



**RIVER CROSSING YMCA**

**FALL**

**PROGRAM GUIDE**

**Easton / Phillipsburg | 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!

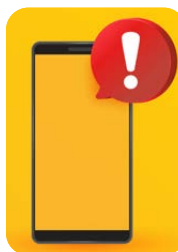
[Click here](#) to learn more in Bucks and Hunterdon counties.

[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.](#)



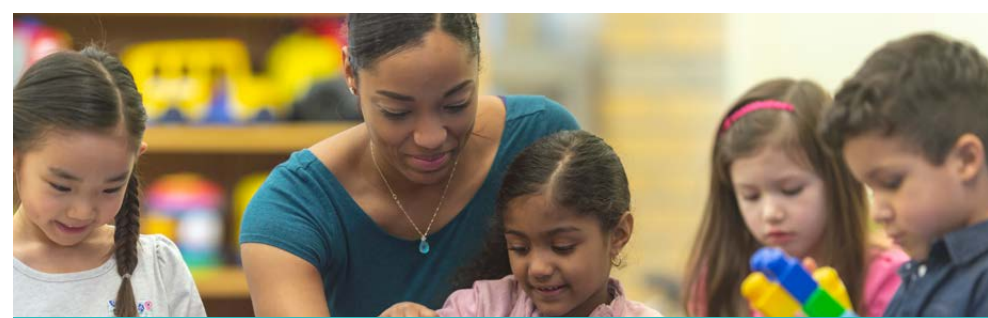
## STAY & PLAY

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





# 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 Laura Felix at lfelix@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	Easton Pool
<i>1:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+			\$277	\$457	Easton Pool
<b>Semi-Private Swim Lessons</b>	(4) 30-minute lessons	3 yrs+		<i>Pricing is per person</i>	\$97	\$160	Easton Pool
<i>2:1 Ratio Student / Instructor</i>	(8) 30-minute lessons	3 yrs+		<i>Pricing is per person</i>	\$191	\$315	Easton Pool

## GROUP SWIM LESSONS

Questions? Contact Laura Felix at lfelix@ymcabhc.org

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

[View our Swim Lesson selector here](#)

Parent & Child Swim Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>A / Water Discovery</b>		<i>All lessons are located in the Easton Pool</i>					
Introduces infants and toddlers to the aquatic environment and encourages them to enjoy themselves while learning about the water with a parent/caretaker whom they trust. Parents practice the important survival skill of teaching their child to roll from front to back and float.		6-18 mos	Wed	6:10-6:50 PM	\$62	\$102	
<b>B / Water Exploration</b>							
Parents work with their toddlers to learn fundamental safety and pre-swimming skills like floating, blowing bubbles, paddle stroke and kicking. Skills are taught in the context of repetitive songs, fun activities and drills which reinforce physical learning and encourage positive interaction.		19 mos-4 yrs	Sat	11:10-11:50 AM	\$62	\$102	

Preschool Swim Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>1 / Water Acclimation</b>		<i>All lessons are located in the Easton Pool</i>					
Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.		3-5 yrs	Mon	4:30-5:10 PM	\$62	\$102	
		3-5 yrs	Wed	5:20-6 PM	\$62	\$102	
		3-5 yrs	Sat	9:30-10:10 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 exiting the water should they fall in.		3-5 yrs	Mon	5:20-6:20 PM	\$62	\$102	
		3-5 yrs	Wed	4:30-5:10 PM	\$62	\$102	
		3-5 yrs	Sat	9:30-10:10 AM	\$62	\$102	

### 3 / Water Stamina

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

3-5 yrs	Mon	6:10-6:50 PM	\$62	\$102
3-5 yrs	Sat	10:20-11 AM	\$62	\$102
3-5 yrs	Sat	12-12:40 PM	\$62	\$102

### 4 / Stroke Introduction

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

3-5 yrs	Mon	5-5:40 PM	\$62	\$102
3-5 yrs	Tue	4:45-5:25 PM	\$62	\$102
3-5 yrs	Sat	9-9:40 AM	\$62	\$102

## School Age Swim Lessons

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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### 1 / Water Acclimation

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

6-12 yrs	Mon	4:30-5:10 PM	\$62	\$102
6-12 yrs	Wed	5:20-6 PM	\$62	\$102
6-12 yrs	Sat	9:30-10:10 AM	\$62	\$102

*All lessons are located in the Easton 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	Mon	5:20-6 PM	\$62	\$102
6-12 yrs	Wed	4:30-5:10 PM	\$62	\$102
6-12 yrs	Sat	9:30-10:10 AM	\$62	\$102

### 3 / Water Stamina

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

6-12 yrs	Mon	6:10-6:50 PM	\$62	\$102
6-12 yrs	Wed	6:10-6:50 PM	\$62	\$102
6-12 yrs	Fri	4:30-5:10 PM	\$62	\$102
6-12 yrs	Sat	10:20-11 AM	\$62	\$102
6-12 yrs	Sat	11:10-11:50 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	Fri	5:20-6 PM	\$62	\$102
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### 5 / Stroke Development

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

6-12 yrs	Fri	6:10-6:50 PM	\$62	\$102
6-12 yrs	Sat	10:20-11 AM	\$62	\$102
6-12 yrs	Sat	12-12:40 PM	\$62	\$102

### 6 / Stroke Mechanics

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

6-12 yrs	Sat	10:20-11 AM	\$62	\$102
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# SPORTS & ARTS

# Easton/Phillipsburg | Fall

## YOUTH SPORTS

Questions? Contact Fred Jennings  
at [fredjennings@gv-ymca.org](mailto:fredjennings@gv-ymca.org)

### Fall Youth Leagues (Starting September 2024)

Fall Season runs 8 weeks from September 7 to November 2. Registration deadline August 23.

#### Soccer League

Teams will meet 2x per week. They will participate in a one hour practice and one hour game. Practices will begin in early September. They will be scheduled on weekday evenings, depending on the coach and field availability. Games are played on Saturdays. Game times will vary based on age groups.

Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
3-4 yrs	Sat	9 AM-2 PM	\$80	\$132	Stockertown Borough
5-6 yrs	Sat	9 AM-2 PM	\$80	\$132	Stockertown Borough
7-9 yrs	Sat	9 AM-2 PM	\$80	\$132	Stockertown Borough
10-13 yrs	Sat	9 AM-2 PM	\$80	\$132	Stockertown Borough

### Youth Sports Classes

#### Basketball

Skill development program focusing on the fundamental skills of basketball.

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
3-5 yrs	Sat	10:50-11:30 AM	\$41	\$67	Gym A
6-8 yrs	Mon	5:30-6:30 PM	\$62	\$102	Gym A
9-11 yrs	Tue	5:30-6:30 PM	\$62	\$102	Gym A
12-15 yrs	Tue	6:45-7:45 PM	\$62	\$102	Gym A

#### T-Ball

Introduce kids to the basics of learning how to throw, catch, and bat in a fun atmosphere. Participants get active while learning useful sport skills and making friends.

3-6 yrs	Sat	10-10:40 AM	\$41	\$67	Gym A
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#### Obstacle Ninja

Run through an obstacle course like a ninja! Train to do just that with strength and conditioning exercises, daily challenges, and ninja courses.

3-5 yrs	Wed	5:40-6:20 PM	\$41	\$67	Mind Body Studio
6-8 yrs	Wed	6:30-7:10 PM	\$41	\$67	Mind Body Studio

#### Nerf Academy

Create Nerf courses for every class and team up to win games like capture the flag and more. We provide nerf blasters, darts and obstacles.

8-12 yrs	Fri	5:40-6:20 PM	\$41	\$67	Gym A
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#### Tiny Teammates

Play a variety of sports and games while promoting skill development, self-confidence, movement, teamwork, sportsmanship, and fun. Sports include basketball, soccer, floor hockey, football, baseball and more!

3-5 yrs	Thu	10-10:40 AM	\$41	\$67	Gym A
3-5 yrs	Thu	5:40-6:20 PM	\$41	\$67	Gym A

#### Future Builders



Think out -of-the-box to solve problems using aerodynamics, clean energy and structural design.	5-12 yrs	Tues	6-6:40 PM	\$41	\$67	AP Room
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## Free Member Classes

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Jump Run Tumble Fun</b> Play on our indoor gymnastic equipment . Great place to let out some energy. Parents are required to stay with children.	2-4 yrs	Fri	10-10:40 AM	\$0	n/a	Mind Body Studio

## ARTS & HUMANITIES

Contact Fred Jennings with questions at [Fredjennings@gv-ymca.org](mailto:Fredjennings@gv-ymca.org)

### Dance

	Age	Day	Time	Member Monthly	Non-member Monthly	Location
<b>Hip-Hop</b> This freestyle dance form encompasses several styles, like popping, locking, and breaking. Students learn how to move to the beat while embracing the creative freedom of hip-hop.	3-5 yrs	Mon	5:30-6:10 PM	\$41	\$67	Mind Body Studio
	5 yrs+	Mon	6:20-7:00 PM	\$41	\$67	Mind Body Studio
<b>Ballet</b> Emphasizes the development of ballet skills and steps with a focus on body placement, alignment, strength, and technique.	3-5 yrs	Fri	5:30-6:10 PM	\$41	\$67	Mind Body Studio
	5 yrs+	Fri	6:20-7:00 PM	\$41	\$67	Mind Body Studio
<b>Jazz</b> Kids will learn techniques from several dance styles, like ballet, hip-hop and tap. They will learn how to execute leaps, pirouettes, jumps and more safely. Jazz is also a popular form of dance for musical theater routines.	3-5 yrs	Tue	5:30-6:10 PM	\$41	\$67	Mind Body Studio
	5 yrs+	Tue	6:20-7:00 PM	\$41	\$67	Mind Body Studio

### Art

	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Mixed Arts</b> Learn different styles of art using a variety of fun techniques. Art projects will include watercolors, paint, markers, pastels, and more!	4-6 yrs	Wed	5:40-6:20 PM	\$41	\$67	AP Room
	7-10 yrs	Wed	6:30-7:10 PM	\$41	\$67	AP Room

## ADULT SPORTS

Contact Fred Jennings with questions at [fredjennings@gv-ymca.org](mailto:fredjennings@gv-ymca.org)

### Adult Leagues

	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<b>Adult Basketball League</b>						

Team and individual registrations are allowed. Full court, 5v5 basketball league. League will run for 8 regular season games plus playoffs. Teams will pay referee fees of \$40 each week in addition to the registration fee. Contact Fred Jennings, fredjennings@gv-ymca.org, if interested.

18 yrs+ Sun 10 AM-1 PM \$54 \$89 Gym A/B


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**Fencing Club**

Come battle other fencers

13 yrs+ Sun 10:30 AM-1 PM \$0 \$59 Program Studio

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# FAMILY & COMMUNITY

# Easton/Phillipsburg | Fall

## FAMILY & TEEN

Questions? Contact Fred Jennings  
at fredjennings@gv-ymca.org

Family Events	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
<i>Join us for Family Fun Nights! 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>Dodgeball</b> Family Dodgeball	All Ages	<b>Fri 9/6</b>	7-8 PM	\$0	n/a	Gym A & B
<b>Halloween Nerf Battle</b> Join us for a Halloween Nerf Battle where you will battle other fun creatures! Wear your costumes, bring your favorite nerf guns, eye equipment, and get ready! <b>*Please note- no masks are allowed!</b>	All Ages	<b>Fri 10/25</b>		\$0	n/a	Gym A & B

## STAY & PLAY

Questions? Contact Taiba Salloum  
at taibasalloum@gv-ymca.org

### Member Use - Open Hours

[Visit our branch website for more detailed information](#)

Children 8 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.	6 months-11 yrs	Mon-Thu 9 AM-12 PM Mon-Thu 4-7 PM	Fri 9 AM-12 PM Sat 8 AM-12 PM
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## PERSONAL TRAINING

Questions? Contact Taiba Salloum  
at taibasalloum@gv-ymca.org

### Personal Training Club

#### Personal Training Club (12 yrs+)

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.

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.

*There is a three month minimum commitment in order to receive the discounted pricing.*

#### Package Options

Member MONTHLY Non-member MONTHLY

	Package Options	Member MONTHLY	Non-member MONTHLY
<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
<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
<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

#### Personal Training Packages (12 yrs+)

One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.

#### Package Options

Member FLAT FEE Non-member FLAT FEE

	Package Options	Member FLAT FEE	Non-member FLAT FEE
<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

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
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### Partner Training

#### Partner Training Packages (12 yrs+)

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

#### Package Options

Member FLAT FEE Non-member FLAT FEE

	Package Options	Member FLAT FEE	Non-member FLAT FEE
<b>45 minutes</b>	(5) Sessions	\$127	\$209
	(10) Sessions	\$221	\$364

*Pricing is per person*



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

## Team Training

### Team Training Packages (12 yrs+)

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

#### 3 People

*Pricing is per person*

#### 45 minutes

#### Package Options

Member  
FLAT FEE

Non-member  
FLAT FEE

*Pricing is per person*

(5) Sessions

\$66

\$109

(10) Sessions

\$116

\$191

#### 60 minutes

(5) Sessions

\$83

\$136

(10) Sessions

\$149

\$246

#### 4 People

*Pricing is per person*

#### 45 minutes

(5) Sessions

\$55

\$91

(10) Sessions

\$94

\$155

#### 60 minutes

(5) Sessions

\$74

\$121

(10) Sessions

\$132

\$218

#### 5 People

*Pricing is per person*

#### 45 minutes

(5) Sessions

\$46

\$76

(10) Sessions

\$78

\$128

#### 60 minutes

(5) Sessions

\$66

\$109

(10) Sessions

\$116

\$191

## WELLNESS TOOLS & PROGRAMS

### Renew You

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

Are you struggling with stubborn fat, low energy, joint pain, thinning skin, mood swings, or brain fog? These are some of the unpleasant symptoms of aging and changing hormones. Renew You is a habit-based, hormone optimizing program designed specifically for women over 40 looking to lose weight and improve their health. **This 8 week program is held virtually 12PM or 7PM on Mondays.**

#### Dates & Time

Member  
FLAT FEE

Non-member  
FLAT FEE

*Registration closes Thursday 10/10 at midnight*

Oct 14-Dec 2  
Mondays, 12 PM or 7 PM

\$360

\$504