

BE OUR GUEST! COME SEE Y!

February 11 – 17

Lansdowne YMCA
2110 Garrett Rd., Lansdowne, PA 19050
P: 610.259.1661

Ridley Area YMCA
900 South Ave., Secane, PA 19018
P: 610.544.1080



**FREE
EVENT**

COMMUNITY OPEN HOUSE



Everyone is welcome to join us at either branch all week long. Try a fitness class, take a dip in the pool, shoot some hoops, learn about our childcare program, and meet the Community YMCA team! There's fun for everyone! Register at either front desk for a FREE week of membership. If you become a member, we'll waive the joining fee!

Below is a sampling of the classes offered that week.
Visitors can pick up a complete itinerary at the front desk.

LANSDOWNE

Mon:	Kids' Yoga (ages 6-12 yrs) Cardio Dance and More	5:45-6:30pm 7:05-8pm
Tues:	Pre-K Basketball (ages 4-6 yrs) Yoga	5-5:45pm 5:05-6pm
Wed:	Music and Beach Ball Party in Pool Zumba Gold	5:30-6:30pm 9:05-10am
Thurs:	Spikeball (ages 8-16 yrs) POUND	7-7:45pm 5:05-5:50pm
Fri:	Nine Square Gym Game (all ages) Barre Fusion	5-6:30pm 11:15-12pm
Sat:	Lego Art (ages 6-12 yrs) Les Mills Body Pump	1-1:45pm 8-9am
Sun:	Family Activities, Refreshments, Gym & Pool Games 12:30-3pm AM Cardio Combo	10:30-11:25am

RIDLEY

Mon:	Youth Basketball (ages 3-5) Les Mills Body Combat	1:30-2:15pm 6:05-7pm
Tues:	Swim lesson Evaluation (ages 3-12) POUND Combo	7-7:30pm 6:05-7pm
Wed:	Sports Introduction (ages 3-5) Silver Sneakers Circuit	12:30-1:15pm 12:15-1pm
Thu:	Generation Pound (ages 6-12) Les Mills Barre	4-4:45pm 12-12:30pm
Fri:	Parent & Me Playgroup (6mo+) Aqua Easy	10:30am-2pm 9-9:30am
Sat:	Little Rollers (ages 1-4) Les Mills Body Pump	10:30-11am 8-9am
Sun:	Pool Party (All ages) Guided Meditation	3-5pm 9:05-9:50am

***Prior to your visit, please review our Aquatic Swim Safety Policy at cyedc.org/join-the-y/policies/. Thank you.