



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

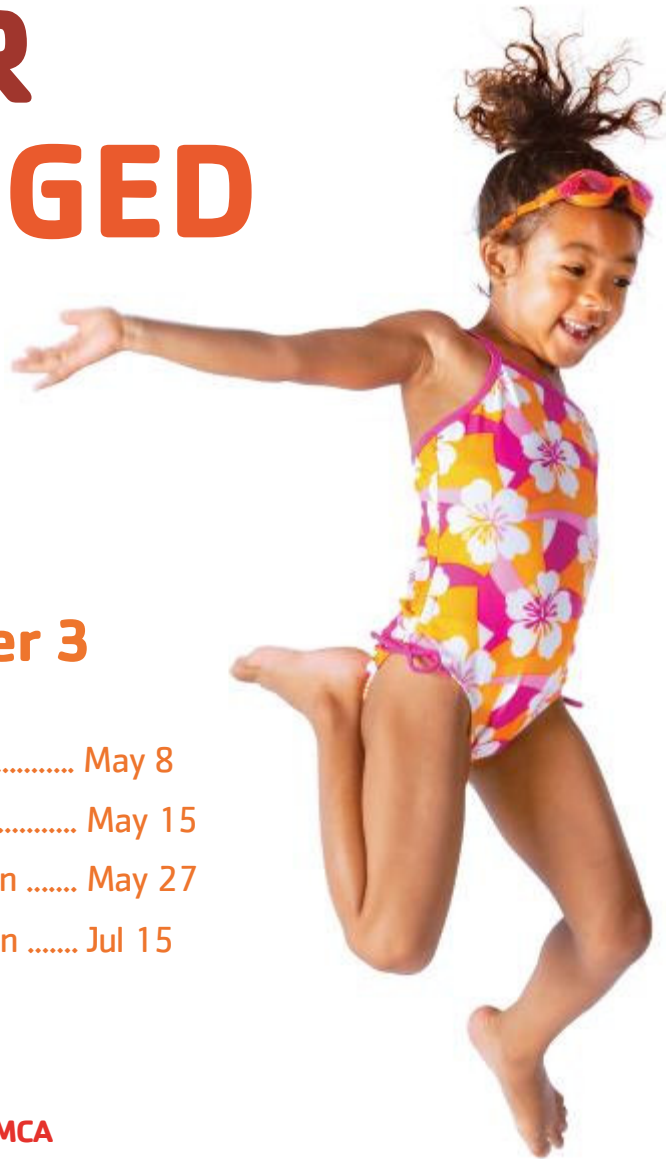
# **SUMMER UNPLUGGED**

**SUMMER I  
May 30 to July 16**

**SUMMER II  
July 17 to September 3**

Member Registration Opens ..... May 8  
Non Member Registration Opens ..... May 15  
Summer I Registration Closes at Noon ..... May 27  
Summer II registration Closes at Noon ..... Jul 15

**SLATE BELT YMCA**  
**A BRANCH OF THE GREATER VALLEY YMCA**  
315 W Pennsylvania Avenue  
Pen Argyl, PA 18072  
**P** 610-881-4470  
**F** 610-881-4474  
**W** [greatervalleyymca.org](http://greatervalleyymca.org)



# JOIN US IN SOMETHING BIG

MEMBERSHIP	CATEGORY	MONTHLY FEE <sup>†</sup>	SLATE BELT ONLY JOINER'S FEE	MEMBERSHIP PLUS* JOINER'S FEE
	<b>Family</b> - Adults & Children in the Household	\$65	\$50	\$100
	<b>Single Adult Family</b> - 1 Adult & Youth up to Age 18	\$57	\$50	\$75
	<b>Adult</b> - Ages 19 to 61	\$47	\$35	\$50
	<b>Teen</b> - Ages 14 to 18	\$22	-	-
	<b>Youth</b> - Ages 13 and Younger	\$13	-	-
	<b>Active Older Adult</b> - One member Age 62+	\$40	\$25	\$35
	<b>Active Older Couple</b> - Two members, One is 62+	\$56	\$50	\$65
	<b>College</b> - Schedule Required - Three Months Only	\$87		
	<b>Day Pass</b> - All Ages/Per Person - Same Day Only	\$10		

**\*MEMBERSHIP PLUS**  
Includes use of ALL branches in the Greater Valley YMCA association!

<sup>†</sup>Minimum 90 Day Membership! Monthly memberships are paid by automatic bank draft or credit card. Prorate and voided check due at time of registration. 15 days notice required to terminate monthly memberships. Annual memberships also available payable by credit card, cash or check. Full payment due at registration. We reserve the right to change hours of operation, age restrictions, services, etc., at any time without notice. Members will receive at least 30 days notice of changes in rates. We reserve the right to change hours of operation, age restrictions, services, etc., at any time without notice.

## GREATER VALLEY YMCA BRANCHES

- Allentown YMCA
- Bethlehem YMCA
- Forks YMCA Education Center
- YMCA of Easton, Phillipsburg & Vicinity
- Nazareth YMCA
- Slate Belt YMCA
- Suburban North YMCA

Please join the Y you plan to visit the most. Your membership is valid at all of our branches! Visit [greatervalleyymca.org](http://greatervalleyymca.org) for information.

Partner YMCA - Pocono Family YMCA

## MEMBERSHIP PRIVILEGES AT OUR BRANCH

- Wellness Center\*
  - Free Weight Room\*
  - Gymnasium
  - Steam Room (In Men's Locker Room Only) \*\*
  - Sauna (In Men's & Women's Locker Room) \*\*
  - Locker Rooms & Showers\*
  - Group Exercise Classes\*
  - Free Preschool/Youth Intro Classes to Members
  - Free Child Watch services with Membership
- \*These privileges are available to members 14 years and older.  
\*\*These privileges are available to members 19 years and older.

## MEMBERSHIP KEY TAGS

For security purposes, you must swipe your Membership Key Tag each time you enter our facility. Replacement key tags can be purchased for \$5.

## FINANCIAL ASSISTANCE

Financial assistance is available to qualifying individuals and families. Applications are available at the Welcome Center and on our website. Please allow 4 to 6 weeks for processing. You will receive notice of approval via mail. Renewal required every six months.

## TRIAL MEMBERSHIP

- Try us out for one-week (7 consecutive days) FREE!  
-One time only per calendar year
- PHOTO ID REQUIRED! Acceptable forms of ID include: school ID; state issued ID; passport

## PROGRAM REGISTRATION

- There are 4 convenient ways to register for programs:
- Stop by the Welcome Center to register in person
  - Register Online at [greatervalleyymca.org](http://greatervalleyymca.org)
  - Call our Welcome Center to register over the phone
  - Mail payment and class information

## FACILITY HOURS

<b>Sunday</b>	<b>10:00 AM to 2:00 PM</b>
<b>Mon to Fri</b>	<b>5:00 AM to 9:00 PM</b>
<b>Saturday</b>	<b>8:00 AM to 4:00 PM</b>
Closed: May 29, July 4, and September 4	

## CREDIT / REFUND POLICY

- The Y may cancel classes due to a lack of minimum registrations. Should the YMCA cancel a class, a full program refund or credit is issued.
- Should the participant cancel prior to the first class, a full credit will be issued. Should the participant cancel after the beginning of classes, no program credit will be given except for medical reasons. Written verification by a physician will be required
- Classes occurring on holidays will be pro-rated.

## MY Y'S EVERY Y

As a member of the Y, you have access to YMCA's across Pennsylvania free of charge through the "My Y's Every Y" program! Current members in good standing can use any Y free when they show their member key tag. Some restrictions may apply. Contact the local Y for their policy.

## FACILITY CLOSURE

The decision to close the facility, due to mechanical or any other issue will be made by our Leadership Team. Check out our Facebook, website, or WFMZ for updates.

## AWAY- ALWAYS WELCOME AT YMCAS

Travelling out of town? Your exercise routine can be uninterrupted by using one of the 2,600 Ys located throughout the United States. We welcome YMCA members into our facility. AWAY Policies vary by branch, so always call or email first to inquire.

# BEST. SUMMER. EVER.

## YOUTH SUMMER CAMP

**Entering Kindergarten through Grade 6.** Our summer camp is held on our 9 acre property in Pen Argyl and includes two days per week at the Bangor Pool. At the Y, we spend the majority of our time outdoors enjoying the natural environment. Eleven weeks of fun in the sun packed with sports, science and nature and craft activities! Your child will make friendships and memories that last a lifetime. Please pack a nonperishable lunch and full water bottle, swim suit, towel and sun screen every day.

**#1 Backyard Bash** **Jun 12-16**  
Set the tone for Summer with outdoor games, crafts, sports and water activities. We will end this week with a Giant Slip N Slide.

**#2 Shipwrecked** **Jun 19-23**  
Have some swashbuckling pirate fun. We will use maps to find lost treasures, capture the pirate flag and survive the cannonball attacks. Field Trip: The Land of Make Believe in Hope NJ.

**#3 Wild Wild West** **Jun 26-30**  
This week we will make wanted posters, read treasure maps hold a hoedown and have our very own Gold Rush. Lucky Dutchman Gem Mining will visit at the end of the week.

**#4 Stars N Stipes Forever** (No Camp Jul 4) **Jul 3-7**  
This week we celebrate the birth of our great country with all things red, white & blue. We will end the week with our 3rd Annual Camp Doggie Roast.

**#5 We've got Spirit** **Jul 10-14**  
Learn team building and good sportsmanship as we prepare for our field day competition with our fellow Greater Valley YMCA camps.

**#6 Beach Party** **Jul 17-21**  
We don't have a beach, but we still know how to throw a Rockin' Beach party. So wear your swim suits and get ready for balloon tosses, water relays and more. Field Trip: Mauch Chunk Lake

**#7 Around The World** **Jul 24-28**  
Grab your passports as we travel around the globe to visit different countries through games, music, food and crafts. End the week taking a trip "Around the World."

**#8 Sports Galore** **Jul 31-Aug 4**  
This week we will focus on a different sport each day, even ice skating! Field Trip: "The Rink" in Whitehall.

**#9 SB Rockstars** **Aug 7-11**  
Practice, Practice, Practice! This week campers have the opportunity to display their special talents as we get ready for our 3rd Annual Day Camp Talent Show.

**#10 Act It Out** **Aug 14-18**  
This week it is all about the stage. We will have a field trip to Shawnee Playhouse and Dimmick Park!

**#11 Oopy Goopy** **Aug 21-25**  
Join the fun as we plan to get messy this week. Slimy slip n slide, gross sandwich contest and a huge food fight will end this week and our Summer.

## DAY CAMP FEES

	MON to FRI
Day Camp	9 AM to 4 PM
Y Member	\$125 per week
Non Member	\$150 per week

### Extended Care Options

Early Bird	6 AM to 9 AM
Night Owl	4 PM to 6 PM

Y Member	\$17 per week per option
Non Member	\$20 per week per option

### REGISTRATION LATE FEE

If after 6 PM on Thursday prior to your session date.

All Camps	\$25
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# SUMMER CAMPS

**BEST. SUMMER. EVER.**

## CAMP MUNCHKIN

**Ages 3 to 5 years and Potty Trained!** Camps are organized around a different theme each week. Youngsters work on art projects, sing songs, enjoy story time and play games. Parents Please send a full water bottle each day. This program fills quickly and space is limited, so register early!!

**#1 Little Scientist** **Jun 19-23**  
Explore, observe and discover the wonderful world of science with a week filled with hands on science experiments and activities.

**#2 Let's Go Camping** **Jul 17-21**  
Instead of packing up and spending the night outdoors, we bring the camping experience to you. Children will get the opportunity to enjoy some of the wonderful experiences of camping including collecting firewood, fire safety, making s'mores, pitching a tent and so much more.

**#3 Color Chaos** **Jul 31-Aug 4**  
Discover how much fun we can have using colors. This week will be filled with fun activities including making a rainbow, creating a skittles whirlpool and decorating a tie-dye shirt.

**#4 Down On The Farm** **Aug 21-25**  
This week we will focus on all things farm. Learn about the different animals on a farm and the role they may play. Focus on the different foods farms grow and the process it takes to get from the farm to the store shelves. Then finish off the week with a field trip to Klein Farms where we will get a private tour of the dairy farm. Parents welcome!

## CAMP MUNCHKIN FEES

	MON to FRI
Day Camp	9 AM to 11:30 PM
Y Member	\$50 per week
Non Member	\$63 per week

**REGISTRATION LATE FEE**  
If after 6 PM on Thursday prior to your session date.

All Camps \$25



## BEST. SUMMER. EVER.

### SPECIALTY CAMPS

**Artrageous**      **Ages 6-10**      **Jun 19-23**  
 Paint, chalk, clay & more! This week we will push our campers creativity to the limit.

**Simple Science**      **Ages 6-10**      **Jul 24-28**  
 Explore the world of science and participate in many interesting hands-on experiments.

**LEGO® Camp**      **Ages 6-10**      **Aug 14-18**  
 Come build with us! Building with LEGO® will spark your creativity as you design new constructions everyday. A new and exciting activity each day.

### GYMNASTICS CAMPS

**Beginner Gymnastics I**      **Ages 5-8**      **Jul 10-15**

**Beginner Gymnastics II**      **Ages 5-8**      **Aug 7-11**  
 Focus on basic form and proper gymnastic techniques. Attire: Leotard, footless tights, dance pants or shorts.

**Intermediate Gymnastics I**      **Age 7-12**      **Jun 26-30**

**Intermediate Gymnastics II**      **Age 7-12**      **Aug 14-18**  
 Designed for gymnasts with some prior experience. Campers will practice intermediate as well as more advanced skills. Attire: Leotard, footless tights, dance pants or shorts.

**Ninja Gym**      **Age 5-8**      **Jul 17-21**  
**FOR BOYS!** This is a great camp for boys to get their energy out and move around. Learn beginner gymnastics while going through an obstacle course. Fun art activity each day!

### DANCE CAMPS

**Fairytale Ballet**      **Ages 5-8**      **Jul 24-28**  
 Learn about different princess each week. Attire: Leotard, tights, ballet skirt, pink ballet shoes.

**Happy Hip-Hop**      **Ages 7-12**      **Jul 31-Aug 4**  
 Lean learn jazz and hip-hop warm ups, across the floor progressions, and fun and age appropriate dance routines. Attire: Comfortable dance pants or leotard. Black hip-hop sneakers.

### SPECIALTY, GYMNASTICS & DANCE CAMP FEES

	MON to FRI
Specialty Camp	9 AM to 12 PM
Y Member	\$75 per camp
Non Member	\$90 per camp



# YOUTH DEVELOPMENT

## TWEENS

### WOW ME! (Work Out With Me!)

Ages 11 to 13 years. Make exercise a family affair! After completing WOW ME orientation, you and your tween can workout together in the Wellness Center!

WOW ME Wellness Center Workout times:

Mon/Wed	6 PM to 7 PM
Tue/Thu	4:30 PM to 5:30 PM
Sat	8:30 AM to 11 AM

## BIRTHDAY PARTIES

### CELEBRATE WITH US!

YMCA Birthday parties include one hour of activity and one hour of party time.

THEMES INCLUDE (but are not limited to):

- Dance
- Gymnastics
- Soccer
- Dodgeball
- Indoor Playground
- Elsa

#### ALL PARTIES

Member	\$125
Non Member	\$188



## YOUTH SPORTS

### YOUTH KARATE

Ages 5 to 13 years. YMCA Karate classes focus on a variety of skills and areas of personal growth, such as self-defense, self confidence, personal discipline, respect for others and physical conditioning. Affiliates with Tang Soo Karate Academy and the International Tang Soo Do Organization.

Mon & Thu	6:30 PM to 7:30 PM
Member	\$52
Non Member	\$91

### YOUTH FALL SOCCER LEAGUE (OUTSIDE)

Ages 4 to 10 years. Boys and girls in our recreational soccer program learn skill development, good sportsmanship, and team tactics in a low competition, fun environment. Practices are held on week-nights as determined by coaches. Team t-shirts and equipment are provided. Shin guards are mandatory (must provide own). Volunteers are needed to coach or be a team parent. Practice and games held at the **Stockertown Soccer Fields**.

Saturday Games	9:00 am to 2:00 pm	
Fall League	September 9 to October 28	
	On or before 8/24	On or after 8/26
Member	\$56	\$68
Non-Member	\$98	\$109

Coaches Meeting - August 24, 6 PM in the lobby of the YMCA of Easton, Phillipsburg & Vicinity

## STAY INFORMED

Keep updated on Program scheduling and changes, upcoming events and more!

**Slate Belt YMCA**

<https://www.facebook.com/SlateBeltYMCA/>



## BUILDING STRONG BRIGHT FUTURES

### BEFORE & AFTER SCHOOL AGE CHILD CARE

More than child care, School Age Child Care programs nurture the potential of children. At the Y, kids are cultivating the values, skills and relationships that lead to positive behaviors, better health and educational achievements. We fill the gaps before and after school creatively and constructively while taking advantage of all the Y has to offer in a safe and fun environment. Y MEMBERSHIP REQUIRED (youth memberships available).

Service Areas **Pen Argyl and Bangor Area School Districts  
Immaculate Conception School**

Grades **Kindergarten to Grade 6**



### 2017/18 PROGRAM OPTIONS

#### Before School Care

6 AM to 8 AM  
\$45 per week

#### After School Care

2 PM to 6 PM  
\$65 per week

#### Before & After School Care

6 AM to 8 AM & 2 PM to 6 PM  
\$90 per week

**Transportation Provided  
To/From School for  
Before/After School!**



### ROLLING ADMISSION!

Enroll your child at any time in the school year for both School Age Child Care and Nursery / Preschool!

## NURTURING THE POTENTIAL OF EVERY CHILD

### NURSERY / PRESCHOOL - 2017/18 SCHOOL YEAR

A child's first learning experiences play a significant role in the development of their overall well-being. These experiences become the foundation for the acquisition of skills that they will need to have a positive experience when starting kindergarten. Preschool programming at our Y boosts early learning in children by focusing on a few core elements which contribute to social development and individual growth.

#### NURSERY / PRESCHOOL

3 & 4 Years Old by Sep 1, 2017  
Potty Trained

Mon, Wed and Fri 9 AM to 11:30 AM  
Y Members Only \$117 per month



FOR MORE INFORMATION ABOUT SCHOOL AGE AND PRESCHOOL, CONTACT  
DENA TOMSIC AT 610-881-4470 OR DENATOMSIC@GREATERVALLEYMCA.ORG

# YOUTH DEVELOPMENT



## DANCE & GYMNASTICS

### DANCE PROGRAMS

Our preschool dance programs are a great way to introduce your child to the art of dance. Our preschool dance program focuses on teaching young students how to follow directions, social interaction, musicality, pretend play, and rhythm.

Limited space available in all dance classes.

#### PRINCESS BALLET

Ages 3 to 5 years. This is a beginner level ballet class. Students will learn beginner ballet steps and combinations while learning about famous princesses. Students will use their imaginations as they dance to different castles. Attire: Leotard, tights and pink ballet shoes

Thursday 11:15 AM to 12 PM

	<b>Summer II Only</b>
Member	\$41
Non Member	\$82

#### JAZZ/HIP-HOP

Ages 2 1/2 to 4 years. This is a fun dance class to get kids dancing & moving to awesome tunes. Students will learn basic Jazz/Hip-Hop terminology and new routines to Kids Bop music. Attire: Comfortable dance clothes and black Jazz Shoes.

Tuesday 4:30 PM to 5:15 PM

	<b>Summer II Only</b>
Member	\$41
Non Member	\$82



### GYMNASTICS PROGRAMS

Our gymnastics programs is a skill based curriculum. A progress report will be given to all students at the end of each session.

Limited space available in all gymnastics classes.

#### BOYS NINJA GYMNASTICS \*NEW\*

Ages 4 to 6 years. This is a pre-gymnastics class that consists of basic tumbling. Learn how to roll, jump, & tumble through a fun and challenging obstacle course. Attire: Comfortable shorts, tee-shirt, & bare feet.

Friday 4:30 PM to 5:15 PM

	Summer I	Summer II
Member	\$41	\$41
Non Member	\$82	\$82

#### BEGINNER GYMNASTICS

Ages 5 to 9 years. This class focuses on learning how to safely use the different types of gymnastics equipment. Students will learn how to build up their strength by using the bar, beam, and vault. Students will learn skills such as: cartwheels, handstands, and bridges. Attire: Leotard, footless tights, and bare feet

Friday 5:30 PM to 6:15 PM

	Summer I	Summer II
Member	\$41	\$41
Non Member	\$82	\$82

#### INTERMEDIATE/ADV. GYMNASTICS

Ages 7 to 12 years. This class builds on the skills from beginner gymnastics. More difficult floor and beam exercises will be introduced. Circuit and strength training exercises are incorporated to build stamina. Attire: Leotard, footless tights, and bare feet

Friday 6:30 PM to 7:15 PM

	Summer I	Summer II
Member	\$41	\$41
Non Member	\$82	\$82



## DANCE & GYMNASTICS - OPEN HOUSE

### DANCE & GYMNASTICS OPEN HOUSE

**DATE** Monday, August 21, 2017

**TIME** 5:30 PM to 7:00 PM

**PLACE** SLATE BELT YMCA Program Studio

Come and meet our teachers and learn more about our exciting dance & gymnastics programs. Class Demos include Pre-Ballet, Ballet/Lyrical, Jazz/ Hip-Hop, and Gymnastics.

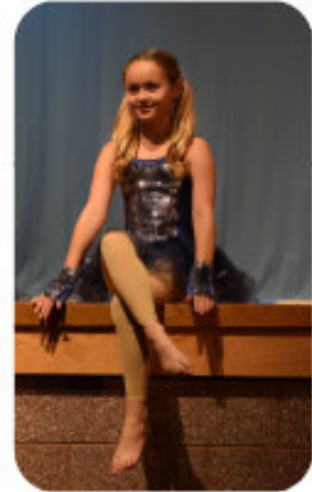
**Questions about our Dance & Gymnastics program please contact:**

**Patty Randolph**

**Dance & Gymnastics Coordinator**

T 610-881-4470

E [pattyrandolph@greatervalleyymca.org](mailto:pattyrandolph@greatervalleyymca.org)



## DANCE & GYMNASTICS - RECITAL CLASSES

Our "Dance Mission" is to provide a professional dance education without the costs of a high priced dance studio. At Y Dance your child will receive an extensive education in the art forms at a reasonable cost. Classes are small so each child receives individualized attention.

### 2017/2018 Recital Enrollment Opens August 21, 2017

Members Only    \$38 per month, bank draft only  
                          \$342 paid in full  
                          \$308 if paid in full by Sep 1

Recital Season    Starts Sep 11, 2017

Class Options     Monday to Friday  
                          4:15 PM to 5:15 PM

Saturdays  
9:30 AM to 1:30 PM



# YOUTH DEVELOPMENT

## STRONG SWIMMER - CONFIDENT KID

### WE'RE HERE FOR EVERYONE

All ages - from infants to seniors - can learn to swim. Check out our class offerings below and on the next page to find one that fits your family's busy schedule.

### GROUP SWIM LESSON FEES

	Summer I	II
Member	\$60	\$60
Non Member	\$95	\$95



### PRIVATE LESSON FEES

	Per Lesson
Member	\$25
Non Member	\$40

See next page for more options!



**SWIM LESSONS HELD AT NAZARETH YMCA!**  
For more information, please call 610-759-3440

CLASS	AGE / SKILLS	Instructor: Student Ratio	MON PM	WED PM	THUR PM	SAT AM
<b>Shrimp</b>	6 to 12 months. An introduction to aquatic environment; basic water safety skills through songs and games.	1:12 Pairs	5:00- 5:30			9:30- 10:00
<b>Kipper</b>	12 to 24 months. This level continues to provide positive aquatic experience for parent and child; basic water safety skills are taught.	1:12 Pairs	5:30- 6:00			10:00- 10:30
<b>Inia</b>	24 to 36 months. Children begin to independently explore the aquatic environment with help from parents.	1:12 Pairs	6:00- 6:30			10:30- 11:00
<b>Perch</b>	3 to 5 years. Children start moving more independently through water under parents' guidance. Instructor prepares children to work with instructor.	1:6 Pairs			6:00- 6:30	11:00- 11:30
PRESCHOOL CLASSES						
<b>Pike (Beginner)</b>	3 to 5 years Children learn basic paddle stroke and kicking skills, floating, pool safety, and comfortable with holding the face in the water while blowing bubbles and swimming	1:6	4:00- 4:30	5:00- 5:30	6:00- 6:30	9:30- 10:00
<b>Eel (Advanced Beginner)</b>	3 to 5 years This level reinforces Pike skills. Children are taught flutter kick, dives, float, and to perform progressive paddle stroke. Children can swim 15 feet without assistance by end of level.	1:6	4:00- 4:30	5:00- 5:30	6:00- 6:30	9:30- 10:00
<b>Ray (Intermediate)</b>	3 to 5 years At this level children review previous skills, improve stroke skills, build endurance on front and back. Children can swim 20 feet without assistance by end of level.	1:6	4:00- 4:30		6:00- 6:30	9:30- 10:00
<b>Starfish (Advanced)</b>	3 to 5 years Children at this level review previously learned skills and refine front and back crawl. They also learn underwater swimming skills. Children can swim 40 feet without assistance by end of level.	1:6	4:00- 4:30		6:00- 6:30	9:30- 10:00



\* At the Y, we know families take a variety of forms. As a result, we define **parent** broadly to include all adults with primary responsibility for raising children, including biological parents, adoptive parents, guardians, stepparents, grandparents, or any other type of parenting relationship.

## SWIM LESSONS & YOUTH AQUATICS

CLASS	AGE / SKILLS	Instructor: Student Ratio	MON	WED	THU	SAT
			PM	PM	PM	AM
<b>PROGRESSIVE SCHOOL AGE CLASSES</b>						
<b>Polliwog</b>	6 to 12 years. no previous swim experience; swim the front paddle stroke, side, and back stroke for	1:8	4:45–5:30	5:45–6:30	6:45–7:30	10:15–11:00
<b>Guppy</b>	6 to 12 years. floating, treading water, rhythmic breathing, and underwater swimming. Introduces the	1:8	4:45–5:30	5:45–6:30	6:45–7:30	10:15–11:00
<b>Minnow</b>	6 to 12 years. refine front and back crawl focusing on rotary breathing and flutter kicking; introduce	1:10	4:45–5:30	5:45–6:30	6:45–7:30	10:15–11:00
<b>Fish</b>	6 to 12 years. refine crawl and perform elementary backstroke, sidestroke, and turns. Swimmers should be able to do 50 yards of each stroke, treading water, and floating; intro to butterfly stroke, 25	1:10	4:45–5:30		6:45–7:30	11:15–12:00
<b>Flying Fish</b>	6 to 12 years. refine front/back crawl, breaststroke, elementary backstroke, sidestroke, swim 200 yards continuously; introduce to competitive swimming,	1:10	4:45–5:30		6:45–7:30	11:15–12:00
<b>Shark</b>	6 to 12 years. improve conditioning and refinement of new water skills. Shark helps build techniques for such strokes as butterfly, breaststroke, freestyle, backstroke, and individual medley.	1:10	4:45–5:30		6:45–7:30	11:15–12:00

**AQUATIC PROGRAMS HELD NAZARETH YMCA!**  
For more information, please call 610-759-3440

### PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Ages 3 and older. Private and semi-private swim lessons consists of 30-minute lessons and are to be conducted at times other than when group lessons are scheduled. Full payment due at time of lesson. Please pay at the Welcome Center. For more information and to schedule lessons please contact [katiespengler@greatervalleyymca.org](mailto:katiespengler@greatervalleyymca.org)

	Private	Semi Private
Member	\$25	\$20 per participant
Non Member	\$40	\$30 per participant

### SPECIAL MEMBERS ONLY LESSON PACKAGES

- \$120 for Six (6) 30 min private lessons
- \$96 per participant for Six (6) 30 min semi private lessons

### COMPETITIVE AQUATICS

#### NAZARETH EASTON YMCA SWIM TEAM

Our developmental, co-ed swim team is open to swimmers of all competitive levels ages 5–21 years. NEYST Blue Fins compete in the Madison Division of the PennDel Swim League. Our guided age group program promotes the core YMCA values of caring, honesty, respect, responsibility, as well as sportsmanship and teamwork. This program will start up again in October 2017. More information will be available in our Fall brochure! For any questions, please contact the Aquatics Department at 610-759-3440, ext 12.

## SUMMER WEEKLY LESSONS

### MONDAY TO FRIDAY

#### SUMMER I

Jun 12 - Jun 16  
Jun 19 - Jun 23  
Jun 26 - Jun 30  
Jul 10 - Jul 14

#### SUMMER II

Jul 17 - Jul 21  
Jul 24 - Jul 28  
Jul 31 - Aug 4  
Aug 7 - Aug 11

#### CLASS TIMES

9:15 AM to 9:45 AM	Pike, Eel, Ray, Starfish
10 AM to 10:45 AM	Polliwog, Guppy, Minnow
11 AM to 11:45 AM	Fish, Flying Fish, Shark

Member	\$40 per week per session
Non Member	\$65 per week per session

# HEALTHY LIVING

## GROUP EXERCISE INCLUDED WITH MEMBERSHIP

### AOA CIRCUIT **\*\*NEW\*\***

Combination class of cardio and toning moves geared towards beginners and/or Active Older Adults.

### BARRE ABOVE

Come try this new approach to exercising! This low impact workout combines dance, Pilates, and aerobics. Improve your strength with this complete balanced workout.

### BODYSHRED BY JILLIAN MICHAELS.



30 Minutes to transform your body and forge pure athleticism. Join our Slate Belt YMCA fitness team for this total body and total fitness program. SHRED describes the primary elements you'll demand of your body each time you participate in the new class. Utilizing Jillian's 3-2-1 approach: You will shed fat, define muscles, enhance your overall health and athletic performance.

### CARDIO SCULPT - LOW IMPACT

This class is great for beginners or someone looking for a low impact class that focuses on muscular strength training along with low impact cardiovascular training. This class will utilize dumbbells, bands, stability ball and more.

### CYCLING

Motivated group environment, top-notch instructors and music that begs your legs to pedal. This class is great for all levels. Beginners may ride at their own pace.

\*Registration prior to class is required - space is limited. Please see the welcome center to register and for details.

### FITNESS CHALLENGE

Bring it on! Join us in a class that will keep changing, moving, and challenging you by using an array of fitness philosophies and timing sequences. Cardio and Muscle confusion is one of the best ways to train your body. Enjoy a class full of fun and enthusiasm.

### MASH UP

Bring it on! This class program changes each week. Participants will move to several types of fitness styles and use weights to tone your body. Enjoy the energy! You won't know what's coming next. FUN POWER ENERGY!

### POUND & POWER

Become the music! POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! Designed for all fitness levels.

### PUMP IT

This class is designed for toning and defining muscles using higher repetitions and low weight. Each block of music will concentrate on a specific muscle group. Work the total body. All levels welcome.

### R.I.P.P.E.D.

It's the one Stop body shock! Formulated to burn fat, build muscle, strengthen and condition, or what we like to say "Bulletproof" your body. R-Resistance, I-Interval, P-Power, P-Plyometric, E-Endurance, D-Diet and nutrition. This class is for all levels

### STEP & SCULPT

Come join us for this cardio workout! Basic step combos, combined with intervals and strength training. This class will definitely get your heart rate up.

### STRETCH & TONE

This relaxing Pilates style class is designed to stretch and lengthen your muscles, increase strength, and flexibility, and improve posture and balance. Perfect class to add to your weekly workout schedule.

### TRANSFORM

Transform your body using yoga, plyometrics, balance, core and strength training exercises that will help you make that mind-body connection.

### TABATA

Using the format of High Intensity Intermittent Training (HIIT), this class is designed to increase cardiovascular efficiency and increase muscular strength. This program is intense and challenging. Take your fitness to the next level!

### YOGA

We offer a variety of energizing, de-stressing core workouts mixed with a series of flowing poses challenging your strength while you increase flexibility and learn breath control. This is a great beginner and intermediate level yoga program

### ZUMBA

A combination of high energy and motivating music with unique moves and combinations that allows participants to dance away their worries.

### NOTE TO GROUP EXERCISE PARTICIPANTS

In order to serve and support all fitness levels, we encourage every member and participant to work at their own pace. Please introduce yourself to the instructors as a new member to a class so they can give some "personal" tips to assist you in the success of your workout.

Please see Program Studio bulletin board for up-to-date class offerings and Program Studio tips. Class participation determines which classes will continue to run.

## GROUP EXERCISE SCHEDULE

INCLUDED WITH MEMBERSHIP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:45 am Cycling CW Not available		6:00-6:45 am R.I.P.P.E.D. CW Not Available		6:00-6:45 am Cycling CW Not Available	
7:15-8:00 am Step & Sculpt	7:15-8:00 am HIIT CW Not Available		7:15-8:00 am Yoga CW Not Available		
8:15-9:00 am Pump it	8:15-9:00 am Transform	8:15-9:00 am Cardio Sculpt	8:15-9:00 am Tabata	8:15-9:00 am Pump It	8:15-9:00 am Fitness Challenge
9:30-10:15 am Zumba	9:15-10:00 am Silver Sneakers Classic	9:30-10:15 am Cycling		9:15-10:00 am Stretch & Tone	9:15-10:00 am Cycling
		9:30-10:15 am AOA Zumba	9:15-10:00 am Silver Sneakers Yoga	10:15-11:00 am SilverSneakers Circuit	
		10:30-11:15 am AOA Circuit			
5:30-6:15 pm BodyShred	5:30-6:15 pm HIIT	5:30-6:15 pm Zumba	5:30-6:30 pm Yoga		
6:30-7:15 pm Cycling	6:30-7:15 pm Stretch & Tone	6:30-7:15 pm Barre	6:30-7:15 pm Cycling		
		7:30-8:15 pm Cycling			



## SILVERSNEAKERS®

INCLUDED WITH MEMBERSHIP



**SILVER SNEAKERS** allows older adults to take greater control of their health. Special events are also held throughout the year, from Social Gatherings & Pot Lucks, to Lunch and Learns and Informative Seminars! Visit our Welcome Center to verify your eligibility today!

### SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance; and a chair is used for seated and/or standing support. Please wear comfortable clothes and rubber-soled shoes.

### SILVERSNEAKERS® CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

### SILVERSNEAKERS® YOGA

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative- breathing exercises and final relaxation will promote stress reduction and mental clarity.

# Join us and make a **SPLASH!**

**SUMMER SWIM LESSONS**  
will be offered by the  
**Slate Belt YMCA** held  
**at Bangor Memorial Park**



Register at the Slate Belt YMCA by calling 610-881-4470 or register online at [greatervalleyymca.org](http://greatervalleyymca.org) - CLASSES BELOW!

## OUTSIDE SWIM LESSONS at Bangor Memorial Park

### SUMMER SWIM LESSON SESSIONS

SESSION I	Tue & Thu	June 20, 22, 27, 29 and July 6, 11, 13
SESSION II	Tue & Thu	July 18, 20, 25, 27 and August 1, 3, 8, 10



### PRE-SCHOOL AQUATICS

Ages 3 to 5 Years

#### PIKE - BEGINNER

In our beginner class, children learn to feel comfortable in the water with water adjustment activities. Parents do not participate. Children wear floatation devices. Ratio up to 1:6.

Tue & Thu 10:45 AM to 11:30 AM

	Session I	Session II
Y Member	\$49	\$56
Non Member	\$70	\$80

#### EEL - ADVANCED BEGINNER

Designed for children who can already swim five feet on their front, back, and side with a floatation device. Children build endurance, become more efficient swimmers and progress to swimming without a floatation device. Ratio up to 1:6.

Tue & Thu 10:45 AM to 11:30 AM

	Session I	Session II
Y Member	\$49	\$56
Non Member	\$70	\$80

### SCHOOL AGE AQUATICS

Ages 6 to 12 years

#### POLLIWOG - BEGINNER

Class is for beginners. Focus will be on water adjustment, floating and introduction to front and back crawl. A floatation device will be used as needed. Students are slowly introduced to deeper water. Ratio up to 1:8.

Tue & Thu 9:45 AM to 10:30 AM

	Session I	Session II
Y Member	\$49	\$56
Non Member	\$70	\$80

#### GUPPY - ADVANCED BEGINNER

At this level, emphasis is on stroke development. Children learn rotary breathing, front crawl and back crawl. Ratio up to 1:8.

Tue & Thu 9:45 AM to 10:30 AM

	Session I	Session II
Y Member	\$49	\$56
Non Member	\$70	\$80

# SOCIAL RESPONSIBILITY

## LIFEGUARDING

### AMERICAN RED CROSS LIFEGUARD CERTIFICATION



Upon successful completion, participants will be certified with Professional CPR, First Aid, AED and Lifeguarding. Must be 15 years of age by the date of the last class.

- Students must swim 300 yards, do a 10 lb brick retrieval and tread water on the first day of class.
- Students must attend all four classes; there will be NO make-up classes!

#### LIFEGUARD CERTIFICATION

Member \$250\*  
Non Member \$300\*

#### LIFEGUARD RECERTIFICATION

Member \$125\*  
Non Member \$150\*

**\*\$25  
non-refundable  
fee for  
prerequisite  
swim test**

### THE FOLLOWING GREATER VALLEY YMCA BRANCHES ARE OFFERING LIFEGUARD CLASSES!

Call the branch or visit our website for branch specific program brochures with information.

#### ALLENTOWN YMCA

Contact Doreen at 610-351-9622 x310 or doreenconnelly@greatervalleyymca.org

#### YMCA OF EASTON, PHILLIPSBURG & VICINITY

Contact Colleen at 610 258 6158 x13 or colleenlaberteaux@greatervalleyymca.org

#### BETHLEHEM YMCA

Contact Vanessa at 610-867-7588 x114 or vanessarex@greatervallayymca.org

#### NAZARETH YMCA

Contact Katie at 610-759-3440 or katiespengler@greatervalleyymca.org

## FRIENDS & FUN

### PIRATES N' PANCAKES

Ages 4 to 8 years. Ahoy, Matey! Join us as we stir up some pirate fun! Pirate food, Pirate activities & Pirate mischief!

Do ye dare to walk the plank with us?

DATE **SATURDAY, MAY 13, 2017**

TIME **12:30 PM to 2 PM**

RSVP by April 28

Kids with a Family Membership **FREE!**  
Kids with a Youth Membership **\$7**

REGISTRATION REQUIRED TO ATTEND



**DO MORE.  
BE MORE.  
VOLUNTEER  
TODAY!**



If you would like to volunteer your time or your talent at any of our many special events and fundraisers throughout the year, please contact us at **610-881-4470!**



# GREATER VALLEY YMCA

greatervalleyymca.org

## ASSOCIATION OFFICE

1225 West Lafayette Street  
Easton, PA 18042  
610-438-6065

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## BRANCHES

### ALLENTOWN YMCA

425 South 15th Street  
Allentown, PA 18102  
610-351-9622

### NAZARETH YMCA

33 South Main Street  
Nazareth, PA 18064  
610-759-3440

### BETHLEHEM YMCA

430 East Broad Street  
Bethlehem, PA 18018  
610-867-7588

### SLATE BELT YMCA

315 West Pennsylvania Ave  
Pen Argyl, PA 18072  
610 881-4470

### YMCA OF EASTON, PHILLIPSBURG & VICINITY

1225 West Lafayette Street  
Easton, PA 18042  
610-258-6158

### SUBURBAN NORTH YMCA

880 Walnut Street  
Catasauqua, PA 18032  
610-264-5221

### FORKS YMCA EDUCATION CENTER

1350 Sullivan Trail  
Easton, PA 18040  
610-250-7193

