

For a healthier 2009, think Pottstown YMCA, where your 'to-do' list is a lot more fun

Our Pottstown YMCA, a Freedom Valley YMCA branch offers a variety of fitness, aquatic, recreational, preschool to senior activities for you and your family at our all-inclusive facility located at Adams and Jackson streets in Pottstown.

Looking to get more active? Want to spend more time as a family? It may be cold outside, but at the Pottstown YMCA there is plenty to do to keep you warm and active throughout the winter and you don't have far to travel. Our two gymnasiums offer times for basketball, volleyball, and pickleball. Our two indoor heated pools are available for lap and recreational swimming, along with aquatic fitness classes and swim lessons for ages 6 months and up. Our fitness classes will get your heart pumping, and our yoga classes can help you to relax.

Need a place for your children while you work out? Our Child Watch service will tend to your little ones and for the 6-13 year olds, our Kid Zone Staff provides direction with fun activities along with Dance Dance Revolution and Wii interactive video programs combine fun and exercise.

Looking for care for your children while you are at work? Or wondering what will your kids be doing this summer? In our Child Development Center our certified staff provides care year round beginning at age 6 weeks while school age children are provided care at school sites in the Pottstown, Pottsgrove, Owen J. Roberts and Daniel Boone School Districts. Our Open House for Summer Camp Programs will be Saturday, Jan. 31, from 8 to 11 a.m.

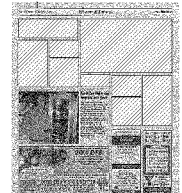
Want a fun challenge? Our 4th

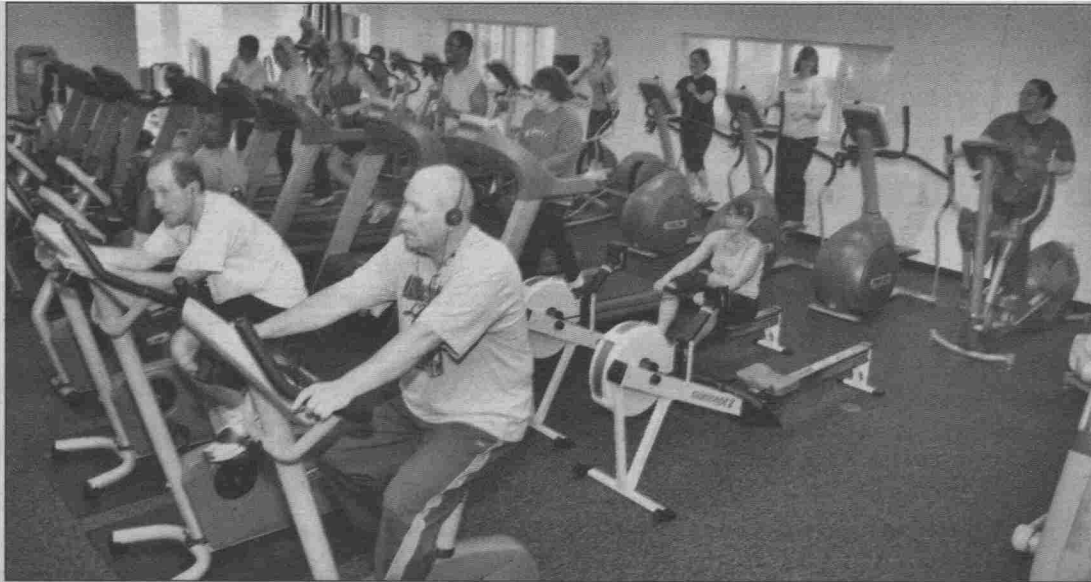
annual Bench Press Competition is scheduled for Sunday, Feb. 22, and with Spring not far behind, mark your calendars for our 8th annual Spring Forward 5k on Saturday, April 4.

Looking for a variety of workout times, locations and programs? The Pottstown YMCA is a branch of the Freedom Valley YMCA — a new association formed from the merging of the Phoenixville Area YMCA and the Family YMCAs of Pottstown & Upper Perkiomen Valley. Membership options are available for full association use.

For more information on these or any YMCA program, give us a call at 610-323-7300, visit us on the web at www.fvymca.org or come to see for yourself at 724 N. Adams St., why You Belong at the Pottstown YMCA.

Everyone is welcome at the YMCA, regardless of ability to pay. Financial assistance for membership and programs is available. The YMCA mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.





The Pottstown YMCA offers a variety of fitness, aquatic, recreational, and preschool to senior activities.