



**RIVER CROSSING YMCA**

**FALL**

**PROGRAM GUIDE**

**Warminster | 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!

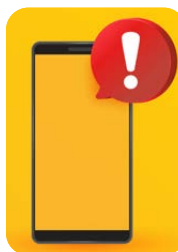
[Click here](#) to learn more in Bucks and Hunterdon counties.

[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.](#)



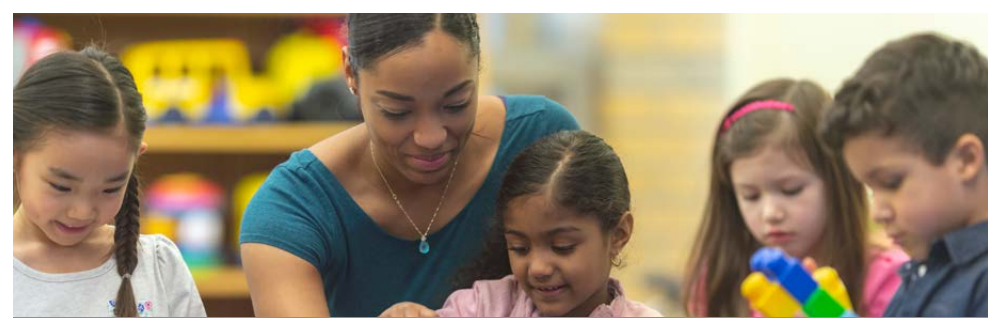
## STAY & PLAY

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](mailto: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	

## GROUP SWIM LESSONS

Questions? Contact Michael Ponza at [mponza@ymcabhc.org](mailto:mponza@ymcabhc.org)

Please select your child's level based on their age and ability. Contact [name] 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>	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	Sat	9-9:40 AM	\$62	\$102	<i>All lessons are located in the Warminster Pool</i>
<b>B / Water Exploration</b>	Parents work with their toddlers to learn fundamental safety and pre-swimming skills like floating, blowing bubbles, paddle stroke and kicking. Skills are taught in the context of repetitive songs, fun activities and drills which reinforce physical learning and encourage positive interaction.	19 mos-4 yrs	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>	Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.	3-5 yrs	Tue	5-5:40 PM	\$62	\$102	<i>All lessons are located in the Warminster Pool</i>
		3-5 yrs	Tue	6:30-7:10 PM	\$62	\$102	
		3-5 yrs	Thu	4:15-4:55 PM	\$62	\$102	
		3-5 yrs	Sat	9:45-10:25 AM	\$62	\$102	
		3-5 yrs	Sat	11:15-11:55 AM	\$62	\$102	
<b>2 / Water Movement</b>	Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal water safety skills including paddle stroke, floating, treading water and safely	3-5 yrs	Tue	4:15-4:55 PM	\$62	\$102	
		3-5 yrs	Thu	5:45-6:25 PM	\$62	\$102	

**2 / Water Movement**

3-5 yrs	Thu	6:30-7:10 PM	\$62	\$102
3-5 yrs	Sat	9-9:40 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	Tue	5:45-6:25 PM	\$62	\$102
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**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 Warminster Pool*

6-12 yrs	Thu	6:30-7:10 PM	\$62	\$102
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**2 / Water Movement**

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

6-12 yrs	Tue	5:45-6:25 PM	\$62	\$102
6-12 yrs	Thu	4:15-4:55 PM	\$62	\$102
6-12 yrs	Sat	10:30-11:10 AM	\$62	\$102
6-12 yrs	Sat	11:15-11:55 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	Tue	5-5:40 PM	\$62	\$102
6-12 yrs	Tue	6:30-7:10 PM	\$62	\$102
6-12 yrs	Thu	5-5:40 PM	\$62	\$102
6-12 yrs	Thu	6:30-7:10 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	Thu	5:45-6:25 PM	\$62	\$102
6-12 yrs	Thu	6:30-7:10 PM	\$62	\$102
6-12 yrs	Sat	9:45-10:25 AM	\$62	\$102
6-12 yrs	Sat	10:30-11:10 AM	\$62	\$102

# FAMILY & YOUTH

# Warminster | Fall

## FAMILY & TEEN

Questions? Contact Maddy Moore  
at [mmoore@ymcabhc.org](mailto:mmoore@ymcabhc.org)

### Family Events

	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<i>Join us for Fun Family Friday! Each Friday one of our branches will host a free activity for our family memberships. Only one member of the family needs to register.</i>						
<b>Back to School Bingo</b> Enjoy family bingo, snacks and music to kick off the start of the school year.	All Ages	<b>Fri 9/20</b>	5-7 PM	\$0	n/a	
<b>Boo Bash</b> Join us for our Halloween Celebration! This event is open to the community. Please wear your costumes and come ready for games, candy, family swim and more!	All Ages	<b>Fri 10/18</b>	5-7 PM	\$0	n/a	
<b>Family NinjaZone Party!</b> Calling all Ninjas! Help us break in our brand new NinjaZone space by testing out the obstacles. Come enjoy music, pizza and a gaurenteed fun night in our NinjaZone space.	All Ages	<b>Fri 11/22</b>	5-7 PM	\$0	n/a	

## YOUTH SPORTS

Questions? Contact Maddy Moore  
at [mmoore@ymcabhc.org](mailto:mmoore@ymcabhc.org)

### Free Member Classes

	Age	Date	Time	Member MONTHLY	Non-member MONTHLY	Location
<i>Class is full at time of publication, but may re-open based on availability.</i>						
<b>Muscles in Motion</b> Kids will enjoy a fun group exercise class where they will have new functional fitness challenges each week.	6-12 yrs	Mon	5-5:40 PM	\$0	n/a	Studio 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
Daily Drop-In Pass / Friday Night Tournament Pass	6 yrs+	n/a	\$10

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

### Halloween Game Fright!

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

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

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

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

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

### Tabletop Game Night - Community Event

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

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

## Fairless Hills

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

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

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

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

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

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

### Esports & Sports Crossover Day off School Camp

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

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

### AthleteArcade (Begins Sept 12)

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

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

## Warminster

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

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

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

### Halloween LeaderBOOard Challenge

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

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

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

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

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

**Esports Parties****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

## 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!		<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

## Team Training Member FLAT FEE    Non-member FLAT FEE

<b>Team Training Packages</b> (12 yrs+)		<b>Package Options</b>	<i>Pricing is per person</i>	
<p>There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay on target!</p> <p><b>3 People</b> <i>Pricing is per person</i></p> <hr/> <p><b>4 People</b> <i>Pricing is per person</i></p> <hr/> <p><b>5 People</b> <i>Pricing is per person</i></p>	<b>45 minutes</b>	(5) Sessions	\$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

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

### 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!

Dates & Time

October 7-October 28  
Mon, 9:00-10:00 AM

Member  
FLAT FEE

Free

Non-member  
FLAT FEE

N/A

## InBody Scan

### 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:*

Member  
FLAT FEE

\$25

Non-member  
FLAT FEE

\$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 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
<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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