



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!

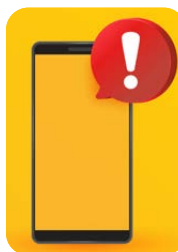
[Click here](#) to learn more in Bucks and Hunterdon counties.

[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 Wellnes 24/7. Included with your membership, our virtual platform Y Wellnes 24/7 is your solution to wellness conveniently available anytime, anywhere! Experience over 75+ weekly live group exercise classes and 1,000s of classes on demand including yoga, meditation, family and youth programming, sports performance training, HIIT, strength training, Pilates, chronic disease prevention, nutrition and more!

[Scan the QR code or click here to access Y Wellnes 24/7](#)



FALL PROGRAMS

[Click here to view program registration in Bucks and Hunterdon counties.](#)

[Click here to view program registration in Lehigh and Northampton counties.](#)

GYMNASIUM

Bucks County: Doylestown, Fairless Hills and Quakertown

Hunterdon County: Deer Path

Lehigh Valley Region: Bethlehem, Easton, Slate Belt and Suburban North
Our gymnasiums are available for open gym, basketball and pickleball.

AQUATICS

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

Deer Path, Doylestown, Fairless Hills, Quakertown and Warminster

In addition to our aquatics and swim programs, we offer lap swim, open/family swim, a whirlpool (Deer Path, Doylestown) and aquatic group exercise classes. Bucks aquatic exercise classes are available via a reservation system.

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

Bethlehem, Easton, Nazareth and Slate Belt

To view our gymnasium schedules:

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

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



BACK BY POPULAR DEMAND!

8 Weeks, 8 Habits with Marsha Hughes
Program begins **October 14-December 2**
Member \$360 | Non-member \$504



[Click here to learn more!](#)



DOYLESTOWN SKATEPARK: FALL HOURS

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

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

[Click here for more information.](#)

METRO ESPORTS GAMING LOUNGE: FALL HOURS

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

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

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



NEW Fairless Hills Lounge!

Teamwork • Leadership • Safety • Inclusion

[Click here for more information.](#)



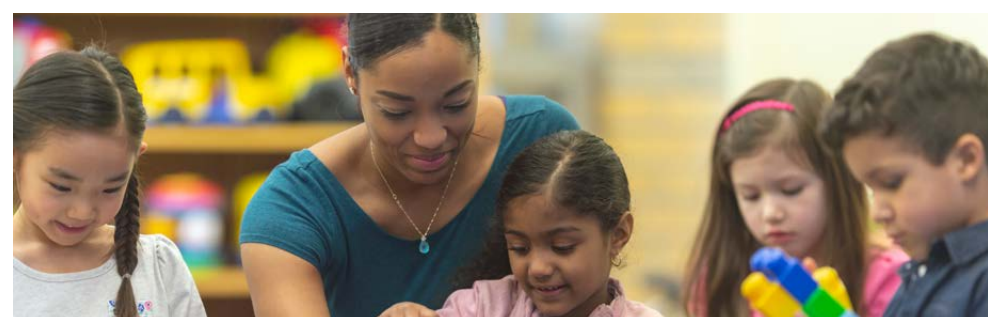
STAY & PLAY

Child care while you work out! Make the most of your visit while we look after kids aged 3 months to 6th grade. This service is free to members with adult and family memberships, ensuring you can focus on your workout knowing your children are safe and supervised.

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

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





Child Care and School Age Child Care Registration Now Open!

Bucks and Hunterdon counties:

[Click here](#) for Child Care

[Click here](#) for School Age Child Care

Lehigh and Northampton counties:

[Click here](#) for Child Care

[Click here](#) for School Age Child Care



JOIN IN SEPTEMBER PAY NO JOIN FEE!

Visit our website for details.

Member Referral Program

Current members will receive \$30 in Y Bucks when they refer a friend who joins the Y! Visit the Welcome Center to learn more.



This is a membership about community, caring and cause! You are supporting vital community programs in a meaningful way where everyone benefits!

SCAN THE QR CODE OR [CLICK HERE](#) TO LEARN MORE!



beCAUSE together we touch lives

FIND YOUR POTENTIAL. FIND YOUR Y.

For a better us.®



Enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

- Includes FREE YMCA membership & reduced membership and program fees for the family
- FREE virtual wellness platform for the entire family
- Competitive hourly pay rates
- Friendly, caring team environment
- Nurturing employee onboarding program

Apply online or in person at the Welcome Center at one of our branches!

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

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

SMARTPHONE APP

Our app includes a "find a class" feature, electronic access to schedules and links to our reservation system and virtual wellness platform. Keep track of your workouts and participate in member challenges. Turn on notifications, and you'll receive push notifications when there is important information and closures.

HOW TO INSTALL:

1. Visit your app store.
2. Search for "bucks & hunterdon ymcas" using the "&"
3. Download to your phone
4. Use your personal information to create an account



Download our app
for Android users



Download our app
for iPhone users



Available on the
App Store

GET IT ON
Google Play

METRO ESPORTS

EARLY FALL 2024

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



EVERY WEEK

MINECRAFT MONDAYS

AT FAIRLESS HILLS

Compete in fun, easy, and family friendly events on the YMCA Minecraft Server! Earn Metro Coins to spend on prizes and rewards at the Metro Shop, including gaming gear, toys, discounts, and more!

Every Monday | 3:30 PM to 6:00 PM

METRO MADNESS

AT DOYLESTOWN

Drop in anytime to complete challenges in a variety of games including Fortnite and Overwatch every Wednesday. Compete with friends across any game to climb the leaderboard!

Every Wednesday | 2:30 PM to 5:00 PM

FRIDAY NIGHT TOURNAMENTS

AT DOYLESTOWN

Compete in an esports tournament every Friday! Games rotate each week between Fortnite and Smash Ultimate. No skill level or age restrictions. Join as a team or make friends along the way. Compete for prizes like gaming peripherals, gift cards, merch, and more!

Every Friday | 4:00 PM to 6:00 PM

ROBLOX RUMBLE

AT WARMINSTER

Exclusively at Warminster, participate in weekly Roblox challenges for a chance to win Robux, Pokemon Cards, and Metro Coins! Challenges include speedrunning, obstacle courses, battle royales, and team based games.

Every Saturday | 2:00 PM to 5:00 PM

PARTY RENTALS

Rent a Metro Esports facility for your own birthday party or event! Let your event host guide your party through unique challenges, competitions, and free play for the best event a gamer could ask for.

Visit metroesports.gg/rentals for more info

STAY IN THE LOOP

Get updates from Metro Esports on any of these programs!

Visit metroesports.gg/updates

DOYLESTOWN

MON - FRI: 2:30 PM to 9:00 PM
SAT - SUN: 2:00 PM to 6:00 PM

ESPORTS DAY-OFF SCHOOL CAMP

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

Thursday, October 3rd

ESPORTS TEAM LEADERS

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

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

September & October
Grades 7 to 12

ESPORTS RIVALRY MATCH

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

Saturday, October 19th

HALLOWEEN FRIGHT NIGHT!

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

Thursday, October 31st

WARMINSTER

MON / WED / FRI: 3 PM to 7 PM
TUE / THU: 5 PM to 7 PM
SAT / SUN: 2 PM to 5 PM

MINECRAFT & CODE

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

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

Every Saturday | September 14th to October 19th

HALLOWEEN LEADERBOARD CHALLENGE

This Halloween, Metro features spooky tricks and fun treats during the LeaderBOOard challenge! Play Halloween-exclusive games and compete in events in your best costume, spooky or silly.

Thursday, October 31st

FAIRLESS HILLS

MON - THU: 3 PM to 7 PM
FRI: 3 PM to 8 PM
SAT - SUN: 2 PM to 5 PM

ESPORTS LEAGUE

Six-week intensive esports program building up to a grand championship event in week seven! Sign up as a team, or as a free agent to be paired with others. Features games like Smash, Fortnite, and more!

Tuesday, April 23 | 8:00 AM to 5:00 PM

ATHLETEARCADE

Engage in competition across a range of popular sports games like NBA2K, Madden, FIFA, and Rocket League. Each session kicks off in the gym and then transition to the Metro Esports lounge for the digital version of the sport.

Starting September 12th

PRIVATE SWIM LESSONS

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

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

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

School Age Swim Lessons

| Age | Day | Time | Member MONTHLY | Non-member 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.

6-12 yrs Wed 5:45-6:25 PM \$62 \$102

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

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

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

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

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

Teen & Adult Swim Lessons

| Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location |
|-----|-----|------|----------------|--------------------|----------|
|-----|-----|------|----------------|--------------------|----------|

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

Adult - 1-3 / Swim Basics

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

All lessons are located in the Slate Belt Pool

SPORTS & ARTS

Slate Belt | Fall

YOUTH SPORTS

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

| Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location |
|--|-----------|--------------|----------------|--------------------|----------|
| Youth Sports Classes | | | | | |
| 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 | | | | | |
| We will curate an end of year recital for each class for family, friends, and loved ones to come watch. | | | | | |
| 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 |
| <p>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!</p> | 5-12 yrs | Fri 9/20 | 6-7:15 PM | \$15 | \$20 | Studio |
| <p>Spooky Slime and Science! Let's create some <i>spooky</i> slime together! We will be creating 3 Halloween themed slimes.</p> | 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 |
| <p>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.</p> | 15 yrs+ | Fri 9/27 | 5:30-7:30 PM | \$25 | \$35 | Community Room |
| <p>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.</p> | 15 yrs+ | Thu 12/12 | 5:30-7:30 PM | \$25 | \$35 | Community Room |
| <p>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.</p> | 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-yymca.org

| Teen Sports | | | | | | |
|---|-----------|-----|--------------|----------------|--------------------|-----------------|
| | Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location |
| <p>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.</p> | 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 |
| <p>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-yymca.org</p> | 18 yrs+ | Wed | 7-9 PM | \$54 | \$89 | Gym A/B |

PICKLEBALL

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

| Adult Sports | Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location |
|--|------------|------------|-------------|-----------------------|---------------------------|-----------------|
| 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 | \$41 | \$67 | Gym A/B |

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 |
|--|----------|------------------|--------------|-----------------|---------------------|----------|
| <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> | | | | | | |
| 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 whomevers 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+ | Tues 10/8 | 11 AM-12 PM | \$0 | n/a | Studio |
| | 18 yrs+ | Tues 11/12 | 11 AM-12 PM | \$0 | n/a | Studio |
| | 18 yrs+ | Tues 12/10 | 11 AM-12 PM | \$0 | n/a | Studio |
| Senior Community Socials | | | | | | |
| <i>Join us for our Senior Community Socials the 1st and 3rd Tuesday of each month. These are FREE to the senior community.</i> | | | | | | |
| 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+ | Tues 9/3 | 11 AM-12 PM | \$0 | \$0 | Community Room |
| Fall Prevention Workshop | | | | | | |
| Lunch is provided. | 55 yrs+ | Tues 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+ | Tues 10/1 | 11 AM-12 PM | \$0 | \$0 | Studio |

Halloween Bingo

| | | | | | | |
|--|---------|-------------------|-------------|-----|-----|----------------|
| Come play Bingo and win prizes! Lunch is provided. | 55 yrs+ | Tues 10/15 | 11 AM-12 PM | \$0 | \$0 | Community Room |
| Diabetes Prevention | | | | | | |
| Lunch is provided. | 55 yrs+ | Tues 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+ | Tues 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+ | Tues 12/3 | 11 AM-12 PM | \$0 | \$0 | Studio |
| Holiday Party! | | | | | | |
| Join us for a meal, ornament making and holiday fun! | 55 yrs+ | Tues 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 1/12 | 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

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 |
|---------------------------|------------------------------|----------------|--------------------|
| 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

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 |
|-------------------|-----------------|-----------------|---------------------|
| 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 |
|-------------------|--------------|------|-----|

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

Pricing is per person

| | | | | |
|--|-------------------|---------------|-------|-------|
| 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+) | | | | |
| <p>There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay on target!</p> <p>3 People <i>Pricing is per person</i></p> <hr/> <p>4 People <i>Pricing is per person</i></p> <hr/> <p>5 People <i>Pricing is per person</i></p> | 45 minutes | (5) Sessions | \$66 | \$109 |
| | | (10) Sessions | \$116 | \$191 |
| | 60 minutes | (5) Sessions | \$83 | \$136 |
| | | (10) Sessions | \$149 | \$246 |
| | 45 minutes | (5) Sessions | \$55 | \$91 |
| | | (10) Sessions | \$94 | \$155 |
| 60 minutes | (5) Sessions | \$74 | \$121 | |
| | (10) Sessions | \$132 | \$218 | |
| 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 |
|---|--------------------|------------------------|
| <i>Registration closes Thursday 10/10 at midnight</i> | | |
| Oct 14-Dec 2 Mondays, 12 PM or 7 PM | \$360 | \$504 |