



**RIVER CROSSING YMCA**

**FALL**

**PROGRAM GUIDE**

**Bethlehem | 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!

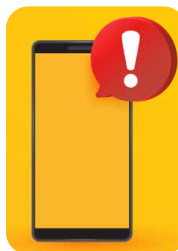
[Click here](#) to learn more in Bucks and Hunterdon counties.

[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](http://ymcabhc.org)

Lehigh and Northampton counties:  
[gv-ymca.org](http://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!

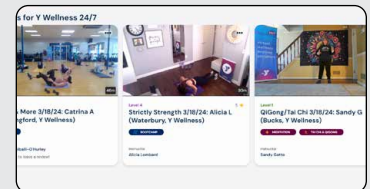
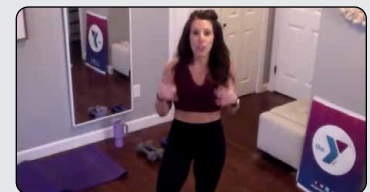
[Click here](#) to apply in Bucks and Hunterdon counties.

[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!

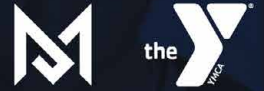


[Scan the QR code or click here](#) to access Y Wellness 24/7

# 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

## 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

## 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](https://metroesports.gg/rentals) for more info

## STAY IN THE LOOP

Get updates from Metro Esports on any of these programs!

Visit [metroesports.gg/updates](https://metroesports.gg/updates)

## PRIVATE SWIM LESSONS

Questions? Contact Vanessa Rex  
at [vanessarex@gv-ymca.org](mailto:vanessarex@gv-ymca.org)

Private Swim Lessons		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Private Swim Lessons</b>	(4) 30-minute lessons	3 yrs+			\$141	\$233	Bethlehem Pool
<i>1:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+			\$277	\$457	Bethlehem Pool
<b>Semi-Private Swim Lessons</b>	(4) 30-minute lessons	3 yrs+		<i>Pricing is per person</i>	\$97	\$160	Bethlehem Pool
<i>2:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+		<i>Pricing is per person</i>	\$191	\$315	Bethlehem Pool

## GROUP SWIM LESSONS

Questions? Contact Vanessa Rex  
at [vanessarex@gv-ymca.org](mailto:vanessarex@gv-ymca.org)

Please select your child's level based on their age and ability. Contact Vanessa Rex to set up an appointment for a free evaluation or:

[View our Swim Lesson selector here](#)

Parent & Child Swim Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>A / Water Discovery</b>		<i>All lessons are located in the Bethlehem Pool</i>					
Introduces infants and toddlers to the aquatic environment and encourages them to enjoy themselves while learning about the water with a parent/caretaker whom they trust. Parents practice the important survival skill of teaching their child to roll from front to back and float.		6-18 mos	Sat	10:20-11 AM	\$62	\$102	
<b>B / Water Exploration</b>							
Parents work with their toddlers to learn fundamental safety and pre-swimming skills like floating, blowing bubbles, paddle stroke and kicking. Skills are taught in the context of repetitive songs, fun activities and drills which reinforce physical learning and encourage positive interaction.		19 mos-4 yrs	Sat	11-11:40 AM	\$62	\$102	
		19 mos-4 yrs	Tue	5:25-6:05 PM	\$62	\$102	

Preschool Swim Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>1 / Water Acclimation</b>		<i>All lessons are located in the Bethlehem Pool</i>					
Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.		3-5 yrs	Mon	5-5:40 PM	\$62	\$102	
		3-5 yrs	Thu	4:30-5:10 PM	\$62	\$102	
		3-5 yrs	Sat	9-9:40 AM	\$62	\$102	
<b>2 / Water Movement</b>							
Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal water safety skills including paddle stroke, floating, treading water and safely exiting the water should they fall in.		3-5 yrs	Mon	5-5:40 PM	\$62	\$102	
		3-5 yrs	Thu	4:30-5:10 PM	\$62	\$102	
		3-5 yrs	Sat	9-9:40 AM	\$62	\$102	

### 3 / Water Stamina

Students continue to learn personal water safety skills and learn to swim to safety from a longer distance using a swim/float/swim sequence. Rhythmic breathing and the purposeful integration of arm and leg movements are taught.

3-5 yrs	Mon	5-5:40 PM	\$62	\$102
3-5 yrs	Tue	4:45-5:25 PM	\$62	\$102
3-5 yrs	Sat	9-9:40 AM	\$62	\$102

### 4 / Stroke Introduction

Students develop stroke technique in front and back crawl and are introduced to breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Sitting dives are introduced.

3-5 yrs	Mon	5-5:40 PM	\$62	\$102
3-5 yrs	Tue	4:45-5:25 PM	\$62	\$102
3-5 yrs	Sat	9-9:40 AM	\$62	\$102

## School Age Swim Lessons

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
-----	-----	------	----------------	--------------------	----------

### 1 / Water Acclimation

Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.

6-12 yrs	Mon	5:40-6:20 PM	\$62	\$102
6-12 yrs	Thu	5:10-5:50 PM	\$62	\$102
6-12 yrs	Sat	9:40-10:20 AM	\$62	\$102

*All lessons are located in the Bethlehem Pool*

### 2 / Water Movement

Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal water safety skills including paddle stroke, floating, treading water and safely exiting the water should they fall in.

6-12 yrs	Mon	5:40-6:20 PM	\$62	\$102
6-12 yrs	Thu	5:10-5:50 PM	\$62	\$102
6-12 yrs	Sat	9:40-10:20 AM	\$62	\$102

### 3 / Water Stamina

Students continue to learn personal water safety skills and learn to swim to safety from a longer distance using a swim/float/swim sequence. Rhythmic breathing and the purposeful integration of arm and leg movements are taught.

6-12 yrs	Mon	5:40-6:20 PM	\$62	\$102
6-12 yrs	Tue	5:25-6:05 PM	\$62	\$102
6-12 yrs	Sat	9:40-10:20 AM	\$62	\$102

### 4 / Stroke Introduction

Students develop stroke technique in front and back crawl and are introduced to breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Diving is introduced.

6-12 yrs	Mon	5:40-6:20 PM	\$62	\$102
6-12 yrs	Tue	5:25-6:05 PM	\$62	\$102
6-12 yrs	Sat	9:40-10:20 AM	\$62	\$102

### 5 / Stroke Development

Students perfect rotary breathing and backstroke while learning breaststroke, butterfly and starts and turns. Emphasis is on improving technique and endurance. Personal water safety continues through treading, water and sidestroke.

6-12 yrs	Mon	6:20-7 PM	\$62	\$102
6-12 yrs	Sat	10:20-11 AM	\$62	\$102

### 6 / Stroke Mechanics

Students learn butterfly while continuing to develop technique and endurance while refining breaststroke, back and front crawl and diving. Flip turns and diving from the block are introduced as they learn about competitive swimming.

6-12 yrs	Mon	6:20-7 PM	\$62	\$102
6-12 yrs	Sat	10:20-11 AM	\$62	\$102

Swim Clinics		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Stroke &amp; Turn - Beginner Swim Clinic</b> For children without swim team experience. The four competitive strokes will be practiced, along with starts and turns.	<i>*Must be able to swim 25 yards consistently*</i>				<i>All lessons are located in the Bethlehem Pool</i>		
	<b>August 14, 21 &amp; 28</b>	5-10 yrs	Wed	5-5:40 PM	\$47	\$78	
	<b>September 11, 18 &amp; 25</b>	5-10 yrs	Wed	5-5:40 PM	\$47	\$78	
<b>Stroke &amp; Turn - Advanced Swim Clinic</b> For children whom already have the foundation in the four competitive strokes. Focus on swimmer's technique, starts, turns and finishes.	<b>August 14, 21 &amp; 28</b>	8-12 yrs	Wed	5:40-6:20 PM	\$47	\$78	
	<b>September 11, 18 &amp; 25</b>	8-12 yrs	Wed	5:40-6:20 PM	\$47	\$78	

Teen & Adult Swim Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Teen &amp; Adult Swim Lessons</b> Students learn personal water safety and achieve basic swimming competency by learning benchmark skills.					<i>All lessons are located in the Bethlehem Pool</i>		
	<b>Teen - 1-3 / Swim Basics</b>	12-17 yrs	Tue	4:45-5:25 PM	\$62	\$102	
	<b>Adult - 1-3 / Swim Basics</b>	18 yrs+	Mon	6:20-7 PM	\$62	\$102	
	<b>Adult - 1-3 / Swim Basics</b>	18 yrs+	Sat	11-11:40 AM	\$62	\$102	



# SPORTS & ARTS

# Bethlehem | Fall

## YOUTH SPORTS

Contact Erika Proctor with questions at erikaproctor@gv-ymca.org

Youth Sports Classes						
	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Basketball</b>						
Skill development program focusing on the fundamental skills of basketball. Ages 6-12 years are Level 1, Wednesdays at 5:15PM. Level 2, Wednesdays at 6PM						
	3-5 yrs	Mon	5:15-5:55 PM	\$41	\$67	Auxiliary Gym
	6-12 yrs	Wed	5:15-5:55 PM	\$41	\$67	Saxton Gym
	6-12 yrs	Wed	6-6:40 PM	\$41	\$67	Saxton Gym
<b>Soccer</b>						
Co-Ed program focusing on learning the basics of soccer, like dribbling, passing and striking. The kids will also be building confidence, self-esteem, and while emphasizing fun while playing!						
	6-12 yrs	Thu	5-5:40 PM	\$41	\$67	Saxton Gym
<b>Pickleball</b>						
Jump on the pickleball craze and come learn the basic rules and skills. Instruction will be given in the beginning, while working in game play.						
	6-12 yrs	Fri	5:30-6:10 PM	\$41	\$67	Saxton Gym
<b>Nerf Academy</b>						
Create Nerf course for every class and team up to win games like capture the flag and more. We provide nerf blasters, ammo and obstacles. Goggles not required but can be worn provided by the member.						
	6-12 yrs	Thu	5:45-6:25 PM	\$41	\$67	Auxiliary Gym
<b>Baseball</b>						
Learn the basics from learning how to throw and hit. Along with the rules of the game. Glove is required, all other equipment will be provided.						
	6-12 yrs	Wed	5:15-5:55 PM	\$41	\$67	Auxiliary Gym
<b>Private Coaching</b>						
Choose between basketball, football, baseball, softball, and soccer. All lessons are 30 minutes. Please complete a request form at our Welcome Center.						
	6-12 yrs	<b>Package Options:</b> (1) 30-minute session		\$30	\$45	Gym/Wellness/Training
	6-12 yrs	(6) 30-minute sessions		\$150	n/a	Gym/Wellness/Training
Gymnastics & Tumbling						
	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Gymnastics</b>						
For the beginner gymnast with no formal gymnastics training. Beginner gymnasts will use beam, mats, and springboard in learning the beginner basics of gymnastics.						
	6-12 yrs	Thu	6:15-6:55 PM	\$41	\$67	Court #2
Free Member Classes						
	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Kickball</b>						
Play a variety of different rules each game. Ball caught off the wall is out, run the bases backwards, etc.						
	6-11 yrs	Fri	5:15-5:55 PM	\$0	n/a	Saxton Gym

<b>Dodgeball</b>	Play a variety of dodgeball games including obstacle dodgeball, poison, jailbreak, etc.	11-14 yrs	Fri	4:30-5:10 PM	\$0	n/a	Saxton Gym
------------------	---	-----------	-----	--------------	-----	-----	------------

## ARTS & HUMANITIES

Contact Erika Proctor with questions at erikaproctor@gv-ymca.org

Dance		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
-------	--	-----	-----	------	----------------	--------------------	----------

<b>Ballet 1</b>	Emphasizes the development of age appropriate ballet positions and steps with a focus on imagery to make learning fun.	3-5 yrs	Fri	5:30-6:10 PM	\$41	\$67	Court #2
-----------------	--	---------	-----	--------------	------	------	----------

Art		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
-----	--	-----	-----	------	----------------	--------------------	----------

<b>Mixed Arts</b>	For students who are predisposed to art fundamentals. Explore drawing styles and painting skills as well as unique materials, concepts and processes using ink, paint, clay and more.	6-12 yrs	Mon	6:30-7:10 PM	\$41	\$67	Niven School Age Room
-------------------	---	----------	-----	--------------	------	------	-----------------------

## ADULT & TEEN SPORTS

Contact Erika Proctor with questions at erikaproctor@gv-ymca.org

Teen Sports		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
-------------	--	-----	-----	------	----------------	--------------------	----------

<b>Basketball</b>	Continue your work on skills through drills and game play.	12-18 yrs	Tue	6-6:40 PM	\$41	\$67	Saxton Gym
-------------------	--	-----------	-----	-----------	------	------	------------

<b>Pickleball</b>	Jump on the pickleball craze and come learn the basic rules and skills to start your pickleball career! Instruction will be given in the beginning, while working in game play.	12-18 yrs	Fri	6:15-6:55 PM	\$41	\$67	Saxton Gym
-------------------	---	-----------	-----	--------------	------	------	------------

<b>Teens In Training</b>	Our program teaches youth how to use cardio and weightlifting equipment, along with pool training and exercise. Teens will be supervised using cardio and weighted machines to ensure proper use.	12-18 yrs	Wed	4-4:45 PM	\$41	\$67	Wellness Center
--------------------------	---	-----------	-----	-----------	------	------	-----------------

Private Coaching		Age	Package Options:	Member FLAT FEE	Non-member FLAT FEE	Location
Choose between basketball, football, baseball, softball, and soccer. All lessons are 30 minutes. Please complete a request form at our Welcome Center.	13-18 yrs	(1) 30-minute session	\$30	\$45	Gym/Wellness/Training	
	13-18 yrs	(6) 30-minute sessions	\$150	n/a	Gym/Wellness/Training	

Adult Sports		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
--------------	--	-----	-----	------	----------------	--------------------	----------

<b>Men's Basketball</b>	Pick-up style format.	25 yrs+	Mon, Wed, Fri	11 AM-1 PM	\$0	\$15	Saxton Gym
-------------------------	-----------------------	---------	---------------	------------	-----	------	------------

# FAMILY & COMMUNITY

# Bethlehem | Fall

## FAMILY & TEEN

Questions? Contact Erika Proctor  
at erikaproctor@gv-ymca.org

Family Events	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<i>Join us for Fun Family Friday! Each Friday one of our branches will host a free activity for our family memberships. Only one member of the family needs to register.</i>						
<b>Jeopardy Juniors Game Night</b> Kids and their families are invited to test their knowledge.	All Ages	<b>Fri 9/13</b>	6-8 PM	\$0	n/a	Niven School Age Room
<b>Pickle &amp; Pizza</b> Come play pickleball with your family and enjoy some pizza!	All Ages	<b>Fri 9/27</b>	5:30-7:30 PM	\$0	n/a	Saxton Gym
<b>Trunk or Treat</b> Wear your silliest, scariest or most creative costume to our annual Trunk & Treat!	All Ages	<b>Fri 10/18</b>	5:30-6:30 PM	\$0	n/a	Upper Parking Lot
<b>Pumpkin Carving</b> Families are invited to create their own Jack O' Lantern! Pumpkins will be donated, so register for your pumpkin or bring your own!	All Ages	<b>Fri 10/25</b>	6-8 PM	\$0	n/a	Mowrer Lounge
<b>Flick 'n Float</b> Enjoy a movie while floating in our pool. Flotation devices allowed for optimum relaxation.	All Ages	<b>Fri 11/8</b>	6:30-8:30 PM	\$0	n/a	Pool
<b>Give Thanks to Basketball</b> Join us for some basketball against our local police and fire departments. First Responders vs. Kids. Donations of canned goods will benefit the local veterans at the Victory House in Bethlehem.	All Ages	<b>Fri 11/22</b>	6-8 PM	Donation	Donation	Saxton Gym
<b>Holiday at the Y</b> Join us for some holiday festivities including crafts, games and refreshments!	All Ages	<b>Fri 12/6</b>	5-7 PM	\$0	n/a	Mowrer Lounge
<b>Taylor Swift: The Y Tour</b> Make the friendship bracelets and dance and sing along to the Taylor Swift: The Eras Tour Concert on the BIG SCREEN!	All Ages	<b>Fri 12/13</b>	6-9 PM	\$0	n/a	Saxton Gym

## PARTIES & RENTALS

Questions? Contact Vanessa Rex  
at vanessarex@gv-ymca.org

Pool Party at Bethlehem	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Includes use of the Mowrer Lounge	Sat	1:30-3:30 PM	\$275	\$380	Bethlehem Pool

# PARENT'S NIGHT OUT

Questions? Contact Erika Proctor  
at 610.867.7588

Bethlehem Parents Night Out (PNO)		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Parent's Night Out</b>		5-12 yrs	Fri	5:30-9 PM	<i>Pricing listed below</i>		Stay & Play
Kids enjoy a fun evening at the Y and parents can enjoy a night out! All children will enjoy a night of games, a craft, pizza, snacks, and a movie. Registration for two or three children pricing must be completed over the phone or in person to receive the reduced rate. (Member rate available to children with a youth or family membership)		(1) child			\$31	\$51	
		(2) children <i>(requires phone / in-person registration)</i>			\$43	\$71	
		(3) children <i>(requires phone / in-person registration)</i>			\$51	\$84	
		<i>Each additional child</i>			\$8	\$13	
<b>Registration Opens July 24 for:</b>		<b>Registration Opens October 23 for:</b>		<b>Registration Opens December 11 for:</b>		<b>Registration Opens February 19 for:</b>	
Fri 9/13, Fri 9/27		Fri 11/8, Fri 11/22		Fri 1/10, Fri 1/24		Fri 3/14, Fri 3/28	
Fri 10/11, Fri 10/18		Fri 12/13, Fri 12/27		Fri 2/14, Fri 2/28		Fri 4/11, Fri 4/25	

## PERSONAL TRAINING

Questions? Contact Erika Proctor  
at erikaproctor@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
<b>30-minute Sessions</b>	(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
<b>45-minute Sessions</b>	(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
<b>60-minute Sessions</b>	(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
<b>30 minutes</b>	(5) Sessions	\$143	\$236
	(10) Sessions	\$265	\$437
<b>45 minutes</b>	(5) Sessions	\$204	\$337
	(10) Sessions	\$384	\$633
<b>60 minutes</b>	(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.

<b>45 minutes</b>	(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
<b>45 minutes</b>	(5) Sessions	\$127	\$209
	(10) Sessions	\$221	\$364

*Pricing is per person*

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

## Team Training

		Package Options	Member FLAT FEE	Non-member FLAT FEE
<b>Team Training Packages</b> (12 yrs+)			<i>Pricing is per person</i>	
<p>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!</p> <p><b>3 People</b> <i>Pricing is per person</i></p> <hr/> <p><b>4 People</b> <i>Pricing is per person</i></p> <hr/> <p><b>5 People</b> <i>Pricing is per person</i></p>	<b>45 minutes</b>	(5) Sessions	\$66	\$109
		(10) Sessions	\$116	\$191
	<b>60 minutes</b>	(5) Sessions	\$83	\$136
		(10) Sessions	\$149	\$246
	<b>45 minutes</b>	(5) Sessions	\$55	\$91
		(10) Sessions	\$94	\$155
<b>60 minutes</b>	(5) Sessions	\$74	\$121	
	(10) Sessions	\$132	\$218	
<b>45 minutes</b>	(5) Sessions	\$46	\$76	
	(10) Sessions	\$78	\$128	
<b>60 minutes</b>	(5) Sessions	\$66	\$109	
	(10) Sessions	\$116	\$191	

## WELLNESS TOOLS & PROGRAMS

Renew You	Dates & Time	Member FLAT FEE	Non-member FLAT FEE
<p><b>8 Weeks, 8 Habits: Renew You</b> (40 yrs+)</p> <p>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. <b>This 8 week program is held virtually 12PM or 7PM on Mondays.</b></p>	<p><i>Registration closes Thursday 10/10 at midnight</i></p> <p>Oct 14-Dec 2 Mondays, 12 PM or 7 PM</p>	\$360	\$504