

FIND YOUR COMMUNITY



YMCA of Greater Brandywine Fall Program Guide

ymcagbw.org

The YMCA is a leading nonprofit committed to strengthening community. Financial assistance is available. Ask for details.



WELLNESS

FOREVERWELL
FOR SENIORS

MEMBERSHIP

CHILDCARE
& BASE

ADAPTIVE
PROGRAMS

TEEN
PROGRAMS

PROGRAMS
FOR ADULTS

YOUTH
PROGRAMS

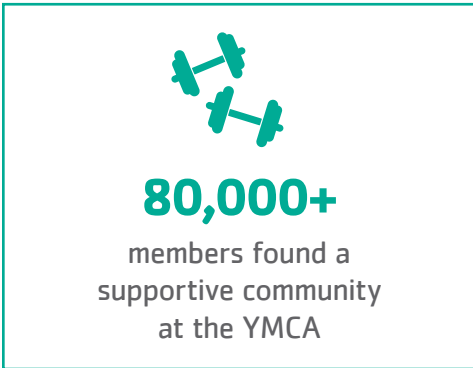


YOUTH DEVELOPMENT



31,000+

children served through membership & youth programs



80,000+

members found a supportive community at the YMCA



HEALTHY LIVING



SOCIAL RESPONSIBILITY



\$2.2MM

awarded in Financial Assistance to help families access childcare, summer camp and YMCA services

OUR WHY

The YMCA is a leading nonprofit committed to strengthening community by connecting all people to their potential, purpose and each other through programs that build healthy spirit, mind and body.

BELONG. GROW. THRIVE.

The Y offers a supportive community with programs and services focused on wellness, belonging and growth.

Find Your Community!

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YMCA OF GREATER BRANDYWINE | ymcagbw.org

COATESVILLE YMCA
295 Hurley Road
Coatesville, PA
610-380-9622

JENNERSVILLE YMCA
880 W. Baltimore Pike
West Grove, PA
610-869-9622

KENNETT AREA YMCA
101 Race Street
Kennett Square, PA
610-444-9622

LIONVILLE COMMUNITY YMCA
100 Devon Drive
Exton, PA
610-363-9622

**OCTORARA YMCA
AND PROGRAM CENTER**
104 Highland Road
Atglen, PA
610-593-9622

**OSCAR LASKO YMCA
AND CHILDCARE CENTER**
1 E. Chestnut Street
West Chester, PA
610-696-9622

UPPER MAIN LINE YMCA
1416 Berwyn-Paoli Road
Berwyn, PA
610-647-9622

WEST CHESTER AREA YMCA
605 Airport Road
West Chester, PA
610-431-9622

**YMCA PICKLEBALL CENTER
AT DOWNINGTOWN**
901 Skelp Level Road
Downingtown, PA
267-794-9622



WHAT'S NEW FALL 2024

NFL Flag Football

NFL FLAG is the official flag football league of the NFL and the largest youth football organization in the U.S. Now offered at select YGBW branches across Chester County!

Teen Programs

We're empowering youth to set and achieve goals through the launch of Y Achievers and the revamp of our 7th Grade Initiative. Available at select branches this fall.

Adaptive Programs

Designed for youth and adults with disabilities, we're proud to announce an expanded catalog of Adaptive Programs - Swim, Gymnastics, LEGO and more!

Health & Wellness Offerings

Our latest wellness offerings help you address all aspects of health & wellness. New cardio equipment, new group exercise classes, Evolt Body Scanners, Fit Truk and more!



OVERVIEW OF PROGRAMS

The YMCA is a leading nonprofit committed to strengthening community. Financial assistance is available. **Ask for details.**



Monthly Programs

Monthly programs meet weekly for four or five weeks to enable your child to try something new - Arts, Sports, STEM and more!

Session-Based Programs

Session-based programs run for six weeks or longer to enable your child to build foundational skills - Swim Lessons, Theater, Archery and more!

Academic Year Programs

Academic year programs run from September through May to enable your child to deepen skills and techniques - School of Dance, Earth Service Corps and more!

YOUTH PROGRAMS

Find your passion at the YMCA.

ARTS & HUMANITIES

SPORTS & FITNESS

SWIM LESSONS

STEM & ENVIRONMENTAL EDUCATION



CREATIVE & CULINARY ARTS * \$

Pre-K

- ★ Book & Cook: Ages 3-5 **M**
- ★ Book & Craft: Ages 3-5 **M**
- ★ Grown Up/Child Art Class: Ages 3-5 **M**

School Age

- ★ Budding Chefs: Ages 6-8 **M**
- ★ Intro to Cosmetology: Ages 5-12 **M**
- ★ Young Picassos: Ages 6-8 **M**

DANCE & PERFORMING ARTS * \$

Pre-K

- ★ Baby Dance: Ages 2-3
- ★ Creative Dance: Ages 4-6 **M**
- ★ Grown Up/Child Music: Ages 1-3 **M**
- ★ Intro to Youth Choir: Ages 4-6 **M**
- ★ Preschool Musical Theater: Ages 3-5 **M**

School Age

- ★ Broadway Bound: Ages 6-9
- ★ Creative Dance II: Ages 7-8 **M**
- ★ Intro to Acting: Ages 6-8 **M**

UMLY School of Dance  

Ages 3-18

From September through May, the School of Dance at the Upper Main Line YMCA offers Beginner through Advanced levels of:

- ★ Ballet
- ★ Pointe
- ★ Contemporary
- ★ Hip-Hop
- ★ Jazz
- ★ Modern
- ★ Tap

Junior & Senior Dance Company   

Ages 9-18

Our competitive dance teams perform in competitions, outreach programs and dance festivals from September through May, including:

- ★ Philadelphia Youth Dance Festival | Philadelphia
- ★ Starpower Dance Competition | Oaks
- ★ Aspire Dance Competition | King of Prussia

...and more!

**NUTCRACKER
HOLIDAY DANCE SHOW**  

Ages 3+

Celebrate the season with our Nutcracker Holiday Dance Show - a holiday tradition!

Jennersville Performing Arts Company 

Dance, Technical Theater, productions and more.

★ **The Little Mermaid** | Ages 9-16

Rehearsals begin in September for November performance

TECHNICAL THEATER  

Ages 9-16

Lights! Sounds! Set Design!
Go behind the scenes to bring the story to life.

UMLY Performing Arts Company 

Performers of all ages love our theater community.

★ **Mainstage - Frozen Jr.** | Ages 8-18

Rehearsals begin in September for December performance

★ **Playhouse Jr. - Twas the Night Before Christmas**
Ages 7-12

Rehearsals begin in September for November performance

★ **Storybook Theater - Fantastic Fairytales**
Ages 5-8

Rehearsals begin in September for Fall performance

**THEATRICAL
MAKEUP & COSTUMING**  

Ages 8-13

Bring characters to life through makeup and costume design.
Ideal for children who love theater but not the spotlight!

SPORTS CLASSES * \$

Pre-K

- ★ Intro to Basketball: Ages 3-5 **M**
- ★ Intro to Soccer: Ages 3-5 **M**
- ★ Intro to Sports: Ages 3-5 **M**
- ★ Red Ball Tennis Levels 1, 2 or 3: Ages 4-7 **M**

School Age

- ★ Pickleball - Grown Up/Child: Ages 6-8 **M**
- ★ Youth Archery: Ages 7-12
- ★ Youth Basketball: Ages 6-8 **M**
- ★ Youth Dodgeball I: Ages 6-8 **M**
- ★ Youth Dodgeball II: Ages 9-11 **M**
- ★ Youth Soccer: Ages 6-8 **M**

CLINICS & LEAGUES * \$

Pre-K

- ★ Basketball Clinic: Ages 4-5
- ★ Dek Hockey Clinic: Ages 5-6
- ★ **NEW!** NFL Flag Football League: Ages 4-5
- ★ Preschool Soccer League: Ages 3-4
- ★ Rising Stars Basketball League: Ages 3-4
- ★ Youth Basketball League: Age 5-6
- ★ Youth Soccer League: Ages 5-6

CLINICS & LEAGUES * \$

School Age

- ★ Basketball Clinic: Ages 5-15
- ★ Dek Hockey Clinic: Ages 7-12
- ★ **NEW!** NFL Flag Football League: Ages 6-11
- ★ Tennis Clinic: Ages 7-12
- ★ Youth Basketball League: Ages 7-10
- ★ Youth Soccer League: Ages 7-10

Sports Leagues vary by location.
Contact your branch for details.



NFL FLAG FOOTBALL * \$

Ages 4-17

NFL FLAG is the official flag football league of the NFL. Registration is **NOW OPEN** at:

- ★ Coatesville, Jennersville & Upper Main Line branches

Leagues begin in September 2024

GYMNASTICS & NINJA * \$

Pre-K

- ★ Grown Up/Child Gymnastics: Ages 18 mo - 3 yrs M
- ★ Ninja with Me: Ages 2-3 M
- ★ Pre-K Ninja: Ages 4-5 M
- ★ Preschool I Gymnastics: Age 3 M
- ★ Preschool II Gymnastics: Ages 4-5 M
- ★ Tumble Just Me: Ages 4-6 M
- ★ Tumble with Me: Ages 2-3 M
- ★ Tumbling Academy: Age 3 M

School Age

- ★ Intro to Cheerleading: Ages 4-11 M
- ★ Level 1 Gymnastics: Ages 5-12
- ★ Level 2 Gymnastics: Ages 5-12
- ★ Ninja: Ages 9-12 M
- ★ Youth Ninja: Ages 6-8 M

GYMCATS is our competitive
Gymnastics Team that practices at the
Oscar Lasko YMCA.

\$

SWIM LESSONS * \$

Pre-K

- ★ Parent/Child Swim Lessons: Ages 6 mo - 3 yrs
- ★ Preschool Swim Basics: Ages 3-5
- ★ Preschool Swim Stroke: Ages 3-5 ★

School Age

- ★ Youth Swim Basics: Ages 6-12
- ★ Youth Swim Stroke 1: Ages 6-12 ★
- ★ Youth Swim Stroke 2: Ages 6-12 ★
- ★ Youth Swim Stroke 3: Ages 6-12 ★
- ★ Springboard Diving Instruction: Ages 8-18

Swim Teams | Ages 5-19

We offer four competitive swim teams across six branches.

Visit ymcagbw.org/swimteam

STEM & ENVIRONMENTAL ED \$ *

STEM Classes * \$

Pre-K & School Age

- ★ Lil' Einstein STEM Class: Ages 4-5 M
- ★ Toddlers in Nature: Ages 2-4 M
- ★ STEM Kids: Ages 4-6 M
- ★ Build it STEM: Ages 6-8 M
- ★ Intro to Robotics: Ages 6-8 M
- ★ Wildlife Explorers: Ages 6-10 M



TEEN PROGRAMS

Sponsored by:



Formative programs for the formative years.

7th GRADE INITIATIVE | GRADE 7 **AY**

To inspire healthy habits, we offer a free Youth Membership to local seventh-graders. Learn new skills, develop wellness routines and socialize with peers. Students eligible from sixth-grade graduation through August 31 following their seventh-grade year.

PLUS! Select branches will offer exciting new 7th Grade Initiative activities during the 2024-25 school year - including fitness programs, volunteer projects, special events and more.

NEW! Y ACHIEVERS | GRADES 5-8 * **AY**

Designed to empower youth to set and achieve educational and career goals. Students participate in mentorship and skill-building workshops, build character and understand the importance of education. Includes free Youth Membership.

★ Offered at the Coatesville and Jennersville branches

ARTS & HUMANITIES * \$

- ★ Teen Pottery: Ages 13-16 **M**
- ★ Theater Prep I: Ages 8-17
- ★ Theater Prep II: Ages 8-17
- ★ Voice Lessons: Ages 10-18
- ★ Young Chefs: Ages 9-14 **M**
- ★ Youth Acting: Ages 9-14 **M**
- ★ Youth Cosmetology: Ages 11-13 **M**

Earth Service Corps | Ages 9-18 **AY**

Students take a hands-on role in creating a healthier environment in this youth-led program.



FROM UPSTAGE TO BACKSTAGE...

- ★ Theater productions
- ★ Technical Theater
- ★ Dance Classes
- ★ Dance Companies
- ★ Holiday Dance Show

See page 6

SPORTS & FITNESS * \$

- ★ Basketball Club: Ages 11-13
- ★ Basketball Skill Clinic: Ages 9-13
- ★ Color Guard Clinic: Ages 10-13
- ★ **NEW!** NFL Flag Football: Ages 12-17
- ★ Performance Training: Ages 10-18
- ★ Strength & Conditioning: Ages 10-17
- ★ Teen/Adult Swim Lessons: Ages 13+
- ★ Youth Badminton: Ages 6-15
- ★ Youth Basketball League: Ages 11-13
- ★ Youth Dodgeball III: Ages 12-14 **M**
- ★ Youth Pickleball: Ages 9-14 **M**
- ★ Youth Soccer League: Ages 11-13



ADULT & SENIOR PROGRAMS

Why let the kids have all the fun?

ARTS & HUMANITIES \$ *

- ★ Acrylic Painting M
- ★ Adult Ballet Barre or Tap
- ★ Plant-Based Culinary Arts M
- ★ Pottery M

Silver Swans Dance

Find your rhythm with classes designed by the Royal Academy of Dance. Recommended age 55+ but all adults welcome.

SPORTS & SWIM \$ *

- ★ Archery M
- ★ Basketball League
- ★ Gymnastics M
- ★ Karate
- ★ Pickleball & Tennis
- ★ Swim Lessons

COMING THIS FALL

EVOLT 360 provides more than 40 different measurements to pinpoint wellness goals.

First scan is free!

FITNESS & WELLNESS \$ *

- ★ East Chestnut Fitness: Cross Training at the Oscar Lasko YMCA
- ★ Personal Training: Individual
- ★ Personal Training: Semi-Private

GROUP EXERCISE *

Included in the cost of your YGBW Membership!

- ★ Aqua Fit
- ★ Barre
- ★ Cycle
- ★ Les Mills
- ★ Step
- ★ Tai Chi
- ★ Yoga
- ★ Zumba

NEW FOR 2024!

- ★ Les Mills Shapes
12-Week Session Starts June 30
- ★ Les Mills Strength Development
12-Week Session Starts Sept 22
- ★ Group Ex at Oscar Lasko Y
See Schedule for New Classes

FOREVERWELL AT THE YMCA

Members ages 55+ can discover new passions and new friends.

- | | |
|--------------------|----------------|
| ★ Belly Dancing | ★ Book Club |
| ★ Bingo | ★ Line Dancing |
| ★ Mahjonn | ★ Pinochle |
| ★ Water Volleyball | ...and more! |

GET OUT & ABOUT!

Explore Chester County on a ForeverWell Field Trip to Winterthur, American Music Theatre or the Brandywine River Museum.



ADAPTIVE PROGRAMS

Designed for children and adults with disabilities.

YOUTH PROGRAMS * \$

- ★ Adaptive Dance: Ages 5-9 M
- ★ Adaptive Gymnastics: Ages 5-16 M
- ★ Adaptive LEGO: Ages 5-8 M
- ★ Respite Recreation: Ages 5+
- ★ Snapshot Sports: Ages 5-12 M

ADULT PROGRAMS * \$

- ★ Adaptive Small Group Personal Training: Ages 18+ M
- ★ Adaptive Pickleball Clinic: Ages 15+
- ★ Open Doors: Ages 18+
- ★ Respite Recreation: Ages 18+

Adaptive Swim Lessons | Ages 3+ and 18+ * \$

Adaptive swim lessons are available for children and adults with disabilities as a two-month swim semester. Offered in small groups or one-on-one. See YMCA staff for details and registration.



EDUCATION & ENRICHMENT

Learn, grow and thrive in our supportive learning environment.

BEGIN YOUR JOURNEY

CHILDCARE & EARLY LEARNING \$

Ages six weeks through six years.

Children develop foundational skills through curriculum that supports cognitive, physical and social/emotional development in a safe and caring environment.

- ★ Infant & Toddler Care
- ★ Preschool
- ★ Montessori
- ★ Pre-K Counts



BEYOND THE SCHOOL DAY

BEFORE & AFTER CARE * \$

Ages 5-12

Children will develop skills and interests through extend care and enrichment that is provided at school district buildings. BASE includes daily activities and a social/emotional curriculum that meet state learning standards.

Register by Aug 15 for the 2024-25 school year.
Visit ymcagbw.org/base



FITNESS & WELLNESS

A 360-degree approach to health and wellness.

Upgraded Fitness Equipment

Work out in style with state-of-the-art cardio equipment at all YGBW Wellness Centers. **Installed April 2024.**

HUSK Nutrition Consultation

Wellness goes beyond exercise. Get personalized coaching from a team of Registered Dietiticians. **Covered by most health insurance plans.**

Group Exercise News

New classes to keep you motivated. See page 15 for details.

PLUS! Work out on the go with YMCA360.

YMCA360 is an app that offers live group exercise classes and on-demand recordings.

Health Seeker's Journey
SCAN BELOW



"I hope that anyone out there who is struggling to start their own journey will come along with me."

- **Bertram L. Lawson II, President & CEO**



HEALTH MANAGEMENT & DISEASE PREVENTION

Caring for your health goes beyond healthcare.

A MATTER OF BALANCE

Ages 55+

Designed to increase balance and strength, A Matter of Balance is an eight-week group program that teaches practical strategies to reduce fear of falling and increase activity levels. Available at most branches.

★ **Now enrolling for September**

LIVESTRONG

Ages 18+

With the LIVESTRONG Foundation, YGBW offers a small-group cancer survivorship program for those living with, through or beyond cancer. Participants focus on flexibility, movement and strength. Includes a free 12-week YMCA membership. Available at Coatesville, Jennersville and West Chester Branches.

★ **Contact Wellness Director at your branch to learn more.**

FIT TRUK

Coming Fall 2024

A fully equipped mobile gym, Fit Truk delivers health care and fitness to schools, organizations, community events and more to make wellness accessible across Chester County.

★ **Coming to your community this fall.**

DON'T JOIN A GYM...

...JOIN A COMMUNITY

YOUR Y MEMBERSHIP INCLUDES

- ★ Hundreds of Group Exercise classes
- ★ Use of state-of-the-art fitness equipment
- ★ Access to indoor pools and courts
- ★ Discounted program rates
- ★ Free Events for families and seniors
- ★ Supportive community



- ★ Access to seven branches
- ★ Use of YMCAs across the nation
- ★ Access to YMCA360 virtual workouts
- ★ No long-term contracts
- ★ Membership rates based upon income

Member Challenges | Fall 2024

Enjoy friendly competition - with a chance to win a prize!

- ★ YMCA Bingo Card: September 2024
- ★ 12 Days of Fitness: December 2024

RESOURCE PANTRIES AT THE Y

Did you know? YGBW provides food and toiletries to all in the community at our resource pantries.

- ★ Available at the Coatesville, Lionville and Oscar Lasko branches.
- ★ Visit the Welcome Desk for details.

ATTEND EVENTS & PERFORMANCES!

Community Events

- ★ Welcoming Week
September
- ★ Halloween Festivals
October
- ★ Holiday Celebrations
December

Theater & Dance

- ★ The Little Mermaid Jr.
November
- ★ Frozen Jr.
December
- ★ Nutcracker Dance Spectacular
December

...and more!



FAMILIES LOVE:

- » Free Child Watch while you workout
- » Discounted rates on programs and childcare
- » Parents Night Out



FAMILY & SENIOR EVENTS!

- » Included with your YGBW Membership
- » Fun Events designed for families and seniors
- » Fire Pits, Art, Bingo ...and more!



INVEST IN COMMUNITY

The YMCA is a nonprofit devoted to strengthening communities through three organizational pillars.

Youth Development

Empowering Youth to Reach Their Full Potential

Healthy Living

Improving Individual & Community Wellbeing

Social Responsibility

Ensuring that All People Have a Place to Belong



Impact in Our COMMUNITY

- » \$2.2MM awarded in financial assistance
- » 6,079 children learned life-saving water safety skills
- » 3,106 children attended summer camp at the Y
- » 2,621 students benefited from our 7th Grade Initiative

...and more!

WHY GIVE TO THE Y?



- » To provide financial assistance to those who cannot afford to pay for programs or membership fees. No one is turned away for services.
- » 100% of your gift is used for financial assistance and program subsidies.

Visit ymcagbw.org/donate

"Philanthropy is the backbone of a strong community. When I see someone in need, I can help them out – and when I have a need, I am certain that someone will lend me a hand. It's a beautiful cycle of kindness that I am humbled to be a part of."

- Mary Curcio, Vice President of Philanthropy



VOLUNTEER WITH US

4,700 volunteers. One mission.

FALL OPPORTUNITIES

- » **Youth Sports Coaches**
September - November
- » **Holiday Donor Drives**
November - December
- » **Committee & Board Members**
Accepting Applications for January



YMCA VOLUNTEERS LOVE

- » **Supporting Mission-Based Work**
- » **Quarterly Volunteer Celebrations**
- » **Opportunities for Groups & Families**

...and more!



JOIN OUR TEAM

Find your career – and your sense of purpose.



OPEN ROLES

- ★ **Childcare Teachers**
- ★ **Wellness Attendants**
- ★ **Program Instructors**
- ★ **Lifeguards**



"I started my career as a camp counselor nearly 25 years ago and have benefited from numerous career development opportunities at the Y"

- **Bertram L. Lawson II, President & CEO**

YMCA STAFF BENEFITS

- ★ **Flexible Schedules**
- ★ **Free Family Membership**
- ★ **Discount on Childcare, Camp & Programs**
- ★ **Tuition Reimbursement**
- ★ **Culture of Growth & Development**

REGISTER TODAY for Sep-Dec 2024!

- » Arts & Humanities
 - » Sports & Gymnastics
 - » STEM & Enviro Ed
 - » Swim Lessons
-AND MORE!

ENROLL TODAY!



Members
receive
discounted
pricing

For a better us.®



Find what you love at the Y!

TRY the Y PASS

Valid for multi-day trial. See member services
in your local YMCA branch for details. One pass
per household. Please bring photo ID with you.

ymcagbw.org

CODE:MAILTRYTHEY

YMCA OF GREATER BRANDYWINE
One E. Chestnut Street
West Chester, PA 19380
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