



YMCA OF BUCKS AND HUNTERDON COUNTIES

EARLY FALL

PROGRAM GUIDE

Deer Path | Sep 10–Oct 31, 2023



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

PROGRAM REGISTRATION DATES:

- **Family Members: August 16** (online, phone or in-person)
- **Member: August 18** (online, phone or in-person)
- **Non-member: August 21** (online, phone or in-person)

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



8:22

You have agreed to receive messages from YMCA of Bucks and Hunterdon Counties. Reply HELP for help or STOP to cancel. Msg/data rates may apply.

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 and fill in the form indicating YES in the space next to the text alerts you would like to receive.

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

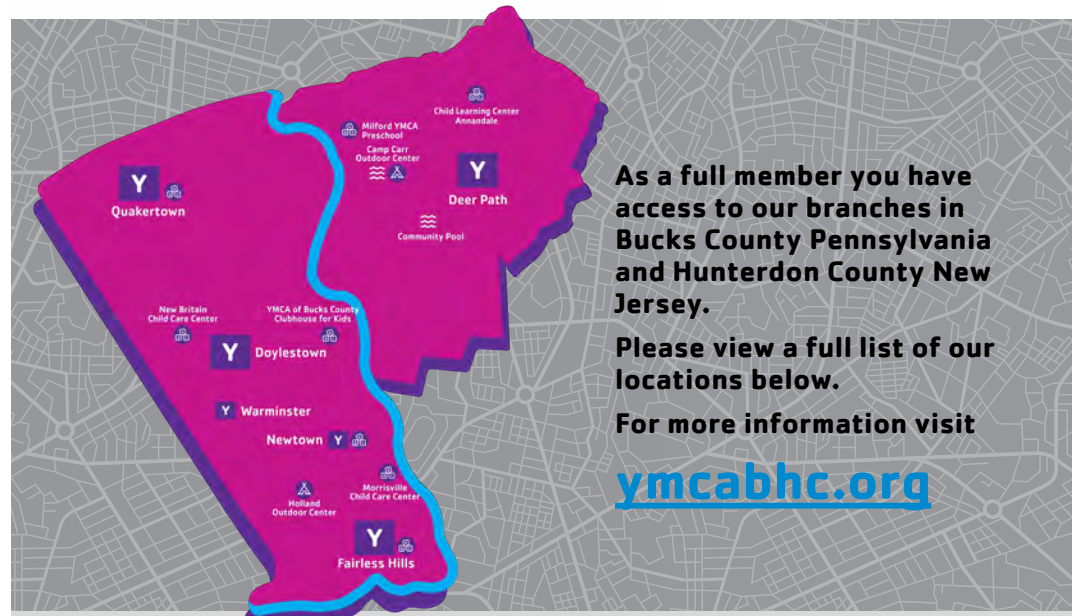
MONTHLY DRAFTS

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

Financial assistance is available for membership, programs and child care through an application process. In time of need, Y financial assistance provides assistance to individuals and families based on an application that takes household income, job loss and other special circumstances into consideration to determine a percentage of aid, based on a sliding scale. For full information and application details [click here to learn more.](#)



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



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 during our operating hours with no reservation required.

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 Wellness Scan](#)

For questions, prices, or to book a training package scan the QR code to the right.



Scan here to register

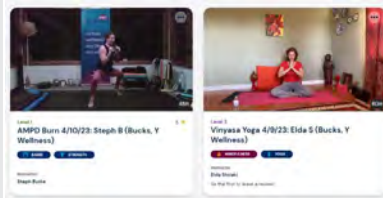


OPEN at the Doylestown branch!

Sips and Berries serving delicious smoothies and other healthy treats!

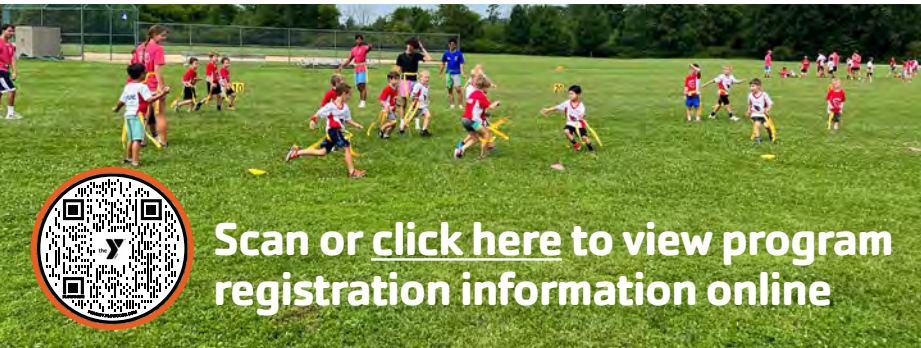
We are pleased to provide online access to group exercise classes and family and youth programs through our virtual platform, Y Wellness 24/7. This platform provides live and on-demand group exercise, sports and play programs with favorite instructors from 40 YMCAs. The platform also includes access to 80+ live classes each week and more than 7,500 Y-specific, on-demand classes in training, mindfulness, nutrition, stress management, and more.

24/7
Y Wellness



[Click here to enter our Y Wellness 24/7 website](#)

FALL PROGRAMS



Scan or [click here](#) to view program registration information online

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 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!

Begins Monday, October 2, 2023! [Click here to learn more!](#)



DOYLESTOWN SKATEPARK

Mon-Thurs 4-8 PM

Fri 10 AM-12 PM; 4-9 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.](#)

METRO ESPORTS GAMING LOUNGE

Doylestown Lounge

Mon-Fri 2:30-9 PM

Sat & Sun 2-6 PM

Warminster Lounge

Thurs 5-8 PM, Fri 3-7 PM, Sat 1-5 PM

[Click here for more information.](#)



NOW OPEN at our Warminster branch

Teamwork • Leadership • Safety • Inclusion

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 8:30 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



JOIN IN SEPTEMBER PAY NO JOIN FEE!

Visit ymcabucks.org 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.



SCAN THE QR CODE 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

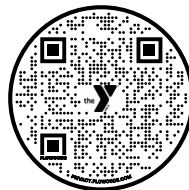
Apply at ymcabhc.org/hr and in person at the Welcome Center at one of our branches!

SMARTPHONE APP

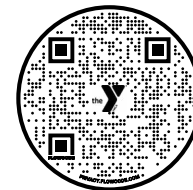
Our app includes a "find a class" feature, electronic access to schedules and links to our reservation system and virtual wellness platform. Keep track of your workouts and participate in member challenges. Turn on notifications, and you'll receive push notifications when there is important information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

HOW TO INSTALL:

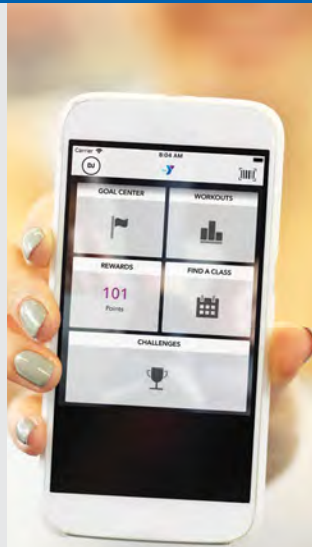
1. Visit your app store.
2. Search for "bucks & hunterdon ymcas" using the "&"
3. Download to your phone
4. Use your personal information to create an account



Download our app
for Android users



Download our app
for iPhone users



Available on the
App Store

GET IT ON
Google Play

METRO ESPORTS FALL GUIDE

DOYLESTOWN AND WARMINSTER BRANCHES



FREE TO MEMBERS! The Metro Esports gaming lounge and technology-based education center at the Doylestown and Warminster branches offers open access gaming for members and the community of all ages in addition to classes, leagues, and more!

FRIDAY NIGHT SERIES at Doylestown Y

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 and format, including Fortnite, Rocket League, NBA2k, Smash Ultimate, and others. Join with a team or register as a free agent to be matched with other players.

SATURDAY SHOWDOWN at Warminster Y

Every Saturday, join us for an open to close Fortnite Elimination Race! Players can participate solo or as teams. No minimums. The top three scores of the day can win Metro coin prizes and a \$10 V-Bucks gift card!

METRO COIN

The Metro Coin is a new currency that you can earn by playing games or completing in challenges that change regularly! They can be spent on prizes and educational courses!

GAMETIME AFTERSCHOOL PROGRAM (9/12/23) AT DOYLESTOWN Y

Step into the future with a safe and fun place for kids & teens after school with the addition of our new gaming and esports facility. Students will have time to complete homework and wind down after school before rotating between gym activities, swimming, and gaming and esports. After School Program is a weekly fee for either one day or two days per week, and follows the Central Bucks school calendar- no program on half days or closure days.

ROBLOX AND CODE (9/25/23) AT DOYLESTOWN Y

Our mission is to inspire and empower students participating in the Metro TechU camp! Students will explore Roblox and Roblox Studio, engaging their creativity to learn the basics of game development and programming through fun and interactive lessons. The Roblox & Code class teaches 3rd to 6th graders how to play Roblox and make their own fun platforming games using Roblox Studio. Students will learn how to use Roblox Studio and its tools to build simple game levels and add fun features like checkpoints.

OPEN LOUNGE HOURS

Doylestown YMCA
2500 Lower State Rd

Mon-Fri: 2:30 PM-9 PM
Sat-Sun: 2 PM-6 PM

215.348.8131

Warminster YMCA
624 York Rd

Thurs: 5 PM-8 PM
Fri: 3 PM-7 PM
Sat: 1 PM-5 PM

215.348.8131

[Visit ymcabhc.org/metro](https://ymcabhc.org/metro)

Financial assistance available for all gaming and esports memberships and programs.



Scan here to learn more

PRIVATE SWIM LESSONS

To arrange lessons, contact Brian Many at bmany@ymcabhc.org, 908.483.4969

Private Swim Lessons		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Private Swim Lessons: 1:1 Ratio Student / Instructor	(4) 30-minute lessons	3 yrs+					\$146	\$182
	(8) 30-minute lessons	3 yrs+					\$288	\$360
Semi-Private Swim Lessons: 2:1 Ratio Student / Instructor	(4) 45-minute lessons	3 yrs+			Pricing is per person		\$121	\$151
	(8) 45-minute lessons	3 yrs+			Pricing is per person		\$239	\$299

GROUP SWIM LESSONS

Questions? Contact Flora Mannino at fmannino@ymcabhc.org, 908.483.4924 or Christie Stymiest at cstymiest@ymcabhc.org, 908.483.4927

Parent & Child Swim Lessons		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
<i>Parent & Child Swim Levels - All classes are combined</i>								
Water Discovery & 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.	6 mos-3 yrs	Pool	Thu	9:15 AM	9:55 AM	\$84	\$139	
	6 mos-3 yrs	Pool	Fri	10:00 AM	10:40 AM	\$84	\$139	
	6 mos-3 yrs	Pool	Sat	9:00 AM	9:40 AM	\$84	\$139	
	6 mos-3 yrs	Pool	Sat	9:50 AM	10:30 AM	\$84	\$139	
	6 mos-3 yrs	Pool	Sun	9:00 AM	9:40 AM	\$84	\$139	
	6 mos-3 yrs	Pool	Sun	10:00 AM	10:40 AM	\$84	\$139	

Individual class levels may be full - a two month waitlist registration is available

Stingrays Swim Academy - Preschool

Stingrays Swim Academy - Preschool		Age	Swim Levels Offered	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Please select your child's level based on their age and ability. Not sure which lesson you or your child should register for? View our Swim Lesson selector here.								
Level 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.	3-5 yrs	1-4	Tue	4:00 PM	4:40 PM	\$84	\$139	
	3-5 yrs	1-3	Tue	4:50 PM	5:30 PM	\$84	\$139	
Level 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	1-3	Tue	7:05 PM	7:45 PM	\$84	\$139	
	3-5 yrs	1-2	Wed	10:50 AM	11:30 AM	\$84	\$139	
	3-5 yrs	1-4	Wed	4:00 PM	4:40 PM	\$84	\$139	
	3-5 yrs	1-3	Wed	4:50 PM	5:30 PM	\$84	\$139	
	3-5 yrs	1-2	Thu	10:50 AM	11:30 AM	\$84	\$139	
	3-5 yrs	1-4	Thu	4:00 PM	4:40 PM	\$84	\$139	
Level 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	1-3	Thu	4:50 PM	5:30 PM	\$84	\$139	
	3-5 yrs	1-2	Fri	9:15 AM	9:55 AM	\$84	\$139	

Level 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	1-3	Fri	4:00 PM	4:40 PM	\$84	\$139
3-5 yrs	1-2	Fri	4:50 PM	5:30 PM	\$84	\$139
3-5 yrs	1-4	Sat	9:00 AM	9:40 AM	\$84	\$139
3-5 yrs	1-4	Sat	9:50 AM	10:30 AM	\$84	\$139
3-5 yrs	1-4	Sat	10:50 AM	11:30 AM	\$84	\$139
3-5 yrs	1-4	Sun	9:00 AM	9:40 AM	\$84	\$139
3-5 yrs	1-4	Sun	9:50 AM	10:30 AM	\$84	\$139
3-5 yrs	1-4	Sun	10:50 AM	11:30 AM	\$84	\$139

Stingrays Swim Academy - School Age

Age	Swim Levels Offered	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
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Please select your child's level based on their age and ability. Not sure which lesson you or your child should register for? [View our Swim Lesson selector here.](#)

Level 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	1-5	Tue	4:00 PM	4:40 PM	\$84	\$139
6-12 yrs	1-4	Tue	4:50 PM	5:30 PM	\$84	\$139
6-12 yrs	1-6	Tue	7:05 PM	7:45 PM	\$84	\$139

Level 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	1-5	Wed	4:00 PM	4:40 PM	\$84	\$139
6-12 yrs	1-4	Wed	4:50 PM	5:30 PM	\$84	\$139
6-12 yrs	1-5	Thu	4:00 PM	4:40 PM	\$84	\$139

Level 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	1-4	Thu	4:50 PM	5:30 PM	\$84	\$139
6-12 yrs	1-5	Fri	4:00 PM	4:40 PM	\$84	\$139
6-12 yrs	1-4	Fri	4:50 PM	5:30 PM	\$84	\$139

Level 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	1-5	Sat	9:00 AM	9:40 AM	\$84	\$139
6-12 yrs	1-4	Sat	9:50 AM	10:30 AM	\$84	\$139
6-12 yrs	1-6	Sat	10:40 AM	11:20 AM	\$84	\$139

Level 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	4-6	Sat	11:30 AM	12:10 PM	\$84	\$139
6-12 yrs	1-5	Sun	9:00 AM	9:40 AM	\$84	\$139
6-12 yrs	1-4	Sun	9:50 AM	10:30 AM	\$84	\$139
6-12 yrs	1-6	Sun	10:40 AM	11:20 AM	\$84	\$139
6-12 yrs	5-6	Sun	11:30 AM	12:10 PM	\$84	\$139

Tween & Teen Aquatics

Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
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Tween & Teen - Swim Basics:

Nonswimmers and beginner swimmers become comfortable with underwater submersion as they learn personal water safety and survival skills including floating, paddle stroke and safely exiting the water in the event they fall in.

11-17 yrs	Pool	Sat	11:30 AM	12:10 PM	\$84	\$139
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Tween & Teen - 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.

11-17 yrs	Pool	Sun	11:30 AM	12:10 PM	\$84	\$139
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Competitive Clinic: Designed for swimmers who have passed Youth Level 5 and want to learn about competitive swimming while refining their technique in all four competitive strokes. Starts, turns and finishes are taught.	11-17 yrs	Pool	Sat	11:30 AM	12:10 PM	\$84	\$139
	11-17 yrs	Pool	Sun	11:30 AM	12:10 PM	\$84	\$139
Power Swim: Designed for students who have swim team experience and want the challenge of twice weekly workouts to improve technique, endurance and fitness levels. Great for staying in shape between sport seasons.	11-17 yrs	Pool	Tue & Thu	4:00 PM	4:40 PM	\$168	\$278

Adult Swim Lessons		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Adult Beginner	Designed for non-swimmers. Floating, treading and water safety are taught.	18 yrs+	Pool	Sat	12:15 PM	12:55 PM	\$84	\$139
Adult Intermediate	Basics of front crawl and backstroke are taught. Breaststroke is introduced.	18 yrs+	Pool	Sun	8:15 AM	8:55 AM	\$84	\$139

SWIM TEAM

Contact Jamie Sobel with questions at jsobel@ymcabhc.org or 908.483.4928

Stingrays Swim Team

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

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

		FALL/WINTER (Sep-Feb)	SPRING (Apr-May)	SUMMER (Jun-Jul)	2023-2024 Total Fee
Stingrays Competitive Team	Little Stingrays	\$154	\$110	\$99	\$1,342
	Junior 1	\$179	\$123	\$123	\$1,568
	Junior 2	\$190	\$190	\$171	\$1,862
	Junior 3	\$203	\$202	\$186	\$1,995
	Senior 2	\$247	\$234	\$219	\$2,385
	Senior 1B	\$247	\$234	\$219	\$2,385
	Senior 1A	\$289	\$247	\$234	\$2,697

Fees are charged monthly on the 1st according to the following fee schedule:

		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Stingrays Private Lessons	(1) 30-minute lessons						\$35	n/a
	(2) 30-minute lessons						\$66	n/a
	(4) 30-minute lessons						\$128	n/a

COMMUNITY AQUATIC PROGRAMS

Contact Flora Mannino with questions at fmannino@ymcabhc.org or 908.483.4924

Community Programs						Member FLAT FEE	Non-member Monthly Fee
	Age	Location	Day	Start Time	End Time		
Silver Otter Senior Swim Club: We all know it's better to work-out with our friends! Club members meet three times a week to swim, water walk, exercise, make new friends or connect with old ones. Swimming or exercising in water has been shown to improve circulation and flexibility, ease joint and back pain and improve mood and cognitive ability. Members will have access to water belts, swim barbells, kickboards and pool noodles.	62 yrs+	Pool	Tue / Thu / Fri	11:30 AM	1:00 PM	\$0	\$37
Special Olympics Swim Team: Mentally and physically challenged swimmers of all ages and levels are invited to join the Special Olympics Area 4 Swim Team. Athletes must be able to participate in a group and swim two lengths of the pool. To learn more go to: www.hcymca.org/special-olympics-swim-team/	8 yrs+	Pool	Mon / Sun	4:00 PM / 4:00 PM	4:45 PM / 5:00 PM	\$0	\$0

AMERICAN RED CROSS CLASSES

Contact Flora Mannino with questions at fmannino@ymcabhc.org or 908.483.4924

Lifeguard Training (Blended Learning)						Member FLAT FEE	Non-member FLAT FEE
	Age	Location	Day	Start Time	End Time		
Certification includes Lifeguarding, First Aid & CPR/AED for the Professional Rescuer. Attendance is required for all days in order to gain certification. Classes being offered are Blended Learning, which requires online course work and studying, PRIOR to the first in-person classroom session. Please provide a valid e-mail so the instructor can communicate with you prior to the start of class.							
Course 12	September 16 & 17	15 yrs+	Deer Path	Sat & Sun	10:00 AM	8:00 PM	\$340 / \$459
Course 13	October 14 & 15	15 yrs+	Deer Path	Sat & Sun	10:00 AM	8:00 PM	\$340 / \$459

Lifeguard Training Recertification						Member FLAT FEE	Non-member FLAT FEE
	Age	Location	Day	Start Time	End Time		
Includes pre-test, skill review and written and practical final test. Bring CPR mask. Re-certifies Red Cross Lifeguard, First Aid, CPR, O2 and AED for 2 years. Please complete the Blended Learning portion of the Red Cross Lifeguard course to review all videos and practice tests prior to attending. Link to review will be sent upon registration.							
Course 7	Sunday, September 17	15 yrs+	Deer Path	Sun	10:00 AM	7:00 PM	\$216 / \$292
Course 8	Sunday, October 15	15 yrs+	Deer Path	Sun	10:00 AM	7:00 PM	\$216 / \$292

CPR/AED & First Aid trainings are also available - view listings under Community & Family / American Red Cross Classes

YOUTH SPORTS

Questions? Contact Jacob Gleason at jgleason@ymcabhc.org

Fall Youth Leagues (Beginning September 2023)		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
NFL Flag Football	Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All players receive an NFL Team reversible jersey and flag belt. 7-9 age group will have two tournament days during the season: September 30 @ Fairless Hills and October 28 @ Doylestown.	5-6 yrs	Fields	Sun	9:45 AM	10:45 AM	\$109	\$147
		7-9 yrs	Fields	Sun	11:00 AM	12:00 PM	\$109	\$147

Youth Basketball Leagues (Beginning November/December 2023)		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Preseason Basketball	Get ready for the Junior Sixers League with a 4-week preseason program. Session runs from November 1-November 29 (does not meet on November 22). Program works specifically on skill development and understanding of the game. Each class will end with a short game.	4-5 yrs	Gymnasium	Wed	5:00 PM	6:00 PM	\$45	\$74
		6-7 yrs	Gymnasium	Wed	6:00 PM	7:00 PM	\$45	\$74
		8-10 yrs	Gymnasium	Wed	7:00 PM	8:00 PM	\$45	\$74
Junior Sixers Basketball	Season will run for 10 weeks from December 6-February 7. Each week you will have a different opponent. Each session will be split between skill development and instructional game play. Each player will receive a reversible Junior Sixers jersey. Team size will be capped at 10 players.	4-5 yrs	Gymnasium	Wed	5:00 PM	6:00 PM	\$113	\$187
		6-7 yrs	Gymnasium	Wed	6:00 PM	7:00 PM	\$113	\$187
		8-10 yrs	Gymnasium	Wed	7:00 PM	8:00 PM	\$113	\$187

Youth Sports & Enrichment		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Home School Gym & Swim	The Home School Program consists of team sports and fun group activities. Children will learn proper exercising, play sports, swim and participate in fitness games, relays, and obstacle courses. After class, kids stay and have lunch and socialize with friends. Must bring your own lunch. Parents do not need to stay.	4-12 yrs	Gymnasium	Mon	11:00 AM	2:00 PM	\$77	\$126
Obstacle Ninja	Run through an obstacle course like a ninja! Train to do just that with strength and conditioning exercises, daily challenges, and ninja courses.	1.5-3 yrs	Gymnasium	Sun	9:15 AM	9:55 AM	\$42	\$69
		4-6 yrs	Gymnasium	Sun	10:10 AM	10:50 AM	\$42	\$69
		6-10 yrs	Gymnasium	Sun	11:00 AM	11:40 AM	\$42	\$69
Fall Soccer	Introductory soccer class that teaches fundamentals. Each class has a 20 minute practice and 20 minute game.	2-4 yrs	Fields	Sat	9:45 AM	10:25 AM	\$42	\$69
		5-8 yrs	Fields	Sat	10:30 AM	11:10 AM	\$42	\$69
		9-12 yrs	Fields	Sat	11:15 AM	11:55 AM	\$42	\$69

Parent & Child		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Kindergym Jr	Come learn and explore the basics of Tumbling and Gymnastics. Children will learn basic skills that help them grow in the sport.	18 mos -3 yrs	Gymnasium	Thu	10:00 AM	10:30 AM	\$42	\$69

Bubbles, Bounce & Gym	Gym is transformed into a play area with bubbles and activities designed to support skill development. Bouncing, climbing, sliding, and movement, complimented by music, craft option, and snack. Children ages 1.5-3 must have parent/guardian present.	1.5-5 yrs	Gymnasium	Mon	9:50 AM	10:30 AM	\$42	\$69
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Free Member Classes

		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Jump, Run, Tumble Fun	Play on our indoor gymnastic equipment playground. Great place to let out energy. Parents are required to stay with children.	0-5 yrs	Gymnasium	Wed	9:50 AM	10:30 AM	\$0	n/a

Karate & Martial Arts

		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Contact Jack Atwell with questions at jatwell@ymcabhc.org								
Kids Karate: Beginner	Elements of balance, coordination and agility will be taught. Basic Karate techniques will be introduced.	5-6 yrs	Gymnasium	Sat	9:00 AM	9:45 AM	\$35	\$57
Youth Martial Arts: Beginner (White Belts)	Get your body and mind active! Beginner students will learn the basic blocks, kicks, forms, strikes and self-defense in the Isshinryu style of Karate. Students will develop self-confidence, self-control and respect for themselves and others.	7-14 yrs	Gymnasium	Sat	10:00 AM	11:00 AM	\$46	\$76
Youth Martial Arts: Beginner (Yellow, Orange, & Green Belts)	Advanced students will continue their journey in Isshinryu Karate with techniques and self-defense strategies. Develop stamina, mental focus and camaraderie with fellow students. Controlled sparring introduced.	7-14 yrs	Gymnasium	Sat	11:15 AM	12:15 PM	\$46	\$76
Black Belt/Brown Belt Martial Arts	This is the time to learn advanced techniques and concepts. Students will pursue an in depth analysis of kata, sparring and self-defense, as well as the mental and spiritual aspects that will help them move forward.	10 yrs+	Gymnasium	Sat	12:30 PM	2:00 PM	\$67	\$111
Adult Martial Arts	Traditional Martial Arts class taught in a comfortable environment. Attain mental and physical growth. Learn to defend yourself, relieve stress and have fun.	15 yrs+	Gymnasium	Mon	7:00 PM	8:30 PM	\$67	\$111

ARTS & HUMANITIES

Contact Jill Dextraze with questions at jdextraze@ymcabhc.org

Dance

Appropriate Dance attire required.

Pre Ballet/Ballet: *Girls-leotard (any style/color), tights, ballet slippers (canvas or leather); Boys-dance pants/shorts, t-shirt, ballet slippers (canvas or leather).*

Tap: *any style tap shoes. Kid Hop: comfortable clothes/sneakers.*

		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Petite Feet	A wonderful introduction to the joy of dance! Children will march, jump, and twirl as they learn ballet using props, imagery, and games. Children will develop grace and coordination in a fun, nurturing environment.	3-4 yrs	MPR	Thu	4:30 PM	5:10 PM	\$42	\$69
		3-4 yrs	MPR	Sat	10:50 AM	11:30 AM	\$42	\$69
Kid Hop	A fun, high energy class for young beginners. Focus is on rhythm, coordination, and basic dance skills while introducing the 5 elements of Hip-Hop through games, music, and choreography.	6 yrs+	Fitness Studio	Mon	4:30 PM	5:10 PM	\$42	\$69

Ballet I/Tap	The perfect combination class for 4 to 6 year olds - Ballet promotes coordination, balance, and grace while tap develops a sense of rhythm, timing, and musicality. An exciting introduction to dance!	4-6 yrs	MPR	Tue	5:30 PM	6:30 PM	\$53	\$87
		4-6 yrs	MPR	Sat	11:45 AM	12:45 PM	\$53	\$87
Ballet II & III/Tap	This combination of ballet and tap dance will further develop the dance skills learned at the previous level. Focus will be on technique and strength. Tap basics will be expanded.	7 yrs+	MPR	Thu	5:30 PM	6:30 PM	\$53	\$87
		7 yrs+	MPR	Sat	1:00 PM	2:00 PM	\$53	\$87
Try Out Tap Workshop	For those who have been looking for a chance to try out Tap for the first time. Geared toward the beginner dancer, we will cover the basic technical vocabulary, rhythms and music concepts used in tap dance in a friendly environment. Wear comfortable cloths and tap shoes.	Open	Fitness Studio	Mon	6:45 PM	7:45 PM	\$53	\$87
Adult Tap I	Basic beginner is perfect if you're brand new to tap dance or are returning after a long hiatus. We will focus on basic vocabulary and technique.	18 yrs+	Fitness Studio	Mon	5:30 PM	6:30 PM	\$53	\$87
Adult Tap II	For those comfortable with basic technique steps like shuffles, flaps, cramp rolls, and paradiddles. We will focus on clarity in your technique, musicality, and combination steps like Buffalo, Maxi Ford and Time Steps.	18 yrs+	Fitness Studio	Tue	7:00 PM	8:00 PM	\$53	\$87
Adult Tap III	For those with their technical vocabulary down. We will work on longer phrases, faster footwork and start trick steps like pullbacks and wings.	18 yrs+	Fitness Studio	Thu	6:45 PM	7:45 PM	\$53	\$87

Art Classes		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Messy Me	Creativity unlimited! Kids will have fun making a mess using jello, spray/splatter paint, pudding, making ooze/goop and more! And the best part is, the mess stays with us! Wear old clothes, smocks will be provided.	2.5-5 yrs	Gymnasium	Tue	9:30 AM	10:10 AM	\$42	\$69
Mixed Arts	Learn different styles of art using a variety of fun techniques. Projects will include watercolors, paint, markers, pastels, & more!	5-10 Yrs	Conference Room	Tue	5:30 PM	6:10 PM	\$42	\$69

ADULT PROGRAMS

Questions? Contact Jacob Gleason at jgleason@ymcabhc.org

Adult & Teen Pickleball		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
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View the [Pickleball schedule on our website](#) for a full list of group play times available to members.

Beginner Pickleball	Learn the basics of pickleball and get used to the game! Our instructors have plenty of experience playing and are great to work with to get your skills to the highest level!	18 yrs +	Gymnasium	Wednesday	11:00 AM	12:00 PM	\$45	\$74
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Adult Recreation

	Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Open Game Room: Our Stay & Play room will be transformed into a space where adults of all ages can come and enjoy some friendly competition. Open tables will be provided for games such as Mahjong, Cards, Dominoes , and more. Bring Your Own Games! Table spots will be a first come, first serve basis	18 yrs+	Varies	Tue & Fri	12:30 PM	3:30 PM	\$0	\$37

COMMUNITY & FAMILY

Hunterdon Branches | Early Fall

FAMILY & TEEN

Questions? Contact Jacob Gleason at jgleason@ymcabhc.org

Family Events

Join us for our Free Family Fun Friday nights for our members. Each Friday one of our branches will host a free family activity for membership only. One member of the family needs to register.

	Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Nerf Night: Friday, September 15	All ages	Deer Path	Fri	6:00 PM	8:00 PM	\$0	n/a
Bring in your brand new NERF blasters or borrow ours and come and enjoy an eventful program at the Y that includes blasting, dodging, and tons of fun NERF games!							

Teen Programs

Model United Nations:

Model UN introduces students to the operation and structure of the United Nations while providing an opportunity to actively learn about world cultures and debate issues of international importance through weekly meetings. The program culminates in a three day conference at the Hershey Lodge and Conference Center at which students from New Jersey, Pennsylvania and Delaware, New York and Connecticut work together to produce and debate solutions to these issues. Clubs are held at North Hunterdon and Voorhees High Schools and Readington and JP Case Middle Schools. Students from other districts can contact Len Yacullo at lyacullo@ymcabhc.org for more information.

PARENT'S NIGHT OUT

Questions? Contact Jacob Gleason at jgleason@ymcabhc.org

Deer Path Parent's Night Out (PNO)

Mark your calendar, PNO is held monthly on the second and fourth 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)*

(1) child						\$29	\$49
(2) children <i>(requires phone or in person registration)</i>						\$41	\$68
(3) children <i>(requires phone or in person registration)</i>						\$48	\$80

Parent's Night Out

Friday, September 8	4-12 yrs		Fri	5:30 PM	9:00 PM	<i>Pricing listed above</i>	
Friday, September 22	4-12 yrs	Deer Path	Fri	5:30 PM	9:00 PM	<i>Pricing listed above</i>	
Friday, October 27	4-12 yrs		Fri	5:30 PM	9:00 PM	<i>Pricing listed above</i>	

STAY & PLAY

Contact Pamela Gardinsky with questions at pgardinsky@ymcabhc.org

Member Use - Open Hours

While you workout or utilize the facility, your children 8 weeks through 13 years old can play and have fun in Stay & Play. FREE to members (children of adult members and youth members). Visit the Stay & Play page on www.ymcabhc.org for detailed information. Non-members may utilize Stay & Play for \$3 per child per visit.	8 wks-13 yrs	Deer Path				Mon-Thu 8:30-11:30 AM Mon-Thu 4:00-7:30 PM Fri 8:30-11:30 AM Sat 8:00-11:00 AM
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AMERICAN RED CROSS CLASSES at ROUND VALLEY

Contact Jeanne Imholz with questions at jimholz@ymcabhc.org

Lay Responder CPR/AED & First Aid		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Lay Responder CPR/AED & First Aid Certification	September 2	17 yrs+	Round Valley Branch	Sat	11:00 AM	3:30 PM	\$110	\$120
	September 16	17 yrs+		Sat	11:00 AM	3:30 PM	\$110	\$120
	October 14	17 yrs+		Sat	11:00 AM	3:30 PM	\$110	\$120
	October 28	17 yrs+		Sat	11:00 AM	3:30 PM	\$110	\$120
	November 4	17 yrs+		Sat	11:00 AM	3:30 PM	\$110	\$120
	November 18	17 yrs+		Sat	11:00 AM	3:30 PM	\$110	\$120

American Red Cross Class. All classes include Adult, Child, Infant CPR/AED/First Aid 2 Year Certification. Classes are subject to change based on enrollment. Confirmation via email sent the week before class. Classes are non-refundable. 17 yrs or older.

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

COMMUNITY & FAMILY

All Branches | Early Fall

For questions or inquiries on availability, contact:

Camp Carr - Kristin Heimall, kheimall@ymcabhc.org

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

Quakertown - Becky Musselman, bmusselman@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 & Esports 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 & Esports 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
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	<i>YMCA Members & Esports Members:</i> \$299
Warminster	<i>Non-members:</i> \$384
Warminster	<i>Additional hour:</i> \$160

Skatepark Party					Member	Non-member
	Branch Location	Day	Start Time	End Time	FLAT FEE	FLAT FEE
Skatepark Party						
Available seasonally upon request, during shared hours with community members.						
	Doylestown	Saturdays	3:30 PM	5:30 PM	\$308	\$385

RENTALS

After Hours Full Facility Rental					Member	Non-member	
	Branch Location	Day	Start Time	End Time	FLAT FEE	FLAT FEE	
After Hours Full Facility Rentals							
Pool, gymnasium, locker rooms, studios.							
	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				Member	Non-member		
	Branch Location	Day	Available Hours	RENTAL FEE	RENTAL FEE		
Individual Space Rentals at hourly rates	Teen Center / Pavilions	Doylestown	Sat / Sun	2:00 PM-9:30 PM	\$74	\$151	
					<i>Additional fee for rentals after 6:00 PM:</i>	\$103	\$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	
Holland Pool Rental	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				Member	Non-member
		Day	Available Hours	RENTAL FEE	RENTAL FEE
Camp Carr Rental	A campground that operates April-October.				<i>Call for availability and pricing</i>

PERSONAL TRAINING

Contact Nicole Martorella with questions
at nmartorella@ymcabhc.org

Personal Training Club		Age	Member MONTHLY	Non-member MONTHLY
Personal Training Club: 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. <i>There is a three month minimum commitment in order to receive the discounted pricing.</i>	30-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$105	N/A
	30-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$210	N/A
	30-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$315	N/A
	45-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$170	N/A
	45-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$340	N/A
	45-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$510	N/A
	60-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$232	N/A
	60-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$464	N/A
	60-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$696	N/A

Personal Training		Age	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE	
Personal Training Packages: One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.	30-min Personal Training: (5) Sessions	12 yrs+			\$152	\$251	
	30-min Personal Training: (10) Sessions	12 yrs+			\$284	\$468	
	45-min Personal Training: (5) Sessions	12 yrs+			\$231	\$381	
	45-min Personal Training: (10) Sessions	12 yrs+			\$441	\$728	
	60-min Personal Training: (5) Sessions	12 yrs+			\$310	\$511	
	60-min Personal Training: (10) Sessions	12 yrs+			\$599	\$988	
	First Time Client Promotion: (3) 45-minute Sessions	Special pricing for first time personal training clients. Three (3) 45-minute introductory sessions.	12 yrs+			\$125	N/A

Partner Training		Age	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Partner Training Packages: There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay on target!	45-min Partner Training: (5) Sessions	12 yrs+		Pricing is per person	\$142	\$234
	45-min Partner Training: (10) Sessions	12 yrs+		Pricing is per person	\$252	\$416
	60-min Partner Training: (5) Sessions	12 yrs+		Pricing is per person	\$184	\$303
	60-min Partner Training: (10) Sessions	12 yrs+		Pricing is per person	\$336	\$554

Team Training			Member	Non-member	
			FLAT FEE	FLAT FEE	
			Age		
<p>Team Training Packages: 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.

Renew You			Member	Non-member
			FLAT FEE	FLAT FEE
			Age	
8 Weeks 8 Habits: Renew You	Mondays, October 16-December 4	40 yrs+	\$360	\$504

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 8PM on Mondays.