



RIVER CROSSING YMCA

FALL

PROGRAM GUIDE

Slate Belt | Sept 8–Oct 31, 2024

Welcome to River Crossing YMCA's fall program guide. We are pleased to provide clean facilities and safe programs to help you meet your health and wellness needs now more than ever.

IT PAYS TO BELONG.

As a member you have a full list of facility amenities and program benefits!

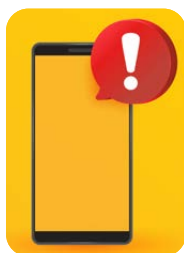
[Click here](#) to learn more in Bucks and Hunterdon counties.

[Click here](#) to learn more in Lehigh and Northampton counties.

PROGRAM REGISTRATION DATES:

- **Family Members:** July 24 (online, phone or in-person)
- **Member:** July 26 (online, phone or in-person)
- **Non-member:** July 29 (online, phone or in-person)

NOT A MEMBER? [Click here](#) to join today!



KNOW BEFORE YOU GO. Sign up for text alerts.

Receive notifications about changes, cancellations and closures for branch-specific programs including:

- building opening delays and closures
- pool closures
- group exercise class changes and cancellations

Having trouble opting in? Or already in the system but need to add new locations? [Click here](#) to email Brittney for help.

Sign up for alerts: [Click here](#) if located in Bucks and Hunterdon counties or [click here](#) if located in Lehigh and Northampton counties.

MONTHLY DRAFTS

For our regular youth and adult sports and swim programs, arts and enrichment classes, we have transitioned to monthly drafts instead of requiring re-registration for a session with the exception of seasonal programs and leagues. Register for your youth swim, sports or personal training program and we'll continue to bill you monthly until you request to stop! Super convenient and helpful in establishing schedules for your family! [Click here to learn more.](#)



Financial Assistance

At the Y, we believe in making a positive impact on individuals and families in need. Financial assistance is available for membership, programs and child care through an application process. For full information and application details [click here or scan the QR code.](#)



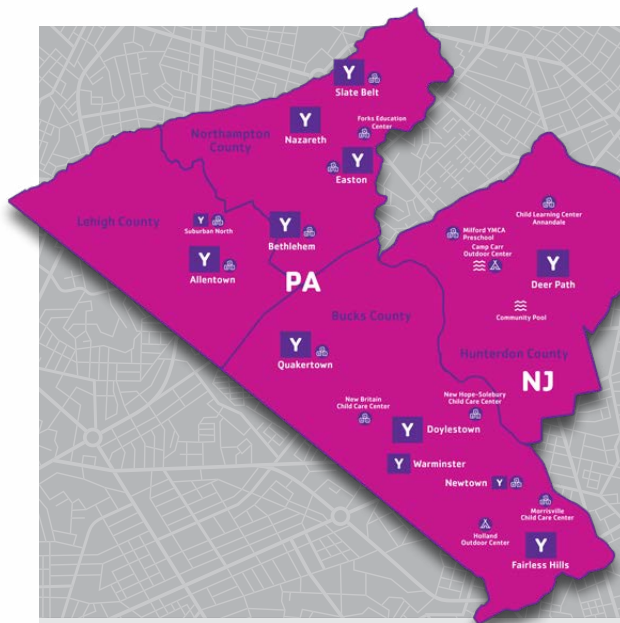
UPCOMING EVENTS AT THE Y

[Click here](#) for events in Bucks and Hunterdon counties.

[Click here](#) for events in Lehigh and Northampton counties.

HOLIDAYS

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



As a full member, you have access to our branches in Pennsylvania in Bucks, Lehigh and Northampton counties and in New Jersey in Hunterdon County.

Please view a full list of our locations below.

For more information visit

Bucks and Hunterdon counties:
ymcabhc.org

Lehigh and Northampton counties:
gv-ymca.org

Allentown

425 South 15th Street
Allentown, PA 18102

[Click here](#) for hours and amenities

Bethlehem

430 East Broad Street
Bethlehem, PA 18018

[Click here](#) for hours and amenities

Deer Path

144 West Woodchurch Road
Flemington, NJ 08822

[Click here](#) for hours and amenities

Doylestown

2500 Lower State Road
Doylestown, PA 18901

[Click here](#) for hours and amenities

Easton/Phillipsburg

1225 West Lafayette Street
Easton, PA 18042

[Click here](#) for hours and amenities

Fairless Hills

601 South Oxford Valley Road
Fairless Hills, PA 19030

[Click here](#) for hours and amenities

Nazareth

33 South Main Street
Nazareth, PA 18064

[Click here](#) for hours and amenities

Newtown

190 South Sycamore Street
Newtown, PA 18940

[Click here](#) for hours and amenities

Quakertown

401 Fairview Avenue
Quakertown, PA 18951

[Click here](#) for hours and amenities

Slate Belt

315 West Pennsylvania Avenue
Pen Argyl, PA 18072

[Click here](#) for hours and amenities

Suburban North

880 Walnut Street
Catasauqua, PA 18032

[Click here](#) for hours and amenities

Warminster

624 York Road
Warminster, PA 18974

[Click here](#) for hours and amenities

FITNESS

We offer state-of-the-art wellness centers and group exercise studios, focused on the health and wellbeing of each of our members. Our wellness centers are open and spacious and well equipped with a variety of cardio, selectorized strength machines, free weight and functional training equipment.

FITNESS EQUIPMENT ORIENTATION

Fitness Equipment Orientations will acclimate you with the Wellness Center, teaching you how to use the equipment safely and effectively.

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

[Click here to register in Lehigh and Northampton counties.](#)



FITNESS CONSULTATIONS

Available free every 90 days, book an appointment with a fitness professional for guidance and support to help you reach your goals.

[InBody Body Composition Scans](#) are available at select branches.

FITNESS TRAINING

Experienced trainers will design a program specific for you and help you create sustainable lifestyle changes to meet your health and wellness goals – no matter where you are in your journey.

For questions, prices, or to book a training package:

[Click here for schedules/reservations in Bucks and Hunterdon counties.](#)

[Click here for schedules/reservations in Lehigh and Northampton counties.](#)

GROUP EXERCISE

Group exercise classes are included free with membership.

[Click here for schedules/reservations in Bucks and Hunterdon counties.](#)

[Click here for schedules/reservations in Lehigh and Northampton counties.](#)



We are pleased to provide online access to group exercise classes and family and youth programs through our virtual platform, Y Wellbeing 24/7. Included with your membership, our virtual platform Y Wellbeing 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 Wellbeing 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.

To view our gymnasium schedules:

[Click here for Bucks and Hunterdon counties.](#)

[Click here for Lehigh and Northampton counties.](#)

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



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

Fairless Hills Lounge

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



NEW Fairless Hills Lounge!

Teamwork • Leadership • Safety • Inclusion

[Click here for more information.](#)



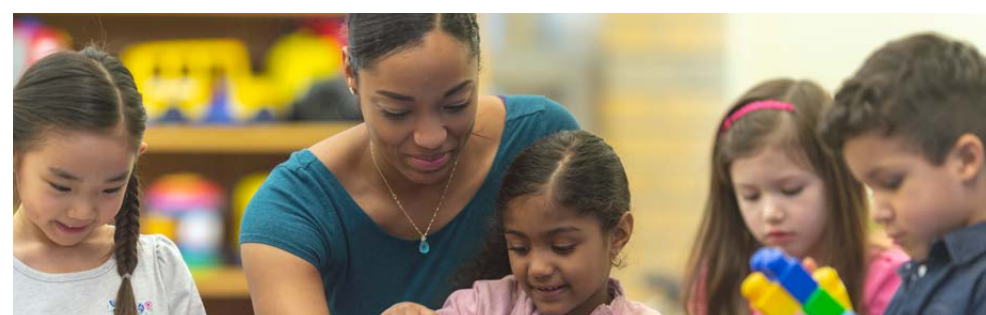
STAY & PLAY

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 for more info

STAY IN THE LOOP

Get updates from Metro Esports on any of these programs!

Visit metroesports.gg/updates

DOYLESTOWN

MON - FRI: 2:30 PM to 9:00 PM

SAT - SUN: 2:00 PM to 6:00 PM

ESPORTS DAY-OFF SCHOOL CAMP

Make the most of a school-free day by exploring the world of esports with friends. Transform your day off into an adventure of creativity, collaboration, and exciting games!

Thursday, October 3rd

ESPORTS TEAM LEADERS

Get involved in shaping the future of gaming and esports at the Doylestown Esports and Tech Lab. You'll have the chance to contribute your skills to shaping the unique and innovative experiences offered here at the YMCA, while learning valuable tech skills.

Whether you're a seasoned gamer, content creator, or just eager to be part of a vibrant community, this program is for you! Once registered, you will be able to select different times and days to assist in the esports lounge.

September & October
Grades 7 to 12

ESPORTS RIVALRY MATCH

Live esports matchup between William Tennent and La Salle College High Schools – a showcase of local scholastic talent and competition! Games, and match information coming soon.

Saturday, October 19th

HALLOWEEN FRIGHT NIGHT!

This Halloween, Metro Esports presents a game night with spooky tricks and fun treats! Play Halloween-exclusive games and compete in events in your best costume, spooky or silly.

Thursday, October 31st

WARMINSTER

MON / WED / FRI: 3 PM to 7 PM

TUE / THU: 5 PM to 7 PM

SAT / SUN: 2 PM to 5 PM

MINECRAFT & CODE

You can learn to code through Minecraft! This 6-week program uses Minecraft Education Edition to teach game development skills within the Minecraft ecosystem. Learn the fundamentals of JavaScript and complete STEM-based theme projects while creating your own exciting worlds!

Upon completing this course, students will receive a STEM Accredited Certificate of Completion in Coding with Minecraft. Available for a 1-week trial.

Every Saturday | September 14th to October 19th

HALLOWEEN LEADERBOARD CHALLENGE

This Halloween, Metro features spooky tricks and fun treats during the LeaderBOARD 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 Marleah Kares
at mkares@gv-ymca.org

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

GROUP SWIM LESSONS

Questions? Contact Marleah Kares
at mkares@gv-ymca.org

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

[View our Swim Lesson selector here](#)

Parent & Child Swim Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
A / Water Discovery					<i>All lessons are located in the Slate Belt 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	5:45-6:25 PM	\$62	\$102	
B / Water Exploration							
Parents work with their toddlers to learn fundAmental safety and pre-swimming skills like floating, blowing bubbles, paddle stroke and kicking. Skills are taught in the context of repetitive songs, fun activities and drills which reinforce physical learning and encourage positive interaction.		19 mos-4 yrs	Thu	5:45-6:25 PM	\$62	\$102	

Preschool Swim Lessons		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
1 / Water Acclimation					<i>All lessons are located in the Slate Belt 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	Wed	9-9:40 AM	\$62	\$102	
		3-5 yrs	Wed	6:30-7:10 PM	\$62	\$102	
		3-5 yrs	Thu	6:30-7:10 PM	\$62	\$102	
2 / Water Movement							
Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal water safety skills including paddle stroke, floating, treading water and safely exiting the water should they fall in.		3-5 yrs	Wed	6:30-7:10 PM	\$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	Wed	9:45-10:25 AM	\$62	\$102	

4 / Stroke Introduction

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

3-5 yrs	Wed	5-5:40 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.

6-12 yrs	Wed	5:45-6:25 PM	\$62	\$102
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All lessons are located in the Slate Belt 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	Wed	5-5:40 PM	\$62	\$102
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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.

6-12 yrs	Wed	5-5:40 PM	\$62	\$102
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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
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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	Thu	5:45-6:25 PM	\$62	\$102
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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	Thu	6:30-7:10 PM	\$62	\$102
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Teen & Adult Swim Lessons

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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Teen & Adult Swim Lessons

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

Teen - 1-3 / Swim Basics

12-17 yrs	Thu	5-5:40 PM	\$62	\$102
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All lessons are located in the Slate Belt Pool

Adult - 1-3 / Swim Basics

18 yrs+	Wed	6:30-7:10 PM	\$62	\$102
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YOUTH SPORTS

Contact Krysta Kulesa with questions
at kkulesa@gv-ymca.org

Youth Sports Classes	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Tiny Teammates						
Play a variety of sports and games while promoting skill development, self-confidence, movement, teamwork, sportsmanship, and fun. Sports include basketball, soccer, floor hockey, football, baseball and more!	3-5 yrs	Wed	5-5:40 PM	\$41	\$67	Gym A/B
Basketball						
Skill development program focusing on the fundamental skills of basketball.	5-7 yrs	Mon	5-5:40 PM	\$41	\$67	Gym A
	8-12 yrs	Mon	5-5:40 PM	\$41	\$67	Gym B
Volleyball						
Teaches the basics of volleyball - Each clinic will focus on development of a different skill, teaching athletes how to bump, set, spike, serve and block, with time to practice thru gameplay.	8-12 yrs	Thu	5-6 PM	\$62	\$102	Gym A/B
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.	5-12 yrs	Mon	6-6:40 PM	\$41	\$67	Gym A/B
Gymnastics & Tumbling						
<i>We will curate an end of year recital for each class for family, friends, and loved ones to come watch.</i>						
Kindergym						
Instructional preschool gymnastics classes. Skills are taught on all pieces of equipment	3-5 yrs	Tue	4-4:40 PM	\$47	\$78	Gym A/B
Gymnastics						
Instructional gymnastics classes. Skills are taught on all pieces of equipment.	5-7 yrs	Tue	6-6:40 PM	\$47	\$78	Gym A/B
	8-12 yrs	Tue	5-5:40 PM	\$47	\$78	Gym A/B
Martial Arts						
Karate Kids!						
Join us for an introduction to martial arts!	3-5 yrs	Tue	11-11:40 AM	\$41	\$67	Gym A/B
Karate - All Levels						
Tang Soo Do karate curriculum. Learn the traditional art of self defense, and enjoy the benefits of increased flexibility, balance, strength and character development.	5-18 yrs	Mon & Thu	6:30-7:30 PM	\$109	\$180	Studio

Free Member Classes	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Jump, Run, Tumble, Fun! Play on our indoor gymnastic equipment playground. Great place to let out some energy. Parents are required to stay with children.	1-5 yrs	Fri	11-11:40 AM	\$0	n/a	Studio
Zumba Kids! Kid-friendly routines based on original Zumba choreography. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun.	5-12 yrs	Thu	5-5:30 PM	\$0	n/a	Studio

ARTS & HUMANITIES

Contact Krysta Kulesa with questions
at kkulesa@gv-ymca.org

Dance & Musical Theater	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<i>We will curate an end of year recital for each class for family, friends, and loved ones to come watch.</i>						
Petite Feet Learn a combination of Ballet, Tap, Jazz, and Modern, followed by dance crafts and activities. Please provide your dancer with ballet and tap shoes as well as a water bottle.	3-5 yrs	Wed	11-11:40 AM	\$47	\$78	Studio
Dance Combination of Ballet, Tap and Jazz. Students will focus on technique and knowledge of each style in class. Please provide your dancer with ballet and tap shoes as well as a water bottle.	5-12 yrs	Tue	5-5:40 PM	\$47	\$78	Studio

STEAM	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Messy Me! Children, grab your grown ups and join us as we have fun exploring and creating all things art!	3-5 yrs	Fri	10-10:40 AM	\$41	\$67	Community Room
Tinkering Tykes Introduction to STEAM. Those little hands will build, create and learn while having fun!	3-5 yrs	Tue	10-10:40 AM	\$41	\$67	Community Room
Science Kids Club! Meet other budding scientists as you engage in fun science activities each week!	5-12 yrs	Mon	6-6:40 PM	\$41	\$67	Community Room
Sensory Art Children will be using coloring tools and other sensory media to create art. These activities improve a child's sensory processing skills. Art begins with sensory exploration. All abilities are welcome.	5-12 yrs	Mon	5-5:40 PM	\$41	\$67	Community Room
Homeschool Enrichment Join our educator each week as you focus on a fun science and/or art project (10:00-10:40 AM) followed by a snack. You will then join instructors fitness instructors for 20 minutes of Cardio Drumming and 20 minutes of a mindfulness exercise and/or Yoga.	5-12 yrs	Thu	10-11:40 AM	\$82	\$134	Community Room, Studio, Gym

Language	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Spanish Lessons Learn Spanish through lessons, games, and songs!	Gr K-5	Thu	4-4:40 PM	\$41	\$67	Community Room

Youth Workshops	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Bake and Decorate! Join us for a delicious night of baking & decorating! We will begin with a hands-on recipe making where we will make cupcake batter from scratch! We will then learn different decorating techniques and decorate 3 cupcakes to take home!						
	5-12 yrs	Fri 9/20	6-7:15 PM	\$15	\$20	Studio
Spooky Slime and Science! Let's create some <i>spooky</i> slime together! We will be creating 3 Halloween themed slimes.						
	5-12 yrs	Fri 10/4	6-7:15 PM	\$15	\$20	Studio
Adult Workshops	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Book Folding Workshop - Pumpkin Get ready for Fall and learn the art of book folding! All materials and light refreshments will be provided for this incredible workshop. You will be folding a book to be in the shape of a pumpkin.						
	15 yrs+	Fri 9/27	5:30-7:30 PM	\$25	\$35	Community Room
Canvas Painting - "Holiday Wreath" In this workshop, we will explore different painting techniques to complete a beautiful holiday wreath for your home or give as a gift! Light refreshments will be served.						
	15 yrs+	Thu 12/12	5:30-7:30 PM	\$25	\$35	Community Room
Country Line Dance Lessons Put on your dancing boots! Learn 3 popular dances with step by step instruction. Great for all levels - no experience needed.						
	15 yrs+	Sun 9/8	11:30 AM-12:30 PM	\$5	\$15	Studio
	15 yrs+	Sun 10/13	11:30 AM-12:30 PM	\$5	\$15	Studio
	15 yrs+	Sun 11/10	11:30 AM-12:30 PM	\$5	\$15	Studio

ADULT & TEEN SPORTS

Contact Krysta Kulesa with questions
at kkulesa@gv-ymca.org

Teen Sports	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
Teen Lifting Club This program is designed to lead teens through safe and effective exercise program based on your health/fitness goals. Improve your cardiovascular fitness, muscular conditioning, endurance, flexibility, body composition and general overall well-being through traditional and innovative techniques.						
	12-17 yrs	Thu	3:30-4:30 PM	\$62	\$102	Wellness Center
Adult Leagues	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Adult Basketball League Full court, 5v5 basketball league. Games will be played on Wednesday evenings beginning September 11th at 7:00 PM, and each team will play one game per week. League will be limited to 8 teams. Teams will pay referee fees of \$40 each week, in addition to the registration fee. To enter your team or inquire about joining as a Free Agent, please email Krysta Kulesa at kkulesa@gv-ymca.org						
	18 yrs+	Wed	7-9 PM	\$54	\$89	Gym A/B

PICKLEBALL

Contact Krysta Kulesa with questions
at kkulesa@gv-ymca.org

Adult Pickleball				Member MONTHLY	Non-member MONTHLY	Location
				Age	Day	Time
Beginner Pickleball Class						
Instruction and equipment is provided. Come and learn this popular sport! Sharpen your reflexes, increase flexibility and improve cardio efficiency.				18 yrs+	Wed	12-12:40 PM
				18 yrs+	Sun	12-12:40 PM

FAMILY & COMMUNITY

Slate Belt | Fall

FAMILY & TEEN

Questions? Contact Krysta Kulesa
at kkulesa@gv-ymca.org

Family Events	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
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.						
Kindness Rocks We will be painting rocks and placing the rocks throughout the community to share kindness.	All Ages	Fri 9/6	6-7:15 PM	\$0	n/a	Studio
Boo Bash & Trunk or Treat! Let the kids join us for a Monster Mash while your family gets ready for Trunk or Treat! There will be a vote and prize for the best Trunk!	All Ages	Fri 10/18	5:30-7:30 PM	\$0	n/a	Studio
Gratitude Jars Families will get to decorate their own Gratitude Jars! Family and friends will add words of gratitude for whomever's jar it is. These kind words can be shared over Thanksgiving Holiday or anytime!	All Ages	Fri 11/1	6-7:15 PM	\$0	n/a	Studio

ADULT & SENIOR

Questions? Contact Krysta Kulesa
at kkulesa@gv-ymca.org

Adult Events	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Book Club We will meet on the second Tuesday of each month. If you enjoy reading or want to get started, join us for our monthly Book Club. We will be voting on the book at the beginning of the month.	18 yrs+	Tue 10/8	11 AM-12 PM	\$0	n/a	Studio
	18 yrs+	Tue 11/12	11 AM-12 PM	\$0	n/a	Studio
	18 yrs+	Tue 12/10	11 AM-12 PM	\$0	n/a	Studio
Senior Community Socials	Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Join us for our Senior Community Socials the 1st and 3rd Tuesday of each month. These are FREE to the senior community.						
Cooking Demonstration Join Lyndi for a cooking demonstration! You will not only learn how to prepare the dish, but will get to enjoy it afterwards.	55 yrs+	Tue 9/3	11 AM-12 PM	\$0	\$0	Community Room
Fall Prevention Workshop Lunch is provided.	55 yrs+	Tue 9/17	11 AM-12 PM	\$0	\$0	Studio
Pumpkin Painting Join us as we paint pumpkins together! All materials and lunch will be provided.	55 yrs+	Tue 10/1	11 AM-12 PM	\$0	\$0	Studio

Halloween Bingo

Come play Bingo and win prizes! Lunch is provided.	55 yrs+	Tue 10/15	11 AM-12 PM	\$0	\$0	Community Room
Diabetes Prevention						
Lunch is provided.	55 yrs+	Tue 11/5	11 AM-12 PM	\$0	\$0	Community Room
Fall Gathering						
Join us for our annual Fall Feast with other members of the community. You are welcome to bring in a dish of your own.	55 yrs+	Tue 11/19	11 AM-12 PM	\$0	\$0	Studio
Cookie Decorating & Cookie Swap						
Learn the art of decorating cookies! You are welcome to bring in a plate of cookies to share.	55 yrs+	Tue 12/3	11 AM-12 PM	\$0	\$0	Studio
Holiday Party!						
Join us for a meal, ornament making and holiday fun!	55 yrs+	Tue 12/17	11 AM-12 PM	\$0	\$0	Studio

PARENT'S NIGHT OUT

Questions? Contact Krysta Kulesa
at kkulesa@gv-ymca.org

Slate Belt Parents Night Out (PNO)		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Parent's Night Out		5-12 yrs	Fri	5:30-9 PM	<i>Pricing listed below</i>		Studio
Kids enjoy a fun evening at the Y and parents can enjoy a night out! All children will enjoy a night of games, a craft, pizza, snacks, and a movie. Registration for two or three children pricing must be completed over the phone or in person to receive the reduced rate. (Member rate available to children with a youth or family membership)		(1) child			\$31	\$51	
		(2) children <i>(requires phone / in-person registration)</i>			\$43	\$71	
		(3) children <i>(requires phone / in-person registration)</i>			\$51	\$84	
		<i>Each additional child</i>			\$8	\$13	
Registration Opens July 24 for:	Registration Opens October 23 for:	Registration Opens December 11 for:		Registration Opens February 19 for:			
Friday 9/13	Friday 11/8	Friday 1/10		Friday 3/8			
Friday 10/11	Friday 12/13	Friday 2/9		Friday 4/12			

STAY & PLAY

Questions? Contact Krysta Kulesa
at kkulesa@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.		8 wks-13 yrs	Mon-Thu 7:45-11:30 AM Mon-Thu 5-7:30 PM Fri 8-11:30 AM Sat 8-11:30 AM

PERSONAL TRAINING

Questions? Contact Maggie McClymont
at MaggieMcClymont@gv-ymca.org

Personal Training Club

Package Options

Member
MONTHLY

Non-member
MONTHLY

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

30-minute Sessions	(4) per Month / 1x per Week	\$99	N/A
	(8) per Month / 2x per Week	\$198	N/A
	(12) per Month / 3x per Week	\$298	N/A
45-minute Sessions	(4) per Month / 1x per Week	\$144	N/A
	(8) per Month / 2x per Week	\$289	N/A
	(12) per Month / 3x per Week	\$433	N/A
60-minute Sessions	(4) per Month / 1x per Week	\$190	N/A
	(8) per Month / 2x per Week	\$379	N/A
	(12) per Month / 3x per Week	\$569	N/A

Personal Training

Package Options

Member
FLAT FEE

Non-member
FLAT FEE

Personal Training Packages (12 yrs+)

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

30 minutes	(5) Sessions	\$143	\$236
	(10) Sessions	\$265	\$437
45 minutes	(5) Sessions	\$204	\$337
	(10) Sessions	\$384	\$633
60 minutes	(5) Sessions	\$265	\$437
	(10) Sessions	\$505	\$833

First Time Client Promotion

Special pricing for first time personal training clients. Three 45-minute introductory sessions. All sessions must be used within 60 days of purchase.

45 minutes	(3) Sessions	\$90	N/A
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Partner Training

Package Options

Member
FLAT FEE

Non-member
FLAT FEE

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

Pricing is per person

45 minutes	(5) Sessions	\$127	\$209
	(10) Sessions	\$221	\$364

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

Team Training		Package Options	Member FLAT FEE	Non-member FLAT FEE
Team Training Packages (12 yrs+)		Package Options	<i>Pricing is per person</i>	
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			
		<i>Pricing is per person</i>		
	45 minutes	(5) Sessions	\$66	\$109
		(10) Sessions	\$116	\$191
	60 minutes	(5) Sessions	\$83	\$136
		(10) Sessions	\$149	\$246
	4 People			
		<i>Pricing is per person</i>		
	45 minutes	(5) Sessions	\$55	\$91
		(10) Sessions	\$94	\$155
	60 minutes	(5) Sessions	\$74	\$121
		(10) Sessions	\$132	\$218
	5 People			
		<i>Pricing is per person</i>		
	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	Dates & Time	Member FLAT FEE	Non-member FLAT FEE
8 Weeks, 8 Habits: Renew You (40 yrs+)		<i>Registration closes Thursday 10/10 at midnight</i>	
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.		Oct 14-Dec 2 Mondays, 12 PM or 7 PM	\$360 \$504