



RIVER CROSSING YMCA

WINTER

PROGRAM GUIDE

Slate Belt | 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.

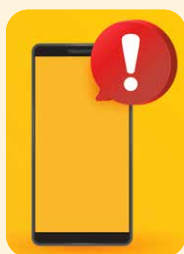
IT PAYS TO BELONG.

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

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.

Sips & Berries

OPEN at the Doylestown branch!

Sips and Berries serving delicious smoothies and other healthy treats!



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

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.](#)

\$0 JOIN FEE Now through Jan 31!



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

Join online 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 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 Laura Felix at lfelix@ymcarivercrossing.org

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

GROUP SWIM LESSONS

Questions? Contact Laura Felix at lfelix@ymcarivercrossing.org

Please select your child's level based on their age and ability. Contact Marleah Kares 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
A / Water Discovery		<i>All lessons are located in the Slate Belt 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	Wed	5:45-6:25 PM	\$62	\$102	
		6 mos-3yrs	Friday	10-10:45 AM	\$62	102	
B / Water Exploration							
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	Thu	5:45-6:25 PM	\$62	\$102	

Preschool Swim Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
1 / Water Acclimation		<i>All lessons are located in the Slate Belt 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	Wed	6:30-7:10 PM	\$62	\$102	
		3-5 yrs	Thu	6:30-7:10 PM	\$62	\$102	
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.		3-5 yrs	Wed	6:30-7:10 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	Wed	5:30-6:15pm	\$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 Wed 5-5:40 PM \$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 Wed 5:45-6:25 PM \$62 \$102

All lessons are located in the Slate Belt 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 Wed 5-5:40 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 5-5:40 PM \$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 Thu 5:45-6:25 PM \$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 Thu 5:45-6:25 PM \$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 Thu 6:30-7:10 PM \$62 \$102

Teen & Adult Swim Lessons

Teen & Adult Swim Lessons

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

Adult - 1-3 / Swim Basics

18 yrs+ Wed 6:30-7:10 PM \$62 \$102

All lessons are located in the Slate Belt Pool

FAMILY & COMMUNITY

All Branches | Winter

AMERICAN RED CROSS CLASSES

Contact Anahita Mir at 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
Attendance at all class dates is required to complete certification		15 yrs+ for all branch locations			
Deer Path					
JANUARY	Sat Jan 4 (9 AM-6 PM) - Sun Jan 5 (9 AM-6 PM) - Sun Jan 12 (9 AM-1 PM)		\$340	\$390	Pool Deck
FEBRUARY	Sat Feb 1 (9 AM-6 PM) - Sun Feb 2 (9 AM-6 PM) - Sat Feb 8 (9 AM-1 PM)		\$340	\$390	Pool Deck
Doylestown					
JANUARY	Fri Jan 17 (4-9 PM) - Sat Jan 18 (9 AM-6 PM) - Sun Jan 19 (9 AM-6 PM)		\$340	\$390	CE Room
Fairless Hills					
FEBRUARY	Fri Feb 14 (5-8 PM) - Sat Feb 15 (8 AM-5 PM) - Sun Feb 16 (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
Deer Path							
	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
Doylestown							
	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
Fairless Hills							
	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
Doylestown							
	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
--------	-------------	-----	-----	------------	--------------------	------------------------	----------

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
--------	-------------	-----	--------------------	------------------------	----------

Bethlehem		15 yrs+ for all classes	\$115	\$140	SEFA Room
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)				

Doylestown		15 yrs+ for all classes	\$115	\$140	Teen Center
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)				

Easton		15 yrs+ for all classes	\$115	\$140	SEFA Room
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)				

Fairless Hills		15 yrs+ for all classes	\$115	\$140	Studio 1 Extra
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)				

Round Valley		15 yrs+ for all classes	\$115	\$140	CE Room
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)					

Quakertown		15 yrs+ for all classes	\$115	\$140	Upstairs/CC Room
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)				

SPORTS & ARTS

Slate Belt | Winter

YOUTH SPORTS

Contact Rochelle Kroboth with questions at rkroboth@ymcarivercrossing.org

Youth Sports Classes	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Tiny Teammates Play a variety of sports and games while promoting skill development, self-confidence, movement, teamwork, sportsmanship, and fun. Sports include basketball, soccer, floor hockey, football, baseball and more!	3-5 yrs	Wed	5-5:40 PM	\$41	\$67	Gym A/B
Obstacle Ninja Run through an obstacle course like a ninja! Train to do just that with strength and conditioning exercises, daily challenges, and ninja courses.	3-5 yrs	Tue	5-5:40 PM	\$41	\$67	Gym B
	6-10 yrs	Tue	5-5:40 PM	\$41	\$67	Gym A
Nerf Academy Create Nerf courses for every class and team up to win games like capture the flag and more. We provide nerf blasters, darts and obstacles.	5-12 yrs	Mon	6-6:40 PM	\$41	\$67	Gym A/B

Gymnastics	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<i>We will curate an end of year recital for each class for family, friends, and loved ones to come watch.</i>						
Gymnastics Instructional gymnastics classes. Skills are taught on all pieces of equipment.	3-5 yrs	Tue	6-6:40 PM	\$41	\$67	Gym A
	6-12 yrs	Tue	6-6:40 PM	\$41	\$67	Gym B

Martial Arts	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Karate - All Levels Tang Soo Do karate curriculum. Learn the traditional art of self defense, and enjoy the benefits of increased flexibility, balance, strength and character development.	6-18 yrs	Mon & Thu	6:30-7:30 PM	\$109	\$180	Studio

Free Member Classes	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Jump, Run, Tumble Fun! Play on our indoor gymnastic equipment playground. Great place to let out some energy. Parents are required to stay with children.	1-5 yrs	Fri	11-11:40 AM	\$0	n/a	Studio
Zumba Kids! Kid-friendly routines based on original Zumba choreography. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.	5-12 yrs	Thu	5-5:30 PM	\$0	n/a	Studio

ARTS & HUMANITIES

Contact Rochelle Kroboth with questions at rkroboth@ymcarivercrossing.org

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

We will curate an end of year recital for each class for family, friends, and loved ones to come watch.

Dance Combination of Ballet, Tap and Jazz. Students will focus on technique and knowledge of each style in class. Please provide your dancer with ballet and tap shoes as well as a water bottle.	4-10 yrs	Tue	5-5:40 PM	\$41	\$67	Studio
---	----------	-----	-----------	------	------	--------

Youth Workshops	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
-----------------	-----	-----	------	-----------------	---------------------	----------

Winter Wonderland Slime & Snowflakes Join us for a fun night making winter themed slime. Each registered child will make 2 different slimes to take home.	5 yrs+	Fri 1/3	6-7:15 PM	\$20	\$30	Studio
---	--------	----------------	-----------	------	------	--------

Descendant's Dance: Queen of Hearts Calling all Descendant's fans! Join us for dancing, singing, and cupcake decorating! This will be one you won't want to miss!	5 yrs+	Fri 2/7	6-8 PM	\$15	\$25	Studio
---	--------	----------------	--------	------	------	--------

Mom & Me Painting - Ladybug Heart You and your child will paint side by side. Registration is for both adult and child.	5 yrs+	Sat 2/22	2-3:30 PM	\$30	\$49	Studio
---	--------	-----------------	-----------	------	------	--------

Adult Workshops	Age	Time	Member FLAT FEE	Non-member FLAT FEE	Location
-----------------	-----	------	-----------------	---------------------	----------

Country Line Dance Lessons Put on your dancing boots! Learn 2 popular dances with step by step instruction. Great for all levels - no experience needed.	15 yrs+	Sun	11:30 AM-12:30 PM	\$5	\$15	Studio
--	---------	------------	-------------------	-----	------	--------

Sundays - Jan 12, Feb 9

PICKLEBALL

Contact Krysta Kulesa with questions at kkulesa@ymcarivercrossing.org

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

Beginner Pickleball Class Instruction and equipment is provided. Come and learn this popular sport! Sharpen your reflexes, increase flexibility and improve cardio efficiency.	18 yrs+	Wed	12-1:00 PM	\$47	\$78	Gym A/B
	18 yrs+	Sun	12-1:00 PM	\$47	\$78	Gym A/B

FAMILY & COMMUNITY

Slate Belt | Winter

FAMILY & YOUTH

Questions? Contact Krysta Kulesa at kkulesa@ymcarivercrossing.org

Family Events	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
---------------	-----	------	------	-----------------	---------------------	----------

Join us for Family Fun Nights! Each Friday one of our branches will host a free activity for our family memberships. Only one member of the family needs to register.

Flick & Float

Come join us for a movie in the pool! Playing Disney's Moana.

All Ages **Fri 1/17** 6-7:30 PM \$0 n/a Pool

Parent's Night Out	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
--------------------	-----	-----	------	-----------------	---------------------	----------

Parent's Night Out (PNO)

3 mos-12 yrs Fri 5:30-9 PM *Pricing listed below* Stay & Play and Studio

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

Winter 2025

Fri 1/12, Fri 1/26

Spring 2025

Fri 2/14, Fri 2/28

STAY & PLAY

Member Use - Open Hours

Children 8 weeks through 13 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-Sat 8:00-11:00 AM
Mon-Thu 5-7:30 PM

Sitter Service - Coming Soon!	Age	Member FLAT FEE	Non-member FLAT FEE	Location
-------------------------------	-----	-----------------	---------------------	----------

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.

3 mos-12 yrs	Purchase Options:		Stay & Play
90 minutes	(1) Child	\$18	\$29
	(2) Children	\$23	\$38
	(3) Children	\$28	\$47
	<i>Each additional child</i>	\$5	\$9

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.

3 hours

(1) Child	\$29	\$47
(2) Children	\$34	\$56
(3) Children	\$39	\$65
<i>Each additional child</i>	\$5	\$9

ADULT & SENIOR

Questions? Contact Krysta Kulesa
at kkulesa@ymcarivercrossing.org

Adult Events

	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Book Club We will meet on the second Tuesday of each month. If you enjoy reading or want to get started, join us for our monthly Book Club. We will be voting on the book at the beginning of the month.	18 yrs+	Tue 1/14	11 AM-12 PM	\$0	n/a	Studio
	18 yrs+	Tue 2/11	11 AM-12 PM	\$0	n/a	Studio

Senior Community

	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<i>Join us for our Senior Community Socials the 1st and 3rd Tuesday of each month. These are FREE to the senior community. Registration is required. Non-members must call 610-881-4470 to register.</i>						
Cooking Demonstration with Lyndi Lunch is provided.	55 yrs+	Tue 1/7	11 AM-12 PM	\$0	\$0	Community Room
Succulent Plant and Paint Lunch is provided.	55 yrs+	Tue 1/21	11 AM-12 PM	\$0	\$0	Community Room
Ballroom Dance Lesson: Waltz Lunch is provided.	55 yrs+	Tue 2/4	11 AM-12 PM	\$0	\$0	Studio
Game Day Pizza will be served.	55 yrs+	Tue 2/18	11 AM-12 PM	\$0	\$0	Studio

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 Maggie McClymont at mmcclymont@ymcarivercrossing.org

Personal Training Club Member MONTHLY Non-member MONTHLY

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
30 minutes	(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 minutes	(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 minutes	(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			Member FLAT FEE	Non-member FLAT FEE
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.	30 minutes	Package Options (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			Member FLAT FEE	Non-member FLAT FEE	
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!	45 minutes	Package Options (5) Sessions	\$127	\$209	
		(10) Sessions	\$221	\$364	
	60 minutes	(5) Sessions	\$165	\$273	
		(10) Sessions	\$294	\$485	
	<i>Pricing is per person</i>				

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