



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **PLAY HERE!**

## **Summer Program Guide**

**LIONVILLE COMMUNITY YMCA  
YMCA AT EAGLEVIEW**

**SUMMER 1**  
June 18 to July 15

**SUMMER 2**  
July 16 to August 12



**REGISTRATION DATES: Full Privilege Members: 5/29/2012 (session 1) • 6/20/2012 (session 2)  
Program Members: 6/4/2012 (session 1) • 6/27/2012 (session 2)**



FOR YOUTH DEVELOPMENT®  
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# WELCOME!

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

## OUR MISSION

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

## REGISTRATION DATES

	<b>Summer 1</b>	<b>Summer 2</b>
Full Privilege Members:	5/29/2012 (Tue)	6/20/2012
Program Members:	6/4/2012	6/27/2012

## SESSION DATES

**Summer 1** June 18 to July 15, 2012

**Summer 2** July 16 to August 12, 2012

## HOW TO SIGN UP FOR PROGRAMS

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

## HOW TO CANCEL/CHANGE YOUR PROGRAMS

**NEW CREDIT/REFUND POLICY - EFFECTIVE SEPTEMBER 1, 2011**  
All cancellations or program changes and credit/refund requests must take place at the Y branch in writing. A \$15.00 administrative fee may apply. View the complete policy on our website [www.lionvilleyymca.org](http://www.lionvilleyymca.org) in the Programs & Classes section.

## YOUR FULL MEMBERSHIP INCLUDES:

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

## PROGRAM MEMBERSHIP

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

## BECOME A MEMBER ONLINE

Go to [www.lionvilleyymca.org](http://www.lionvilleyymca.org) to complete our online membership application.

## MEMBERSHIP MONTHLY RATES AND CATEGORIES

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

## MONTHLY MEMBERSHIP FEES

**Now No Joiner Fee!**

### LIONVILLE COMMUNITY YMCA & EAGLEVIEW

Category	Rate
Youth (0-18)	\$31.00
Young Adult (19-28)	\$44.00
Adult	\$63.50
Sr. Adult (65+) <sup>#</sup>	\$49.00
Family	\$99.00
Senior Family <sup>#</sup>	\$75.00
Summer Staycation <sup>#</sup>	\$330.00

### EXCLUSIVELY EAGLEVIEW

Category	Rate
Adult	\$39.00

### YMCA AT GREAT VALLEY ONLY

Category	Rate
Adult	\$39.00
Sr. Adult (65+) <sup>#</sup>	\$31.00
Youth (15 to 18)	\$25.00

<sup>#</sup>One-time fee.

Current rates may change on 7/1/2012.

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

## FREE 7TH GRADE MEMBERSHIPS

Valid for existing students 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 immediately enjoy all the YMCA has to offer. **Please note that refunds will not be issued for memberships already paid for youth who are eligible for Free 7th Grade Membership.**

## MEMBERSHIP CHANGES WELCOME

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

## GUESTS

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

## AWAY

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

## FACILITIES

Three Convenient Locations:

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

## HOURS OF OPERATION

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

## HOLIDAY SCHEDULE

### Saturday, May 26

Lionville Regular Hours\* Eagleview Regular Hours\*

Outdoor Pool 10 AM - 7 PM

### Sunday, May 27

Lionville Regular Hours\* Eagleview Regular Hours\*

Outdoor Pool 10 AM - 7 PM

### Monday, May 28

Lionville Open 8 AM - 8 PM Eagleview Closed

Outdoor Pool 12 PM - 8 PM

### Wednesday, July 4

Lionville Open 8 AM - 8 PM\* Eagleview Closed

Outdoor pool 10 AM - 8 PM

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

## BABYSITTING SERVICE

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

## POOL AND GYM HOURS

[www.lionvilleyymca.org](http://www.lionvilleyymca.org).

## PARTIES & ROOM RENTALS

Whether you have a birthday or a group that just wants to get together and have fun, we have the party space for you. For reservations and pricing, contact Chris Crooks at 610/363-9622, x2261 or [chris.crooks@umly.org](mailto:chris.crooks@umly.org).

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# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## EDUCATION & LEADERSHIP

### CHILD CARE

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

#### FULL DAY CARE AT EAGLEVIEW

6 weeks to 5 years

#### NOW ACCEPTING STUDENTS - ENROLL TODAY

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

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

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

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

#### SCHOOL AGE DAY CARE @ LCY

Kindergarten to 5th Grade

#### ENROLL NOW 2012-13 SCHOOL YEAR!

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

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

#### TEEN CLUB

10 to 14 years

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

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

Please call for tuition options.

### LCY PRESCHOOL

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

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

#### ENROLL NOW FOR THE 2012-13 SCHOOL YEAR

##### TIME FOR TOTS

2 to 3 years (Born between 4-1-10 and 9-1-10)

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

##### WEE THREES

3 years (Born between 9-2-09 and 3-31-10)

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

##### KINDERPALS

3 to 4 years (Born between 9-2-08 and 9-02-09)

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

##### Y'S OWLS

4 to 5 years (Born between 9-1-07 and 9-1-08)

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

#### EXTENDED PRESCHOOL OPTIONS

##### LUNCH BUNCH

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

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

##### Y'S OWLS ENRICHMENT

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

Wednesday 12:00 PM - 3:00 PM



## SUMMER DAY CAMPS

### CAMP LEO

3 to 15 years

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

For more information, please contact Erin Cline, 610/363-9622, x2235 or [erin.cline@umly.org](mailto:erin.cline@umly.org).

### REGISTER EARLY FOR THE BEST SELECTION

**Pre-camp** June 4 - June 15  
**Regular Session** June 18 - August 10  
**Post-camp** August 13 - 24

### LITTLE CUBS KINDER CAMP

3 TO 5 YEARS CHILDREN MUST BE 3 BY JANUARY 1, 2011.

Each day is filled with fun activities such as: arts & crafts, group games, and songs. Children play in our safe, well supervised outside playground and swim in our zero-depth outdoor pool. Our qualified staff provides a loving and attentive atmosphere at a ratio of 1:10. Children do not need to be fully potty trained to attend this camp. Please refer to the parent handbook to see what your child should bring to camp each day. This camp is held at the Devon Drive Facility.

**1 Week/Half Day**

June 4 - July 27

**Full Member: \$105.00**      **Program Member: \$135.00**

**Add LUNCH BUNCH to extend the camp day!**

**Full Member: \$13.00**      **Program Member: \$15.00**

**Add Afternoon Sports Camp for \$65.00**

### DAY CAMP

Our Day Camp offers children a wide variety of new experiences mixed with the traditional camp favorites of swimming, sports, nature and science, and arts and crafts. Children will enjoy a different theme each session. Field trips and special events emphasize weekly themes.

- **PANTHERS** 6 to 7 years (going into 1st or 2nd grade)  
Boys (04530) and Girls (04535)
- **TIGERS** 8 to 9 years (going into 3rd or 4th grade)  
Boys (04540) and Girls (04545)

**1 Week/Full Day**

June 18 - August 24

**Full Member: \$170.00**

**Program Member: \$195.00**

### JAGUARS (04551)

10 to 12 years (going into 5th-6th grade)

This camp will keep your child busy! Two days a week are travel days to local "hot spots" in the Philadelphia Area. Three days are at the Y engaged in activities such as group games/sports, science/nature, music/drama, and swimming.

**1 Week/Full Day**

June 18 - August 24

**Full Member: \$170.00**

**Program Member: \$195.00**

### THE LION PACK (14730)

12 to 15 years (going into 7TH, 8TH and 9TH grade)

This camp is jammed with fun-filled trips to popular locations each week. Dorney Park, Ozzie's Sports and Fun Center, Northbrook Canoe, and other entertaining locations are on the schedule. One day each week is spent at the Y.

**1 Week/Full Day**

June 18 - August 24

**Full Member: \$319.00**

**Program Member: \$367.00**

# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## ARTS & HUMANITIES

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

## SUMMER CAMPS

For more information about Summer Camps, please contact Erin Cline, 610/363-9622, x2235 or erin.cline@umly.org.

### BUILD IT, PAINT IT AND CREATE IT (14075)

6 To 12 years

Explore the stimulating world of Art. If you love to draw, paint or doodle, then these camps are for you. Learn the fundamentals of design, light and color to create still life, portrait, figure, landscape design and more. Spend time working with a variety of media while learning about mass, shape relationships, elements of composition and color theory. Projects and activities are age appropriate within the camp and each week offers a different theme and different projects.

**1 Week/Full Day**

June 18 - August 17

**Full Member: \$295.00      Program Member: \$325.00**

### LIGHTS, CAMERA AND ACTION (14490)

6 to 12 years

Ham it up this summer! This two-week camp offers acting experience, choreography, and set design. Campers practice techniques that will enable them to become better performers in order to nail that all-important audition! Each session concludes with two performances. Both will occur during the second week of camp, one at 5:30 PM on Thursday for parents and the other at 3:30 PM on Friday for fellow campers. Each session will cover various genres, from fairy tales to musicals to plays. We will even tackle some Shakespeare!

**2 Weeks/Full Day**

June 18 - August 10

**Full Member: \$590.00      Program Member: \$650.00**

### TRACKS & TRAILS (14851)

6 To 12 years

Visit and explore the natural world. This camp is held at Marsh Creek State Park. Search for native critters, explore stream and lake habitats, learn about local birds, hike on trails, and participate in games and projects. There will be pool or water exploration each day. Each Camper will receive a backpack containing outdoor exploring supplies. The camp day runs from 8:30 AM to 4:30 PM. Drop off is at the park.

**1 Week/Full Day**

June 18-22 • July 2-6 • July 16-20 • July 30- August 3

**Full Member: \$320.00      Program Member: \$ 380.00**

### FISHING CAMP (14241)

6 to 12 years

Enjoy everyday outdoor fun at Marsh Creek State Park. Campers learn the basics of this lifelong sport including catching and releasing, casting, pole lining, reading the water and baiting. Camp also includes outdoor games and nature themed crafts. Rods, reels and stocked tackle boxes are included for first time campers. The camp day runs from 8:30 AM to 4:30 PM. Drop off is at the park. A recreational swim is included each day.

**1 Week/Full Day**

June 25-29 • July 9-13 • July 23-27 • August 6-10

**Full Member: \$320.00      Program Member: \$380.00**



## DANCE

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

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

**DANCE PROGRAMMING WILL RETURN IN THE FALL**

## TEEN ENRICHMENT

### TEEN LEADER (14738)

12 to 15 years

This camp provides teens with a two-fold leadership opportunity. One occurs at the YMCA and the other is in the community. Projects will focus on decision-making, community service, and character development.

**1 Week/Full Day**  
August 13-17

Full Member: \$117.00      Program Member \$147.00

### BABYSITTING CAMP (14050)

11 to 15 years

**Valuable information for mother's helpers and babysitters.** Campers will spend part of their time working with our day care and kinder camp learning age appropriate games and activities. Campers will then take a break for lunch and free swim time. The rest of their day will be spent taking the American Red Cross babysitting course where they will learn basic emergency care. Each camper will receive an American Red Cross handbook and certificate that will be sent in the mail.

**1 Week/Full Day**  
June 18-22 • July 2-6 • July 16-20

Full Member: \$320.00      Program Member: \$380.00

### 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](http://www.umly.org/yesc). Your Y contact is Brian Quindlen, 610/647-9622, x2408 or [yesc@umly.org](mailto:yesc@umly.org).

### Weekly Meetings

Tuesday 7:00 PM - 8:00 PM

### 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](mailto:yesc@umly.org).

## SWIM, SPORTS & PLAY

### YOUTH SWIM LESSONS

For Aquatic Program inquiries (not registration) please contact Charlie Coonley, 610/363-9622, x2240 or [charlie.coonley@umly.org](mailto:charlie.coonley@umly.org).

**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 8 weeks.

	30 Min	45 Min	60 Min
Full Member:	\$65.00	\$80.00	\$107.00
Program Member:	\$171.00	\$203.00	\$270.00

Lessons offered in 4 or 8 week sessions. Fees unless otherwise noted, some fees may be prorated for holidays.

**Session Dates** (Must register separately)

**Summer 1** June 18 - July 15 (Twice Weekly Lessons)

**Summer 2** July 16 - August 12 (Twice Weekly Lessons)

**Summer 1&2** June 18 - August 12 (Once Weekly Lessons)

### 30 MINUTE PARENT & CHILD

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

### PARENT/TOT (02209)

6 months to 18 months

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

Mon/Wed	10:00 AM - 10:30 AM	6:10 PM - 6:40 PM
Friday	12:00 PM - 12:30 PM	
Saturday	10:10 AM - 10:40 AM	

### KIPPER & PARENT (02210)

18 months to 3 years

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

Mon/Wed	10:30 AM - 11:00 AM
Tue/Thu	6:10 PM - 6:40 PM
Friday	12:30 PM - 1:00 PM
Saturday	11:20 AM - 11:50 AM

### PIKE & PARENT (02211)

2 years to 4 years

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

Mon/Wed	11:30 AM - 12:00 PM	12:30 PM - 1:00 PM
	4:25 PM - 4:55 PM	5:35 PM - 6:05 PM
Tue/Thu	11:00 AM - 11:30 AM	12:30 PM - 1:00 PM
	5:00 PM - 5:30 PM	6:45 PM - 7:15 PM
Friday	11:00 AM - 11:30 AM	
Saturday	9:35 AM - 10:05 AM	10:45 AM - 11:15 AM

# FOR YOUTH DEVELOPMENT

## Nurturing the potential of every child and teen.

### 30 MINUTE PRESCHOOL

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

#### PIKE (02212)

##### 3 to 5 years

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

Mon/Wed	11:00 AM - 11:30 AM 5:00 PM - 5:30 PM 6:45 PM - 7:15 PM	12:00 PM - 12:30 PM 5:35 PM - 6:05 PM 7:20 PM - 7:50 PM
Tue/Thu	11:30 AM - 12:00 PM 4:25 PM - 4:55 PM	12:00 PM - 12:30 PM 5:35 PM - 6:05 PM
Friday	11:30 - 12:00 AM	12:30 PM - 1:00 PM
Saturday	9:00 AM - 9:30 AM	10:10 AM - 10:40 AM

#### EEL (02213)

##### 3 to 5 years

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

Mon/Wed	11:30 AM - 12:00 PM 4:25 PM - 4:55 PM 5:35 PM - 6:05 PM	12:00 PM - 12:30 PM 5:00 PM - 5:30 PM 6:10 PM - 6:40 PM
Tue/Thu	11:00 AM - 11:30 AM 4:25 PM - 4:55 PM 6:10 PM - 6:40 PM	12:30 PM - 1:00 PM 5:00 PM - 5:30 PM 6:45 PM - 7:15 PM
Friday	11:30 AM - 12:00 PM	12:00 PM - 12:30 PM
Saturday	9:00 AM - 9:30 AM	10:45 AM - 11:15 AM

#### RAY (02214)

##### 3 to 5 years

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

Mon/Wed	11:30 AM - 12:00 PM 4:25 PM - 4:55 PM	12:30 PM - 1:00 PM 6:10 PM - 6:40 PM
Tue/Thu	11:00 AM - 11:30 AM 5:35 PM - 6:05 PM	12:00 PM - 12:30 PM 6:45 PM - 7:15 PM
Friday	11:30 PM - 12:00 PM	
Saturday	11:20 AM - 11:50 AM	

#### STARFISH (02215)

##### 3 to 5 years

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

Mon/Wed	12:30 PM - 1:00 PM	6:45 PM - 7:45 PM
Tue/Thu	11:00 AM - 11:30 AM	6:10 PM - 6:40 PM
Friday	11:00 AM - 11:30 AM	
Saturday	11:30 AM - 12:00 PM	

#### PRE-TYKES (02218)

##### 4 to 7 years

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

Mon/Wed	11:00 AM - 11:30 AM	
Tue/Thu	12:30 PM - 1:00 PM	5:00 PM - 5:30 PM
Friday	12:30 PM - 1:00 PM	
Saturday	11:30 AM - 12:00 PM	

### 30 MINUTE YOUTH

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

#### POLLIWOG (02220)

##### 6 to 12 years

For inexperienced to beginner swimmers, no prerequisites.

Mon/Wed	11:00 AM - 11:30 AM 6:45 PM - 7:15 PM	12:30 PM - 1:00 PM
Tue/Thu	11:30 AM - 12:00 PM 5:35 PM - 6:05 PM	12:00 PM - 12:30 PM 7:20 PM - 7:50 PM
Friday	11:00 AM - 11:30 AM	
Saturday	9:50 AM - 10:20 AM	

#### GUPPY (02221)

##### 6 to 12 years

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

Mon/Wed	11:00 AM - 11:30 AM 5:00 PM - 5:30 PM	12:00 PM - 12:30 PM 7:20 PM - 7:50 PM
Tue/Thu	11:30 AM - 12:00 PM 4:25 PM - 4:55 PM	12:30 PM - 1:00 PM 7:20 PM - 7:50 PM
Friday	12:00 PM - 12:30 PM	12:30 PM - 1:00 PM
Saturday	9:35 AM - 10:05 AM	

### 45 MINUTE YOUTH

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

#### MINNOW (02223)

##### 6 to 12 years

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

Mon/Wed	11:45 AM - 12:30 PM 4:25 PM - 5:10 PM	12:15 PM - 1:00 PM 7:15 PM - 8:00 PM
Tue/Thu	11:00 AM - 11:45 AM 5:15 PM - 6:00 PM	11:30 AM - 12:15 PM 6:05 PM - 6:50 PM
Friday	11:00 AM - 11:45 AM	
Saturday	9:00 AM - 9:45 AM	

## FISH (02225)

### 6 to 12 years

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

Mon/Wed	11:00 AM - 11:45 AM	11:30 AM - 12:15 PM
	5:15 PM - 6:00 PM	6:05 PM - 6:50 PM
Tue/Thu	11:45 AM - 12:30 PM	12:15 PM - 1:00 PM
	4:25 PM - 5:10 PM	7:20 PM - 8:05 PM
Friday	11:45 AM - 12:30 PM	
Saturday	9:00 AM - 9:45 AM	

## 60 MINUTE YOUTH

Advanced swimming skills are refined including the competitive strokes. Must be at least seven years old at time of class. Children MUST meet age requirement prior to first class.

## FLYING FISH (02226)

### 7 to 12 years

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

Mon/Wed	10:00 AM - 11:00 AM
Tue/Thu	6:55 PM - 7:55 PM
Saturday	9:50 AM - 10:50 AM

## SHARK (02227)

### 7 to 12 years

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

Mon/Wed	6:55 PM - 7:55 PM
Saturday	10:25 AM - 11:25 AM

## PORPOISE CLUB (02228)

### 10 to 17 years

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

Saturday 10:55 AM – 11:55 AM

## TEEN SWIM LESSONS (02118)

### 11 to 17 years

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

Saturday 10:40 AM - 11:25 AM

## BEGINNING DIVING (02230)

### 8 to 18 years

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

Saturday 12:00 PM – 1:00 PM

## PRIVATE AND SEMI-PRIVATE SWIM LESSONS

### 3 years and up

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

	(02201) Private	(02202) Semi-Private
Full Member:	\$275.00	\$208.00
Program Member:	\$434.00	\$257.00
Fee for 30 minute lessons.		

## SUMMER AQUATICS CAMPS

### AQUA ADVENTURE CAMP (14030)

#### 11 to 15 years

Want to know what it takes to be a lifeguard or a swim instructor? Then, this is the camp for you. Through games and activities, campers learn techniques used by lifeguards and swim instructors. Each day brings a new experience which allows them to practice what they learn. Fridays are reserved for fun at a local water park.

#### 1 Week/Full Day

June 25-29 • July 9-13 • July 23-27

Full Member: \$320.00      Program Member: \$380.00

### WATER SPORTS CAMP (14031)

#### 12 to 16 Years

Learn about sports such as water polo, underwater hockey, competitive swimming and diving. Learning skills for these sports and games requires a decent swimming ability.

#### 1 Week/Full Day

August 13-17

Full Member: \$302.00      Program Member: \$346.00

## COMPETITIVE SWIMMING

### SWIM TEAM

#### 6 to 18 years

Our YMCA offers a year-round competitive swim program.

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

# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## RECREATION

### WIZARD NIGHTS – GRAND TOURNAMENT

6 to 15 years

Don't miss our final Wizard Night of the school year! No prior magic experience necessary! We'll spend the evening putting all of the magical knowledge and skills to the test with a variety of events and competitions round out the night celebrating with fanciful treats such as butter beer and exploding bonbons!

Friday 6/1/2012 6:30 PM – 9:00 PM

Full Member: \$25.00

Program Member: \$35.00

## YOUTH SPORTS INSTRUCTION

Your YMCA contact is Erin Cline , 610/363-9622, x2235 or [erin.cline@umly.org](mailto:erin.cline@umly.org).

Full Member: \$47.00

Program Member: \$131.00

Some classes are prorated. Fees unless otherwise noted.

Youth Sports classes are offered **TWO TIMES** per week for 4 weeks.

**Session Dates** (Must register separately)

Summer 1 June 18 – July 15

Summer 2 July 16 – August 12

### TINY TUMBLERS (03146)

2 to 3 years

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

Tuesday/Thursday 9:15 AM – 9:45 AM

### PEE WEE SOCCER (03150)

4 to 6 years

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

Monday/Wednesday 5:00 PM– 5:45 PM

### PRESCHOOL GYMNASTICS (03420)

4 to 6 years

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

Monday/Wednesday 10:00 AM – 10:45 AM

### TINY TENNIS (03418)

4 to 6 years

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

Monday/Wednesday 11:00 AM to 11:45 AM

### T-BALL (03170)

4 to 6 years

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

Tuesday/Thursday 5:00 PM – 5:45 PM

### PEE WEE BASKETBALL (03110)

4 to 6 years

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

Tuesday/Thursday 6:00 PM – 6:45 PM

### YOUTH BASIC TENNIS (03127)

7 to 12 years

This class introduces students to the fundamentals of tennis including stroke development and game strategy.

Monday/Wednesday 6:00 PM – 6:45 PM

## 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. Campers are divided into age appropriate groups on the first day of camp.

	Half Day	Full Day
Full Member:	\$151.00	\$302.00
Program Member:	\$176.00	\$346.00

Some classes are prorated. Fees unless otherwise noted.

Your YMCA contact is Erin Cline , 610/363-9622, x2235 or [erin.cline@umly.org](mailto:erin.cline@umly.org).

### ALL SPORTS (14720)

3 to 5 years

A variety of sports are introduced throughout the week. Younger campers will learn basic fundamentals from a variety of sports through fun games and drills. Sports include but are not limited to basketball, soccer, t-ball, and gymnastics. Sports for older campers include basketball, soccer, football, and baseball are played along with a variety of other sports such as lacrosse, tennis and ultimate frisbee.

#### Half Day Afternoon

June 4-8 • June 11-15 • June 18-22 • June 25-29

July 2-6 • July 9-13 • July 16-20 • July 23-27

Add this camp to Kinder Camp for \$65.00.

### LACROSSE CAMP (14485)

6 to 12 years

Join the YMCA lacrosse camp. Lacrosse is a fast growing sport that uses athleticism and hand-eye coordination. Learn and practice beginner basic skills such as the cradle, passing and shooting.

#### 1 Week/Full Day

June 18-22

## TENNIS CAMP (14760)

6 to 12 years

Serve it up with our tennis camp. Campers will learn the stroke basics and work on the fundamentals of the game. Age appropriate drills will be used to practice skills that are learned. Campers will also learn some of the basic strategies necessary for singles and doubles play as well as tennis etiquette.

**1 Week/Full Day**

June 25-29

## BASKETBALL CAMP (14090)

6 to 12 years

Learn to take it to the rim this summer. Sportsmanship and the fundamental skills of the game are covered including dribbling, passing, and shooting. Game techniques and strategies are taught through age-appropriate drills and progressive games.

**1 Week/Full Day**

July 2-6

## BASEBALL/SOFTBALL CAMP (14082)

6 to 12 years

Knock one out of the park this summer. Learn the skills and strategy of playing "America's favorite pastime". Improve skills through age appropriate drills and games including hitting, fielding and base running. As in any YMCA Camp, sportsmanship, teamwork and fundamentals are emphasized.

**1 Week/Full Day**

July 9-13



## CHEERLEADING CAMP (14125)

6 to 12 years

GO TEAM! Any boy or girl who has watched sports will notice that one thing every game has is cheerleaders. If you would like to learn to cheer or brush up on some of the necessary skills such as tumbling, jumping, and dancing, then this is the camp for you.

**1 Week/Full Day**

July 16-20

## FLAG FOOTBALL CAMP (14250)

6 to 12 years

Score a touchdown this summer at our flag football camp. Campers will practice skills necessary to play football at the youth level. Some of the skills that will be introduced are route running and defensive strategies. Sportsmanship and teamwork will be emphasized during his camp.

**1 Week/Full Day**

July 16-20

## SOCCER CAMP (14692)

6 to 12 years

YMCA soccer camp teaches and refines the fundamental skills needed to excel at soccer. Dribbling, passing, shooting and goal keeping are practiced in addition to fun, age appropriate drills and plenty of game time.

**1 Week/Full Day**

July 23-27

## GOLF CAMP (14290)

6 to 12 years

Children learn the basics of the golf swing. Some of the skills that will be taught include driving, putting, and chipping. Campers will also be taught proper golf etiquette.

**1 Week/Full Day**

July 30- August 3



# FOR HEALTHY LIVING

Improving the nation's health and well-being.



## YOUTH FITNESS

### SUMMER STRIDING FOR KIDS (03198)

8 to 13 years

**NEW!** Get fit and run for fun this summer! Join our training group and learn the fitness skills you'll use the rest of your life. Class teaches technique, form and safety. Runners are divided into groups by age (8-10 & 11-13).

For more information, contact Ronda Hamilton, [ronda.hamilton@umly.org](mailto:ronda.hamilton@umly.org) or 610/363-9622, x2252.

June 18 to August 3

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

Full Member: \$68.00 Program Member: \$129.00

### ONE-ON-ONE FOR YOUTH WELLNESS

10 to 11 years

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

Three 45-minute Sessions

Full Members Only: \$39.00

## FAMILY TIME

For more information about Family/Social programs, contact [Lindsey.Kujawa@umly.org](mailto:Lindsey.Kujawa@umly.org).

### YMCA ADVENTURE GUIDES

6 to 9 years (Kindergarten to third grade)

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

## FAMILY EVENTS

### 4TH ANNUAL JESSE'S RUN AND JESS FEST

This annual run, honoring longtime Y and community volunteer Jesse Hamilton, consists of a 1K Family Fun Walk and 5K Run. This year we've added JessFest which includes live entertainment, family games, vendors and more. For more information, please contact Ronda Hamilton, [ronda.hamilton@umly.org](mailto:ronda.hamilton@umly.org) or 610/363-9622, x2252.

Register online at [lionvillemca.org/JessesRun](http://lionvillemca.org/JessesRun)

Saturday 6/2/2012 7:30 AM - 11:30 AM

### SCHOOL'S OUT CELEBRATION

Join us at the outdoor pool on the last day of school for an afternoon of summer fun. Enjoy swimming, karaoke, cool treats and more.

Friday, 6/8/2012 1:00 PM - 3:00 PM

### SUMMER FLING

Our annual summer party returns. Join us at the outdoor pool for a fun, family event with games and prizes. Have dinner with us. A local restaurant will be on deck selling a menu of delicious summer fare.

Sunday, 7/8/2012 4:00 PM - 7:00 PM

### LCY KIDS TRI

**SAVE THE DATE!** Don't miss our multisport race just for kids. A great first triathlon featuring several age divisions and tons of fun.

Sunday, 9/9/2012

## HEALTH, WELL-BEING & FITNESS GROUP EX CLASSES

### GROUP EXERCISE CLASSES

12 years and up

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

Basic Training	Lift It
BodyCombat™	Pilates
BodyPump™	SilverSneakers®
BodyVive™	Step N Abs
Boot Camp	Step N Sculpt
Cardio Fit	Strength, Step, Sculpt
Cardio, Core and More	Tai Chi
Corporate Fit	Yoga
Cycle – Spin Class	Yoga Strength
Cycle – Spin/Sculpt	Zumba

Class descriptions, schedules and locations are available in the Welcome Centers and online at [lionvillemca.org](http://lionvillemca.org).

**Full Member: FREE**      **Program Member: \$115.00\*\***  
 Fees unless otherwise noted. \*\*20-punch Wellness Activity Card  
 Valid for one year from purchase date.

### TRX SUSPENSION TRAINING

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

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

## HEALTHY LIFESTYLES

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

### NUTRITIONAL COUNSELING

10 years and up

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

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

### LIVING WITH DIABETES

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

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

### FITNESS ROOM ORIENTATIONS

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

### CORPORATE WELLNESS

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



# FOR HEALTHY LIVING

Improving the nation's health and well-being.

## PERSONAL FITNESS

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

### FREE FITNESS ASSESSMENT

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

Free

### FREE INDIVIDUAL PERSONAL TRAINING CONSULTATION

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

### INDIVIDUAL PERSONAL TRAINING

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

Now Just \$39.00/hour

## ADULT AQUATICS

### WATER EXERCISE

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

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

Class schedules and locations are available in the Welcome Centers and at [www.lionvillemca.org](http://www.lionvillemca.org).

**Full Member: FREE**      **Program Member: \$115.00\***

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

### AQUA FIT

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

### AQUA FIT PLUS

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

### ARTHRITIS EASE

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

## ADULT SWIM LESSONS

### ADULT SWIM CLINICS

#### 18 years and up

Each class is designed to the needs of the participants. Beginners learn to find comfort in the water and basics of swimming including breath control and floating. Intermediate swimmers learn breathing techniques and develop/refine strokes; intermediate swimmers should be comfortable in deep water. Summer classes run 8 weeks.

#### ADULT BEGINNER CLINIC (02120)

Saturday 9:00 AM - 9:45 PM

#### ADULT INTERMEDIATE CLINIC (02121)

Saturday 9:50 AM - 10:35 PM

### PRIVATE AND SEMI-PRIVATE SWIM LESSONS

#### 3 years and up

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

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

## MARTIAL ARTS

### ADULT KARATE (03321)

#### 12 years and up

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

Tue/Thu	8:00 PM - 9:00 PM	Beginner
	8:00 PM - 9:00 PM	Advanced
Saturday	11:00 AM - 12:30 PM	Combined Level Class

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

# FOR SOCIAL RESPONSIBILITY

## Giving back and providing support to our neighbors.

### ACTIVE OLDER ADULTS

Your Y contact is Carole Wulk at 610/363-9622, x2234 or [carole.wulk@umly.org](mailto:carole.wulk@umly.org).

#### ACTIVE OLDER ADULT ACTIVITY SCHEDULE

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

Monday 6:45 PM – 9:00 PM **Evening Bridge#**  
Tuesday 9:30 AM – 12:00 PM **Beginner/Int. Bridge**  
12:00 PM – 2:30 PM **Duplicate Bridge#**  
Wednesday 10:00 AM – 1:00 PM **Mah jongg**  
Thursday 9:15 AM – 1:00 PM **Duplicate Bridge#**  
Friday 9:30 AM – 12:30 PM **Experienced Bridge#**  
#Must pre-register with Carole.

#### AOA LUNCHEON

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

The schedule will resume in the fall. Call Carole for more information.

#### PHILLIES BUS TRIPS

Check the AOA bulletin board for more information.

##### Phillies vs. Pirates

Thursday 6/28/2012 1:00 PM Game

##### Phillies vs. Mets

Thursday 8/30/2012 1:00 PM Game

Full Member: \$72.00 Program Member: \$77.00

### SPECIAL POPULATIONS

Your Y contact is Sue Gualtieri, 610/458-9090, x2822, or [sue.gualtieri@umly.org](mailto:sue.gualtieri@umly.org).

#### OPEN DOORS

##### 18 years and up

A social group for individuals in the community that are faced with challenges in their day-to-day lives. These participants have the opportunity to enjoy activities and develop friendships in a casual setting.

##### Open Doors/Friday Friends

Various opportunities in the area are planned throughout the year. The group enjoys bowling, miniature golf, going out to dinner, movies, theatre, seasonal activities holiday parties and Fitness Fridays at the Y.

Friday 6:30 PM – 9:30 PM

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

### VOLUNTEER

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

**SPECIAL EVENTS** help ensure that our special events run smoothly.

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

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

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

### GIVE

#### 4TH ANNUAL JESSE'S RUN AND JESS FEST

This annual run, honoring longtime Y and community volunteer Jesse Hamilton, consists of a 1K Family Fun Walk and 5K Run. This year we've added Jess Fest which includes live entertainment, family games, vendors and more. For more information, please contact Ronda Hamilton, [ronda.hamilton@umly.org](mailto:ronda.hamilton@umly.org) or 610/363-9622, x2252.

Register online at [lionvillemca.org/JessesRun](http://lionvillemca.org/JessesRun)

Saturday 6/2/2012 7:30 AM – 11:30 AM

#### OTHER WAYS TO HELP THE Y

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

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

Visit [lionvillemca.org/giving](http://lionvillemca.org/giving) to learn more.

## UPCOMING EVENTS

Learn more about our upcoming events on page 12 or on our website.

### SCHOOL'S OUT CELEBRATION

Friday, June 8 from 1-3:00 PM

Join us at the outdoor pool on the last day of school for an afternoon of summer fun. Enjoy swimming, karaoke, cool treats and more.

### SUMMER FLING

Sunday, July 8 from 4-7 PM

Our annual summer party returns. Join us at the outdoor pool for a fun, family event with games and prizes. Have dinner with us. A local restaurant will be on deck selling a menu of delicious summer fare.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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SEPA 19399  
Permit #286

LIONVILLE COMMUNITY YMCA  
100 Devon Drive  
Exton, PA 19341

610/363-9622  
[www.lionvilleyymca.org](http://www.lionvilleyymca.org)

## TRY THE Y AT GREAT VALLEY

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

[www.ymcagreatvalley.org](http://www.ymcagreatvalley.org)



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CHECK US OUT ON FACEBOOK!

facebook

## CAMP LEO



For Kids 3 to 15  
**REGISTER EARLY!**  
Camps Fill Quickly!

## 4<sup>TH</sup> ANNUAL *Jesse's* 5K RUN

1 MILE FAMILY FUN RUN/WALK  
JESSFEST FAMILY FESTIVAL

REGISTER  
[lionvilleyymca.org/JessesRun](http://lionvilleyymca.org/JessesRun)



**SATURDAY, JUNE 2**

7:30-11:30 AM

PRESENTED BY:  
 THE HANKIN GROUP™