



**RIVER CROSSING YMCA**

**FALL**

**PROGRAM GUIDE**

**Doylestown | 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!

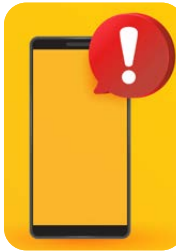
[Click here](#) to learn more in Bucks and Hunterdon counties.

[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.](#)



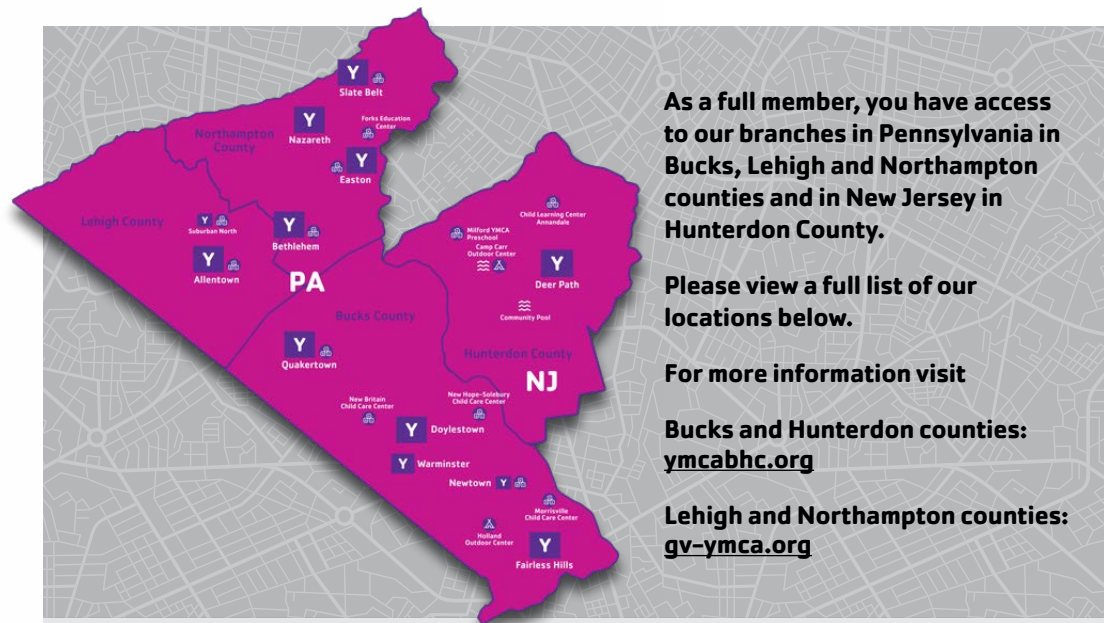
### UPCOMING EVENTS AT THE Y

[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.](#)



We are pleased to provide online access to group exercise classes and family and youth programs through our virtual platform, Y Wellnes 24/7. Included with your membership, our virtual platform Y Wellnes 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 Wellnes 24/7](#)



## 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.](#)



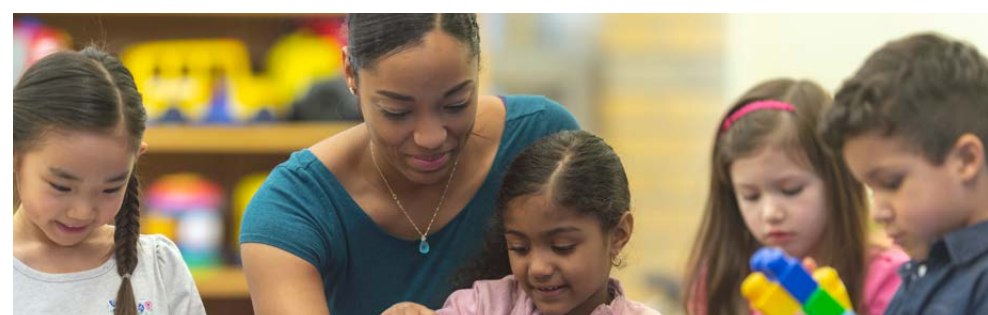
## STAY & PLAY

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.

### SMARTPHONE 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 "bucks & hunterdon ymcas" using the "&"
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



Available on the  
App Store

GET IT ON  
Google Play

# METRO ESPORTS

EARLY FALL 2024

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



## EVERY WEEK

### MINECRAFT MONDAYS

AT FAIRLESS HILLS

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

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

### METRO MADNESS

AT DOYLESTOWN

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

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

### FRIDAY NIGHT TOURNAMENTS

AT DOYLESTOWN

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

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

### ROBLOX RUMBLE

AT WARMINSTER

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

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

## PARTY RENTALS

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

Visit [metroesports.gg/rentals](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)

## 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

## PRIVATE SWIM LESSONS

Questions? Contact Becky Musselman at [bmusselman@ymcarivercrossing.org](mailto:bmusselman@ymcarivercrossing.org)

Private Swim Lessons	Package Options:	Age	Member FLAT FEE	Non-member FLAT FEE	
<b>Private Swim Lessons</b>	(4) 30-minute lessons	3 yrs+	\$162	\$267	
<i>1:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+	\$319	\$526	
<b>Semi-Private Swim Lessons</b>	(4) 30-minute lessons	3 yrs+	\$121	\$200	<i>Pricing is per person</i>
<i>2:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+	\$237	\$391	<i>Pricing is per person</i>

## GROUP SWIM LESSONS

Questions? Contact Becky Musselman at [bmusselman@ymcarivercrossing.org](mailto:bmusselman@ymcarivercrossing.org)

Please select your child's level based on their age and ability. Contact Anahita Mir 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 Waterpark 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	Thu	9:30-10:10 AM	\$88	\$146	
<b>B / Water Exploration</b>	19 mos-4 Yrs	Thu	10:15-10:55 AM	\$88	\$146	
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	Sun	9:45-10:25 AM	\$88	\$146	
	19 mos-4 Yrs	Sun	10:30-11:10 AM	\$88	\$146	

*Gray classes are full at time of publication, but may re-open based on availability.*

Preschool Swim Lessons	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>1 / Water Acclimation</b>	<i>All lessons are located in the Waterpark 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	9:30-10:10 AM	\$88	\$146	
	3-5 yrs	Mon	4:45-5:25 PM	\$88	\$146	
	3-5 yrs	Mon	4:45-5:25 PM	\$88	\$146	
	3-5 yrs	Mon	5:30-6:10 PM	\$88	\$146	
	3-5 yrs	Tue	4:45-5:25 PM	\$88	\$146	
	3-5 yrs	Tue	5:30-6:10 PM	\$88	\$146	
	3-5 yrs	Wed	4:45-5:25 PM	\$88	\$146	

### 1 / Water Acclimation

3-5 yrs	Wed	4:45-5:25 PM	\$88	\$146
3-5 yrs	Thu	9:30-10:10 AM	\$88	\$146
3-5 yrs	Thu	10:15-10:55 AM	\$88	\$146
3-5 yrs	Thu	4:45-5:25 PM	\$88	\$146
3-5 yrs	Thu	4:45-5:25 PM	\$88	\$146
3-5 yrs	Thu	5:30-6:10 PM	\$88	\$146
3-5 yrs	Sun	9-9:40 AM	\$88	\$146
3-5 yrs	Sun	9-9:40 AM	\$88	\$146

### 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	Mon	10:15-10:55 AM	\$88	\$146
3-5 yrs	Mon	4:45-5:25 PM	\$88	\$146
3-5 yrs	Mon	5:30-6:10 PM	\$88	\$146
3-5 yrs	Tue	10:15-10:55 AM	\$88	\$146
3-5 yrs	Tue	4:45-5:25 PM	\$88	\$146
3-5 yrs	Tue	5:30-6:10 PM	\$88	\$146
3-5 yrs	Wed	4:45-5:25 PM	\$88	\$146
3-5 yrs	Wed	5:30-6:10 PM	\$88	\$146
3-5 yrs	Thu	11-11:40 AM	\$88	\$146
3-5 yrs	Thu	4:45-5:25 PM	\$88	\$146
3-5 yrs	Thu	5:30-6:10 PM	\$88	\$146
3-5 yrs	Sun	9-9:40 AM	\$88	\$146
3-5 yrs	Sun	9:45-10:25 AM	\$88	\$146

### 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	4:45-5:25 PM	\$88	\$146
3-5 yrs	Mon	5:30-6:10 PM	\$88	\$146
3-5 yrs	Tue	4:45-5:25 PM	\$88	\$146
3-5 yrs	Tue	5:30-6:10 PM	\$88	\$146
3-5 yrs	Thu	11-11:40 AM	\$88	\$146
3-5 yrs	Thu	4:45-5:25 PM	\$88	\$146
3-5 yrs	Sun	9:45-10:25 AM	\$88	\$146

### 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	5:30-6:10 PM	\$88	\$146
3-5 yrs	Thu	5:30-6:10 PM	\$88	\$146
3-5 yrs	Sun	9:45-10:25 AM	\$88	\$146

## School Age Swim Lessons

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>1 / Water Acclimation</b> 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.	<i>All lessons are located in the Waterpark Pool</i>					
	6-12 yrs	Tue	6:15-6:55 PM	\$88	\$146	
	6-12 yrs	Wed	5:30-6:10 PM	\$88	\$146	
	6-12 yrs	Thu	6:15-6:55 PM	\$88	\$146	
<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.	<i>All lessons are located in the Waterpark Pool</i>					
	6-12 yrs	Mon	6:15-6:55 PM	\$88	\$146	
	6-12 yrs	Tue	6:15-6:55 PM	\$88	\$146	
	6-12 yrs	Tue	7-7:40 PM	\$88	\$146	
	6-12 yrs	Thu	6:15-6:55 PM	\$88	\$146	
	6-12 yrs	Thu	7-7:40 PM	\$88	\$146	
	6-12 yrs	Sun	10:30-11:10 AM	\$88	\$146	
	6-12 yrs	Sun	11:15-11:55 AM	\$88	\$146	
<b>3 / Water Stamina</b> 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.	<i>All lessons are located in the Waterpark Pool</i>					
	6-12 yrs	Mon	6:15-6:55 PM	\$88	\$146	
	6-12 yrs	Mon	7-7:40 PM	\$88	\$146	
	6-12 yrs	Tue	6:15-6:55 PM	\$88	\$146	
	6-12 yrs	Tue	7-7:40 PM	\$88	\$146	
	6-12 yrs	Wed	6:15-6:55 PM	\$88	\$146	
	6-12 yrs	Wed	7-7:40 PM	\$88	\$146	
	6-12 yrs	Thu	6:15-6:55 PM	\$88	\$146	
	6-12 yrs	Thu	7-7:40 PM	\$88	\$146	
	6-12 yrs	Sun	9:00-9:40 AM	\$88	\$146	
	6-12 yrs	Sun	10:30-11:10 AM	\$88	\$146	
	6-12 yrs	Sun	11:15-11:55 AM	\$88	\$146	
<b>4 / Stroke Introduction</b>	<i>All lessons are located in the Waterpark Pool</i>					
	6-12 yrs	Mon	6:15-6:55 PM	\$88	\$146	
	6-12 yrs	Mon	7-7:40 PM	\$88	\$146	
	6-12 yrs	Tue	4:45-5:25	\$88	\$146	
	6-12 yrs	Tue	7-7:40 PM	\$88	\$146	
	6-12 yrs	Wed	4:45-5:25 PM	\$88	\$146	
	6-12 yrs	Wed	6:15-6:55 PM	\$88	\$146	
	6-12 yrs	Wed	7-7:40 PM	\$88	\$146	
	6-12 yrs	Thu	7-7:40 PM	\$88	\$146	
	6-12 yrs	Sun	10:30-11:10 AM	\$88	\$146	



### 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	6:15-6:55 PM	\$88	\$146	Waterpark Pool
6-12 yrs	Mon	7-7:40 PM	\$88	\$146	Waterpark Pool
6-12 yrs	Tue	6:15-6:55 PM	\$88	\$146	Lap Pool
6-12 yrs	Tue	7-7:40 PM	\$88	\$146	Waterpark Pool
6-12 yrs	Wed	5:30-6:10 PM	\$88	\$146	Lap Pool
6-12 yrs	Wed	6:15-6:55 PM	\$88	\$146	Lap Pool
6-12 yrs	Wed	7-7:40 PM	\$88	\$146	Waterpark Pool
6-12 yrs	Thu	6:15-6:55 PM	\$88	\$146	Lap Pool
6-12 yrs	Thu	7-7:40 PM	\$88	\$146	Waterpark Pool
6-12 yrs	Sat	10:30-11:10 AM	\$88	\$146	Lap Pool
6-12 yrs	Sun	11:15-11:55 AM	\$88	\$146	Waterpark Pool

### 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.

<i>All lessons are located in the Lap Pool</i>					
6-12 yrs	Mon	5:30-6:10 PM	\$88	\$146	
6-12 yrs	Mon	6:15-6:55 PM	\$88	\$146	
6-12 yrs	Tue	5:30-6:10 PM	\$88	\$146	
3-5 yrs	Thu	5:30-6:10 PM	\$88	\$146	
6-12 yrs	Sat	11:15-11:55 AM	\$88	\$146	
6-12 yrs	Sun	11:15-11:55 AM	\$88	\$146	

### 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**

**Adult - 4- 6 / Swim Strokes**

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
18 yrs+	Sat	9-9:40 AM	\$88	\$146	Lap Pool
18 yrs+	Sat	9:45-10:25 AM	\$88	\$146	Lap Pool

## SWIM TEAM

Contact John Foff with questions at [jfoff@ymcarivercrossing.org](mailto:jfoff@ymcarivercrossing.org)

### Barracudas Swim Team - Competitive Team

Our Swim Team is a YMCA and USA Swimming sanctioned team with a mission to develop good swimmers and great kids. Our swimmers achieve success at all levels of competition. We provide the foundation for our athletes to excel based on their talent, skills and level of commitment. \$100 registration fee includes team cap, shirt, banquet and Y-USA registration. Swimmers also have the option to swim at the USA Swimming level in the Mid-Atlantic Division with meets held regionally.

#### Competitive Team

Junior	8-12 yrs	<i>Days and times vary</i>	\$183	n/a	Lap Pool
Pre-Senior	11-14 yrs	<i>Days and times vary</i>	\$190	n/a	Lap Pool
Senior	13-21 yrs	<i>Days and times vary</i>	\$204	n/a	Lap Pool

<b>Swim Team Personal Coaching</b>						
Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location	
8 yrs+	Sun-Sat	Varies	\$183	n/a	Lap Pool	

<b>Swim Academy - Club Team</b>						
Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location	
Do you like to swim? Do you want to practice, get in great shape, make new friends and hone your swimming skills, but aren't sure that you want to swim in competitions? If you are thinking about joining the Competitive team, or if you just love swimming and making friends, then our Swim Academy: Intramural is the perfect place for you! Coaches will train swimmers to have more endurance and be more efficient with the four key swim strokes, starts and turns. \$100 registration fee includes team cap, shirt and Y-USA registration.						

<b>Swim Academy - Intramural</b>	5-12 yrs	Days and times vary	\$170	n/a	Lap Pool	
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<b>Masters Swim Team</b>						
Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location	
Welcome to all competitive swimmers ages 18 and older. Members have the option to swim in Masters Swim Competitions, Open Water Events or just train with a great bunch of people. Part of Delaware Valley Local Masters Swimming Committee and Colonies Zone Region.						

<b>Masters Swimming</b>	18 yrs+	Days and times vary	\$25	\$75	Lap Pool	
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## AMERICAN RED CROSS CLASSES

Questions? Contact Becky Musselman at [bmusselman@ymcarivercrossing.org](mailto:bmusselman@ymcarivercrossing.org)

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

<b>Lifeguard Training (Blended Full Course)</b>						
Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location	
Fri Classes 5:00-9:00 PM / Sat Classes 9:00 AM-6:00 PM / Sun Classes 9:00 AM-6:00 PM						
November 15, 16 & 23	15 yrs+	Times listed above	\$325	\$375	CE Room	

<b>Lifeguard Training Recertification</b>						
Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location	
October 26	15 yrs+	Sat	9 AM-6 PM	\$185	\$195	CE Room
December 7	15 yrs+	Sat	9 AM-6 PM	\$185	\$195	CE Room

## YOUTH SPORTS

Questions? Contact Chris Lochetta  
at [clochetta@ymcabhc.org](mailto:clochetta@ymcabhc.org)

### Fall Youth Leagues (Starting September 2024)

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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Fall Season runs 8 weeks from September 14-November 9. Registration deadline September 6.

#### NFL Flag Football

Time is split between skill building and game play. All players receive a reversible NFL Flag jersey and flag belt. Optional skill nights taught by Y staff are offered on Tuesdays.

All leagues are at the Pettine Athletic Complex unless otherwise noted.

5-6 yrs	Sat	9-10 AM	\$142	\$234	
7-9 yrs	Sat	9-10 AM	\$142	\$234	
10-12 yrs	Sat	10:15-11:15 AM	\$142	\$234	

#### MLS Go Soccer

Time is split between skill building and gameplay. All players will receive a reversible jersey, shorts and socks. Optional skill nights taught by Y staff are offered on Wednesdays.

4-5 yrs	Sat	9:15-10:15 AM	\$144	\$237	
6-8 yrs	Sat	10:30-11:30 AM	\$144	\$237	

#### Fall T-Ball

Time is split between skill building and game play. All players receive a team shirt and hat. Optional skill nights taught by Y staff are offered on Wednesdays.

4-5 yrs	Sat	10:30-11:30 AM	\$114	\$189	
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#### Cheetahs Cross Country

Team will practice twice per week. Exact practice time and location TBD.

5-8 yrs			\$137	\$225	Location TBD
9-14 yrs			\$137	\$225	Location TBD

#### Field Hockey Club

Club meets for one hour on Saturday. Time is split between skill building and game play.

8-12 yrs	Sat	9:15-10:15 AM	\$114	\$189	
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### Youth Basketball Leagues (Starting November 2024)

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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#### Preseason Basketball

Get ready for the Junior Sixers League with a 4-week preseason program. Session runs from November 2-November 23. Program works specifically on skill development and understanding of the game. Each class will end with a short game.

4-5 yrs	Sat	9-9:50 AM	\$47	\$78	Gym A/B
6-7 yrs	Sat	10-10:50 AM	\$47	\$78	Gym A/B
8-9 yrs	Sat	11-11:50 AM	\$47	\$78	Gym A/B
10-12 yrs	Sat	12-12:50 PM	\$47	\$78	Gym A/B

#### Postseason Basketball

End the Junior Sixers League with a 4-week post-season program. Session runs March 1-March 22. Program emphasizes the skills learned during the season in fun and interactive games. Drills and gameplay are incorporated in each week.

4-5 yrs	Sat	9-9:50 AM	\$47	\$78	Gym A/B
6-7 yrs	Sat	10-10:50 AM	\$47	\$78	Gym A/B
8-9 yrs	Sat	11-11:50 AM	\$47	\$78	Gym A/B
10-12 yrs	Sat	12-12:50 PM	\$47	\$78	Gym A/B

Junior Sixers (Starting December 2024)						
	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<i>Registration deadline for all Jr. Sixers Leagues is Sunday, November 10. All players receive a reversible Junior Sixers jersey.</i>						
<b>Junior Sixers Basketball - Group A</b> (Dec 7-Feb 8)						
Games will be played at either 8:45 AM, 9:50 AM, or 10:55 AM each week. Schedule will rotate games between the six teams. Each session is split between skill development and instructional game play.						
	4-5 yrs	Sat	8:45-11:55 AM	\$142	\$235	Gym B
	6-7 yrs	Sat	8:45-11:55 AM	\$142	\$235	Gym A
<b>Junior Sixers Basketball - Group B</b> (Dec 7-Feb 8)						
Games will be played at either 12:00 PM, 1:05 PM, or 2:10 PM each week. Schedule will rotate games between the six teams. Each session is split between skill development and instructional game play.						
	4-5 yrs	Sat	12-3:10 PM	\$142	\$235	Gym B
	6-7 yrs	Sat	12-3:10 PM	\$142	\$235	Gym A
<b>Junior Sixers Basketball - 8-9 yrs</b> (Dec 7-Feb 8)						
Games will be played from 3:20-4:20 PM each week. Schedule will rotate games between the four teams.						
	8-9 yrs	Sat	3:20-4:20 PM	\$142	\$235	Gym A/B
<b>Junior Sixers Basketball - 10-12 yrs</b> (Dec 6-Feb 7)						
Each session is split between skill development and instructional game play.						
	10-12 yrs	Fri	8-10 PM	\$142	\$235	Gym B
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.						
	8-12 yrs	Thu	5:25-6:05 PM	\$54	\$89	Gym B
	5-7 yrs	Wed	4:40-5:20 PM	\$54	\$89	Gym A
	5-7 yrs	Wed	5:25-6:05 PM	\$54	\$89	Gym A
	8-12 yrs	Wed	6:10-6:50 PM	\$54	\$89	Gym A
<b>Ultimate Sports</b>						
Rotate through different ultimate games. Games include NERF games, Obstacle courses, Dodgeball, Capture the Flag and more. Each class focuses on different skills used in gameplay.						
	5-7 yrs	Mon	4:45-5:25 PM	\$54	\$89	Gym A
	8-12 yrs	Mon	5:30- 6:10 PM	\$54	\$89	Gym A
	5-7 yrs	Thurs	4:30-5:20 PM	\$54	\$89	Gym B
<b>Tiny Teammates</b>						
Formerly Sports Frenzy - 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!						
	4-6 yrs	Wed	9:30 10:10 AM	\$54	\$89	Gym A
	4-6 yrs	Thu	10:20-11 AM	\$54	\$89	Gym A
	4-6 yrs	Fri	9:30 10:10 AM	\$54	\$89	Gym A
<b>Obstacle Ninja</b>						
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	Fri	10:20-11 AM	\$54	\$89	Gym A
<b>Jump Rope Mini Clinic</b>						
Learn new jump rope skills with the Zero Gravity Jump Rope Team and nationally recognized jumpers. All skill levels welcome!						
	6 yrs+	<b>Sat 9/28</b>	9-11 AM	\$15	\$25	Gym A

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Kids Triathlon 8-week Program</b>						
<p>Powered by USA Triathlon's USA Kids Tri, the 8 week YMCA Kids Triathlon program prepares your child for the annual YMCA Kids Triathlon races. Taught by YMCA and USA Triathlon Certified Coaches in a fun and rewarding setting, the program will introduce youth to multi-sport opportunities for lifelong success into the sport. Focus is on general conditioning, along with swim, bike, run, and transition skills to prepare for fun competition in youth triathlon. Weekly sessions include drills and games with an emphasis on fun, competition, and sportsmanship, capped off with a mini triathlon to celebrate program completion. All participants must be able to proficiently swim at least 25 yards continuously and be able to ride and safely control a two-wheel bicycle. All youth participants will receive a FREE USA Triathlon Youth annual membership, discounts off of the annual YMCA Kids Tri race, and USA Triathlon swag!</p> <p>Each week will focus on a specific aspect of a triathlon. Please see below for the breakdown of each week. For this program, kids will need a bicycle, helmet, and swimsuit. Weather permitting, run days and bike days will be held outdoors in an enclosed area. Swim days will be held in our indoor pool.</p> <p>Week 1: Introduction   Week 2: Run   Week 3: Bike   Week 4: Swim   Week 5: Run   Week 6: Bike   Week 7: Swim   Week 8: Mini Triathlon</p>						
<b>September 12 -November 7</b>	8-12 yrs	Thu	5:15-6 PM	\$108	\$178	Varies
<i>Gray classes are full at time of publication, but may re-open based on availability.</i>						

<b>Gymnastics &amp; Tumbling</b>	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Gymnastics - Level 1</b>						
<p>For the beginner gymnast with no formal gymnastics training and for those gymnasts who have not tested out of the Level 1 program. Skills are taught on all pieces of equipment (vault, bars, beam, floor, and tumble trak.)</p>						
	5 yrs+	Tue	4:30-5:30 PM	\$82	\$135	Gym A
	5 yrs+	Tue	5:35-6:35 PM	\$82	\$135	Gym A
	5 yrs+	Thu	4:30-5:30 PM	\$82	\$135	Gym A
	5 yrs+	Thu	5:35-6:35 PM	\$82	\$135	Gym A
<b>Gymnastics - Level 2</b>						
<p>For the Gymnast who has completed and/or tested out of the Level 1 program. Skills are taught on all pieces of equipment (vault, bars, beam, floor, and tumble trak.) Evaluations will occur every other month to evaluate progress.</p>						
	5 yrs+	Tue	6:40-7:40 PM	\$82	\$135	Gym A

<b>Martial Arts</b>	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<i>Questions? Contact Jennefer Pursell at <a href="mailto:jpursell@ymcabhc.org">jpursell@ymcabhc.org</a></i>						
<b>Dragon Cadets</b>						
<p>The Dragon Cadets program is designed for children aged 5-7 who are not yet eligible for our youth karate program. The curriculum is strategically designed to instill skills related to understanding Karate testing, requirements, and belt progression, setting the foundation for their transition to the Youth Program. Children will attend two classes per week on Saturdays and Thursdays.</p>						
	5-7 yrs	Thu Sat	6:15-6:45 PM 11-11:30 AM	\$158	\$260	Tue - Gym B Sat - Studio 3
<b>Dragon Warriorz</b>						
<p>Basic Shotokan Karate techniques mixed with interactive games and exercises to develop self-esteem and confidence. Learn respect, humility, focus and discipline.</p>						
	5-8 yrs	Tue	6:15-6:45 PM	\$54	\$89	Studio 1
	5-8 yrs	Tue	6:50-7:20 PM	\$54	\$89	Studio 1
<b>Youth &amp; Adult Karate</b>						
<p>JKA Style Shotokan Karate using the AJKA-I curriculum. Learn the traditional art of self defense, and enjoy the benefits of increased flexibility, balance, strength and character development.</p>						
	8 yrs+	<i>Unlimited classes, times listed below</i>		\$142	\$234	
	<b>Beginner</b> (white-candidate breen belt)	Tue	6:00-6:45 PM			Gym B
		Thu	6:50-7:50 PM			Gym B
		Sat	11:35 AM-12:35 PM			Studio 3
	<b>Green belt and above</b>	Tue	6:00-7:30 PM			Gym B
		Thu	6:50-7:50 PM			Gym B
		Sat	11:35 AM-12:35 PM			Studio 3

**Aikido**

Japanese art of unarmed self-defense uses attacker's force against them. Encourages discipline and a nonviolent attitude. Classes will focus on weapons training and meditation principles. Under 10 must be with a participating adult.

9 yrs+      Fri      7-7:45 PM      \$72      \$118      Studio 1

**Free Member Classes****Kids Yoga**

Focus on learning breathing techniques to help calm and center. Poses and games to help with balance, strength and flexibility.

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
5-12 yrs	Thu	4:30-5:15 PM	\$0	n/a	Studio 1

**Dodgeball**

Play a variety of dodgeball games including obstacle dodgeball, poison, jailbreak, etc.

8-12 yrs      Fri      5-5:40 PM      \$0      n/a      Gym A

**Powerplay**

Emphasizes activity through sports and active games. Kids stay moving and active throughout the class.

4-6 yrs	Thu	9:30-10:10 AM	0	n/a	Gym A
4-6 yrs	Wed	10:20-11 AM	0	n/a	Gym A

**Jump, Run, Tumble Fun**

Play on our indoor gymnastic equipment playground. Great place to let out some energy. This is an open gym style program, with no instructor. Parent required to stay with children.

0-6 yrs	Tue	10:30-11:10 AM	0	n/a	Gym A
0-6 yrs	Thu	10:20-11 AM	0	n/a	Gym A

**ARTS & HUMANITIES**

Questions? Contact Taylor Jermyn at [tjermyn@ymcabhc.org](mailto:tjermyn@ymcabhc.org)

**YDA Fall Dance**

All Fall Youth Dance Classes run September to December. Term concludes with a performance of the Nutcracker for all youth dancers. Cost includes tights and leotard for both class and performance.

**Petite Feet**

Discover your child's ability and interest in ballet. Class challenges basic motor skill development and coordination.

*Attire: Ballet Leotard, Tights, and Pink Ballet Slippers*

3-4 yrs	Fri	9:40-10:20 AM	\$205	\$298	Studio 3
3-4 yrs	Tue	9:40-10:20 AM	\$205	\$298	Studio 3
3-4 yrs	Sat	8:30-9:10 AM	\$205	\$298	Studio 3

**Ballet 1**

Emphasizes the development of age appropriate ballet positions and steps with a focus on imagery to make learning fun.

*Attire: Ballet Leotard, Tights, and Pink Ballet Slippers*

4 1/2-5 yrs	Thu	4:30-5:10 PM	\$205	\$298	Studio 2
4 1/2-5 yrs	Sat	9:20-10:00 AM	\$205	\$298	Studio 1

**Ballet 2**

Emphasizes the development of more intricate skills and steps with a focus on ballet technique. This level introduces the discipline of barre work while still making learning fun.

*Attire: Ballet Leotard, Tights, and Pink Ballet Slippers*

6 yrs	Thu	5:10-5:50 PM	\$205	\$298	Studio 2
6 yrs	Sat	10:00-10:40 AM	\$205	\$298	Studio 1

**Ballet 3**

This level continues to develop correct classical ballet technique along with placement, flexibility and grace.

*Attire: Ballet Leotard, Tights, and Pink Ballet Slippers*

7 yrs	Thu	5:50-6:40 PM	\$205	\$298	Studio 2
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Gray classes are full at time of publication, but may re-open based on availability.

**Ballet 4**

These levels continue to broaden student’s knowledge of classical ballet technique and placement. Students become more familiar with French terminology. Students are placed by age and ability for these levels.

*Attire: Ballet Leotard, Tights, and Pink Ballet Slippers*

8-9 yrs	Sat	10:40-11:40 AM	\$205	\$298	Studio 2
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**Ballet 5**

These levels continue to broaden student’s knowledge of classical ballet technique and placement. Students become more familiar with French terminology. Students are placed by age and ability for these levels.

*Attire: Ballet Leotard, Tights, and Pink Ballet Slippers*

9-11 yrs	Thu	6:45-7:45 PM	\$205	\$298	Studio 1
9-11 yrs	Sat	11:45 AM-12:45 PM	\$205	\$298	Studio 1

**Ballet / Tap Combo**

Learn and develop the basic ballet positions and tap steps.

*Attire: Ballet Leotard, Tights, Pink Ballet Slippers, and Black Tap Shoes*

4 1/2-5 yrs	Mon	9:30-10:10 AM	\$205	\$298	Studio 1
4 1/2-5 yrs	Mon	4:30-5:10 PM	\$205	\$298	Studio 1

**Jazz / Tap 1**

Dancers will learn steps in isolation and in combinations with a focus on flexibility, balance, and technique.

*Attire: Leotard, Tights, Black Tap shoes and Tan Jazz Shoes*

6 yrs	Mon	1:30-2:10 PM	\$205	\$298	Studio 1
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**Jazz / Tap 2**

Dancers will develop more steps in isolation and in combinations with a focus on flexibility, balance, and technique.

*Attire: Leotard, Tights, Black Tap shoes and Tan Jazz Shoes*

6 yrs	Mon	5:10-5:50 PM	\$205	\$298	Studio 1
6 yrs	Fri	4:30-5:10 PM	\$205	\$298	Studio TBD

**Jazz / Tap 3**

Dancers should have knowledge of basic jazz and tap steps in order to learn more complicated steps in isolation and in combinations with a focus on flexibility, balance, and technique.

*Attire: Leotard, Tights, Black Tap shoes and Tan Jazz Shoes*

7 yrs	Wed	4:30-5:20 PM	\$205	\$298	Studio 1
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**Jazz / Tap 4**

Dancers should have a knowledge of basic jazz and tap steps in order to learn more complicated steps in isolation and in combinations with a focus on flexibility, balance, and technique.

*Attire: Leotard, Tights, Black Tap shoes and Tan Jazz Shoes*

8-9 yrs	Wed	5:20-6:20 PM	\$205	\$298	Studio 1
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**Jazz / Tap 5**

Dancers should have a strong knowledge of basic and complicated jazz and tap steps in order to learn steps in isolation and in combinations with a focus on flexibility, balance, and technique.

*Attire: Leotard, Tights, Black Tap shoes and Tan Jazz Shoes*

9-11 yrs	Mon	5:50-6:50 PM	\$205	\$298	Studio 1
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**Adult Dance**

Dancers can attend unlimited Tap and/or Ballet classes.

*Unlimited classes, times listed below*

<b>Adult Tap 1</b>	18 yrs+	Mon	10:15-11:15 AM	\$165	\$258	Studio 1
<b>Adult Tap 2</b>	18 yrs+	Mon	11:15 AM-12:15 PM	\$165	\$258	Studio 1
<b>Adult Ballet</b>	18 yrs+	Wed	9:40-10:55 AM	\$165	\$258	Studio 1

**Art & Cooking**

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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**Mixed Arts**

For students who are predisposed to art fundamentals. Explore drawing styles and painting skills as well as unique materials, concepts and processes using charcoal, gel pen, ink, paint and so much more.

5-12 yrs	Wed	5-5:45 PM	\$54	\$89	Clubhouse
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**Youth Baking**

An introduction to baking. Participants will learn different baking techniques and make various types of baked goods.

8-12 yrs	Thu	6-7:15 PM	\$85	\$140	Teen Center
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# ADULT & TEEN SPORTS

Questions? Contact Chris Lochetta at [clochetta@ymcabhc.org](mailto:clochetta@ymcabhc.org)

Adult Sports	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Women's Basketball</b> Pick-up style format.	18 yrs+	Sun	6-7:30 PM	\$0	\$22	Gym A/B
	18 yrs+	Thu	8-9:30 PM	\$0	\$22	Gym A/B
<b>Adult Volleyball</b> Pick-up format, Fridays 8-10 PM and Sundays 11 AM-1 PM. Players divided into teams when they arrive.	18 yrs+	Fri & Sun		\$19	\$36	Gym B

Adult Leagues	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Adult Basketball League</b> Full court, 5v5 basketball league. Games will be played on Monday and Tuesday evenings beginning September 16 at 8:00 or 9:00 PM, and each team will play one game per week. League will be limited to 8 teams. Teams will pay referee fees of \$40 each week, in addition to the registration fee. To enter your team or inquire about joining as a Free Agent, please email Chris Lochetta at <a href="mailto:clochetta@ymcabhc.org">clochetta@ymcabhc.org</a>	18 yrs+	Mon / Tue	8-10 PM	\$54	\$89	Gym A/B
<b>Over 35 Adult Basketball League</b> Side court, 4v4 basketball league held on Wednesday nights, beginning September 18. League will run for regular season plus playoffs. Teams will pay referee fees of \$35 each week in addition to the registration fee. To enter your team or inquire about joining as a Free Agent, please email Chris Lochetta at <a href="mailto:clochetta@ymcabhc.org">clochetta@ymcabhc.org</a>	35 yrs+	Wed	7-10 PM	\$54	\$89	Gym A/B

# PICKLEBALL

Questions? Contact Chris Lochetta at [clochetta@ymcabhc.org](mailto:clochetta@ymcabhc.org)

Adult & Teen Pickleball	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>View our website for a full list of group play times available to members:</b>						
						<a href="#">Pickleball Schedule - All Branches</a>
<b>Beginner Pickleball Clinic</b> Clinics run every Wednesday. If you have never played pickleball or recently started, this is the clinic for you. Join the fastest growing sport in the country! Clinics cover basic stroke production and technique, scoring, court positioning and basic strategy. Each clinic will have a 6 participants and 1 instructor.	8 yrs+	Wed	10-11:30 AM	\$26	\$43	Gym B

Pickleball Private Lessons	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Private Pickleball Lessons</b> A private Pickleball lesson is the ultimate learning environment. No matter your skill level or goals, a private lesson will help advance your game, hone in on skill development, and enhance overall enjoyment of the sport. Dedicated to one player and their needs for the lesson.						<b>Package Options:</b>
	8 yrs+	(1)	60-minute lesson	\$68	\$113	Gym B/ Outdoor Courts
	8 yrs+	(5)	60-minute lessons	\$315	\$520	Gym B/ Outdoor Courts
<b>Semi-private Pickleball Lessons</b> A semi-private pickleball lesson is one-hour dedicated to two players. No matter what your skill level or goals, a semi-private lesson will help advance your game, hone your skill development, and enhance your overall enjoyment of the sport. <b>Pricing is per person.</b>						<b>Package Options:</b>
	8 yrs+	(1)	60-minute lesson	\$42	\$69	Gym B/ Outdoor Courts
	8 yrs+	(5)	60-minute lessons	\$189	\$312	Gym B/ Outdoor Courts



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**3-and-Me Pickleball Lessons**

This one-hour lesson is for you, two others, and our Pickleball instructor to take your skills to the next level! These lessons are designed for players who would like to work on specific aspects of the game in order to improve their overall skills while having a ton of fun along the way. **Pricing is per person.**

**Package Options:**

8 yrs+	(1) 60-minute lesson	\$37	\$61	Gym B
8 yrs+	(5) 60-minute lessons	\$168	\$277	Gym B

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# SPORTS & ARTS

# All Branches | Fall

## METRO ESPORTS

Questions? Contact [metroesports@ymcabhc.org](mailto:metroesports@ymcabhc.org)

### Gaming Lounge Open Hours

6 yrs+ | Kids 8 and under must be accompanied by chaperone. | Kids 9-11 should have a parent in the building.

Doylestown	Fairless Hills	Warminster
Mon-Fri 2:30 PM-9 PM Sat-Sun 2 PM-6 PM	Mon-Thu 3 PM-7 PM Fri 3 PM-8 PM Sat-Sun 2 PM-5 PM	Mon/Wed/Fri 3 PM-7 PM Tues/Thu 5 PM-7 PM Sat-Sun 2 PM-5 PM

Esports Lounge Daily Pass	Age	Member	Non-member Drop-In Pass
Daily Drop-In Pass / Friday Night Tournament Pass	6 yrs+	n/a	\$10

Doylestown	Age	Day	Start Time	Member FLAT FEE	Non-member FLAT FEE
<b>Friday Night Tournaments</b>	All ages	Fri	4-6 PM	\$0	\$10 Drop-in
Join us down in the Metro Game Lounge each and every Friday for esports tournaments! Players of all ages and skill levels are welcome. Each week will feature a different esports title, cycling between Fortnite, Overwatch2, NBA2k/Madden, and Smash Ultimate! Join with a team or register as a free agent to be matched with other players. Daily Metro Coins are awarded to winners and participants, redeemable for toys, merch, Logitech gaming peripherals, gift cards, esports and tech-education curriculum, and so much more in the Metro Shop!		<b>Fri 9/6</b>	Fortnite Friday		
		<b>Fri 9/13</b>	Smash Ultimate Bracket		
		<b>Fri 9/20</b>	Fortnite Friday		
		<b>Fri 9/27</b>	Smash Ultimate Bracket		
		<b>Fri 10/4</b>	Fortnite Friday		
		<b>Fri 10/11</b>	Smash Ultimate Bracket		
		<b>Fri 10/18</b>	Fortnite Friday		
		<b>Fri 10/25</b>	Smash Ultimate Bracket		
<b>Metro Madness</b>	All ages	Wed	2:30-5 PM	\$0	\$10 Drop-in
<b>Esports Team Leaders</b>	Gr 7-12	<b>September-October</b>		\$0	\$0
<b>Esports Rivalry Match - Community Event</b>	All Ages	<b>Sat 10/19</b>		\$0	\$10 Drop-in
<b>Esports Day off School Camp</b>	Gr 2-7	<b>Thu 10/3</b>		\$58	\$78

### Halloween Game Fright!

Join us in the Metro Esports lounge at YMCA Doylestown, for an evening of gaming and fun! This Metro Esports Halloween game night features spooky tricks and fun treats! Play Halloween-exclusive games and compete in events in your best costume, spooky or silly. Our Halloween Event is the perfect way to spend a dark and stormy evening!

All Ages      **Thu 10/31**      \$0      \$10 Drop-in

### Tech Day off School Camp: Build-a-game

Tech Day off School Camp: Build-a-Game offers students a chance to unleash their creativity and tech skills by designing their own video games. This camp provides the tools and guidance needed to turn imaginative ideas into playable realities, fostering both technical abilities and creative thinking. A perfect blend of learning and fun for young game enthusiasts!

Gr 3-7      Date TBD      \$68      \$88

### Tabletop Game Night - Community Event

A mix of competitive and casual games for players of all ages and skill levels.

All Ages      Date TBD      \$0      \$10 Drop-in

## Fairless Hills

Age	Day	Start Time	Member FLAT FEE	Non-member FLAT FEE
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### Minecraft Mondays

Each Week, Metro will be hosting Minecraft Monday! Each Monday, members join us for fun, free, and family friendly mini-events on our YMCA Minecraft Server. Guests who join us in the lounge will have the opportunity to earn coins to spend in the Metro Shop, and gain points towards our competitive season! Players will work together to complete challenges, think creatively, and earn points. Great for kids and families!

All ages      Mon      3:30-6 PM      \$0      \$10 Drop-in

### Esports League (Oct 5-Nov 9)

More info coming soon! Spanning six weeks of competitive play with a grand championship event in the seventh week, participants can sign up as a team or register as a free agent to be paired with others. Featuring popular games like Smash, Fortnite, and more, this league offers a fun, engaging way for young gamers to hone their skills, collaborate with peers, and enjoy healthy competition in a variety of esports titles.

Gr 4-7      Sat, Sun      11 AM-1 PM      \$78      \$110

### Esports & Sports Crossover Day off School Camp

Esports & Sports Crossover Day Camp, presented by Metro Esports and the YMCA, is a dynamic blend of virtual and physical play. This innovative camp combines the thrill of esports with the energy of traditional sports, offering an engaging experience for kids interested in both arenas. It's a day filled with skill-building, teamwork, and fun, providing a balanced mix of screen time and physical activity.

Gr 3-7      **Wed 11/27**      8 AM-5 PM      \$55      \$65

### AthleteArcade (Begins Sept 12)

Engage in competition across a range of popular sports games like NBA2K, Madden, FIFA, and Rocket League. Each session kicks off in the gym, where participants will develop skills and knowledge through drills and gameplay in traditional sports, and then transition to the state-of-the-art Metro Esports lounge for the digital version of the sport. Bring your best game, challenge other players, and aim for the top of the leaderboard in this exciting sports gaming event!

Age	Day	Start Time	Member MONTHLY	Non-member MONTHLY
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Gr 4-8      Thu      6:40-8 PM      \$41      \$67

## Warminster

Age	Day	Start Time	Member FLAT FEE	Non-member FLAT FEE
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### Roblox Rumble

Ready to win some Robux?! "Roblox Rumble" is a weekly, fun-filled, and competitive Roblox event held every Saturday at the Warminster YMCA. This open event allows participants to drop in at any time during the event hours to compete in various Roblox challenges. Weekly themes such as speedrunning, obstacle courses (obbys), battle royales, and team-based games rotate to keep the experience fun and exciting!

All Ages      Sat      2-5 PM      \$0      \$10 Drop-in

### Halloween LeaderBOOard Challenge

Join us in the Metro Esports lounge at YMCA Warminster, for an evening of gaming and fun! This Metro Esports Halloween game night features spooky tricks and fun treats! Play Halloween-exclusive games and compete in events in your best costume, spooky or silly. Our Halloween Event is the perfect way to spend a dark and stormy evening!

All Ages      **Thu 10/31**      6-8 PM      \$0      \$10 Drop-in

**Minecraft & Code** (Sept 14-Oct 19)

Did you know you can learn to code through Minecraft?! In this 6-week program, utilize "Minecraft Education Edition" to learn game development skills within the Minecraft ecosystem. Students will learn the fundamentals of JavaScript programming language and complete STEM-based theme projects while creating their own exciting worlds! Upon completing this course, students will receive a STEM Accredited Certificate of Completion in Coding with Minecraft. Sign up for all six weeks or try just one.

<b>First Week Only - give it a try!</b>	Gr 2-7	<b>Sat 9/14</b>	12:30-2 PM	\$40	\$55
<b>All 6 Weeks</b>	Gr 2-7	Sat	12:30-2 PM	\$170	\$235

**Esports Parties**

			Member FLAT FEE	Non-member FLAT FEE
<b>Esports Party</b>	<b>Available during Open Lounge Hours</b>			
Doylestown Esports Party	15 kids included; \$10 per additional kid.		\$365	\$450
Fairless Hills Esports Party	15 kids included; \$10 per additional kid.		\$289	\$384
Warminster Esports Party	16 kids included; \$10 per additional kid.		\$289	\$384
<b>After Hours Esports Party</b>	<b>Available outside regular Open Lounge Hours</b>			
Doylestown After Hours Esports Party	25 kids included; \$10 per additional kid.		\$499	\$595
Fairless Hills After Hours Esports Party	25 kids included; \$10 per additional kid.		\$339	\$434

## PARENT'S NIGHT OUT

Questions? Contact our Welcome Center at 215.348.8132

Doylestown Parents Night Out (PNO)		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Parent's Night Out</b>		3 mos-12 yrs	Fri	5:30-9 PM	Pricing listed below		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 Sept 13, Fri Sept 27	Fri Nov 8, Fri Nov 22	Fri Jan 10, Fri Jan 24		Fri Mar 14, Fri Mar 28			
Fri Oct 11, Fri Oct 25	Fri Dec 13, Fri Dec 20	Fri Feb 14, Fri Feb 28		Fri Apr 11, Fri Apr 25			

## STAY & PLAY

Questions? Contact our Welcome Center at 215.348.8132

### Member Use - Open Hours

Children 3months through 6th grade 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-Gr 6	Mon-Fri 8:30 AM-1 PM Mon-Thu 4-8 PM	Sat 8 AM-1 PM Sun 9:30 AM-1 PM
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### Sitter Service

#### 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-Gr 6	<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	

# FAMILY & COMMUNITY

# Doylestown | Fall

## FAMILY & TEEN

Questions? Contact Chris Locketta at [clochetta@ymcabhc.org](mailto:clochetta@ymcabhc.org)

### Family Events

	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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Join us for Fun Family Fridays! Each Friday one of our branches will host a free activity for our family memberships. Only one member of the family needs to register.

#### Family Pickle & Pizza

Enjoy pickleball, pizza, and other outdoor games!	All Ages	<b>Fri 9/6</b>	5-7 PM	\$0	n/a	Studio B
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### Day Off School Camp

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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#### Day Off School Camp

Seasonal day off school camp providing activities and supervision for kids when CBSD schools are closed. Campers may participate in activities such gym games, swimming, outdoor play, arts & crafts, STEM activities, and more. Campers are required to bring a packed lunch and snacks.

5-12 yrs	<i>Varies</i>	8 AM-5:30 PM	\$61	\$82	Teen Center
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#### Fall 2024

Thu Oct 3

#### Late Fall 2024

Fri Nov 1, Tue Nov 5

Wed Nov 27, Fri Nov 29

Mon Dec 23, Thu Dec 26

Fri Dec 27, Mon Dec 30

#### Winter 2025

Mon Jan 20, Fri Feb 24, Mon Feb 17

#### Spring 2025

Thu Apr 17, Fri Apr 18, Mon Apr 21

Tue May 20, Fri May 23

### Adventure Guides

	Age	Group	Member FLAT FEE	Non-member FLAT FEE	Location
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#### Adventure Guides

Designed for parents and children to develop healthy relationships, gain a sense of belonging, and learn the importance of giving back to the community through one-on-one interactions, activities with other families, and community service projects.

5 yrs+	Dads & Daughters	\$0	\$44	Registration fee increases to \$83 on October 15.
5 yrs+	Dads & Sons	\$0	\$44	

Questions? Contact Taylor Jermyn at [tjermyn@ymcabhc.org](mailto:tjermyn@ymcabhc.org)

### Skatepark

#### Member Use - Open Hours

Skatepark use is free to members and available to non-members when paying a guest fee. Anyone 17 years or younger must have a parent signed liability waiver on file.

Questions? Contact Taylor Jermyn at [tjermyn@ymcabhc.org](mailto:tjermyn@ymcabhc.org)

Mon-Thu 4:30-8 PM	Sat 12-6 PM
Fri 4:30-9 PM	Sun 12 PM- 6 PM

## ABILITY PRIVATE LESSONS

Questions? Contact Kaitlyn Stevens at [kstevens@ymcabhc.org](mailto:kstevens@ymcabhc.org) or 215.348.8132

Adapted Aquatics Private Lessons		Age		Member FLAT FEE	Non-member FLAT FEE
<b>Private Swim Lessons</b>	(4) 30-minute lessons	5 yrs+		\$162	\$267
<i>1:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	5 yrs+		\$319	\$526
<b>Semi-Private Swim Lessons</b>	(4) 30-minute lessons	5 yrs+	<i>Pricing is per person</i>	\$121	\$200
<i>2:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	5 yrs+	<i>Pricing is per person</i>	\$237	\$391

Adapted Personal Training		Age		Member FLAT FEE	Non-member FLAT FEE
<b>Private Fitness Packages</b>	(5) 30-minute sessions	12 yrs+		\$248	\$409
Work one-on-one with a qualified trainer on fitness and health goals.	(10) 30-minute sessions	12 yrs+		\$474	\$782
	(5) 45-minute sessions	12 yrs+		\$327	\$540
	(10) 45-minute sessions	12 yrs+		\$634	\$1,046
	(5) 60-minute sessions	12 yrs+		\$408	\$673
	(10) 60-minute sessions	12 yrs+		\$792	\$1,306

Biking 101		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Biking 101 - Evaluation</b>							
A one time, one on one skills assessment to determine if the participant has the pre-requisite skills for riding a 2 wheeler bike. This is required prior to registration for Biking 101 Lessons.		7 yrs+			\$44	\$73	Parking Lot
<b>Biking 101 - (4) Lessons</b>							
Biking 101 lessons include 4 one on one private lessons taught by a Certified Cycling Instructor with over 34 years of experience working with Children and Adults with Special Needs.		7 yrs+			\$153	\$253	Parking Lot

Employee Mentorship Training		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Employee Mentorship Training</b>							
Employee mentees are paired with a Job Coach at the Y to work together once a week for 1.5 hours per session for an 8 week session/rotation. The session would be 1:1 for a time that works with both the Job Coach and the mentee. The YMCA job can change after 8 weeks or the mentee can stay in the same role if more mastery is needed. Mentees will need to know that this does not guarantee a job at the end. All Mentees would need to wear a uniform for their shifts and fill out a practice timecard before and after each shift. Currently, the job positions could include: welcome center, health & wellness coach and swim deck coordinator. More roles added as the program grows.							
	<b>90-minute session for 8 weeks</b>	16 yrs+			\$370	\$611	Jobs throughout the YMCA

# ABILITY SPORTS & ARTS

Questions? Contact Kaitlyn Stevens at [kstevens@ymcabhc.org](mailto:kstevens@ymcabhc.org) or 215.348.8132

Ability Athlete Academy						
	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Ability Athlete Academy</b>						
In this 8 week adapted sports program, children with disabilities will participate in organized sports drills, including basketball, soccer, flag football, and floor hockey. This program is designed to enrich your child and spark interest in athletics. Led by experienced coaches, this class focuses on building fundamental skills, fostering teamwork, and boosting confidence in a fun, supportive environment.						
	6-12 yrs	Sat	9:15-10:15 AM	\$114	\$189	Varies - Pettine Athletic Complex, Outdoor Courts
Ability Art Programs						
	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Creative Creations</b>						
Participants are given an opportunity to explore their creativity with various art techniques in this brand new class! Our artists will be able to use all sorts of different mediums including painting, collages, drawing and more to create their own masterpieces!						
	18 yrs+	Tue	6-7:30 PM	\$80	\$132	Club House
Fall Youth Leagues (Starting September 2024) - With Adapted Support						
	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<i>Fall Season runs 8 weeks from September 7-October 26. Registration deadline September 1.</i>						
<b>NFL Flag Football</b>						
Time is split between skill building and game play. All players receive a reversible NFL Flag jersey and flag belt. Optional skill nights taught by Y staff are offered on Tuesdays.						
	5-6 yrs	Sat	9-10 AM	\$142	\$234	<i>All leagues are at the Pettine Athletic Complex unless otherwise noted.</i>
	7-9 yrs	Sat	9-10 AM	\$142	\$234	
	10-12 yrs	Sat	10:15-11:15 AM	\$142	\$234	
<b>MLS Go Soccer</b>						
Time is split between skill building and gameplay. All players will receive a reversible jersey, shorts and socks. Optional skill nights taught by Y staff are offered on Wednesdays.						
	4-5 yrs	Sat	9:15-10:15 AM	\$144	\$237	
	6-8 yrs	Sat	10:30-11:30 AM	\$144	\$237	
<b>Fall T-Ball</b>						
Time is split between skill building and game play. All players receive a team shirt and hat. Optional skill nights taught by Y staff are offered on Wednesdays.						
	4-5 yrs	Sat	10:30-11:30 AM	\$114	\$189	
<b>Cheetahs Cross Country</b>						
Team will practice twice per week. Exact practice time and location TBD.						
	5-8 yrs			\$137	\$225	Location TBD
	9-14 yrs			\$137	\$225	Location TBD
<b>Field Hockey Club</b>						
Club meets for one hour on Saturday. Time is split between skill building and game play.						
	8-12 yrs	Sat	9:15-10:15 AM	\$114	\$189	



## Mainstream Group Classes - With Adapted Support

In addition to ability-specific programs, almost any youth or teen program can become an ability program through our Inclusive Programming Model. Children and teens can join their peers of all abilities in a variety of mainstreamed youth and teen fitness and social programs with the assistance of an ability instructor.

### Basketball

Skill development program focusing on the fundamental skills of basketball.

Class offerings vary. Please contact Kaitlyn Stevens for full details.

### Ultimate Sports

Rotate through different ultimate games. Games include NERF games, Obstacle courses, Dodgeball, Capture the Flag and more. Each class focuses on different skills used in gameplay.

Class offerings vary. Please contact Kaitlyn Stevens for full details.

### Youth Baking

An introduction to baking. Participants will learn different baking techniques and make various types of baked goods.

Class offerings vary. Please contact Kaitlyn Stevens for full details.

## ABILITY EVENTS

Questions? Contact Kaitlyn Stevens at [kstevens@ymcabhc.org](mailto:kstevens@ymcabhc.org) or 215.348.8132

### Ability Teen Night

#### Ability Teen Night

A night for teens to come together for dancing, food and activities. Teens will enjoy pizza with friends, then participate in the night's activity. The night ends with a dance party.

Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
14-21 yrs	Fri	6:30-9 PM	Listed below		Teen Center
	<b>September 13</b>		\$15	\$25	
	<b>September 27</b>		\$15	\$25	
	<b>October 11</b>		\$15	\$25	
	<b>October 25</b>	Big Event	\$20	\$30	
	<b>November 8</b>		\$15	\$25	
	<b>November 22</b>		\$15	\$25	
	<b>December 13</b>	Big Event	\$20	\$30	

### Beyond Limits Social

#### Halloween Hoopla

Afternoon program for adults with disabilities full of fun, physical activity, and socializing. Activities vary depending on the monthly theme. Participants should bring their own snack(s) and water bottle.

Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
18 yrs+	<b>Sat 10/5</b>	1-3:30 PM	\$15	\$25	Teen Center

### Friday Night Socials

#### Backyard Games

A night for adults to come together for dancing, food, and activities. Adults will enjoy pizza with friends, then participate in the night's activity. The night ends with a dance party!

Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
18-30 yrs	<b>Fri 9/20</b>	6:30-9 PM	\$15	\$25	Teen Center

#### Fall Movie & Craft Night

Adults can come together for dancing, pizza, and activities. We will watch Hocus Pocus and paint a piece of fall decor to take home. All are welcome to attend in their pajamas. The night ends with a dance party!

Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
18-30 yrs	<b>Fri 10/18</b>	6:30-9 PM	\$15	\$25	Teen Center

# ABILITY KIDS AND TEEN PROGRAMS

Questions? Contact Kaitlyn Stevens at [kstevens@ymcabhc.org](mailto:kstevens@ymcabhc.org) or 215.348.8132

Ability Day Off School Camp						
	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<p><b>Ability Day Off School Camp</b></p> <p>Available for children of all abilities on days when schools are closed and families are looking for fun, safe and engaging coverage for their children.</p>	5-21 yrs	Varies	8 AM-5:30 PM	\$69	\$94	Teen Center
<b>Fall 2024</b>	<b>Late Fall 2024</b>	<b>Winter 2025</b>	<b>Spring 2025</b>			
Thu Oct 3	Fri Nov 1, Tue Nov 5	Mon Jan 20, Fri Feb 14, Mon Feb 17	Thu Apr 17, Fri Apr 18, Mon Apr 21			
	Wed Nov 27, Fri Nov 29		Tue May 20, Fri May 23			
	Mon Dec 23, Thu Dec 26					
	Fri Dec 27, Mon Dec 30					

Club After 2						
	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<p><b>Club After 2</b></p> <p>Follows the Central Bucks School District calendar. An after school program designed for students with special needs. Join this friendly, supportive group for daily activities based around the themes of: expressive arts, fitness &amp; wellness, communication &amp; cooperation, service projects, and community-based learning. Teaches cooperation, socialization skills, healthy-living, helpfulness, and utilizes community based instruction. Ratio 1:6</p>	12-21 yrs	Mon-Fri	2:30-5:00 PM	<i>Listed below</i>		Club House
				<b>(1) Day per week</b>	\$92	\$151
				<b>(3) Days per week</b>	\$186	\$307
				<b>(5) Days per week</b>	\$286	\$471

Club After 2 - Early Dismissal Care						
	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<p>Available for students enrolled in Club After 2, and available when schools have a half day from school. Will participate in daily activities based around the themes of: expressive arts, fitness &amp; wellness, communication &amp; cooperation, service projects, and community-based learning.</p>	12-21 yrs	Varies	10:45 AM-5:00 PM	\$45	\$60	Teen Center
<b>Fall 2024</b>	<b>Late Fall 2024</b>	<b>Winter 2025</b>	<b>Spring 2025</b>			
Mon Sep 30, Thu Oct 31	Fri Nov 8	Tue Jan 28	Fri Apr 4, Fri Jun 13			

# ABILITY ADULT PROGRAMS

Questions? Contact Kaitlyn Stevens at [kstevens@ymcabhc.org](mailto:kstevens@ymcabhc.org) or 215.348.8132

Seekers						
	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<p><b>Seekers</b></p> <p>An evening program for adults with developmental disabilities full of fun, physical activity, and socializing. Activities include swimming, basketball, dancing, crafts and much more. Program runs from Sept-June, in a two semester format. Fall Program runs Monday, September 9th through Wednesday, December 18th. Ratio 1:15</p>						
				<b>(1) Day per week - Mon or Wed</b>	\$270	\$446
				<b>(2) Days per week - Mon &amp; Wed</b>	\$498	\$822

## Life After 21 - Coming September 9, 2024!

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location	
<b>Life After 21</b>	Life After 21 is a full-day young adult day program where participants engage in activities supporting health and wellness, access to our community, job skill exploration and more. Participants can choose to attend 1, 3 or 5 days a week, from 9 AM-4 PM. Ratio 1:6. Financial assistance is available thanks to the generosity of our donors.						
<a href="#">Inquire here!</a>							
		<b>(1) Day per week</b> - Tues or Thu	21-30 yrs	9 AM-4 PM	\$350	\$490	Teen Center
		<b>(3) Days per week</b> - Mon, Wed, Fri	21-30 yrs	9 AM-4 PM	\$950	\$1,330	Teen Center
		<b>(5) Days per week</b> - Mon-Fri	21-30 yrs	9 AM-4 PM	\$1,400	\$1,960	Teen Center

## PERSONAL TRAINING

Questions? Contact Nicole Martorella at nmartorella@ymcabhc.org

Personal Training Club		Package Options	Member MONTHLY	Non-member MONTHLY	
<b>Personal Training Club</b> (12 yrs+)		<b>Package Options</b>			
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.		<b>30-minute Sessions</b>	(4) per Month / 1x per Week	\$137	N/A
			(8) per Month / 2x per Week	\$273	N/A
			(12) per Month / 3x per Week	\$410	N/A
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.		<b>45-minute Sessions</b>	(4) per Month / 1x per Week	\$198	N/A
			(8) per Month / 2x per Week	\$397	N/A
			(12) per Month / 3x per Week	\$595	N/A
<i>There is a three month minimum commitment in order to receive the discounted pricing.</i>		<b>60-minute Sessions</b>	(4) per Month / 1x per Week	\$259	N/A
			(8) per Month / 2x per Week	\$518	N/A
			(12) per Month / 3x per Week	\$777	N/A

Personal Training		Package Options	Member FLAT FEE	Non-member FLAT FEE	
<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	\$193	\$318
			(10) Sessions	\$364	\$600
		<b>45 minutes</b>	(5) Sessions	\$272	\$449
			(10) Sessions	\$524	\$864
		<b>60 minutes</b>	(5) Sessions	\$353	\$582
			(10) Sessions	\$681	\$1,124

First Time Client Promotion		Package Options	Member FLAT FEE	Non-member FLAT FEE	
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	\$125	N/A

Partner Training		Package Options	Member FLAT FEE	Non-member FLAT FEE	
<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!		<i>Pricing is per person</i>			
		<b>45 minutes</b>	(5) Sessions	\$169	\$278
			(10) Sessions	\$314	\$518

<b>Partner Training Packages</b> (12 yrs+)	<b>60 minutes</b>	(5) Sessions	\$225	\$371
		(10) Sessions	\$420	\$693

## Team Training

		Package Options	Member FLAT FEE	Non-member FLAT FEE
<b>Team Training Packages</b> (12 yrs+)		<b>Package Options</b>	<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	\$88	\$146
		(10) Sessions	\$154	\$255
	<b>60 minutes</b>	(5) Sessions	\$116	\$191
		(10) Sessions	\$209	\$346
	<b>45 minutes</b>	(5) Sessions	\$78	\$128
		(10) Sessions	\$132	\$218
	<b>60 minutes</b>	(5) Sessions	\$105	\$173
		(10) Sessions	\$188	\$310
	<b>45 minutes</b>	(5) Sessions	\$66	\$109
		(10) Sessions	\$110	\$182
	<b>60 minutes</b>	(5) Sessions	\$94	\$155
		(10) Sessions	\$165	\$273

## WELLNESS TOOLS & PROGRAMS

### Renew You

	Dates & Time	Member FLAT FEE	Non-member FLAT FEE
<b>8 Weeks, 8 Habits: Renew You</b> (40 yrs+)			
<i>Registration closes Thursday 10/10 at midnight</i>			
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>	October 14-December 2 Mondays, 12 PM or 7 PM	\$360	\$504

### Heart Strong

	Package Options	Member FLAT FEE	Non-member FLAT FEE
<b>Heart Strong 6-week Program</b> (12 yrs+)			
Heart Strong is a unique exercise program specifically for patients who've participated in Doylestown Health cardiac rehabilitation and want to maintain optimal heart and vascular health. A collaboration between Doylestown Health and community gyms, the Heart Strong program keeps patients fit with prescribed exercises from their cardiac rehab team. Participation in the program includes six weeks of full branch access.	(12) 30-minute Sessions	\$415	\$415

### Nutrition

	Dates & Time	Member FLAT FEE	Non-member FLAT FEE
<b>Healthy Holiday Cooking Demonstration</b> (12 yrs+)			

Join us for a cooking demonstration with Alek Dineson, MS, RDN, PN1, and learn how to take a healthier twist on some of your favorite holiday recipes. Butternut squash and quinoa stuffing, garlic mashed cauliflower, and cinnamon baked pears are on the menu. Participants will get to sample each recipe. Registration is required for all attendees. Ages 12-15 must be accompanied by an adult.

**Tue 11/5  
7-8 PM**

Free

\$20

## Y Wellness My Way - Let's Get Started

Dates & Time

Member  
FLAT FEE

Non-member  
FLAT FEE

### Y Wellness My Way - Let's Get Started (18 yrs+)

Y Wellness My Way - Let's Get Started, is a personalized, four week wellness program that helps to keep you accountable while connecting you with others. With the support of fitness professionals, you will learn how to set and reach your goals over a four week period. Get ready to experience results!

October 7-November 1  
Fridays, 9:15-10:15 AM

Free

N/A

## InBody Scan

Member  
FLAT FEE

Non-member  
FLAT FEE

### InBody Scan (12 yrs+)

Members receive a complimentary InBody scan with fitness consultation every 3 months with their YMCA membership. Additional scans may be purchased at \$25 per scan.

**Free every 3 months for  
YMCA members, with consultation**

*Additional available at:*

\$25

\$40

# FAMILY & COMMUNITY

# All Branches | Fall

For questions or inquiries on availability, contact:

**Camp Carr** - Andy Cogen, acogen@ymcabhc.org     **Quakertown** - Becky Musselman, bmusselman@ymcabhc.org

**Doylestown, Fairless Hills, Holland, Deer Path & Warminster** - Valerie Tanner, vtanner@ymcabhc.org & Hannah Keller, Hkeller@ymcabhc.org

## PARTIES

### After Hours Splash 'N Bash

	Branch Location	Day	Time	Member FLAT FEE	Non-member FLAT FEE
<b>After Hours Splash 'N Bash Party</b> This party is EXCLUSIVE and held after-hours on Saturdays. Great option for boy scouts/girl scouts, school celebrations, church groups and more! Please see pool policies for important safety information. 25 guests maximum. 15 min swim testing, 1 hr pool celebration, 15 min changing time and 30 min party room. 3-4 lifeguards. Ages 4 yrs+.  *Warminster Branch party time may be adjusted if the facility is closing later.	Deer Path	Saturday	5-7 PM	\$406	\$507
	Doylestown	Saturday	6-8 PM	\$406	\$507
	Fairless Hills	Saturday	5-7 PM	\$406	\$507
	Quakertown	Saturday	5-7 PM	\$406	\$507
	Warminster	Saturday	2:30-4:30 PM	\$323	\$404
	<i>Additional hour at all branches:</i>				\$173

### Esports Parties

			Member FLAT FEE	Non-member FLAT FEE
Love gaming? Celebrate your birthday at our new gaming lounge! Guests enjoy all lounge amenities and party space for food and cake. Ages 7 yrs+				
<b>Esports Party during Open Lounge Hours</b> Doylestown Two Hour Party	<i>(Shared Space with Community)</i>		\$365	\$450
	Monday-Friday 4:30 PM-6:30 PM			
	Saturday and Sunday 3:30 PM-5:30 PM			
Fairless Hills Two Hour Party	Saturday 12-2 PM Sunday 10 AM-2 PM <i>(any two hour window in this range)</i>		\$289	\$384
Warminster Two Hour Party	Mon-Wed 5 PM-7 PM	Sunday 12-2 PM	\$299	\$384
	Saturday 11 AM-1 PM	Sunday 2:30-4:30 PM		
<i>Additional hour at all branches:</i>			\$160	\$160
<b>Esports After Hours Party</b>				
Doylestown	Saturday 6 PM-8 PM		\$499	\$595
Fairless Hills	Saturday 5 PM-7 PM		\$339	\$434
<i>Additional hour at all branches:</i>			\$160	\$160

Skatepark Party					
	Branch Location	Day	Time	Member FLAT FEE	Non-member FLAT FEE
<b>Skatepark Party</b>					
Available seasonally upon request, during shared hours with community members.					
	Doylestown	Saturday	3:30-5:30 PM	\$323	\$404

## RENTALS

After Hours Full Facility Rental					
	Branch Location	Day	Time	Member FLAT FEE	Non-member FLAT FEE
<b>After Hours Full Facility Rentals</b>					
Pool, gymnasium, locker rooms, studios.					
	Deer Path		7-10 PM	\$811	\$1,054
	Doylestown	Saturday / Sunday	6-9 PM	\$811	\$1,054
	Fairless Hills		5-8 PM	\$811	\$1,054
	Quakertown		5-8 PM	\$811	\$1,054
	<i>Additional hour at all branches:</i>			\$270	\$270

Facility Space Rentals						
	Branch Location	Day	Available Hours	Member RENTAL FEE	Non-member RENTAL FEE	
<b>Individual Space Rentals</b>						
All rates listed are hourly						
	Teen Center / Pavilions	Doylestown	Sat / Sun	2-9:30 PM	\$78	\$156
				<i>Additional fee for rentals after 6:00 PM:</i>	\$108	\$108
	Outdoor Basketball Courts	Doylestown	Sat / Sun	12-5 PM	\$27	\$41
	Gymnasium	Quakertown	<i>Contact for availability</i>		\$108	\$108
	Auxiliary Gymnasium	Quakertown	<i>Contact for availability</i>		\$81	\$101
	Pool / Aquatic Center - After Hours Only	Warminster	Sat / Sun	12:30-2:30 PM	\$323	\$404
				<i>Additional hour:</i>	\$173	\$173
	Studio	Warminster	After Hours or Weekends 12 PM-2 PM		\$108	\$189
<b>Holland Pool Rental</b>	After Hours Only - Seasonal, Mid-June thru August		Saturdays	5-7 PM	\$314	\$376
			<i>Additional hour:</i>	\$173	\$173	

## Hunterdon County Seasonal Rentals

<b>Camp Carr Rental</b>	A campground that operates April-October.	<i>Email Andy Cogen at <a href="mailto:acogen@ymcabhc.org">acogen@ymcabhc.org</a> for availability and pricing</i>
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