



RIVER CROSSING YMCA

FALL

PROGRAM GUIDE

Quakertown | 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!

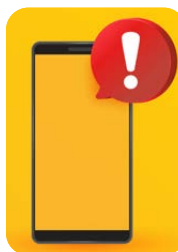
[Click here](#) to learn more in Bucks and Hunterdon counties.

[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

Lehigh and Northampton counties:
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.](#)



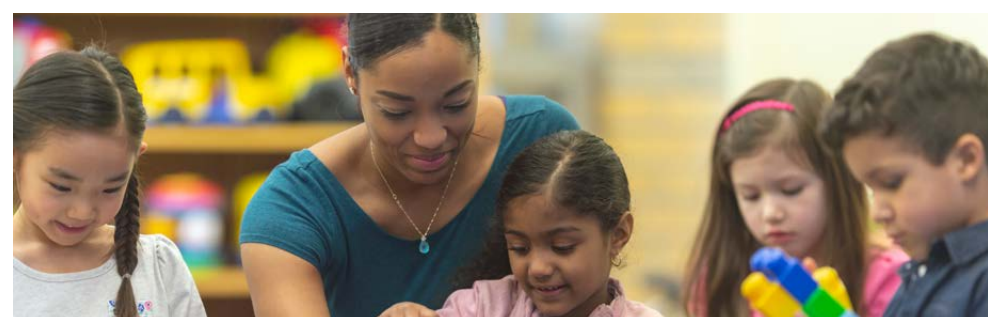
STAY & PLAY

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



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 for more info

STAY IN THE LOOP

Get updates from Metro Esports on any of these programs!

Visit 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 Sarah Siegel at ssiegel@ymcabhc.org or 215.536.8841, x3126

Private Swim Lessons		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Private Swim Lessons	(4) 30-minute lessons	3 yrs+			\$141	\$233	
<i>1:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+			\$277	\$457	
Semi-Private Swim Lessons	(4) 30-minute lessons	3 yrs+		<i>Pricing is per person</i>	\$97	\$160	
<i>2:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+		<i>Pricing is per person</i>	\$191	\$315	
Competitive Swim Lessons	<i>Private & Semi-Private Packages listed above</i>		6 yrs+		<i>Prices listed above</i>		

Quakertown aquatic programs will begin the week of September 16. All September monthly fees will be adjusted accordingly.

GROUP SWIM LESSONS

Questions? Contact Sarah Siegel at ssiegel@ymcabhc.org or 215.536.8841, x3126

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

[View our Swim Lesson selector here](#)

Parent & Child Swim Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
A / Water Discovery	<i>All lessons are located in the Quakertown Pool</i>						
Introduces infants and toddlers to the aquatic environment and encourages them to enjoy themselves while learning about the water with a parent/caretaker whom they trust. Parents practice the important survival skill of teaching their child to roll from front to back and float.	6-18 mos	Wed		6-6:40 PM	\$62	\$102	
	6-18 mos	Sat		9-9:40 AM	\$62	\$102	
	6-18 mos	Sat		10-10:40 AM	\$62	\$102	
B / Water Exploration							
Parents work with their toddlers to learn fundamental safety and pre-swimming skills like floating, blowing bubbles, paddle stroke and kicking. Skills are taught in the context of repetitive songs, fun activities and drills which reinforce physical learning and encourage positive interaction.	19mos-4 yrs	Wed		6:30-7:10 PM	\$62	\$102	
	19mos-4 yrs	Sat		9:30-10:10 AM	\$62	\$102	
	19mos-4 yrs	Sat		10:30-11:10 AM	\$62	\$102	
Combined A / Water Discovery & B / Water Exploration	6mos-4 yrs	Tue		10:15-10:55 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
1 / Water Acclimation	<i>All lessons are located in the Quakertown Pool</i>						
Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.	3-5 yrs	Mon		5:45-6:25 PM	\$62	\$102	
	3-5 yrs	Tue		9:30-10:10 AM	\$62	\$102	
	3-5 yrs	Tue		5-5:40 PM	\$62	\$102	

1 / Water Acclimation

3-5 yrs	Tue	6:30-7:10 PM	\$62	\$102
3-5 yrs	Wed	5-5:40 PM	\$62	\$102
3-5 yrs	Thu	5:45-6:25 PM	\$62	\$102
3-5 yrs	Sat	9-9:40 AM	\$62	\$102
3-5 yrs	Sat	11:15-11:55 AM	\$62	\$102
3-5 yrs	Sat	12-12:40 PM	\$62	\$102

2 / Water Movement

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

3-5 yrs	Mon	6:30-7:10 PM	\$62	\$102
3-5 yrs	Tue	10:50-11:30 AM	\$62	\$102
3-5 yrs	Tue	5:45-6:25 PM	\$62	\$102
3-5 yrs	Wed	5:45-6:25 PM	\$62	\$102
3-5 yrs	Thu	5-5:40 PM	\$62	\$102
3-5 yrs	Thu	6:30-7:10 PM	\$62	\$102
3-5 yrs	Sat	9:45-10:25 AM	\$62	\$102
3-5 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.

3-5 yrs	Mon	5-5:40 PM	\$62	\$102
3-5 yrs	Wed	6:30-7:10 PM	\$62	\$102
3-5 yrs	Thu	5:45-6:25 PM	\$62	\$102
3-5 yrs	Sat	11:15-11:55 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	Wed	5:45-6:25 PM	\$62	\$102
3-5 yrs	Thu	6:30-7:10 PM	\$62	\$102
3-5 yrs	Sat	12-12:40 PM	\$62	\$102

School Age Swim Lessons

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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All lessons are located in the Quakertown Pool

1 / Water Acclimation

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

6-12 yrs	Tue	5-5:40 PM	\$62	\$102
6-12 yrs	Wed	5:45-6:25 PM	\$62	\$102
6-12 yrs	Thu	7:15-7:55 PM	\$62	\$102
6-12 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.

6-12 yrs	Mon	5:45-6:25 PM	\$62	\$102
6-12 yrs	Tue	5-5:40 PM	\$62	\$102
6-12 yrs	Thu	5-5:40 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	Sun	12:45-1:25 PM	\$62	\$102
6-12 yrs	Mon	5-5:40 PM	\$62	\$102
6-12 yrs	Tue	5:45-6:25 PM	\$62	\$102
6-12 yrs	Wed	6:30-7:10 PM	\$62	\$102
6-12 yrs	Thu	5-5:40 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	6:30-7:10 PM	\$62	\$102
6-12 yrs	Tue	5:45-6:25 PM	\$62	\$102
6-12 yrs	Tue	6:30-7:10 PM	\$62	\$102
6-12 yrs	Thu	5:45-6:25 PM	\$62	\$102
6-12 yrs	Sat	11:15-11:55 AM	\$62	\$102
6-12 yrs	Sun	12-12:40 PM	\$62	\$102

5 / Stroke Development

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

6-12 yrs	Tue	6:30-7:10 PM	\$62	\$102
6-12 yrs	Thu	7:15-7:55 PM	\$62	\$102
6-12 yrs	Sat	12-12:40 PM	\$62	\$102

6 / Stroke Mechanics

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

6-12 yrs	Tue	7:15-7:55 PM	\$62	\$102
6-12 yrs	Thu	7:15-7:55 PM	\$62	\$102
6-12 yrs	Sat	12-12:40 PM	\$62	\$102

Teen & Adult Swim Lessons

Teen & Adult Swim Lessons

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

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Teen - 1-3 / Swim Basics	12-17 yrs	Tue	7:15-7:55 PM	\$62	\$102	<i>All lessons are located in the Quakertown Pool</i>
Adult - 1-3 / Swim Basics	18 yrs+	Mon	7:15-7:55 PM	\$62	\$102	
Adult - 1-3 / Swim Basics	18 yrs+	Wed	7:15-7:55 PM	\$62	\$102	
Teen & Adult - 4-5 / Stroke Development	15 yrs+	Tue	7:15-7:55 PM	\$62	\$102	

SWIM TEAM

Questions? Contact Sarah Siegel at ssiegel@ymcabhc.org or 215.536.8841, x3126

Barracudas Swim Team - Competitive Team

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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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 1	6-12 yrs	<i>Days and times vary</i>	\$134	n/a	Lap Pool
	Junior 2	10-14 yrs	<i>Days and times vary</i>	\$141	n/a	Lap Pool
	Pre-Senior	12-15 yrs	<i>Days and times vary</i>	\$152	n/a	Lap Pool
	Senior / High School Swimmer	14-21 yrs	<i>Days and times vary</i>	\$158	n/a	Lap Pool

Swim Academy - Club Team

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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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.

Swim Academy - Intramural	5-7 yrs		<i>Days and times vary</i>	\$115	n/a	Lap Pool
	8-12 yrs		<i>Days and times vary</i>	\$115	n/a	Lap Pool

Stroke & Turn - Swim Clinic

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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Stroke & Turn Clinic

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)

Prerequisite: Students must have completed level 6 swim lessons or set up an evaluation.

6-12 yrs	Mon		6-7 PM	\$93	\$153	Lap Pool
6-12 yrs	Wed		6-7 PM	\$93	\$153	Lap Pool

AMERICAN RED CROSS CLASSES

Questions? Contact Becky Musselman at bmusselman@ymcabhc.org or 215.536.8841, x3126

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

ARC Adult and Pediatric First Aid/CPR/AED (Blended Full Course)

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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October 13	12 yrs+	Sun	2-4 PM	\$115	\$140	CE Room
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Lifeguard Training (Blended Full Course)

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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Fri Classes 5:00-9:00 PM / Sat Classes 9:00 AM-6:30 PM / Sun Classes 10:30 AM-6:30 PM

October 4, 5 & 6	15 yrs+		<i>Times listed above</i>	\$325	\$375	CE Room
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Lifeguard Training Recertification				Member FLAT FEE	Non-member FLAT FEE	Location
	Age	Day	Time			
October 19	15 yrs+	Sat	9 AM-6 PM	\$135	\$165	CE Room

COMMUNITY AQUATIC PROGRAMS

Questions? Contact Sarah Siegel at
ssiegel@ymcabhc.org or 215.536.8841, x3126

Community Aquatics			Member FLAT FEE	Non-member FLAT FEE	Location	
Water Safety Classes						
DHS Child Care water safety certifications. Please contact Becky for more information.				\$11	\$15	Community Ed Room
Scout Merit Badge						
Boy scout merit badge counselor for: swimming, life saving and first aid available. Please contact Becky for more information.				\$23	\$31	Pool
Scout Swim Testing						
Please contact Becky Musselman for more information.				\$10	\$10	Pool

SPORTS & ARTS

Quakertown | Fall

YOUTH SPORTS

Questions? Contact Kyle Creighton at kcreighton@ymcabhc.org or 215.536.8841, x3114

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 7-October 26. Registration deadline September 1.

NHL Street Hockey

Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All participants receive a NHL Team reversible jersey.

6-8 yrs	Sat	10:15-11:15 AM	\$105	\$173	Gymnasium
9-12 yrs	Sat	11:30 AM-12:30 PM	\$105	\$173	Gymnasium

MLS Go Soccer

Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All players will receive a reversible jersey, shorts and socks.

4-5 yrs	Sat	10:15-11:15 AM	\$110	\$181	Quakertown YMCA Field
6-8 yrs	Sat	11:30 AM-12:30 PM	\$110	\$181	Quakertown YMCA Field

Preseason Basketball

Fun and instructive beginner basketball league. Class time is split between instruction/practice and scrimmaging.

Sept 10 to Oct 29	7-9 yrs	Tue	6:30-7:30 PM	\$80	\$132	Gymnasium
Sept 12 to Nov 7 *No class Oct 31*	10-12 yrs	Thu	6:30-7:30 PM	\$80	\$132	Gymnasium

Youth Leagues (Starting November/December 2024)

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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Junior Sixers Basketball

Groups will be split into four teams and the schedule rotates games between those teams. Each session will be split between skill development and instructional game play. All players receive a reversible Junior Sixers jersey.

Registration deadline November 10

December 3 to February 18 (10 weeks)
No league play on Dec 24 & Dec 31

December 4 to February 19 (10 weeks)
No league play on Dec 25 & Jan 1

4-5 yrs	Tue	5-6 PM	\$119	\$196	Gymnasium
6-7 yrs	Tue	6:15-7:15 PM	\$119	\$196	Gymnasium
8-9 yrs	Wed	5-6 PM	\$119	\$196	Gymnasium
10-12 yrs	Wed	6:15-7:15 PM	\$119	\$196	Gymnasium

NHL Street Hockey

November 9 to December 28 (8 weeks). Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All participants receive a NHL Team reversible jersey.

Registration deadline October 22

6-8 yrs	Sat	10:15-11:15 AM	\$105	\$173	Gymnasium
10-12 yrs	Sat	11:30 AM-12:30 PM	\$105	\$173	Gymnasium

Youth Sports Classes

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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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!

**Wednesday evening classes end November 27.*

3-4 yrs	Wed*	5:15-5:55 PM	\$41	\$67	Gymnasium
5-7 yrs	Mon	5:15-5:55 PM	\$41	\$67	Gymnasium

Basketball

Skill development program focusing on the fundamental skills of basketball.

5-7 yrs	Thu	5:15-5:55 PM	\$41	\$67	Gymnasium
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Soccer

Introductory soccer class that teaches fundamentals. Each class has a 20 minute practice and 20 minute game.

5-7 yrs	Mon	6:15-6:55 PM	\$41	\$67	Gymnasium
8-10 yrs	Mon	7:15-7:55 PM	\$41	\$67	Gymnasium

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

September 10-October 29

8-12 yrs	Tue	5:15-6 PM	\$108	\$178	Varies
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Volleyball Clinic

November 14 - January 16 (8 weeks) 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 through gameplay. *No class November 28, December 26

12-15 yrs	Thu	6:30-7:30 PM	\$80	\$132	Gymnasium
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Martial Arts

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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Contact Jennefer Pursell with questions jpursell@ymcabhc.org

Dragon Warriorz

Basic Shotokan Karate techniques mixed with interactive games and exercises to develop self-esteem and confidence. Learn respect, humility, focus and discipline.

5-8 yrs	Mon	6:15-6:45 PM	\$54	\$89	Upstairs Space
5-8 yrs	Wed	6:15-6:45 PM	\$54	\$89	Upstairs Space

Youth & Adult Karate - All Levels

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.

Beginner	Belts: White and Candidate Yellow	8 yrs+	Mon & Wed	6:50-7:50 PM	\$115	\$189	Upstairs Space
Intermediate	Belts: Intermediate Yellow-Candidate Green	8 yrs+	Mon & Wed	6:50-7:50 PM	\$115	\$189	Upstairs Space
Advanced	Belts: Green through Black	8 yrs+	Mon & Wed	6:50-7:50 PM	\$115	\$189	Upstairs Space

Free Member Classes

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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Parent & Child Sports

Come enjoy our sports equipment. Parents stay with the child while they are introduced to new sports.

1-4 yrs	Fri	1:15-1:45 PM	\$0	n/a	Gymnasium
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Powerplay

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

3-5 yrs	Mon	2-2:40 PM	\$0	n/a	Gymnasium
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Dodgeball

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

6-14 yrs	Fri	5-5:40 PM	\$0	n/a	Gymnasium
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ARTS & HUMANITIES

Questions? Contact Kyle Creighton at kcreighton@ymcabhc.org or 215.536.8841, x3114

School Age Classes	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Mixed Arts						
Students will explore mixing a variety of mediums as they paint, draw, and sculpt works of art with materials like watercolors, cardboard, newspaper, acrylic paint, markers, and pastels.	6-8 yrs	Tue	6:15-7 PM	\$54	\$89	Mixed Arts Studio
	9-14 yrs	Tue	7:15-8 PM	\$54	\$89	Mixed Arts Studio
Youth Art Workshops						
	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Canvas Painting						
In this workshop, we will explore different painting techniques to complete a beautiful piece for your home or give as a gift!	6-12 yrs	Fri 9/20	6-7:30 PM	\$30	\$49	Mixed Arts Studio
	6-12 yrs	Fri 10/25	6-7:30 PM	\$30	\$49	Mixed Arts Studio
Youth Cooking (Sep 12-Nov 7)						
An introduction to cooking. Participants will learn different cooking techniques and make various types of foods. *No class Thursday, October 31	9-14 yrs	Thu	6:15-7:15 PM	\$95	\$156	Mixed Arts Studio

ADULT & TEEN SPORTS

Questions? Contact Kyle Creighton at kcreighton@ymcabhc.org or 215.536.8841, x3114

Adult Sports	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Adult Volleyball						
Pick-up format with players divided into teams when they arrive.	18 yrs+	Tue	7:30-9 PM	\$0	n/a	Main Gym

PICKLEBALL

Questions? Contact Kyle Creighton at kcreighton@ymcabhc.org or 215.536.8841, x3114

Adult & Teen Pickleball	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
View our website for a full list of group play times available to members:		Pickleball Schedule - All Branches				
Monster Mash Pickleball Bash						
Join us on Saturday, October 26 for our Monster Mash Pickleball Bash Tournament and youth clinic at our Quakertown branch. Open to all members and the entire community. Tournament skill level is 3.0 and below.	Monster Mash Pickleball Bash Tournament		12 yrs+	Sat 10/26	2-6 PM	\$30 \$45 Gymnasium/Aux Gym
	Youth Clinic		6-12 yrs	Sat 10/26	1-2 PM	\$10 \$20 Gymnasium
Beginner Pickleball Class						
(8 weeks) Sept 24 - Nov 12 - Specifically for beginners - learn Pickleball rules and gameplay. Class is led by a Pickleball Instructor.		18 yrs+	Tue	9:30-10:30 AM	\$101	\$167 Aux Gymnasium

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.

Saturday, September 21	18 yrs+	Sat	1-2:30 PM	\$26	\$43	Gymnasium
Saturday, October 12	18 yrs+	Sat	1-2:30 PM	\$26	\$43	Gymnasium
Saturday, November 9	18 yrs+	Sat	1-2:30 PM	\$26	\$43	Gymnasium
Saturday, December 7	18 yrs+	Sat	1-2:30 PM	\$26	\$43	Gymnasium

NEW! Skills & Drills

Interested in progressing your game to the next level? This clinic is for the experienced pickleball player. Join us as we focus on drills to develop key pickleball skills including top and backspins, volleys, backhand, third shot drop/drive, overheads, dinking, resets, serves. Clinic includes time for open play to hone these skills.

Saturday, October 19	18 yrs+	Sat	1-2:30 PM	\$26	\$43	Gymnasium
Saturday, November 16	18 yrs+	Sat	1-2:30 PM	\$26	\$43	Gymnasium
Saturday, December 14	18 yrs+	Sat	1-2:30 PM	\$26	\$43	Gymnasium

GYMNASTICS LESSONS

Contact Jolene Head with questions at jhead@ymcabhc.org

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

Gymnastics Classes

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Baby Ninja - Parent/Tot Class						
<i>All lessons are located in the Gymnastics Center</i>						
Baby Ninja allows your child to play, have fun, bond with their Ninja grown-up, and learn body awareness. Socialize your child, allow them to learn and understand what it means to follow instruction, and of course, get them moving. Class skills include fundamental movement, coordination, fine and gross motor skill development. For stable walkers through age 3.	12-36 mos	Wed	9:30-10 AM	\$35	\$58	
	12-36 mos	Sat	9-9:30 AM	\$35	\$58	
Kindergym Jr - Parent/Tot Class						
Instructional Parent tot class. Children will do basic gymnastics skills with guidance of their parents or caregiver and under instruction of a gymnastics teacher.	18 mos-3 yrs	Thu	9:30-10 AM	\$35	\$58	
Kindergym						
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. This is a child independent class and parents observe from the hallway. Children should be potty-trained to participate in this program.	3-5 yrs	Mon	10:30-11:30 AM	\$68	\$113	
	3-5 yrs	Tue	10:30-11:30 AM	\$68	\$113	
	3-5 yrs	Tue	4:45-5:45 PM	\$68	\$113	
	3-5 yrs	Wed	10:30-11:30 AM	\$68	\$113	
	3-5 yrs	Thu	10:30-11:30 AM	\$68	\$113	
	3-5 yrs	Thu	4:45-5:45 PM	\$68	\$113	
	3-5 yrs	Sat	9:30-10:30 AM	\$68	\$113	
	3-5 yrs	Sat	10:30-11:30 AM	\$68	\$113	
Tumbling Tigers						
Boys only preschool gymnastics classes. High energy kids will run through a floor circuit and then will also use other equipment each week such as vault, bars, beam or tumble trak. This is a child independent class and parents observe from the hallway. Children should be potty-trained to participate in this program.	Boys 3-5 yrs	Sat	9:30-10:30 AM	\$68	\$113	
Obstacle Ninja						
Your child will run through obstacles like a warrior. This class will have physical challenges each week and children will work to improve physical strength and endurance.	5-12 yrs	Fri	5:00-5:40 PM	\$41	\$67	

Progressive Gymnastics

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Gymnastics Level 1						
<i>All lessons are located in the Gymnastics Center</i>						
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.) Evaluations will occur every other month to monitor progress.	5-14 yrs	Mon	9:30-10:30 AM	\$68	\$113	
	5-14 yrs	Mon	4:45-5:45 PM	\$68	\$113	
	5-14 yrs	Tue	9:30-10:30 AM	\$68	\$113	
	5-14 yrs	Tue	4:45-5:45 PM	\$68	\$113	

Gymnastics Level 1

5-14 yrs	Wed	5-6 PM	\$68	\$113
5-14 yrs	Thu	4:45-5:45 PM	\$68	\$113
5-14 yrs	Fri	5:45-6:45 PM	\$68	\$113
5-14 yrs	Sat	9:30-10:30 AM	\$68	\$113
5-14 yrs	Sat	10:30-11:30 AM	\$68	\$113
5-14 yrs	Sat	11:30 AM-12:30 PM	\$68	\$113

Gymnastics Level 2

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 monitor progress.

5-14 yrs	Mon	9:30-10:30 AM	\$68	\$113
5-14 yrs	Mon	4:45-5:45 PM	\$68	\$113
5-14 yrs	Tue	9:30-10:30 AM	\$68	\$113
5-14 yrs	Tue	4:45-5:45 PM	\$68	\$113
5-14 yrs	Wed	5-6 PM	\$68	\$113
5-14 yrs	Thu	4:45-5:45 PM	\$68	\$113
5-14 yrs	Fri	5:45-6:45 PM	\$68	\$113
5-14 yrs	Sat	9:30-10:30 AM	\$68	\$113
5-14 yrs	Sat	10:30-11:30 AM	\$68	\$113
5-14 yrs	Sat	11:30 AM-12:30 PM	\$68	\$113

Gymnastics Level 3

For the gymnast who has completed and/or tested out of the Level 2 program. Skills are taught on all pieces of equipment (vault, bars, beam, floor, and tumble trak.) Evaluations will occur every other month to monitor progress.

5-14 yrs	Mon	4:45-5:45 PM	\$68	\$113
5-14 yrs	Wed	5-6 PM	\$68	\$113
5-14 yrs	Sat	11:30 AM-12:30 PM	\$68	\$113

Gymnastics Level 4

For the gymnast who has completed and/or tested out of the Level 3 program. Skills are taught on all pieces of equipment (vault, bars, beam, floor, and tumble trak.) Evaluations will occur every other month to monitor progress.

5-14 yrs	Mon	4:45-5:45 PM	\$68	\$113
5-14 yrs	Wed	5-6 PM	\$68	\$113
5-14 yrs	Sat	11:30 AM-12:30 PM	\$68	\$113

Boys Level 1 & 2

Boys only beginner gymnastics: Boys focus on skills on floor, bar, tumble track, and vault, as well as some basic balance work.

5-10 yrs	Mon	4:45-5:45 PM	\$68	\$113
5-10 yrs	Thu	4:45-5:45 PM	\$68	\$113

GYMNASTICS TEAM

Questions? Contact Janine Brown at jmbrown@ymcabhc.org or 215.536.8841, x3116

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

Gymnastics Team Practice

Team Program - Invitation Only

All practice sessions are located in the Gymnastics Center

		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Level 3 and Xcel Silver	(4) hours per week practice schedule	6-18 yrs	Wed & Sat	6-8 PM 12:30-2:30 PM	\$141	n/a	
Level 4, Xcel Gold	(6) hours per week practice schedule	6-18 yrs	Tue & Thu	5:30-8:30 PM	\$171	n/a	
Level 4, 6, 7, 8, Xcel Gold, Xcel Platinum, Xcel Diamond	(9) hours per week practice schedule	6-18 yrs	Mon, Tue & Thu	5:30-8:30 PM	\$205	n/a	

Pre Team - Invitation Only

For children who are looking to be part of our competitive program in the future. Must be recommended by the director or the child's current gymnastics coach. Contact the gymnastics director for additional information jmbrown@ymcabhc.org

6-10 yrs	Tue	11:30 AM-1:30 PM	\$115	\$189
6-10 yrs	Fri	4:45-6:45 PM	\$115	\$189
6-10 yrs	Sat	10:30 AM-12:30 PM	\$115	\$189

Team Conditioning Class

Focus on conditioning skills and an extra opportunity to work bar skills. All participants must currently be on gymnastics team and enrolled in the monthly team program. This program follows the team schedule of holiday cancellations and team break weeks.

6-18 yrs	Mon	8:30-9 PM	\$19	n/a
6-18 yrs	Wed	8-8:30 PM	\$19	n/a

Gymnastics Team Lessons

Team Program - Invitation Only

		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
(1) Private Lesson		6-18 yrs			\$41	n/a	Gymnastics Center
(5) Private Lessons		6-18 yrs			\$176	n/a	Gymnastics Center
(10) Private Lessons		6-18 yrs			\$326	n/a	Gymnastics Center
Routine Clinic		6-18 yrs			\$19	n/a	Gymnastics Center

SPORTS & ARTS

All Branches | Fall

METRO ESPORTS

Questions? Contact 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
Friday Night Tournaments	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!		Fri 9/6	Fortnite Friday		
		Fri 9/13	Smash Ultimate Bracket		
		Fri 9/20	Fortnite Friday		
		Fri 9/27	Smash Ultimate Bracket		
		Fri 10/4	Fortnite Friday		
		Fri 10/11	Smash Ultimate Bracket		
		Fri 10/18	Fortnite Friday		
		Fri 10/25	Smash Ultimate Bracket		
Metro Madness	All ages	Wed	2:30-5 PM	\$0	\$10 Drop-in
Esports Team Leaders	Gr 7-12	September-October		\$0	\$0
Esports Rivalry Match - Community Event	All Ages	Sat 10/19		\$0	\$10 Drop-in
Esports Day off School Camp	Gr 2-7	Thu 10/3		\$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.

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

Quakertown | Fall

FAMILY & TEEN

Questions? Contact our Welcome Center at 215.536.9622

Family Events	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<i>Join us for Fun Family Friday! Each Friday one of our branches will host a free activity for our family memberships. Only one member of the family needs to register.</i>						
Raise Up Our Youth Fun Family Event						
Join us at the Quakertown branch for our Raise Up Our Youth Family Fun Night for games and activities for the entire family. Food trucks will be in our parking lot to allow you to grab dinner and spend a fun-filled family evening on Fairview Ave!	All ages	Fri 9/27	5-7:30 PM	\$0	\$0	

PARENT'S NIGHT OUT

Questions? Contact Tiffany Drews at tdrews@ymcabhc.org

Quakertown Parents Night Out (PNO)	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Parent's Night Out	5-12 yrs	Fri	5:30-9 PM	<i>Pricing listed below</i>		Stay & Play
Kids enjoy a fun evening at the Y and parents can enjoy a night out! All children will enjoy a night of games, a craft, pizza, snacks, and a movie. Registration for two or three children pricing must be completed over the phone or in person to receive the reduced rate. (Member rate available to children with a youth or family membership)	(1) child			\$31	\$51	
	(2) children <i>(requires phone / in-person registration)</i>			\$43	\$71	
	(3) children <i>(requires phone / in-person registration)</i>			\$51	\$84	
	<i>Each additional child</i>			\$8	\$13	
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 Tiffany Drews at tdrews@ymcabhc.org

Member Use - Open Hours	Visit our bra Visit our branch website for more detailed information		
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.	3 mos-Grade 6	Mon-Thu 8:30 AM-12:30 PM Mon-Thu 5-7:30 PM	Fri 8:30 AM-12:30 PM Sat 8:30 AM-12:30 PM

ABILITY LESSONS & CLASSES

Contact Becky Musselman with questions at bmusselman@ymcabhc.org or 215.536.8841, x3126

Adapted Aquatics Private Lessons		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Private Swim Lessons	(4) 30-minute lessons	5 yrs+			\$154	\$253	
<i>1:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	5 yrs+			\$304	\$502	

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

Adapted Aquatics Group Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Adapted Group Swim Lessons							
See website for description	1 / Water Acclimation	3 yrs+	Wed	5:00-5:40 PM	\$62	\$102	Pool
	1 / Water Acclimation	3 yrs+	Sat	9:45-10:25 AM	\$62	\$102	Pool
	2-3 / Water Movement & Stamina	6 yrs+	Sat	10:30-11:10 AM	\$62	\$102	Pool
	4-5 / Stroke Intro & Development	6 yrs+	Sat	11:15 -11:55 AM	\$62	\$102	Pool
	6 / Stroke Mechanics	8 yrs+	Thu	6:30-7:10 PM	\$62	\$102	Pool

Mainstream Group Classes - With Adapted Support		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<i>In addition to ability-specific programs, the below youth programs can become an ability program through our Inclusive Programming Model. Children can join their peers of all abilities in a variety of mainstreamed youth programs with the assistance of an ability instructor.</i>							
Swim Academy - Intramural							
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.	5-7 yrs		<i>Days & times vary based on age group</i>		\$115	N/A	Pool
	8-12 yrs				\$115	N/A	Pool
Sports Frenzy							
Play a variety of sports and games while promoting skill development, self-confidence, movement, teamwork, sportsmanship, and fun. Includes basketball, soccer, floor hockey, football, dodgeball and more!	5-10 yrs	Mon		5:15-5:55 PM	\$41	\$67	Gymnasium
Soccer							
Introductory soccer class teaching fundamentals. Each class has a 20 minute practice and 20 minute game.	5-10 yrs	Mon		6:15-6:55 PM	\$41	\$67	Gymnasium
Basketball							
Skill development program focusing on fundamental skills. Each class has a 20 minute practice and 20 minute game.	5-10 yrs	Thu		5:15-5:55 PM	\$41	\$67	Gymnasium
Dragon Warriorz							
Basic Shotokan Karate techniques mixed with interactive games and exercises to develop self-esteem and confidence. Learn respect, humility, focus and discipline.	5-8 yrs	Mon		6:15-6:45 PM	\$51	\$85	Upstairs Space
		Wed		6:15-6:45 PM	\$51	\$85	Upstairs Space

Youth & Adult Karate - Beginner (Belts - White & Candidate Yellow)

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. (2) Classes per week

8 yrs+	Mon & Wed	6:50-7:50 PM	\$109	\$180	Upstairs Space
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Gymnastics Level 1

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.) Evaluations will occur every other month to monitor progress.

5-14 yrs	Fri	5:45-6:45 PM	\$68	\$113	Gymnastics Center
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Obstacle Ninja

Your child will run through obstacles like a warrior. This class will have physical challenges each week and children will work to improve physical strength and endurance.

5-14 yrs	Fri	5-5:40 PM	\$41	\$67	Gymnastics Center
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Mixed Arts

Students will explore mixing a variety of mediums as they paint, draw, and sculpt works of art with materials like watercolors, cardboard, newspaper, acrylic paint, markers, and pastels.

6-8 yrs	Tue	6:15-7 PM	\$51	\$85	Mixed Arts Studio
9-14 yrs	Tue	7:15-8:00 PM	\$51	\$85	Mixed Arts Studio

ABILITY EVENTS

Contact Becky Musselman with questions at bmusselman@ymcabhc.org or 215.536.8841, x3126

Youth & Teen Events

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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.	13-21 yrs	Fri 9/27	6:30-8:30 PM	\$15	\$25	Rec Center
	13-21 yrs	Fri 10/25	6:30-8:30 PM	\$15	\$25	Rec Center

Explorers

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Explorers						
An afternoon program for children with developmental disabilities full of fun, physical activity, and socializing. Activities include basketball, dancing, crafts and much more.	5-12 yrs	Sun 9/29	1-3 PM	\$15	\$25	Child Care Center
	5-12 yrs	Sun 10/27	1-3 PM	\$15	\$25	Child Care Center

PERSONAL TRAINING

Questions? Contact Nicole Martorella
at nmartorella@ymcabhc.org

Personal Training Club		Package Options	Member MONTHLY	Non-member MONTHLY	
Personal Training Club (12 yrs+)		Package Options			
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.		30-minute Sessions	(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.		45-minute Sessions	(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>		60-minute Sessions	(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	
Personal Training Packages (12 yrs+)		Package Options			
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.		30 minutes	(5) Sessions	\$143	\$236
			(10) Sessions	\$265	\$437
		45 minutes	(5) Sessions	\$204	\$337
			(10) Sessions	\$384	\$633
		60 minutes	(5) Sessions	\$265	\$437
			(10) Sessions	\$505	\$833

First Time Client Promotion		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.		45 minutes	(3) Sessions	\$90	N/A

Partner Training		Package Options	Member FLAT FEE	Non-member FLAT FEE	
Partner Training Packages (12 yrs+)		Package Options			
There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay on target!		45 minutes	(5) Sessions	\$127	\$209
			(10) Sessions	\$221	\$364

Partner Training Packages (12 yrs+)

60 minutes	(5) Sessions	\$165	\$273
	(10) Sessions	\$294	\$485

Team Training

Team Training Packages (12 yrs+)

There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay on target!

3 People

Pricing is per person

	Package Options	Member FLAT FEE	Non-member FLAT FEE
45 minutes	(5) Sessions	\$66	\$109
	(10) Sessions	\$116	\$191

60 minutes	(5) Sessions	\$83	\$136
	(10) Sessions	\$149	\$246

4 People

Pricing is per person

45 minutes	(5) Sessions	\$55	\$91
	(10) Sessions	\$94	\$155

60 minutes	(5) Sessions	\$74	\$121
	(10) Sessions	\$132	\$218

5 People

Pricing is per person

45 minutes	(5) Sessions	\$46	\$76
	(10) Sessions	\$78	\$128

60 minutes	(5) Sessions	\$66	\$109
	(10) Sessions	\$116	\$191

WELLNESS TOOLS & PROGRAMS

Renew You

8 Weeks, 8 Habits: Renew You (40 yrs+)

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. **This 8 week program is held virtually 12PM or 7PM on Mondays.**

Registration closes Thursday 10/10 at midnight

Dates & Time	Member FLAT FEE	Non-member FLAT FEE
October 14-December 2 Mondays, 12 PM or 7 PM	\$360	\$504

Keep the Beat - A Cardiopulmonary Maintenance Program

Keep the Beat 4-Week Program (12 yrs+)

Keep the Beat is a cardiac rehab maintenance program that promotes the continuation of exercise beyond cardiopulmonary rehabilitation with the support of a fitness professional to build lifelong healthy habits and maintain a healthy heart and lungs. This program is specifically for patients who've graduated from cardiac or cardiopulmonary rehabilitation and want to maintain optimal heart and vascular health. A collaboration between St. Luke's Cardiopulmonary Rehabilitation and the Y, this 4-week program includes an initial fitness consultation appointment with a cardiac rehab certified personal trainer to discuss your goals and establish an exercise plan in continuation of your rehab, an optional InBody body composition scan, and six 30-minute personal training sessions.

Package Options	Member FLAT FEE	Non-member FLAT FEE
(6) 30-minute Sessions	\$165	\$165

Participation in the program includes four weeks of full branch access.

Nutrition		Dates & Time	Member FLAT FEE	Non-member FLAT FEE
Snack Smart: Healthy Snacking Habits Workshop (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 10/23 7:15-8:15 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 8-October 28 Tue, 10:30-11:30 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	<i>Additional available at:</i> \$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
After Hours Splash 'N Bash Party 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+				
Esports Party during Open Lounge Hours 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 Saturday 11 AM-1 PM	Sunday 12-2 PM Sunday 2:30-4:30 PM	\$299	\$384
<i>Additional hour at all branches:</i>			\$160	\$160
Esports After Hours Party				
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
Skatepark Party					
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
After Hours Full Facility Rentals					
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	
Individual Space Rentals						
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
Holland Pool Rental	After Hours Only - Seasonal, Mid-June thru August		Saturdays	5-7 PM	\$314	\$376
			<i>Additional hour:</i>	\$173	\$173	

Hunterdon County Seasonal Rentals

Camp Carr Rental	A campground that operates April-October.	<i>Email Andy Cogen at acogen@ymcabhc.org for availability and pricing</i>
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