

# **RIVER CROSSING YMCA**

FALL PROGRAM GUIDE Deer Path 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! <u>Click here</u> to learn more in Bucks and Hunterdon counties. <u>Click here</u> 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? <u>Click here</u> 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? <u>Click here</u> to email Brittney for help.

Sign up for alerts: <u>Click here</u> if located in Bucks and Hunterdon counties or <u>click here</u> 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 <u>click here or scan the QR code</u>.



### UPCOMING EVENTS AT THE Y

<u>Click here</u> for events in Bucks and Hunterdon counties. <u>Click here</u> for events in Lehigh and Northampton counties.

## HOLIDAYS

In observance of holidays, the Y will be closed on 9/2 for Labor Day.



#### Allentown

425 South 15th Street Allentown, PA 18102 <u>Click here</u> for hours and amenities

### Bethlehem

430 East Broad Street Bethlehem, PA 18018 <u>Click here</u> for hours and amenities

Deer Path 144 West Woodschurch Road Flemington, NJ 08822 <u>Click here</u> 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 <u>Click here</u> for hours and amenities

## Fairless Hills

601 South Oxford Valley Road Fairless Hills, PA 19030 <u>Click here</u> for hours and amenities 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: <u>gv-ymca.org</u>

### Nazareth

33 South Main Street Nazareth, PA 18064 <u>Click here</u> for hours and amenities

### Newtown

190 South Sycamore Street Newtown, PA 18940 <u>Click here</u> for hours and amenities

### Quakertown

401 Fairview Avenue Quakertown, PA 18951 <u>Click here</u> for hours and amenities

### **Slate Belt**

315 West Pennsylvania Avenue Pen Argyl, PA 18072 <u>Click here</u> for hours and amenities

### Suburban North

880 Walnut Street Catasauqua, PA 18032 <u>Click here</u> for hours and amenities

## Warminster

624 York Road Warminster, PA 18974 <u>Click here</u> 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.

<u>Click here</u> to register in Bucks and Hunterdon counties. <u>Click here</u> 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:

<u>Click here</u> for schedules/reservations in Bucks and Hunterdon counties. <u>Click here</u> for schedules/reservations in Lehigh and Northampton counties.

#### **GROUP EXERCISE**

Group exercise classes are included free with membership.

<u>Click here</u> for schedules/reservations in Bucks and Hunterdon counties. <u>Click here</u> 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 Wellness 24/7. Included with your membership,

our virtual platform Y Wellness 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 Wellness 24/7

### FALL PROGRAMS

<u>Click here</u> to view program registration in Bucks and Hunterdon counties. <u>Click here</u> to view program registration in Lehigh and Northampton counties.



#### GYMNASIUM

**Bucks County**: Doylestown, Fairless Hills and Quakertown

To view our gymnasium schedules: <u>Click here</u> for Bucks and Hunterdon counties. <u>Click here</u> for Lehigh and Northampton counties.

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

#### **<u>Click here</u>** 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.

#### <u>Click here</u> for Aquatics in Lehigh and Northampton counties.

Bethlehem, Easton, Nazareth and Slate Belt



BACK BY POPULAR DEMAND! 8 Weeks, 8 Habits with Marsha Hughes Program begins October 14-December 2 Member \$360 | Non-member \$504





## **DOYLESTOWN SKATEPARK: FALL HOURS**

Mon-Thurs 4:30-8 PM; Fri 4:30-9 PM Sat & Sun 12-6 PM

Hours and availability are subject to change due to weather conditions.

Click here for more information.

#### METRO ESPORTS GAMING LOUNGE: FALL HOURS

Doylestown Lounge Mon-Fri | 2:30-9 PM Sat & Sun | 2-6 PM

Fairless Hills Lounge Sat & Mon-Thurs | 3-7 PM Fri | 3-8 PM; Sat & Sun | 2-5 PM

Warminster Lounge Mon, Wed, Fri | 3-7 PM Tues, Thurs | 5-7 PM Sat & Sun | 2-5 PM



### **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.

<u>Click here</u> for Bucks and Hunterdon counties. <u>Click here</u> for Lehigh and Northampton counties.





# Child Care and School Age Child Care Registration Now Open!

**Bucks and Hunterdon counties:** 

Lehigh and Northampton counties:

<u>Click here</u> for Child Care <u>Click here</u> for School Age Child Care <u>Click here</u> for Child Care <u>Click here</u> 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!



# beCAUSE together we touch lives





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!

<u>Click here</u> to apply in Bucks and Hunterdon counties. <u>Click here</u> 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

# EVERY WEEK MINECRAFT MON

MONDAYS

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 WARMINGTER

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

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

# 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

# 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

# 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 LEADERBOOARD 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



# **AQUATICS**

# Deer Path | Fall

# PRIVATE SWIM LESSONS

Questions? Contact Christie Stymiest at cstymiest@ymcabhc.org, 908.483.4927

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

# GROUP SWIM LESSONS

Questions? Contact Christie Stymiest at cstymiest@ymcabhc.org, 908.483.4927

Please select your child's level based on their age and ability. Contact Christie Stymiest to set up an appoinment	t for a free evalu	ation or:		<u>View our </u>	Swim Lesson s	elector here
Parent & Child Swim Lessons	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
A / Water Discovery				All I	essons are loca	ted in the Deer Path Pool
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	6-18 mos	Tue	9:15-9:55 AM	\$88	\$146	
f teaching their child to roll from front to back and float.		Thu	9:15-9:55 AM	\$88	\$146	
	6-18 mos	Sat	9-9:40 AM	\$88	\$146	
	6-18 mos	Sun	9-9:40 AM	\$88	\$146	
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	19-36 mos	Thu	9:15-9:55 AM	\$88	\$146	
which reinforce physical learning and encourage positive interaction.	19-36 mos	Sat	9-9:40 AM	\$88	\$146	
	19-36 mos	Sat	9:50-10:30 AM	\$88	\$146	
	19-36 mos	Sun	9:50-10:30 AM	\$88	\$146	
	19-36 mos	Sun	9:50-10:30 AM	\$88	\$146	
		Gray classes	s are full at time of publicat	ion, but may	re-open based on	availability.
Preschool Swim Lessons	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
1 / Water Acclimation				All I	essons are loca	ted in the Deer Path Pool

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 le	essons are located in the Deer Path Pool
3-5 yrs	Tue	4-4:40 PM	\$88	\$146
3-5 yrs	Tue	4:50-5:30 PM	\$88	\$146
3-5 yrs	Tue	7:05-7:45 PM	\$88	\$146

3-5 yrs	Wed	4-4:40 PM	\$88	\$146	
3-5 yrs	Wed	4:50-5:30 PM	\$88	\$146	
3-5 yrs	Thu	4-4:40 PM	\$88	\$146	
3-5 yrs	Thu	4:50-5:30 PM	\$88	\$146	
3-5 yrs	Fri	4-4:40 PM	\$88	\$146	
3-5 yrs	Fri	4:50-5:30 PM	\$88	\$146	
3-5 yrs	Sat	9-9:40 AM	\$88	\$146	
3-5 yrs	Sat	9:50-10:30 AM	\$88	\$146	
3-5 yrs	Sat	10:40-11:20 AM	\$88	\$146	
3-5 yrs	Sat	11:30 AM-12:10 PM	\$88	\$146	
3-5 yrs	Sun	9-9:40 AM	\$88	\$146	
3-5 yrs	Sun	9:50-10:30 AM	\$88	\$146	
3-5 yrs	Sun	10:40-11:20 AM	\$88	\$146	
3-5 yrs	Sun	11:30 AM-12:10 PM	\$88	\$146	
3-5 yrs	Tue	4-4:40 PM	\$88	\$146	
3-5 yrs	Tue	4:50-5:30 PM	\$88	\$146	
3-5 yrs	Tue	7:05-7:45 PM	\$88	\$146	
3-5 yrs	Wed	4:50-5:30 PM	\$88	\$146	
3-5 yrs	Thu	4:50-5:30 PM	\$88	\$146	
3-5 yrs	Fri	4-4:40 PM	\$88	\$146	
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3-5 yrs	Thu	4:50-5:30 PM	\$88	\$146	
3-5 yrs	Fri	4:50-5:30 PM	\$88	\$146	
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#### 2 / Water Movement

3 / Water Stamina

taught.

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.

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

4 / Stroke Introduction

introduced.

3-5 yrs	Sat	9-9:40 AM	\$88	\$146	
3-5 yrs	Sat	10:40-11:20 AM	\$88	\$146	
3-5 yrs	Sun	9-9:40 AM	\$88	\$146	
3-5 yrs	Sun	10:40-11:20 AM	\$88	\$146	
3-5 yrs	Tue	4:50-5:30 PM	\$88	\$146	
3-5 yrs	Tue	7:05-7:45 PM	\$88	\$146	
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3-5 yrs	Fri	4:50-5:30 PM	\$88	\$146	
3-5 yrs	Sat	9-9:40 AM	\$88	\$146	
3-5 yrs	Sat	10:40-11:20 AM	\$88	\$146	
3-5 yrs	Sun	9-9:40 AM	\$88	\$146	
3-5 yrs	Sun	10:40-11:20 AM	\$88	\$146	

School Ago Swim Locconc			Member	Non-member	
School Age Swim Lessons Age	Day	Time	MONTHLY	MONTHLY	Location

#### 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.

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

6-12 yrs       Tue       4:50-5:30 PM       \$88       \$146         6-12 yrs       Tue       7:05-7:45 PM       \$88       \$146         6-12 yrs       Wed       4-4:40 PM       \$88       \$146         6-12 yrs       Wed       4:50-5:30 PM       \$88       \$146         6-12 yrs       Thu       4-4:40 PM       \$88       \$146         6-12 yrs       Thu       4-4:40 PM       \$88       \$146         6-12 yrs       Thu       4-4:40 PM       \$88       \$146         6-12 yrs       Thu       4:50-5:30 PM       \$88       \$146         6-12 yrs       Fri       4:50-5:30 PM       \$88       \$146         6-12 yrs       Fri       4:50-5:30 PM       \$88       \$146         6-12 yrs       Fri       4:50-5:30 PM       \$88       \$146         6-12 yrs       Sat       9:9:40 AM       \$88       \$146         6-12 yrs       Sat       10:40-11:20 AM       \$88       \$146         6-12 yrs       Sat       10:40-11:20 AM       \$88       \$146         6-12 yrs       Sun       9:50-10:30 AM       \$88       \$146         6-12 yrs       Sun       9:50-10:30 AM       \$88 <td< th=""><th>6-12 yrs</th><th>Tue</th><th>4-4:40 PM</th><th>\$88</th><th>\$146</th><th></th></td<>	6-12 yrs	Tue	4-4:40 PM	\$88	\$146	
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All lessons are located in the Deer Path Pool

#### 2 / Water Movement

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

	6-12 yrs	Tue	4-4:40 PM	\$88	\$146	
	6-12 yrs	Tue	4:50-5:30 PM	\$88	\$146	
	6-12 yrs	Tue	7:05-7:45 PM	\$88	\$146	
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	6-12 yrs	Thu	4-4:40PM	\$88	\$146	
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#### 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.

#### 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.

4 / Stroke Introduction       6:12 yrs       Fri       4:4:40PM       588       5146         6:12 yrs       532       9:9:40 AM       588       5146         6:12 yrs       532       9:9:40 AM       588       5146         6:12 yrs       532       9:9:40 AM       588       5146         6:12 yrs       532       10:0 AM-12:10 PM       588       5146         6:12 yrs       530       9:9:40 AM       588       5146         6:12 yrs       530       9:9:40 AM       588       5146         6:12 yrs       530       9:9:40 AM       588       5146         6:12 yrs       530       10:40 11:20 AM       588       5146         6:12 yrs       530       10:40 11:20 AM       588       5146         6:12 yrs       530       10:30 AM-12:10 PM       588       5146         6:12 yrs       530       10:40 11:20 AM       588       5146         6:12 yrs       530       11:30 AM-12:10 PM       588       5146         6:12 yrs       540       11:30 AM-12:10 PM       588       5146         6:12 yrs       710       14:40 PM       588       5146         6:12 yrs       710 <td< th=""><th></th><th></th><th></th><th></th><th></th><th></th></td<>						
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6-12 yrs         Sat         10:40-11:20 AM         \$88         \$146           6-12 yrs         Sat         11:30 AM-12:10 PM         \$88         \$146           6-12 yrs         Sun         10:40-11:20 AM         \$88         \$146           6-12 yrs         Sun         10:40-11:20 AM         \$88         \$146           6-12 yrs         Sun         11:30 AM-12:10 PM         \$88         \$146           6-12 yrs         Sun         11:30 AM-12:10 PM         \$88         \$146           6-12 yrs         Sun         11:30 AM-12:10 PM         \$88         \$146           6-12 yrs         Tue         4-4:40 PM         \$88         \$146           6-12 yrs         Tue         7:05-7:45 PM         \$88         \$146           6-12 yrs         Tue         7:05-7:45 PM         \$88         \$146           6-12 yrs         Thu         4-4:40 PM         \$88         \$146           6-12 yrs         Thu         4-4:40 PM         \$88         \$146           6-12 yrs         Thu         4-4:40 PM         \$88         \$146           6-12 yrs         Sat         10:40-11:20 AM         \$88         \$146           6-12 yrs         Sat         10:40-11:20 AM		6-12 yrs	Thu	4:50-5:30 PM	\$88	\$146
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6-12 yrs         Sun         10:40-11:20 AM         \$88         \$146           6-12 yrs         Sun         11:30 AM-12:10 PM         \$88         \$146           6 / Stroke Mechanics         6-12 yrs         Sun         11:30 AM-12:10 PM         \$88         \$146           5 // Stroke motion growthe block are introduced as they learn about competitive swimming.         6-12 yrs         Tue         4-4:40 PM         \$88         \$146           6-12 yrs         Tue         4-4:40 PM         \$88         \$146           6-12 yrs         Tue         7:05-7:45 PM         \$88         \$146           6-12 yrs         Tue         4-4:40 PM         \$88         \$146           6-12 yrs         Tue         4-4:40 PM         \$88         \$146           6-12 yrs         Thu         4-4:40 PM         \$88         \$146           6-12 yrs         Thu         4-4:40 PM         \$88         \$146           6-12 yrs         Thu         4-4:40 PM         \$88         \$146           6-12 yrs         Fri         4-4:40 PM         \$88         \$146           6-12 yrs         Sat         10:40-11:20 AM         \$88         \$146           6-12 yrs         Sat         10:40-11:20 AM         \$8		6-12 yrs	Sat	10:40-11:20 AM	\$88	\$146
6-12 yrs         Sun         11:30 AM-12:10 PM         \$88         \$146           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         4-4:40 PM         \$88         \$146           6-12 yrs         Tue         7:05-7:45 PM         \$88         \$146           6-12 yrs         Wed         4-4:40 PM         \$88         \$146           6-12 yrs         Tue         4-4:40 PM         \$88         \$146           6-12 yrs         Thu         4-6:40 PM         \$88         \$146           6-12 yrs         Thu         4-6:40 PM         \$88         \$146           6-12 yrs         Sat         10:40-11:20 AM         \$88         \$146           6-12 yrs         Sat         11:30 AM-12:10 PM         \$88         \$146           6-12 yrs         Sat         11:30 AM-12:1		6-12 yrs	Sat	11:30 AM-12:10 PM	\$88	\$146
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       4-4:40 PM       \$88       \$146         6-12 yrs       Tue       7:05-7:45 PM       \$88       \$146         6-12 yrs       Wed       4-4:40 PM       \$88       \$146         6-12 yrs       Thu       4-4:40 PM       \$88       \$146         6-12 yrs       Fri       4-4:40 PM       \$88       \$146         6-12 yrs       Sat       10:40-11:20 AM       \$88       \$146         6-12 yrs       Sat       11:30 AM-12:10 PM       \$88       \$146         6-12 yrs       Sat       10:40-11:20 AM       \$88       \$146		6-12 yrs	Sun	10:40-11:20 AM	\$88	\$146
Subdents learn butterfly while continuing to develop technique and endurance while refining breaststroke, back       6-12 yrs       Tue       4-4:40 PM       \$88       \$146         6-12 yrs       Tue       7:05-7:45 PM       \$88       \$146         6-12 yrs       Wed       4-4:40 PM       \$88       \$146         6-12 yrs       Wed       4-4:40 PM       \$88       \$146         6-12 yrs       Thu       4-4:40 PM       \$88       \$146         6-12 yrs       Fri       4-4:40 PM       \$88       \$146         6-12 yrs       Sat       10:40-11:20 AM       \$88       \$146         6-12 yrs       Sat       11:30 AM-12:10 PM       \$88       \$146         6-12 yrs       Sun       10:40-11:20 AM       \$88       \$146		6-12 yrs	Sun	11:30 AM-12:10 PM	\$88	\$146
and front crawl and diving. Flip turns and diving from the block are introduced as they learn about competitive       6.12 yrs       Tue       7:05-7:45 PM       \$88       \$146         6-12 yrs       Tue       7:05-7:45 PM       \$88       \$146         6-12 yrs       Wed       4-4:40 PM       \$88       \$146         6-12 yrs       Thu       4-4:40 PM       \$88       \$146         6-12 yrs       Fri       4-4:40 PM       \$88       \$146         6-12 yrs       Sat       10:40-11:20 AM       \$88       \$146         6-12 yrs       Sat       11:30 AM-12:10 PM       \$88       \$146         6-12 yrs       Sun       10:40-11:20 AM       \$88       \$146	6 / Stroke Mechanics					
swimming.       6-12 yrs       Tue       7:05-7:45 PM       \$88       \$146         6-12 yrs       Wed       4-4:40 PM       \$88       \$146         6-12 yrs       Thu       4:50-5:30 PM       \$88       \$146         6-12 yrs       Fri       4-4:40 PM       \$88       \$146         6-12 yrs       Sat       10:40-11:20 AM       \$88       \$146         6-12 yrs       Sat       11:30 AM-12:10 PM       \$88       \$146         6-12 yrs       Sun       10:40-11:20 AM       \$88       \$146		6-12 yrs	Tue	4-4:40 PM	\$88	\$146
6-12 yrs       Thu       4-4:40 PM       \$88       \$146         6-12 yrs       Thu       4:50-5:30 PM       \$88       \$146         6-12 yrs       Fri       4-4:40 PM       \$88       \$146         6-12 yrs       Sat       10:40-11:20 AM       \$88       \$146         6-12 yrs       Sat       10:40-11:20 AM       \$88       \$146         6-12 yrs       Sat       11:30 AM-12:10 PM       \$88       \$146         6-12 yrs       Sun       10:40-11:20 AM       \$88       \$146		6-12 yrs	Tue	7:05-7:45 PM	\$88	\$146
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		6-12 yrs	Sat	11:30 AM-12:10 PM	\$88	\$146
6-12 yrs Sun 11:30 AM-12:10 PM \$88 \$146		6-12 yrs	Sun	10:40-11:20 AM	\$88	\$146
		6-12 yrs	Sun	11:30 AM-12:10 PM	\$88	\$146

Teen & Adult Swim Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Teen & Adult Swim Lessons					All	lessons are locate	ed in the Deer Path Pool
Students learn personal water safety and achieve basic swimming competency by learning benchmark skills.	Teen - 1-3 / Swim Basics	12-17 yrs	Sat	12:15-12:55 PM	\$88	\$146	
swimming competency by learning benchmark skins.	Teen - 1-3 / Swim Basics	12-17 yrs	Sun	12:15-12:55 PM	\$88	\$146	
	Adult - 1-3 / Swim Basics	18 yrs+	Sat	12:15-12:55 PM	\$88	\$146	
	Adult - 1-3 / Swim Basics	18 yrs+	Sun	12:15-12:55 PM	\$88	\$146	

# SWIM TEAM

Questions? Contact Jamie Sobel at jsobel@ymcabhc.org

Stingrays Swim Team	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location

Stingrays is a year-round competitive swim team offering high-quality, professional, coaching and technique instruction for ages 6 to 18 years. Our team competes in both YMCA and USA Swim meets. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability from the novice swimmer and beyond while instilling the YMCA core values.

All of our coaches, as members of the American Swimming Coaches Association, have access to the most comprehensive trainings and certification programs for youth coaches of any sport in the United States. They provide assurances that the time children spend in swimming will be quality time. To schedule a tryout or for more information contact: Competitive Aquatics Director, Jamie Sobel, 908.483.4928, jsobel@ymcabhc.org.

Competitive Team			September-February	April-May	June-July	2024-2025 Total Fee
Ju Ju Pr Se	Little Stingrays		\$162	\$116	\$104	\$1,409
	Junior 1		\$188	\$129	\$129	\$1,644
	Junior 2	<i>Fees are charged</i> <i>monthly on the 1st</i>	\$200	\$200	\$180	\$1,955
	Pre Senior	according to the following fee schedule:	\$213	\$212	\$195	\$2,094
	Senior 1B		\$259	\$246	\$230	\$2,507
	Senior 1A		\$303	\$259	\$246	\$2,831

		Member FLAT FEE	Non-member FLAT FEE	Location
Stingrays Private Lessons	(1) 30-minute lessons	\$39	n/a	
	(2) 30-minute lessons	\$77	n/a	
	(4) 30-minute lessons	\$154	n/a	

Stroke & Turn - Swim Clinic	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location		
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)	6-12 yrs	Tue	7 PM-8 PM	\$93	\$153	Lap Pool		
	6-12 yrs	Sat	11:30 AM-12:30 PM	\$93	\$153	Lap Pool		
	6-12 yrs	Sun	11:30 AM-12:30 PM	\$93	\$153	Lap Pool		

COMMUNITY AQUATIC PROGRAMS						Contact Christie Stymiest ncabhc.org, 908.483.4927
Special Olympics Dolphin Swim Team	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location

#### Special Olympics Dolphin Area 4 Swim Team

The Y's Special Olympics Dolphins swim team season runs from October through the end of May culminating with attendance for qualifying swimmers at the Summer Games in Trenton during the first week in June. Swim Team practices run on Mondays and Sundays from 4 to 5 pm. Interested swimmers must be able to swim at least one length of the pool and be able to follow the directions of a Coach and circle swim during practice. They must also submit a completed Special Olympics Medical Form and enrollment form. Please contact our Head Coach, Rita Read at rarinfo@comcast.net for more information including a try-out time.

Practice starts Monday, October 7 (4-5 PM)	8 yrs+	Mon	4-5 PM	\$0	\$0	Pool Deck
	8 yrs+	Sun	4-5 PM	\$0	\$0	Pool Deck

# AMERICAN RED CROSS CLASSES

Questions? Contact Christie Stymiest at cstymiest@ymcabhc.org, 908.483.4927

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

Lifeguard Training (Blended Full Course)	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
September 28 & 29	15 yrs+	Sat & Sun	8 AM-7 PM	\$325	\$375	Pool Deck
October 12 & 13	15 yrs+	Sat & Sun	8 AM-7 PM	\$325	\$375	Pool Deck
November 16 & 17	15 yrs+	Sat & Sun	8 AM-7 PM	\$325	\$375	Pool Deck

Lifeguard Training Recertification	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
September 29	15 yrs+	Sun	8 AM-7 PM	\$150	\$180	Pool Deck
October 13	15 yrs+	Sun	8 AM-7 PM	\$150	\$180	Pool Deck
November 17	15 yrs+	Sun	8 AM-7 PM	\$150	\$180	Pool Deck

# **SPORTS & ARTS**

# Deer Path | Fall

All programs are located at the Deer Path branch unless otherwise noted.

YOUTH SPORTS					Quest	ions? Contact Jacob Gleasc at jgleason@ymcabhc.or
Fall Youth Leagues (Starting September 2024)	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Fall Season runs 8 weeks from September 7-October 26. Registration deadline September 1.						
MLS Go Soccer						
Time is split between skill building and gameplay. All players will receive a reversible jersey, shorts and socks. Optional skill nights taught by Y staff are offered on Wednesdays.	4-5 yrs	Sat	9:15-10:15 AM	\$110	\$181	Deer Path Fields
Fall T-Ball						
Time is split between skill building and game play. All players receive a team shirt and hat. Optional skill nights taught by Y staff are offered on Wednesdays.	4-5 yrs	Sat	10:30-11:30 AM	\$80	\$132	Deer Path Fields
Cheetahs Cross Country						
Runners will work on distance, mid-distance and sprinting events and be introduced to various field events. All participants receive a uniform. Location schedule will be sent prior to start.	5-8 yrs	Wed	5:30-6:30 PM	\$80	\$132	Round Valley/Camp Carr
	9-14 yrs	Wed	6:30-7:30 PM	\$80	\$132	Round Valley/Camp Carr
Youth Sports Classes	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Baskothall						
Basketball Skill development program focusing on the fundamental skills of basketball.	4-5 yrs	Tue	5-5:40 PM	\$44	\$73	Gymnasium
	6-8 yrs	Tue	5:45-6:30 PM	\$44	\$73	Gymnasium
Bubbles, Bounce, and Gym						
Gym is transformed into a play area with bubbles and activities designed to support skill development. Bouncing, climbing, sliding, and movement, complimented by music, craft option, and snack. Children ages 1.5-3 must have parent/guardian present. Session begins September 9.	1.5-5yrs	Mon	9:40-10:20 AM	\$44	\$73	Gymnasium
Ultimate Sports						
Rotate through different ultimate games. Games include NERF games, Obstacle courses, Dodgeball, Capture the Flag and more. Each class focuses on different skills used in gameplay.	5-7 yrs	Thu	4:45-5:30 PM	\$44	\$73	Gymnasium
Beginner Archery at Camp Carr						
Learn Archery with a certified USA Archery Coach. Introduces students to the basics of archery while developing strong problem-solving skills, increasing focus and determination, learning goal setting, and building confidence. Students will enjoy fun challenges that will culminate in an end-of-class exhibition.	7-11 yrs	Sat	10:30-11:45 AM	\$44	\$73	Camp Carr
Obstacle Ninja						
Run through an obstacle course like a ninja! Train to do just that with strength and conditioning exercises, daily challenges, and ninja courses.	1.5-3 yrs	Sun	9:15-9:55 AM	\$44	\$73	Gymnasium
just that with strength and conditioning exercises, daily chancinges, and hinga Courses.	4-6 yrs	Sun	10:10-10:50 AM	\$44	\$73	Gymnasium
	7-10 yrs	Sun	11-11:40 AM	\$44	\$73	Gymnasium

Karate & Martial Arts	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
			Questions? Co	ntact Jack At	well with quest	ions at jatwell@ymcabhc.oi
Kids Karate - Beginner						
Elements of balance, coordination and agility will be taught. Basic Karate techniques will be introduced.	5-6 yrs	Sat	9-9:45 AM	\$44	\$73	Gymnasium
Youth Martial Arts - Beginner (White Belts)						
Get your body and mind active! Beginner students will learn the basic blocks, kicks, forms, strikes and self- lefense in the Isshinryu style of Karate. Students will develop self-confidence, self-control and respect for hemselves and others.	7-14 yrs	Sat	10-11 AM	\$66	\$109	Gymnasium
Youth Martial Arts - Intermediate (Yellow, Orange, & Green Belts)						
Advanced students continue their journey in Isshinryu Karate with techniques and self-defense strategies. Develop stamina, mental focus and camaraderie with fellow students. Controlled sparring introduced.	7-14 yrs	Sat	11:15 AM-12:15 PM	\$66	\$109	Gymnasium
Black Belt/Brown Belt Martial Arts						
earn advanced techniques and concepts. Students will pursue an in depth analysis of kata, sparring and self- lefense, as well as the mental and spiritual aspects that will help them move forward.	10 yrs+	Sat	12:30-2 PM	\$72	\$118	Gymnasium
Adult Martial Arts						
raditional Martial Arts class taught in a comfortable environment. Attain mental and physical growth. Learn to lefend yourself, relieve stress and have fun.	15 yrs+	Mon	7-8:30 PM	\$72	\$118	Gymnasium
ree Member Classes	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>tun, Jump, Tumble Fun</b> lay on our indoor gymnastic equipment playground. Great place to let out energy. Parents are required to stay vith children.	0-5 yrs	Wed	9:40-10:20 AM	\$0	n/a	Gymnasium
ARTS & HUMANITIES					Quest	
ARTS & HUMANITIES	Age	Day	Time	Member MONTHLY	Quest Non-member MONTHLY	ions? Contact Jacob Gleas at jgleason@ymcabhc.o Location
Dance				MONTHLY	Non-member MONTHLY	at jgleason@ymcabhc.o
Dance ppropriate Dance attire required. <b>re Ballet/Ballet:</b> Girls-leotard (any style/color), tights, ballet slippers (canvas or leather); Boys-dance pants/s				MONTHLY	Non-member MONTHLY	at jgleason@ymcabhc.
Dance ppropriate Dance attire required. pre Ballet/Ballet: Girls-leotard (any style/color), tights, ballet slippers (canvas or leather); Boys-dance pants/s Petite Feet wonderful introduction to the joy of dance! Children will march, jump, and twirl as they learn ballet using				MONTHLY	Non-member MONTHLY	at jgleason@ymcabhc.o
Dance ppropriate Dance attire required. Pre Ballet/Ballet: Girls-leotard (any style/color), tights, ballet slippers (canvas or leather); Boys-dance pants/s Petite Feet wonderful introduction to the joy of dance! Children will march, jump, and twirl as they learn ballet using rops, imagery, and games. Children will develop grace and coordination in a fun, nurturing environment. Child	horts, t-shirt,	ballet slippers	s (canvas or leather). <b>Tap:</b>	<b>MONTHLY</b> any style tap	Non-member MONTHLY	at jgleason@ymcabhc.o
Dance ppropriate Dance attire required. Pre Ballet/Ballet: Girls-leotard (any style/color), tights, ballet slippers (canvas or leather); Boys-dance pants/s Petite Feet wonderful introduction to the joy of dance! Children will march, jump, and twirl as they learn ballet using rops, imagery, and games. Children will develop grace and coordination in a fun, nurturing environment. Child nust be able to separate from parent.	horts, t-shirt, 3-4 yrs	<i>ballet slippers</i> Thu	s (canvas or leather). <b>Tap:</b> 4:30-5:10 PM	MONTHLY any style tap \$44	Non-member MONTHLY	at jgleason@ymcabhc. Location Multi-Purpose Room
Dance ppropriate Dance attire required. pre Ballet/Ballet: Girls-leotard (any style/color), tights, ballet slippers (canvas or leather); Boys-dance pants/s Petite Feet wonderful introduction to the joy of dance! Children will march, jump, and twirl as they learn ballet using rops, imagery, and games. Children will develop grace and coordination in a fun, nurturing environment. Child hust be able to separate from parent. Ballet 1 / Tap the perfect combination class for 4 to 6 year olds - Ballet promotes coordination, balance, and grace while tap	horts, t-shirt, 3-4 yrs	<i>ballet slippers</i> Thu	s (canvas or leather). <b>Tap:</b> 4:30-5:10 PM	MONTHLY any style tap \$44	Non-member MONTHLY	at jgleason@ymcabhc. Location Multi-Purpose Room
Dance Perpropriate Dance attire required. Pre Ballet/Ballet: Girls-leotard (any style/color), tights, ballet slippers (canvas or leather); Boys-dance pants/s Petite Feet A wonderful introduction to the joy of dance! Children will march, jump, and twirl as they learn ballet using props, imagery, and games. Children will develop grace and coordination in a fun, nurturing environment. Child nust be able to separate from parent. Ballet 1 / Tap The perfect combination class for 4 to 6 year olds - Ballet promotes coordination, balance, and grace while tap	horts, t-shirt, 3-4 yrs 3-4 yrs	ballet slippers Thu Sat	s (canvas or leather). <b>Tap:</b> 4:30-5:10 PM 10:50-11:30 PM	MONTHLY any style tap \$44 \$44	Non-member MONTHLY o shoes. \$73 \$73	at jgleason@ymcabhc. Location Multi-Purpose Room Multi-Purpose Room
Dance Dere Ballet/Ballet: Girls-leotard (any style/color), tights, ballet slippers (canvas or leather); Boys-dance pants/s Petite Feet A wonderful introduction to the joy of dance! Children will march, jump, and twirl as they learn ballet using rops, imagery, and games. Children will develop grace and coordination in a fun, nurturing environment. Child nust be able to separate from parent. Ballet 1 / Tap The perfect combination class for 4 to 6 year olds - Ballet promotes coordination, balance, and grace while tap levelops a sense of rhythm, timing, and musicality. An exciting introduction to dance!	horts, t-shirt, 3-4 yrs 3-4 yrs 4-6 yrs	ballet slippers Thu Sat Tue	s ( <i>canvas or leather</i> ). <b>Tap:</b> 4:30-5:10 PM 10:50-11:30 PM 5:30-6:30 PM	MONTHLY any style tap \$44 \$44 \$55	Non-member MONTHLY	at jgleason@ymcabhc. Location Multi-Purpose Room Multi-Purpose Room Multi-Purpose Room
	horts, t-shirt, 3-4 yrs 3-4 yrs 4-6 yrs	ballet slippers Thu Sat Tue	s ( <i>canvas or leather</i> ). <b>Tap:</b> 4:30-5:10 PM 10:50-11:30 PM 5:30-6:30 PM	MONTHLY any style tap \$44 \$44 \$55	Non-member MONTHLY	at jgleason@ymcabhc.o Location Multi-Purpose Room Multi-Purpose Room Multi-Purpose Room

#### Adult Tap 1

This class is for students who have learned basic tap steps and vocabulary. Should have completed at least one year of tap. Students will learn new vocabulary and develop a strong foundation of tap technique	18 yrs+	Thu	6:45-7:45 PM	\$55	\$91	Fitness Studio
Adult Tap 2						
For students who have good knowledge of all tap vocabulary. Students will be introduced to more advanced concepts in musicality and more complex combinations	18 yrs+	Tue	7-8 PM	\$55	\$91	Fitness Studio
Absolute Beginnner Tap						
Perfect for the student just starting their tap dance journey, or with less than 1 year of tap dance experience. Students will learn basic tap dance vocabulary, technique, and musicality.	18 yrs+	Wed	10:15-11:15 AM	\$55	\$91	Fitness Studio

# ADULT & TEEN SPORTS

Questions? Contact Jacob Gleason at jgleason@ymcabhc.org

Adult Sports	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Women's Basketball						
Pick-up style format. Starting December 2024	18 yrs+	Sun	6-7:30 PM	\$0	\$22	Gymnasium
Adult Volleybali						
Pick-up format, Fridays 8-9 PM Players divided into teams when they arrive.	18 yrs+	Fri	8-9 PM	\$0	\$22	Gymnasium
Adult Futsal						
Pick-up style format. Open Play.	16 yrs+	Tue	6:30-7:30 PM	\$0	\$22	Gymnasium

PICKLEBALL					Quest	ions? Contact Jacob Gleason at jgleason@ymcabhc.org	
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						
Beginner Pickleball Clinic							
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 6 participants and 1 instructor.	18 yrs+	Wed	11 AM-12 PM	\$26	\$43	Indoor Courts	

# **FAMILY & COMMUNITY**

# Deer Path | Fall

FAMILY & TEEN					Questi	ions? Contact Jacob Gleason at jgleason@ymcabhc.org
Family Events	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Join us for Fun Family Fridays! Each Friday one of our branches will host a free activity for our fa	nily memberships.	. Only one membe	er of the family need	s to regist	er.	
Movie Under the Stars Come watch a movie under the stars on the big screen at the Deer Path branch.	All Ages	Fri 9/20	5-7 PM	\$0	n/a	Deer Path Fields
S.T.E.A.M Challenge						
Challenge your mind with unique STEAM challenges made for all members of the family.	All Ages	Fri 11/1	5-7 PM	\$0	n/a	Deer Path Gym

# PARENT'S NIGHT OUT

Questions? Contact Jacob Gleason at jgleason@ymcabhc.org

							at jgicason@ynicabiic.
Deer Path Parents Night Out	(PNO)	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Parent's Night Out Kids enjoy a fun evening at the Y and parents can enjoy a night out! All children will enjoy a night of			Fri	5:30-9 PM	Pricing li	sted below	Stay & Play
					\$31	\$51	
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		(2) children (requires phone / in-person registration)			\$43	\$71	
children with a youth or family membe	rship)	(3) children (requires phone / in-person registration) Each additional child			\$51	\$84	
					\$8	\$13	
Fall 2024	Late Fall 2024	Winter 202	5		Spring 20	25	
Fri Sept 13, Fri Sept 27	Fri Nov 8, Fri Nov 22	Fri Jan 10, F	ri Jan 24		Fri Mar 14,	Fri Mar 28	
Fri Oct 11, Fri Oct 25	Fri Dec 13, Fri Dec 20	Fri Feb 14, F	ri Feb 28		Fri Apr 11,	Fri Apr 25	

STAY & PLAY			? Contact Pam Gardinsky gardinsky@ymcabhc.org	
Member Use - Open Hours	Visit our branch website for more detailed information			
Children 12 weeks through 13 years can play and have fun in Stay & Play while you workout or utilize the facility. Stay & Play is provided free of charge for up to two hours per day to Adult, Adult Couple, Family 1 and Family 2 membership type categories.	12 wks-13 yrs	Mon-Thu 8:30-11:30 AM Mon-Thu 4-7:30 PM	Fri 8:30-11:30 AM Sat 8-11 AM	

# AMERICAN RED CROSS COMMUNITY CLASSES at ROUND VALLEY

Questions? Contact Jeanne Imholz at jimholz@ymcabhc.org

Lay Responder CPR/AED & First Aid	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Classes located at the Round Valley site - 1410 Route 22 West, Annandale, NJ 08801						
Lay Responder CPR/AED & First Aid Certification	18 yrs+	Sat	11 AM-3 PM	\$115	\$140	
American Red Cross Community Certification Class. This comprehensive class includes an Adult,		Sat 8/10				Round Valley
Child, Infant CPR/AED/First Aid 2 Year Certification. Classes are subject to change based on enrollment. Confirmation via email sent the week before class. Classes are non-refundable. 18 yrs or		Sat 9/7				Admin House
older.		Sat 10/12				Conference Room

Lifeguard trainings are also available - view listings under Deer Path Aquatics / American Red Cross Classes

# WELLNESS

# Deer Path | Fall

# 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	30-minute Sessions	(4) per Month / 1x per Week	\$110	N/A
your goals or get started on your fitness journey.		(8) per Month / 2x per Week	\$221	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 additonal provides are the provided of the provided o		(12) per Month / 3x per Week	\$331	N/A
need to register each month.	45-minute Sessions	(4) per Month / 1x per Week	MONTHLY \$110 \$221	N/A
There is a three month minimum commitment in order to receive the discounted pricing.		(8) per Month / 2x per Week	\$357	N/A
		(12) per Month / 3x per Week	\$536	N/A
	60-minute Sessions	(4) per Month / 1x per Week	\$244	N/A
		(8) per Month / 2x per Week	\$487	N/A
		(12) per Month / 3x per Week	\$731	N/A
Personal Training		Parkago Ontions	Member	Non-member

	Package Options	Member FLAT FEE	Non-member FLAT FEE
	Package Options		
30 minutes	(5) Sessions	\$160	\$264
	(10) Sessions	FLAT FEE	\$491
45 minutes	(5) Sessions	\$243	\$400
	(10) Sessions	\$463	\$764
60 minutes	(5) Sessions	\$325	\$537
	(10) Sessions	\$628	\$1,037
45 minutes	(3) Sessions	\$125	N/A
	45 minutes 60 minutes	30 minutes       Package Options         30 minutes       (5) Sessions         (10) Sessions       (10) Sessions         60 minutes       (5) Sessions         (10) Sessions       (10) Sessions         (10) Sessions       (10) Sessions         (10) Sessions       (10) Sessions	Package OptionsFLAT FEE30 minutes(5) Sessions\$160(10) Sessions\$29845 minutes(5) Sessions\$243(10) Sessions\$463(10) Sessions\$325(10) Sessions\$628

Partner Training		Package Options	Member FLAT FEE	Non-member FLAT FEE
Partner Training Packages (12 yrs+)		Package Options	Pricing is	per person
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	\$149	\$246
to train, side-by-side with a Personal framer and stay on target!		(10) Sessions	\$265	\$437

Partner Training Packages (12 yrs+)		60 minutes	(5) Sessions	\$193	\$318
			(10) Sessions	\$353	\$582
Team Training			Package Options	Member FLAT FEE	Non-member FLAT FEE
Team Training Packages (12 yrs+)			Package Options	Pricing is	per person
There's no better way to stay motivated than to trai	<sup>n</sup> 3 People	45 minutes	(5) Sessions	\$88	\$146
vith a friend. Partner Training allows you both to rain, side-by-side with a Personal Trainer and stay on target!	Pricing is per person		(10) Sessions	\$154	\$255
on target!		60 minutes	(5) Sessions	\$116	\$191
			(10) Sessions	Pricing is µ \$88 \$154 \$116 \$209 \$77 \$132 \$105 \$187	\$346
	4 People	45 minutes	(5) Sessions	\$77	\$127
	Pricing is per person		(10) Sessions	\$132	\$218
		60 minutes	(5) Sessions	\$105	\$173
			(10) Sessions	\$187	\$309
	5 People	45 minutes	(5) Sessions	\$66	\$109
	Pricing is per person		(10) Sessions	\$110	\$182
		60 minutes	(5) Sessions	\$94	\$155
			(10) Sessions	\$165	\$273

# WELLNESS TOOLS & PROGRAMS

Renew You		Dates & Time	Member FLAT FEE	Non-member FLAT FEE
8 Weeks, 8 Habits: Renew You (40 yrs+)		Registration closes Thursday 1	0/10 at mid	Inight
Are you struggling with stubborn fat, low energy, joint pain, thinning skin, mood swings, or brain fog? These are some of the or symptoms of aging and changing hormones. Renew You is a habit-based, hormone optimizing program designed specifically for 40 looking to lose weight and improve their health. This 8 week program is held virtually 12PM or 7PM on Mondays.		October 14-December 2 Mondays, 12 PM or 7 PM	\$360	\$504
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 whil you with others. With the support of fitness professionals, you will learn how to set and reach your goals over a four week per to experience results!		October 7-October 28 Mondays, 9:15-10:15 AM	Free	N/A
InBody Scan			Member FLAT FEE	Non-member FLAT FEE
InBody Scan (12 yrs+)				
Members receive a complimentary InBody scan with fitness consultation every 3 months with their YMCA membership. Additional scans may be purchased at \$25 per scan.	Free every 3 months for YMCA members, with consulation	Additional available at:	\$25	\$40

# **FAMILY & COMMUNITY**

# All Branches | Fall

For questions or inquiries on availability, contact:

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

Doylestown, Fairless Hills, Holland, Deer Path & Warminster - Valerie Tanner, vtanner@ymcabhc.org & Hannah Keller, Hkeller@ymcbhc.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+.		Deer Path	Saturday	5-7 PM	\$406	\$507
		Doylestown	Saturday	6-8 PM	\$406	\$507
		Fairless Hills	Saturday	5-7 PM	\$406	\$507
*Warminster Branch party time may be adjusted	if the facility is closing later.	Quakertown	Saturday	5-7 PM	\$406	\$507
		Warminster	Saturday	2:30-4:30 PM	\$323	\$404
			Additional hour a	at all branches:	\$173	\$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 a	nd party space for food and ca	ake. Ages 7 yrs+			
Esports Party during Open Lounge Hours	(Shared Space with Community)					
Doylestown Two Hour Party	Monday-Friday 4:30 PM-6:30 PM Saturday and Sunday 3:30 PM-5:30 PM				\$365	\$450
Fairless Hills Two Hour Party	Saturday 12-2 PM Sunday 10 AM-2 PM (any two hour window in th	his range)			\$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
			Additional hour a	at all branches:	\$160	\$160
Esports After Hours Party						
Doylestown	Saturday 6 PM-8 PM				\$499	\$595
Fairless Hills	Saturday 5 PM-7 PM				\$339	\$434
			Additional hour a	at all branches:	\$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	6-9 PM	\$811	\$1,054
		Fairless Hills / Sunday	5-8 PM	\$811	\$1,054	
		Quakertown		5-8 PM	\$811	\$1,054
			Additional hour	r at all branches:	\$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
			Additional fee for renta	ls after 6:00 PM:	\$108	\$108
	Outdoor Basketball Courts	Doylestown	Sat / Sun	12-5 PM	\$27	\$41

		Doylescomi	Suc / Sun	12 5 1 11	Ψ2)	411
	Gymnasium Auxiliary Gymnasium Pool / Aquatic Center - After Hours Only Studio	Quakertown Quakertown Warminster	Contact for availability Contact for availability		\$108 \$81	\$108 \$101
			Sat / Sun 1	12:30-2:30 PM	\$323	\$404
			Additional hour:		\$173 \$108	\$173 \$189
		Warminster	After Hours or Weekends 12 PM-2 PM			
Holland Pool Rental	After Hours Only - Seasonal, Mid-June thru August		Saturdays	5-7 PM	\$314	\$376
			A	dditional hour:	\$173	\$173

## **Hunterdon County Seasonal Rentals**

**Camp Carr Rental** 

A campground that operates April-October.

Email Andy Cogen at acogen@ymcabhc.org for availability and pricing