

# YMCA of Eastern Delaware County

# MAY 2024 YOUTH & FAMILY MONTHLY PROGRAM GUIDE

## PROGRAM REGISTRATION DATES:

**Member: Monday, April 1**

**Non-Member: Wednesday, April 3**

(online, phone or in-person) [www.cyedc.org](http://www.cyedc.org)

**Month of May - 4/29 - 5/26**

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

**All May  
Swim  
Lessons  
\$25**

made possible by:



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.							
<b>Parent/Child Stages A/B</b>	6 mths - 3 yrs	LY Pool	Mon	4pm	4:30pm	\$25	\$25
<b>Parent/Child Stages A/B</b>	6 mths - 3 yrs	LY Pool	Sat	8:40am	9:10am	\$25	\$25

## 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.							
<b>Preschool Stage 1</b>	3 - 5 yrs	LY Pool	Mon	4pm	4:30pm	\$25	\$25
<b>Preschool Stage 1</b>	3 - 5 yrs	LY Pool	Wed	3:50pm	4:20pm	\$25	\$25
<b>Preschool Stage 1</b>	3 - 5 yrs	LY Pool	Fri	4pm	4:30pm	\$25	\$25
<b>Preschool Stage 1</b>	3 - 5 yrs	LY Pool	Sat	8:40am	9:10am	\$25	\$25
<b>Preschool Stage 1</b>	3 - 5 yrs	LY Pool	Sat	11:30am	12pm	\$25	\$25
<b>Preschool Stage 2</b>	3 - 5 yrs	LY Pool	Mon	4pm	4:30pm	\$25	\$25
<b>Preschool Stage 2</b>	3 - 5 yrs	LY Pool	Fri	4pm	4:30pm	\$25	\$25
<b>Preschool Stage 2</b>	3 - 5 yrs	LY Pool	Sat	8:40am	9:10am	\$25	\$25
<b>Preschool Stage 2</b>	3 - 5 yrs	LY Pool	Sat	11:30am	12pm	\$25	\$25
<b>Preschool Stage 3</b>	3 - 5 yrs	LY Pool	Fri	4pm	4:30pm	\$25	\$25
<b>Preschool Stage 3</b>	3 - 5 yrs	LY Pool	Sat	11:30am	12pm	\$25	\$25



## 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.							
<b>Invinc-Abilities</b>	OPEN	LY Pool	Fri	3:30pm	4pm	\$25	\$25

# GROUP SWIM LESSONS at the Lansdowne YMCA

## School Age 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
School Age Stage 1	6-12 yrs	LY Pool	Mon	4:35pm	5:15pm	\$25	\$25
School Age Stage 1	6-12 yrs	LY Pool	Wed	3:50pm	4:30pm	\$25	\$25
School Age Stage 1	6-12 yrs	LY Pool	Fri	4:35pm	5:15pm	\$25	\$25
School Age Stage 1	6-12 yrs	LY Pool	Sat	9:15am	9:55am	\$25	\$25
School Age Stage 1	6-12 yrs	LY Pool	Sat	10:00am	10:40am	\$25	\$25
School Age Stage 1	6-12 yrs	LY Pool	Sat	10:45am	11:25am	\$25	\$25
School Age Stage 1	6-12 yrs	LY Pool	Sat	12:55pm	1:35pm	\$25	\$25
School Age Stage 2	6-12 yrs	LY Pool	Mon	4:35pm	5:15pm	\$25	\$25
School Age Stage 2	6-12 yrs	LY Pool	Wed	3:50pm	4:30pm	\$25	\$25
School Age Stage 2	6-12 yrs	LY Pool	Sat	9:15am	9:55am	\$25	\$25
School Age Stage 2	6-12 yrs	LY Pool	Sat	10am	10:40am	\$25	\$25
School Age Stage 2	6-12 yrs	LY Pool	Sat	10:45am	11:25am	\$25	\$25
School Age Stage 2	6-12 yrs	LY Pool	Sat	12:05pm	12:45pm	\$25	\$25
School Age Stage 3	6-12 yrs	LY Pool	Mon	4:35pm	5:15pm	\$25	\$25
School Age Stage 3	6-12 yrs	LY Pool	Wed	4:35pm	5:15pm	\$25	\$25
School Age Stage 3	6-12 yrs	LY Pool	Sat	9:15am	9:55am	\$25	\$25
School Age Stage 3	6-12 yrs	LY Pool	Sat	10:45am	11:25am	\$25	\$25
School Age Stage 3	6-12 yrs	LY Pool	Sat	12:05pm	12:45pm	\$25	\$25
School Age Stage 4	6-12 yrs	LY Pool	Wed	4:35pm	5:15pm	\$25	\$25
School Age Stage 4	6-12 yrs	LY Pool	Sat	10am	10:40am	\$25	\$25
School Age Stage 5	6-12 yrs	LY Pool	Fri	4:35pm	5:15pm	\$25	\$25
School Age Stage 5	6-12 yrs	LY Pool	Sat	12:05pm	12:45pm	\$25	\$25

## Teen or Adult Lessons

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.

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Teen	13-19 yrs	LY Pool	Wed	4:35pm	5:15pm	\$25	\$25
Teen	13-19 yrs	LY Pool	Sat	12:55pm	1:35pm	\$25	\$25
Adult 1	20 yrs +	LY Pool	Mon	8:50am	9:30am	\$25	\$25
Adult 1	20 yrs +	LY Pool	Tues	11am	11:40am	\$25	\$25
Adult 1	20 yrs +	LY Pool	Wed	8:50am	9:30am	\$25	\$25
Adult 1	20 yrs +	LY Pool	Fri	8:50am	9:30am	\$25	\$25
Adult 1	20 yrs +	LY Pool	Fri	4:35pm	5:15pm	\$25	\$25
Adult 1	20 yrs +	LY Pool	Sat	12:55pm	1:35pm	\$25	\$25
Adult 2	20 yrs +	LY Pool	Mon	9:35am	10:15am	\$25	\$25
Adult 2	20 yrs +	LY Pool	Wed	9:35am	10:15am	\$25	\$25
Adult 2	20 yrs +	LY Pool	Thurs	11am	11:40am	\$25	\$25
Adult 2	20 yrs +	LY Pool	Fri	9:35am	10:15am	\$25	\$25

# 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:

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!

## 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

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	\$25	\$25
Parent/Child Stages A/B	6 mths - 3 yrs	RY Pool	Sat	8:10am	8:40am	\$25	\$25

## 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	\$25	\$25
Preschool Stage 1	3-5 yrs	RY Pool	Wed	4:00pm	4:30pm	\$25	\$25
Preschool Stage 1	3-5 yrs	RY Pool	Thurs	4:00pm	4:30pm	\$25	\$25
Preschool Stage 1	3-5 yrs	RY Pool	Sat	8:50am	9:20am	\$25	\$25
Preschool Stage 1	3-5 yrs	RY Pool	Sat	10:10am	10:40am	\$25	\$25
Preschool Stage 1	3-5 yrs	RY Pool	Sat	12:15pm	12:45pm	\$25	\$25
Preschool Stage 1	3-5 yrs	RY Pool	Sun	2:15pm	2:45pm	\$25	\$25



Preschool Stage 2	3-5 yrs	RY Pool	Mon	4:00pm	4:30pm	\$25	\$25
Preschool Stage 2	3-5 yrs	RY Pool	Tues	4:00pm	4:30pm	\$25	\$25
Preschool Stage 2	3-5 yrs	RY Pool	Thurs	4:00pm	4:30pm	\$25	\$25
Preschool Stage 2	3-5 yrs	RY Pool	Sat	8:50am	9:20am	\$25	\$25
Preschool Stage 2	3-5 yrs	RY Pool	Sat	10:10am	10:40am	\$25	\$25
Preschool Stage 2	3-5 yrs	RY Pool	Sat	12:15pm	12:45pm	\$25	\$25
Preschool Stage 2	3-5 yrs	RY Pool	Sun	2:15pm	2:45pm	\$25	\$25

Preschool Stage 3	3-5 yrs	RY Pool	Tues	4:00pm	4:30pm	\$25	\$25
Preschool Stage 3	3-5 yrs	RY Pool	Wed	4:00pm	4:30pm	\$25	\$25
Preschool Stage 3	3-5 yrs	RY Pool	Sat	8:50am	9:20am	\$25	\$25
Preschool Stage 3	3-5 yrs	RY Pool	Sat	10:10am	10:40am	\$25	\$25

## 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.

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Invinc-Abilities	OPEN	RY Pool	Sun	3:35pm	4:05pm	\$25	\$25
Invinc-Abilities	OPEN	RY Pool	Sun	4:10pm	4:40pm	\$25	\$25

# GROUP SWIM LESSONS at the Ridley Area 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	RY Pool	Mon	4:35pm	5:15pm	\$25	\$25
School Age Stage 1	6-12 yrs	RY Pool	Tues	4:35pm	5:15pm	\$25	\$25
School Age Stage 1	6-12 yrs	RY Pool	Wed	4:35pm	5:15pm	\$25	\$25
School Age Stage 1	6-12 yrs	RY Pool	Thurs	4:35pm	5:15pm	\$25	\$25
School Age Stage 1	6-12 yrs	RY Pool	Sat	9:25am	10:05am	\$25	\$25
School Age Stage 1	6-12 yrs	RY Pool	Sat	10:45am	11:25am	\$25	\$25
School Age Stage 1	6-12 yrs	RY Pool	Sun	2:50pm	3:30pm	\$25	\$25



School Age Stage 2	6-12 yrs	RY Pool	Mon	4:35pm	5:15pm	\$25	\$25
School Age Stage 2	6-12 yrs	RY Pool	Tues	4:35pm	5:15pm	\$25	\$25
School Age Stage 2	6-12 yrs	RY Pool	Wed	4:35pm	5:15pm	\$25	\$25
School Age Stage 2	6-12 yrs	RY Pool	Thurs	4:35pm	5:15pm	\$25	\$25
School Age Stage 2	6-12 yrs	RY Pool	Sat	9:25am	10:05am	\$25	\$25
School Age Stage 2	6-12 yrs	RY Pool	Sat	10:45am	11:25am	\$25	\$25

School Age Stage 3	6-12 yrs	RY Pool	Tues	5:20pm	6:00pm	\$25	\$25
School Age Stage 3	6-12 yrs	RY Pool	Sat	9:25am	10:05am	\$25	\$25
School Age Stage 3	6-12 yrs	RY Pool	Sat	11:30am	12:10pm	\$25	\$25
School Age Stage 3	6-12 yrs	RY Pool	Sun	2:50pm	3:30pm	\$25	\$25

School Age Stage 4	6-12 yrs	RY Pool	Mon	7:00pm	7:40pm	\$25	\$25
School Age Stage 4	6-12 yrs	RY Pool	Thurs	5:20pm	6:00pm	\$25	\$25
School Age Stage 4	6-12 yrs	RY Pool	Sat	9:25am	10:05am	\$25	\$25
School Age Stage 4	6-12 yrs	RY Pool	Sat	11:30am	12:10pm	\$25	\$25

School Age Stage 5	6-12 yrs	RY Pool	Tues	5:20pm	6:00pm	\$54	\$25
School Age Stage 5	6-12 yrs	RY Pool	Wed	7:00pm	7:40pm	\$54	\$25
School Age Stage 5	6-12 yrs	RY Pool	Sat	10:45am	11:25am	\$54	\$25
School Age Stage 5	6-12 yrs	RY Pool	Sat	11:30am	12:10pm	\$54	\$25

## Teen or Adult Lessons

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.

Teen	13-19 yrs	RY Pool	Thurs	5:20pm	6:00pm	\$25	\$25
Teen	13-19 yrs	RY Pool	Sat	10:45am	11:25am	\$25	\$25
Teen	13-19 yrs	RY Pool	Sat	12:15pm	12:55pm	\$25	\$25
Adult	20 yrs +	RY Pool	Mon	11:35am	12:15pm	\$25	\$25
Adult	20 yrs +	RY Pool	Mon	7:45pm	8:25pm	\$25	\$25
Adult	20 yrs +	RY Pool	Tues	11:35am	12:15pm	\$25	\$25
Adult	20 yrs +	RY Pool	Wed	7:45pm	8:25pm	\$25	\$25
Adult	20 yrs +	RY Pool	Fri	1:00pm	1:40pm	\$25	\$25
Adult	20 yrs +	RY Pool	Sat	11:30am	12:10pm	\$25	\$25
Adult	20 yrs +	RY Pool	Sat	12:15pm	12:55pm	\$25	\$25

# Youth Arts, Sports & Events at the Ridley Area YMCA

## Youth Arts & Sports

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
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.							
<b>Wacky Science</b>	3-5 yrs	RY Kitchen	Tues	12:30pm	1:15pm	\$35	\$70
<b>Basketball</b>	3-5 yrs	RY Gym	Tues	1:25pm	2:10pm	\$35	\$70
<b>Basketball</b>	3-5 yrs	RY Gym	Tues	5:45pm	6:30pm	\$35	\$70
<b>Basketball</b>	6-10 yrs.	RY Gym	Tues	6:35pm	7:15pm	\$35	\$70
<b>Fun with Slime</b>	3-5 yrs	RY Kitchen	Wed	12:30pm	1:15pm	\$35	\$70
<b>Fun and Fitness</b>	3-5 yrs	RY Gym	Wed	1:25pm	2:10pm	\$35	\$70
<b>Arts &amp; Crafts</b>	4-8 yrs	RY Kitchen	Wed	5pm	5:45pm	\$35	\$70
<b>Wacky, Wild Science</b>	5-12 yrs	RY Kitchen	Wed	5:50pm	6:25pm	\$35	\$70
<b>Slime Paradise</b>	5-12 yrs	RY Kitchen	Wed	6:30pm	7:15pm	\$35	\$70
<b>Making Tasty Desserts</b>	3-5 yrs.	RY Kitchen	Thurs	12:30pm	1:15pm	\$35	\$70
<b>Lego Time</b>	3-5 yrs	RY Child Watch	Thurs	1:25pm	2:10pm	\$35	\$70
<b>Making Tasty Desserts</b>	6-10 yrs	RY Kitchen	Thurs	5:00pm	5:45pm	\$35	\$70
<b>Kids Get Fit!</b>	5-10 yrs	MPR/Outside	Thurs	5:00pm	5:45pm	\$35	\$70
<b>Soccer</b>	3-5 yrs	Gym A/Outside	Thurs	6:00pm	6:30pm	\$35	\$70
<b>Soccer</b>	6-11 yrs	Gym A/Outside	Thurs	6:35pm	7:15pm	\$35	\$70
<b>Tumbling</b>	3-4 yrs	RY Gym	Sat	9:00am	9:30am	\$40	\$80
<b>Tumbling</b>	5-8 yrs	RY Gym	Sat	9:35am	10:20am	\$40	\$80
<b>Ballet</b>	3-6 yrs	RY Gym	Sat	10:30am	11:15am	\$40	\$80



## 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

# 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

SY Pool

Sat

9am

9:30am

\$25

\$25

## 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.

SY Pool

Mon

5:30pm

6pm

\$25

\$25

**Preschool Stage 1**

3 - 5 yrs.

SY Pool

Sat

9:30am

10am

\$25

\$25

**Preschool Stage 2**

3 - 5 yrs.

SY Pool

Mon

5:30pm

6pm

\$25

\$25

**Preschool Stage 2**

3 - 5 yrs.

SY Pool

Wed

5:30pm

6pm

\$25

\$25

**Preschool Stage 2**

3 - 5 yrs.

SY Pool

Sat

9:30am

10am

\$25

\$25

**Preschool Stage 3**

3 - 5 yrs.

SY Pool

Wed

5:30pm

6pm

\$25

\$25

**Preschool Stage 3**

3 - 5 yrs.

SY Pool

Sat

10:45am

11:15am

\$25

\$25

**Preschool Stage 4**

3 - 5 yrs.

SY Pool

Sat

10:45am

11:15am

\$25

\$25





# 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  
School Age Stage 1  
School Age Stage 1

6-12 yrs.  
6-12 yrs.  
6-12 yrs.

SY Pool  
SY Pool  
SY Pool

Mon  
Wed  
Sat

4:45pm  
4:45pm  
10am

5:25pm  
5:25pm  
10:45am

\$25  
\$25  
\$25

\$25  
\$25  
\$25



School Age Stage 2  
School Age Stage 2  
School Age Stage 2

6-12 yrs.  
6-12 yrs.  
6-12 yrs.

SY Pool  
SY Pool  
SY Pool

Mon  
Wed  
Sat

4:45pm  
4:45pm  
10am

5:25pm  
5:25pm  
10:40am

\$25  
\$25  
\$25

\$25  
\$25  
\$25

School Age Stage 3  
School Age Stage 3  
School Age Stage 3

6-12 yrs  
6-12 yrs  
6-12 yrs

SY Pool  
SY Pool  
SY Pool

Mon  
Wed  
Sat

6pm  
6pm  
11:15am

6:40pm  
6:40pm  
11:55am

\$25  
\$25  
\$25

\$25  
\$25  
\$25

School Age Stage 4  
School Age Stage 4/5  
School Age Stage 4

6-12 yrs  
6-12 yrs  
6-12 yrs

SY Pool  
SY Pool  
SY Pool

Mon  
Wed  
Sat

6pm  
6pm  
11:15am

6:40pm  
6:40pm  
11:55am

\$25  
\$25  
\$25

\$25  
\$25  
\$25

School Age Stage 5

6-12 yrs

SY Pool

Sat

12pm

12:40pm

\$25

\$25

## Teen or Adult Lessons

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.

Dates/Times will be added in the future.

# Youth Arts & Sports at the Springfield YMCA

## Youth Arts

	Age	Location	Day	Start Time	End Time	Member Monthly	Non-Member Monthly
Kids will enjoy movement while increasing self-confidence.							
<b>Tiny Tumblers Gymnastics Class</b>	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.							
<b>Wacky Science</b>	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.							
<b>Ballet w/Kathi's Dance Instructors</b>	3-6 yrs.	SY MB Studio	Mon	4:30pm	5:00pm	\$40	\$80
<b>Mighty Tumblers w/Kathi's Dance</b>	5-9 yrs.	SY Court B	Wed	4:30pm	5:15pm	\$40	\$80
<b>Hip Hop Dance w/Kathi's Dance</b>	6-9 yrs.	SY Court B	Wed	5:30pm	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.							
<b>Balanced Kids Yoga Class</b>	5-8	SY Party R.	Thurs	4:15pm	4:45pm	\$35	\$70

## 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



\$390

\$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.

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

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.

<b>Soccer</b>	4-8 yrs	SY Turf	Sat	9am	9:45am	\$35	\$70
<b>Soccer</b>	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.

<b>T-Ball</b>	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.

<b>Lacrosse</b>	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
<b>Basketball League - 25+</b>	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
<b>Basketball League - 45+ 3 v 3</b>	45 Years+	SY Gym	Tues	6:30pm	8:30pm	
<b>Basketball League - 40+</b>	40 Years+	SY Gym	Wed	6:30pm	9pm	

Contact Scott Coslett to learn more about our leagues [scoslett@cyedc.org](mailto: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.

Upcoming Dates will be announced.	12-17 yrs					\$50	\$100
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## 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.							
<b>Tennis - Red Ball - Beginner 4 - 7</b>	4-7 yrs	SY Tennis	Mon	4pm	4:45pm	\$75	\$150
<b>Tennis - Red Ball - Beginner 4 - 7</b>	4-7 yrs	SY Tennis	Wed	4pm	4:45pm	\$75	\$150
<b>Tennis - Red Ball - Beginner 4 - 7</b>	4-7 yrs	SY Tennis	Sat	10:30am	11:15am	\$75	\$150
<b>Tennis - Orange Ball - Beginner Ages 8 - 10</b>	8-10 yrs	SY Tennis	Mon	5pm	6pm	\$100	\$200
<b>Tennis - Orange Ball - Beginner Ages 8 - 10</b>	8-10 yrs	SY Tennis	Wed	5pm	6pm	\$100	\$200
<b>Tennis - Orange Ball - Beginner Ages 8 - 10</b>	8-10 yrs	SY Tennis	Sat	11:30am	12:30pm	\$100	\$200
<b>Tennis - Green Ball - Beginner Ages 10 - 12</b>	10-12 yrs	SY Tennis	Mon	6pm	7pm	\$100	\$200
<b>Tennis - Green Ball - Beginner Ages 10 - 12</b>	10-12 yrs	SY Tennis	Wed	6pm	7pm	\$100	\$200
<b>Tennis - Green Ball - Beginner Ages 10 - 12</b>	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.							
<b>Beginner Pickleball Clinic</b>	OPEN	SY Pickle	Mon	6pm	7pm	\$40	\$80
<b>Beginner Pickleball Clinic</b>	OPEN	SY Pickle	Thurs	11am	12pm	\$40	\$80
<b>Intermediate Pickleball Clinic</b>	OPEN	SY Pickle	Mon	7pm	8pm	\$40	\$80
<b>Intermediate Pickleball Clinic</b>	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.