



2500 Lower State Rd • Doylestown  
215-348-8131 • www.cbfymca.org

**We build strong kids,  
strong families, strong communities**

CENTRAL BUCKS FAMILY YMCA



# STARS

Sharing and Teaching for all  
Abilities to Realize Self-Strengths

### STARS Group Swim Classes...30 min

Member.....\$75 NonMember.....\$144

## SWIM CLASSES

All new participants must be evaluated prior to beginning in classes to ensure swimmer is in the most appropriate class.

### LITTLE STARS SWIM

6 mths to 4 yrs

Parent/Child aquatics class - Sing songs and play games while increasing comfort and independence in the water.

\*Sat 6-12 mths ..... 9:00-9:30 AM  
\*Sat 12-18 mths ..... 9:30-10:00 AM  
\*Sat 19 mths-3 yrs ..... 10:00-10:30 AM  
Sun..... 11:30 AM-12:00 PM

### BEGINNER STARS SWIM

3 yrs+

Willing to separate from parent/caregiver unless required for behavior or physical assistance - Learn to swim independently on front and back; work on developing breath control skills and swimming with face in the water.

Thu ..... 5:30-6:00PM \*Sat ..... 8:30-9:00 AM  
Sun. 12:00-12:30 PM

### INTERMEDIATE STARS SWIM

5 yrs+

Able to swim independently from parents with face in the water, jump in pool and use little floatation - Intro to basic swim strokes on front and back, sit dives, rotary breathing and water safety.

Thur..... 6:00-6:30 PM Sun..... 9:00-9:30 AM

### ADVANCED STARS SWIM

6 yrs+

May not use floatation belts - Work on improving strokes and endurance, diving (kneeling and standing), rotary breathing and water safety skills

Thu ..... 6:30-7:00 PM Sun..... 9:30-10:00 AM  
Sun..... 12:30-1:00 PM

*Parents are only encouraged to participate in the swim lesson to manage behavior due to space limitations in the pool.*

*\*denotes mainstreamed classes (classes are larger in size with higher participant to instructor ratio)*

# Special Needs Programs

**7 week session - March 1 - April 18**

Member Registration begins Feb 15; NonMember Registration begins Feb 22

## Not sure which class is best?

**Just try it for FREE!**

Come see what the STARS Program is all about - try a class for free! Need info?

Call Brooke Johnston at 215-348-8131 x 141 or bjohnston@cbfymca.org.

The STARS program (Sharing and Teaching for all Abilities to Realize Self-Strengths) is committed to providing premier adapted physical activities programs that reach out to the special needs population and their families in the local CBFYMCA area. The populations we serve are people who have Developmental Disabilities, Physical Disabilities, Hearing Impairments, Speech and Language Disabilities, Learning Disabilities and Mental Health Disabilities.

### STARS Group Land Classes...30 min

Little STARS

Member .....\$75 NonMember ..... \$144

### STARS Group Land Classes...40 min

Shining STARS/Super STARS/Shooting STARS

Member .....\$96 NonMember .....\$162

## LAND CLASSES

Incorporates a variety of sport-related skills and lifelong activities in a fun group environment; great for increasing socialization skills.

### LITTLE STARS TINY TUMBLERS

3 to 4 yrs 40 min Gym A

Structured and engaging; builds strength, flexibility and agility. New gymnastics skills through circle time and obstacle courses. Skills include basic positions, rolls, cartwheels, leaps, bars, and balance skills.

\*Thu.... 5:10-5:50 PM

### SHINING STARS

5 to 9 yrs 40 min Gym A

Sun... 11:40-12:20 PM

### SUPER STARS

10 to 13 yrs 40 min Gym A

Sun... 11:00-11:40 AM

### SHOOTING STARS

14 yrs to Adult 40 min Gym A

Sun..... 12:20-1:00 PM

### STARS Group 14 yrs to Adult

Fitness Center Classes...40 min

Member ..... \$129 NonMember ..... \$206

## FITNESS CLASS

Focus on utilizing the Fitness Center in a safe and fun way. Introduces fundamentals of fitness with supervised instruction of strength and cardio equipment.

### SHOOTING STARS

14 yrs to Adult 40 min Fitness Center

Sun... 10:00-10:45 AM

## EXTENDED

**KIDDIE KARE HOURS  
SUNDAYS UNTIL 1 PM**

**NEW!**

### Special Needs

### Recreation Gym

Thursday 7:00-8:00 PM GYM A

### Recreation Swim

Thursday 6:30-7:00PM

Member .....\$0 NonMember.. \$20/family

## PRIVATE LESSONS

Flexible options once or twice a week.

Instruction geared toward individuals who may benefit more from a personalized instruction setting. Great option for all; **beginner through competitive levels.**

### STARS ONE-ON-ONE SWIM

Infant to Adult

Participant will acquire water safety, swimming skills and self-confidence.

8 half hour sessions

Member .....\$199 NonMember .....\$289

### STARS COMBO FITNESS & SWIM

7 yrs to Adult

8 half hour sessions

Member .....\$199 NonMember .....\$289

### STARS ONE-ON-ONE FITNESS

7 yrs to Adult

Work one-on-one with a trained instructor to develop strength, balance, flexibility, cardiovascular fitness and functional skills. Workouts individually designed with participants goals in mind.

*Additional packages available - please inquire.*

8 half hour sessions

Member .....\$199 Non-Member .....\$289

## PRIVATE FITNESS OR SWIM LESSONS

Private Fitness or Swim Lessons for Parents and Caregivers

Strength and endurance training for parents/caregivers of individuals with special needs. Great option if you need to provide physical assistance and it is becoming difficult as child grows. Learn water & swim skills to feel safe in the water with your child.

8 half hour sessions

Member .....\$199 NonMember .....\$289

Financial Assistance - Based on the availability of funds, no one who qualifies will be turned away due to the inability to pay. If you need assistance, contact the YMCA at 215-348-8131, x 139.