

Start the new school year off with healthy, fun activities for your whole family

Back to School Time! You can always find plenty of healthy, fun activities for you and your whole family at the Pottstown **YMCA**. A Freedom Valley YMCA Branch with facilities, programs and services for all ages ... close to home and family affordable.

- **YMCA Child Development Center/Before and After School Child Care Program.** From Infant/Toddler to Preschool to Kindergarten to School Age Child Care, ages 6 weeks to 12 years of age, the Pottstown YMCA state license, STARS Quality facilities, well-trained, degreed and caring staff guide your children in their growth and development. Before and After School Care offered at the Pottstown, Pottsgrove, Owen J. Roberts and Daniel Boone Elementary Schools. Free Youth YMCA membership is included for every student enrolled full time.

- **Great facilities.** The Pottstown YMCA, located at 724 N. Adams St., provides year round access to two indoor pools, two air conditioned gymnasiums, cardiovascular, free weights and Nautilus workout equipment, indoor track, racquetball courts, cycling studio, whirlpool, saunas, steamroom and personal training.

- **Wide Variety of Classes.** Fall Session of programs begins Sep. 8 with an expanded listing of free classes, so whether you're

looking for the relaxing benefits of Yoqua (Yoga in the pool) or the physical challenge provided in our cycling exercise classes, our experienced, caring and knowledgeable staff are here for you.

- **Youth programs abound.** Dance, Dance Revolution and Nintendo Wii makes exercising fun. Our youth basketball league, Seahawks Swim Team, sports programs, youth cycling, cheerleading and gymnastics will get your kids moving while junior chefs, junior leaders and junior Picassos get their creative juices flowing.

- **Think ahead.** Sunday, Oct. 11, is the start of our fall open house week and Octoberfest. Our 19th annual Halloween Safe-house is scheduled for Friday, Oct. 30, from 6-8 pm for ages 12 and under with an adult.

- **Join the YMCA.** So much to do all year long for all ages. Give us a call at 610.323.7300, visit our website www.fvymca.org or come see us at the corner of Adams and Jackson streets. Fall program sessions run 10 weeks, Sept. 8 to Nov. 15.

The Pottstown YMCA – You Belong Here!
Freedom Valley YMCA – Audubon YMCA, Phoenixville YMCA, Pottstown YMCA, Spring Valley YMCA, Upper Perkiomen Valley YMCA

