



RIVER CROSSING YMCA

FALL

PROGRAM GUIDE

Allentown | Sept 8–Oct 31, 2024

Welcome to River Crossing YMCA's fall program guide. We are pleased to provide clean facilities and safe programs to help you meet your health and wellness needs now more than ever.

IT PAYS TO BELONG.

As a member you have a full list of facility amenities and program benefits!

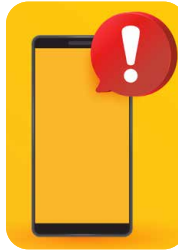
[Click here](#) to learn more in Bucks and Hunterdon counties.

[Click here](#) to learn more in Lehigh and Northampton counties.

PROGRAM REGISTRATION DATES:

- **Family Members: July 24** (online, phone or in-person)
- **Member: July 26** (online, phone or in-person)
- **Non-member: July 29** (online, phone or in-person)

NOT A MEMBER? [Click here](#) to join today!



KNOW BEFORE YOU GO. Sign up for text alerts.

Receive notifications about changes, cancellations and closures for branch-specific programs including:

- building opening delays and closures
- pool closures
- group exercise class changes and cancellations

Having trouble opting in? Or already in the system but need to add new locations? [Click here](#) to email Brittney for help.

Sign up for alerts: [Click here](#) if located in Bucks and Hunterdon counties or [click here](#) if located in Lehigh and Northampton counties.

MONTHLY DRAFTS

For our regular youth and adult sports and swim programs, arts and enrichment classes, we have transitioned to monthly drafts instead of requiring re-registration for a session with the exception of seasonal programs and leagues. Register for your youth swim, sports or personal training program and we'll continue to bill you monthly until you request to stop! Super convenient and helpful in establishing schedules for your family! [Click here to learn more.](#)



Financial Assistance

At the Y, we believe in making a positive impact on individuals and families in need. Financial assistance is available for membership, programs and child care through an application process. For full information and application details [click here or scan the QR code.](#)



UPCOMING EVENTS AT THE Y

[Click here](#) for events in Bucks and Hunterdon counties.

[Click here](#) for events in Lehigh and Northampton counties.

HOLIDAYS

In observance of holidays, the Y will be closed on 9/2 for Labor Day.



As a full member, you have access to our branches in Pennsylvania in Bucks, Lehigh and Northampton counties and in New Jersey in Hunterdon County.

Please view a full list of our locations below.

For more information visit

Bucks and Hunterdon counties:
ymcabhc.org

Lehigh and Northampton counties:
gv-ymca.org

Allentown

425 South 15th Street
Allentown, PA 18102

[Click here](#) for hours and amenities

Bethlehem

430 East Broad Street
Bethlehem, PA 18018

[Click here](#) for hours and amenities

Deer Path

144 West Woodchurch Road
Flemington, NJ 08822

[Click here](#) for hours and amenities

Doylestown

2500 Lower State Road
Doylestown, PA 18901

[Click here](#) for hours and amenities

Easton/Phillipsburg

1225 West Lafayette Street
Easton, PA 18042

[Click here](#) for hours and amenities

Fairless Hills

601 South Oxford Valley Road
Fairless Hills, PA 19030

[Click here](#) for hours and amenities

Nazareth

33 South Main Street
Nazareth, PA 18064

[Click here](#) for hours and amenities

Newtown

190 South Sycamore Street
Newtown, PA 18940

[Click here](#) for hours and amenities

Quakertown

401 Fairview Avenue
Quakertown, PA 18951

[Click here](#) for hours and amenities

Slate Belt

315 West Pennsylvania Avenue
Pen Argyl, PA 18072

[Click here](#) for hours and amenities

Suburban North

880 Walnut Street
Catasauqua, PA 18032

[Click here](#) for hours and amenities

Warminster

624 York Road
Warminster, PA 18974

[Click here](#) for hours and amenities

FITNESS

We offer state-of-the-art wellness centers and group exercise studios, focused on the health and wellbeing of each of our members. Our wellness centers are open and spacious and well equipped with a variety of cardio, selectorized strength machines, free weight and functional training equipment.

FITNESS EQUIPMENT ORIENTATION

Fitness Equipment Orientations will acclimate you with the Wellness Center, teaching you how to use the equipment safely and effectively.

[Click here to register in Bucks and Hunterdon counties.](#)

[Click here to register in Lehigh and Northampton counties.](#)



FITNESS CONSULTATIONS

Available free every 90 days, book an appointment with a fitness professional for guidance and support to help you reach your goals.

[InBody Body Composition Scans](#) are available at select branches.

FITNESS TRAINING

Experienced trainers will design a program specific for you and help you create sustainable lifestyle changes to meet your health and wellness goals - no matter where you are in your journey.

For questions, prices, or to book a training package:

[Click here for schedules/reservations in Bucks and Hunterdon counties.](#)

[Click here for schedules/reservations in Lehigh and Northampton counties.](#)

GROUP EXERCISE

Group exercise classes are included free with membership.

[Click here for schedules/reservations in Bucks and Hunterdon counties.](#)

[Click here for schedules/reservations in Lehigh and Northampton counties.](#)



FALL PROGRAMS

[Click here to view program registration in Bucks and Hunterdon counties.](#)

[Click here to view program registration in Lehigh and Northampton counties.](#)

GYMNASIUM

Bucks County: Doylestown, Fairless Hills and Quakertown

Hunterdon County: Deer Path

Lehigh Valley Region: Bethlehem, Easton, Slate Belt and Suburban North
Our gymnasiums are available for open gym, basketball and pickleball.

AQUATICS

[Click here for Aquatics in Bucks and Hunterdon counties.](#)

Deer Path, Doylestown, Fairless Hills, Quakertown and Warminster

In addition to our aquatics and swim programs, we offer lap swim, open/family swim, a whirlpool (Deer Path, Doylestown) and aquatic group exercise classes. Bucks aquatic exercise classes are available via a reservation system.

[Click here for Aquatics in Lehigh and Northampton counties.](#)

Bethlehem, Easton, Nazareth and Slate Belt

To view our gymnasium schedules:

[Click here for Bucks and Hunterdon counties.](#)

[Click here for Lehigh and Northampton counties.](#)



BACK BY POPULAR DEMAND!

8 Weeks, 8 Habits with Marsha Hughes

Program begins October 14-December 2

Member \$360 | Non-member \$504



[Click here to learn more!](#)



DOYLESTOWN SKATEPARK: FALL HOURS

Mon-Thurs 4:30-8 PM; Fri 4:30-9 PM

Sat & Sun 12-6 PM

Hours and availability are subject to change due to weather conditions.

[Click here for more information.](#)

METRO ESPORTS GAMING LOUNGE: FALL HOURS

Doylestown Lounge

Mon-Fri | 2:30-9 PM

Sat & Sun | 2-6 PM

Fairless Hills Lounge

Mon-Thurs | 3-7 PM

Fri | 3-8 PM; Sat & Sun | 2-5 PM

Warminster Lounge

Mon, Wed, Fri | 3-7 PM

Tues, Thurs | 5-7 PM

Sat & Sun | 2-5 PM



NEW Fairless Hills Lounge!

Teamwork • Leadership • Safety • Inclusion

[Click here for more information.](#)



STAY & PLAY

Child care while you work out! Make the most of your visit while we look after kids aged 3 months to 6th grade. This service is free to members with adult and family memberships, ensuring you can focus on your workout knowing your children are safe and supervised.

[Click here for Bucks and Hunterdon counties.](#)

[Click here for Lehigh and Northampton counties.](#)



Child Care and School Age Child Care Registration Now Open!

Bucks and Hunterdon counties:

[Click here](#) for Child Care

[Click here](#) for School Age Child Care

Lehigh and Northampton counties:

[Click here](#) for Child Care

[Click here](#) for School Age Child Care



JOIN IN SEPTEMBER PAY NO JOIN FEE!

Visit our website for details.

Member Referral Program

Current members will receive \$30 in Y Bucks when they refer a friend who joins the Y! Visit the Welcome Center to learn more.



This is a membership about community, caring and cause! You are supporting vital community programs in a meaningful way where everyone benefits!

SCAN THE QR CODE OR [CLICK HERE](#) TO LEARN MORE!



beCAUSE together we touch lives



FIND YOUR POTENTIAL. FIND YOUR Y.

For a better us.®

Enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

- Includes FREE YMCA membership & reduced membership and program fees for the family
- FREE virtual wellness platform for the entire family
- Competitive hourly pay rates
- Friendly, caring team environment
- Nurturing employee onboarding program

Apply online or in person at the Welcome Center at one of our branches!

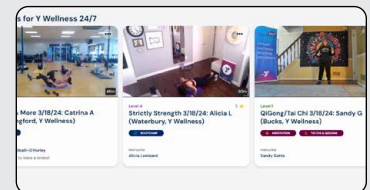
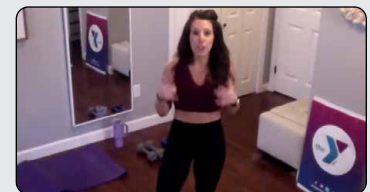
[Click here](#) to apply in Bucks and Hunterdon counties.

[Click here](#) to apply in Lehigh and Northampton counties.



Virtual wellness anytime, anywhere.

We are pleased to provide online access to group exercise classes and family and youth programs through our virtual platform, Y Wellness 24/7. Included with your membership, our virtual platform Y Wellness 24/7 is your solution to wellness conveniently available anytime, anywhere! Experience over 75+ weekly live group exercise classes and 1,000s of classes on demand including yoga, meditation, family and youth programming, sports performance training, HIIT, strength training, Pilates, chronic disease prevention, nutrition and more!

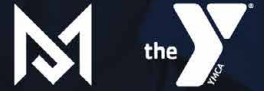


[Scan the QR code or click here to access Y Wellness 24/7](#)

METRO ESPORTS

EARLY FALL 2024

Exclusive programming at the Fairless Hills and Warminster locations coming this fall!



EVERY WEEK

MINECRAFT MONDAYS

AT FAIRLESS HILLS

Compete in fun, easy, and family friendly events on the YMCA Minecraft Server! Earn Metro Coins to spend on prizes and rewards at the Metro Shop, including gaming gear, toys, discounts, and more!

Every Monday | 3:30 PM to 6:00 PM

METRO MADNESS

AT DOYLESTOWN

Drop in anytime to complete challenges in a variety of games including Fortnite and Overwatch every Wednesday. Compete with friends across any game to climb the leaderboard!

Every Wednesday | 2:30 PM to 5:00 PM

FRIDAY NIGHT TOURNAMENTS

AT DOYLESTOWN

Compete in an esports tournament every Friday! Games rotate each week between Fortnite and Smash Ultimate. No skill level or age restrictions. Join as a team or make friends along the way. Compete for prizes like gaming peripherals, gift cards, merch, and more!

Every Friday | 4:00 PM to 6:00 PM

ROBLOX RUMBLE

AT WARMINSTER

Exclusively at Warminster, participate in weekly Roblox challenges for a chance to win Robux, Pokemon Cards, and Metro Coins! Challenges include speedrunning, obstacle courses, battle royales, and team based games.

Every Saturday | 2:00 PM to 5:00 PM

PARTY RENTALS

Rent a Metro Esports facility for your own birthday party or event! Let your event host guide your party through unique challenges, competitions, and free play for the best event a gamer could ask for.

Visit metroesports.gg/rentals for more info

DOYLESTOWN

MON - FRI: 2:30 PM to 9:00 PM
SAT - SUN: 2:00 PM to 6:00 PM

ESPORTS DAY-OFF SCHOOL CAMP

Make the most of a school-free day by exploring the world of esports with friends. Transform your day off into an adventure of creativity, collaboration, and exciting games!

Thursday, October 3rd

ESPORTS TEAM LEADERS

Get involved in shaping the future of gaming and esports at the Doylestown Esports and Tech Lab. You'll have the chance to contribute your skills to shaping the unique and innovative experiences offered here at the YMCA, while learning valuable tech skills.

Whether you're a seasoned gamer, content creator, or just eager to be part of a vibrant community, this program is for you! Once registered, you will be able to select different times and days to assist in the esports lounge.

September & October
Grades 7 to 12

ESPORTS RIVALRY MATCH

Live esports matchup between William Tennent and La Salle College High Schools – a showcase of local scholastic talent and competition! Games, and match information coming soon.

Saturday, October 19th

HALLOWEEN FRIGHT NIGHT!

This Halloween, Metro Esports presents a game night with spooky tricks and fun treats! Play Halloween-exclusive games and compete in events in your best costume, spooky or silly.

Thursday, October 31st

WARMINSTER

MON / WED / FRI: 3 PM to 7 PM
TUE / THU: 5 PM to 7 PM
SAT / SUN: 2 PM to 5 PM

MINECRAFT & CODE

You can learn to code through Minecraft! This 6-week program uses Minecraft Education Edition to teach game development skills within the Minecraft ecosystem. Learn the fundamentals of JavaScript and complete STEM-based theme projects while creating your own exciting worlds!

Upon completing this course, students will receive a STEM Accredited Certificate of Completion in Coding with Minecraft. Available for a 1-week trial.

Every Saturday | September 14th to October 19th

HALLOWEEN LEADERBOARD CHALLENGE

This Halloween, Metro features spooky tricks and fun treats during the LeaderBOOard challenge! Play Halloween-exclusive games and compete in events in your best costume, spooky or silly.

Thursday, October 31st

FAIRLESS HILLS

MON - THU: 3 PM to 7 PM
FRI: 3 PM to 8 PM
SAT - SUN: 2 PM to 5 PM

ESPORTS LEAGUE

Six-week intensive esports program building up to a grand championship event in week seven! Sign up as a team, or as a free agent to be paired with others. Features games like Smash, Fortnite, and more!

Tuesday, April 23 | 8:00 AM to 5:00 PM

ATHLETEARCADE

Engage in competition across a range of popular sports games like NBA2K, Madden, FIFA, and Rocket League. Each session kicks off in the gym and then transition to the Metro Esports lounge for the digital version of the sport.

Starting September 12th

STAY IN THE LOOP

Get updates from Metro Esports on any of these programs!

Visit metroesports.gg/updates

PERSONAL TRAINING

Questions? Contact Jodi Perri
at jodiperry@gv-ymca.org

Personal Training Club

Personal Training Club (12 yrs+)

Join the PT Club and get one-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.

Club prices are lower than package pricing, clients may carry over one unused session per month, and the monthly draft is automatically taken out at the beginning of each month with no additional need to register each month.

There is a three month minimum commitment in order to receive the discounted pricing.

Package Options

Member MONTHLY Non-member MONTHLY

	Package Options	Member MONTHLY	Non-member MONTHLY
30-minute Sessions	(4) per Month / 1x per Week	\$99	N/A
	(8) per Month / 2x per Week	\$198	N/A
	(12) per Month / 3x per Week	\$298	N/A
45-minute Sessions	(4) per Month / 1x per Week	\$144	N/A
	(8) per Month / 2x per Week	\$289	N/A
	(12) per Month / 3x per Week	\$433	N/A
60-minute Sessions	(4) per Month / 1x per Week	\$190	N/A
	(8) per Month / 2x per Week	\$379	N/A
	(12) per Month / 3x per Week	\$569	N/A

Personal Training

Personal Training Packages (12 yrs+)

One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.

Package Options

Member FLAT FEE Non-member FLAT FEE

	Package Options	Member FLAT FEE	Non-member FLAT FEE
30 minutes	(5) Sessions	\$143	\$236
	(10) Sessions	\$265	\$437
45 minutes	(5) Sessions	\$204	\$337
	(10) Sessions	\$384	\$633
60 minutes	(5) Sessions	\$265	\$437
	(10) Sessions	\$505	\$833

First Time Client Promotion

Special pricing for first time personal training clients. Three 45-minute introductory sessions. All sessions must be used within 60 days of purchase.

45 minutes	(3) Sessions	\$90	N/A
-------------------	--------------	------	-----

Partner Training

Partner Training Packages (12 yrs+)

There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay on target!

Package Options

Member FLAT FEE Non-member FLAT FEE

	Package Options	Member FLAT FEE	Non-member FLAT FEE
45 minutes	(5) Sessions	\$127	\$209
	(10) Sessions	\$221	\$364

Pricing is per person

Partner Training Packages (12 yrs+)	60 minutes	(5) Sessions	\$165	\$273
		(10) Sessions	\$294	\$485

Team Training

Team Training Packages (12 yrs+)

There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay on target!

3 People

Pricing is per person

45 minutes

Package Options

Member
FLAT FEE Non-member
FLAT FEE

Pricing is per person

(5) Sessions

\$66

\$109

(10) Sessions

\$116

\$191

60 minutes

(5) Sessions

\$83

\$136

(10) Sessions

\$149

\$246

4 People

Pricing is per person

45 minutes

(5) Sessions

\$55

\$91

(10) Sessions

\$94

\$155

60 minutes

(5) Sessions

\$74

\$121

(10) Sessions

\$132

\$218

5 People

Pricing is per person

45 minutes

(5) Sessions

\$46

\$76

(10) Sessions

\$78

\$128

60 minutes

(5) Sessions

\$66

\$109

(10) Sessions

\$116

\$191

WELLNESS TOOLS & PROGRAMS

Renew You

8 Weeks, 8 Habits: Renew You (40 yrs+)

Are you struggling with stubborn fat, low energy, joint pain, thinning skin, mood swings, or brain fog? These are some of the unpleasant symptoms of aging and changing hormones. Renew You is a habit-based, hormone optimizing program designed specifically for women over 40 looking to lose weight and improve their health. **This 8 week program is held virtually 12PM or 7PM on Mondays.**

Dates & Time

Member
FLAT FEE Non-member
FLAT FEE

Registration closes Thursday 10/10 at midnight

Oct 14-Dec 2
Mondays, 12 PM or 7 PM

\$360

\$504