

YMCA of Eastern Delaware County

MAR & APR 2024

YOUTH & FAMILY

MONTHLY

PROGRAM GUIDE

PROGRAM REGISTRATION DATES:

Member: Monday, February 12

Non-Member: Wednesday, February 14

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

Month of March – 2/26 – 3/24

Month of April – 4/1 – 4/28

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 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	LY Pool	Mon	4pm	4:30pm	\$35	\$70
Parent/Child Stages A/B	6 mths – 3 yrs	LY Pool	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	LY Pool	Mon	4pm	4:30pm	\$35	\$70
Preschool Stage 1	3 – 5 yrs	LY Pool	Wed	3:50pm	4:20pm	\$35	\$70
Preschool Stage 1	3 – 5 yrs	LY Pool	Fri	4pm	4:30pm	\$35	\$70
Preschool Stage 1	3 – 5 yrs	LY Pool	Sat	8:40am	9:10am	\$35	\$70
Preschool Stage 1	3 – 5 yrs	LY Pool	Sat	11:30am	12pm	\$35	\$70
Preschool Stage 2	3 – 5 yrs	LY Pool	Mon	4pm	4:30pm	\$35	\$70
Preschool Stage 2	3 – 5 yrs	LY Pool	Fri	4pm	4:30pm	\$35	\$70
Preschool Stage 2	3 – 5 yrs	LY Pool	Sat	8:40am	9:10am	\$35	\$70
Preschool Stage 2	3 – 5 yrs	LY Pool	Sat	11:30am	12pm	\$35	\$70
Preschool Stage 3	3 – 5 yrs	LY Pool	Fri	4pm	4:30pm	\$35	\$70
Preschool Stage 3	3 – 5 yrs	LY Pool	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	LY Pool	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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At the Lansdowne YMCA

Scan to Register:



Ballet Yoga & Jazz

This fun and energetic introduction class will begin with a short warm-up inspired by ballet, where students will learn basic positions and movements. They will then move on to a yoga-inspired sequence of stretches and poses that will help them to develop flexibility, balance, and body awareness. After the yoga segment, students will transition to the jazz portion of the class, where they will learn basic jazz steps and combinations.

Foundation Ballet

This class is designed to provide a strong foundation in classical ballet, with an emphasis on correct body alignment and strength. Students will learn basic ballet techniques and terminology, while also improving their flexibility, coordination, and balance.

PROGRAM SESSION DATES:

February 18 – March 24

April 14 – May 19

Children's Program in 6-Week Sessions

11:00 AM – 11:45 AM: Ballet Yoga & Jazz (Ages 3-4)

12:00 PM – 12:45 PM: Ballet Yoga & Jazz (Ages 5-6)

1:00 PM – 2:00 PM: Foundation Ballet (Ages 7-8)

\$50 for the 6-week session

FREE ballet slippers and uniform included!

Special Events at Lansdowne YMCA

Age

Location

Day

Start Time

End Time

Member Monthly

Non-Member Monthly

YMCA HEALTHY KIDS DAY – SATURDAY, APRIL 20...DETAILS COMING SOON!

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

GROUP SWIM LESSONS at the Ridley Area 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	RY Pool	Fri	10:45am	11:15am	\$35	\$70
Parent/Child Stages A/B	6 mths – 3 yrs	RY Pool	Sat	8:10am	8:40am	\$35	\$70

Preschool 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.							
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		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	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	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	Mon	7:00pm	7:40pm	\$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	Tues	5:20pm	6:00pm	\$54	\$108
School Age Stage 5	6 - 12 yrs	RY Pool	Wed	7:00pm	7:40pm	\$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	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	11:35am	12:15pm	\$54	\$108
Adult	20 yrs +	RY Pool	Mon	7:45pm	8:25pm	\$54	\$108
Adult	20 yrs +	RY Pool	Tues	11:35am	12:15pm	\$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 & Events at the Ridley Area YMCA

Youth Arts & Sports	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
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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.

Wacky Science	3-5 yrs	RY Kitchen	Tues	12:30pm	1:15pm	\$35	\$70
Basketball	3-5 yrs	RY Gym	Tues	1:25pm	2:10pm	\$35	\$70
Basketball	4-9 yrs	RY Gym	Tues	5:45pm	6:30pm	\$35	\$70
Soccer	6-10 yrs	RY Gym	Tues	6:30pm	7:15pm	\$35	\$70

Fun with Paint	3-5 yrs	RY Kitchen	Wed	12:30pm	1:15pm	\$35	\$70
Fun and Fitness	3-5 yrs	RY Gym	Wed	1:25pm	2:10pm	\$35	\$70
Arts & Crafts	6-10 yrs	RY Kitchen	Wed	5pm	5:45pm	\$35	\$70
Wacky, Wild Science	5-10 yrs	RY Kitchen	Wed	5:50pm	6:25pm	\$35	\$70
Slime Paradise	5-10 yrs	RY Kitchen	Wed	6:30pm	7:15pm	\$35	\$70


Making Tasty Desserts	3- 5 yrs.	RY Kitchen	Thurs	12:30pm	1:15pm	\$35	\$70
Lego Time	3-5 yrs	RY Child Watch	Thurs	1:25pm	2:10pm	\$35	\$70
Little Chefs	6-9 yrs	RY Kitchen	Thurs	5:00pm	6:15pm	\$35	\$70
Kids Get Fit!	5-10 yrs	RY MPR	Thurs	5:00pm	5:45pm	\$35	\$70

Tumbling	3-4 yrs	RY Gym	Sat	9:00am	9:30am	\$40	\$80
Tumbling	5-8 yrs	RY Gym	Sat	9:35am	10:20am	\$40	\$80
Ballet	3-6 yrs	RY Gym	Sat	10:30am	11:15am	\$40	\$80

Karate training instructed by Chenn's Martial Art school providing a family oriented learning experience for the children. Uniforms will be available to purchase.

Youth Karate (2 days a week)	7-12 yrs	RY Gym	Mon/Wed	6pm	7pm	\$75	\$150
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Birthday Parties & Events at Ridley Area YMCA

Arts & Crafts, Pool and Science themed "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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Parents' Night Out	3/9/24 & 4/13/24	(Parents enjoy their evening out and leave the kids with us - Ages 3+)	5pm	8pm	\$20	\$40
Easter Egg Hunt	3/30/24	(Family Event with a egg hunt, snack, craft and special visitor Age 1+)	10am		\$8	\$16

YMCA HEALTHY KIDS DAY - SATURDAY,APRIL 20...DETAILS COMING SOON!

GROUP SWIM LESSONS at the Springfield YMCA

Parent/Child Swim	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
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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	SY Pool	Sat	9am	9:30am	\$35	\$70
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Preschool Swim	Age		Day		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.

Preschool Stage 1	3 – 5 yrs.	SY Pool	Mon	5:30pm	6pm	\$35	\$70
Preschool Stage 1	3 – 5 yrs.	SY Pool	Sat	9:30am	10am	\$35	\$70
Preschool Stage 2	3 – 5 yrs.	SY Pool	Mon	5:30pm	6pm	\$35	\$70
Preschool Stage 2	3 – 5 yrs.	SY Pool	Wed	5:30pm	6pm	\$35	\$70
Preschool Stage 2	3 – 5 yrs.	SY Pool	Sat	9:30am	10am	\$35	\$70
Preschool Stage 3	3 – 5 yrs.	SY Pool	Wed	5:30pm	6pm	\$35	\$70
Preschool Stage 3	3 – 5 yrs.	SY Pool	Sat	10:45am	11:15am	\$35	\$70
Preschool Stage 4	3 – 5 yrs.	SY Pool	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
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 4/5	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	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.

Dates/Times will be added in the future.

Youth Arts & Sports at the Springfield YMCA

Youth Arts

Kids will enjoy movement while increasing self-confidence.

Me & You Gymnastics Class	2-3 yrs. w/Parent	SY Party R.	Mon	1pm	1:45pm	\$35	\$70
Tiny Tumblers Gymnastics Class	4-5 yrs.	SY Party R.	Mon	2pm	2:45pm	\$35	\$70

Slime & Science - Kids will participate in wacky and fun off-the-wall, hands-on lessons.

Slime Zone	4-8 yrs.	SY Party R.	Mon	4:15pm	5pm	\$35	\$70
Wacky Science	4-8 yrs.	SY Party R.	Tues	4:15pm	5pm	\$35	\$70

Creative movement. dance fitness and technique programs for young dancers to learn in an encouraging environment.

Ballet w/Kathi's Dance Instructors	3-6 yrs.	SY MB Studio	Mon	4:30pm	5:15pm	\$40	\$80
Mighty Tumblers w/Kathi's Dance	5-9 yrs.	SY Court B	Thurs	4:15pm	5:00pm	\$40	\$80
Hip Hop Dance w/Kathi's Dance	6-9 yrs.	SY Court B	Wed	5:15pm	6pm	\$40	\$80



Yoga for Kids. Yoga can improve focus, memory, self-esteem, academic performance, and classroom behavior, and can even reduce anxiety and stress in children.

Balanced Kids Yoga Class	5-8	SY Party R.	Thurs	4:15pm	5pm	\$35	\$70
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Special Events at Springfield YMCA

Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
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YMCA HEALTHY KIDS DAY - SATURDAY, APRIL 20...DETAILS COMING SOON!

Birthday Parties at Springfield YMCA

"Birthday" Parties - Contact
at 610-557-9820 or jschoenbeck@cyedc.org

Carnival, Sports, Arts & Crafts, Dance and Pool - Up to 15 children
- 2 hours - Pizza, Juice, Party Room Use, Some Supplies



\$360 \$450

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.

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.

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	4-8 yrs	SY Turf	Wed	4pm	4:45pm	\$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+	25 Years+	SY Gym	Mon	6:30pm	9pm	League - Springfield Members \$100 Lansdowne & Ridley \$125 3 v 3 League - Springfield Members \$65 Lansdowne & Ridley \$75
Basketball League - 45+ 3 v 3	45 Years+	SY Gym	Tues	6:30pm	8:30pm	
Basketball League - 40+	40 Years+	SY Gym	Wed	6:30pm	9pm	

Contact
Scott Coslett to
learn more
about our leagues
scoslett@cyedc.org

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 Fee	Non- Member Fee
Tuesday, March 26	12-17 yrs	SY Studio	Thurs	10am	2pm	\$50	\$100

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

High School Intensity

Live Ball

Beginner Cardio

Cardio Tennis

Adult Tennis Clinic

12U Competitive/HS Development	OPEN	SY Tennis	Thurs	5:30pm	7:30pm	\$200	\$400
High School Intensity	OPEN	SY Tennis	Tues	5:30pm	7:30pm	\$200	\$400
Live Ball	OPEN	SY Tennis	Mon	7pm	8:30pm	\$30	N/A
Beginner Cardio	OPEN	SY Tennis	Tues	7pm	8pm	\$30	N/A
Cardio Tennis	OPEN	SY Tennis	Sat	9am	10:30am	\$30	N/A
Adult Tennis Clinic	OPEN	SY Tennis	Thurs	9am	10:30am	\$150	\$300

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 Pickleball Clinic	OPEN	SY Pickle	Mon	6pm	7pm	\$40	\$80
Beginner Pickleball Clinic	OPEN	SY Pickle	Thurs	11am	12pm	\$40	\$80
Intermediate Pickleball Clinic	OPEN	SY Pickle	Mon	7pm	8pm	\$40	\$80
Intermediate Pickleball Clinic	OPEN	SY Pickle	Thurs	12pm	1pm	\$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.

Information available soon.