



LATE FALL PROGRAMS & CLASSES

Late Fall Session October 31–December 24

Lansdowne YMCA



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www.cyedc.org



610.259.1661

CLASSES FOR CHILDREN

6 Months–3 Years

Water Babies (6 months–2 yrs.)

Adult, 18+, must accompany child in pool. Introduction to the aquatic environment for parents and their infants.

Tuesday 11:15–11:45am

Saturday 9–9:30am

Cost: FP: \$40 Prog.: \$80

Parent Tot (2–3 yrs.)

Adult, 18+, must accompany child in pool. Children start to work on independent movements in the water.

Thursday 11:15–11:45am

Saturday 9:30–10am

Cost: FP: \$40 Prog.: \$80

Little Learners (2–3 yrs.)

Caregiver and child will enjoy storytime and a craft that will stimulate sensory play and fine motor skills.

Tuesday 9–9:45am

Cost: FP: \$45 Prog.: \$90

CLASSES FOR CHILDREN

3–5 Years

Super Snacks (3–5 yrs.)

Create snacks that pack a punch! Healthy, energizing recipes introduced in this program.

Wednesday 10–10:45am

Cost: FP: \$50 Prog.: \$100

Gym & Swim (3–5 yrs.)

Have fun trying out a different sport or physical activity each week along with a swim lesson.

Saturday 11–11:45 (gym)

12–12:30 (swim)

Cost: FP: \$80 Prog.: \$160

Tumble Time (3–5 yrs.)

Tumbling, balance, stretching, coordination.

Monday 4–4:45pm

Cost: FP: \$45 Prog.: \$90

All Sports (3–5 yrs.)

New sport weekly. Learn basics of soccer, basketball, floor hockey, football.

Wednesday 4–4:45pm

Saturday 9:15–10am

Cost: FP: \$45 Prog.: \$90

Parachute Play (2.5–4 yrs.)

Parent/child class that includes interactive songs, games and activities with a parachute.

Tuesday 10–10:45am

Cost: FP: \$45 Prog.: \$90

I Love Art (3–5 yrs.)

Art fun, including painting, clay, crafts.

Explore different mediums while enhancing motor skills.

Thursday 10–10:45am

Saturday 11:15am–12pm

Cost: FP: \$45 Prog.: \$90

Dance (3–4 yrs.)

Introduction to ballet and jazz.

Saturday 10:15–11am

Cost: FP: \$45 Prog.: \$90

Dance (3–5 yrs.)

Basic Hip Hop for beginners.

Saturday 11:05–11:50am

Cost: FP: \$45 Prog.: \$90

Little Dragons Martial Arts (4–5 yrs.)

Introductory program teaching basic techniques. Uniforms available/separate purchase (\$35+).

Monday 5:15–6pm

Cost: FP: \$45 Prog.: \$90

Kids' Night Out (4–10 yrs.)

4:30–8pm

Take some time off and leave your children with us! Parents get a night to themselves and your child enjoys pizza dinner, crafts and games.

November 19, December 10

Cost: FP: \$10 Prog.: \$20

Preschool

Swim Lessons

Pike/Eel

Monday 9:45–10:15am

Monday 3:45–4:15pm

Monday 4:15–4:45pm

Wednesday 9:45–10:15am

Wednesday 3:45–4:15pm

Wednesday 4:15–4:45pm

Friday 3:45–4:15pm

Friday 4:15–4:45pm

Saturday 9:30–10am

Saturday 10–10:30am

Saturday 12–12:30pm

Cost: FP: \$40 Prog.: \$80

Ray/Starfish

Monday 9:45–10:15am

Monday 3:45–4:15pm

Monday 4:15–4:45pm

Wednesday 9:45–10:15am

Wednesday 3:45–4:15pm

Wednesday 4:15–4:45pm

Friday 3:45–4:15pm

Friday 4:15–4:45pm

Saturday 9:30–10am

Saturday 10–10:30am

Saturday 12–12:30pm

Cost: FP: \$40 Prog.: \$80

Private/Semi-Private

Swim Lessons (ages 3+)

Private lessons are for individuals, semi-private lessons are for two children with one instructor. Lessons are scheduled at the same day and time. The more you purchase, the more you SAVE.

Private

1–3 Lessons FP: \$15/lesson Non: \$25/lesson

4–7 Lessons FP: \$14/lesson Non: \$24/lesson

8 Lessons FP: \$13/lesson Non: \$23/lesson

Semi Private

1–3 Lessons FP: \$20/lesson Non: \$30/lesson

4–7 Lessons FP: \$19/lesson Non: \$29/lesson

8 Lessons FP: \$18/lesson Non: \$28/lesson

Winter Registration 12/11



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CLASSES FOR CHILDREN 6-12 Years

Martial Arts (6+ yrs.)

White - Orange Belt Karate

Introduction teaching basic techniques in kicking, punching and forms. Learn self discipline, focus, and better their self-esteem. Uniforms available for purchase \$35+.

Mon & Wed 6-7pm
Cost: FP: \$80 Prog.: \$160

Kids' Yoga (6-12 yrs.)

Kids will learn the basic poses along with leaning how to become centered.

Wednesday 6-6:45pm
Saturday 10:15-11am
Cost: FP: \$45 Prog.: \$90

Gym & Swim (6-12 yrs.)

Have fun trying out a different sport or physical activity each week along with a swim lesson.

Saturday 10:15-11am (gym)
11:15am-12pm (swim)
Cost: FP: \$80 Prog.: \$160

All Sports (6-12 yrs.)

New sport weekly. Learn basics of soccer, basketball, floor hockey, football, and more.

Wednesday 4:45-5:30pm
Saturday 12-12:45pm
Cost: FP: \$45 Prog.: \$90

I Love Art (6-12 yrs.)

Art fun, including painting, clay, crafts. Explore different mediums while enhancing motor skills.

Saturday 9:15-10am
Cost: FP: \$45 Prog.: \$90

Dance (5-10 yrs.)

Hip-Hop dance.

Thursday 7:15-8pm
Cost: FP: \$45 Prog.: \$90

Dance (5-6 yrs.)

Basic steps for ballet and jazz.

Saturday 11:55am-12:40pm
Cost: FP: \$45 Prog.: \$90

Dance (6-10 yrs.)

High energy Hip-Hop for beginners.

Saturday 1-1:45pm
Cost: FP: \$45 Prog.: \$90

Let's Build (6-10 yrs.)

Use K'nex, Legos and other building tools to create something new every week. Basic instruction provided and your creativity makes your own creation.

Tuesday 4-4:45pm
Cost: FP: \$45 Prog.: \$90

Youth Inc (8-11 yrs.)

This group will focus on building social and life skills. They will discuss topics that impact them, volunteer at the Y and develop self-confidence by stepping outside their comfort zones.

Wednesday 6:15-7:15pm
Cost: FP: \$45 Prog.: \$90

Youth Inc (12-14 yrs.)

This group will focus on building social and life skills. They will discuss topics that impact them, volunteer at the Y and develop self-confidence by stepping outside their comfort zones.

Wednesday 7:15-8:15pm
Cost: FP: \$45 Prog.: \$90

Kids' Night Out (4-10 yrs.) 4:30-8pm

Take some time off and leave your children with us! Parents get a night to themselves and your child enjoys pizza dinner, crafts and games.

November 19, December 10
Cost: FP: \$10 Prog.: \$20

Youth Progressive Swim Lessons

Polliwog/Guppy

Monday 4:45-5:30pm
Wednesday 4:45-5:30pm
Friday 4:45-5:30pm
Saturday 10:30-11:15am
Saturday 11:15am-12pm
Cost: FP: \$45 Prog.: \$90

Minnow/Fish

Monday 4:45-5:30pm
Friday 4:45-5:30pm
Saturday 10:30-11:15am
Cost: FP: \$45 Prog.: \$90

Flying Fish/Shark

Wednesday 4:45-5:30pm
Friday 4:15-5pm
Saturday 9-9:45am
Saturday 11:15am-12pm
Cost: FP: \$45 Prog.: \$90

CLASSES FOR TEENS & ADULTS 13+ Years

Adult/Teen Swim Lessons

Monday 10:15-11am
Monday 8:45-9:30pm
Wednesday 10:15-11am
Wednesday 8:45-9:30pm
Cost: FP: \$45 Prog.: \$90

← CHECK THIS OUT!

Those That Dream (10-17 yrs.)

Stunt "Action" Video Editing Program

Activities and classroom challenges will foster a knowledge of how to produce a short film. This program is offered in partnership with Paul Cheng's Martial Arts School and Blue Phoenix Stunt Action Team. Each student will create an edited short film of an action sequence, performed by the stunt team. *Minimum enrollment 6 participants.

Mon/Wed/Fri 7-8:30pm

November 7, 9, 11, 14, 16, 18

Cost: FP: \$120 Prog.: \$150 Non-Members: \$200

Winter Registration 12/11



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CLASSES FOR ADULTS 13+

Monday

Advanced Cycle	9-9:30am
Cardio Kickboxing	9:05-10am
Les Mills BODYPUMP	9:30-10:30 am
Silver Sneakers Classic	10:05-11am
TRX Bootcamp	10:30-11:25am
Cardio Combo	11-11:45am
Functional Fitness	5:05-6pm
30/30 Cardio/Strength	6:05-7pm
TRX	6:30-7:15pm
Les Mills BODYPUMP	7:10-8:10pm
Cardio Dance & More	7:05-8pm
Latin/Hip Hop Fusion	8:05-9pm

Tuesday

Cycle	9-9:45am
Cardio Dance & More	9:05-10am
TRX	10-10:30am
Strength Basics	10:05-11:05am
Silver Sneakers Yoga	11:15am-12pm
Total Body Tone	6:05-7pm
Cycle	6:15-7pm
Boot Camp	7:15-8pm
Mat Pilates	7:05-8pm
Les Mills BODYPUMP	8:05-9:05pm
TRX	8-8:45pm
Zumba	8:05-9pm

Wednesday

Zumba	9:05-10am
Ride 30 NEW	9:15-9:45am
Silver Sneakers Cardio	10:05-11am
TRX Circuit	10:05-10:50am
Cardio Combo	11-11:45am
Total Fit	5:05-6pm
Interval Training	6:05-7pm
Zumba	7:05-8pm
Yoga	7:10-8:05pm
Les Mills BODYPUMP Exp.	8:10-9pm

Thursday

Cardio Dance and More	9:05-10am
Ride 30 NEW	9-9:30am
Strength Basics	10:05-11:05am
TRX Circuit	10:05-10:50am
Mat Pilates	11:15am-12pm
Zumba	6:05-7pm
Les Mills BODYPUMP Exp.	6:10-7pm

Thursday

Insanity	7:15-8pm
Power PILATES	7:05-8pm
Ride 30 NEW	7-7:30pm
Red Hot Dance Fitness	8:05-9pm
Yoga	8:05-9pm

Friday

Cardio Kickboxing	9:05-10am
Les Mills BODYPUMP	9:30-10:30am
Senior Fitness & Balance	10:05-11am
Zumba	6-6:45pm
Yoga	6:50-7:45pm

Saturday

Les Mills BODYPUMP	8-9am
Cycle	9-9:45am
Insanity	9:15-10:10am
Family ZUMBA	2:45-3:30pm

Sunday

Zumba	10:30-11:25am
Yoga	11:30am-12:25pm

Cost: Prog.: \$85 per class

•TRX & Cycling are for our Full Privilege Members Only, as a benefit of membership.

•Classes subject to change without notice.

NUTRITION CONSULTATIONS

Meet one-on-one with a registered nutritionist to help you learn what clean eating is in order to maintain a healthy lifestyle. Call 610.544.1080 ext. 2220 to schedule your appointment. \$45 per hour

GET FIT/STAY FIT

Are you intimidated by the wellness center, apprehensive about using exercise equipment or are new to exercise. This 12-week program is designed to help you and will progress at a slow pace. Includes three meetings with a Wellness Coach. **Free for Full Privilege Members.**

Water Fitness Classes

Water Walking

Deep water class.	
Mon/Wed	9-9:45am
Mon/Wed	11-11:45am
Mon/Wed	8:30-9:15pm
Tues/Thurs	9-9:45am
Tues/Thurs	9:45-10:30am
Cost: Prog.:	\$115

Water Aerobics

Shallow water class.	
Mon/Wed	8:30-9:15pm
Tues/Thurs	9:15-10am
Cost: Prog.:	\$115

Bad Back

Shallow water class.	
M/W/F	2-2:45pm
Cost: Prog.:	\$145

Silver Sneakers Splash **NEW**

Shallow water, aquatic exercise class using splash kickboards and choreography progressions to increase agility, range of motion and cardiovascular conditioning.	
Tues/Thurs	10:30-11:15am
(Full Privilege Members Only)	

PERSONAL TRAINING

NEW...Volume Pricing. The more you buy the more you SAVE!

One Session	\$35
2-3 Sessions	\$33 per training
4-7 Sessions	\$30 per training
8-20 Sessions	\$28 per training

Small Group Person Training

NEW...Volume Pricing. The more you buy the more you SAVE! Offered for Groups of two or Groups of three.

One Session	\$25
2-3 Sessions	\$23 per training
4-7 Sessions	\$20 per training
8-20 Sessions	\$18 per training

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POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-9am Lap 12-2pm Lap 2:45-3:45pm Open/Lap 5:30-6:30pm Lap 9:30-10:15pm Lap	5-9am Lap 12-2pm Lap 2-3:45pm Open/Lap 5:30-6:30pm Lap 8-9:30pm Open* 9:30-10:15pm Lap	5-9am Lap 12-2pm Lap 2:45-3:45pm Open/Lap 5:30-6:30pm Lap 9:30-10:15pm Lap	5-9am Lap 12-2pm Lap 2-3:45pm Open/Lap 5:30-6:30pm Lap 8-9:30pm Open* 9:30-10:15pm Lap	5-9am Lap 12-2pm Lap 2:45-3:45pm Open/Lap 8-9:30pm Open 9:30-10:15pm Lap	6-9am Lap 12:30-1:30pm Open 1:30-3pm Lap 3-6pm Open 6-7:45pm Lap
					SUNDAY
<p>Lap Swim - For our Full Privilege Members, ages 18 and older. Open Swim - For our FP youth and family members to enjoy swim time together. * - Denotes 3 lanes from 8-8:30pm</p>					12:45-2pm Lap 2-4:30pm Open 4:30-5:45pm Lap

PFD Free Swim

Want to practice your swim skills with your child? You and your child, enrolled in lessons, can work on class skills with a PFD for FREE!
M/W/F 2:45-3:45pm Tues/Thurs 2-3:45pm Saturday 12:30-1:30pm



FALL HARVEST

Pumpkins, leaves and plenty of fall fun for the entire family.
October 23 3-4:30pm
Cost: FP: \$7.50 Prog.: \$15



FAMILY HOLIDAY ORNAMENT MAKING

Time to deck the halls. Spend the afternoon creating a holiday ornament and enjoying seasonal treats and music.
December 11 3-4:30pm
Cost: FP: \$7.50 Prog.: \$15



HOLIDAY GIVING TREES

Help strengthen our community and give back to our neighbors through this wonderful holiday program. You're encouraged to help make someone's holiday happy and take a gift tag from the tree in our lobby.

All gifts go to a selected non-profit in our community to help those that might not get to celebrate Christmas.

All new, wrapped gifts should be returned to the Front Desk by mid-December. **We appreciate your participation and generosity during the holiday season.**

REINDEER RUN



Santa Claus is coming to the Lansdowne YMCA on Saturday, December 3, for the official Ho, Ho, Go holiday race start! This annual favorite consists of:

7:30am - 100 Yard Kids' Gingerbread Jog (ages 3-10)

8:00am - 5K Reindeer Run

8:05am - 1-Mile Family Fun Walk

Race Details

- Dress in holiday themed running apparel and bring a canned good for the local food bank.
- Register by November 18, to get your commemorative event t-shirt.
- Runners can register for multiple events.
- Reindeer Runners receive a goodie bag at the end of the 5K race. Prizes awarded for overall male/female and age categories.

Registration Fees

- Reindeer Run (early-bird) Through Nov. 18: \$20 (shirt included)
- Reindeer Run: Nov. 19- Race Day: \$25 (no shirt)
- Family Fun Walk: \$10 (per walker, shirt included til 11/18)
- Gingerbread Jog: \$5 (ages 3-10, no shirt included)

Winter Registration 12/11