

YMCA of Eastern Delaware County

FALL 2023 YOUTH & FAMILY MONTHLY PROGRAM GUIDE

PROGRAM REGISTRATION DATES:

Member: Monday, August 14

Non-Member: Wednesday, August 16

(online, phone or in-person) www.cyedc.org

Month of September – 9/5 – 10/1

Month of October – 10/2 – 10/29

Lansdowne YMCA
2110 Garrett Road
Lansdowne, PA 19050
610.557.YMCA (9622) Ext. 1

Ridley Area YMCA
900 South Avenue
Secane, PA 19018
610.557.YMCA (9622) ext. 2

Springfield YMCA
194 W. Sproul Rd
Springfield, PA 19064
610.557.YMCA (9622) ext. 3



Welcome to YMCA of Eastern Delaware County's FALL program guide. We are pleased to provide youth and family programming to meet your family's needs.

GROUP SWIM LESSONS at the Lansdowne YMCA

Parent/Child Swim

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
For swimmers ages 6 months to 3 years of age. Accompanied by a parent, 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 water supervision.							
Parent/Child Stages A/B	6 mths - 3 yrs	LYPool	Mon	4pm	4:30pm	\$35	\$70
Parent/Child Stages A/B	6 mths - 3 yrs	LYPool	Sat	8:40am	9:10am	\$35	\$70

Preschool Swim

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Students, accompanied by a parent/guardian will learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim, sequencing front glide, roll, back float, roll, front glide, and exit, jump, push, turn grab.							
Preschool Stage 1	3 - 5 yrs	LYPool	Mon	4pm	4:30pm	\$35	\$70
Preschool Stage 1	3 - 5 yrs	LYPool	Wed	3:50pm	4:20pm	\$35	\$70
Preschool Stage 1	3 - 5 yrs	LYPool	Fri	4pm	4:30pm	\$35	\$70
Preschool Stage 1	3 - 5 yrs	LYPool	Sat	8:40am	9:10am	\$35	\$70
Preschool Stage 1	3 - 5 yrs	LYPool	Sat	11:30am	12pm	\$35	\$70
Preschool Stage 2	3 - 5 yrs	LYPool	Mon	4pm	4:30pm	\$35	\$70
Preschool Stage 2	3 - 5 yrs	LYPool	Fri	4pm	4:30pm	\$35	\$70
Preschool Stage 2	3 - 5 yrs	LYPool	Sat	8:40am	9:10am	\$35	\$70
Preschool Stage 2	3 - 5 yrs	LYPool	Sat	11:30am	12pm	\$35	\$70
Preschool Stage 3	3 - 5 yrs	LYPool	Fri	4pm	4:30pm	\$35	\$70
Preschool Stage 3	3 - 5 yrs	LYPool	Sat	11:30am	12pm	\$35	\$70

Invinc-Ability Swim

		Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Fun, aquatics program for children and adults with developmental challenges. Participants will develop important life skills and techniques such as water safety, swimming, floating assisted and unassisted, back floating, and submerging head underwater.							
Invinc-Abilities	OPEN	LYPool	Fri	3:30pm	4pm	\$35	\$70

GROUP SWIM LESSONS at the Lansdowne YMCA

School Age Stages	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Students, accompanied by a parent/guardian will learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim, sequencing front glide, roll, back float, roll, front glide, and exit, jump, push, turn grab.							
School Age Stage 1	6-12 yrs	LY Pool	Mon	4:35pm	5:15pm	\$54	\$108
School Age Stage 1	6-12 yrs	LY Pool	Wed	3:50pm	4:30pm	\$54	\$108
School Age Stage 1	6-12 yrs	LY Pool	Fri	4:35pm	5:15pm	\$54	\$108
School Age Stage 1	6-12 yrs	LY Pool	Sat	9:15am	9:55am	\$54	\$108
School Age Stage 1	6-12 yrs	LY Pool	Sat	10:00am	10:40am	\$54	\$108
School Age Stage 1	6-12 yrs	LY Pool	Sat	10:45am	11:25am	\$54	\$108
School Age Stage 1	6-12 yrs	LY Pool	Sat	12:55pm	1:35pm	\$54	\$108
School Age Stage 2	6-12 yrs	LY Pool	Mon	4:35pm	5:15pm	\$54	\$108
School Age Stage 2	6-12 yrs	LY Pool	Wed	3:50pm	4:30pm	\$54	\$108
School Age Stage 2	6-12 yrs	LY Pool	Sat	9:15am	9:55am	\$54	\$108
School Age Stage 2	6-12 yrs	LY Pool	Sat	10am	10:40am	\$54	\$108
School Age Stage 2	6-12 yrs	LY Pool	Sat	10:45am	11:25am	\$54	\$108
School Age Stage 2	6-12 yrs	LY Pool	Sat	12:05pm	12:45pm	\$54	\$108
School Age Stage 3	6-12 yrs	LY Pool	Mon	4:35pm	5:15pm	\$54	\$108
School Age Stage 3	6-12 yrs	LY Pool	Wed	4:35pm	5:15pm	\$54	\$108
School Age Stage 3	6-12 yrs	LY Pool	Sat	9:15am	9:55am	\$54	\$108
School Age Stage 3	6-12 yrs	LY Pool	Sat	10:45am	11:25am	\$54	\$108
School Age Stage 3	6-12 yrs	LY Pool	Sat	12:05pm	12:45pm	\$54	\$108
School Age Stage 4	6-12 yrs	LY Pool	Wed	4:35pm	5:15pm	\$54	\$108
School Age Stage 4	6-12 yrs	LY Pool	Sat	10am	10:40am	\$54	\$108
School Age Stage 5	6-12 yrs	LY Pool	Fri	4:35pm	5:15pm	\$54	\$108
School Age Stage 5	6-12 yrs	LY Pool	Sat	12:05pm	12:45pm	\$54	\$108

Teen or Adult Lessons	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Swim Lessons for beginner to intermediate skill levels. Taught in the shallow end of the pool with Y instructor in water. Adult Lessons are progressive - Level 1 and Level 2.							
Teen	13-19 yrs	LY Pool	Wed	4:35pm	5:15pm	\$54	\$108
Teen	13-19 yrs	LY Pool	Sat	12:55pm	1:35pm	\$54	\$108
Adult 1	20 yrs +	LY Pool	Mon	8:50am	9:30am	\$54	\$108
Adult 1	20 yrs +	LY Pool	Tues	11am	11:40am	\$54	\$108
Adult 1	20 yrs +	LY Pool	Wed	8:50am	9:30am	\$54	\$108
Adult 1	20 yrs +	LY Pool	Fri	8:50am	9:30am	\$54	\$108
Adult 1	20 yrs +	LY Pool	Fri	4:35pm	5:15pm	\$54	\$108
Adult 1	20 yrs +	LY Pool	Sat	12:55pm	1:35pm	\$54	\$108
Adult 2	20 yrs +	LY Pool	Mon	9:35am	10:15am	\$54	\$108
Adult 2	20 yrs +	LY Pool	Wed	9:35am	10:15am	\$54	\$108
Adult 2	20 yrs +	LY Pool	Thurs	11am	11:40am	\$54	\$108
Adult 2	20 yrs +	LY Pool	Fri	9:35am	10:15am	\$54	\$108

Youth Arts & Activities at the Lansdowne YMCA

Youth Arts & Activities	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
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Children will enjoy plenty of movement, games and gym activities. After gym time the children will change and enter the pool to learn personal water safety and achieve basic swimming competency while having fun playing water games.

Gym and Swim	6-12yrs	LY MPR/Pool	Sat	12pm	1:15pm	\$75	\$150
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Young scientists will get hands-on learning about science experiments and projects.

Young Scientist	5-7yrs	Child Watch	Wed	4:45pm	5:15pm	\$35	\$70
	8-11yrs	Child Watch	Wed	4pm	4:30pm	\$35	\$70

We Got Spirit! Come learn the basics of cheerleading such as motions, jumps, stunts, and dance routines.

Cheer101	6-10yrs	LY MPR	Thurs	4:15pm	5pm	\$35	\$70
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Birthday Parties at Lansdowne YMCA

"Birthday" Parties - Contact Kyleah Tuller at 610-713.5266 or ktuller@cyedc.org -

Up to 15 children - 2 Hours in Length, Includes Pool use, Pizza, Juice, Party Room Use, Some Supplies

\$340	\$390
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GROUP SWIM LESSONS at the Ridley Area YMCA

Parent/Child Swim

For swimmers ages 6 months to 3 years of age. Accompanied by a parent, 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 water supervision.

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Parent/Child Stages A/B	6 mths - 3 yrs	RY Pool	Fri	10:45am	11:15am	\$35	\$70
Parent/Child Stages A/B	6 mths - 3 yrs	RY Pool	Sat	8:10am	8:40	\$35	\$70

Preschool Stages

Students, accompanied by a parent/guardian will learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim, sequencing front glide, roll, back float, roll, front glide, and exit, jump, push, turn grab.

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Preschool Stage 1	3 - 5 yrs	RY Pool	Mon	4:00pm	4:30pm	\$35	\$70
Preschool Stage 1	3 - 5 yrs	RY Pool	Wed	4:00pm	4:30pm	\$35	\$70
Preschool Stage 1	3 - 5 yrs	RY Pool	Thurs	4:00pm	4:30pm	\$35	\$70
Preschool Stage 1	3 - 5 yrs	RY Pool	Sat	8:50am	9:20am	\$35	\$70
Preschool Stage 1	3 - 5 yrs	RY Pool	Sat	10:10am	10:40am	\$35	\$70
Preschool Stage 1	3 - 5 yrs	RY Pool	Sat	12:15pm	12:45pm	\$35	\$70
Preschool Stage 1	3 - 5 yrs	RY Pool	Sun	2:15pm	2:45pm	\$35	\$70

Preschool Stage 2	3 - 5 yrs	RY Pool	Mon	4:00pm	4:30pm	\$35	\$70
Preschool Stage 2	3 - 5 yrs	RY Pool	Tues	4:00pm	4:30pm	\$35	\$70
Preschool Stage 2	3 - 5 yrs	RY Pool	Thurs	4:00pm	4:30pm	\$35	\$70
Preschool Stage 2	3 - 5 yrs	RY Pool	Sat	8:50am	9:20am	\$35	\$70
Preschool Stage 2	3 - 5 yrs	RY Pool	Sat	10:10am	10:40am	\$35	\$70
Preschool Stage 2	3 - 5 yrs	RY Pool	Sat	12:15pm	12:45pm	\$35	\$70
Preschool Stage 2	3 - 5 yrs	RY Pool	Sun	2:15pm	2:45pm	\$35	\$70

Preschool Stage 3	3 - 5 yrs	RY Pool	Tues	4:00pm	4:30pm	\$35	\$70
Preschool Stage 3	3 - 5 yrs	RY Pool	Wed	4:00pm	4:30pm	\$35	\$70
Preschool Stage 3	3 - 5 yrs	RY Pool	Sat	8:50am	9:20am	\$35	\$70
Preschool Stage 3	3 - 5 yrs	RY Pool	Sat	10:10am	10:40am	\$35	\$70

Invinc-Ability Swim

Fun, aquatics program for children and adults with developmental challenges. Participants will develop important life skills and techniques such as water safety, swimming, floating assisted and unassisted, back floating, and submerging head underwater.

		Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Invinc-Abilities	OPEN	RY Pool	Sun	3:35pm	4:05pm	\$35	\$70
Invinc-Abilities	OPEN	RY Pool	Sun	4:10pm	4:40pm	\$35	\$70

GROUP SWIM LESSONS at the Ridley Area YMCA

School Age Stages	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
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Students, accompanied by a parent/guardian will learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim, sequencing front glide, roll, back float, roll, front glide, and exit, jump, push, turn grab.

School Age Stage 1	6-12 yrs	RY Pool	Mon	4:35pm	5:15pm	\$54	\$108
School Age Stage 1	6-12 yrs	RY Pool	Tues	4:35pm	5:15pm	\$54	\$108
School Age Stage 1	6-12 yrs	RY Pool	Wed	4:35pm	5:15pm	\$54	\$108
School Age Stage 1	6-12 yrs	RY Pool	Thurs	4:35pm	5:15pm	\$54	\$108
School Age Stage 1	6-12 yrs	RY Pool	Sat	9:25am	10:05am	\$54	\$108
School Age Stage 1	6-12 yrs	RY Pool	Sat	10:45am	11:25am	\$54	\$108
School Age Stage 1	6-12 yrs	RY Pool	Sun	2:50pm	3:30pm	\$54	\$108
School Age Stage 2	6-12 yrs	RY Pool	Mon	4:35pm	5:15pm	\$54	\$108
School Age Stage 2	6-12 yrs	RY Pool	Tues	4:35pm	5:15pm	\$54	\$108
School Age Stage 2	6-12 yrs	RY Pool	Wed	4:35pm	5:15pm	\$54	\$108
School Age Stage 2	6-12 yrs	RY Pool	Thurs	4:35pm	5:15pm	\$54	\$108
School Age Stage 2	6-12 yrs	RY Pool	Sat	9:25am	10:05am	\$54	\$108
School Age Stage 2	6-12 yrs	RY Pool	Sat	10:45am	11:25am	\$54	\$108
School Age Stage 3	6-12 yrs	RY Pool	Tues	5:20pm	6:00pm	\$54	\$108
School Age Stage 3	6-12 yrs	RY Pool	Thurs	5:20pm	6:00pm	\$54	\$108
School Age Stage 3	6-12 yrs	RY Pool	Sat	9:25am	10:05am	\$54	\$108
School Age Stage 3	6-12 yrs	RY Pool	Sat	11:30am	12:10pm	\$54	\$108
School Age Stage 3	6-12 yrs	RY Pool	Sun	2:50pm	3:30pm	\$54	\$108
School Age Stage 4	6-12 yrs	RY Pool	Wed	7:00pm	7:40pm	\$54	\$108
School Age Stage 4	6-12 yrs	RY Pool	Tues	5:20pm	6:00pm	\$54	\$108
School Age Stage 4	6-12 yrs	RY Pool	Thurs	5:20pm	6:00pm	\$54	\$108
School Age Stage 4	6-12 yrs	RY Pool	Sat	9:25am	10:05am	\$54	\$108
School Age Stage 4	6-12 yrs	RY Pool	Sat	11:30am	12:10pm	\$54	\$108
School Age Stage 5	6-12 yrs	RY Pool	Mon	7:00pm	7:40pm	\$54	\$108
School Age Stage 5	6-12 yrs	RY Pool	Tues	5:20pm	6:00pm	\$54	\$108
School Age Stage 5	6-12 yrs	RY Pool	Sat	10:45am	11:25am	\$54	\$108
School Age Stage 5	6-12 yrs	RY Pool	Sat	11:30am	12:10pm	\$54	\$108

Teen or Adult Lessons		Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
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Swim Lessons for beginner to intermediate skill levels. Taught in the shallow end of the pool with Y instructor in water.

Teen	13-19 yrs	RY Pool	Mon	7:45pm	8:25pm	\$54	\$108
Teen	13-19 yrs	RY Pool	Thurs	5:20pm	6:00pm	\$54	\$108
Teen	13-19 yrs	RY Pool	Sat	10:45am	11:25am	\$54	\$108
Teen	13-19 yrs	RY Pool	Sat	12:15pm	12:55pm	\$54	\$108
Adult	20 yrs +	RY Pool	Mon	11:45am	12:25pm	\$54	\$108
Adult	20 yrs +	RY Pool	Wed	7:45pm	8:25pm	\$54	\$108
Adult	20 yrs +	RY Pool	Fri	1:00pm	1:40pm	\$54	\$108
Adult	20 yrs +	RY Pool	Sat	11:30am	12:10pm	\$54	\$108
Adult	20 yrs +	RY Pool	Sat	12:15pm	12:55pm	\$54	\$108

Youth Arts & Sports at the Ridley Area YMCA

Youth Sports & Arts

This program is designed to help beginners and intermediate players become more comfortable playing and learning. Includes innovative and progressive drills that meet the needs of the players.

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Basketball	3 -5yrs	RY Gym	Tues	1pm	1:45pm	\$35	\$70
Basketball	3-5 yrs	RY Gym	Thurs	6pm	6:45pm	\$35	\$70
Basketball	6-10 yrs	RY Gym	Tues	6pm	6:45pm	\$35	\$70
Soccer	3-5 yrs	RY Gym	Wed	1pm	1:45pm	\$35	\$70
All Sports	3- 5 yrs	RY Gym	Thurs	1pm	1:45pm	\$35	\$70

Open Basketball and Volleyball - See Gym Schedule

Karate training instructed by Cheng's Martial Art school which provides a family oriented enjoyable learning experience for the children. Uniforms will be available to purchase from instructor.

Karate(Little Dragons)	5-6 yrs	RY Gym	Sat	10:15am	11am	\$40	\$80
Youth Karate (2 days a week)	7-12 yrs	RY Gym	Mon/Wed	6pm	7pm	\$75	\$150

Allowing kids an opportunity to explore and learn in different areas of interest. Kids will unlock their creative capacities in a comfortable, fun setting while socialization and building friendships with peers.

Toddler Play Time & Art (w/parent)	1-3 yrs	RY Gym	Sat	9am	10am	\$35	\$70
I Love Art	3-5 yrs	RY Kitchen	Wed	5pm	5:45pm	\$35	\$70
Kids' Yoga	4-7 yrs	RY	Sat	10:15am	10:45am	\$35	\$70
Little Chefs	6-9 yrs	RY Kitchen	Thurs	5pm	6pm	\$35	\$70
Cookies, Cupcakes and Crazyness	6-10 yrs	RY Kitchen	Thurs	6:15pm	7pm	\$35	\$70

Special Events at Ridley Area YMCA

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
September Parents Night Out - 9/30 (Parents enjoy their evening out and leave the kids with us - Ages 3+)				5pm	8pm	\$20	\$40
Trunk or Treat - 10/27 (Bring the Family for this Fun-Filled Event)!				6pm	7:30pm	\$8	\$16
November Parents Night Out - 11/11 (Parents enjoy their evening out and leave the kids with us - Ages 3+)				5pm	8pm	\$20	\$40
Breakfast with Santa - 12/16 (Family Time with games & activities and a special guest)				9:30am	11am	\$10	\$20

Birthday Parties at Ridley Area YMCA

POOL "Birthday" Parties - Contact Pat Hall at 484-479-3401 or phall@cyedc.org	Up to 15 children - 2 Hours in Length, Includes Pool use, Pizza, Juice, Party Room Use, Some Supplies	\$340	\$390
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GROUP SWIM LESSONS at the Springfield YMCA

Parent/Child Swim

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
For swimmers ages 6 months to 3 years of age. Accompanied by a parent, 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 water supervision.							
Parent/Child Stages A/B	6 mths - 3 yrs	SYPool	Fri	6pm	6:30pm	\$35	\$70
Parent/Child Stages A/B	6 mths - 3 yrs	SYPool	Sat	9am	9:30am	\$35	\$70

Preschool Swim

	Age		Day		End Time	Member Monthly	Non-Member Monthly
Students, accompanied by a parent/guardian will learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim, sequencing front glide, roll, back float, roll, front glide, and exit, jump, push, turn grab.							
Preschool Stage 1	3-5 yrs.	SYPool	Mon	5:30pm	6pm	\$35	\$70
Preschool Stage 1	3-5 yrs.	SYPool	Sat	9:30am	10am	\$35	\$70
Preschool Stage 2	3-5 yrs.	SYPool	Mon	5:30pm	6pm	\$35	\$70
Preschool Stage 2	3-5 yrs.	SYPool	Wed	5:30pm	6pm	\$35	\$70
Preschool Stage 2	3-5 yrs.	SYPool	Sat	9:30am	10am	\$35	\$70
Preschool Stage 3	3-5 yrs.	SYPool	Wed	5:30pm	6pm	\$35	\$70
Preschool Stage 3	3-5 yrs.	SYPool	Sat	10:45am	11:15am	\$35	\$70
Preschool Stage 4	3-5 yrs.	SYPool	Sat	10:45am	11:15am	\$35	\$70

GROUP SWIM LESSONS at the Springfield YMCA

School Age Stages	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
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Students, accompanied by a parent/guardian will learn personal water safety and achieve basic swimming competency by learning benchmark skills: swim, float, swim, sequencing front glide, roll, back float, roll, front glide, and exit, jump, push, turn grab.

School Age Stage 1	6-12 yrs.	SY Pool	Mon	4:45pm	5:25pm	\$54	\$108
School Age Stage 1	6-12 yrs.	SY Pool	Wed	4:45pm	5:25pm	\$54	\$108
School Age Stage 1	6-12 yrs.	SY Pool	Sat	10am	10:45am	\$54	\$108

School Age Stage 2	6-12 yrs.	SY Pool	Mon	4:45pm	5:25pm	\$54	\$108
School Age Stage 2	6-12 yrs.	SY Pool	Wed	4:45pm	5:25pm	\$54	\$108
School Age Stage 2	6-12 yrs.	SY Pool	Sat	10am	10:40am	\$54	\$108

School Age Stage 3	6-12 yrs	SY Pool	Mon	6pm	6:40pm	\$54	\$108
School Age Stage 3	6-12 yrs	SY Pool	Wed	6pm	6:40pm	\$54	\$108
School Age Stage 3	6-12 yrs	SY Pool	Sat	11:15am	11:55am	\$54	\$108

School Age Stage 4	6-12 yrs	SY Pool	Mon	6pm	6:40pm	\$54	\$108
School Age Stage 4	6-12 yrs	SY Pool	Wed	6pm	6:40pm	\$54	\$108
School Age Stage 4	6-12 yrs	SY Pool	Sat	11:15am	11:55am	\$54	\$108

School Age Stage 5	6-12 yrs	SY Pool	Wed	6:45pm	7:25pm	\$54	\$108
School Age Stage 5	6-12 yrs	SY Pool	Sat	12pm	12:40pm	\$54	\$108

Teen or Adult Lessons	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
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Swim Lessons for beginner to intermediate skill levels. Taught in the shallow end of the pool with Y instructor in water.

Teen	13-19 yrs	SY Pool	Sat	1:15pm	1:55pm	\$54	\$108
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Teen	13-19 yrs	SY Pool	Sat	1:15pm	1:55pm	\$54	\$108
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Youth Arts & Sports at the Springfield YMCA

Youth Arts							
	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Kids will explore painting, drawing, creating in a fun setting while developing skills, learning techniques and expanding self-confidence.							
Arts & Crafts	3-5yrs	SY Party R.	Mon	4pm	4:30pm	\$35	\$70
Arts & Crafts	6-9yrs	SY Party R.	Mon	4:35pm	5:20pm	\$35	\$70
Kids will participate in wacky and off-the-wall, hands-on lessons learning how simple everyday items are transformed into science experiments.							
Wacky Science	4-8yrs	SY Party R.	Tues	4:35pm	5:20pm	\$35	\$70
Creative movement, dance fitness and technique programs for young dancers to learn in an encouraging environment.							
Dance & Yoga	4-8	SY Party R	Wed	4pm	4:45pm	\$35	\$70
Mighty Tumblers	5-9	SY Court B	Wed	4pm	4:45pm	\$35	\$70
Hip Hop Dance	6-9	SY Party R	Wed	5pm	5:45pm	\$35	\$70
Introducing kids to the joy of preparing delicious food items. Engaging kids in recipes.							
Little Chef	4-8	SY Party R.	Thurs	4:15pm	5pm	\$35	\$70

Special Events at Springfield YMCA							
	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
September Parents Night Out - 9/22 (Parents enjoy their evening out and leave the kids with us) - Ages 5+				6pm	8:30pm	\$15	\$30
Halloween Spooktacular - 10/28 (Bring the Family for this Fun-Filled Event!)				2pm	4pm	\$15	\$30
November Parents Night Out - 11/17 (Parents enjoy their evening out and leave the kids with us) - Ages 5+				6pm	8:30pm	\$15	\$30

Birthday Parties at Springfield YMCA

"Birthday" Parties - Contact Betsy Braconnier at 610-557-9820 or bbraconnier@cyedc.org -	Carnival, Sports, Arts & Crafts, Dance and Pool - Up to 15 children - 2 hours - Pizza, Juice, Party Room Use, Some Supplies	\$360	\$450
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Springfield YMCA

Youth Sports

This program is designed to help beginners and intermediate players become more comfortable playing and learning. Includes innovative and progressive drills that meet the needs of the players.

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Basketball	4-8 yrs	SY Gym	Thurs	5pm	5:45pm	\$35	\$70
Basketball	9-12 yrs	SY Gym	Thurs	6pm	6:45pm	\$35	\$70
Open Basketball and Volleyball - See Gym Schedule							

Designed to help kids learn the fundamentals of soccer while increasing confidence, comfort and intelligence with the soccer ball. Kids will benefit from our supportive style of teaching.

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Soccer	4-8 yrs	SY Turf	Sat	9am	9:45am	\$35	\$70
Soccer	9-12 yrs	SY Turf	Sat	9:45am	10:30am	\$35	\$70

First introduction to America's Favorite Game. Kids will participate in an experience that is grounded in fun, fitness and fundamentals while improving motor skills and coordination.

T-Ball (Begins in October Session)	4-8 yrs	SY Turf	Sat	9am	9:45am	\$35	\$70
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Aimed at helping kids develop tangible lacrosse skills such as cradling, scooping, throwing and catching. Demonstration and practice of correct methods and techniques for team playing.

Lacrosse	4-8 yrs	SY Turf	Tues	4pm	4:45pm	\$35	\$70
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Springfield YMCA

Teen/Adult Basketball

	Age	Location	Day	Start Time	End Time	Member Fees
Basketball League	25 Years+	SY Gym	Mon	7pm	9pm	Springfield Members \$100
(Basketball leagues begin September 18)	40 Years+	SY Gym	Wed	7pm	9pm	Lansdowne & Ridley \$125

American Red Cross Babysitting Courses at Springfield YMCA

Babysitting course at Springfield YMCA

Participants will learn the knowledge and skills necessary to responsibly care for children and infants in and out of the home. Receive American Red Cross Certification including Pediatric CPR/First Aid Certification.

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Saturday, September 16	12-17 yrs	SY Studio	Thurs	10am	2pm	\$50	\$100
Tuesday, November 7	12-17 yrs	SY Studio	Thurs	10am	2pm	\$50	\$100

Additional Dates/Times will be added in the future.

Tennis at Springfield YMCA

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Our Racquet Sports program offers instruction of adults and children, from beginning to experienced players.							
Tennis - Red Ball - Beginner 4 - 7	4-7 yrs	SY Tennis	Mon	4pm	4:45pm	\$75	\$150
Tennis - Red Ball - Beginner 4 - 7	4-7 yrs	SY Tennis	Wed	4pm	4:45pm	\$75	\$150
Tennis - Red Ball - Beginner 4 - 7	4-7 yrs	SY Tennis	Sat	10:30am	11:15am	\$75	\$150
Tennis - Orange Ball - Beginner Ages 8 - 10	8-10 yrs	SY Tennis	Mon	5pm	6pm	\$100	\$200
Tennis - Orange Ball - Beginner Ages 8 - 10	8-10 yrs	SY Tennis	Wed	5pm	6pm	\$100	\$200
Tennis - Orange Ball - Beginner Ages 8 - 10	8-10 yrs	SY Tennis	Sat	11:30am	12:30pm	\$100	\$200
Tennis - Green Ball - Beginner Ages 10 - 12	10-12 yrs	SY Tennis	Mon	6pm	7pm	\$100	\$200
Tennis - Green Ball - Beginner Ages 10 - 12	10-12 yrs	SY Tennis	Wed	6pm	7pm	\$100	\$200
Tennis - Green Ball - Beginner Ages 10 - 12	10-12 yrs	SY Tennis	Sat	12:30pm	1:30pm	\$100	\$200
12U Competitive/HS Development	OPEN	SY Tennis	Tues	5:30pm	7:30pm	\$200	\$400
Live Ball	OPEN	SY Tennis	Mon	7pm	8:30pm	\$35	\$70
Beginner Cardio	OPEN	SY Tennis	Tues	7pm	8pm	FREE	\$30
Cardio Tennis	OPEN	SY Tennis	Sat	9am	10:30am	\$35	\$70

Pickleball at Springfield YMCA

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Curious about what the Pickleball craze is all about? Come play the sport that combines elements of tennis, ping pong, and badminton into one family-friendly game.							
Beginner/Intermediate Pickleball Clinic (Sept)	OPEN	SY Pickle	Mon	6pm	7:30pm	\$45	\$90
Beginner Pickleball Clinic (Oct)	OPEN	SY Pickle	Mon	6pm	7pm	\$40	\$80
Intermediate Pickleball Clinic (Oct)	OPEN	SY Pickle	Mon	7pm	8pm	\$40	\$80

Invinc-Ability Programming at Springfield YMCA

New Programming for ALL! Adapted dance, arts and more. Helping children and adults develop in areas of interest. Our Adaptive programming is for children and adult with developmental challenges; both intellectual and physical. Participants will develop skills and find the confidence to pursue their goals.

Fall Programming information available soon.