call at 610/647-9622.

TERRIFIC TWOS (05397)

2 to 3 years

WEE THREES (05310)

3 years

KINDERPALS (05325)

4 years

Y'S OWLS (05335)

5 years

New for 2012-13! A specially designed class for children not attending Kindergarten.



SUMMER CAMP

CAMP UMLY

2½ to 18 years

We have another exciting summer planned for 2012. Register early for the best spots. Camp guides available online and at the Welcome Center.

REGISTRATION EARLY FOR THE BEST CHOICES!

Pre-camp	May 28 - June 15
Regular Session	June 18 - August 10
Post-camp	August 13 - 24

TOTALLY TWOS

2½ years

This camp is for the active and curious 2 ½ year old. Taught by preschool teachers, Totally Twos offers the total camp experience! Activities include arts and crafts, nature exploration, cooking, science experiments, movement activities and outdoor play. Choose from two-day or three-day per week options. Totally Twos meets on the second floor of the mansion in the preschool from 9:15 to Noon.

2 Mornings (Tue/Thu) or 3 Mornings (Mon/Wed/Fri)

2 Morning Fee (04521)

Full Member: \$60.00

Program Member: \$78.00

3 Mornings (04520)

Full Member: \$90.00

Program Member: \$117.00



KINDER CAMP

3 to 5 years

Join us for a summer of swimming, crafts, games, nature exploration and swim lessons taught by YMCA aquatic instructors. Make new friends, learn through activities and have fun during each theme-related session. Children are grouped age appropriately. All group requests must be made on the registration forms. We offer convenient full and half-day options for every schedule. Campers must be toilet trained to attend the full day camp. Full Day camp is for children 4 to 5 years of age or 3 years of age if they attended a full day Day Care program.

2 or 3 Mornings or 5 Mornings or 5 Full Days

2 Mornings (04518)

Full Member: \$70.00

Program Member: \$87.00

3 Mornings (04517)

Full Member: \$98.00

Program Member: \$106.00

5 Mornings (04515)

Full Member: \$126.00

Program Member: \$142.00

5 Full Days (04505)

Full Member: \$204.00

Program Member: \$243.00

DAY CAMP

6 to 12 years

The best of YMCA camps all in one! If you are looking to enjoy a variety of activities including field trips, intriguing session themes and awesome special events in a happy and safe environment, then UMLY Day Camp is for you! Campers participate in group activities that develop creativity, teamwork, and a sense of community. Each camp group consists of 10 to 14 children, supervised by a minimum of 2 counselors. Boys and girls are grouped separately.

- **PATHFINDERS** 6 to 7 years
(going into 1st or 2nd grade)
Boys (04530) and Girls (04535)

Full Member: \$291.00

Program Member: \$321.00

- **TRAILBLAZERS** 8 to 9 years
(going into 3rd or 4th grade)
Boys (04540) and Girls (04545)

Full Member: \$291.00

Program Member: \$321.00

- **RANGERS** 10 to 12 years
(going into 5th-6th grade)
Boys (04550) and Girls (04555)

Full Member: \$291.00

Program Member: \$321.00

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Nurturing the potential of every child and teen.



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.

SUMMER CAMPS

ART AND CLAY DISCOVERY CAMP (15012)

7 to 12 years

The best of clay and canvas in one camp! Children discover their creativity through lessons that ignite the imagination and encourage skill development. Along the way we'll explore different artists, media and techniques. Children create a variety of objets d'art including ceramic critters for the garden, canvas paintings and much more.

2 Weeks/Half Day Mornings

July 2-13 • July 16-27

Full Member: \$250.00 Program Member: \$290.00

STAGE KIDS CAMP (15215)

7 to 10 years

Beginner performers develop their potential for greatness! Be Silly! Serious! Ham it up and go wild! All the components of the stage are covered: Acting, singing and dressing up in costumes. Group drama games teach while the week ends with a mini-show.

1 Week/Half Day Mornings

July 23-27

Full Member: \$177.00 Program Member: \$209.00

MUSICAL THEATER WORKSHOP CAMP (15210)

8 to 12 years

Acting, singing, dancing, music and costumes are all in a day's play! Campers spend mornings learning and rehearsing scenes and songs from favorite musicals and afternoons are spent working on stage movement and choreography. At the end of the week the camp will stage a musical revue that will have everyone dancing in the aisles!

2 Weeks/Full Day

June 18-29

Full Member: \$422.00 Program Member: \$462.00

SUMMER STAGE CAMP (15220)

10 to 14 years

Aspiring performers who are interested in acting, singing, dancing and improvisation learn and practice these skills in a theater production. Acting, voice coaching and instruction are major components of this program. Broadway-type performances are staged on the second Friday of each session. Performers also put on a talent show for fellow campers.

3 Weeks/Full Day Thoroughly Modern Millie Jr

July 2-20

Full Member: \$580.00 Program Member: \$620.00

2 or/Full Day Alice in Wonderland

July 30-August 10

Full Member: \$422.00 Program Member: \$462.00

ARTS & HUMANITIES PARTIES

See page 22 for details.

DANCE

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

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.

Registration for the 2012-2013 season begins August 15 for Full Members and August 22 for Program Members

EGYPTIAN STYLE BELLY DANCE

17 years and up

This class, taught by Amar (performer, choreographer, teacher), builds on core strength and improves posture while providing a social and creative experience. While belly dancing is a superb exercise, utilizing all muscles and emphasizing isolations, it is also a great art form. This type of dance is intimately connected to the music of the Middle East, which makes its expression vibrant and visceral. Belly dance itself is a theatrical form of traditional folklore. Amar uses both traditional and contemporary music and movement customary to Egyptian Belly Dance.

Level I (Introductory level) (01376)

Tuesday 7:15 PM - 8:15 PM

Level II (Intermediate level) (01377)

Friday 8:15 PM - 9:15 PM



SUMMER DANCE CAMP

DANCE LIKE A POP STAR! (14161)

7 to 11 years

Campers take a role in bringing a music video to life by creating props, accessories, T-shirts and a choreographed dance routine to today's dance hits for all to see on the last day of production. Wear comfortable clothing. No flip flops or crocs. Sneakers or dance shoes are recommended. There is recreational swimming each day.

2 Week/Half Day Mornings

June 25-July 6

Full Member: \$300.00

Program Member: \$340.00

DANCE BIRTHDAY PARTIES

See page 22 for details.



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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.

SUMMER CAMP

JR. WILDLIFE EXPLORER CAMP (15166)

7 to 9 years

Beginner Level. Younger explorers trek out on field trips to some of our region's parks, forests and preserves. Field trips are in close vicinity to the YMCA with light hikes on well-worn paths, rain or shine. Mondays and Fridays will be spent exploring UMLY's Cassatt Preserve. Please note that field trips may be subject to change.

1 Week/Full Day

June 25-29 • July 30-August 3

- **June 25** Ridley Creek State Park, French Creek, Tyler Arboretum
- **July 30** Valley Forge National Park, Warwick, St. Peter's Village

Full Member: \$291.00

Program Member: \$321.00

WILDLIFE EXPLORER CAMP (15167)

10 to 13 years

Beginner/Intermediate Level. Our staff naturalists lead hikes to mountain peaks, tidal salt marshes, towering oak forests and through cool running streams. Participants take day trips to regional state forests, parks and/or preserves to prepare for the culmination of the outdoor adventure experience, an overnight camping trip at Hickory Run State Park! Participants will undergo rigorous physical activity for extended periods of time, rain or shine! Please note that trips are subject to change.

1 Week/Full Day

July 9-13

- **June 9** Hibernia State Park, Wetlands Institute, White Clay Creek, Hickory Run State Park

Full Member: \$300.00

Program Member: \$340.00

FOREST ECOLOGY EXPLORERS CAMP (15168)

10 to 13 years

Beginner/Intermediate Level. Staff naturalists lead adventures through the varied ecosystems of our region's forests in search of wildlife. Mondays are spent at the YMCA learning exploration and hiking skills. Eco-field trips to Nolde Forest, Ridley Creek State Park, Hawk Mountain and Warwick Park fill out the remainder of the week. Campers will undertake rigorous day hikes over various terrains investigating forest habitats of everything from salamanders to barred owls. Some field trips may require campers to arrive earlier and depart later than regular camp hours. Please note that trips are subject to change.

1 Week/Full Day

June 18-22

Full Member: \$300.00 Program Member: \$340.00

STREAM AND WATERSHED EXPLORERS CAMP (15169)

10 to 13 years

Beginner/Intermediate Level. Take a creek walk with our staff naturalists in search of aquatic life. Campers learn the basics of stream sampling and water tests exploring our local streams and watersheds. Mondays are spent at the YMCA learning stream sampling techniques and stream life identification. Eco-field trips to streams at Ridley Creek State Park, White Clay Creek, Hibernia Park and French Creek fill out the remainder of the week. Campers should be prepared to get wet as much of the time is spent in the water. Some field trips may require campers to arrive earlier and depart later than regular camp hours. Please note that trips are subject to change.

1 Week/Full Day

July 23-27

Full Member: \$300.00 Program Member: \$340.00

ECO-ADVENTURE CAMP (15137)

11 to 14 years

Beginner/Intermediate Level. Come experience the thrills of the great outdoors with our environmental education staff. From rock climbing and geocaching to kayaking and canoeing, this academy teaches outdoor recreation skills. Day trips to regional state forests, parks and outdoor recreation facilities are on the schedule rain or shine. Activities include river canoeing, kayaking, white water rafting, geocaching and rock climbing. Some field trips may require participants to arrive early and depart later than camp hours. This truly is a hands-on feet-wet experience. Please note that trips are subject to change.

1 Week/Full Day

July 17-21 • August 7-11 (Tuesday – Saturday)

Marsh Creek, Northbrook Canoe, Philadelphia Rock Gym, Spring Mountain Geocaching and Pocono White Water Rafting

Full Member: \$430.00 Program Member: \$470.00

BOY & GIRL SCOUT BADGES

Scouts are invited to the Environmental Education Center to complete the requirements for a variety of nature related badges or to experience their first camp out. Troops may schedule dates and times for badge classes or camp outs led by our staff naturalists. **For more information and prices, please contact Jeff Scott at 610/647-9622, x2405.**

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 more detailed trip information.

YESC TRIPS (07306)

- **YESC Family Barbecue**
Saturday 6/2/2012
- **YESC Conservation Boot Camp (Ages 11-18)**
6/25 - 6/28 • 7/2 - 7/5 • 8/13 - 8/18
- **Outdoor Adventure Backpacking Trip (Ages 13-18)**
6/29 - 7/1
- **YESC Environmental Futures (Ages 11-19)**
7/16 - 7/2
- **New England Expedition (Ages 13-18)**
7/28 - 8/8
- **Marine Ecology (Ages 12-15)**
8/18 - 8/22

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

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM, SPORTS & PLAY

SWIM LESSONS

For swim lesson inquiries (not registration) please contact Tim Ryan, tim.ryan@umly.org or 610/647-9622, x2504.

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

Swim lessons are offered TWICE WEEKLY for 4 weeks 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:	\$39.00	\$69.00	\$42.00	\$76.00
Program Member:	\$74.00	\$140.00	\$84.00	\$160.00

Fees unless otherwise noted, some fees may be prorated for July 4, 2012.

Session Dates (Must register separately)

Summer 1 June 18 - July 15

Summer 2 July 16 - August 12

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.

Monday	10:30 AM - 11:00 AM	
Wednesday	10:30 AM - 11:00 AM	
Friday	10:30 AM - 11:00 AM	
Saturday	9:30 AM - 10:00 AM	11:30 AM - 12:00 PM

PERCH & PARENT (02206)

18 months to 3 years

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

Monday	10:30 AM - 11:00 AM	
Wednesday	10:30 AM - 11:00 AM	
Friday	10:30 AM - 11:00 AM	
Saturday	9:00 AM - 9:30 AM	10:15 AM - 10:45 AM
	12:00 PM - 12:30 PM	

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.

Monday	10:00 AM - 10:30 AM	
Wednesday	10:00 AM - 10:30 AM	
Friday	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	12:30 PM - 1:00 PM

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	10:30 AM - 11:00 AM	1:00 PM - 1:30 PM
	1:30 PM - 2:00 PM	4:00 PM - 4:30 PM
	4:30 PM - 5:00 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	4:30 PM - 5:00 PM
	5:00 PM - 5:30 PM	
Friday	1:00 PM - 1:30 PM	3:30 PM - 4:00 PM
	4:30 PM - 5:00 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
	12:00 PM - 12:30 PM	12:30 PM - 1:00 PM
Sunday	1:00 PM - 1:30 PM	2:45 PM - 3:15 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 floatation.

Mon/ Wed	10:00 AM - 10:30 AM	1:30 PM - 2:00 PM
	4:00 PM - 4:30 PM	5:00 PM - 5:30 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
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
Sunday	1:30 PM - 2:00 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.

Tue/Thu	10:30 AM - 11:00 AM	1:30 PM - 2:00 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!

Tue/Thu	10:30 AM - 11:00 AM	1:00 PM - 1:30 PM
Saturday	9:30 AM - 10:00 AM	10:45 AM - 11:15 AM

RAY/STARFISH (02208)

3 to 5 years

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

Mon/Wed	1:00 PM - 1:30 PM	4:30 PM - 5:00 PM
Tue/Thu	4:00 PM - 4:30 PM	
Friday	4:00 PM - 4:30 PM	5:45 PM - 6:15 PM
Sunday	2:15 PM - 2:45 PM	

45 MINUTE YOUTH

POLLIWOG (02220)

6 to 12 years

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

Mon/Wed	10:00 AM - 10:45 AM	1:15 PM - 2:00 PM
	4:00 PM - 4:45 PM	
Tue/Thu	1:15 PM - 2:00 PM	
	6:15 PM - 7:00 PM	
Friday	4:15 PM - 5:00 PM	
Saturday	9:00 AM - 9:45 AM	11:30 AM - 12:15 PM
Sunday	1:00 PM - 1:45 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.

Mon/Wed	12:30 PM - 1:15 PM	6:15 PM - 7:00 PM
	7:15 PM - 8:00 PM	
Tue/Thu	10:00 AM - 10:45 AM	4:45 PM - 5:30 PM
	7:00 PM - 7:45 PM	
Friday	6:30 PM - 7:15 PM	
Saturday	9:45 AM - 10:30 AM	12:30 PM - 1:15 PM
Sunday	1:45 PM - 2:30 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	10:00 AM - 10:45 AM	1:15 PM - 2:00 PM
	6:15 PM - 7:00 PM	
Tue/Thu	4:00 PM - 4:45 PM	4:45 PM - 5:30 PM
Friday	5:15 PM - 6:00 PM	7:15 PM - 8:00 PM
Saturday	9:00 AM - 9:45 AM	10:45 AM - 11:30 AM
Sunday	2:45 PM - 3:30 PM	

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.

Mon/Wed	12:30 PM - 1:15 PM	4:00 PM - 4:45 PM
	7:15 PM - 8:00 PM	
Tue/Thu	10:00 AM - 10:45 AM	5:30 PM - 6:15 PM
Friday	7:00 PM - 7:45 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	5:30 PM - 6:15 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	1:15 PM - 2:00 PM	4:00 PM - 4:45 PM
Saturday	10:45 AM - 11:30 AM	

PORPOISE CLUB (02228)

4 to 17 years

Program helps to refine 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 contact Tim Ryan at tim.ryan@umly.org.

Mon/Wed	4:45 PM - 5:30 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: \$75.00

Program Member: \$160.00

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

GENERAL SWIM PROGRAMS

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

PRE-TEAM (02360)

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. Evaluation is required.

Please view the schedule on www.swimumly.com under the summer otters.

Full Members only: \$225.00

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. An evaluation is required.

Full Member Fees	Fall	Winter	Spring	Summer	Annual
National/Pre-National	\$230	\$850	\$230	\$430	\$1690
Senior Red	\$190	\$730	\$190	\$360	\$1420
SR 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	\$830 [#]
Mini Blue/Red	\$125	\$475	\$125	Not Offered	\$725 [#]

UMLY Otters Summer Team fees apply separately. [#]No Summer.

Your YMCA contacts are Glen Neufeld, glenn.neufeld@umly.org or Tim Ryan, tim.ryan@umly.org. Visit www.swimumly.com for information about practice groups, schedules and updates.



INSTRUCTIONAL SPORTS

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

INSTRUCTIONAL PROGRAMS RESUME IN THE FALL

SUMMER SPORTS CAMPS

Our summer sports programming goes beyond teaching tactics and skills by weaving in important fitness and character development concepts. The programs are game planned to promote fun, improve skills and learn fair play.

ALL SPORTS

6 to 12 years

This traditional Y camp is for sports enthusiasts. Each action-packed week includes a multitude of sports-themed activities. Campers are placed in age appropriate groups and our knowledgeable and energetic counselors will teach the fundamentals and work with each camper to broaden their skills in a number of sports.

1 Week/Half Day Mornings (14020) • Afternoons (14021)

June 18- August 10

Full Member: \$177.00 Program Member: \$209.00

1 Week/Full Day (14022)

June 18- August 10

Full Member: \$291.00 Program Member: \$321.00

U.K. ELITE SOCCER CAMP

5 to 8 years

An action-packed program involving age appropriate coaching activities, world cup tournaments and daily skills challenge. Register at www.ukelite.com.

1 Week/Half Day Mornings

June 18-22 • July 16-20 • August 13-17

Camp Fee: \$150.00

U.K. ELITE SOCCER SCHOOL

8 to 14 years

Improve technical skills and gain tactical knowledge of soccer. Dynamic coaching methods ensures that every player improves during this program. Register at www.ukelite.com.

1 Week/Full Day

June 18-22 • July 16-20 • August 13-17

Camp Fee: \$220.00

PRACTICE PERFECT SPORTS FOOTBALL

K-8th Grade

The primary emphasis of this non-contact camp is to develop fundamental football skills including: throwing, pass catching, kicking and punting. Athletes learn new techniques and apply them in game action. Age appropriate instruction puts your child in a fun and challenging football environment. Participants receive a Camp T-Shirt, ribbon and DVD photo slideshow of camp. For more information & to register visit www.practiceperfectsports.com.

1 Week/Half Day Mornings

July 23-27

Camp Fee: \$175.00

Practice Perfect camps are under the direction of Gary Phillips who has 23 years of High School football and baseball coaching experience.

UMLY BASEBALL CAMP

7 to 11 years

The primary emphasis of this camp will be to develop fundamental baseball skills including; pitching, hitting, throwing, base running, defense, and individual position techniques. Age appropriate instruction and game action will put your child in a challenging but fun baseball environment.

1 Week/Half Day Mornings

July 9-13

Full Member: \$175.00

Program Member: \$225.00

PHILADELPHIA EAGLES YOUTH FOOTBALL CAMPS

6 to 14 years

Non-contact football skills are led by professional educators, college coaches and Philadelphia Eagles Heroes like Gary Cobb, Frank LeMaster, Vince Papale, Joe Pisarcik, Pete Retzlaff and many more.

Learn to run, throw, catch, defend and compete the Philadelphia Eagles way!

Our age-appropriate, station-based curriculum delivers results to both experienced players and newcomers to the game.

All programs provide non-contact football instruction, athletic skill development and fitness training.

With patience and encouragement, kids gain confidence, develop skills and have fun!

For more information or to register, call 888-226-9919 or visit www.EaglesCamps.com.

1 Week/Full Day (9:00 AM - 3:00 PM)

June 25-29

Camp Fee: \$349.00

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

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

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

XRCODE/YOUTH WELLNESS CENTER BIRTHDAY PARTIES

See page 22 for details.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.



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.

SUMMER LEAGUES

OUTDOOR SUMMER YOUTH BASKETBALL

4 to 9 years

We are pleased to offer a basketball league for kids this summer. Everyone plays and everyone wins in our fun, competitive skills-driven program. There will be one (1) or two (2) games per week. Games are played at either 6:00 or 7:00 PM Monday through Thursday Nights.

IMPORTANT DATES

League Play: June 18th - August 9th
Registration: Early registration ends June 4th
Late Registration: Add \$10.00
Age Divisions: U6 (4-5 years)
U8 (6-7 years)
U10 (6-9 years)

Mon-Thu 6:30 PM or 7:00 PM ALL AGES

Full Member: \$72.00 **Program Member: \$136.00**

OUTDOOR SOCCER (03155)

3 to 9 years

A fun league/clinic that stresses skill development in a positive atmosphere

IMPORTANT DATES

League Play: September 8th - October 27th
Registration: May 30th - August 12th
Late Registration: Add \$10.00
Saturday 9:00 AM - 9:45 AM Clinic (3-4 years)
10:30 AM - 2:30 PM League(4-9 years)

Full Member: \$72.00 **Program Member: \$136.00**

T-BALL (03170)

3 to 5 years

A fun league/clinic that stresses skill development in a positive atmosphere

IMPORTANT DATES

League Play: September 8th - October 27th
Registration: May 30th - August 12th
Late Registration: Add \$10.00
Saturday 9:00 AM - 9:45 AM Clinic (3-4 years)
10:30 AM - 12:30 PM League(4-7 years)

Full Member: \$72.00 **Program Member: \$136.00**

FLAG FOOTBALL

6 to 12 years

A fun league that stresses skill development in a positive atmosphere

IMPORTANT DATES

League Play: September 8th - October 27th
Registration: May 30th - August 12th
Late Registration: Add \$10.00
Saturday 12:00 PM - 2:00 PM League (6-12 years)

Full Member: \$72.00 **Program Member: \$136.00**



VOLUNTEER COACHES NEEDED

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

A fall coaches meeting is scheduled for 8/29 at 6:30 PM

YOUTH TENNIS

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

SUMMER TENNIS PERFORMANCE PROGRAM

WEEKLY: JUNE 18 THROUGH AUGUST 20

The Y is pleased to offer these high-level programs for the young competitive player. Choose from morning, afternoon or full day options with a progressive focus on total performance on the court.

Most programs run weekly throughout the summer program session and include plenty of stroke work, drills, point and match play and lots of match time with daily round robins.

Parents have the option to enroll athletes by the day or week for maximum flexibility. Enroll online or at the Welcome Center for weekly sessions. Register for the daily sessions through the Tennis Office.

For more information, please contact the Tennis Office at umlytennis@umly.org or 610/854-1610.

PARENT INFORMATION

It is the responsibility of each participant to ensure that they bring appropriate equipment for their session. This includes proper footwear, racquets, water bottles, etc.

There will be ample breaks. Please be sure to pack drinks (water, sports drinks), snacks or lunch, sunscreen and other necessary supplies.

PERFORMANCE TINY TENNIS (03831)

3 to 6 years

Our youngest tennis players will learn the basics of the game including the basic strokes, improving hand/eye coordination, balance and footwork. This program uses the proven Quick-start techniques with age-specific equipment and games so all students have fun as they learn.

Mon - Fri 9:00 AM - 10:00 AM

	Daily Fee	Weekly Fee
Full Member:	\$10.00	\$45.00
Program Member:	\$20.00	\$90.00

PERFORMANCE STROKES/DRILLS/POINT PLAY (03832)

7 to 18 years

This program will focus on stroke of the day instruction leading into drills and point play strategies. Each morning begins with a dynamic stretching session and a complete warm up prior to on-court play.

Mon - Fri 9:00 AM - 12:00 PM

	Daily Fee	Weekly Fee
Full Member:	\$45.00	\$200.00
Program Member:	\$60.00	\$250.00

PERFORMANCE MATCH PLAY/ROUND ROBINS (03833)

7 to 18 years

Match play strategy is the focus of this program with a continued emphasis on stroke work. Players will be matched by age and or ability.

Mon - Fri 1:00 PM - 4:00 PM

	Daily Fee	Weekly Fee
Full Member:	\$45.00	\$200.00
Program Member:	\$60.00	\$250.00

TOTAL PERFORMANCE TENNIS (03834)

7 to 18 years

Full day sessions allow our pros to teach the logical progression from an athlete warm up to strokes and drills, to point play, to match play and strategy. Players will be matched by age and or ability.

Mon - Fri 9:00 AM - 4:00 PM

	Daily Fee	Weekly Fee
Full Member:	\$75.00	\$350.00
Program Member:	\$100.00	\$450.00

ELITE PERFORMANCE TRAINING (03836)

14 to 18 years

By Invitation Only to tournament level players. This group will experience high intensity tennis and fitness.

Tuesday 1:00 PM - 4:00 PM

Thursday 1:00 PM - 4:00 PM

	Daily Fee	Weekly Fee
Full Member:	\$50.00	\$100.00
Program Member:	\$75.00	\$150.00

PERFORMANCE GIRLS HS PRESEASON (03835)

14 to 18 years

Weeks of 7/23, 7/30 and 8/6 This program will prepare high school athletes for team tryouts and preseason fitness. Sessions include a preseason regimen of conditioning, instruction, drills, stroke work and point and match play.

Mon - Fri 9:00 AM - 12:00 PM

	Daily Fee	Weekly Fee
Full Member:	\$45.00	\$200.00
Program Member:	\$60.00	\$250.00

FOR HEALTHY LIVING

Improving the nation's health and well-being.

YMCA EVENTS

ARTS & ENVIRONMENTAL FESTIVAL

Join our celebration of connecting families with the arts and environment. Programs include exhibitors, presenters, children nature activities, animal shows, music, art workshops and show, Environmental Education Center and barnyard open house, and more! Hop on the hayride for tours of UMLY's open space and join scheduled nature and bird walks of UMLY's Cassatt Preserve.

For more information, contact Karen Murphy at 610/647-9622, x2500 or karen.murphy@umly.org.

Saturday 5/19/2012 10:00 AM – 3:00 PM

FOUNDERS DAY

HEALTHY LIVING FESTIVAL

A Two Day Changing Lives Fundraiser Event

Join us at the Y for a full slate of fun activities for the entire family Bring a friend the community is welcome.

- A full schedule of FREE activities on all 20 outdoor courts and more! Afternoon activities feature a Pro-Am Tennis Tournament featuring NBC 10's John Clark.

For more information, please contact the Tennis Office at umlytennis@umly.org

Saturday 6/2/2012 10:00 AM - 4:00 PM

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.

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.

MEDITATION AND MINDFUL STRETCHING I (01153)

18 years and up

Join us in the Mind/Body Studio for this 8 week workshop. Learn a variety of stress relieving techniques using mind-quieting and stress-relieving exercises that you can use at home or on the job. Components include gentle stretching/Yoga poses to alleviate tension from the body and meditation. All are welcome.

Sunday 9:00 AM - 10:30 PM

Full Member: \$70.00 Program Member: \$125.00

MEDITATION AND MINDFUL STRETCHING II (01154)

18 years and up

Join us in the Mind/Body Studio for the second 8 week workshop. Deepen your understanding and use of the stress relieving, mind-quieting exercises that you learned in Part I. Components include gentle stretching/Yoga poses to alleviate tension from the body and meditation. All are welcome, but completion of Part I is preferred.

Tuesday 7:15 PM - 8:30 PM

Full Member: \$70.00 Program Member: \$125.00

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.

Monday 6:45 PM - 7:45 PM

Wednesday 6:00 AM - 7:00 AM 6:45 PM - 7:45 PM

Full Members Only: \$40.00/session

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.

Sessions Ends on July 11

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: \$37.50

Program Member: \$70.00

*There will be additional fees for level testing.

AIKIDO (03310)

12 years and up

Aikido strengthens both your mind and body. 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.

AMERICAN RED CROSS LIFEGUARD TRAINING REVIEW COURSE (02714)

15 years and up

Participants must have a current completed an American Red Cross Lifeguard Training certification. Class includes the latest materials and a review of American Red Cross Lifeguarding, First Aid and CPR/AED for Lifeguards. Successful candidates will review necessary skills for pool lifeguarding.

5/14 and 5/15

Mon/Tues 4:00 PM - 10:00 PM

5/19 and 5/20

Sat/Sun 8:00 AM - 2:00 PM

Full Member: \$175.00

Program Member: \$210.00

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 Tim Ryan, 610/647-9622, x2504 or tim.ryan@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

Flotation equipment and water weights are used for cardio and strength training.

Mon/Wed/Fri	7:30 AM - 8:00 AM
Saturday	8:45 AM - 10:00 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
	7:00 PM - 8:00 PM

Mon/Wed/Fri	9:00 AM - 10:00 AM
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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
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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

Your Y contact is Tim Ryan, 610/647-9622, x2504 or tim.ryan@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

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

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 although it is included. The pool is equipped with a chair lift and access stairs.

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

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.

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

ADULT INTERMEDIATE SWIM CLINIC (02121)

13 years and up

This class is a progression from beginner swim lessons and covers the skills needed to increase confidence in the water. Students will refine basic stroke mechanics.

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

SPORTS & RECREATION

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 101 (02122)

14 years and up

This program is designed for athletes with fewer than 3 years experience. Weekly coached workouts rotate between swimming, biking and running, all designed to improve your technique, aerobic endurance and speed. Transitions, nutrition and race-day strategies are also covered.

Tuesday 7:00 PM - 8:30 PM

Full Member: \$225.00

Program Member: \$295.00

TRIATHLON SWIMMING (02122)

14 years and up

The perfect class for beginner and intermediate triathletes looking to develop greater confidence and efficiency in the water. An on-deck coach supervises weekly workout sessions which include drill work and open water skills practice (sighting, drafting, mass starts, etc.) along with 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

SPLASH AND DASH INTERVALS

14 years and up

Whether you are looking to be in top form for your first race of the season or just want to get a jump on your spring fitness, this class will help. During each session, participants will quickly transition between high intensity intervals in the outdoor 50 meter pool and speed work on the UMLY track with the goal of improving both swimming and running speed as well as the ability to recover and make repeated high intensity efforts.

Monday 7:00 PM - 8:00 PM

Full Member: \$99.00

Program Member: \$149.00

FOR HEALTHY LIVING

Improving the nation's health and well-being.

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 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 dudas@erols.com.

FOUNDERS DAY FESTIVAL

Pro-Am Tennis Tourney

A CHANGING LIVES FUNDRAISER

Saturday

June 2

10am - 4pm

Group Ex Classes on the Courts

Free Tennis Lessons/Clinics

Round Robin Tourney

Special Guest NBC10's John Clark

Whites & Woodies Classic

JOIN US!



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 7:00 PM - 8:30 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.

Tuesday 9:00 AM - 10:30 AM

Thursday 7:00 PM - 8:30 PM

TENNIS 3.5 (03687)

A clinic 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

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

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

PRO ASSIGNMENTS

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

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)

A program of active doubles play with instant feedback from our pros. Round Robin format will be used so members get to meet and play with multiple partners in each class. Players should have at least a 3.0 rating.

Monday 10:30 AM - 12:00 PM

DOUBLES STRATEGY AND TACTICS (03692)

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.

Saturday 9:30 AM - 11:00 AM

INTRA CLUB 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

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.

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.whalen@umly.org

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 Ability Programming Director Jennifer Whalen at 610/854-1625 or Jennifer.Whalen@UMLY.org.

BOWLING LEAGUE (07420)

16 years and up

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

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

Program Fee: \$235.00

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
July 7 and August 24

Program Fee: \$25.00 each night

SPECIAL NEEDS AQUATIC PROGRAM SNAP (02114)

18 years and up

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 and up

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. 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.

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.

ARTS & ENVIRONMENTAL FESTIVAL

Saturday, May 19 from 10-3 PM

FREE AND OPEN TO THE COMMUNITY

Join our celebration and get connected with the arts and environment. Live exhibitors, kids' activities, animal shows, music, art workshops, Environmental Education Center and Barnyard open house. Hayride tours and nature and bird walks.



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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10-20 Liberty Boulevard,
Malvern, PA 19355
610/644-6575

www.ymcagreatvalley.org



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CAMP UMLY



For Kids 2½ to 18
REGISTER EARLY!
Camps Fill Quickly!

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