



**RIVER CROSSING YMCA**

**FALL**

**PROGRAM GUIDE**

**Fairless Hills | 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!

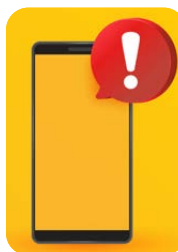
[Click here](#) to learn more in Bucks and Hunterdon counties.

[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

**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



## NEW Fairless Hills Lounge!

**Teamwork • Leadership • Safety • Inclusion**

[Click here for more information.](#)



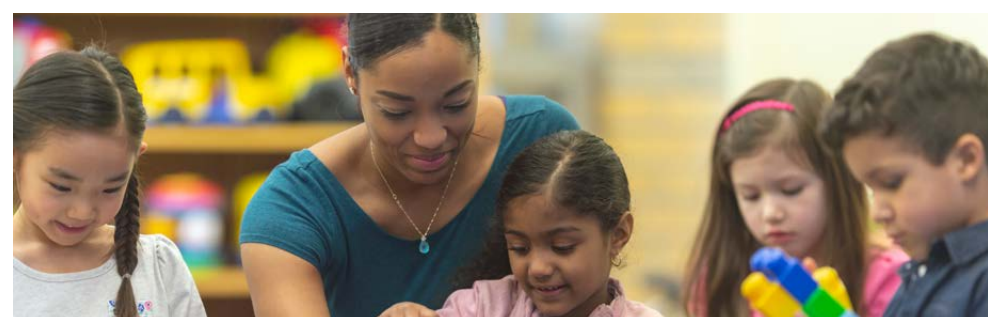
## STAY & PLAY

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 Daphne Ghirardi at dghirardi@ymcabhc.org

Private Swim Lessons		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Private Swim Lessons</b>	(4) 30-minute lessons	3 yrs+			\$141	\$233	
<i>1:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+			\$277	\$457	
<b>Semi-Private Swim Lessons</b>	(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	
<b>Competitive Swim Lessons</b>	<i>Private &amp; Semi-Private Packages listed above</i>		12-21 yrs		<i>Prices listed above</i>		

## GROUP SWIM LESSONS

Questions? Contact Mei Brown at mbrown@ymcabhc.org

Please select your child's level based on their age and ability. Contact Mei Brown 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 Fairless Hills 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	Tue	4-4:40 PM	\$62	\$102	
		6-18 mos	Thu	6:15-6:55 PM	\$62	\$102	
		6-18 mos	Sat	9-9:40 AM	\$62	\$102	
<b>B / Water Exploration</b>							
Parents work with their toddlers to learn fundamental safety and pre-swimming skills like floating, blowing bubbles, paddle stroke and kicking. Skills are taught in the context of repetitive songs, fun activities and drills which reinforce physical learning and encourage positive interaction.		19-36 mos	Tue	4:45-5:25 PM	\$62	\$102	
		19-36 mos	Thu	5:30-6:10 PM	\$62	\$102	
		19-36 mos	Sat	9:45-10:25 AM	\$62	\$102	

*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 Fairless Hills 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	4:45-5:25 PM	\$62	\$102	
		3-5 yrs	Mon	6:15-6:55 PM	\$62	\$102	
		3-5 yrs	Tue	4:45-5:25 PM	\$62	\$102	
		3-5 yrs	Tue	5:30-6:10 PM	\$62	\$102	
		3-5 yrs	Tue	6:15-6:55 PM	\$62	\$102	

**1 / Water Acclimation**

3-5 yrs	Wed	10-10:40 AM	\$62	\$102
3-5 yrs	Wed	4-4:40 PM	\$62	\$102
3-5 yrs	Wed	4:45-5:25 PM	\$62	\$102
3-5 yrs	Wed	6:15-6:55 PM	\$62	\$102
3-5 yrs	Thu	4-4:40 PM	\$62	\$102
3-5 yrs	Thu	5:30-6:10 PM	\$62	\$102
3-5 yrs	Sat	9:45-10:25 AM	\$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	Mon	4-4:40 PM	\$62	\$102
3-5 yrs	Mon	4:45-5:25 PM	\$62	\$102
3-5 yrs	Tue	4-4:40 PM	\$62	\$102
3-5 yrs	Tue	5:30-6:10 PM	\$62	\$102
3-5 yrs	Wed	10:45-11:25 AM	\$62	\$102
3-5 yrs	Wed	4:45-5:25 PM	\$62	\$102
3-5 yrs	Thu	4-4:40 PM	\$62	\$102
3-5 yrs	Sat	9-9:40 AM	\$62	\$102

**3 / Water Stamina**

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

3-5 yrs	Mon	5:30-6:10 PM	\$62	\$102
3-5 yrs	Wed	11:30 AM-12:10 PM	\$62	\$102
3-5 yrs	Wed	5:30-6:10 PM	\$62	\$102
3-5 yrs	Thu	4:45-5:25 PM	\$62	\$102
3-5 yrs	Sat	10:30-11:10 AM	\$62	\$102

**4 / Stroke Introduction**

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

3-5 yrs	Tue	5:30-6:10 PM	\$62	\$102
3-5 yrs	Sat	11:15-11:55 AM	\$62	\$102

**School Age Swim Lessons**

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

*All lessons are located in the Fairless Hills Pool*

6-12 yrs	Mon	4-4:40 PM	\$62	\$102
6-12 yrs	Tue	4:45-5:25 PM	\$62	\$102
6-12 yrs	Tue	6:15-6:55 PM	\$62	\$102
6-12 yrs	Wed	4-4:40 PM	\$62	\$102
6-12 yrs	Wed	6:15-6:55 PM	\$62	\$102
6-12 yrs	Thu	4-4:40 PM	\$62	\$102
6-12 yrs	Sat	11:15-11:55 AM	\$62	\$102

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

## 2 / Water Movement

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

6-12 yrs	Mon	5:30-6:10 PM	\$62	\$102
6-12 yrs	Tue	4-4:40 PM	\$62	\$102
6-12 yrs	Tue	5:30-6:10 PM	\$62	\$102
6-12 yrs	Tue	6:15-6:55 PM	\$62	\$102
6-12 yrs	Wed	5:30-6:10 PM	\$62	\$102
6-12 yrs	Thu	4:45-5:25 PM	\$62	\$102
6-12 yrs	Thu	5:30-6:10 PM	\$62	\$102
6-12 yrs	Thu	6:15-6:55 PM	\$62	\$102
6-12 yrs	Sat	10:30-11:10 AM	\$62	\$102

## 3 / Water Stamina

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

6-12 yrs	Mon	4-4:40 PM	\$62	\$102
6-12 yrs	Tue	4:45-5:25 PM	\$62	\$102
6-12 yrs	Wed	4-4:40 PM	\$62	\$102
6-12 yrs	Thu	4:45-5:25 PM	\$62	\$102
6-12 yrs	Sat	9-9:40 AM	\$62	\$102

## 4 / Stroke Introduction

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

6-12 yrs	Mon	4:45-5:25 PM	\$62	\$102
6-12 yrs	Tue	6:15-6:55 PM	\$62	\$102
6-12 yrs	Wed	5:30-6:10 PM	\$62	\$102
6-12 yrs	Thu	6:15-6:55 PM	\$62	\$102
6-12 yrs	Sat	9:45-10:25 AM	\$62	\$102

## 5 / Stroke Development

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

6-12 yrs	Mon	5:30-6:10 PM	\$62	\$102
6-12 yrs	Wed	4:45-5:25 PM	\$62	\$102
6-12 yrs	Sat	10:30-11:10 AM	\$62	\$102

## 6 / Stroke Mechanics

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

6-12 yrs	Mon	6:15-6:55 PM	\$62	\$102
6-12 yrs	Wed	6:15-6:55 PM	\$62	\$102
6-12 yrs	Sat	11:15-11:55 AM	\$62	\$102



## Teen & Adult Swim Lessons

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<i>All lessons are located in the Fairless Hills Pool</i>						
<b>Teen &amp; Adult Swim Lessons</b> Students learn personal water safety and achieve basic swimming competency by learning benchmark skills.	<b>Teen - 1-3 / Swim Basics</b>	12-17 yrs	Mon	6:15-6:55 PM	\$62	\$102
	<b>Teen - 4 - 6 / Strokes</b>	12-17 yrs	Tue	4-4:40 PM	\$62	\$102
	<b>Adult - 1-3 / Swim Basics</b>	18 yrs+	Thu	7-7:40 PM	\$62	\$102
	<b>Adult - 1-3 / Swim Basics</b>	18 yrs+	Sat	12-12:40 PM	\$62	\$102

## SWIM TEAM

Questions? Contact Mei Brown  
at mbrown@ymcabhc.org

### Barracudas Swim Team - Competitive Team

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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.						
<b>Competitive Team</b>	Junior 1	6-10 yrs	<i>Days and times vary</i>	\$134	n/a	Pool
	Junior 2	8-12 yrs	<i>Days and times vary</i>	\$176	n/a	Pool
	Pre-Senior	11-14 yrs	<i>Days and times vary</i>	\$190	n/a	Pool
	Senior	13-21 yrs	<i>Days and times vary</i>	\$204	n/a	Pool

### Swim Academy - Club Team

	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		<i>Days and times vary</i>	\$114	n/a	Pool

### Stroke & Turn - Swim Clinic

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<i>Prerequisite: Students must have completed level 6 swim lessons or set up an evaluation.</i>						
<b>Stroke &amp; Turn Clinic</b> Participants focus on stroke technique and distance. Open turns, flip turns, and diving starts are introduced. Age appropriate games, drills, and activities encourage practice which builds endurance and technical proficiency while learning about competitive swimming. 1:8 ratio (Not part of Competitive Swim Team)	6-12 yrs	Mon	6-7 PM	\$93	\$153	Lap Pool
	6-12 yrs	Wed	6-7 PM	\$93	\$153	Lap Pool

# SPORTS & ARTS

# Fairless Hills | Fall

## YOUTH SPORTS

Questions? Contact Alex Gatto  
at [agatto@ymcabhc.org](mailto:agatto@ymcabhc.org)

Fall Youth Leagues (Beginning September 2024)						
	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<i>Fall Season runs 8 weeks from September 7-October 28. Registration deadline September 1.</i>						
<b>NFL Flag Football</b>				<i>All leagues located at Conwell Egan High School</i>		
Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All players receive a reversible NFL Flag jersey and flag belt.	5-9 yrs	Sat	9-10 AM	\$105	\$173	
	10-12 yrs	Sat	11:30 AM-1:30 PM	\$105	\$173	
	13-15 yrs	Sat	11:30 AM-1:30 PM	\$105	\$173	
<hr/>						
<b>MLS Go Soccer</b>						
Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All players receive a reversible jersey, shorts and socks.	4-5 yrs	Sat	9:15-10:15 AM	\$110	\$181	
	6-8 yrs	Sat	10:30-11:30 AM	\$110	\$181	
<hr/>						
<b>Cheetahs Track and Field</b>						
Teams meet for one hour on Saturdays. Runners will work on distance, mid-distance and sprinting events. Team members will also be introduced to various field events. All participants receive a uniform.	5-8 yrs	Sat	9:30-10:30 AM	\$80	\$132	
	9-14 yrs	Sat	10:45-11:45 AM	\$80	\$132	
<hr/>						
<b>YMCA Fall T-Ball</b>						
Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All participants receive a uniform and a hat.	4-5 yrs	Sat	10:30-11:30 AM	\$80	\$132	
<hr/>						
Youth Basketball Leagues (Beginning November 2024)						
	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Preseason Basketball</b>						
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	9-10 AM	\$47	\$78	Gym A
	6-7 yrs	Sat	10:05-11:05 AM	\$47	\$78	Gym A
	8-9 yrs	Sat	11:10 AM-12:10 PM	\$47	\$78	Gym A
	10-12 yrs	Sat	12:15-1:15 PM	\$47	\$78	Gym A
<hr/>						
<b>Junior Sixers Basketball</b>				<i>Registration deadline for Junior Sixers Basketball is November 10</i>		
Season runs 10 weeks from December 7-February 8. Each week you will have a different opponent. Each session will be 1 hour split between skill development and instructional game play. Each player will receive a reversible Junior Sixers jersey. Team size will be capped at 10 players.	4-5 yrs	Sat	9-11:15 AM	\$119	\$196	Gym B
	6-7 yrs	Sat	11:30 AM-1:30 PM	\$119	\$196	Gym A
	8-9 yrs	Sat	9-11:15 AM	\$119	\$196	Gym B
	10-12 yrs	Sat	11:30 AM-1:30 PM	\$119	\$196	Gym A

**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.

4-7 yrs	Sat	9-10 AM	\$47	\$78	Gym A
8-12 yrs	Sat	10:15-11:15 AM	\$47	\$78	Gym A

Youth Sports Classes						
	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location

**Basketball**

Skill development program focusing on the fundamental skills of basketball.

4-5 yrs	Thu	5-5:40 PM	\$41	\$67	Gym B
6-7 yrs	Mon	5-5:40 PM	\$41	\$67	Gym B
6-7 yrs	Thu	5:50-6:30 PM	\$41	\$67	Gym B
8-9 yrs	Mon	5:50-6:30 PM	\$41	\$67	Gym B
10-12 yrs	Mon	6:40-7:20 PM	\$41	\$67	Gym B

**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	10:20-11 AM	\$41	\$67	Gym A
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**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	Wed	5-5:40 PM	\$41	\$67	Gym A
3-5 yrs	Tue	10:20-11 AM	\$41	\$67	Gym A
6-8 yrs	Wed	5:50-6:30 PM	\$41	\$67	Gym A

**Volleyball Clinic**

Teaches the basics of volleyball - Each clinic will focus on development of a different skill, teaching athletes how to bump, set, spike, serve and block, with time to practice thru gameplay.

10-14 yrs	Wed	5-6 PM	\$62	\$102	Gym B
10-14 yrs	Wed	6:30-7:30 PM	\$62	\$102	Gym B

Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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**Kids Triathlon 8-week Program**

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!

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.

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

<b>September 12 -November 7</b>	8-12 yrs	Thu	5:15-6 PM	\$108	\$178	<i>Varies</i>
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## Athlete Arcade with Metro Esports

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Get ready for the ultimate sports experience with the Athlete Arcade! This innovative program blends traditional and digital sports, providing participants with a fun, social, and exciting way to engage in both physical sports and esports. Each session kicks off in the gym, where participants will compete in a traditional sports game, and then transition to the state-of-the-art Metro Esports lounge for the digital version of the sport. Points will be tracked across both settings and a champion will be crowned each week! Rotating weekly between: Football/Madden, Basketball/NBA2K, Soccer/FIFA, Baseball/MLB The Show, and Hockey/NHL. This program is for players of all skill levels, fostering a fun and inclusive environment where participants can improve their athletic abilities, gaming strategies, and teamwork skills.						
<b>Athlete Arcade</b>	10-14 yrs	Thu	6:40-8 PM	\$41	\$67	Gym B/Metro Esports Lounge

## Gymnastics & Tumbling

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Kindergym Jr</b>						
Come learn and explore the basics of Tumbling and Gymnastics. Children learn basic skills that will help them grow in the sport.	18 mos -3 yrs	Wed	9:30-10:00 AM	\$41	\$67	Gym A
<b>Kindergym</b>						
Instructional preschool gymnastics classes. Children will use all pieces of apparatus; vault, bars, beam, floor, and tumble trak. Evaluations will occur every other month to monitor progress.	3-5 yrs	Tue	5:50-6:50 PM	\$62	\$102	Gym A
	3-5 yrs	Thu	9-10 AM	\$62	\$102	Gym A
	3-5 yrs	Thu	10:05-11:05 AM	\$62	\$102	Gym A
<b>Gymnastics Level 1</b>						
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, and floor). Evaluations will occur every other month to monitor progress.	5 yrs+	Mon	4:45-5:45 PM	\$62	\$102	Gym A
	5 yrs+	Mon	5:50-6:30 PM	\$62	\$102	Gym A
	5 yrs+	Mon	6:55-7:55 PM	\$62	\$102	Gym A
	5 yrs+	Thu	4:45-5:45 PM	\$62	\$102	Gym A
	5 yrs+	Thu	5:50-6:30 PM	\$62	\$102	Gym A
<b>Gymnastics Level 2</b>						
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.	5 yrs+	Thu	6:55-7:55 PM	\$62	\$102	Gym A

## Free Member Classes

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Jump, Run, Tumble Fun</b>						
Play on our indoor gymnastic equipment playground. Great place to let out some energy. Parents are required to stay with children.	0-6 yrs	Tue	9:30-10:10 AM	\$0	n/a	Gym A
<b>Parent &amp; Child Sports</b>						
Come enjoy our gymnastics and sports equipment. Parents stay with the child while they are introduced to new sports.	1-4 yrs	Tue	5-5:40 PM	\$0	n/a	Gym A
<b>Powerplay</b>						
Keep the kids active. Emphasizes activity through sports and active games.	5-8 yrs	Tue	5:45-6:25 PM	\$0	n/a	Gym B
<b>Kids Yoga</b>						
Focus on learning breathing techniques to help calm and center. Poses and games to help with balance, strength and flexibility.	5-12 yrs	Tue	5-5:40 PM	\$0	n/a	Studio 1

<b>Dodgeball</b>	Play a variety of dodgeball games including obstacle dodgeball, poison, jailbreak, etc.	8-12 yrs	Wed	6:40-7:20 PM	\$0	n/a	Gym B
<b>Major League Sluggers</b>	Inspired by MLW and Banana Ball, take on the fun elements of baseball indoors. Participants enjoy friendly competition of a classic backyard game.	8-12 yrs	Tue	5-5:40 PM	\$0	n/a	Gym B

## ARTS & HUMANITIES

Questions? Contact Alex Gatto  
at [agatto@ymcabhc.org](mailto:agatto@ymcabhc.org)

Dance		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Petite Feet</b>	Discover your child's ability and interest in ballet. Class challenges basic motor skill development and coordination.	3-4 yrs	Wed	5-5:40 PM	\$41	\$67	Studio 2
		3-4 yrs	Sat	10-10:40 AM	\$41	\$67	Studio 2
<b>Ballet 1</b>	Emphasizes the development of ballet skills and steps with a focus on body placement, alignment, strength, and technique.	5 yrs+	Wed	5:50-6:30 PM	\$41	\$67	Studio 2
		5 yrs+	Sat	10:50-11:30 AM	\$41	\$67	Studio 2
<b>Tap/Jazz Combo</b>	Jazz and tap classes are fun and energetic. Dancers learn steps in isolation and in combinations with a focus on flexibility, balance, and technique. Tap shoes and ballet slippers required.	5 yrs+	Wed	6:40-7:20 PM	\$41	\$67	Studio 2
		5 yrs+	Sat	11:40 AM-12:20 PM	\$41	\$67	Studio 2

Art Classes		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Mixed Arts</b>	Learn different styles of art using a variety of fun techniques. Art projects will include watercolors, paint, markers, pastels, and more!	4-6 yrs	Mon	5-5:40 PM	\$41	\$67	Stay & Play
		7-10 yrs	Mon	5:50-6:30 PM	\$41	\$67	Stay & Play

## ADULT & TEEN SPORTS

Questions? Contact Alex Gatto  
at [agatto@ymcabhc.org](mailto:agatto@ymcabhc.org)

Teen Sports		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Teen Basketball League</b>	Join our Teen Basketball League to test your skills in a fun, competitive environment. YMCA staff will referee games and record stats. Teams will compete in a 6-week regular season followed by playoffs. Sign up as an individual or request to play with friends. League runs from September 13-November 2.	Gr 7-8	Fri	6-8 PM	\$55	\$91	Gym A/B
		Gr 7-10	Sat	1-3 PM	\$55	\$91	Gym A/B

### Teen Dodgeball League

Join our Teen Dodgeball League to test your skills in a fun, competitive environment. YMCA staff will referee games and record stats. Teams will compete in a 6-week regular season followed by a championship night. Sign up as an individual or request to play with friends. League runs from September 10-October 22.

12-15 yrs    Tue    6:30-7:30 PM    \$55    \$91    Gym B

### Adult Leagues

Team and individual registrations are allowed. Full court, 5v5 basketball league. League will run for 10 regular season games plus playoffs. Teams will pay referee fees of \$45 each week in addition to the registration fee.

*If interested, contact Christian Cassenti at ccassenti@ymcabhc.org*

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location	
<b>Adult Basketball League - Over 30</b>	September 16-December 16	30 yrs+	Mon & Wed	8-11 PM	\$54	\$89	Gym A/B
<b>Adult Basketball League - 18 Years+</b>	September 17-December 19	18 yrs+	Tue & Thu	8-11 PM	\$54	\$89	Gym A/B

## PICKLEBALL

Questions? Contact Alex Gatto at agatto@ymcabhc.org

### Adult Pickleball

View our website for a full list of group play times available to members:

[Pickleball Schedule - All Branches](#)

#### All Level Co-Ed Pickleball League

Compete in our All Level Co-ed Pickleball League. Sign up as an individual or as a pair. The league runs for 6 weeks with playoffs following the regular season. Each team will play 4 games a week in the designated time. League runs September 9-October 28.

18 yrs+    Mon    10 AM-1 PM    \$30    N/A    Gym A/B

#### Beginner Pickleball Clinics

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 8 participants and 1 instructor.

*Pickleball clinics run weekly on Mondays. Registration fee is per clinic.*

18 yrs+    Mon    1-2:30 PM    \$26    \$43    Gym A/B

### Pickleball Private Lessons

Limited days and times available. If interested, contact Alex Gatto @ agatto@ymcabhc.org.

#### Private Pickleball Lessons

Get one-on-one training with one of our Pickleball Instructors. Let them lead the lesson, or come up with things you are looking to improve on.

#### Package Options:

18 yrs+    (1) 60-minute lesson    \$53    \$87    Gym A/B  
 18 yrs+    (5) 60-minute lessons    \$242    \$398    Gym A/B

#### Semi-private Pickleball Lessons

Get semi-private training with one of our Pickleball Instructors. Bring a friend or join in with other individuals and improve on various skills.

#### Package Options:

18 yrs+    (1) 60-minute lesson    \$32    \$52    Gym A/B  
 18 yrs+    (5) 60-minute lessons    \$142    \$234    Gym A/B

#### 3-and-Me Pickleball Lessons

Get one hour of court action with 3-and-me. 2 others and you will take to the court with one of our Pickleball Instructors. While playing a competitive game, our Pickleball Instructor will take time to teach you tactical plays along with skill improvement.

#### Package Options:

18 yrs+    (1) 60-minute lesson    \$26    \$43    Gym A/B  
 18 yrs+    (5) 60-minute lessons    \$121    \$199    Gym A/B

# 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
<b>Daily Drop-In Pass / Friday Night Tournament Pass</b>		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
<p>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!</p>			<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****Esports Party****Available during Open Lounge Hours**

		Member FLAT FEE	Non-member FLAT FEE
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

**After Hours Esports Party****Available outside regular Open Lounge Hours**

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

# FAMILY & COMMUNITY

# Fairless Hills | Fall

## FAMILY & TEEN

Questions? Contact Alex Gatto  
at [agatto@ymcabhc.org](mailto:agatto@ymcabhc.org)

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

### Kickball Kickoff

Kickoff a new school year with a family kickball game.	All Ages	<b>Fri 9/20</b>	5-6 PM	\$0	n/a	Gym A/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 schools are closed.	5-12 yrs	<i>Varies</i>	8 AM-5:30 PM	\$43	\$58	
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Fall 2024	Late Fall 2024	Winter 2025	Spring 2025
Thu Oct 3, Fri Oct 4	Fri Nov 1, Tue Nov 5, Mon Nov 11	Mon Jan 20, Mon Feb 17	Wed Apr 16, Thu Apr 17, Fri Apr 18
	Fri Nov 29, Mon Dec 23, Mon Dec 30		Mon Apr 21, Tue May 20

## PARENT'S NIGHT OUT

Questions? Contact Kateryna Makarova  
at [kmakarova@ymcabhc.org](mailto:kmakarova@ymcabhc.org)

Fairless Hills Parents Night Out (PNO)	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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### Parent's Night Out

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)

3 mos-12 yrs	Fri	5:30-9 PM	<i>Pricing listed below</i>			Stay & Play
(1) child				\$31	\$51	
(2) children ( <i>requires phone / in-person registration</i> )				\$43	\$71	
(3) children ( <i>requires phone / in-person registration</i> )				\$51	\$84	
<i>Each additional child</i>				\$8	\$13	

Registration Opens July 24 for:	Registration Opens October 23 for:	Registration Opens December 11 for:	Registration Opens February 19 for:
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 Kateryna Makarova  
at [kmakarova@ymcabhc.org](mailto:kmakarova@ymcabhc.org)

## Member Use - Open Hours

Children 3 months through Grade 6 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-Thu 8:30 AM-12 PM  
Mon-Thu 4:30-8 PM

Fri 8:30 AM-12 PM  
Sat 8:30 AM-12 PM

# ABILITY PROGRAMS

Questions? Contact Ilyse Sacks  
at [isacks@ymcabhc.org](mailto:isacks@ymcabhc.org)

## Ability Social Events

	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Seekers</b> An evening program for adults with developmental disabilities full of fun, physical activity, and socializing. Activities include games, dancing, crafts and much more.	18 yrs+	<b>Fri 9/6</b>	5-7 PM	\$15	\$25	Studio 2
	18 yrs+	<b>Fri 10/4</b>	5-7 PM	\$15	\$25	Studio 2

## Ability Athlete Academy

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Ability Athlete Academy</b> (Sept 7-Oct 26) 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. Soccer/Football weeks held at Conwell Egan High School. Basketball/Hockey weeks will be held at the Fairless Hills YMCA.	6-12 yrs	Sat	11:30 AM-12:30 PM	\$80	\$132	Conwell Egan High School or YMCA

## 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	\$99	N/A
			(8) per Month / 2x per Week	\$198	N/A
			(12) per Month / 3x per Week	\$298	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	\$144	N/A
			(8) per Month / 2x per Week	\$289	N/A
			(12) per Month / 3x per Week	\$433	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	\$190	N/A
			(8) per Month / 2x per Week	\$379	N/A
			(12) per Month / 3x per Week	\$569	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	\$143	\$236
			(10) Sessions	\$265	\$437
		<b>45 minutes</b>	(5) Sessions	\$204	\$337
			(10) Sessions	\$384	\$633
		<b>60 minutes</b>	(5) Sessions	\$265	\$437
			(10) Sessions	\$505	\$833

First Time Client Promotion		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	\$90	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	\$127	\$209
			(10) Sessions	\$221	\$364

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

<b>Team Training</b>		<b>Package Options</b>	<b>Member FLAT FEE</b>	<b>Non-member FLAT FEE</b>
<b>Team Training Packages</b> (12 yrs+)		<b>Package Options</b>		<i>Pricing is per person</i>
<p>There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay on target!</p> <p><b>3 People</b> <i>Pricing is per person</i></p> <hr/> <p><b>4 People</b> <i>Pricing is per person</i></p> <hr/> <p><b>5 People</b> <i>Pricing is per person</i></p>	<b>45 minutes</b>	(5) Sessions	\$66	\$109
		(10) Sessions	\$116	\$191
	<b>60 minutes</b>	(5) Sessions	\$83	\$136
		(10) Sessions	\$149	\$246
	<b>45 minutes</b>	(5) Sessions	\$55	\$91
		(10) Sessions	\$94	\$155
<b>60 minutes</b>	(5) Sessions	\$74	\$121	
	(10) Sessions	\$132	\$218	
<b>45 minutes</b>	(5) Sessions	\$46	\$76	
	(10) Sessions	\$78	\$128	
<b>60 minutes</b>	(5) Sessions	\$66	\$109	
	(10) Sessions	\$116	\$191	

## WELLNESS TOOLS & PROGRAMS

<b>Renew You</b>	<b>Dates &amp; Time</b>	<b>Member FLAT FEE</b>	<b>Non-member FLAT FEE</b>
<p><b>8 Weeks, 8 Habits: Renew You</b> (40 yrs+)</p> <p>Are you struggling with stubborn fat, low energy, joint pain, thinning skin, mood swings, or brain fog? These are some of the unpleasant symptoms of aging and changing hormones. Renew You is a habit-based, hormone optimizing program designed specifically for women over 40 looking to lose weight and improve their health. <b>This 8 week program is held virtually 12PM or 7PM on Mondays.</b></p>	<p><i>Registration closes Thursday 10/10 at midnight</i></p> <p>October 14-December 2 Mondays, 12 PM or 7 PM</p>	\$360	\$504

<b>Heart Strong</b>	<b>Package Options</b>	<b>Member FLAT FEE</b>	<b>Non-member FLAT FEE</b>
<p><b>Heart Strong 6-week Program</b> (12 yrs+)</p> <p>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.</p>	(12) 30-minute Sessions	\$415	\$415

<b>Nutrition</b>	<b>Dates &amp; Time</b>	<b>Member FLAT FEE</b>	<b>Non-member FLAT FEE</b>
<b>Snack Smart: Healthy Snacking Habits Workshop</b> (12 yrs+)			

When done right, snacking can be a key component of a balanced diet. Join Alek Dineson, MS, RDN, PN1, for a Snack Smart workshop to explore the importance of healthy snacking and provide creative ideas for nutritious snacks that satisfy cravings without compromising goals. Participants will get to sample snacks. Registration required for all attendees. Ages 12-15 must be accompanied by an adult.

**Wed 10/16  
7:30-8:30 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 9-October 30  
Wed, 7:00-8:00 PM

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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