



YMCA of Bucks and Hunterdon Counties

# SUMMER

## PROGRAM GUIDE

Doylestown | Jun 17-Aug 25, 2024

Welcome to YMCA of Bucks and Hunterdon Counties' summer 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.](#)

### PROGRAM REGISTRATION DATES:

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

**SCAN THE QR CODE or [click here](#) to sign up for alerts!**

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

### Monthly Drafts

For our regular youth and adult sports 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.](#)

### HOLIDAYS

In observance of holidays, the Y will be closed on 7/4 for Independence Day and 9/2 for Labor Day.



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

Please view a full list of our locations below.

For more information visit

[ymcabhc.org](http://ymcabhc.org)



#### Deer Path – Hunterdon County

144 West Woodschurch Rd., Flemington, NJ  
908.782.1030

[Click here](#) for hours and amenities



#### Doylestown – Bucks County

2500 Lower State Road, Doylestown, PA  
215.348.8131

[Click here](#) for hours and amenities



#### Fairless Hills – Bucks County

601 S. Oxford Valley Road, Fairless Hills, PA  
215.949.3400

[Click here](#) for hours and amenities



#### Newtown – Bucks County

190 S. Sycamore Street, Newtown, PA  
215.579.6200

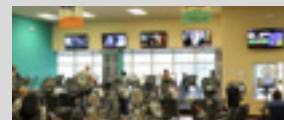
[Click here](#) for hours and amenities



#### Quakertown – Bucks County

401 Fairview Avenue, Quakertown, PA  
215.536.9622

[Click here](#) for hours and amenities



#### Warminster – Bucks County

624 York Road, Warminster, PA  
267.387.9622

[Click here](#) for hours and amenities

## FITNESS

We offer state-of-the-art wellness centers and 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 and selectorized strength machines and free weight and functional training equipment.

## GROUP EXERCISE

Group exercise classes are available virtually and in-person. Reservations are only required for aquatic group exercise classes. [Click here](#) for schedules and reservations.

## FITNESS TRAINING

Training is available one-on-one, with a partner, or in a team setting of three or more participants, outdoors or indoors at any of our branch locations or virtually anywhere you are!

[Book an appointment for an InBody Body Composition Scan](#)

For questions, prices, or to book a training package [click here](#) or scan the QR code to the right.



## Fitness Equipment Orientations

Fitness Equipment Orientations will acclimate you with the Wellness Center, teaching you how to use the equipment safely and effectively, review everything you need to know to set you up for success, and also give you a familiar face you can go to for help if you need it.

[Click here to register](#)

[Click here to watch our fitness orientation video](#)

[Questions? Click here.](#)



## GYMNASIUM

**Hunterdon County:** Deer Path

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

Our gymnasiums are available for open gym, basketball and pickleball.

To view our gymnasium schedules, [click here](#).

## AQUATICS

[Click here for Aquatics:](#) 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.



**Y Wellness My Way - Let's Get Started**, is a personalized, four week wellness program that helps to keep you accountable while connecting you with others. With the support of fitness professionals, you will learn how to set and reach your goals over a four week period. Get ready to experience results!

**Returning this fall**

Registration opens in March. [Click here to learn more!](#)



## DOYLESTOWN SKATEPARK

**Mon-Thurs 4:30-8 PM**

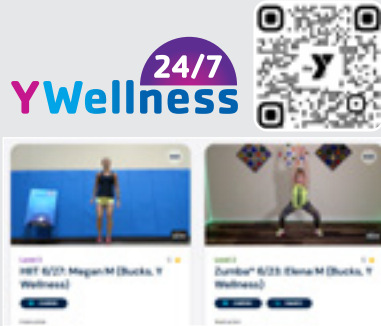
**Fri 4:30-9 PM**

**Sat/Sun 12-6 PM**

Hours and availability are subject to change due to weather conditions. Please check our website for the latest information.

[Click here for more information.](#)

We are pleased to provide online access to group exercise classes and family and youth programs through our virtual platform, Y Wellness 24/7. This platform provides live and on-demand group exercise, sports and play programs. The platform also includes access to 75+ live classes each week and more than 10,000 Y-specific, on-demand classes in training, mindfulness, nutrition, stress management, and more.



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

## METRO ESPORTS GAMING LOUNGE

**Doylestown Lounge**

Mon-Fri 4:30-9 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-Fri 4:30-7 PM

Sat & Sun 2-5 PM



**NEW Fairless Hills Lounge!**

**Teamwork • Leadership • Safety • Inclusion**  
[Click here for more information.](#)

## STAY & PLAY HOURS

[Click here for more information.](#)

**Deer Path-Hunterdon County**

**Mon-Fri 8:30-11:30 AM and Mon-Thurs 4-7:30 PM; Sat 8-11 AM**

**Doylestown-Bucks County**

**Mon-Thurs 8:30 AM-1 PM; 4-8 PM; Fri 8:30 AM-1 PM; Sat 8 AM-1 PM; Sun 9:30 AM-1 PM**

**Fairless Hills-Bucks County**

**Mon-Thurs 8:30 AM-11:30 AM; 4:30-7:30 PM; Fri 8:30 AM-11:30 AM; Sat 8:30 AM-12 PM**

**Quakertown-Bucks County**

**Mon-Sat 8:30 AM-12:30 PM; Mon-Thurs 5-7:30 PM**



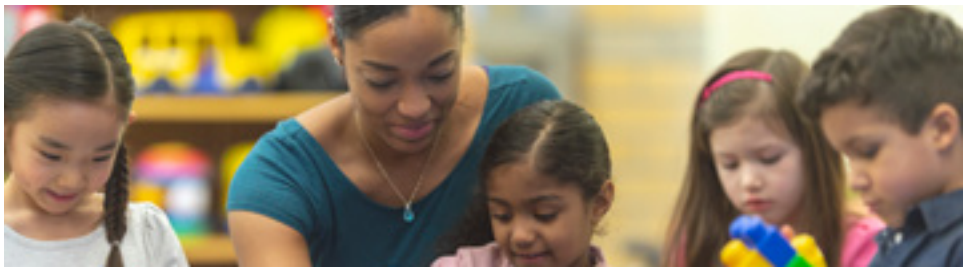
## Camp Carr Pool Hours

**Mon-Thurs 6-8 PM | Fri 5-8 PM**  
**Sat 11 AM-8 PM | Sun 12-7 PM**



## Holland Pool Hours

**Mon & Wed 5-8 PM**  
**Sat/Sun 12-5 PM**



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

[Click here for Child Care](#)

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



Don't miss out, **SUMMER CAMPS** are filling fast!

[Click here to register](#)

### 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.



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

# beCAUSE together we're touching lives



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



# 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 at [ymcabhc.org/hr](http://ymcabhc.org/hr) and in person at the Welcome Center at one of our branches!

### 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

## SUMMER 2024

BRAND NEW esports facility, programming, and summer camps at Fairless Hills is now open!



## EVERY WEEK

### MINECRAFT MONDAYS

AT DOYLESTOWN

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 | 2:30 PM to 8:00 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 | 3:00 PM to 6:00 PM

### FRIDAY NIGHT TOURNAMENTS

AT DOYLESTOWN

Compete in an esports tournament every Friday in games like Fortnite, Smash Ultimate, NBA 2K, Madden, and Overwatch. No skill level or age gap 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

## DOYLESTOWN

MON - FRI: 4:30 PM to 9:00 PM

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

### ROBLOX TECH ADVENTURES

A six-week program teaching coding and graphic design through the popular game, Roblox. Each week, students not only play their favorite game but also learn collaborative skills, make friends, and build important STEM foundations!

Every Saturday | 11:30 AM to 1:00 PM

Last Session April 20

### TECH DAY-OFF SCHOOL CAMP: BUILD-A-PC

Learn about the parts of a computer and how to assemble them, then play your favorite games on your PC! A perfect introduction to STEM concepts for anyone in grades 2 to 7.

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

### ZEROSECOND SHOWDOWN

A return of Metro's electrifying Rocket League tournament! Unforgettable competitive experience as top competitors regionally compete in an intense, fast-paced showdown for a chunk of the massive prize pool.

Saturday, May 18 | Follow Metro on Socials for Updates!

### FORTNITE BOX FIGHT NIGHT

A thrilling evening of intense box-to-box combat! Showcase your Fortnite skills in a series of fast-paced battles.

Saturday, August 10 | 3:00 PM

### MARIO MOVIE NIGHT

Watch the NEW Super Mario Movie and join the Mario-themed game night, fun for all ages!

Saturday, August 17 | 4:00 PM

## WARMINSTER

MON - THU: 4:30 PM to 8:00 PM

FRI: 4:30 PM to 7:00 PM

SAT - SUN: 2:00 PM to 5:00 PM

### TECH DAY-OFF SCHOOL CAMP: GAME DEVELOPMENT

Game design for kids in grades 1 to 7. Learn how to use Unreal Engine, the game engine behind Fortnite, as well as other skills useful in any STEM career! An opportunity to spark the scientist in any primary school student.

Friday, May 24 | 8:00 AM to 5:00 PM

### RETRO GAMING NIGHT

A nostalgic journey through classic gaming; play a vast selection of retro consoles and games, or bring your own! An evening of casual play, making new friends, and reminiscing about the good old times.

Friday, May 31 | 6:00 PM

## FAIRLESS HILLS

MON - THU: 4:30 PM to 9:00 PM

FRI: 4:30 PM to 8:00 PM

SAT - SUN: 2:00 PM to 5:00 PM

### ESPORTS DAY-OFF SCHOOL CAMP: FORTNITE BOOTCAMP

The ultimate experience to sharpen your Fortnite skills. An immersive camp designed for player of any skill level, engage in exciting challenges to enhance your tactics and gameplay!

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

### BLOCK BASH - MINECRAFT EVENT

Take part in creative Minecraft challenges and show off your building skills! Open to any skill level and age.

Friday, August 2 | 4:30 PM

## PARTY RENTALS

You can 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 birthday a gamer could have.

Visit [metroesports.gg](https://metroesports.gg) for more info

## SUMMER CAMPS

2024 summer camps are live an open for registration, including our brand new Fairless Hills summer camp! Spend summer '24 making new friends and playing amazing games.

Visit [metroesports.gg](https://metroesports.gg) to register

## METRO COIN

Metro Coins are stacking up and new prizing cycles frequently! Be sure to participate in events, challenges, and game to earn your coins and redeem them for amazing prizes.

## PRIVATE SWIM LESSONS

Contact Anahita Mir with questions at [amir@ymcabhc.org](mailto:amir@ymcabhc.org)

Private Swim Lessons		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>Private Swim Lessons:</b>	(4) 30-minute lessons	3 yrs+					\$154	\$253
1:1 Ratio Student / Instructor	(8) 30-minute lessons	3 yrs+					\$304	\$502
<b>Semi-Private Swim Lessons:</b>	(4) 30-minute lessons	3 yrs+			<i>Pricing is per person</i>		\$115	\$189
2:1 Ratio Student / Instructor	(8) 30-minute lessons	3 yrs+			<i>Pricing is per person</i>		\$226	\$374

## GROUP SWIM LESSONS

Contact Anahita Mir with questions at [amir@ymcabhc.org](mailto:amir@ymcabhc.org) or 215.348.8132, x1183

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

[View our Swim Lesson selector here](#)

Parent & Child Swim Lessons		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
<b>A / Water Discovery:</b>	Introduces infants and toddlers to the aquatic environment and encourages them to enjoy themselves while learning about the water with a parent/caretaker whom they trust. Parents practice the important survival skill of teaching their child to roll from front to back and float.	6-18 mos	WP Pool	Sun	9:45 AM	10:25 AM	\$88	\$146
<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.	19-36 mos	WP Pool	Sun	10:30 AM	11:10 AM	\$88	\$146
<b>1 / Water Acclimation:</b>	Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.	2.5-5 yrs	WP Pool	Sun	11:15 AM	11:55 AM	\$88	\$146

Preschool Swim Lessons		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
<b>1 / Water Acclimation (3-4 yrs):</b>	Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.	3-4 yrs	WP Pool	Mon	4:30 PM	5:10 PM	\$88	\$146
		3-4 yrs	WP Pool	Mon	5:15 PM	5:55 PM	\$88	\$146
		3-4 yrs	WP Pool	Tue	4:30 PM	5:10 PM	\$88	\$146
		3-4 yrs	WP Pool	Tue	5:15 PM	5:55 PM	\$88	\$146
		3-4 yrs	WP Pool	Wed	4:30 PM	5:10 PM	\$88	\$146
		3-4 yrs	WP Pool	Wed	5:15 PM	5:55 PM	\$88	\$146
		3-4 yrs	WP Pool	Thu	4:30 PM	5:10 PM	\$88	\$146
		3-4 yrs	WP Pool	Thu	5:15 PM	5:55 PM	\$88	\$146
		3-4 yrs	WP Pool	Sun	9:00 AM	9:40 AM	\$88	\$146

**1 / Water Acclimation (3-4 yrs)**

3-4 yrs	WP Pool	Sun	9:00 AM	9:40 AM	\$88	\$146
3-4 yrs	WP Pool	Sun	10:30 AM	11:10 AM	\$88	\$146

**1 / Water Acclimation (4-5 yrs):**

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.

3-4 yrs	WP Pool	Mon	4:30 PM	5:10 PM	\$88	\$146
3-4 yrs	WP Pool	Mon	5:15 PM	5:55 PM	\$88	\$146
3-4 yrs	WP Pool	Tue	4:30 PM	5:10 PM	\$88	\$146
3-4 yrs	WP Pool	Tue	5:15 PM	5:55 PM	\$88	\$146
3-4 yrs	WP Pool	Tue	6:00 PM	6:40 PM	\$88	\$146
3-4 yrs	WP Pool	Wed	4:30 PM	5:10 PM	\$88	\$146
3-4 yrs	WP Pool	Wed	5:15 PM	5:55 PM	\$88	\$146
3-4 yrs	WP Pool	Thu	4:30 PM	5:10 PM	\$88	\$146
3-4 yrs	WP Pool	Thu	5:15 PM	5:55 PM	\$88	\$146
4-5 yrs	WP Pool	Sun	9:00 AM	9:40 AM	\$88	\$146
4-5 yrs	WP Pool	Sun	11:15 AM	11:55 AM	\$88	\$146

**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	WP Pool	Mon	4:30 PM	5:10 PM	\$88	\$146
3-5 yrs	WP Pool	Mon	5:15 PM	5:55 PM	\$88	\$146
3-5 yrs	WP Pool	Mon	5:15 PM	5:55 PM	\$88	\$146
3-5 yrs	WP Pool	Tue	4:30 PM	5:10 PM	\$88	\$146
3-5 yrs	WP Pool	Tue	5:15 PM	5:55 PM	\$88	\$146
3-5 yrs	WP Pool	Tue	6:00 PM	6:40 PM	\$88	\$146
3-5 yrs	WP Pool	Wed	4:30 PM	5:10 PM	\$88	\$146
3-5 yrs	WP Pool	Wed	5:15 PM	5:55 PM	\$88	\$146
3-5 yrs	WP Pool	Wed	5:15 PM	5:55 PM	\$88	\$146
3-5 yrs	WP Pool	Thu	4:30 PM	5:10 PM	\$88	\$146
3-5 yrs	WP Pool	Thu	6:00 PM	6:40 PM	\$88	\$146
3-5 yrs	WP Pool	Sun	9:00 AM	9:40 AM	\$88	\$146
3-5 yrs	WP Pool	Sun	9:45 AM	10:25 AM	\$88	\$146
3-5 yrs	WP Pool	Sun	9:45 AM	10:25 AM	\$88	\$146

**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	WP Pool	Mon	4:30 PM	5:10 PM	\$88	\$146
3-5 yrs	WP Pool	Mon	5:15 PM	5:55 PM	\$88	\$146
3-5 yrs	WP Pool	Tue	4:30 PM	5:10 PM	\$88	\$146
3-5 yrs	WP Pool	Tue	5:15 PM	5:55 PM	\$88	\$146
3-5 yrs	WP Pool	Tue	6:45 PM	7:25 PM	\$88	\$146
3-5 yrs	WP Pool	Wed	4:30 PM	5:10 PM	\$88	\$146
3-5 yrs	WP Pool	Thu	5:15 PM	5:55 PM	\$88	\$146
3-5 yrs	WP Pool	Sun	9:00 AM	9:40 AM	\$88	\$146
3-5 yrs	WP Pool	Sun	9:45 AM	10:25 AM	\$88	\$146

**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	WP Pool	Mon	4:30 PM	5:10 PM	\$88	\$146
3-5 yrs	WP Pool	Tue	4:30 PM	5:10 PM	\$88	\$146
3-5 yrs	WP Pool	Thu	4:30 PM	5:10 PM	\$88	\$146
3-5 yrs	WP Pool	Sun	9:45 AM	10:25 AM	\$88	\$146

**School Age Swim Lessons****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.

Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
6-12 yrs	WP Pool	Mon	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Thu	5:15 PM	5:55 PM	\$88	\$146
6-12 yrs	WP Pool	Sun	9:45 AM	10:25 AM	\$88	\$146

**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	WP Pool	Mon	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Mon	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Mon	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Tue	4:30 PM	5:10 PM	\$88	\$146
6-12 yrs	WP Pool	Tue	5:15 PM	5:55 PM	\$88	\$146
6-12 yrs	WP Pool	Tue	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Tue	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Wed	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Wed	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Thu	4:30 PM	5:10 PM	\$88	\$146
6-12 yrs	WP Pool	Thu	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Thu	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Sun	9:00 AM	9:40 AM	\$88	\$146
6-12 yrs	WP Pool	Sun	10:30 AM	11:10 AM	\$88	\$146
6-12 yrs	WP Pool	Sun	11:15 AM	11:55 AM	\$88	\$146

**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	WP Pool	Mon	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Mon	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Mon	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Tue	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Tue	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Tue	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Wed	4:30 PM	5:10 PM	\$88	\$146
6-12 yrs	WP Pool	Wed	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Wed	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Wed	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Wed	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Thu	6:00 PM	6:40 PM	\$88	\$146
6-12 yrs	WP Pool	Thu	6:45 PM	7:25 PM	\$88	\$146
6-12 yrs	WP Pool	Sun	10:30 AM	11:10 AM	\$88	\$146



	6-12 yrs	WP Pool	Sun	11:15 AM	11:55 AM	\$88	\$146
<b>4 / Stroke Introduction:</b>	6-12 yrs	WP Pool	Mon	6:00 PM	6:40 PM	\$88	\$146
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	WP Pool	Mon	6:45 PM	7:25 PM	\$88	\$146
	6-12 yrs	WP Pool	Tue	5:15 PM	5:55 PM	\$88	\$146
	6-12 yrs	WP Pool	Tue	6:00 PM	6:40 PM	\$88	\$146
	6-12 yrs	WP Pool	Tue	6:45 PM	7:25 PM	\$88	\$146
	6-12 yrs	WP Pool	Wed	5:15 PM	5:55 PM	\$88	\$146
	6-12 yrs	WP Pool	Wed	6:00 PM	6:40 PM	\$88	\$146
	6-12 yrs	WP Pool	Wed	6:45 PM	7:25 PM	\$88	\$146
	6-12 yrs	WP Pool	Thu	4:30 PM	5:10 PM	\$88	\$146
	6-12 yrs	WP Pool	Thu	5:15 PM	5:55 PM	\$88	\$146
	6-12 yrs	WP Pool	Thu	6:00 PM	6:40 PM	\$88	\$146
	6-12 yrs	WP Pool	Thu	6:45 PM	7:25 PM	\$88	\$146
	6-12 yrs	WP Pool	Thu	6:45 PM	7:25 PM	\$88	\$146
	6-12 yrs	WP Pool	Sun	10:30 AM	11:10 AM	\$88	\$146
	6-12 yrs	WP Pool	Sun	11:15 AM	11:55 AM	\$88	\$146
<b>5 / Stroke Development:</b>	6-12 yrs	WP Pool	Tue	5:15 PM	5:55 PM	\$88	\$146
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	Lap Pool	Tue	6:00 PM	6:40 PM	\$88	\$146
	6-12 yrs	Lap Pool	Tue	6:45 PM	7:25 PM	\$88	\$146
	6-12 yrs	Lap Pool	Wed	7:05 PM	7:45 PM	\$88	\$146
	6-12 yrs	Lap Pool	Thu	5:15 PM	5:55 PM	\$88	\$146
	6-12 yrs	Lap Pool	Thu	6:00 PM	6:40 PM	\$88	\$146
	6-12 yrs	Lap Pool	Thu	6:45 PM	7:25 PM	\$88	\$146
	6-12 yrs	Lap Pool	Sat	10:20 AM	11:00 AM	\$88	\$146
	6-12 yrs	Lap Pool	Sun	10:30 AM	11:10 AM	\$88	\$146
<b>6 / Stroke Mechanics:</b>	6-12 yrs	Lap Pool	Mon	5:15 PM	6:15 PM	\$132	\$218
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	Lap Pool	Tue	6:00 PM	7:00 PM	\$132	\$218
	6-12 yrs	Lap Pool	Wed	6:00 PM	7:00 PM	\$132	\$218
	6-12 yrs	Lap Pool	Thu	6:00 PM	7:00 PM	\$132	\$218
	6-12 yrs	Lap Pool	Sat	9:15 AM	10:15 AM	\$132	\$218
	6-12 yrs	Lap Pool	Sun	11:15 AM	12:15 PM	\$132	\$218
<b>7 / Advanced Stroke Mechanics</b>	6-12 yrs	Lap Pool	Mon	6:20 PM	7:20 PM	\$132	\$218

<b>Adult &amp; Teen Swim Lessons</b>		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
<b>Adult Swim Lessons</b>	1-2 / Water Acclimation & Water Movement	18 yrs+	WP Pool	Sat	11:05 AM	11:45 AM	\$88	\$146

# SWIM TEAM

Contact John Foff with questions at [Jfoff@ymcabhc.org](mailto:Jfoff@ymcabhc.org)

## Barracudas Swim Team - Competitive Team

Our Swim Team is a YMCA and USA Swimming sanctioned team with a mission to develop good swimmers and great kids. Our swimmers achieve success at all levels of competition. We provide the foundation for our athletes to excel based on their talent, skills and level of commitment. \$100 registration fee includes team cap, shirt, banquet and Y-USA registration. Swimmers also have the option to swim at the USA Swimming level in the Mid-Atlantic Division with meets held regionally.

Competitive Team	Age Groups	Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
		8-12 yrs	Lap Pool				\$183	n/a
	Pre-Senior	11-14 yrs	Lap Pool	<i>Days and times vary</i>			\$190	n/a
	Senior	13-21 yrs	Lap Pool				\$204	n/a

Swim Team Personal Coaching	Personal Coaching	Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
		12-21 yrs	Lap Pool	Sun-Sat	Varies	Varies	\$174	n/a

## Swim Academy - Club Team

Do you like to swim? Do you want to practice, get in great shape, make new friends and hone your swimming skills, but aren't sure that you want to swim in competitions? If you are thinking about joining the Competitive team, or if you just love swimming and making friends, then our Swim Academy: Intramural is the perfect place for you! Coaches will train swimmers to have more endurance and be more efficient with the four key swim strokes, starts and turns. \$100 registration fee includes team cap, shirt and Y-USA registration.

Swim Academy: Intramural	Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
	5-12 yrs	Lap Pool	Varies	Varies	Varies	\$170	n/a

# AMERICAN RED CROSS CLASSES

Contact Anahita Mir with questions at [amir@ymcabhc.org](mailto:amir@ymcabhc.org) or 215.348.8132, x1183

## Lifeguard Training (Blended Learning)

All days must be attended to receive certification | American Red Cross Lifeguarding classes are for adults or young adults age 15 and over who want to earn their lifeguard instructor certification. Blended Learning lifeguard training classes requires online coursework to be completed prior to the first class session. Please see our website for full detail.

Lifeguard Training (Blended Full Course)	Friday, May 10, Saturday May 11, May 12	Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
		15 yrs+	CE Room		Fri 4:00-9:00 PM Sat 9:00 AM-6:00 PM Sun 9:00 AM- 6:00 PM		\$325	\$375
<b>Thursday, Friday, Saturday Class Schedule:</b>					Thursday Classes 4:00-9:00 PM Friday Classes 4:00-9:00 PM Saturday Classes 9:00 AM-6:00 PM			
	Thursday June 27, Friday June 28, Saturday June 29	15 yrs+	Doylestown		<i>See class times listed above</i>		\$325	\$375
	Thursday July 11, Friday July 12, Saturday July 13	15 yrs+	Doylestown		<i>See class times listed above</i>		\$325	\$375
	Thursday July 25, Friday July 26, Saturday July 27	15 yrs+	Doylestown		<i>See class times listed above</i>		\$325	\$375

## Lifeguard Training Recertification

A review course allows eligible individuals with a current lifeguard certification, or a certification expired by no more than 30 days, to recertify and receive an American Red Cross certificate for Lifeguarding/First Aid/ CPR/AED without participating in a full course. The purpose of a review course is to give individuals the opportunity to review the course content within a formal class setting. Students will be sent link to the online training which must be completed prior to the first day of class.

	Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>May 4, 2024</b>	15 yrs+	Doylestown	Saturday	9:00 AM	6:00 PM	\$185	\$195
<b>June 15, 2024</b>	15 yrs+	Doylestown	Saturday	9:00 AM	6:00 PM	\$185	\$195
<b>August 17, 2024</b>	15 yrs+	Doylestown	Saturday	9:00 AM	6:00 PM	\$185	\$195

## YOUTH SPORTS

Contact Taylor Jermyn with questions at [tjermyn@ymcabhc.org](mailto:tjermyn@ymcabhc.org)

### Fall Youth Leagues (Starting September 2024)

Fall Season runs 8 weeks from September 7-October 26. Registration deadline September 1.

		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>NFL Flag Football</b>	Teams meet for one hour on Saturday. Time is split between skill building and game play. All players receive a reversible NFL Flag jersey and flag belt. Optional skill nights taught by Y staff are offered on Tuesdays.	5-6 yrs	Pettine Athletic Complex	Sat	9:00 AM	10:00 AM	\$142	\$234
		7-9 yrs		Sat	9:00 AM	10:00 AM	\$142	\$234
		10-12 yrs		Sat	10:15 AM	11:15 AM	\$142	\$234
<b>MLS Go Soccer</b>	Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All players will receive a reversible jersey, shorts and socks. Optional skill nights taught by Y staff are offered on Wednesdays.	4-5 yrs	Pettine Athletic Complex	Sat	9:15 AM	10:15 AM	\$144	\$237
		6-8 yrs		Sat	10:30 AM	11:30 AM	\$144	\$237
<b>YMCA Spring T-Ball</b>	Teams meet for one hour on Saturday. Time is split between skill building and game play. All players receive a team shirt and hat. Optional skill nights taught by Y staff are offered on Wednesdays.	4-5 yrs	Pettine Athletic Complex	Sat	10:30 AM	11:30 AM	\$114	\$189
<b>Cheetahs Cross Country</b>	Team will practice twice per week. Exact practice time and location TBD.	5-8 yrs					\$137	\$225
		9-14 yrs					\$137	\$225
<b>YMCA Field Hockey Club</b>	Club meets for one hour on Saturday. Time is split between skill building and game play.	8-12 yrs	Pettine Athletic Complex	Sat	9:15 AM	10:15 AM	\$114	\$189

### Sports Classes

In addition to ability-specific programs, almost any youth or teen program can become an ability program through our Inclusive Programming Model. Children and teens can join their peers of all abilities in a variety of mainstreamed youth and teen programs with the assistance of an ability instructor. Please contact Kaitlyn Stevens ([kstevens@ymcabhc.org](mailto:kstevens@ymcabhc.org)) with questions and pricing.

		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
<b>Basketball</b>	Skill development program focusing on the fundamental skills of basketball.	5-7 yrs	Gym A	Mon	4:40 PM	5:20 PM	\$54	\$89
		8-12 yrs	Gym A	Mon	5:30 PM	6:10 PM	\$54	\$89
		5-7 yrs	Gym A	Wed	4:40 PM	5:20 PM	\$54	\$89
		8-12 yrs	Gym A	Wed	5:30 PM	6:10 PM	\$54	\$89
<b>Ultimate Sports</b>	Rotate through different ultimate games. Games include NERF games, Obstacle courses, Dodgeball, Capture the Flag and more. Each class focuses on different skills used in gameplay.	5-7 yrs	Gym A	Thu	5:00 PM	5:40 PM	\$54	\$89
		8-12 yrs	Gym A	Thu	5:45 PM	6:25 PM	\$54	\$89

		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>Jump Rope Mini Clinic: Saturday, May 18</b>	Learn new jump rope skills with the Zero Gravity Jump Rope Team and nationally recognized jumpers. All skill levels welcome!	6 yrs+	Gym A	Sat	9:00 AM	11:00 AM	\$15	\$20

Gymnastics & Tumbling		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
		Contact Taylor Jermyn with questions at <a href="mailto:tjermyn@ymcabhc.org">tjermyn@ymcabhc.org</a>						
<b>Gymnastics: Level 1</b>	For the beginner gymnast with no formal gymnastics training and for those gymnasts who have not tested out of the Level 1 program. Skills are taught on all pieces of equipment (vault, bars, beam, floor, and tumble trak.) Evaluations will occur every other month to evaluate progress.	5 yrs+	Gym A	Tue	4:30 PM	5:30 PM	\$82	\$135
		5 yrs+	Gym A	Tue	5:35 PM	6:35 PM	\$82	\$135
<b>Gymnastics: Level 2</b>	For the Gymnast who has completed and/or tested out of the Level 1 program. Skills are taught on all pieces of equipment (vault, bars, beam, floor, and tumble trak.) Evaluations will occur every other month to evaluate progress.	5 yrs+	Gym A	Tue	6:40 PM	7:40 PM	\$82	\$135

Martial Arts		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
		Contact Jennefer Pursell with questions <a href="mailto:jpursell@ymcabhc.org">jpursell@ymcabhc.org</a>						
<b>Dragon Cadets:</b>		5-7 yrs		Thu Sat	6:15 PM 11:00 AM	6:45 PM 11:30 AM	\$158	\$260
The Dragon Cadets program is designed for children aged 5-7 who are not yet eligible for our youth karate program. The curriculum is strategically designed to instill skills related to understanding Karate testing, requirements, and belt progression, setting the foundation for their transition to the Youth Program. Children will attend two classes per week on Saturdays and Thursdays.								
<b>Dragon Warriorz</b>	Basic Shotokan Karate techniques mixed with interactive games and exercises to develop self-esteem and confidence. Learn respect, humility, focus and discipline. Sneakers required.							
	<b>Dragon Warriorz</b>	5-8 yrs	Studio 1	Tue	6:15 PM	6:45 PM	\$54	\$89
	<b>Advanced Dragon Warriorz:</b> For orange belts and above	5-8 yrs	Studio 1	Tue	6:50 PM	7:20 PM	\$54	\$89
<b>Youth &amp; Adult Karate:</b>	<b>Class times for Beginner: (White-Candidate Green Belt)</b>	8 yrs+	Gym B	Tue	6:00 PM	6:45 PM		
JKA Style Shotokan Karate using the AJKA-I curriculum.		8 yrs+	Gym B	Thu	6:50 PM	7:50 PM		
		8 yrs+	Studio 3	Sat	11:35 AM	12:35 PM		
	<b>Class times for Green Belt &amp; Above</b>	8 yrs+	Gym B	Tue	6:00 PM	7:30 PM		
Learn the traditional art of self defense, and enjoy the benefits of increased flexibility, balance, strength and character development.		8 yrs+	Gym B	Thu	6:50 PM	7:50 PM		
		8 yrs+	Studio 3	Sat	11:35 AM	12:35 PM		
<b>Unlimited Classes per Week: All Levels</b>	Students can attend an unlimited number of classes per week, as listed above.	8 yrs+	Gym B	<i>Class times listed above</i>			\$135	\$223
<b>Aikido:</b>		9 yrs+	Studio 1	Fri	7:00 PM	7:45 PM	\$72	\$118
Japanese art of unarmed self-defense uses attacker's force against them. Encourages discipline and a nonviolent attitude. Classes will focus on weapons training and meditation principles. Under 10 must be with a participating adult.								

Free Member Classes		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
<b>Kids Yoga</b>	Focus on learning breathing techniques to help calm and center. Poses and games to help with balance, strength and flexibility.	5-12 yrs	Studio 1	Thu	4:30 PM	5:15 PM	\$0	n/a

<b>Dodgeball</b>	Play a variety of dodgeball games including obstacle dodgeball, poison, jailbreak, etc.	8-12 yrs	Gym A	Wed	6:15 PM	6:55 PM	\$0	n/a
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## ARTS & HUMANITIES

Contact Taylor Jermyn with questions at [tjermyn@ymcabhc.org](mailto:tjermyn@ymcabhc.org)

<b>YDA Dance</b>		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>YDA Summer Dance Workshop</b>	Join YDA Dance Instructors Ms. Amanda and Ms. Rebekah in a workshop this summer focusing on Ballet, Tap, Jazz, and Modern, followed by dance crafts, videos, and stories. Parents please provide your dancer with ballet and tap shoes as well as a healthy snack and water bottle.							
	Monday 6/17 thru Friday 6/21	4-10 yrs	YMCA	Mon-Fri	9:30 AM	12:30 PM	\$196	\$275
	Monday 7/22 thru Friday 7/26	4-10 yrs	Studio	Mon-Fri	9:30 AM	12:30 PM	\$196	\$275

## ADULT & TEEN SPORTS

Contact Taylor Jermyn with questions at [tjermyn@ymcabhc.org](mailto:tjermyn@ymcabhc.org)

<b>Adult Sports</b>		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
<b>Women's Basketball</b>	Pick-up style format.	18 yrs+	Gym A/B	Sun	6:00 PM	7:30 PM	\$0	\$22
		18 yrs+	Gym A/B	Thu	8:00 PM	9:00 PM	\$0	\$22
<b>Adult Volleyball</b>	Pick-up format, Fridays 8-10 PM and Sundays 11 AM-1 PM. Players will be divided into teams when they arrive.	18 yrs+	Gym B	Fri & Sun			\$19	\$36

<b>Adult Leagues</b>		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>Adult Basketball League:</b> Over 35 - Wednesdays	Side court, 4v4 basketball league held on Wednesday nights, beginning May 22. League will run for regular season plus playoffs. Teams will pay referee fees of \$35 each week in addition to the registration fee. To enter your team, please email Taylor Jermyn at <a href="mailto:tjermyn@ymcabhc.org">tjermyn@ymcabhc.org</a> .	35 yrs+	Gym A/B	Wed	7:00 PM	10:00 PM	\$54	\$89
<b>Adult Basketball League:</b> 18 Years+	Full court, 5v5 basketball league. Games will be played on Monday and Thursday evenings beginning May 20 at 8:00 or 9:00 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 Taylor Jermyn at <a href="mailto:tjermyn@ymcabhc.org">tjermyn@ymcabhc.org</a> .	18 yrs+	Gym A/B	Mon/Thu	8:00 PM	10:00 PM	\$54	\$89

<b>Adult &amp; Teen Pickleball</b>		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
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View our website for a full list of group play times available to members:

[Pickleball Schedule - All Branches](#)

To schedule a private or semi private lesson, contact Taylor Jermyn at [tjermyn@ymcabhc.org](mailto:tjermyn@ymcabhc.org)

<b>Private Pickleball Lessons</b>		Age	Location	Member FLAT FEE	Non-member FLAT FEE
	60-min Private Pickleball: (1) Lesson	8 yrs+	Gym B/ Outdoor Courts	\$65	\$90
	60-min Private Pickleball: (5) Lessons	8 yrs+		\$300	\$425

**Semi-Private  
Pickleball Lessons**

A semi-private pickleball lesson is one-hour dedicated to two players. No matter what your skill level or goals, a semi-private lesson will help advance your game, hone your skill development, and enhance your overall enjoyment of the sport.

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60-min Semi-private Pickleball: (1) Lesson	8 yrs+	Gym B/ Outdoor	\$40	\$60
60-min Semi-private Pickleball: (5) Lessons	8 yrs+	Courts	\$180	\$280

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**3-and-Me  
Pickleball Lessons**

This one-hour lesson is for you, two others, and our Pickleball instructor to take your skills to the next level! These lessons are designed for players who would like to work on specific aspects of the game in order to improve their overall skills while having a ton of fun along the way.

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60-min 3-and-Me Pickleball: (1) Lesson	8 yrs+	Gym B	\$35	\$50
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# SPORTS & ARTS

# All Branches | Summer

## METRO ESPORTS

Contact metroesports@ymcabhc.org  
with questions

Gaming Lounge Open Hours	6 yrs+   Kids 8 and under must be accompanied by chaperone.   Kids 9-11 should have a parent in the building.	<b>Doylestown</b> Mon-Fri 4:30-9:00 PM Sat & Sun 2:00-6:00 PM	<b>Warminster</b> Mon-Fri 4:30-7:00pm Sat/Sun 2:00pm-5:00pm	<b>Fairless Hills</b> Mon-Thur: 4:30-9pm Friday: 4:30pm-8pm Sat/Sun: 2pm-5pm
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Esports Lounge Daily Pass	Age	Member	Non-member Drop-In Pass
<b>Daily Drop-In Pass / Friday Night Tournament Pass</b>	6 yrs+	n/a	\$10

Doylestown		Age	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>Friday Night Tournaments</b>		Join us down in the Metro Game Lounge each and every Friday for esports tournaments! Players of all ages and skill levels are welcome. Each week will feature a different esports title, cycling between Fortnite, Overwatch2, NBA2k/Madden, and Smash Ultimate! Join with a team or register as a free agent to be matched with other players. Daily Metro Coins are awarded to winners and participants, redeemable for toys, merch, Logitech gaming peripherals, gift cards, esports and tech-education curriculum, and so much more in the Metro Shop!					
June 7th:	<b>NBA2K23 &amp; Madden2k23 1v1</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
June 14th:	<b>Overwatch 2</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
June 21st:	<b>Fortnite 2v2 Elimination Race</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
June 28th:	<b>Smash Ultimate 1v1</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
July 5th:	<b>NBA2k23 &amp; Madden2k23 1v1</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
July 12th:	<b>Overwatch 2v2</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
July 19th:	<b>Fortnite 2v2 Elimination Race</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
July 26th:	<b>Smash Ultimate 1v1</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
August 2nd:	<b>NBA2k23 &amp; Madden2k23 1v1</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
August 9th:	<b>Overwatch 2v2</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
August 16th:	<b>Fortnite 2v2 Elimination Race</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
August 23rd:	<b>Smash Ultimate</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
August 30th:	<b>Nba2k23 &amp; Madden2k23 1v1</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10

<b>Metro Madness</b>	Introducing Metro Madness, every Wednesday from 3pm-6pm! Stop by for as little or as long as you'd like to play your favorite games, or explore new ones, and race to earn points and climb the leaderboards. No matter if you're a fan of Fortnite or Overwatch or Minecraft, everyone can compete in their favorite titles and earn points at the same rate as others. This Winter, everyone is on an equal playing field at the YMCA's Metro Madness Weekly!						
<b>Every Wednesday</b>	All ages	Wed	3:00 PM	6:00 PM	\$0	\$10 Drop-in	

<b>Tech Day-off School Camp: Build-a-Computer Camp</b>	Join us for a fun day-off school camp, and learn how to build your very own gaming computer! Our Build a PC Day Camp will show kids the different parts of a computer, how they work together, and even take a part and reassemble some Metro PCs. Kids will also get to play games on the computers they build. And to top it all off, they'll have a blast with a special computer-building simulator game and a casual gaming tournament at the Metro Esports day camp.						
<b>Tuesday, April 23rd</b>	Gr 2-7	Thu	8:00 AM	5:00 PM	\$68	\$88	



<b>ZeroSecondShowdown #2 - Rocket League LAN Tournament</b>	ZeroSecondShowdown #2 returns with an electrifying Rocket League Tournament and unforgettable competitive experience as top competitors regionally compete in an intense, fast-paced showdown with a major prize pool on the line. Stay tuned for more info on early registration, broadcast talent, and more info. Learn more at <a href="https://www.start.gg/ZSS2">https://www.start.gg/ZSS2</a>		Sat	10:00 AM	8:00 PM		
	<b>Saturday, May 25th</b>						
<b>Mario Movie Night - Community Event</b>	Enjoy the new Super Mario Movie and join in a Mario-themed game night, a perfect blend of casual gaming and interactive fun for families.		Sat	4:00 PM	6:00 PM	\$0	\$10 Drop-in
	<b>Saturday, August 17th</b>	All Ages					
<b>Fortnite Box Fight Night</b>	A thrilling evening of intense box-to-box combat, inviting players to showcase their Fortnite skills in a series of fast-paced battles.		Sat	3:00 PM	5:00 PM	\$0	\$10 Drop-in
	<b>Saturday, August 10th</b>	Age 11+					
<b>Esports Rivalry Match - Community Event</b>	Don't miss the live esports matchup between William Tennent and La Salle College High Schools – a showcase of local scholastic talent and competition! More info coming soon.					\$0	\$10 Drop-in
	<b>October 2024</b>	All Ages	Date TBD				
<b>Esports Day off School Camp</b>	Metro Esports offers seasonal day off school camp for esports. 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! Metro offers seasonal day off school camp, providing activities and supervision for kids when schools are closed.					\$58	\$78
	<b>September 2024</b>	Gr 2-7	Date TBD				
<b>Tech Day off School Camp: Build-a-game</b>	Tech Day off School Camp: Build-a-Game offers students a chance to unleash their creativity and tech skills by designing their own video games. This camp provides the tools and guidance needed to turn imaginative ideas into playable realities, fostering both technical abilities and creative thinking. A perfect blend of learning and fun for young game enthusiasts!					\$68	\$88
	<b>November 2024</b>	Gr 3-7	Date TBD				
<b>Tabletop Game Night - Community Event</b>	A mix of competitive and casual games for players of all ages and skill levels.					\$0	\$10 Drop-in
	<b>December 2024</b>	All Ages	Date TBD				
<b>Fairless Hills</b>							
		<b>Age</b>	<b>Day</b>	<b>Start Time</b>	<b>End Time</b>	<b>Member FLAT FEE</b>	<b>Non-member FLAT FEE</b>
<b>Minecraft Mondays</b>	Each Week, Metro will be hosting Minecraft Monday! Each Monday, members join us for fun, free, and family friendly mini-events on our YMCA Minecraft Server. Guests who join us in the lounge will have the opportunity to earn coins to spend in the Metro Shop, and gain points towards our competitive season! Players will work together to complete challenges, think creatively, and earn points. Great for kids and families!					\$0	\$10 Drop-in
	<b>Every Monday</b>	All ages	Mon	3:30 PM	6:00 PM		
<b>Esports Day-off School Camp: Fortnite Bootcamp</b>	Fortnite Bootcamp offers gamers the ultimate experience to sharpen their Fortnite skills. This immersive camp is designed for both beginners and experienced players, focusing on strategy, teamwork, and gameplay. Participants learn from experienced instructors, engage in exciting challenges, and enhance gaming tactics, all in a fun and supportive environment. It's the perfect opportunity for Fortnite enthusiasts to level up their play and connect with fellow gamers.					\$45	\$55
	<b>Tuesday, April 23rd</b>	Gr 3-8	Tue	8:00 AM	5:00 PM		
<b>Block Bash - Minecraft Event</b>	Meet other players, take part in creative challenges, and show off your building skills at Block Bash! Perfect for anyone who enjoys Minecraft, regardless of their experience level. Come join us for a day of engaging activities and Minecraft fun!					\$0	\$10 Drop-in
	<b>Friday, August 2nd</b>	Gr 2-7	Fri	4:30 PM	6:30 PM		
<b>Esports League</b>	More info coming soon! Spanning six weeks of competitive play with a grand championship event in the seventh week, participants can sign up as a team or register as a free agent to be paired with others. Featuring popular games like Smash, Fortnite, and more, this league offers a fun, engaging way for young gamers to hone their skills, collaborate with peers, and enjoy healthy competition in a variety of esports titles.					\$78	\$110
	<b>October 5th - November 9th</b>	Gr 4-7	Sat, Sun	11:00 AM	1:00 PM		
<b>Esports &amp; Sports Crossover Day off School Camp</b>	Esports & Sports Crossover Day Camp, presented by Metro Esports and the YMCA, is a dynamic blend of virtual and physical play. This innovative camp combines the thrill of esports with the energy of traditional sports, offering an engaging experience for kids interested in both arenas. It's a day filled with skill-building, teamwork, and fun, providing a balanced mix of screen time and physical activity.						

Wednesday, November 27th

Gr 3-7

Wed

8:00 AM

5:00 PM

\$55

\$65

**Warminster**

**Tech Day-Off School Camp: Game**

Tech Day off School Camp: Game Building in Unreal Engine, the same platform used to create Fortnite, offers an exciting opportunity for kids to learn game development. This engaging camp equips young minds with the tools to build their own projects in Unreal Engine, with easy-to-follow steps perfect for beginners or budding game designers. Parents and kids alike will be thrilled to see ideas come to life in this dynamic, creative environment, where the thrill of gaming meets educational enrichment.

**Friday, May 24th**

Gr 1-7

Fri

8:00 AM

5:00 PM

\$68

\$88

**Roblox Rumble**

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

**Every Saturday**

All Ages

Sat

2:00 PM

5:00 PM

\$0

\$10 Drop-in

**Retro Gaming Night**

A nostalgic journey through classic gaming! Dive into a vast selection of retro consoles and games, and optionally BYOC (bring your own console or controller) for an added personal touch. This evening is all about casual play, reminiscing, and sharing your love for timeless games with fellow enthusiasts. Whether you're reliving cherished gaming moments or discovering retro gems for the first time, this event promises a relaxed, fun-filled atmosphere for gamers of all ages

**Friday, May 31st**

All Ages

Fri

6:00 PM

8:00 PM

\$0

\$10 Drop-in

**Minecraft & Code**

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

**September 14th**

Gr 2-7

Sat

12:30 PM

2:00 PM

\$40

\$55

**September 14th - October 19th (Six Weeks)**

Gr 2-7

Sat

12:30 PM

2:00 PM

\$170

\$235

**Esports Parties**

**Doylestown Esports Party**

Available during open Lounge Hours: 15 kids included; \$10 per additional kid.

Member  
FLAT FEE

Non-member  
FLAT FEE

\$365

\$450

**Doylestown After Hours Esports Party**

Outside regular open Lounge Hours: 25 kids included; \$10 per additional kid.

\$499

\$595

**Fairless Hills Esports Party**

Available during open Lounge Hours: 15 kids included; \$10 per additional kid.

\$289

\$384

**Fairless Hills After Hours Esports Party**

Outside regular open Lounge Hours: 25 kids included; \$10 per additional kid.

\$339

\$434

**Warminster Esports Party**

Available outside of Lounge Hours: 16 kids included; \$10 per additional kid.

\$289

\$384

## PARENT'S NIGHT OUT

Contact our Welcome Center with questions at 215.348.8132

### Doylestown Parent's Night Out (PNO)

Mark your calendar, PNO is held every 2nd & 4th Friday of each month with a different theme!

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)

	Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
(1) child						\$29	\$49
(2) children (requires phone or in person registration)						\$41	\$68
(3) children (requires phone or in person registration)						\$48	\$80
<b>Parent's Night Out</b>	<b>Friday, June 7</b>	3 mos-12 yrs		Fri	5:30 PM	9:00 PM	Pricing listed above
	<b>Friday, June 21</b>	3 mos-12 yrs		Fri	5:30 PM	9:00 PM	Pricing listed above
	<b>Friday, July 12</b>	3 mos-12 yrs	Stay & Play	Fri	5:30 PM	9:00 PM	Pricing listed above
	<b>Friday, July 26</b>	3 mos-12 yrs		Fri	5:30 PM	9:00 PM	Pricing listed above
	<b>Friday, August 9</b>	3 mos-12 yrs		Fri	5:30 PM	9:00 PM	Pricing listed above
	<b>Friday, August 23</b>	3 mos-12 yrs		Fri	5:30 PM	9:00 PM	Pricing listed above

## STAY & PLAY

### Member Use - Open Hours

While you workout or utilize the facility, your children age 3 months through 6th grade can play and have fun in Stay & Play. Stay & Play is FREE to members (with adult and family memberships.) Visit the Stay & Play page on [www.ymcabhc.org](http://www.ymcabhc.org) for detailed information.

Mon-Fri 8:30  
Mon-Thu 4:00  
\*New Sat 8 AM-1:00 PM  
Sun 9:30 AM-1:00 PM

### Sitter Service

Offered during Stay & Play hours to those who need to leave the Y campus for errands, appointments, shopping, etc. Registration required prior to drop-off.

	Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>90 minutes:</b> (1) Child	3 mos-Gr 6	Stay & Play				\$17	\$28
<b>90 minutes:</b> (2) Children						\$22	\$36
<b>90 minutes:</b> (3) Children						\$27	\$45
<b>3 hours:</b> (1) Child	3 mos-Gr 6	Stay & Play				\$27	\$45
<b>3 hours:</b> (2) Children						\$38	\$62
<b>3 hours:</b> (3) Children						\$43	\$71

## ABILITY PROGRAMS

Contact Kaitlyn Stevens with questions at [kstevens@ymcabhc.org](mailto:kstevens@ymcabhc.org) or 215.348.8132

<b>Adapted Aquatics Private Lessons</b>		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>Private Swim Lessons</b>	(4) 30-minute Lessons	5 yrs+					\$154	\$253
	(8) 30-minute Lessons	5 yrs+					\$304	\$502
<b>Semi-private Swim Lessons</b>	(4) 30-minute Lessons	5 yrs+			<i>Price is per participant</i>		\$115	\$189
	(8) 30-minute Lessons	5 yrs+			<i>Price is per participant</i>		\$226	\$374

<b>Adapted Personal Training</b>		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>Private Fitness Packages:</b> Work one-on-one with a qualified trainer on fitness and health goals.	30-min Adapted Personal Training: (5) Sessions	12 yrs+					\$236	\$390
	30-min Adapted Personal Training: (10) Sessions	12 yrs+					\$452	\$745
	45-min Adapted Personal Training: (5) Sessions	12 yrs+					\$312	\$515
	45-min Adapted Personal Training: (10) Sessions	12 yrs+					\$604	\$996
	60-min Adapted Personal Training: (5) Sessions	12 yrs+					\$389	\$641
	60-min Adapted Personal Training: (10) Sessions	12 yrs+					\$754	\$1,244

<b>Fall Youth Leagues (Starting September 2024) - With Adapted Support</b>		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<i>Fall Season runs 8 weeks from September 7-October 26.</i>								
<b>NFL Flag Football</b>	Teams meet for 1 hour on Saturday. Time is split between skill building and game play. All players receive a reversible jersey and flag belt. Optional skill nights taught by Y staff are offered on Tuesdays.	5-6 yrs	Pettine Athletic Complex	Sat	9:00 AM	10:00 AM	\$142	\$234
		7-9 yrs		Sat	9:00 AM	10:00 AM	\$142	\$234
		10-12 yrs		Sat	10:15 AM	11:15 AM	\$142	\$234
<b>MLS Go Soccer</b>	Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All players will receive a reversible jersey, shorts and socks. Optional skill nights taught by Y staff are offered on Wednesdays.	4-5 yrs	Pettine Athletic Complex	Sat	9:15 AM	10:15 AM	\$144	\$219
		6-8 yrs		Sat	10:30 AM	11:30 AM	\$144	\$219
<b>YMCA Spring T-Ball</b>	Teams meet for 1 hour on Saturday. Time is split between skill building and game play. All players receive a team shirt and hat. Optional skill nights taught by Y staff are offered on Wednesdays.	4-5 yrs	Pettine Athletic Complex	Sat	10:30 AM	11:30 AM	\$114	\$189
<b>Cheetahs Cross Country: Competitive Team</b>	Runners will work on distance, mid-distance and sprinting events. Team members will also be introduced to various field events. Competitive team members will have the opportunity to compete in area meets if available this spring.							
		Practices held Tuesdays 5:15-6:00 PM, Thursdays 5:15-6:00 PM, and Saturdays 10-10:45 AM	5-8 yrs	Tohickon Middle School Track	Tue/Thu /Sat		\$137	\$225
		Practices held Tuesdays 6-6:45 PM, Thursdays 6-6:45 PM, and Saturdays 10:45-11:30 AM	9-14 yrs		Tue/Thu /Sat		\$137	\$225

<b>YMCA Field Hockey Club</b>	Club meets for 1 hour on Saturday. Time is split between skill building and game play.	8-12 yrs	Pettine Athletic Complex	Sat	9:15 AM	10:15 AM	\$114	\$189
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<b>Ability Teen Night</b>							Member	Non-member
							FLAT FEE	FLAT FEE
<b>Ability Teen Night</b>	A night for teens to come together for dancing, food, and activities. Teens will enjoy pizza with friends, then participate in the night's activity. The night ends with a dance party!							
<b>Friday, June 14th</b>	14-21 yrs	Teen Center	Fri	6:30 PM	9:00 PM	\$15	\$25	
<b>Friday, July 12th</b>	14-21 yrs	Teen Center	Fri	6:30 PM	9:00 PM	\$15	\$25	
<b>Friday, August 9th</b>	14-21 yrs	Teen Center	Fri	6:30 PM	9:00 PM	\$15	\$25	

<b>Ability Adult Social Events</b>							Member	Non-member
							FLAT FEE	FLAT FEE
<b>Friday Night Social</b>	A night for adults to come together for dancing, food, and activities. Adults will enjoy pizza with friends, then participate in the night's activity. The night ends with a dance party!							
<b>Friday, June 21st</b>	18-30 yrs	Teen Center	Fri	6:30 PM	9:00 PM	\$15	\$25	
<b>Friday, July 19th</b>	18-30 yrs	Teen Center	Fri	6:30 PM	9:00 PM	\$15	\$25	
<b>Friday, August 16th</b>	18-30 yrs	Teen Center	Fri	6:30 PM	9:00 PM	\$15	\$25	

<b>Ability Art Programs</b>							Member	Non-member
							FLAT FEE	FLAT FEE
<b>Creative Creations</b>	In this workshop, students will enjoy making a seasonal project to take home or give as a gift! Please be sure to pre-register for the event!							
<b>Friday, July 26th</b>	18 yrs+	Club House	Fri	5:30 PM	7:00 PM	\$20	\$30	

<b>Biking 101</b>							Member	Non-member
							FLAT FEE	FLAT FEE
<b>Biking 101: Evaluation</b>	7 yrs+	Parking Lot				\$42	\$69	
A one time, one on one skills assessment to determine if the participant has the pre-requisite skills for riding a 2 wheeler bike. This is required prior to registration for Biking 101 Lessons.								
<b>Biking 101: (4) Lessons</b>	7 yrs+	Parking Lot				\$146	\$241	
Biking 101 lessons include 4 one on one private lessons taught by a Certified Cycling Instructor with over 34 years of experience working with Children and Adults with Special Needs.								

<b>Employee Mentorship Training</b>							Member	Non-member
							FLAT FEE	FLAT FEE
Employee mentees are paired with a Job Coach at the Y to work together once a week for 1.5 hours per session for an 8 week session/rotation. The session would be 1:1 for a time that works with both the Job Coach and the mentee. The YMCA job can change after 8 weeks or the mentee can stay in the same role if more mastery is needed. Mentees will need to know that this does not guarantee a job at the end. All Mentees would need to wear a uniform for their shifts and fill out a practice timecard before and after each shift. Currently, the job positions could include: welcome center, health & wellness coach and swim deck coordinator. More roles added as the program grows.								
<b>Employee Mentorship Training</b>	1.5 Hour Session for 8 weeks	16 yrs+	Jobs throughout the YMCA				\$353	\$582

## Summer Seekers

		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>Seekers</b>	An evening program for adults with developmental disabilities full of fun, physical activity, and socializing. Activities include swimming, basketball, dancing, crafts and much more. Summer Seekers will be held Monday nights from 5:00-7:00 PM in the Teen Center from Monday, July 8th–Monday, August 5th. There is no Wednesday night option in the summer.	18 yrs+	Teen Center	Mon	5:00 PM	7:00 PM	\$86	\$141

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For questions or inquiries on availability, contact:

**Camp Carr** - Andy Cogen, acogen@ymcabhc.org

**Quakertown** - Becky Musselman, bmusselman@ymcabhc.org

**Doylestown, Fairless Hills, Holland, Deer Path & Warminster** - Valerie Tanner, vtanner@ymcabhc.org & Hannah Keller, hkeller@ymcabhc.org

## PARTIES

### After Hours Splash 'N Bash

#### After Hours Splash 'N Bash Party

This party is EXCLUSIVE and held after-hours on Saturdays. Great option for boy scouts/girl scouts, school celebrations, church groups and more! Please see pool policies for important safety information. 25 guests maximum. 15 min swim testing, 1 hr pool celebration, 15 min changing time and 30 min party room. 3-4 lifeguards. Ages 4 yrs+.

\*Warminster Branch party time may be adjusted if the facility is closing later.

Branch Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Deer Path	Saturdays	5:00 PM	7:00 PM	\$386	\$483
Doylestown	Saturdays	6:00 PM	8:00 PM	\$386	\$483
Fairless Hills	Saturdays	5:00 PM	7:00 PM	\$386	\$483
Quakertown	Saturdays	5:00 PM	7:00 PM	\$386	\$483
Warminster	Saturdays	2:30 PM	4:30 PM	\$308	\$385
<i>Additional hour at all branches:</i>				\$165	\$165

### Esports Parties

Love gaming? Celebrate your birthday at our new gaming lounge! Guests enjoy all lounge amenities and party space for food and cake. Ages 7 yrs+

#### Esports Party during Open Lounge Hours: Shared Space with Community

Two Hour Party  
Monday-Friday 4:30 PM-6:30 PM  
Saturday and Sunday 3:30 PM-5:30 PM  
Saturday After Hours 6:00-8:00 PM

Branch Location	Party Fee
Doylestown	<i>YMCA Members:</i> \$365
Doylestown	<i>Non-members:</i> \$450
Doylestown	<i>Additional hour:</i> \$160

#### Esports After Hours Party:

Saturdays 6:00 PM-8:00 PM

Doylestown	<i>YMCA Members:</i> \$499
Doylestown	<i>Non-members:</i> \$595
Doylestown	<i>Additional hour:</i> \$160

#### Esports Party during Open Lounge Hours: Shared Space with Community

Two Hour Party  
Saturday 12:00-2:00 PM  
Sunday 10:00 AM-2:00 PM (*any two hour window in this range*)

Fairless Hills	<i>YMCA Members:</i> \$289
Fairless Hills	<i>Non-members:</i> \$384
Fairless Hills	<i>Additional hour:</i> \$160

#### Esports After Hours Party:

Saturdays 5:00 PM-7:00 PM

Fairless Hills	<i>YMCA Members:</i> \$339
Fairless Hills	<i>Non-members:</i> \$434
Fairless Hills	<i>Additional hour:</i> \$160

**Esports Party during Open Lounge Hours: Shared Space with Community**

Two Hour Party  
 Mon, Tue, Wed 5:00 PM-7:00 PM  
 Saturday 11:00 AM-1:00 PM  
 Sunday 12:00 PM-2:00 PM; 2:30-4:30 PM

Warminster	YMCA Members:	\$299
Warminster	Non-members:	\$384
Warminster	Additional hour:	\$160

**Skatepark Party****Skatepark Party**

Available seasonally upon request, during shared hours with community members.

Branch Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Doylestown	Saturdays	3:30 PM	5:30 PM	\$308	\$385

# RENTALS

**After Hours Full Facility Rental****After Hours Full Facility Rentals**

Pool, gymnasium, locker rooms, studios.

Branch Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Deer Path		7:00 PM	10:00 PM	\$773	\$1,004
Doylestown	Saturdays / Sundays	6:00 PM	9:00 PM	\$773	\$1,004
Fairless Hills		5:00 PM	8:00 PM	\$773	\$1,004
Quakertown		5:00 PM	8:00 PM	\$773	\$1,004
<i>Additional hour at all branches:</i>				\$258	\$258
<i>Individual instructors available at an hourly rate:</i>				\$30/hr	\$30/hr

**Facility Space Rentals****Individual Space Rentals**  
at hourly rates

Teen Center / Pavilions

Branch Location	Day	Available Hours	Member RENTAL FEE	Non-member RENTAL FEE			
Doylestown	Sat / Sun	2:00 PM-9:30 PM	\$74	\$151			
<i>Additional fee for rentals after 6:00 PM:</i>				\$103			
Outdoor Basketball Courts	Doylestown	Sat / Sun	12:00 PM-5:00 PM	\$26/hr	\$38/hr		
Gymnasium	Quakertown	<i>Contact for availability</i>		\$103/hr	\$103/hr		
Auxiliary Gymnasium	Quakertown	<i>Contact for availability</i>		\$77/hr	\$97/hr		
Pool / Aquatic Center - After Hours Only	Warminster	Sat / Sun	12:30 PM-2:30 PM	\$308	\$385		
<i>Additional hour:</i>				\$165	\$165		
<i>Individual instructors available for swim lessons at an hourly rate:</i>				\$15/hr	\$15/hr		
Studio	Warminster	After Hours or Weekends 12:00 PM-2:00 PM		\$103/hr	\$180/hr		
<b>Holland Pool Rental</b>	After Hours Only - Seasonal, Mid-June thru August		Saturdays	5:00 PM	7:00 PM	\$299	\$361
<i>Additional hour:</i>				\$165			



## Hunterdon County Seasonal Rentals

		Day	Available Hours	Member RENTAL FEE	Non-member RENTAL FEE
<b>Camp Carr Rental</b>	A campground that operates April-October.				

*Email Andy Cogen at [acogen@ymcabhc.org](mailto:acogen@ymcabhc.org) for availability and pricing*

## PERSONAL TRAINING

Contact Nicole Martorella with questions at nmartorella@ymcabhc.org

Personal Training Club		Age	Member MONTHLY	Non-member MONTHLY
<p><b>Personal Training Club:</b> Join the PT Club and get one-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.</p> <p>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.</p> <p><i>There is a three month minimum commitment in order to receive the discounted pricing.</i></p>	30-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$130	N/A
	30-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$260	N/A
	30-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$391	N/A
	45-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$189	N/A
	45-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$378	N/A
	45-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$567	N/A
	60-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$247	N/A
	60-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$494	N/A
	60-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$740	N/A

Personal Training		Age	Member FLAT FEE	Non-member FLAT FEE	
<p><b>Personal Training Packages:</b> One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.</p>	30-min Personal Training: (5) Sessions	12 yrs+	\$184	\$303	
	30-min Personal Training: (10) Sessions	12 yrs+	\$347	\$572	
	45-min Personal Training: (5) Sessions	12 yrs+	\$259	\$428	
	45-min Personal Training: (10) Sessions	12 yrs+	\$499	\$823	
	60-min Personal Training: (5) Sessions	12 yrs+	\$336	\$554	
	60-min Personal Training: (10) Sessions	12 yrs+	\$649	\$1,071	
	<b>First Time Client Promotion:</b> (3) 45-minute Sessions	Special pricing for first time personal training clients. Three 45-minute introductory sessions. All sessions must be used within 60 days of purchase.	12 yrs+	\$125	N/A

Partner Training		Age		Member FLAT FEE	Non-member FLAT FEE
<p><b>Partner Training Packages:</b> There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay on target!</p>	45-min Partner Training: (5) Sessions	12 yrs+	Pricing is per person	\$161	\$265
	45-min Partner Training: (10) Sessions	12 yrs+	Pricing is per person	\$299	\$494
	60-min Partner Training: (5) Sessions	12 yrs+	Pricing is per person	\$214	\$353
	60-min Partner Training: (10) Sessions	12 yrs+	Pricing is per person	\$400	\$660

Team Training			Age		Member FLAT FEE	Non-member FLAT FEE
<p><b>Team Training Packages:</b> Work with any of our motivating and experienced trainers in a TEAM setting of three to five participants. Perfect for neighbors, friends, school teams, etc.</p> <p>Teams will also be created by Y professional staff, giving you the greatest price value in personal training savings!</p>	3 People 45-min: (5) Sessions	12 yrs+	Pricing is per person	\$84	\$139	
	3 People 45-min: (10) Sessions	12 yrs+	Pricing is per person	\$147	\$243	
	3 People 60-min: (5) Sessions	12 yrs+	Pricing is per person	\$110	\$182	
	3 People 60-min: (10) Sessions	12 yrs+	Pricing is per person	\$200	\$329	
	4 People 45-min: (5) Sessions	12 yrs+	Pricing is per person	\$74	\$121	
	4 People 45-min: (10) Sessions	12 yrs+	Pricing is per person	\$126	\$208	
	4 People 60-min: (5) Sessions	12 yrs+	Pricing is per person	\$100	\$165	
	4 People 60-min: (10) Sessions	12 yrs+	Pricing is per person	\$179	\$295	
	5 People 45-min: (5) Sessions	12 yrs+	Pricing is per person	\$63	\$104	
	5 People 45-min: (10) Sessions	12 yrs+	Pricing is per person	\$105	\$173	
	5 People 60-min: (5) Sessions	12 yrs+	Pricing is per person	\$89	\$147	
	5 People 60-min: (10) Sessions	12 yrs+	Pricing is per person	\$158	\$260	

## WELLNESS TOOLS & PROGRAMS

Contact Andrea Brown with questions at [agbrown@ymcabhc.org](mailto:agbrown@ymcabhc.org)

Heart Strong			Age		Member FLAT FEE	Non-member FLAT FEE
<p>Heart Strong is a unique exercise program specifically for patients who've participated in Doylestown Health cardiac rehabilitation and want to maintain optimal heart and vascular health. A collaboration between Doylestown Health and community gyms, the Heart Strong program keeps patients fit with prescribed exercises from their cardiac rehab team. Participation in the program includes six weeks of full branch access.</p>						
<b>Heart Strong 6-Week Program</b>	(12) 30-minute Sessions	12 yrs+			\$415	\$415

InBody Scan			Age	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<p>Members receive a complimentary InBody scan with fitness consultation every 3 months with their YMCA membership. Additional scans may be purchased at \$25 per scan.</p>							
<b>InBody Scan</b>	Free every 3 months for YMCA members with consultation	12 yrs+	Additional available at:			\$25	\$40