



YMCA of Eastern Delaware County

# EARLY SPRING ARTS/SPORTS & SWIM

ARTS/SPORTS PROGRAMS  
MONTHLY SESSION DATES:  
MARCH: 3.2 - 3.29.2026  
APRIL: 3.30 - 4.26.2026

SWIM LESSON PROGRAM  
SESSION DATES:  
MARCH 2 - APRIL 26, 2026

REGISTRATION  
OPENS  
Monday, Jan. 26  
(Members)  
Wednesday, Jan. 28  
(All)

[www.cyedc.org](http://www.cyedc.org)  
610.557.9622

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



# LANSDOWNE YMCA SWIM LESSONS

SWIM LESSON PROGRAM  
SESSION DATES:  
MARCH 2 – APRIL 26, 2026



8 WEEK SESSION:  
PARENT/CHILD, PRESCHOOL  
MEMBER \$84  
NON-MEMBER \$168  
SCHOOL AGE/TEEN/ADULT  
MEMBER \$126  
NON-MEMBER \$252



## MONDAY

Parent & Child	4 – 4:30pm
Preschool 1	4- 4:30pm
Preschool 2	4-4:30pm
School Age 1	4:35 – 5:15pm
School Age 2	4:35 – 5:15pm
School Age 3	4:35 – 5:15pm
Adult	9 – 9:40am 11 – 11:40am

## FRIDAY

Preschool 1	4 – 4:30pm
School Age 1	4 – 4:40pm
School Age 3	4 – 4:40pm
School Age 5	4:45 – 5:25pm
Teen	4:45 – 5:25pm
Adult	9 – 9:40am 11 – 11:40am 4:45 – 5:25pm

## WEDNESDAY

Preschool 1	4 – 4:30pm
Preschool 2	4 – 4:30pm
Preschool 3	4 – 4:30pm
School Age 1	4:35 – 5:15pm
School Age 2	4:35 – 5:15pm
School Age 4	4:35 – 5:15pm
Adult	9 – 9:40am 11 – 11:40am
Invinc-abilities	3:30 – 4pm

## SATURDAY

Parent & Child	8:40 – 9:10am
Preschool 1	8:40 – 9:10am 10 – 10:30am 11:20 – 11:50am
Preschool 2	8:40 – 9:10am 10 – 10:30am 11:20 – 11:50am
Preschool 3	10 – 10:30am 11:20 – 11:50am
School Age 1	9:15 – 9:55am 10:35 – 11:15am 12:45 – 1:25pm
School Age 2	9:15 – 9:55am 10:35 – 11:15am 11:55 – 12:35pm
School Age 3	9:15 – 9:55am 11:55 – 12:35pm
School Age 4	10:35 – 11:15am
School Age 5	11:55 – 12:35pm
Teen	12:45 – 1:25pm
Adult	12:45 – 1:25pm

REGISTRATION  
OPENS  
Monday, Jan. 26  
(Members)  
Wednesday, Jan. 28  
(All)

[www.cyedc.org](http://www.cyedc.org)  
610.557.9622

LEARN MORE:  
Chris Blakney  
Aquatics Director  
610.259.1661, ext. 3013  
610.713.5244 Direct  
[cblakney@cyedc.org](mailto:cblakney@cyedc.org)





LANSDOWNE  
YMCA



# KIDS KARATE



Strength • Speed • Discipline

An introduction to basic techniques. Student will learn self-discipline, and better their self-esteem.

**WEDNESDAY  
5:30PM – 6:30PM  
7 TO 14 YEARS**

**CHENG'S MARTIAL ARTS SCHOOL  
1500 GARRETT RD, UPPER DARBY, PA 19082**

**MONTHLY SESSIONS  
MARCH: 3.2 – 3.29.2026  
APRIL: 3.30 – 4.26.2026**

**LANSDOWNE YMCA**

Uniform purchase is required from Cheng's Martial Arts. The fee is \$40 per uniform and will be paid directly to Cheng's.

4 week program –  
\$63 members  
\$126 non-members  
Class meets once a week.



# WE HOST BIRTHDAY PARTIES AT THE LANSDOWNE Y

Contact:

Ashley at [adawson@cyedc.org](mailto:adawson@cyedc.org) or

J'hannel at [jbcoat@cyedc.org](mailto:jbcoat@cyedc.org) or

**610.557.9622**

## YMCA Pool Party

Held in our Pool. Children must be 6+ years old. Life jackets or swim tests will be required and available through the YMCA staff at the start of the party. Food and gift portion of party in multi-purpose room.

### Rates:

Members: \$340

Non-Members: \$390

\$10 for each additional child up to 20 max

\$12 for each additional pizza

### Time:

Pool Party  
is available  
on Sundays  
from 12-2 pm



### Party Price Includes:

One staff member to facilitate party up to 15 children.  
Two Large Pizzas from Sciarrinos  
Juice Boxes and paper products.  
Adult supplies: tablecloths, and decorations  
One hour in pool and one hour in party room.

**HAPPY BIRTHDAY**