



**RIVER CROSSING YMCA**

# **WINTER**

## **PROGRAM GUIDE**

**Nazareth | Jan 1-Feb 28, 2025**

Welcome to River Crossing YMCA's winter 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.

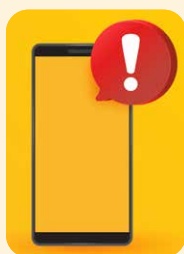
### IT PAYS TO BELONG.

As a member you have a full list of facility amenities and program benefits! [Click here to learn more.](#)

### PROGRAM REGISTRATION DATES

- **Family Members:** Dec 11 (online, phone or in-person)
- **Member:** Dec 13 (online, phone or in-person)
- **Non-member:** Dec 16 (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

Sign up for alerts: [Click here to sign up.](#)

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

### 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.](#)

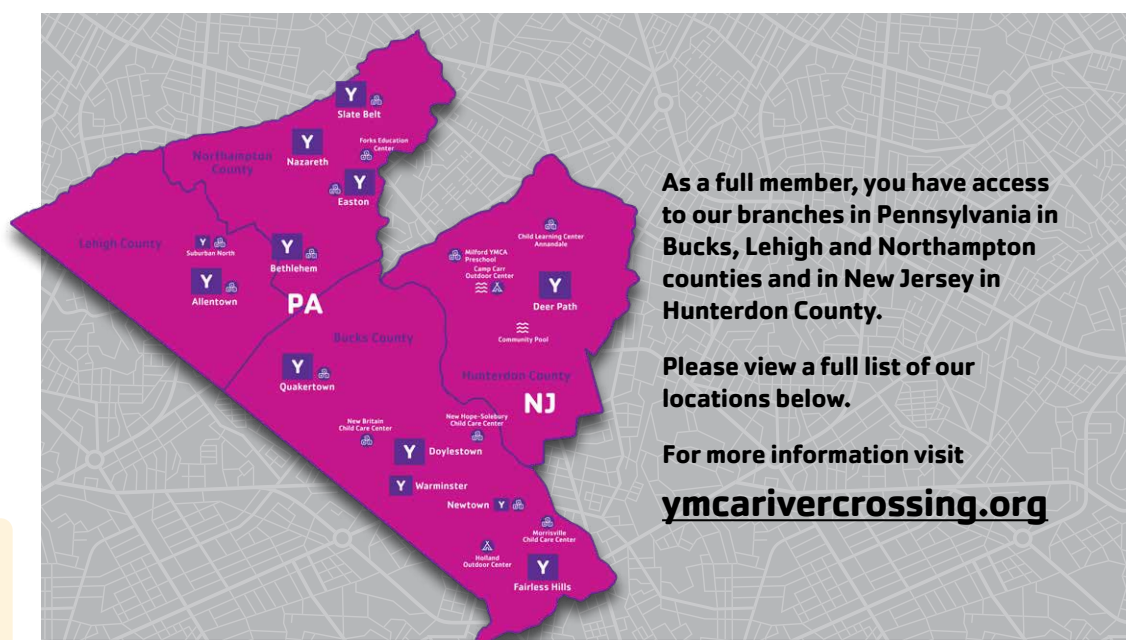


**UPCOMING EVENTS AT THE Y** [Click here to learn more.](#)



#### FLYING LEPRECHAUN FUN RUN: March 8, 10-11 AM

Join us for a 1-mile race for kids up to age 12, held at Warminster Community Park. [Click here to register.](#)



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 [ymcarivercrossing.org](http://ymcarivercrossing.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 Woodschurch 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.](#)



## 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 Bucks and Hunterdon counties

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



Bucks and Hunterdon counties



Lehigh and Northampton counties

## GROUP EXERCISE

Group exercise classes are included free with membership. [Click here](#) for schedules and reservations.



**OPEN at the Doylestown branch!**

Sips and Berries serving delicious smoothies and other healthy treats!

## GYMNASIUM

Available at Bethlehem, Deer Path, Doylestown, Easton, Fairless Hills, Quakertown, Slate Belt and Suburban North. Our gymnasiums are available for open gym, basketball and pickleball. To view our gymnasium schedules [click here](#).

## AQUATICS

Available at Bethlehem, Deer Path, Doylestown, Easton, Fairless Hills, Nazareth, Quakertown, Slate Belt and Warminster. [Click here to learn more.](#)

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.

## SWIM LESSONS

Swim instruction is available for all ages, including teens and adults, with options for private and semi-private lessons. Dive into our programs to enhance your swimming skills and confidence today! [Click here to learn more.](#)



## DOYLESTOWN SKATEPARK: WINTER 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: WINTER HOURS

**Doylestown Lounge**  
Mon-Fri | 2:30-9 PM  
Sat & Sun | 2-6 PM

**Warminster Lounge**  
Mon, Wed, Fri | 3-7 PM  
Tues, Thurs | 5-7 PM  
Sat & Sun | 2-5 PM

**Fairless Hills Lounge**  
Mon-Thurs | 3-7 PM  
Fri | 3-8 PM; Sat & Sun | 2-5 PM



**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 more information.](#)



Scan or [click here](#) to view program registration information online



**\$0 JOIN FEE** Now through Jan 31!



**New Year, No Join Fee – Start your Y journey now!**

Join online [ymcarivercrossing.org](http://ymcarivercrossing.org)

**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 at [ymcarivercrossing.org/hr](http://ymcarivercrossing.org/hr) or in person at the Welcome Center at one of our branches!**

**Summer camp registration opens  
Tuesday, January 14, 2025!**

**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.

**beCAUSE together we're touching lives**

**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!](#)



River Crossing YMCA is the nonprofit charity transforming millions of dollars into moments of impact. [Click here](#) to learn more.



**NEW! RIVER CROSSING YMCA PHONE APP**

Our app includes a "find a class" feature, electronic access to schedules and links to our reservation system and virtual wellness platform. Keep track of your workouts and participate in member challenges. Turn on notifications, and you'll receive push notifications when there is important information and closures.

**HOW TO INSTALL:**

1. Visit your app store.
2. Search for "River Crossing YMCA"
3. Download to your phone
4. Use your personal information to create an account



**Download our app  
for Android users**



**Download our app  
for iPhone users**





# METRO ESPORTS

## WINTER 2025

Esports Team is here with season one's game as Fortnite!  
Ask a Metro staff member for info on participating and competing.



## FAIRLESS HILLS

**MON - THU:** 3:00 PM to 7:00 PM  
**FRI:** 3:00 PM to 8:00 PM  
**SAT - SUN:** 2:00 PM to 5:00 PM

### ATHLETEARCADE

Bring your athlete mentality everywhere! Train on the court and dominate digitally and prove you're the ultimate competitor!

Thursdays at 6:40 PM

### DAY OFF CAMP: ESPORTS

Make the most of a school-free day by exploring the world of esports with friends!

Monday, January 20 | 8:00 AM

### DAY OFF CAMP: BUILD A PC

Learn how to build your very own gaming computer, then use it to compete in fun games and a casual gaming tournament!

Monday, February 17 | 8:00 AM

### RETRO GAME NIGHT

Dive into a vast selection of retro games in a nostalgic journey through classic gaming!

Friday, January 17 | 4:00 PM

### GAME ON: INTO TO GAMING FOR ACTIVE OLDER ADULTS

Designed for active older adults, learn step-by-step instructions to enjoy gaming at your own pace. No prior gaming experience required!

Wednesday, February 5 | 12:00 PM

## EVERY WEEK

### FORTNITE FRIDAY AT DOYLESTOWN

Every Friday, 4-6 PM at Metro Esports. Compete in modes like Box Fights and Zone Wars to win Metro Coins for gaming gear and merch. Rookie or pro, the competition is fierce!

Every Friday | 4:00 PM

### THE KNOCKBACK AT DOYLESTOWN

Compete in the hottest fighting titles. Outsmart, outplay, and outfight opponents for victory and prizes in our dynamic platform brawler arena!

Every Wednesday | 4:00 PM

### SPORTS SHOWDOWN AT FAIRLESS HILLS

Compete in NBA2K, Madden, EA FC, and College Football every Monday at Metro Esports! Join Sports Showdown, climb leaderboards, and outplay opponents for epic rewards. Pro or underdog, the challenge is real!

Every Monday | 4:00 PM

### ROBLOX RUMBLE AT WARMINSTER

Your weekly chance to win Robux! From obstacle courses and speedriving to battle royales, you can drop-in on Saturdays to compete in the creative Roblox challenges.

Every Saturday | 2:00 PM

## WARMINSTER

**MON / WED / FRI:** 3:00 PM to 7:00 PM  
**TUE / THU:** 5:00 PM to 7:00 PM  
**SAT / SUN:** 2:00 PM to 5:00 PM

### ROBLOX & CODE

Explore Roblox Studio to learn the basics of game development and programming through interactive lessons. This 8-week program teaches STEM concepts through engaging lessons and offers a one week trial!

Feb 1 - Mar 22 | Saturdays at 12:00 PM

### DAY OFF CAMP: MINECRAFT & CODE

Dive into thrilling build-offs, team competitions, and free-play time to explore your favorite game - Minecraft! Learn cool coding tricks and bring your ideas to life in this perfect day off from school.

Monday, January 20 | 8:00 AM - 5:00 PM

### GAME ON: INTO TO GAMING FOR ACTIVE OLDER ADULTS

Designed for active older adults, learn step-by-step instructions to enjoy gaming at your own pace. No prior gaming experience required!

Thursday, January 16 | 12:00 PM

### TABLETOP NIGHT

Play a variety of board games, from complex strategy games to light and casual family-friendly games.

Saturday, February 22 | 2:00 PM

## DOYLESTOWN

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

### DAY OFF CAMP: ESPORTS

Make the most of a school-free day by exploring the world of esports with friends!

Monday, January 20 | 8:00 AM

### BUILDING GAMES IN UNREAL ENGINE

Design your own video games using Unreal Engine in this 8 week program. Lessons in game design give students all the entry-level tools and guidance for using Unreal Engine

Feb 1 - Mar 22 | Saturdays at 12:00 PM

### RACING NIGHT

Take our new racing sims for a spin in a casual tournament!

Saturday, January 11 | 12:00 PM

### DUOS TOURNAMENTS DAY

We're opening early on Valentine's Day and hosting 2v2 brackets all day!

Friday, February 14 | 12:00 PM

## ESPORTS TEAM FAIRLESS HILLS & WARMINSTER

Attention Fortnite players! Metro Esports is excited to introduce the YMCA Esports Team, perfect for those looking to boost their skills and compete at a higher level. Participants will receive esports coaching, practice with teammates, and compete in the Y Esports League against other YMCA teams. Whether you join with friends or sign up as a solo player, you will be placed in a team that suits your level and goals.

Sign up today to join your YMCA Fortnite Team!

## PRIVATE SWIM LESSONS

Questions? Contact Vanessa Rex  
at [vrex@ymcarivercrossing.org](mailto:vrex@ymcarivercrossing.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	Nazareth Pool
<i>1:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+			\$277	\$457	Nazareth Pool
<b>Semi-Private Swim Lessons</b>	(4) 30-minute lessons	3 yrs+		<i>Pricing is per person</i>	\$97	\$160	Nazareth Pool
<i>2:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+		<i>Pricing is per person</i>	\$191	\$315	Nazareth Pool

## GROUP SWIM LESSONS

Questions? Contact Vanessa Rex  
at [vrex@ymcarivercrossing.org](mailto:vrex@ymcarivercrossing.org)

Please select your child's level based on their age and ability. Contact our aquatics team 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 Nazareth 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	Sun	9:40-10:20 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	Tue	5-5:40 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 Nazareth 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	Tue	5-5:40 PM	\$62	\$102		
	3-5 yrs	Wed	5-5:40 PM	\$62	\$102		
	3-5 yrs	Sun	9:40-10:20 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	Tue	5-5:40 PM	\$62	\$102		
	3-5 yrs	Wed	5:40-6:20 PM	\$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	Tue	5:40-6:20 PM	\$62	\$102
3-5 yrs	Wed	6:20-7 PM	\$62	\$102
3-5 yrs	Sun	10:20-11:00 AM	\$62	\$102

**School Age Swim Lessons**

**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	Tue	6:20-7 PM	\$62	\$102
6-12 yrs	Wed	5:40-6:20 PM	\$62	\$102

*All lessons are located in the Nazareth 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	Tue	6:20-7 PM	\$62	\$102
6-12 yrs	Wed	6:20-7 PM	\$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	Wed	6:20-7 PM	\$62	\$102
6-12 yrs	Sun	10:20-11 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	Sun	10:20-11 AM	\$62	\$102
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**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	Sun	11-11:40 AM	\$62	\$102
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**Adult Swim Lessons**

**Adult Swim Lessons**

Students learn personal water safety and achieve basic swimming competency by learning benchmark skills.

**Adult - 1-3 / Swim Basics**

18 yrs+	Sun	9-9:40 AM	\$62	\$102
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*All lessons are located in the Bethlehem Pool*

# FAMILY & COMMUNITY

# All Branches | Winter

## AMERICAN RED CROSS CLASSES

Contact Anahita Mir at [amir@ymcarivercrossing.org](mailto:amir@ymcarivercrossing.org)

Please visit website for full details on all American Red Cross Classes.

### Lifeguarding Training (with deep water) with Administering Emergency Oxygen (Blended Full Course)

Branch	Class Dates	Age	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Attendance at all class dates is required to complete certification</b>		<b>15 yrs+ for all branch locations</b>			
<b>Deer Path</b>					
JANUARY	<b>Sat Jan 4</b> (9 AM-6 PM) - <b>Sun Jan 5</b> (9 AM-6 PM) - <b>Sun Jan 12</b> (9 AM-1 PM)		\$340	\$390	Pool Deck
FEBRUARY	<b>Sat Feb 1</b> (9 AM-6 PM) - <b>Sun Feb 2</b> (9 AM-6 PM) - <b>Sat Feb 8</b> (9 AM-1 PM)		\$340	\$390	Pool Deck
<b>Doylestown</b>					
JANUARY	<b>Fri Jan 17</b> (4-9 PM) - <b>Sat Jan 18</b> (9 AM-6 PM) - <b>Sun Jan 19</b> (9 AM-6 PM)		\$340	\$390	CE Room
<b>Fairless Hills</b>					
FEBRUARY	<b>Fri Feb 14</b> (5-8 PM) - <b>Sat Feb 15</b> (8 AM-5 PM) - <b>Sun Feb 16</b> (7:30 AM-5 PM)		\$340	\$390	CE Room

### Lifeguarding Recertification Training with Administering Emergency Oxygen

Branch	Class Dates	Age	Day	Class Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Deer Path</b>							
	January 26	15 yrs+	Sun	9 AM-6 PM	\$175	\$195	Pool Deck
	February 16	15 yrs+	Sun	9 AM-6 PM	\$175	\$195	Pool Deck
<b>Doylestown</b>							
	December 7	15 yrs+	Sat	9 AM-6 PM	\$175	\$195	CE Room
	February 1	15 yrs+	Sat	9 AM-6 PM	\$175	\$195	CE Room
<b>Fairless Hills</b>							
	December 7	15 yrs+	Sat	9 AM-6 PM	\$175	\$195	CE Room

### Lifeguarding Instructor Recertification Training

Branch	Class Dates	Age	Day	Class Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Doylestown</b>							
	February 15	17 yrs+	Sat	9 AM-6 PM	\$170	\$200	Gene Smith Conf Room
	March 15	17 yrs+	Sat	9 AM-6 PM	\$170	\$200	Gene Smith Conf Room
	April 19	17 yrs+	Sat	9 AM-6 PM	\$170	\$200	Gene Smith Conf Room



**CPR/AED for Professional Rescuers with First Aid and Administering Emergency Oxygen (Blended Full Course)**

Branch	Class Dates	Age	Day	Class Time	Member FLAT FEE	Non-member FLAT FEE	Location
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*Class times will be posted as they become available*

**ARC Adult and Pediatric First Aid/CPR/AED with Administering Emergency Oxygen (Blended Full Course)**

Branch	Class Dates	Age	Member FLAT FEE	Non-member FLAT FEE	Location
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<b>Bethlehem</b>		<b>15 yrs+ for all classes</b>	<b>\$115</b>	<b>\$140</b>	<b>SEFA Room</b>
Sat Jan 18 (10 AM-1 PM)	Sat Feb 15 (10 AM-1 PM)				
Sun Jan 26 (10 AM-1 PM)	Sun Feb 23 (10 AM-1 PM)				

<b>Doylestown</b>		<b>15 yrs+ for all classes</b>	<b>\$115</b>	<b>\$140</b>	<b>Teen Center</b>
Sun Jan 5 (10 AM-1 PM)	Sat Feb 15 (10 AM-1 PM)				
Sat Jan 11 (10 AM-1 PM)	Sun Feb16 (10 AM-1 PM)				
Wed Jan 22 (5-8 PM)	Wed Feb 19 (5-8 PM)				
Wed Jan 29 (5-8 PM)	Mon Feb 24 (5-8 PM)				

<b>Easton</b>		<b>15 yrs+ for all classes</b>	<b>\$115</b>	<b>\$140</b>	<b>SEFA Room</b>
Fri Jan 10 (4:30-7:30 PM)	Fri Feb 7 (4:30-7:30 PM)				
Sat Jan 25 (10 AM-1 PM)	Sat Feb 22 (10 AM-1 PM)				

<b>Fairless Hills</b>		<b>15 yrs+ for all classes</b>	<b>\$115</b>	<b>\$140</b>	<b>Studio 1 Extra</b>
Sat Jan 11 (9:30 AM-12:30 PM)	Mon Feb 3 (5:30-8:30 PM)				
Sun Jan 19 (11 AM-2 PM)	Sun Feb 9 (11 AM-2 PM)				
Sun Jan 26 (11 AM-2 PM)	Wed Feb 19 (5:30-8:30 PM)				
	Sun Feb 23 (11 AM-2 PM)				

<b>Round Valley</b>		<b>15 yrs+ for all classes</b>	<b>\$115</b>	<b>\$140</b>	<b>CE Room</b>
Fri Jan 10 (5:30-8:30 PM)	Wed Feb 12 (5:15-8:15 PM)				
Wed Jan 15 (5:15-8:15 PM)	Tue Feb 18 (5:30-8:30 PM)				
Sat Jan 25 (1-4 PM)					
Mon Jan 27 (5:15-8:15 PM)					

<b>Quakertown</b>		<b>15 yrs+ for all classes</b>	<b>\$115</b>	<b>\$140</b>	<b>Upstairs/CC Room</b>
Wed Jan 8 (6:30-9:30 PM)	Wed Feb 5 (6:30-9:30 PM)				
Sun Jan 12 (10 AM-12:30 PM)	Sun Feb 9 (10 AM-12:30 PM)				
Wed Jan 22 (6:30-9:30 PM)	Wed Feb 26 (6:30-9:30 PM)				

## ARTS & HUMANITIES

Questions? Contact Diana Pond  
at [diana.pond@ymcarivercrossing.org](mailto:diana.pond@ymcarivercrossing.org)

Dance	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<p><b>Rising Stars</b></p> <p>Tailored for little ones to teach early dance skills such as balance and rhythm. Develops cognitive, social and performance skills. Instruments &amp; props interactive class.</p>	2-4 yrs	Fri	4:40-5:20 PM	\$41	\$67	Keck Studio
<p><b>Shooting Star Dancers</b></p> <p>Fundamental ballet skills such as positions, plies and turns. This class is a combination of modern and lyrical dance styles. Tailored for young passionate dancers, who enjoy creative movement. Develops strength, balance, coordination and performance skills.</p>	5-9 yrs	Fri	5:20-6:05 PM	\$41	\$67	Keck Studio
<p><b>Hip-Hop Fusion</b></p> <p>Hip-Hop, Reggaeton and Reggae all influence the culture of Hip-Hop. In this class students learn dance moves and dance to music with a groove. Develops balance, coordination and rhythm.</p>	5-12 yrs	Fri	6:10-6:55 PM	\$41	\$67	Keck Studio
<p><b>SuperStars</b></p> <p>Fundamental ballet skills such as positions, plies and turns for older passionate dancers, who enjoy creative movement expression. Develops strength, balance, coordination and performance and choreography skills.</p>	10-15 yrs	Fri	8-8:45 PM	\$41	\$67	Keck Studio
Theatre	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<p><b>Theatre</b></p> <p>"All that Drama" can be expressed in this class. Tailored to develop acting skills, stage presence and diction. Class begins with vocal warmups and various exercises. Improv techniques, blocking and stage presence. Participants are given scripts to learn lines for a performance of a "mini play/skit."</p>	8-15 yrs	Fri	7-8 PM	\$41	\$67	Keck Studio

# FAMILY & COMMUNITY

# Nazareth | Winter

## FAMILY & YOUTH

Questions? Contact Vanessa Pearce  
at [vpearce@ymcarivercrossing.org](mailto:vpearce@ymcarivercrossing.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>Holiday at the Y</b> Bring your sweaters & a plate of cookies! Decorate your sweater & make it the ugliest while enjoying cookies potluck! Build a gingerbread house, make ornaments & enjoy hot cocoa!	All Ages	<b>Fri 12/6</b>	5:30-7 PM	\$0	n/a	
<b>Game Night &amp; Hot Cocoa</b> Bring your favorite board game or play one of ours with your family while enjoying a Hot Cocoa.	All Ages	<b>Fri 1/17</b>	5:30-7 PM	\$0	n/a	
<b>Paint &amp; Sip</b> Paint & Sip....Hot Cocoa. Create & Decorate Valentines with your family	All Ages	<b>Fri 2/7</b>	5:30-7 PM	\$0	n/a	
<b>Leprechaun Lure</b> Create & Decorate a trap to catch a Leprechaun	All Ages	<b>Fri 3/7</b>	5:30-7 PM	\$0	n/a	

Parent's Night Out	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Parent's Night Out (PNO)</b> 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)	5-12 yrs	Fri	5:30-9 PM	<i>Pricing listed below</i>		Stay & Play
	(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	

Winter	Spring
Fri Jan 10, Fri Jan 24	Fri Mar 14, Fri Mar 28
Fri Feb 14, Fri Feb 28	Fri Apr 11, Fri Apr 25



# STAY & PLAY

Questions? Contact Vanessa Pearce  
at [vpearce@ymcarivercrossing.org](mailto:vpearce@ymcarivercrossing.org)

## Member Use - Open Hours

Children 8 weeks through 12 years can play and have fun in Stay & Play while you workout or utilize the facility. Stay & Play is provided free of charge for up to two hours per day to Adult, Adult Couple, Family 1 and Family 2 membership type categories.

[Visit our branch website for more detailed information](#)

3 mos-12 yrs	Mon-Thu 8:30-11 AM Mon-Thu 5-7:30 PM	Fri 8:30-11 AM Sat 9-11 AM
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## Sitter Service - Coming Soon!

### Member Use - Open Hours

Offered during Stay & Play hours to those who need to leave the Y campus for errands, appointments, shopping, etc. Registration required prior to drop-off.

Age	Member FLAT FEE	Non-member FLAT FEE	Location
3 mos-12 yrs	<b>Purchase Options:</b>		Stay & Play
<b>90 minutes</b>	(1) Child	\$18	\$29
	(2) Children	\$23	\$38
	(3) Children	\$28	\$47
	<i>Each additional child</i>	\$5	\$9
<b>3 hours</b>	(1) Child	\$29	\$47
	(2) Children	\$34	\$56
	(3) Children	\$39	\$65
	<i>Each additional child</i>	\$5	\$9

## WELLNESS TOOLS & PROGRAMS

### Personal Training & Myzone Holiday Promo Member FLAT FEE    Non-member FLAT FEE

**Personal Training & Myzone MZ-3 Holiday Promo - Beginning November 18** *Personal Training sessions must be used by January 31, 2025*

Give the gift of health this holiday season. Personal training and Myzone MZ-3 heart rate monitors make the perfect gift for you or a loved one! For only \$99 you can get two (2) 30-minute personal training sessions and a Myzone MZ-3 belt, making the perfect gift for the fitness enthusiast in your life. Myzone MZ-3 belts are available to all River Crossing YMCA members. Join the River Crossing YMCA Myzone Tribe for more community, connection, and accountability! \$99    n/a

### Frosty Returns - Frosty Fitness Challenge Member FLAT FEE    Non-member FLAT FEE

**Frosty Returns - 5 Weeks! Monday, December 9, 2024 thru Sunday, January 12, 2025**

Do you wanna build a snowman? Frosty is back by popular demand, live and in person in the branches! Upon registration visit the Welcome Center to pick up your Frosty and punch card. Each visit counts toward earning a piece of your snowman. Visit the Y 15 times over 5 weeks from December 9, 2024 through January 12, 2025 to earn all pieces to build your snowman! \$0    n/a

## PERSONAL TRAINING

Questions? Contact Ryan Knepp at [ryanknepp@ymcarivercrossing.org](mailto:ryanknepp@ymcarivercrossing.org)

### Personal Training Club Member MONTHLY    Non-member MONTHLY

		Package Options	
<p><b>Personal Training Club</b> (12 yrs+)</p> <p>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.</p> <p>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.</p> <p><i>There is a three month minimum commitment in order to receive the discounted pricing.</i></p>	<b>30 minutes</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 minutes</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 minutes</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

<b>Personal Training</b>		<b>Package Options</b>	<b>Member FLAT FEE</b>	<b>Non-member FLAT FEE</b>	
<b>Personal Training Packages</b> (12 yrs+)		<b>Package Options</b>			
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.	<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	
<b>First Time Client Promotion</b>					
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

<b>Partner Training</b>		<b>Package Options</b>	<b>Member FLAT FEE</b>	<b>Non-member FLAT FEE</b>	
<b>Partner Training Packages</b> (12 yrs+)		<b>Package Options</b>			
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!	<b>45 minutes</b>	(5) Sessions	\$127	\$209	
		(10) Sessions	\$221	\$364	
	<b>60 minutes</b>	(5) Sessions	\$165	\$273	
		(10) Sessions	\$294	\$485	

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