

## Make a splash this summer at the Pottstown YMCA

This summer, dive into the Pottstown YMCA, A Freedom Valley YMCA Branch for healthy, fun activities for you and your whole family... close to home, lots to do and family affordable.

**Great facilities!** The Pottstown YMCA, located at 724 North Adams Street, provides year round access to two indoor pools, two air conditioned gymnasiums, cardio vascular, free weight and Nautilus workout equipment, indoor track, racquetball courts, cycling studio, whirlpool, saunas, steamroom, personal training and a variety of fitness and aquatic programs for all ages. 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 is here for you!

**Outdoor pools!** Three branches of the Freedom Valley YMCA offer cooling, refreshing, very reasonably priced outdoor pools and recreation complexes. The outdoor facility in East Greenville is included in membership to the Pottstown YMCA and upgrading to an Association YMCA membership adds full access to the facilities at Phoenix-

ville and Spring Valley YMCA branches.

**Special Summer College Membership!** In addition to our regular membership programs, our YMCA offers to full time college students, home for the summer or preparing to attend college in the fall a short term rate.

**YMCA Camp!** With activities at five Freedom Valley YMCAs to choose, our Y can help your kids make fun memories to last a lifetime. Options available for ages 3 to 12 years for traditional camp, specialty camps, sports leagues...

**Youth programs abound!** Dance, Dance Revolution and Nintendo Wii makes exercising fun. Our Youth "Summer Power Packs" are family vacation friendly ... Summer Tumble Class, Jr, Chef Clinic, Cheer Clinic, Cardio Max Clinic and Aquatic Power Pak to name a few ... and our Kidz Zone has extended summer hours.

**Think ahead!** Our Child Development Center is open year round offering care for children ages 6 weeks through 12 years. Registration for PALS Preschool 09-10 is going on now.

**Join the YMCA!** Special fun activities are scheduled throughout the year. Coming soon, our

*Daddy Dunk Basketball Shoot Out*, Thursday June 18 and our members' *Summer Challenge* with chances to win cool prizes.

Wednesday, June 17 marks the 23rd Annual R.P. Smith Golf Outing. Proceeds from this event held at Brookside Country Club benefit our YMCA's *YPARTNERS Financial Assistance Program*. Funding from this program makes YMCA membership available to members of our community with demonstrated financial need.

For more information on these and other YMCA programs and membership options, please call the Pottstown YMCA at 610-323-7300, visit us at [www.fvymca.org](http://www.fvymca.org) or come see us at the corner of Adams and Jackson streets. The Summer Program session runs June 15 - Aug. 23 with many programs divided into two, five week sessions making them very vacation friendly. Always something for everyone at our Pottstown YMCA, come join us this summer! **Dive in...You Belong Here!**

Freedom Valley YMCA - Audubon YMCA, Phoenixville YMCA, Pottstown YMCA, Spring Valley YMCA, Upper Perkiomen Valley YMCA.

