



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

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

CENTRAL BUCKS FAMILY YMCA



STARS

Sharing and Teaching for all
Abilities to Realize Self-Strengths

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 Swim Classes...30 min

Member\$75 NonMember\$144

STARS Group Swim Classes

All participants must have a caregiver/buddy. Tight rubber pants or special swim diapers required, as needed.

Thu... Beginner STARS.....	5:30-6:00 PM
Thu... Little STARS.....	6:00-6:30 PM
Thu... Advanced Beg STARS	6:30-7:00 PM
Sat* .. Beginner STARS.....	8:30-9:00 PM
Sat* .. Little STARS (6-18 mths).....	9:00-9:30 AM
Sat* .. Little STARS (19-36 mths).....	9:30-10:00 AM
Sun... Beginner STARS.....	9:00-9:30 AM
Sun... Advanced Beg STARS	9:30-10:00 AM
Sun... Little STARS	11:30-12:00 PM
Sun... Beginner STARS.....	12:00-12:30 PM
Sun... Advanced Beg STARS	12:30-1:00 PM

*Classes are mainstreamed

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

STARS Land Classes

Caregiver/buddy may be required, call for more information. All classes held at the Doylestown

Presbyterian Church, Andrews Hall, corner of Mechanics & Church Streets.

Sat..... Shooting STARS	1:00-1:40 PM
Sat..... Super STARS	1:45-2:25 PM
Sat..... Shining STARS	2:30-3:10 PM
Sat..... Little STARS	3:30-4:00 PM

STARS Group 14 yrs to Adult Fitness Center Classes...40 min

Member\$129 NonMember \$208

STARS Group Fitness Center Classes

Caregiver/buddy may be required, call for more information.

Sat..... STARS Fitness Ctr	10:45-11:30 AM
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Special Needs Programs

7 week session - January 4 - February 21

Member Registration begins Dec 7; NonMember Registration begins Dec 14

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.

**EXTENDED
KIDDIE KARE HOURS
SUNDAYS UNTIL 1 PM**

Special Needs 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.**



**Free Sampler Swim Lessons
at the Y's OPEN HOUSE
Sun., Jan. 10 Noon to 3 PM**

STARS One-On-One Fitness

14 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/larger packages available - please inquire.

8 half hour sessions

Member\$199 Non-Member\$289

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

Parents/Caregivers

Private Fitness or Swim Lessons

NEW!

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

CLASS DESCRIPTIONS

Little STARS Land: 4 yrs and younger

Designed for parents and children to play and learn together. Stations and group activities are used to enable participants to experience group play, gross motor movement, and fine motor skills.

Shining STARS Land: 5 to 9 yrs

Incorporates a variety of sports-related activities in a fun group environment.

Super STARS Land: 10 to 13 yrs

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

Shooting STARS Land: 14 yrs to adult

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

STARS Fitness Center: 14 yrs to adult

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

Little STARS Swim: 6 months to 4 yrs

An introduction class to an aquatics environment, designed to provide parent education and water adjustment. Sing songs and play games to increase comfort in the water. *Tight rubber pants or special swim diapers are REQUIRED.

Beginner STARS Swim: 5 yrs+

Building confidence and working on more independent swim skills. Must have a general comfort level in the water with support of floatation. *Parents may be in the water as needed.*

Advanced Beginner STARS Swim: 5 yrs+

Prerequisites: Child must be comfortable going into water w/o parent. Able to swim independently, preferably w/o floatation. Must be able to fully submerge. Continue building upon basic swim skills and learning more advanced strokes and stroke techniques.

Classes are taught by instructors trained in adapted physical activities and adapted aquatics. Participant may be encouraged to move to a class that better suits their needs after an initial evaluation by instructor or coordinator.

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.