COMMUNITY YMCA OF EASTERN DELAWARE COUNTY

Early Fall Session Sept. 3 - Oct. 27
Registration: F/P Online 8/12 | Open 8/19

Late Fall Session Oct. 28 – Dec. 22
Registration: F/P Online 10/14 | Open 10/21

Register online at cyedc.org!
Our Mission
We are a charitable association founded on Christian principles, dedicated to building a healthy spirit, mind and body for all.

Our Cause
Strengthening the community is our cause. Each and every day, we work side-by-side with our neighbors ensuring everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. When you join the YMCA, you’re coming together with others in our community who are committed to Youth Development, Healthy Living and Social Responsibility.

Our Values
The YMCA’s core values are Caring, Honesty, Respect and Responsibility. These values are continually celebrated by staff and members, and provide a positive foundation for all Y programs and a healthy connection with others.
WE DON’T HAVE MEMBERS...  
WE HAVE FAMILY!

When you join the Community YMCA,
you become an integral part of a community committed to 
Youth Development, Healthy Living and Social Responsibility.
Your membership provides a wide variety of health and wellness opportunities, community-based programs, and special member benefits. Here are just a few:

Youth Development
- Child Care
- Child Watch (Babysitting)
- School Age Programs
- Sports Classes
- Summer Camps
- Swim Lessons
- Teen Fitness Classes

Healthy Living
- Hundreds of Group Exercise Classes
- Family & Recreational Swimming
- Basketball, Volleyball & Recreational Use of
  Gymnasium (RY)
- State-of-the-Art Wellness Centers
- Active Older Adult Classes
- Personal Training
- Weight Loss Programs

Social Responsibility
- Child Sexual Abuse Training
- Financial Assistance
- Ways to Save for All
- LIVESTRONG at the YMCA
- Nationwide Membership
  (Always welcome in every participating YMCA in the
  U.S. at no extra charge.)

WE MAKE MEMBERSHIP POSSIBLE FOR EVERYONE

FINANCIAL ASSISTANCE
At the Community YMCA, we are dedicated to helping all members of our community achieve their personal best, regardless of ability to pay. 
The Y is for everyone.
Financial Assistance is not a handout, rather, a helping hand in times of uncertainty. Apply today at www.cyedc.org, or visit the Front Desk for details.

OTHER WAYS TO SAVE
- Health Insurance Reimbursement
- FREE 7th Grade Membership
- Military Outreach
- Corporate Membership

For full details, ask our Membership Team or visit cyedc.org.
The Community YMCA is proud to offer our nationally-recognized Swim Lesson Program, which helps keep children safe and confident around water.

Our swim lessons are broken down into 3 phases. Each phase includes stages which are focused on a specific skill set.

We emphasize skill progression and water safety. Parents gain peace of mind knowing their kids will learn self-rescue skills first, then, learn how to swim.

Check out our many swim lesson offerings at cyedc.org to find one that fits your family’s busy schedule.

**SWIM LESSON SELECTOR**

**WHAT AGE GROUP DOES YOUR CHILD FALL INTO?**

- **6 months–3 years**
  - Caregiver & Child: Stages A & B
- **3–5 years**
  - Preschool Stages 1–4
- **6–12 years**
  - School Age Stages 1–6

**WHICH STAGE IS THE CHILD READY FOR?**

- Can the student respond to verbal cues and jump on land? **NOT YET**
  - \( A / \text{WATER DISCOVERY} \)
- Is the student comfortable working with an instructor without a parent in the water? **NOT YET**
  - \( B / \text{WATER EXPLORATION} \)
- Will the student go underwater voluntarily? **NOT YET**
  - \( 1 / \text{WATER ACCLIMATION} \)
- Can the student do a front and back float on his or her own? **NOT YET**
  - \( 2 / \text{WATER MOVEMENT} \)
- Can the student swim 10–15 yards on his or her front and back? **NOT YET**
  - \( 3 / \text{WATER STAMINA} \)
- Can the student swim 15 yards of front and back crawl? **NOT YET**
  - \( 4 / \text{STROKE INTRODUCTION} \)
- Can the student swim front crawl, back crawl, and breaststroke across the pool? **NOT YET**
  - \( 5 / \text{STROKE DEVELOPMENT} \)
- Can the student swim front crawl, back crawl, and breaststroke across the pool and back? **NOT YET**
  - \( 6 / \text{STROKE MECHANICS} \)

**QUESTIONS?**

Our Aquatic Directors are happy to help you select the right swim level for your child.

- Lansdowne YMCA
  - Terry Fonio
  - 610.713.5244
- Ridley Area YMCA
  - Dave Foster
  - 484.479.3407
SWIM STARTERS
Accompanied by a caregiver, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

A/WATER DISCOVERY
This is your first opportunity to expose your infant or toddler to the wonderful world of water fun and safety. The focus for this class is to ensure your baby’s first swim experience is a positive one by guiding both the caregiver and the child in basic water orientation.

SWIM BASICS
Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
• Swim, float, swim - sequencing front glide, roll, back float, roll, front glide, and exit
• Jump, push, turn, grab

B/WATER DISCOVERY
Your infant or toddler will continue to learn about water safety, while practicing basic swimming skills and breath control at a higher level of independence.

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

C/WATER ACCLIMATION
For the beginner swimmer to become adjusted and comfortable in the water. Participants will learn to float, perform front and back glides and proper breath control.

D/WATER MOVEMENT
In this stage, swimmers should be comfortable with their face in the water and able to swim 15-20ft. on their front independently (with flotation for preschool stage). Swimmers will work towards 15yd. on their front with alternating arms, and back floating for 20 seconds (10 secs. for preschool stage).

MORE AQUATIC PROGRAMS

ADULT/TEEN SWIM LESSONS (ages 13+)
Our Instructors will help you learn the strokes to swim into a healthier, more confident lifestyle. This class is for the beginner or inexperienced swimmer.

Monday 8:45-9:30pm  LY
Tuesday 11-11:45am  LY
Wednesday 10:30-11:15am LY
Wednesday 8:45-9:30pm  LY
Tuesday 9-9:45pm  RY
Wednesday 1-1:45pm  RY
FP Member $45  Cmty Member $90

PRIVATE SWIM LESSONS
We offer private swim lessons for both adults and children. You’ll work one-on-one with an instructor to meet your personal goals, and we can set up your lessons to best accommodate your schedule.

COMPETITIVE SWIMMING
Competitive swimming is one of the most popular national competitive sports the Y offers. It is available at both of our branches. Competitive swimming helps kids value hard work, reach for excellence, and enjoy spirited competition in state, regional and national championships.

For Swim Team information, contact:
Mike Purcell
Lansdowne YMCA Marlins
coachmike@cyedc.org
Erik Nelson
Ridley Area YMCA RAYS
enelson@cyedc.org

REGISTER TODAY AT CYEDC.ORG!
SWIM STARTERS
Parent*/Child Swim Lessons
(ages 6 months–3 yrs.)

Stage A/Water Discovery
Tuesday 4–4:30pm LY
Thursday 11–11:30am LY
Saturday 9:30–10am LY
Friday 9:30–10am RY
Saturday 9–9:30am RY

Stage B/Water Exploration
Tuesday 4–4:30pm LY
Thursday 11–11:30am LY
Saturday 9–9:30am LY
Friday 9:30–10am RY
Saturday 9:30–10am RY

* At the Y, we know families take a variety of forms. As a result, we define parent broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

SWIM BASICS
Preschool Swim Lessons
(ages 3–5 yrs.)

Stage 1/Water Acclimation
Stage 2/Water Movement

Monday 10–10:30am LY
Monday 4:15–4:45pm LY
Wednesday 4:15–4:45pm LY
Thursday 4:45–4:30pm LY
Friday 4:15–4:45pm LY
Saturday 9:30–10am LY
Saturday 10–10:30am LY
Saturday 12–12:30pm LY
Monday 4:45pm RY
Tuesday 4–4:30pm RY
Tuesday 7–7:30pm RY
Thursday 4–4:30pm RY
Thursday 7–7:30pm RY
Friday 7–7:30pm RY
Saturday 10–10:30am RY
Saturday 10:30–11am RY
Saturday 12:30–1pm RY

Stage 3/Water Stamina
Stage 4/Water Efficiency

Monday 4:45–5:30pm LY
Friday 4:45–5:30pm LY
Saturday 10:30–11:15am LY
Saturday 11:15am–12pm LY
Tuesday 5:15–6pm RY
Wednesday 4:30–5:15pm RY
Thursday 4:30–5:15pm RY
Thursday 5:15–6pm RY
Friday 7:30–8:15pm RY
Saturday 11–11:45pm RY
Saturday 11:45am–12:30pm RY

SWIM STROKES
School Age Swim Lessons
(ages 6–12)

Stage 4/Stroke Introduction
Stage 5/Stroke Development

Monday 4:15–4:45pm LY
Friday 4:15–4:45pm LY
Saturday 10:30–11:15am LY
Tuesday 4:30–5:15pm RY
Wednesday 4:30–5:15pm RY
Wednesday 7:30–8:15pm RY
Thursday 4:30–5:15pm RY
Saturday 11–11:45pm RY
Saturday 11:45–12:30pm RY

Stage 6/Stroke Mechanics

Wednesday 4–4:45pm LY
Friday 4:15–5pm LY
Saturday 11:15–12pm LY
Monday 7:30–8:15pm RY
Thursday 5:15–6pm RY
Saturday 10:15–11am RY

Homeschool Group Swim Lessons
All Levels
Wednesday, 10–10:30am LY

Swim Lesson Registration Costs

<table>
<thead>
<tr>
<th>Program Length</th>
<th>FP Member</th>
<th>Community Member</th>
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<tbody>
<tr>
<td>30 min/week</td>
<td>$40</td>
<td>$80</td>
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<tr>
<td>45 min/week</td>
<td>$45</td>
<td>$90</td>
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**ARE YOU WHISTLE WORTHY?**

Lifeguard Training & Hiring

The Community YMCA is looking for certified lifeguards for both the Lansdowne and Ridley locations. We provide the necessary training, certifications, and re-certifications. Visit cyedc.org or the Fronk Desk to learn about upcoming classes this Fall and Winter.

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**RECREATIONAL/OPEN SWIM SAFETY INFORMATION**

The YMCA is committed to providing a safe and enjoyable pool experience for all. Anyone under the age of 18, prior to swimming in the pool, must complete the YMCA swim skills assessment and be assigned a red, yellow or green swim band. These bands help our certified lifeguards keep our swimmers safe. For additional details about our new testing program, please refer to our new Aquatic Swim Safety Testing Policy found on our website at www.cye dc.org.

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**RIDLEY AREA YMCA POOL SCHEDULE**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>5:05-9am Lap/WW</td>
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<td>2-4pm Lap/Open/PFD*</td>
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<td>6-7pm Open</td>
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<td>9-10:15pm Lap/WW</td>
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<tr>
<td>Lap Swim - For our Full Privilege Members, ages 18+. * All Lap swim is 3 lanes unless otherwise noted (1 or 2 lanes).</td>
<td>Open Swim - For our Full Privilege Youth and Family Members. (Capacity: 40 red band swimmers or 75 total swimmers)</td>
<td>* PFD Free Swim</td>
<td>Lane ropes will be removed before the start of some scheduled classes.</td>
<td>Mon-Fri: 2-4pm will change starting mid-November. A new schedule will be available online and at the Front Desk.</td>
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**LANSDOWNE YMCA POOL SCHEDULE**

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<tr>
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<td>5:30-6:30pm Lap/WW</td>
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<td>Lap Swim - For our Full Privilege Members, ages 18 and older.</td>
<td>Open Swim - For our Full Privilege Youth and Family Members. (Open Swim Pool Capacity: 30 red zone swimmers or 50 swimmers in the entire pool)</td>
<td>* – PFD Free Swim</td>
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Register for all the fall classes online at cyedc.org.
Wiggles & Giggles (ages 1–3)
The name says it all! This class is designed for little ones to have fun through
music, creative movement, and free play. Parent or caregiver participation
required.
Saturday, 12-12:30pm

I Love Art (ages 3–6)
Arts and craft group exploring various art mediums through themed seasonal
projects.
Saturday, 11-11:45pm

Epic Gym I (ages 3–6)
Sports and gym play time for 45 minutes of fun and excitement!
Saturday, 11-11:45pm

Gym & Swim I (ages 3–6)
Sports, games and gym play for 45 minutes, followed by a 30 minute swim lesson. Parents
are responsible for taking children from the gym to swim class.
Saturday, 11am-12:15pm

Pre-K Basketball (ages 3–6)
Come learn the basics of the game while developing skills in teamwork, taking
turns and good sportsmanship. Skills include dribbling, passing, shooting and
more!
Tuesday, 3-3:30pm

Pre-K Sports Sampler (ages 3–6)
Sample a variety of sports from soccer to hockey to basketball and other
activities like relay races! Tons of fun with a variety of different activities!
Thursday, 3–3:30pm

Soccer Fundamentals (ages 3–6)
Learn the fundamental skills of soccer and develop abilities through drills and activities.
Saturday, 1-1:45pm

Science Explorers (age 5+)
Develop creative and divergent thinking skills by hands-on activities and
experiments.
Saturday, 12:05-12:50pm

Martial Arts (age 5+)
Martial Arts instruction to focus on technique, discipline, determination and
goal setting.
Thursday, 1-1:45pm

Dance Hip/Hop (ages 5–13)
High energy class to learn hip hop moves and a choreographed piece through-
out the session. Wear comfortable clothing and sneakers.
Saturday, 11:05-11:50am

Homeschool (ages 5–13)
This program supports your homeschool curriculum. Program includes: swim-
ing, science, art, group physical education games, an outing, and more.
Wednesday, 11am - 2pm

Beyblades Club (age 6+)
Bring one of your favorite Beyblades to challenge other Beybladers and participate in tournament style play. We will provide arenas and addi-
tional Beyblades.
Thursday, 6:05-6:50pm

Lego & Building Club (ages 6+)
Experience the hands-on fun of model building from concept to completion. Use Legos and other building materials to create buildings, vehicles and more independently and in a group.
Tuesday, 4:30-5:15pm
Saturday, 1-1:45pm

Martial Arts (ages 6+)
Martial Arts instruction to focus on technique, discipline, determination and
goal setting.
Monday, Wednesday, 6-7pm

Epic Gym II (ages 6+)
Sports and gym play time for 45 minutes of fun and excitement!
Saturday, 10:15-11am

Gym & Swim II (ages 6+)
Sports and gym play for 45 minutes, followed by a 45 minute swim lesson. Parents
are responsible for taking children from the gym to swim class.
Saturday, 10:15-11am

I Love Art (ages 6+)
Arts and craft group exploring various art mediums through themed seasonal
projects. Participants will take a new creation home weekly.
Wednesday, 5:15-5:45pm
Saturday, 10:05-10:50

Science Explorers (ages 6+)
Develop creative and divergent thinking skills by hands-on activities and
experiments.
Wednesday, 6–6:30pm

Chess Club (ages 7+)
Learn the basic fundamentals of chess!
Thursday, 5:15-6pm

Youth Fitness Fun (ages 7+)
Enjoy this high energy fun filled exercise class for kids. We strive to increase
children's overall health and help them associate fitness with fun!
Tuesday, 6-6:45pm
Saturday, 9:15-10am

Board Games & Strategy (ages 8+)
Learn the rules and put them into play with some common and other new
games. Time will consist of individual, team and tournament style play.
Thursday, 4:15–5pm

Spikeball (ages 8+)
Exciting game played with teams of two, serving and hitting the ball off the
net for volleys. Combine the best elements of volleyball and four square.
Thursday, 7:15–8pm
All Pro Parent
All Pro Parent is on a mission to help you love and lead your family well. Be a hero to your kids! Join us on the second Saturday morning of each month for breakfast and an activity with your children. We’ll inspire to embrace who you are, and provide quality activities with your children.
Saturday, 9/14, 10/12, 11/9, 12/14, 8:45-9:30am
FP Member $4
Cmty Member $8

Parents’ Night / Afternoon Out
Calling all parents! Do you need time for a movie, dinner, or just hanging out? We want to help. Drop off the kids at the Lansdowne YMCA and leave the babysitting to us. We will provide dinner, games, crafts and more to help keep your child entertained.
Saturday, 9/14, 9/28, 10/19, 11/9, 12/14, 1:00-4:30pm
FP Member $10
Cmty Member $20

Fall Family Fun Event with Vetri
The Lansdowne Marlins swim team is presenting Vetri Community Partnership for an afternoon of fun and food tasting for Y families. Vetri’s cooking lab will be onsite at the Y for all families to taste a sample of their delicious and nutritious food, and take a recipe card home to cook for your family. Marlins coaches and senior swimmers will also be leading fun activities and games for families to enjoy.
Saturday, 9/28, 2:30-4:30pm
FP Member & Cmty Member FREE

Pumpkin Dunk & Decorating
Go for a swim in our pool and catch a pumpkin! Take your pumpkin with you to our decorating room, where you can create a silly, spooky or funny face.
Sunday, 10/13, 5:30-7pm
FP Member $4
Cmty Member $8

Fall Harvest Family Festival
Enjoy the fun of fall with your family! We’ll have a special craft, relay races and music to enjoy the afternoon together.
Saturday, 11/9, 2:30-4:30pm
FP Member $4
Cmty Member $8

Black Friday Drop & Shop
Looking to grab those Black Friday shopping deals? Leave the fun and activities for your children to us! Children will enjoy a pizza lunch, movie and activities at the Y while you enjoy the hustle and bustle.
Friday, 11/29, 11:30am-4pm
FP Member $20
Cmty Member $40

Holiday Movie Night
Join us for a family-friendly holiday movie screening of Dr. Seuss’ How the Grinch Stole Christmas. Popcorn, water and treats will be available for purchase at our snack bar during the movie.
Saturday, 12/14, 4:30-7pm
FP Member $4
Cmty Member $8

### Lansdowne Youth Program Registration Costs

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<thead>
<tr>
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<tr>
<th>Unique Classes</th>
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<tbody>
<tr>
<td>Special Needs Karate</td>
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<td>$30</td>
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<tr>
<td>Gym/Swim I</td>
<td>$70</td>
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<tr>
<td>Gym/Swim II</td>
<td>$75</td>
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<tr>
<td>Homeschool Group</td>
<td>$90</td>
<td>$180</td>
</tr>
<tr>
<td>Martial Arts</td>
<td>$120</td>
<td>$240</td>
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</table>
Makin’ a Mess (ages 1–3)
Explore sensory art in this creative class. Each week learn a new art technique that will put a smile on your child’s face, but the best part is, we do all the clean-up! Dress for a mess! Parent must be present. Saturday, 10:30–11am

Music Wiggle & Giggle (ages 1–3)
Make music magic, grooving to the rhythm & beat using fun instruments.
Tuesday, 9:30–10am
Thursday, 6–6:30pm

Little Ninjas (ages 3–5)
Little ninjas allows children to feel engaged with our martial arts program by providing strong visuals cues to help them align with their achievements and goals.
Friday, 1–1:30pm

Beg. Ballet & Jazz (ages 3–6)
Ballet and jazz introduction with position and movement.
Monday, 5:10–5:40pm
Saturday, 10:30–11am

Culinary Kids (ages 3–6)
Have a blast learning fundamental kitchen safety, skills, and age appropriate cooking techniques all well creating a tasty treat.
Wednesday, 1:30–2:15pm & 4–4:45pm

Discovery Science (ages 3–6)
Discover science while experimenting with everyday household items, watch things erupt and explode while having fun!
Tuesday, 2:30–3:15pm
Thursday, 4–4:45pm

Gymnastics Jumpstart (ages 3–6)
Gymnastics tumble and turn, balance and bounce, practicing basic gymnastic skills.
Tuesday, 12:30–1:15pm

Jumping Gym Class (ages 3–6)
Have a blast in this preschool Gym class where your child will play games that help them stay healthy and practice basic age-appropriate skills such as body awareness, motor skills and rhythm.
Saturday, 9:30–10:15am

Kids’ Yoga (ages 3–6)
Improve strength, flexibility, and coordination. Children will also learn self-respect and respect for others with the practice of fun and challenging poses, partner and group poses, yoga games, and breathing.
Friday, 2:15–2:45pm

Preschool Picassos (ages 3–6)
Create your own masterpieces using a wide range of art materials. Develop fine motor skills, language, cognitive skills and listening and following directions in an enriching environment.
Tuesday, 1:30–2:15pm

Soccer (ages 3–6)
Children will learn the fundamentals of soccer while developing good sportsmanship. Emphasis is on skill development, fun and participation.
Monday, 12:30–1:15pm

Swim and Gym (ages 3–6)
Children will participate in a 30 minute instructional swim lesson followed by a 30 minute gym class. (15 minutes will be used for changing in between classes.)
Thursday, 1–2:15pm

Basketball I (ages 3–6)
Fundamental skills including dribbling, passing and shooting.
Monday, 1:30–2:15pm

Outdoor Soccer League (ages 3–6)
Our Soccer league is a perfect starting point for your young energetic child to learn how to play soccer. Your child will learn the basic skills of the games and teamwork. Games will be about an hour in length spending the first half hour teaching and then game play.
Volunteer Coaches Needed!
Saturday, 10–11am

Sports Intro (ages 3–6)
Introductory skills.
Exploration of a new sport every week.
Wednesday, 12:30–1:15
Saturday, 12:30–1pm

Artist Studio (ages 6–10)
Enter famous artists’ techniques to explore various mediums and develop your inner artist.
Tuesday, 5–5:45pm

Beg Ballet & Jazz (ages 6–9)
Ballet and jazz introduction with position and movement.
11:10–11:40am

Culinary Kids (ages 6–10)
Have a blast learning fundamental kitchen safety, skills, and age appropriate cooking techniques all while creating a tasty treat.
Wednesday, 5–5:45pm

Zumba Kids (ages 6–11)
Zumba Kids features kid friendly routines based on original Zumba choreography.
Monday, 5:50–6:20pm
YOUTH DEVELOPMENT CLASSES
& SPECIAL EVENTS
RIDLEY AREA YMCA

Basketball II (ages 6-9)
Fundamental skills including dribbling, passing and shooting.
Monday, 6:15-7pm

Juniors Karate (ages 10-12)
The foundation of Juniors Karate curriculum is the ongoing review and development of life skills such as high-goal setting, self-control, confidence, and perseverance.
Tuesday, 6:45-7:30pm

Epic Art (ages 10-13)
Your child will explore the range of their creativity and create unique works of art through experimenting with different mediums and techniques in a fun, relaxing environment.
Thursday, 5-5:45pm

Jewelry Fun (ages 10-13)
Instructor will guide your child through the whole process from start to finish of how to make simple but beautiful pieces of jewelry that you can wear with pride!
Tuesday, 5-5:45pm

Basketball III (ages 10-13)
Skill Development, shooting drills & technique, defensive Principles, competitive play.
Wednesday, 6:15-7pm
Saturday, 2:15-3pm

Food Truck Festival
Saturday, September 21st
5-7:00pm
Ridley Area YMCA
Cost is $2 for admission, and food from the trucks is additional. Bring a chair, and enjoy dinner al fresco! Plus, the kids will enjoy moon bounces, face painting and more!
Rain date is Sunday, September 22nd 5-7pm.

Breakfast with Santa (Child & Parent)
Join us for a fun filled morning with Santa Claus! We’ll have a delicious breakfast featuring eggs, pancakes, sausage and muffins. Enjoy crafts and pictures with Santa too!!!
Sunday, 12/8, 9:30-11am
FP Member $8  Cmty Member $10

Drop & Dash Paint Parties
Drop your children off while you enjoy an evening to do as you please. Your child will do a canvas painting, have a light snack and enjoy a movie.
Saturday, 9/14, 10/12, 11/9, 12/14 6-9pm
Cost: FP Member $15  Cmty Member $25

TRUNK OR TREAT
Friday, October 25th
6pm
Ridley Area YMCA Back Lot
Join us for our annual Trunk or Treat extravaganza! Dress the kids in costume, and enjoy safe, fun, and spook-tacular trick-or-treating. Visit dozens of Halloween-inspired cars, and gather lots of safe treats for the little ghosts and goblins! Cost is $5 per child. Registration is required by Tuesday, October 22nd.

Ridley Youth Program Registration Costs

<table>
<thead>
<tr>
<th>Programs</th>
<th>FP Member</th>
<th>Cmty Member</th>
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</thead>
<tbody>
<tr>
<td>Gen. Activities</td>
<td>$45</td>
<td>$90</td>
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<tr>
<td>Unique Classes</td>
<td>FP Member</td>
<td>Cmty Member</td>
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<tr>
<td>Little Ninjas</td>
<td>$50</td>
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<tr>
<td>Culinary Kids</td>
<td>$50</td>
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<tr>
<td>Ninjas</td>
<td>$60</td>
<td>$120</td>
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<tr>
<td>Juniors Karate</td>
<td>$60</td>
<td>$120</td>
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</tbody>
</table>

Register for all the fall classes online at cyedc.org.
WE’RE STRONGER TOGETHER
GROUP EXERCISE CLASSES
FOR AGES 13+

Need help reaching your health and fitness goals? That’s why we’re here! For YOU!

Don’t sweat your age or fitness level, we have something for everyone!

State-of-the-art equipment in our Wellness Centers.

Hundreds of Group Exercise Classes

Active Older Adult Classes

Customized Personal Training

Weight Loss/Nutrition Consulting

Our certified, caring staff will assist you in your journey!

Plus, meet lots of new friends, and keep each other on track!

So many class choices, from beginner to high intensity. We have it all! Here’s a sneak peek!

**CYCLE** – Cycle & Core, Power Cycle & HIIT Cycle

**CARDIO FITNESS** – Beginner Ballet, Cardio Dance, Cardio Drumming, Cardio Kickboxing, Red Hot Dance & Zumba

**LES MILLS** – Barre, Body Combat & Body Pump

**PILATES** – Mat Pilates, PiYo

**POUND**

**SILVER SNEAKERS / OLDER ACTIVE ADULT** – Better Balance, Low Impact Cardio, Senior Strength, Chair Yoga & Tai Chi Chih

**STRENGTH** – Boot Camp, Kettle Bells, Cardio Strength Circuit

**TRX** – Boot Camp, Cycle TRX, Circuit

**YOGA** – Gentle Yoga, Power Yoga, Vinyasa Meditation

DIVE IN!

ADULT AQUATIC FITNESS CLASSES

Head to the pool and check out Water Walking, Aqua Zumba, Aqua Pump & more!

For times and locations, visit cyedc.org.
Pedaling for Parkinson’s
Exercise to Help the Mind & Body

Pedaling a stationary bicycle may change the life of someone living with Parkinson’s disease. Research conducted at the Cleveland Clinic showed a 35% decrease in patients’ symptoms after participating in a cycling program. The 12-week class, FREE with your Y membership, will run twice a week, and taught by a certified Parkinson’s Cycling Coach.

Lansdowne, Mon. & Thurs., 12:30-1:30pm 9/3-10/27/2019

Women & Weights
Weight Training 101

Many women opt for cardio workouts, but weight training also has many tremendous benefits. The secret is, heavier weight, proper form, technique, and routine. If you think you’ll get big and bulky, that’s a myth. Strength training will not only tone your body, but improve your posture, increase your strength, and lose body mass. Plus, it helps improve metabolism and bone density, as well as increases confidence. (Limited to 8 people)

Ridley, Fri., 12:15pm

Fitness 101
Your Guide to Group Exercise Classes

Lotus, dolphin, tree poses?! POUND, HIIT, Zumba?! If you’re not familiar, we’re here to help! This fall, members who are new to our group exercise classes can register for special introductory sessions. You’ll learn the general movements and techniques, and become comfortable with classes you’ve never tried.

The first special event class is Introduction to Yoga.

Lansdowne, Wed., 9/18, 8:05-9pm

Registration is not required. Stay tuned for future intro classes, and check out something new and exciting!

QUESTIONS? Our Health & Wellness Directors are more than happy to help get you started!

Lisa Drake
Health & Wellness Director
Lansdowne YMCA
610.713.5243
ldrake@cyedc.org

Colleen Gutowski
Health & Wellness Director
Ridley Area YMCA
484.479.3403
cgutowski@cyedc.org

Personal Training
Helping You Raise Your Bar

Are you bored with your routine, or exercising with few results? Our experienced trainers can design a tailor-made program for you to get maximum benefits!

The more you buy, the more you SAVE!

Individual (One-on-one)
1 Session: $40
2–3 Sessions: $38 per training
4–7 Sessions: $35 per training
8–20 Sessions: $33 per training
HEALTHIER KIDS, BRIGHTER FUTURES
YOUTH FITNESS AT THE Y

Welcome to Our Wellness Center

This special program educates youth ages 12 to 14 how to safely use the resources in our Wellness Centers. Through 3 orientation sessions, our Wellness Coach will explain and demonstrate how to use the cardiovascular equipment, strength machines, and mat exercises. Once all 3 sessions are completed, your child will have access to the Wellness Centers at Lansdowne and Ridley.

Generation POUND teaches kids 6 to 9-years-old new ways to explore movement, embrace their creativity, and ROCK OUT! They’ll build strength, confidence, and self-awareness, and of course, have FUN!

Ridley, Fridays, 4–4:45pm

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Health & Wellness Director
Lansdowne YMCA
610.713.5243
ldrake@cyedc.org

Colleen Gutowski
Health & Wellness Director
Ridley Area YMCA
484.479.3403
cgutowski@cyedc.org

COMING SOON!

Coaching Girls on the Run

Coach with us! Our new “Heart & Sole” program will inspire middle school girls in our community to be happy, healthy, and confident! Details to come soon!
KIDS H.I.T.T.!
High Intensity Interval Training

Calling all kids 12 and up!

Kids H.I.T.T. will improve strength, stamina, and balance.

The class features a variety of interactive activities, skills, and drills.

Ridley
Thursdays
6-6:45pm

***Classes are limited to 8, so register today!***

TRX FOR TEENS
Total Body Workout

13 to 17-year-olds will learn the basics of strength exercises using the TRX apparatus for overall total body workout just right for teens!

Lansdowne
Wednesdays
3:15–4pm

FREE for FP Members

Kids & Weight Loss

The Community YMCA is welcoming to all, no matter what size or shape you’re in. If your child is overweight, consider working with our Wellness Coaches and Certified Nutritionist to help map out a plan.

Don’t forget – we’re always here for YOU and your family!
EARLY CHILDHOOD EDUCATION
12 months – 5 years

WHY CHOOSE YMCA EARLY CHILDHOOD EDUCATION?
• High-quality program
• State licensed following the PA Early Learning Standards
• Creative Curriculum
• Discovery play and learning centers
• Parent involvement (Including parent/teacher conferences)
• Age appropriate lessons
• Enhances school readiness
• Swim Lessons, YMCA Classes & Family Events
• Equal Opportunity Child Care provider
• Financial Assistance Available

PROGRAMS OFFERED
Young Toddler Care
12 mos.–2 years (LY & RY)
Older Toddler Care
2–3 years
Preschool Care
3–5 years
Full Day Kindergarten
5 year olds (RY)

HOURS OF OPERATION
Lansdowne YMCA
6:30am–6pm  P: 610.259.8394
Ridley Area YMCA
6:30am–6pm  P: 610.544.2019
Child Care at Marple
7am–6pm  P: 484.423.7007

BEFORE & AFTER SCHOOL CARE
Kindergarten–5th Grade
Ardmore Ave.
We believe that learning never stops and that children should have a place to explore their interests and talents. Our professional and highly trained staff provides daily activities focused on academic enhancement, social growth and physical activity. Care included for days off and holiday/spring break.

CORE COMPONENTS
Tutoring, Mentoring, Homework Help
Arts Exploration
Physical Activity & Games
Character & Leadership Building
Parent & Family Engagement

SCHOOL AGE LOCATIONS
Lansdowne YMCA & Ardmore Ave.
P: 610.259.8394
Ridley Area YMCA
P: 610.544.2019
School Age in Springfield
SLC 610.690.3162
Sabold 610.713.5264
Scenic 610.713.5268

COMMUNITY YMCA OF EASTERN DELAWARE COUNTY  Fall Program Guide 2019
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# A Look Ahead

See What’s Coming Up at the Community YMCA!

## September
- **9/2** Labor Day - YMCA CLOSED
- **9/3** Early Fall Session Starts
- **9/21** Food Truck Festival (5–7pm RY)
- **9/28** Fall Family Cooking Workshop presented by Vetri Community Partnership (2:30–4:30pm LY)

## October
- **10/13** Pumpkin Dunk & Decorating (5:30–7pm LY)
- **10/14** Late Fall FP Online Registration
- **10/21** Late Fall Open Registration
- **10/25** Trunk or Treat (6–7:30pm RY)
- **10/27** Early Fall Session Ends
- **10/28** Late Fall Session Starts

Breast Cancer Awareness Month

## November
- **11/8** We See You... Doing Good Things Gala
- **11/9** Fall Harvest Family Festival (2:30–4:30pm LY)
- **11/28** Thanksgiving Day YMCA CLOSED
- **11/29** Black Friday Drop & Shop (11:30am–4pmLY)

Stay tuned for details on the Annual Thanksgiving Luncheon.

## December
- **12/2** Winter 2020 FP Online Registration
- **12/9** Winter 2020 Open Registration
- **12/14** Holiday Movie Night (4:30–7pm LY)
- **12/22** Late Fall Session Ends
- **12/24** Christmas Eve (3pm Closing)
- **12/25** Christmas - CLOSED
- **12/31** New Year’s Eve (5pm Closing)

## Save the Date!

**2019 Community YMCA Gala**

We See You... Doing Good Things

Friday, November 8, 2019

Drexelbrook Corporate Events Center

6-8:30PM

- Hors D’oeuvre Stations
- Open Bar
- Award Presentations
- Silent Auction Items for the Whole Family
- Live Auction

Invitation to follow.

## 2020 Martin Luther King Unity Day Celebration

Monday, January 20, 2020

Drexelbrook Corporate Events Center

8-9:30am

Coming This Fall...

We’re teaming up with Goodwill of Delaware and Delaware County!

Through their “Power of Work” program, Goodwill collects gently-used clothing and household items to sell in their stores. Proceeds fund job placement and training for people with disadvantages and disabilities. You can help by donating items at the Lansdowne and Ridley Branches. More details to come!
LIVESTRONG at the YMCA

LIVESTRONG at the YMCA is a FREE 12-week small group exercise program designed for cancer survivors who have become deconditioned or chronically fatigued as a result of their treatment or disease. While the main goal is to enhance flexibility, strength and endurance, additional goals include reducing the severity of treatment side effects, preventing unwanted weight changes, improving energy levels and boosting self-esteem. This program is a collaboration of the YMCA and the LIVESTRONG Foundation.

Monday & Thursday, 6-7:30pm  RY

Y WEIGHT LOSS

The YMCA’s Healthy Weight Loss Program empowers you to lose weight by making practical changes, and forming healthy habits that you can sustain over time. We offer many different options, including Weight Loss Challenges, a 12-week program, Holiday Calorie Burns, and more! You can work with our Health & Wellness team, and certified nutritionist to map out your program.

DIABETES PREVENTION

A little encouragement goes a long way when you’re making big changes. In the YMCA’s Diabetes Prevention Program, you’ll spend a year surrounded by a group of supportive colleagues who care about your well-being. And you will all be pursuing the same goal of improved health and lowered risk for developing diabetes.

You and your fellow participants will enjoy:
• A safe space where you can feel comfortable sharing and learning in private.
• Making new friends. You will support each other as you all trade old habits for healthier new ones.
• Working as a group.
• The new energy and confidence that comes with losing weight and reducing your risk for diabetes.

MEETING ON THE MAT: RECOVERY & SELF-LOVE

This FREE 12-week program combines yoga and body therapy, creating a powerful, welcoming environment for recovery. It will provide renewal, replenishment, balancing in order to gain strength through acceptance.

Each class is an hour long and opens with an intention/dedication, followed by a yoga practice.

Sunday, 3-4pm  RY

For information on these specialty programs, contact:

Lisa Drake
Health & Wellness Director
Lansdowne YMCA
610.713.5243
ldrake@cyedc.org

Colleen Gutowski
Health & Wellness Director
Ridley Area YMCA
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cgutowski@cyedc.org
LIFE-SAVING
LIFE-CHANGING
TRAININGS

DARKNESS TO LIGHT
CHILD ABUSE PREVENTION TRAINING

The Community YMCA has partnered with Darkness to Light, a nationally-acclaimed non-profit, to bring its award-winning prevention program “Stewards of Children” to Delaware County. Stewards of Children is a 2-hour workshop designed to educate adults on how to recognize, prevent and react responsibly to the reality of child sexual abuse.

Trainings are open to the public and can be of specific interest to youth sports organizations, coaches, camp counselors, teachers, schools, faith centers, and other service organizations.

For training dates, times, and locations, visit cyedc.org.

CPR/AED & FIRST AID

American Red Cross CPR/AED classes take just a few hours, but can help you save a life when every moment counts. With CPR/AED classes for Good Samaritans, parents, teachers, grandparents, office staff, and medical professionals alike, we can help you learn how, and when, to provide care for someone experiencing sudden cardiac arrest.

BE THE CHANGE

We couldn’t do any of this without your help and support. Because of you, the Y can provide kids, adults, seniors, and families the opportunity to be healthy, to connect with others, and contribute to a better community. There are many ways you can help us empower our community.

Donate to our Annual Giving Campaign
Volunteer
Join Our Team!
Visit cyedc.org for full details!

Register for all the fall classes online at cyedc.org.
LANSDOWNE YMCA
2110 Garrett Road
Lansdowne, PA 19050
610.259.1661

RIDLEY AREA YMCA
900 South Avenue
Secane, PA 19018
610.544.1080

HOURS OF OPERATION
Mon.-Fri.  5:30am-10:30pm
Saturday  7:30am-8pm
Sunday    9am-6pm

HOLIDAY CLOSURES
Labor Day – September 2
Thanksgiving Day – November 28
Christmas Eve (3pm) – December 24
Christmas Day – December 25
New Year’s Eve (5pm) – December 31

CONNECT WITH US!!!
cyedc.org

THERE’S AN APP FOR THAT!
DOWNLOAD THE COMMUNITY YMCA APP
& NEVER MISS A BEAT!

Easy Mobile Scan-In to Our Facilities
Search Fitness & Pool Schedules
Find Family Swim Times
Get Program & Event Updates
Receive Push Notifications for Important Y Info.
Get Facility Status / Closures