



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPRING I 2019
FEB 24-APR 20

OPEN
Full Member Registration

FEB 4
Program Member Registration

FEB 11
Non-Member Registration

SPRING II 2019
APR 21-JUN 15

OPEN
Full Member Registration

APR 1
Program Member Registration

APR 8
Non-Member Registration

**FIND YOUR
HAPPY PLACE
HERE**

**YMCA OF
BUCKS COUNTY | Quakertown**

MESSAGE FROM OUR PRESIDENT/CEO



Dear Friends,

At the Y, we often use the phrase 'here for you' when speaking about our service to our members and the community. This photo, taken at a recent staff gathering, represents all of those people who make this promise each day. We are the staff of YMCA of Bucks County.

This impressive team brings extensive knowledge in fitness, nutrition, swimming, youth development, special abilities, summer camp and so much more.

Now that we are one Y across all of Bucks County, our staff is ready to serve you in any of our five member branches, five youth education centers or ten camp sites. **Each location brings something different but at every YMCA of Bucks County location, our team is ready, willing and able to help you reach your goals and strengthen our community.**

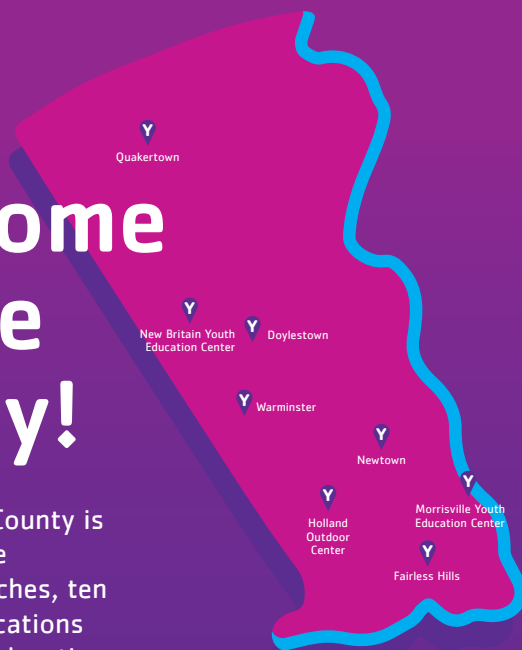
Stop over, say hello, and find out how the Y can serve you and our community. See you at the Y.

Bucks County Strong,

Zane Moore, President/CEO
YMCA OF BUCKS COUNTY

Welcome to the family!

YMCA of Bucks County is comprised of five full-service branches, ten summer camp locations and four youth education centers and YOU have access to them all. Enjoy member rates and visit privileges at all of our branches.



**Try something
new at YMCA
of Bucks County!**

Find out more at ymcabucks.org



BOARD & LEADERSHIP

YMCA OF BUCKS COUNTY Association Board of Directors

Fran Cardaci, Chief Volunteer Officer
Paul Kawoczka, Secretary
Allen Childs, Treasurer

Daniel Bradley
Curtis J. Cowgill
Sarah Eastburn, Esquire
Greg Ede
Sara Friedman
Colby Grim, Esquire
Tom Grundman
Todd Hurley
Rich Lovely
Lorraine Lucisano
Jim McDonald
Brian McLeod
Rob Robinson
Matthew Rosato
Dale Westwood
Nick Yelicanin

UPPER BUCKS REGION Advisory Board

Nick Yelicanin, CVO
Colby Grim, Vice Chair
Greg Ede, Treasurer
Sara Friedman, Secretary
Peter Blackmore
Justin Brown
Nancianne Edwards
David Freeman
J.R. Hager
Bridget O'Connell
Dennis Pflieger
Larry Serge
Ryan Sevenski
Dale Westwood

YMCA OF BUCKS COUNTY Executive Leadership

Zane Moore, President/CEO
Virginia Doyle, Chief Financial Officer
Tricia Feintheil, Chief Operating Officer
Debbie Sontupe, Chief Development Officer
Janet Felder, VP, Human Resources
Amanda Wappes, VP, Marketing/Communications
Jen Gaj, Interim Branch Executive

You BELONG from the start.
When you join the Y, you join a community. **Welcome home.**



building REAL relationships.

- Families spend quality time together
- Kids play and learn in a positive environment
- Teens have fun and develop life skills
- Adults connect while pursuing health and wellness
- Individuals with special needs find friendship and belonging
- Communities thrive and give back together



feeling healthier TOGETHER.

- 90 weekly adult land and aquatic exercise classes
- 20+ youth and family classes
- Teen classes, events and clubs
- Fun fitness challenges
- Child care while you work out



our home is YOUR HOME.

- Fitness center and studios
- Indoor pool
- Gymnasium
- Nationwide Y membership

SPRING 2019

CURRENT SESSION

SPRING 1: FEB 24-APR 20
SPRING 2: APR 21-JUN 15

CAMP

JUNE 17-AUG 29

STAY CONNECTED

Facebook @ymcaquakertown
Twitter @ymcaquakertown
Download our Mobile App



FACILITY HOURS

| | |
|-----------|---------------|
| MON-THUR | 5 AM-10:00 PM |
| FRI | 5 AM-8:30 PM |
| SAT & SUN | 6:00 AM-8 PM* |

POOL HOURS

Pool and sauna close
30 minutes prior to facility.
*Pool and sauna close at 5:30 PM on Saturday and Sunday except for rentals.

CLOSED

SUN APR 21, Easter
MON MAY 27, Memorial Day



Sign up for
SUMMER CAMP NOW OPEN

Visit ymcabucks.org

*Financial Assistance applications due by **MAR 1!**





MEMBERSHIP

MEMBERSHIP & PROGRAM REGISTRATION

CONTACT ALLYSON FOX
x106 or afox@ymcabucks.org

Register in-person or online at ubymca.org.

MEMBERSHIP POLICIES

Additional information about your membership and our policies and procedures are available online at ubymca.org

CORPORATE MEMBERSHIPS AVAILABLE

Contact Allyson Fox at afox@ymcabucks.org or x106

PROGRAM MEMBERSHIP

Program Membership program pricing is for those with active Program Memberships. This membership type is no longer available.

GUEST FEES

Must complete a guest waiver. First time guests must bring a photo ID and sign guest waiver. Guests younger than 18 years old must have a parent/guardian sign a waiver. Each guest fee is good for one visit to the Y. Up to two guest fees, purchased within the month, may be used toward the purchase of a full privilege membership. Some restrictions may apply.

| | |
|------------------------|---|
| YOUTH 0-4 YRS | FREE (Accompanied by a paying adult guardian) |
| YOUTH 5-15 YRS* | \$5 with member \$7 without |
| ADULT 16 YRS+ | \$10 with member \$12 without |
| FAMILY | \$25 with member \$28 without |

*Ages 5-8 must be accompanied by an adult, under 12 must have an adult on premises.

KIDS KORNER

BABYSITTING | 6 weeks-11 yrs
Room donated by Randall & Joan Ocamb

Available to adults with a Full Privilege Membership

MON | 8:45 AM-3 PM
4:30-8:30 PM

TUE-FRI | 8:45 AM-1 PM
4:30-8:30 PM

SAT | 8:15 AM-2 PM

SUN | 9:30 AM-2 PM

HOURS

PLEASE NOTE: Guardian must remain in the building

EVENTS CALENDAR

FRI MAR 15

16th ANNUAL CHOCO-LOTTA

6:30-10 PM | \$90 pp, DeSales University
Complete with a fun beach theme, our annual event will feature silent auctions, elegant food stations, open bar and plenty of chocolate! Proceeds benefit our 'Send a Kid to Camp' appeal.

SUN MAR 17 | SHAMROCK SHAKE

Join us for this festive fitness event! More details online and at the Welcome Center.

SAT APR 20 | AEROBATHON

A group exercise, aerobic marathon event for all! More details online and at the Welcome Center.

SAT APR 27 | HEALTHY KIDS DAY

The national YMCA day devoted to families with a focus on the health and wellness of our children.

SAT APR 27 | SUPER HERO FUN RUN

Join us for this fun event!
Kids are encouraged to run in costume.

SAT MAY 11 | BUCKS COUNTY STRONG 5K

at Doylestown Branch

JUNE 3-14 | BUCKS COUNTY SENIOR GAMES

The Y is partnering with the Area Agency on Aging and Bucks County Community College to host the games this year for a week+ of friendly, county-wide competition and camaraderie. New events for 2019! bit.ly/seniorgames1

Membership TYPES

| | join fee | monthly draft |
|---|----------|---------------|
| YOUTH Through 15 yrs of age | \$50 | \$19 |
| 7TH GRADE | - | FREE |
| YOUNG ADULT/COLLEGE 16-25 yrs or full time college student | \$50 | \$24 |
| ADULT 26-61 yrs | \$50 | \$42 |
| SENIOR ADULT 62 yrs+ | \$50 | \$38 |
| MILITARY/FIRST RESPONDERS ADULT | \$50 | \$38 |
| FAMILY (ADULTS & ALL DEPENDENTS) 2 adults & all dependents up to age 26 residing in same household | \$75 | \$68 |
| SENIOR COUPLE One individual is 62 yrs+ | \$75 | \$58 |
| MILITARY/FIRST RESPONDERS FAMILY* 2 adults & all dependents up to age 26 residing in same household. *Active duty/career retired military and commuity first responders. | \$75 | \$58 |

QUESTIONS ABOUT...

CONTACT

| | |
|----------------------------------|---------------------------------------|
| Ability Programs (Special Needs) | Laura Waite x108 |
| Arts & Humanities | Stephanie Weachter x113 |
| Camp | Welcome Center |
| Donate to the Y | Shannon Connolly 215-348-8131 x1188 |
| Financial Assistance | Allyson Fox x106 |
| Wellness Center | Megan McCuen x120 |
| Group Exercise | Megan McCuen x120 |
| Gymnastics | Janine Brown x116 |
| Kids Korner | Allyson Fox x106 |
| Lifeguard Certification | Becky Musselman x126 |
| Tae Kwon Do | David Evans x114 |
| Membership | Allyson Fox x106 |
| Parties at the Y | Welcome Center |
| Personal Training | Megan McCuen x120 |
| Sports and leagues | David Evans x114 |
| Swim Lessons (Private & Group) | Becky Musselman x126 |
| Swim Team | Sara Siegel x125 |
| Youth Education Center | Carlie Bearn x130 |

CONTACT US | STAFF

ARTS & HUMANITIES WORKSHOPS

GIRL POWER MONTHLY WORKSHOPS

Girl power is a monthly workshop that is designed for tween and teen girls to explore things like self-esteem, self-discovery, stress management, and healthy decision making. Each workshop will coordinate a fun group discussion with a craft or art project related to that month's theme. These workshops are geared towards being comfortable with yourself and growing into a healthy young woman. These workshops are led by a certified therapist.

| | | | |
|-------------------|---|--|---|
| Ages: 10-14 years | Tuesday, March 19, 7:30-9:00 pm Tuesday, April 16, 7:30-9:00 pm Tuesday, May 14, 7:30-9:00 pm | Spring 1 (29255) Spring 1 (29256) Spring 2 (29257) | Full Member: \$20 Program Member: \$25 Non-Member: \$25 |
|-------------------|---|--|---|

CANVAS PAINTING WORKSHOPS

Drop your child off for a fun night of painting a canvas creation. No drawing or painting experience is necessary; they will be led step by step. Pack a snack to share and tell your friends! New projects will be displayed at the Welcome Center prior to the workshop.

| | | | |
|------------------|--|--------------------------------------|---|
| Ages: 8-14 years | Friday, March 29, 6:00-7:30 pm, Bunny Friday, May 24, 6:00-7:30 pm, Flowers | Spring 1 (29258) Spring 2 (29259) | Full Member: \$25 Program Member: \$30 Non-Member: \$30 |
|------------------|--|--------------------------------------|---|

COOKING WORKSHOPS

Spring 1: Drop the kids off for fun night of making some healthy snacks! We will be making cauliflower egg cups, apple oat bites and butternut squash mac and cheese. **Spring 2:** Ciao Italia! We will be creating some Italian cuisine in this two hour workshop! Grandma's meatballs, creamy alfredo and of course some garlic bread!

| | | | |
|------------------|--|--------------------------------------|---|
| Ages: 8-14 years | Friday, March 1, 6:00-8:00 pm Friday, May 3, 6:00-8:00 pm | Spring 1 (29260) Spring 2 (29261) | Full Member: \$30 Program/Non-Member: \$35 |
|------------------|--|--------------------------------------|---|

PARENT AND CHILD COOKING WORKSHOP

Bring your little ones in and make yummy treats! We will be making homemade soft pretzels and some yummy dipping sauces!

| | | | |
|-----------------------------|--------------------------------|------------------|---|
| Ages: 5-8 years with parent | Friday, March 22, 6:00-7:30 pm | Spring 1 (29262) | Full Member: 1 child/\$40; 2 children/\$55 Program/Non-Member: 1 child/\$50; 2 children \$65 |
|-----------------------------|--------------------------------|------------------|---|

KITCHEN SCIENCE WORKSHOP

A fun, messy night of science! We'll dig into the kitchen cabinets and see what kind of "science trouble" we can get into.

| | | | |
|------------------|-------------------------------|------------------|---|
| Ages: 8-14 years | Friday, April 5, 6:00-8:00 pm | Spring 1 (29263) | Full Member: \$30 Program/Non-Member: \$35 Non-Member: \$35 |
|------------------|-------------------------------|------------------|---|

SWEET TREATS WORKSHOPS

Spring 1: Another Friday night of Sweet Treats fun! We will be making some healthy sweet treats this time around. With ingredients like chic peas, bananas, oatmeal, peanut butter and graham crackers, there will definitely be something for everyone! **Spring 2:** In this two hour workshop we will be making a variety of treats. Whoopie pies, fudge and some simple, three ingredient cookies!

| | | | |
|------------------|--|--------------------------------------|---|
| Ages: 8-14 years | Friday, April 12, 6:00-8:00 pm Friday, May 17, 6:00-8:00 pm | Spring 1 (29264) Spring 2 (29265) | Full Member: \$30 Program/Non-Member: \$35 Non-Member: \$35 |
|------------------|--|--------------------------------------|---|

PARENT AND CHILD SWEET TREATS WORKSHOPS

In this "sweet" workshop we will be making some 3 ingredient, no bake cookies and rainbow banana bites!

| | | | |
|-----------------------------|------------------------------|------------------|---|
| Ages: 5-8 years with parent | Friday, May 31, 6:00-7:30 pm | Spring 2 (29266) | Full Member: 1 child/\$40; 2 children/\$55 Program/Non-Member: 1 child/\$50; 2 children \$65 |
|-----------------------------|------------------------------|------------------|---|

CHILDCARE

Licensed with the Pennsylvania Department of Human Services and Education



Proud Keystone Stars Participant providing high quality childcare and partner with United Way of Bucks County.

We believe the values and skills learned here early in life are vital building blocks for a healthy, high quality life. At the Y, we teach children skills to grow into confident individuals who make smart life choices.

We are an equal opportunity care provider and offer financial assistance for those who qualify. If your family would like to apply, please fill out a financial assistance application available at the Welcome Center or on our website at www.ubymca.org. For rates or to schedule a tour, please contact Carlie Bearn, Childcare Director at 215-536-YMCA (9622) ext. 130 or cbearn@ymcabucks.org.

We will be open on schools' in-service days and holidays except New Year's Day, Memorial Day, Labor Day, Thanksgiving, and Christmas. We will also be closed for two teacher in-service days (in February and June). The childcare programs run the length of the Quakertown Community School District school year. Traditional Summer Camp supplements the year, and requires separate registration. There is no additional fee for your child who is already enrolled in our childcare program to attend a full day if schools are closed and we are open. Full payments are expected even if your child does not attend. When Y childcare is closed for a holiday or snow day, your childcare weekly fee will not be pro-rated. Daily clients may not substitute another day for a holiday closing.

SPECIAL ACTIVITIES: Weekly Swimming and Lesson (Pre-K & Kindergarten), Weekly Swimming (After Care), Weekly Gym time (Pre-K, Kindergarten, Before & After Care), and Weekly Music class (Pre-K).

SUBSIDIZED CARE is available: Please pick up a Financial Assistance application at our Welcome Center or visit www.ubymca.org. The Y is an ELRC provider through Early Learning Resource Center.

WHEN SCHOOLS ARE CLOSED: We will be open when schools are closed due to in-service days, holidays (some exceptions apply), and inclement weather (if the Y is open). Weekly fees will remain the same whether your child attend or not due to any reason.

MULTI-CHILD SAVINGS: Get 10% off for each additional child in the same family, when enrolling in any of our childcare programs. (Please be sure to fill out separate forms for each child). For rates and to schedule a tour, please contact Carlie Bearn, Childcare Director at 215-536-YMCA (9622) ext. 130 or cbearn@ymcabucks.org.

PRESCHOOL/PRE-K

The Y Pre-K is intended to help children shine and prepare themselves emotionally, socially and academically for kindergarten. Our Pre-K class follows "Creative Curriculum" which allows us to focus on the children's interests, abilities, learning styles, and needs. Our lesson plans are rich in learning content that incorporates the PA Early Learning Standards.

Ages: 3-5 years (prior to Kindergarten)

Full Day Pre-K Enrichment:

Time: 6:15 am-6:00 pm
Fee: Full Privilege Member \$195/week
Program/Non-Member \$217/week

Half Day Pre-K Enrichment:

Time: 6:15-11:30 am
Fee: Full Privilege Member \$150/week
Program/Non-Member \$172/week

Partial Day Pre-K Enrichment:

Time: 9:00-11:30 am
Fee: Full Privilege Member \$105/week
Program/Non-Member \$127/week

BEFORE & AFTER SCHOOL CARE

This program includes transportation to and from (or to) all elementary schools in the Quakertown Area School District. Also includes learning centers, homework time, structured gym classes, weekly swim time for After School Care, group projects and games. **There is no additional fee for your child who is already enrolled in our childcare program to attend a full day if schools are closed and we are open.**

Ages: Grades K-5th
Time: Monday-Friday, 6:15 am-start of school
Drop off from school-6:00 pm

This is a combined program-see individual listings for Before School Care and After School Care for details.

Fee: Full Privilege Member \$138/week
Program/Non-Member \$160/week

BEFORE SCHOOL CARE

Ages: Grades K-5
Time: 6:15 am-start of school
Fee: Full Privilege Member \$88/week
Program/Non-Member \$110/week

AFTER SCHOOL CARE

Ages: Grades K-5
Time: Drop-off from school-6:00 pm
Fee: Full Privilege Member \$108/week
Program/Non-Member \$130/week

SUPERHERO FUN RUN

KICK OFF HEALTHY KIDS DAY WITH YOUR SUPER POWERS!

Kids are encouraged to run in costume. Choose costumes carefully and allow for visibility and movement. Participation medals for all who pre-register by April 15th!

Ages: 4-6 year olds will run a 1/4 mile
7-12 year olds will run a 1/2 mile

Date: Saturday, April 27, 2019

Time: 9:30 am (29568)

Fee: Full Member FREE
Program Member \$3
Non-Member \$5

Location: Slabaugh Field, adjacent to Upper Bucks the YMCA Facility

Contact: Dave Evans, Sports Director at
215-536-YMCA (9622) x 114
or devans@ymcabucks.org

EMPOWERING YOUTH TO REACH THEIR POTENTIAL

FREE 7TH GRADE MEMBERSHIP

PURPOSE

The YMCA is pleased to offer seventh grade students free memberships to support and encourage youth to live healthy lifestyles and make responsible choices.

WHY 7TH GRADERS?

Research shows that seventh-grade is a critical time in a young person's life when exposure to risk factors greatly increases. Risk factors are conditions or influences that have been shown to increase the likelihood for unhealthy behaviors including substance abuse, delinquency, teen pregnancy, school drop-out and violence. It is also during the early teen years that youth begin to distance themselves from family and positive support systems.

The Y makes accessible the support and opportunities that empower these youth to reach their personal potential. We also provide youth with the knowledge, skills, character, and passion to be more active in the community as adults.

HOW TO JOIN

1. You must be present and bring a school ID, report card, and a parent or guardian to the YMCA
2. Parents complete required membership paperwork and sign form.
3. 7th grader may begin using membership right away.*

*Membership activates July 1 and runs through June 30. 7th Grade members for 2018-2019 must join by June 1, 2019.

WHAT DOES MEMBERSHIP INCLUDE?

Membership includes use of the Wellness Center, pool, gymnasium, rec. center, exercise classes, Teen Fusion & reduced program costs. *Please see our 7th Grade Initiative brochure for more guidelines and details. The brochure is available online at www.ubymca.org.

KINDERGARTEN CARE

This program includes transportation to and from all Quakertown area Schools. Daily hands-on activities build upon skills learned in Kindergarten classrooms. Half day and Full day options are available. Weekly swim lessons and structured gym classes included!

Ages: Kindergarten

Full Day **Kindergarten AM:** Monday-Friday,
6:15 am-12:00 pm / 3:45-6:00 pm
Kindergarten PM: Monday-Friday,
6:15-9:00 am / 12:00-6:00 pm

Fee: Full Privilege Member \$166/week
Program/Non-Member \$188/week

Half Day: **Kindergarten AM:** Monday-Friday,
6:15 am-12:00 pm
Kindergarten PM: Monday-Friday,
12:00-6:00 pm

Fee: Full Privilege Member \$146/week
Program/Non-Member \$168/week

SCHOOL'S OUT DAY OPTION

If your child is not enrolled in our childcare program but you need care for a day that the Quakertown Area School District is closed, please call Carlie Bearn, Childcare Director at 215-536-YMCA (9622) ext. 130 or cbearn@ymcabucks.org for more information. Registration fees apply. Note: this is not a drop-in service and registration fee/paperwork must be completed in advance.

GYMNASTICS



PARENT/TODDLER GYMNASTICS

KINDERGYM JR

Instructional parent and tot classes taught on all apparatuses. Children will do basic gymnastics skills with guidance of their parent and under the instruction of a gymnastics teacher.

| | | | |
|-------|-------------------|----------|----------|
| Ages: | 24-36 months | Spring 1 | Spring 2 |
| Time: | Th 10:15-11:00 am | (29272) | (29273) |
| | Sa 8:45-9:30 am | (29274) | (29275) |
| Fee: | Full Member | \$56 | |
| | Program Member | \$90 | |

TINY TUMBLERS

Organized play time with parent and child on some of our gymnastics equipment

| | | | |
|-------|------------------|----------|----------|
| Ages: | 12-36 months | Spring 1 | Spring 2 |
| Time: | Th 9:15-10:00 am | (29276) | (29277) |
| Fee: | Full Member | \$56 | |
| | Program Member | \$90 | |

PRESCHOOL GYMNASTICS

KINDERGYM

Instructional preschool gymnastics classes taught on all apparatuses.

| | | | |
|-------|-------------------|----------|----------|
| Ages: | 3-5 years | Spring 1 | Spring 2 |
| Time: | M 10:30-11:30 am | (29280) | (29278) |
| | Tu 10:30-11:30 am | (29281) | (29282) |
| | Tu 5:45-6:45 pm | (29283) | (29284) |
| | Sa 9:30-10:30 am | (29285) | (29286) |
| Fee: | Full Member | \$76 | |
| | Program Member | \$122 | |

TUMBLING TIGERS

Boys only preschool gymnastics class for high energy kids.

| | | | |
|-------|----------------------|----------|----------|
| Ages: | 3-5 years | Spring 1 | Spring 2 |
| Time: | Th 11:00 am-12:00 pm | (29287) | (29288) |
| Fee: | Full Member | \$76 | |
| | Program Member | \$122 | |



PROGRESSIVE GYMNASTICS

Parents please note because of the number of skills required in each level, children spend on average of 3 to 4 sessions per level. Children are grouped by age in each level whenever possible and evaluated every 8 week session. Children who have previous formal gymnastics training at another facility should schedule an evaluation with the gymnastics director for placement. Please contact jmbrown@ymcabucks.org for further information.

GYMNASTICS LEVEL CLASS PRICES

(unless otherwise listed)

| | | |
|------|----------------|-------|
| Fee: | Full Member | \$86 |
| | Program Member | \$138 |

*All prices reflect a seven week session.

LEVEL 1

For the beginner gymnast or child with no formal gymnastic class experience.

| | | | |
|-------|-------------------|----------|----------|
| Ages: | 5 years and up | Spring 1 | Spring 2 |
| Time: | M 9:30-10:30 am | (29289) | (29290) |
| | M 4:45-5:45 pm | (29291) | (29292) |
| | Tu 9:30-10:30 am | (29293) | (29294) |
| | Tu 4:45-5:45 pm | (29295) | (29296) |
| | W 5:45-6:45 pm | (29297) | (29298) |
| | Sa 10:30-11:30 am | (29299) | (29300) |

LEVEL 2

For the gymnast who has completed or tested out of Level 1.

| | | | |
|-------|-------------------|----------|----------|
| Ages: | 5 years and older | Spring 1 | Spring 2 |
| Time: | M 9:30-10:30 pm | (29301) | (29302) |
| | M 4:45-5:45 pm | (29303) | (29304) |
| | Tu 9:30-10:30 am | (29305) | (29306) |
| | Tu 4:45-5:45 pm | (29307) | (29308) |
| | W 4:45-5:45 pm | (29309) | (29310) |
| | Sa 11:30-12:30 pm | (29311) | (29312) |

LEVEL 3

For the gymnast who has completed or tested out of Levels 1 & 2.

| | | | |
|-------|----------------------|----------|----------|
| Ages: | 5 years and older | Spring 1 | Spring 2 |
| Time: | M 5:45-6:45 pm | (29313) | (29314) |
| | W 4:45-5:45 pm | (29315) | (29316) |
| | Sa 11:30 am-12:30 pm | (29317) | (29318) |

LEVEL 4

For gymnast who completed or tested out of Levels 1, 2, and 3.

| | | | |
|-------|----------------------|----------|----------|
| Ages: | 5 years and older | Spring 1 | Spring 2 |
| Time: | M 5:45-6:45 pm | (29319) | (29320) |
| | W 4:45-5:45 pm | (29321) | (29322) |
| | Sa 11:30 am-12:30 pm | (29323) | (29324) |

ADVANCED CLASS

This two-hour class is for the gymnast who is currently a Level 3 or higher. Students must be recommended by their instructor or the director to register for this class.

| | | | |
|-------|-------------------|----------|----------|
| Ages: | 6 years and older | Spring 1 | Spring 2 |
| Time: | Th 5:00-7:00 pm | (29325) | (29326) |
| | Sa 9:30-11:30 am | (29327) | (29328) |
| Fee: | Full Member | \$138 | |
| | Program Member | \$221 | |

OBSTACLE NINJA

Does your child want run through an obstacle course like a warrior? This class will have physical challenges each week and children will work to improve physical strength and endurance.

| | | | |
|-------|----------------|----------|----------|
| Ages: | 6-14 years | Spring 1 | Spring 2 |
| Time: | F 5:00-6:00 pm | (29330) | (29329) |
| Fee: | Full Member | \$56 | |
| | Program Member | \$90 | |
| | Non-Member | \$140 | |

GYMNASTICS TEAM

Participants must be invited to join team. Additional information and questions please contact Janine Brown, Gymnastics Director at 215-536-9622 ext 116 or jmbrown@ymcabucks.org.

LEVEL 3 COMPETITIVE TEAM

| | | |
|-------|--------------------|-------------|
| Time: | Tu/Th 5:00-7:00 pm | |
| Fee: | Full Member | \$115/month |

LEVEL 4 COMPETITIVE TEAM

| | | |
|-------|--------------------|-------------|
| Time: | M 5:00-8:00 pm | |
| | Tu/Th 5:00-7:30 pm | |
| Fee: | Full Member | \$135/month |

LEVEL 5, 6, 7, 8, 9 COMPETITIVE TEAM

| | | |
|-------|--------------------|-------------|
| Time: | M 5:00-8:00 pm | |
| | Tu/Th 6:30-9:00 pm | |
| Fee: | Full Member | \$135/month |

XCEL (SILVER AND GOLD) COMPETITIVE TEAM

| | | |
|-------|------------------------------------|-------------|
| Time: | Tu/Th 7:00-9:00 pm | |
| | or W 5:30-7:30 pm/Sa 9:30-11:30 am | |
| Fee: | | \$115/month |

Spring 1 and 2



Y TAE KWON DO SCHOOL

Designed to be an enjoyable and non-violent martial arts system of physical and mental disciplining, the Y is excited to offer this program to enhance the body and mind and uplift the spirit. It is challenging and, best of all, it's fun! Safety is the utmost priority. The atmosphere is one of fun and friendly competition. Focus is on developing skills and physical control, not on inflicting injury. Students are separated by ages. An enrollment fee of \$29 will be charged upon registration. This fee covers the cost of the Uniform, Belt and Student Handbook. Additional testing fees outlined in Student Handbook.

Y TAE KWON SCHOOL FOR CHILDREN

| | | |
|-------|----------------|----------------|
| Ages: | 6-8 years | |
| | Tuesday | 5:30-6:30 pm |
| | and Saturday | 10:00-11:00 am |
| Fee: | Full Member | \$66/month |
| | Program Member | \$105/month |

Y TAE KWON SCHOOL FOR YOUTH

| | | |
|-------|----------------|--------------------|
| Ages: | 9-12 years | |
| Time: | | Meets 3x per week |
| | Tuesday | 6:30-7:30 pm |
| | and Wednesday | 6:00-7:00 pm |
| | and Saturday | 11:00 am -12:00 pm |
| Fee: | Full Member | \$76/month |
| | Program Member | \$121/month |

Y TAE KWON SCHOOL FOR ADULT

| | | |
|-------|----------------|-------------------|
| Ages: | 13 and up | |
| Time: | | Meets 3x per week |
| | Tuesday | 7:30-8:30 pm |
| | and Wednesday | 7:00-8:00 pm |
| | and Saturday | 11:00 am-12:00 pm |
| Fee: | Full Member | \$76/month |
| | Program Member | \$121/month |

YOUTH SPORTS & ACTIVITIES

Y sports are based on the concept that fair play is at the heart of competition and everyone should have an equal opportunity to compete. The Y also believes that its sports programs can help participants grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills and have fun.

HOMESCHOOL SAMPLER

This is a program exclusively for homeschool students. Participants will participate in a different activity each week like sports, arts, swimming, and gymnastics and experience a little bit of everything in a fun and friendly atmosphere.

| | | | |
|-------|----------------|----------|----------|
| Ages: | 5-14 years | Spring 1 | Spring 2 |
| Time: | M 1:30-2:30 pm | (29523) | 29524 |
| Fee: | Full Member | \$50 | |
| | Program Member | \$80 | |
| | Non-Member | \$125 | |

SPORTS SAMPLER

Hey kids, take this opportunity to experience some of the youth sports the Y has to offer in a fun and friendly atmosphere: soccer, basketball, t-ball, floor hockey and more!

| | | | |
|-------|------------------|----------|----------|
| Ages: | 3-5 years | Spring 1 | Spring 2 |
| Time: | M 9:30-10:15 am | (29525) | (29526) |
| | Th 9:30-10:15 am | (29527) | (29528) |
| | F 2:30-3:15 pm | (29529) | (29530) |
| Ages: | 5-7 years | | |
| Time: | W 5:15-6:00 pm | (29531) | (29532) |
| Fee: | Full Member | \$38 | |
| | Program Member | \$60 | |
| | Non-Member | \$95 | |

SOCCER CLASS

Hey kids, our soccer classes aim to provide a fun exposure to the world's most popular sport. Classes will focus on foot-eye coordination, dribbling, scoring, balance, and teamwork though fun and creative drills and games.

| | | | |
|-------|-----------------|----------|----------|
| Ages: | 3-5 years | Spring 1 | Spring 2 |
| Time: | Th 2:30-3:15 pm | (29535) | (29536) |
| Ages: | 4-6 years | | |
| Time: | Sa 9:00-9:45 am | (29537) | (29538) |
| Fee: | Full Member | \$38 | |
| | Program Member | \$60 | |
| | Non-Member | \$95 | |

TEE-BALL LEAGUE

Play Ball! Instructive tee-ball league that will be held outside, weather permitting. Each participant will receive their own t-shirt. *Please note this program is held OFFSITE

| | | | |
|-------|----------------|-----------------|--|
| Ages: | 4-7 years | Spring 2 (only) | |
| Time: | M 5:30-6:30 pm | 29673 | |
| Fee: | Full Member | \$55 | |
| | Program Member | \$85 | |
| | Non-Member | \$110 | |

FLAG-FOOTBALL CLASS

Our flag-football class will aim at introducing the sport of football on a basic level with the emphasis of FUN!

Participants will learn basic rules of the sport along with catching, throwing, and defense.

| | | | |
|-------|-----------------|----------|----------|
| Ages: | 3-5 | Spring 1 | Spring 2 |
| Time: | W 9:30-10:15 am | (29578) | (29579) |
| Ages: | 4-6 years | | |
| Time: | F 5:15-6:00 pm | (29539) | (29540) |
| Fee: | Full Member | \$38 | |
| | Program Member | \$60 | |
| | Non-Member | \$95 | |

BASKETBALL CLASS (Beginner)

Learn the basic rules and the skills necessary to play the game of basketball. Participants will learn dribbling, passing, and shooting and then use those skills in game situations.

| | | | |
|-------|-----------------|----------|----------|
| Ages: | 5-7 years | Spring 1 | Spring 2 |
| Time: | Th 5:30-6:30 pm | (29543) | 29544 |
| Fee: | Full Member | \$44 | |
| | Program Member | \$70 | |
| | Non-Member | \$110 | |

PA BASKETBALL SHOOTING ACADEMY AT THE Y

We are excited to bring Jay Joseph and the PA Shooting Academy to the Y. The shooting academy is an 8 week program focused on improving and developing basketball shooting with the right fundamentals and foundation. As a former NCAA Division 1 stand-out and professional player in Europe, Jay Joseph now dedicates his time to helping young basketball players perfect the art of shooting. This clinic is designed for current players looking to take their game to the next level.

| | | | |
|-------|-----------------|----------|----------|
| Ages: | 8-12 years | Spring 1 | Spring 2 |
| Time: | Th 6:40-7:40 pm | (29545) | 29546 |
| Fee: | Full Member | \$44 | |
| | Program Member | \$70 | |
| | Non-Member | \$110 | |

SPORTS CONDITIONING CLASS (S.A.Q.)

Speed. Agility. Quickness. These are keys to success in any sport. S.A.Q. workouts consist of short, intense drills that require participants to accelerate or decelerate quickly, while moving backward, forward or side-to-side. S.A.Q. improves balance, power and neuromuscular firing patterns so that your movements become fast, dynamic and precise. This program will focus on instructing young athletes on how to maximize their athletic potential and learn the importance of physical training when it comes to sports.

| | | | |
|-------|----------------|----------|----------|
| Ages: | 8-12 years | Spring 1 | Spring 2 |
| Time: | M 6:30-7:15 pm | (29547) | 29548 |
| Fee: | Full Member | \$38 | |
| | Program Member | \$60 | |
| | Non-Member | \$95 | |

DODGEBALL

Play, run, have fun! Dodgeball is a fun game where team strategy and individual skills are taught and cultivated. This rapid fire game of tag using rubber coated balls is the ticket to burning off some energy in a safe and enjoyable way.

| | | | |
|-------|----------------|----------|----------|
| Ages: | 6-14 years | Spring 1 | Spring 2 |
| Time: | F 6:00-7:15 pm | 29541 | 29542 |
| Fee: | Full Member | FREE | |

(please register in order to participate)

TRACK AND FIELD CLUB

This program encourages youth fitness through track and field events. Whether your kid loves to run, jump, or walk; this program offers the perfect way to stay healthy and create healthy goals and habits. The idea of this club is to learn different aspects of track and field in a friendly and fun environment! This class will be held outside, weather permitting. *Please note this program is held OFFSITE

| | | |
|-------|-----------------|-----------------|
| Ages: | 8-12 years | Spring 2 (only) |
| Time: | Th 6:00-6:45 pm | (29549) |
| Fee: | Full Member | \$38 |
| | Program Member | \$60 |
| | Non-Member | \$95 |

INDOOR RUNNING CLUB

A perfect way for kids who love to run to keep at it over the cold winter months! This club will meet every Wednesday evening and work on cardio-vascular conditioning through various exercises and activities. Most sessions will take place in our gymnasium, however, occasionally the Wellness Center and Studio Y will be used. This club will be suitable for both beginner and experienced runners.

| | | |
|-------|----------------|----------|
| Ages: | 8-14 years | Spring 1 |
| Time: | W 7:20-8:05 pm | (29550) |
| Fee: | Full Member | \$38 |
| | Program Member | \$60 |
| | Non-Member | \$95 |

FLOOR HOCKEY LEAGUE



It's pretty tough to find a game that is more fun than floor hockey, in large part because it's a fast-paced, exciting sport that can be played by individuals of all ages. Floor hockey is a close cousin to ice hockey. Goals are scored the same way, and the same basic rules apply. Come and join us to experience this fun sport. Youth sports league registrations begin immediately for everyone. Each child will receive a league t-shirt. Volunteer coaching is always needed and is a great way to get involved with your children. If you are interested in volunteering as a coach, please email devans@ymcabucks.org.

| | | | |
|-------|----------------------|----------|----------|
| Ages: | 6-9 years | Spring 1 | Spring 2 |
| Time: | Sa 10:00-11:00 am | (29551) | 29552 |
| Ages: | 10-13 years | | |
| Time: | Sa 11:15 am-12:15 pm | (29553) | 29554 |
| Fee: | Full Member | \$55 | |
| | Program Member | \$85 | |
| | Non-Member | \$110 | |

INTRAMURAL BASKETBALL LEAGUE

Players will have the opportunity to learn the basics of the sport of basketball (dribbling, shooting, passing, teamwork, and defense) in a game setting. Games will consist of a 20-minute warm-up/practice followed by two 15 minute halves. Youth sports league registrations begin immediately for everyone. Each child will receive a league t-shirt. Volunteer coaching is always needed and is a great way to get involved with your children. If you are interested in volunteering as a coach, please email devans@ymcabucks.org.

| | | | |
|-------|----------------|----------|----------|
| Ages: | 8-10 years | Spring 1 | Spring 2 |
| Time: | W 6:15-7:15 pm | (29555) | (29556) |
| Fee: | Full Member | \$55 | |
| | Program Member | \$85 | |
| | Non-Member | \$110 | |

EXTRA INNINGS BASEBALL ACADEMY

Put in the work year-round, there is no off season at the YMCA. Our brand new baseball academy aims to help young players improve their batting mechanics and power, throwing accuracy, and fielding confidence. The academy is being led by Taylor Vandegrift; Taylor is a local baseball player who played baseball in High School and Collegiately. In college he benefitted from being coached by a former major league baseball player. He is excited to bring his passion for baseball to the Y and help younger players improve their game! What to bring: All players need to bring their own bat, batting helmet, and glove.

| | | |
|-------|----------------|-----------------|
| Ages: | 9-13 years | Spring 1 (only) |
| Time: | M 7:30-8:15 pm | (29557) |
| Fee: | Full Member | \$38 |
| | Program Member | \$60 |
| | Non-Member | \$95 |

NERF CLUB

Help your child get unplugged and get active with amazing NERF® games and challenges. NERF® Club participants will be separated into teams and will "battle" each other with dart guns. An obstacles course will be created in the basketball court for cover. While the program is targeted to kids, we would love to have parents join in the fun. All participants will be provided darts, all you need to bring is your own NERF® equipment, a sense of adventure and a lot of energy.

| | | | |
|-------|------------------|----------|----------|
| Ages: | 6-12 years | Spring 1 | Spring 2 |
| Time: | Su 12:30-1:30 pm | (29558) | (29559) |
| Time: | Su 1:30-2:30 pm | (29560) | (29561) |
| Fee: | Full Member | FREE | |

(please register in order to participate)

TEE-BALL CLASS

It is time for spring training! Come join us for our exciting tee-ball class that will serve to teach the fundamentals of baseball in a fun and creative way.

| | | |
|-------|----------------|-----------------|
| Ages: | 4-7 years | Spring 1 (only) |
| Time: | M 5:30-6:15 pm | 29566 |
| Fee: | Full Member | \$38 |
| | Program Member | \$60 |
| | Non-Member | \$95 |

YOUTH SPORTS & ACTIVITIES

MINI LAX

Lacrosse is one of the fastest growing youth sports in the United States and a great way for young athletes to develop important balance and coordination! Our NEW Mini LAX program will teach the basics of lacrosse with creative and fun games. No equipment required, just bring your Mini Laxer to class to learn throwing, catching, scooping, and cradling.

| | | | |
|-------|----------------|----------|----------|
| Ages: | 5-7 years | Spring 1 | Spring 2 |
| Time: | W 5:15-6 pm | (29564) | (29565) |
| Fee: | Full Member | \$38 | |
| | Program Member | \$60 | |
| | Non-Member | \$95 | |



GYMNASIUM POLICIES

1. Open to men, women and youth up to age 9. Youth ages 10-11 must have an adult (18 or older) in the building unless participating in a program.
2. Please check posted schedule for court availability. The Y reserves the right to limit usage of the gymnasium due to special events, rentals or programs.
3. Full-court play will only be permitted during designated pick-up basketball or league times.
4. No inappropriate/offensive language or behavior will be tolerated at any time.
5. For their safety, please do not bring unsupervised children into the gym area during programs.
6. Appropriate use of sports equipment and proper play is required-there will be no dunking, no kicking/throwing balls or equipment at netting, or dangerous play.
7. No food or drinks with the exception of water, are allowed on the courts at any time.
8. Please be responsible and courteous so all players may have an enjoyable place to play safely.

YMCA Staff Reserves the right to ask any member to leave the gymnasium and/or premise for the violation of these rules. Violation of rules may result in a suspension or termination of membership.



ADULT SPORTS

Y sports are based on the concept that fair play is at the heart of competition and everyone should have an equal opportunity to compete. The Y also believes that its sports programs help participants grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills and have fun.

PICK-UP VOLLEYBALL

| | |
|-------|--|
| Ages: | 16 & up |
| Time: | M 8:30-10:00 pm |
| | If there are no participants for volleyball by 8:45 pm, the gym will be available for open basketball. |
| Fee: | Full Member FREE |
| | Program Member \$7 |

RECREATION PICKLEBALL

| | |
|-------|---------------------|
| Ages: | 16 & up |
| Time: | M 1:30-4:00 pm |
| | T, F 7:00-9:00 am |
| | Th 7:00-8:45 am |
| | W 1:00-3:00 pm |
| | Th 12:30-2:30 pm |
| | T, Th 7:45-10:00 pm |
| | Su 5:00-8:00 pm |

*Please see facility schedule for room availability.

| | |
|------|--------------------|
| Fee: | Full Member FREE |
| | Program Member \$5 |
| | Non-Member \$7.50 |

PICK-UP BASKETBALL

| | |
|-------|--------------------|
| Ages: | 16 & up |
| Time: | T 8:00-10:00 pm |
| | W 8:20-10:00 pm |
| | Th 8:00-10:00 pm |
| Fee: | Full Member FREE |
| | Program Member \$7 |

COMMUNITY EDUCATION PROGRAMS

YOUTH MENTAL HEALTH FIRST AID

Designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

Ages: 18 years and up
*Date: Mon, April 8 and Tues, April 9 (29571)
Time: 4:30-8:30 pm
Fee: Free (Compliments of a Bucks County Department of Mental Health/Development Programs Grant)
*Note: both days must be attended to gain certification
Light refreshments and free babysitting will be available.

AMERICAN RED CROSS BABYSITTER'S TRAINING

Provides youth who are planning to babysit with knowledge and skills necessary to safely and responsibly give care for children and infants. This training helps participants develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave: Training is designed for youths ages 11 to 15. Includes the additional add-on component of CPR/AED and First Aid certifications, book and CD ROM.

Date: Tuesday, March 19, 26 and April 2, 9, 16
(All days must be attended to get all certifications.)
Time: 6:00-8:00 pm
Ages: 11 to 15
Fee: Full Member \$120
Program/Non-Member \$130

AMERICAN RED CROSS FIRST AID/CPR/AED

Designed to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The course teaches participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide whether advanced medical care is needed. Please pack a lunch. **Note: This course is not designed for the professional rescuer and healthcare provider.**

Date: Th March 14 9:00 am-3:00 pm
Su April 7 11:00 am-5:00 pm
Su May 19 11:00 am-5:00 pm
Th June 6 9:00 am-3:00 pm
Su June 9 11:00 am-5:00 pm
Fee: Full Member \$95
Program/Non-Member \$115

AMERICAN RED CROSS LIFEGUARD

New Blended Learning! Seven hours of online coursework completed prior to entering the classroom provides a shorter time for in-person lifeguard training. You will receive a link for this course work upon registration. Once complete, you will receive a record verifying your successful completion of the online portion. This should be brought to the class. (Completion of the online coursework alone does not certify you as a lifeguard) This certification course includes ARC Lifeguarding, Professional CPR/AED and First Aid. The purpose of the course is to provide entry-level lifeguard participants with the knowledge and skills to prevent recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries an sudden illnesses until emergency medical services personnel take over. Participants must be proficient in swimming and be able to pass the following swim test: Swim 300 yards continuously using front crawl with rhythmic breathing and breaststroke; retrieve a 10lb. object from 7-10', swim 20 yards, and exit pool in 1 minute, 40 seconds; tread water without the use of arms for 2 minutes.

Dates: March 15-17 and April 12-14
Time: F 5-9:00 pm, Sat 10 am-6 pm, Sun 12-6 pm
(All days must be attended to get certification.)
Ages: 15 and up (under 18 must have parental consent)
Fee: Full Member \$280
Program/Non-Member \$305

AMERICAN RED CROSS LIFEGUARD RECERTIFICATION BLENDED LEARNING

Seven hours of online coursework completed prior to entering the classroom shortens the in-person lifeguard training session. You'll receive a course link upon registration. Once complete, you'll receive a record verifying your successful completion of the online portion. This should be brought to class. (Completion of the online coursework alone does not recertify you as a lifeguard) This course includes ARC Lifeguarding, Professional CPR/AED and First Aid. Participants must have a current lifeguarding, Professional CPR/AED and First Aid certification with an accepted agency.

Date: M March 18 5:30-9:30 pm
Sa May 18 10:00 am-2:00 pm
Su May 19 10:00 am-2:00 pm
W May 22 5:30-9:30 pm
Th May 30 5:30-9:30 pm
Ages: 15 and up (under 18 must have parental consent)
Fee: Full Member \$105
Program/Non-Member \$130

By appointment, the Aquatics Dept. offers:
Boy Scout swimming and lifesaving merit Badge classes,
BSA swim testing, and rank advancement opportunities.
We also offer Child Care water safety classes.
Call 215-536-9622 ext. 126 for more information.

FITNESS & AEROBICS

WELLNESS CENTER

The Wellness Center is open to Full Members, ages 12 and up. It offers state of the art Cybex selectorized circuit equipment, free weights and a variety of cardiovascular equipment.

Orientations are encouraged in order to learn the safe and effective use of the Wellness Center equipment, components of a proper fitness program and proper technique. **Members age 10 and 11 are permitted to use the cardio floor after completing a cardio orientation. Schedule an appointment at the Welcome Center.**

BODY FAT READINGS

Have your body composition measured and discover your estimated fat percentage. Bio-analogic assessments are done by appointment only and must be taken before your workout.

| | | |
|-------|-----------------|------|
| Ages: | 13 years and up | |
| Fee: | Full Member | \$2* |
| | Program Member | \$7 |

*Full Members receive a free Body Fat test on their membership renewal date.

PERSONAL TRAINING

Having trouble staying committed to your exercise program? A personal trainer will keep you motivated and make sure that you are using proper form, positioning and breathing techniques which maximize results and minimize injury. Available by appointment only. Appointments are valid for one year from purchase date. **Cancellation Policy: 24 Hours notice or you will be charged for the session.** Please call the Welcome Center, 215-536-YMCA (9622), for fees.

Ages: 13 years and up

NEW! PERSONAL HEALTH COACH

A 30 minute Personal Health Coach Session \$20
Have a few questions and looking for some guidance? Meet with a Health Coach for a 1-on-1 30 minute session.

GROUP EXERCISE CLASSES

Whether you're trying to lose weight, build muscle, strengthen your heart and lungs, or a combination of all three, sign up for a variety of classes and have fun at the same time! See more classes listed under Water Fitness.

| | | |
|-------|-----------------|------|
| Ages: | 12 years and up | |
| Fee: | Full Member | Free |

A STEP ABOVE

This class is designed for our active seniors that want a little more than what SilverSneakers provides. In this class, members will focus on balance, core, coordination, agility and mobility. Participants need to be able to get on the floor.

BUTT & GUT

Oh those trouble spots! You will tighten your abs, lift your rear and firm your legs in this muscle conditioning class.

BOOT CAMP/INSTRUCTOR'S CHOICE

Tabata; HIIT; Intervals, you name it this class has it! Each week is different but one thing is for sure, you will work your entire body at your fitness level. This class uses a variety of tools to keep the body guessing.

CHAIR YOGA

A great way to relax from head to toe without the stress of getting out of your chair!

CORE AND MORE

This class focuses on core work using a variety of equipment.



BODYCOMBAT™

BODYCOMBAT™ is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness and burn up to 740 calories* in a class. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.



BODYFLOW™

BODYFLOW™ is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Like all the LES MILLS™ programs, a new BODYFLOW™ class is released every three months with new music and choreography.



BODYPUMP™

The original barbell class that strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for—and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography. Space will be limited.



GRIT™ CARDIO

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increase speed and maximize calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast. LES MILLS GRIT Cardio takes HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.



GRIT™ PLYO

A 30-minute high-intensity interval training (HIIT) plyometric-based workout, designed to make you perform like an athlete. This workout uses a bench and combines explosive jumping exercises with agility training to increase explosiveness and to build a lean and athletic body. LES MILLS GRIT Plyo takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you motivating you to go harder to get fit, fast.



GRIT™ STRENGTH

A 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast.

****GRIT is NOT recommended for pregnant women.**

CORE DE FORCE™ LIVE

This MMA-inspired, total-body workout uses core conditioning combinations, bodyweight moves, and cardio spikes to harness the power of your core. Broken into twelve 3-minute rounds of punching, kicking, and jabbing using Boxing, Kickboxing, and Muay Thai moves. You'll use your own body weight for resistance, eliminating the need for any additional equipment.

GROUP CYCLING

These classes will focus on strengthening the legs while increasing cardiovascular performance. You will race the flats, climb the huge mountains, and sprint downhill all while building power, endurance and muscle! Please let your instructor know if you are a beginner.

INSANITY® Live

INSANITY uses max interval training of cardio and plyometric drills with intervals of strength, power, resistance, and core training. It demands long periods of high-intensity exercise punctuated with short periods of rest. No equipment or weights are needed, and you don't have to be in extreme shape to do it. A new class is released every two months with new music and choreography.

PARKINSON CYCLING PROGRAM

Cycling has been shown to provide some symptomatic relief for people diagnosed with Parkinson's disease, along with increasing overall cardiovascular fitness. These classes also provide a caring, social setting with others diagnosed with this disease. Please see Program flyer for more details.



KETTLEBELL AMPD

Kettlebell AMPD takes heart-pumping music and your favorite kettlebell moves and combines them into 60 minutes of calorie-torching fun! This whole-body workout emphasizes group fitness and focuses on specific areas such as arms, legs, core, and cardio. Each song concentrates on a main area, while still maintaining a whole-body routine. Real people for real results — Kettlebell is for anyone and anybody who is looking to have fun. Weights vary anywhere from 5-15lbs, so the workout can be adjusted and moves modified to suit your individual needs. Anyone can take this class! The music is diverse, and our moves are simple and easy to learn. Get lost in the music and push yourself with the most effective, fulfilling, and lively workout available! BRING your own Kettlebell 5-10 lbs is recommended!

LEBARRE

Balance and Agility, Resistance, Working Recovery and Eloquence. Unique workout that uses a Lebert Equalizer and your body weight to challenge muscular endurance, flexibility and core strength. Low impact, but gets that heart pumping!

PILATES

Improve your flexibility, build strength, develop control and endurance in the whole body. Emphasis is on alignment, breathing, improving coordination, balance and developing a strong powerhouse (core).

PiYo® Live

PPiYo is a low-impact, high-intensity body-transformation program. It uses the most effective Pilates- and yoga-inspired moves set to a fast pace to help you burn fat while you sculpt long, lean muscles. PiYo delivers the muscle-sculpting, core-focused benefits of Pilates along with the flexibility and power of yoga. You get your strength, cardio, and flexibility training all in one program. A new class is released every two months with new music and choreography.

P90X® Live

P90X® Live is a total-body workout that will keep your body guessing—and transforming—with a variety of strength-training moves, cardio conditioning, and core work. A full-body, strength-training format, featuring four unique blocks of work: Cardio X, Lower Strength, Upper Strength and X Core. P90X constantly switches things up (the blocks, the protocols, the rep ranges) to help class members bust through plateaus. Suitable for all fitness levels, fully modifiable for beginners.

FITNESS & AEROBICS



See aerobic schedule for SilverSneakers class times

SILVERSNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVERSNEAKERS®CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is used for support, stretching, and relaxation exercises.

SILVERSNEAKERS® SPLASH

Activate your aqua exercise urge for variety! SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

STEP AND WEIGHTS

Designed for the active senior, this combo class of cardio and strength involves basic step or floor stepping at a slow tempo with free weights and body weight exercises mixed in.

ASHTANGA YOGA

This dynamic, physically demanding practice synchronizes breath and movement to produce an internal heat designed to purify the body. Ashtanga yoga, with its many vinyasas, is great for building core strength and toning the body. Prepare to sweat as you briskly move through a set sequence. All levels welcome and modifications can be given as needed.

YOGA

A physical, mental and spiritual practice or discipline, that aims to transform body and mind.

VINYASA YOGA

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga.

ZUMBA®

Zumba® fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba®!

ZUMBA® GOLD

Zumba® Gold is designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and just as fun as the regular Zumba® classes. Zumba® Gold classes strive to improve our balance, strength, flexibility and most importantly, the heart.

GROUP FITNESS CLASS SCHEDULE

USE OUR PHONE APP OR VISIT [UBYMCA.ORG](http://ubymca.org) FOR OUR MOST UP TO DATE SCHEDULES. SCHEDULES ARE ALSO AVAILABLE IN THE Y.

All of our Group Fitness Classes (except for aquatic classes) are offered on a drop-in basis for Full Privilege Members.

Interested in going to Yoga this week? Drop in! Interested in Group Cycling next week? Drop in! As always, we recommend arriving for class at least five minutes prior to start time in order to ensure you receive proper instruction on form and equipment from instructor.

NOTE: Class cancellations will be sent through the Upper Bucks YMCA App (available for free in the App Store and Google Play Store.) In this case, remember that our Wellness Center, Studio Y and Pool may be available for use.

(All classes can be modified to meet your fitness level. If you have limitations or concerns, be sure to speak with the instructor PRIOR to class.)



ABILITY PROGRAM

YMCA of Bucks County | Quakertown is pleased to offer an Adapted Activities Program, centered to engage individuals with diverse needs in our community. Please feel free to contact the Ability Coordinator Laura Waite at lwaite@ymcabucks.org or (215) 536-9622 ext. 8 for more information, program suggestions or if you would like to become a volunteer.

ABILITY ART (ADULTS)

Instructed adapted art activities help adults gain the tools necessary for understanding human experience, adapting to and respecting others' ways of working and thinking, developing creative problem-solving skills, and communicating thoughts and ideas in a variety of ways.

| | | | |
|-------|--------------------|----------|----------|
| Ages: | 12 years and up | Spring 1 | Spring 2 |
| Time: | Tu 1:00-2:00 pm | (29188) | (29189) |
| Fee: | Full Member | \$25* | |
| | Program/Non-Member | \$50* | |

ABILITY ART (PRESCHOOL)

Adapted art allows one to discover the importance of children's creativity, way of learning through free expression and sensory integration. Illustrated art projects are ideas used in an eraser-free art-making session during which students are encouraged to change a "mistake" into something else!

| | | | |
|-------|--------------------|----------|----------|
| Ages: | 3-5 years | Spring 1 | Spring 2 |
| Time: | F 1:00-2:00 pm | (29190) | (29191) |
| Fee: | Full Member | \$25* | |
| | Program/Non-Member | \$50* | |

ABILITY BASEBALL

It's time to SWING for the fences! In this class, we will learn all about the game of baseball through fun and creative activities. The skills will be adapted and modified to enhance the success of each child. Look out the next big leagues will be MADE!

| | | | |
|-------|--------------------|----------|----------|
| Ages: | 6+ | Spring 1 | Spring 2 |
| Time: | Tu 6:45-7:45 pm | (29192) | (29193) |
| Fee: | Full Member | \$25* | |
| | Program/Non-Member | \$50* | |

ABILITY FLOORBALL

Floorball is an upgraded version of indoor floor hockey! Your children will learn how to handle their floorball stick by advancing up the rink, passing to their teammate, shooting the floorball in the net as well as learn safety and sportsmanship!

| | | | |
|-------|--------------------|-----------------|--|
| Ages: | 8-18 years | Spring 1 (only) | |
| Time: | Sa 1:30-2:30 pm | (29194) | |
| Fee: | Full Member | \$25* | |
| | Program/Non-Member | \$50* | |

ABILITY OBSTACLE NINJA

Does your child want to run through an obstacle course like a WARRIOR? This class will have various physical challenges to accomplish each week. Your child will work to improve physical strength, endurance, balance and coordination that will be adapted to their specific needs.

| | | | |
|-------|--------------------|----------|----------|
| Ages: | 6-10 years | Spring 1 | Spring 2 |
| Time: | F 6:00-6:45 pm | (29196) | (29198) |
| Ages: | 11-16 years | | |
| Time: | F 6:45-7:30 pm | (29197) | (29199) |
| Fee: | Full Member | \$25* | |
| | Program/Non-Member | \$50* | |

ABILITY READY, SET, RUN

This class will be the start to teaching your child to learn to love running and experience field events such as throwing and long jumping. The speed and endurance of each child will increase throughout the journey through the weeks of class.

| | | | |
|-------|--------------------|-----------------|--|
| Ages: | 6+ | Spring 2 (only) | |
| Time: | Sa 1:30-2:30 pm | (29200) | |
| Fee: | Full Member | \$25* | |
| | Program/Non-Member | \$50* | |

ABILITY GROUP EXERCISE

This class is designed to promote life-long fitness to meet the needs of young adults to live a healthy and physically active lifestyle. An instructor lead warm up and cool down, and stations of weight training, body weight training, and cardiovascular endurance designed to target optimal fitness goals.

| | | | |
|-------|--------------------|----------|----------|
| Ages: | 12 years and up | Spring 1 | Spring 2 |
| Time: | Tu 5:30-6:30 pm | (29201) | (29202) |
| Fee: | Full Member | Free | |
| | Program/Non-Member | \$50 | |

ABILITY SWIM LESSONS

All participants will learn to be comfortable in the water, engage in personal water safety, and/or develop age appropriate swim strokes in a fun and confidence building environment.

| | | | |
|--------|------------------|----------|----------|
| Ages: | 3 years and up | Spring 1 | Spring 2 |
| Times: | Sa 12:15-1:00 pm | (29203) | (29204) |
| Fee: | Full Member | \$74 | |
| | Program Member | \$118 | |

***Thanks to the community fundraising drive and matching funds from our Board of Trustees prices reflect a \$25 subsidy through June 30, 2019. Prices will increase by \$25 after this date.**

ARTS & HUMANITIES

PARENT/TOT CLASSES

PARENT/TOT ART STUDIO

This art class is designed for toddlers to enhance their fine motor skills and their understanding of shapes and colors using household and recycled items. New projects are introduced each session.

| | | | |
|-------|------------------------------|----------|----------|
| Ages: | 18 months-3 years (w/parent) | Spring 1 | Spring 2 |
| Time: | M 10:30-11:00 am | (29205) | (29206) |
| | Sa 10:30-11:00 am | (29572) | (29573) |

| | | |
|------|----------------|------|
| Fee: | Full Member | \$18 |
| | Program Member | \$29 |

PARENT/TOT TUNEFUL TOTS

Babies and Toddlers and their parents will socialize with other children while playing with musical instruments and dancing to favorite songs. They will move & groove to music while developing language and gross motor skills.

| | | | |
|-------|------------------------|----------|----------|
| Ages: | 6-18 months (w/parent) | Spring 1 | Spring 2 |
| Time: | Tu 10:45-11:15 am | (29207) | (29208) |

| | | | |
|-------|------------------------------|---------|---------|
| Ages: | 18 months-3 years (w/parent) | | |
| Time: | Tu 10:15-10:45 am | (29209) | (29212) |
| Fee: | Full Member | \$18 | |
| | Program Member | \$29 | |

PRESCHOOL CLASSES

PRESCHOOL ART STUDIO

Preschoolers will learn how fun art can be as they explore crafts using household and recycled items. New projects are introduced each session.

| | | | |
|-------|------------------|----------|----------|
| Ages: | 3-5 years | Spring 1 | Spring 2 |
| Time: | M 9:30-10:15 am | (29217) | (29218) |
| | W 5:30-6:15 | (29219) | (29220) |
| | Sa 9:30-10:15 am | (29574) | (29575) |

| | | |
|------|----------------|------|
| Fee: | Full Member | \$20 |
| | Program Member | \$32 |

PRESCHOOL BALLET

Preschoolers will warm up to fun songs to get them moving. They will explore basic ballet movements and positions through fun exercises, activities, and creative play. This will be 45 minutes of fun while learning ballet.

| | | | |
|-------|-----------------|----------|----------|
| Ages: | 3-5 years | Spring 1 | Spring 2 |
| Time: | M 5:15-6:00 pm | (29221) | (29222) |
| | W 9:30-10:15 am | (29223) | (29224) |

| | | |
|------|----------------|------|
| Fee: | Full Member | \$20 |
| | Program Member | \$32 |



PRESCHOOL JAZZ/HIP HOP

This is a fun, high energy class to get your little one moving and grooving. Preschoolers will learn to count music and jam to the beat! Classes will include warm ups, stretching, and basic dance technique that assist with coordination.

| | | | |
|-------|-----------------|----------|----------|
| Ages: | 3-5 years | Spring 1 | Spring 2 |
| Time: | Th 5:15-6:00 pm | (29225) | (29226) |
| | F 9:30-10:15 am | (29227) | (29228) |

| | | |
|------|----------------|------|
| Fee: | Full Member | \$20 |
| | Program Member | \$32 |

PRESCHOOL TUNEFUL TOTS

Preschoolers will develop language and gross motor skills while using musical instruments to play rhythms, sing songs, and recognize tonal patterns.

| | | | |
|-------|------------------|----------|----------|
| Ages: | 3-5 years | Spring 1 | Spring 2 |
| Time: | Tu 9:30-10:15 am | (29229) | (29230) |

| | | |
|------|----------------|------|
| Fee: | Full Member | \$20 |
| | Program Member | \$32 |

SCHOOL AGE AND TEEN CLASSES

NEW! TEEN COOKING CLASS

Every week we will go over how to prepare simple dishes that your teen can then make for themselves or the rest of your family. In addition to preparing food, they will learn measuring, knife skills and how to adjust a recipe.

| | | | |
|-------|----------------|----------|----------|
| Ages: | 11-18 | Spring 1 | Spring 2 |
| Time: | T 4:00-5:00 pm | (29576) | (29577) |

| | | |
|------|----------------|-------|
| Fee: | Full Member | \$50 |
| | Program Member | \$80 |
| | Non-Member | \$125 |

Dominick's



Dominicks-Pizza.com

Thanks to our sponsor,
Dominick's Pizza the
price of this class has
been made more affordable.

SCHOOL AGE MIXED ARTS

Let us take your child to new levels of art. Your child will learn about artists, techniques, tools, and proper care for their art resources. We will explore 3D art, recycled art, acrylic and water color painting, crafting, and so much more.

| | | | |
|-------|----------------|----------|----------|
| Ages: | 6 to 12 years | Spring 1 | Spring 2 |
| Time: | W 6:30-7:30 pm | (29242) | (29243) |
| Fee: | Full Member | \$64 | |
| | Program Member | \$103 | |
| | Non-Member | \$160 | |

ELEMENTS OF ART

Let's take a more robust look into drawing techniques and painting skills. We will introduce students to unique art material, techniques, concepts, and processes. Materials to be used will be charcoal, pen/ink, water color, and different paints.

| | | | |
|-------|----------------|----------|----------|
| Ages: | 8 to 14 years | Spring 1 | Spring 2 |
| Time: | T 6:30-7:30 pm | (29244) | (29245) |
| Fee: | Full Member | \$64 | |
| | Program Member | \$103 | |
| | Non-Member | \$160 | |

S.T.E.M. CLASS

S.T.E.M. (Science, Technology, Engineering, and Mathematics) Even if you don't realize it, S.T.E.M. is present in every part of our lives! Come join us in this fun and educational, hands on learning class, where inquiring minds will use reasoning and collaboration skills to complete a different activity each week.

| | | |
|-------|----------------|----------|
| Ages: | 8 to 12 years | Spring 1 |
| Time: | M 5:00-6:30 pm | (29250) |
| Fee: | Full Member | \$72 |
| | Program Member | \$116 |
| | Non-Member | \$180 |

JAZZ/HIP HOP

This is a fun, high energy class to get the kids moving and grooving. Classes will include warm ups, stretching, and basic dance technique that assist with coordination.

| | | | |
|-------|-----------------|----------|----------|
| Ages: | 5-8 years | Spring 1 | Spring 2 |
| Time: | Th 6:00-7:00 pm | (29251) | (29252) |
| Fee: | Full Member | \$22 | |
| | Program Member | \$35 | |

BALLET

This is a fun new class that will give kids a basic foundation of ballet. In this class, kids will be exposed to basic ballet movements and positions, while doing fun warm ups and games.

| | | | |
|-------|----------------|----------|----------|
| Ages: | 5-8 years | Spring 1 | Spring 2 |
| Time: | M 6:00-7:00 pm | (29253) | (29254) |
| Fee: | Full Member | \$22 | |
| | Program Member | \$35 | |

HOMESCHOOL SAMPLER

PLEASE SEE YOUTH SPORTS & ACTIVITIES PAGE 10 FOR INFORMATION ON THIS PROGRAM SPECIFICALLY FOR THE HOMESCHOOL STUDENT.

ADULT CLASSES

ADULT COMPUTER CLASS 2

For those of you who have taken the introduction computer class or are comfortable with the basics of using a computer, this course will help take you further by helping you learn more about what your computer can do for you. Members are encouraged to bring their own ideas for topics to be covered so everyone can learn!

| | | |
|-------|----------------|----------|
| Ages: | 18+ years | Spring 1 |
| Time: | W 1:00-2:00 pm | (29267) |
| Fee: | Full Member | \$22 |
| | Program Member | \$35 |

ADULT SMARTPHONE CLASS

You may already have a smartphone or are you thinking about getting one? We can help! iPhone or Android, this course can help you make the most out of your smartphone. We will show you how it can make your life easier, can help you stay connected, and can even be fun!

| | | |
|-------|----------------|----------|
| Ages: | 18+ years | Spring 2 |
| Time: | W 1:00-2:00 pm | (29268) |
| Fee: | Full Member | \$22 |
| | Program Member | \$35 |

MEDICARE 101 SEMINAR

Navigating your Medicare choices can be confusing, but it doesn't have to be! Join us for a free educational session on Medicare and Medicare Supplement Insurance.

| | | |
|-------|--------------------------|---------|
| Ages: | 50+ years | |
| Time: | W April 10, 1:00-2:00 pm | (29269) |
| | W April 10, 6:30-7:30 pm | (29270) |
| Fee: | FREE | |

ADOPT-A-HIGHWAY CLEAN UP

Help the Upper Bucks Y YMCA keep Quakertown clean and participate in our litter pick-up dates. Participants should wear long sleeves and sturdy shoes. We will meet at the parking lot of the Children's Developmental Program at 313 and Thatcher Road to begin the pick-up. *Please sign up at the Welcome Center Desk or contact Christina Harmonosky, at charmonosky@ymcabucks.org

| | | |
|-------|---------------|---------|
| Date: | Sa May 11 | (29271) |
| Time: | 8:00-10:00 am | |



AQUATICS

LEARN TO SWIM AT THE YMCA - LESSONS FOR ALL AGES AND ABILITIES

The YMCA of the USA Swimming Program is a progressive skill continuum that allows students to flow easily from one skill to the next, with clearly defined stages of progress along the way. Swimming is a life skill. Our swim lessons prepare swimmers of all ages to stay safe and have fun in the water, building strong swimmers and confident kids. Entry into any level does not imply automatic transfer to the next skill level for the following session. Each child will be encouraged to learn comfort in the water and swimming skills at their own pace. In order to ensure children are placed in the correct level, we offer free swim evaluations. Please call 215-536-9622 ext. 125 to schedule a time.

SWIM LESSON FEES (unless otherwise listed)
Full Member: \$62 Program Member: \$99

HOMESCHOOL SAMPLER

Please see Youth Sports & Activities
page 10 for information on this program
specifically for the homeschool student.

PARENT CHILD A (AGES: 6-36 MONTHS)

“Water Discovery”

Introduces infants and toddlers to the aquatic environment.
One parent must swim with each child.

| Time: | | Spring 1 | Spring 2 |
|-------|-------------------|----------|----------|
| | Tu 10:00-10:30 am | (29331) | (29332) |
| | W 6:30-7:00 pm | (29333) | (29334) |
| | Sa 9:00-9:30 am | (29335) | (29336) |

PARENT CHILD B (AGES: 2-4 YRS.)

“Water Exploration”

Focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. **One parent must swim with each child. Must be able to respond to verbal cues and jump on land.**

| Time: | | Spring 1 | Spring 2 |
|-------|------------------|----------|----------|
| | W 10:00-10:30 am | (29337) | (29338) |
| | W 6:00- 6:30 pm | (29339) | (29340) |
| | Sa 9:30-10:00 am | (29341) | (29342) |



PRESCHOOL 1 (AGES: 3-5 YRS.)

“Water Acclimation”

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. **Must be comfortable in water without parent.**

| Time: | | Spring 1 | Spring 2 |
|-------|----------------------|----------|----------|
| | M 1:00-1:45 pm | (29343) | (29344) |
| | M 5:30-6:15 pm | (29345) | (29346) |
| | M 6:15-7:00 pm | (29347) | (29348) |
| | Tu 10:30-11:15 am | (29349) | (29350) |
| | Tu 5:30 -6:15 pm | (29351) | (29352) |
| | W 10:30-11:15 pm | (29353) | (29354) |
| | Th 6:15-7:00 pm | (29355) | (29356) |
| | F 10:30-11:15 am | (29357) | (29358) |
| | Sa 9:15-10:00 am | (29359) | (29360) |
| | Sa 10:00-10:45 am | (29361) | (29362) |
| | Sa 11:30 am-12:15 pm | (29363) | (29364) |

PRESCHOOL 2 (AGES: 3-5 YRS.)

“Water Movement”

Encourages forward movement in water and basic self-rescue skills performed independently. **Must be able to go under water voluntarily.**

| Time: | | Spring 1 | Spring 2 |
|-------|----------------------|----------|----------|
| | Su 12:45-1:30 pm | (29365) | (29366) |
| | M 1:45-2:30 pm | (29367) | (29368) |
| | Tu 10:30-11:15 am | (29369) | (29370) |
| | Tu 6:15-7:00 pm | (29371) | (29372) |
| | W 10:30-11:15 am | (29373) | (29374) |
| | Th 1:00-1:45 pm | (29375) | (29376) |
| | Th 5:30-6:15 pm | (29377) | (29378) |
| | F 10:30-11:15 am | (29379) | (29380) |
| | Sa 10:00-10:45 am | (29381) | (29382) |
| | Sa 10:45-11:30 am | (29383) | (29384) |
| | Sa 11:30 am-12:15 pm | (29385) | (29386) |

PRESCHOOL 3 (AGES: 3-5 YRS.)

“Water Stamina”

Develops intermediate self-rescue skills performed at longer distances than in previous stages. **Must be able to front and back float on own.**

| Time: | | Spring 1 | Spring 2 |
|-------|----------------------|----------|----------|
| | Su 12:00-12:45 pm | (29387) | (29388) |
| | M 1:45-2:30 pm | (29389) | (29390) |
| | M 5:30- 6:15 pm | (29391) | (29392) |
| | Tu 10:30-11:15 pm | (29393) | (29394) |
| | Tu 5:30-6:15 pm | (29395) | (29396) |
| | Th 1:45-2:30 pm | (29397) | (29398) |
| | Th 6:15-7:00 pm | (29399) | (29400) |
| | Sa 9:15-10:00 am | (29401) | (29402) |
| | Sa 10:00-10:45 am | (29403) | (29404) |
| | Sa 11:30 am-12:15 pm | (29405) | (29406) |

PRESCHOOL 4 (AGES: 3-5 YRS.)

“Stroke Introduction”

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. **Must be able to swim 10 feet on front and back without floatation device.**

| | Spring 1 | Spring 2 |
|----------------------|----------|----------|
| Time: M 1:00-1:45 pm | (29407) | (29408) |
| M 6:15-7:00 pm | (29409) | (29410) |
| Tu 5:30-6:15 pm | (29411) | (29412) |
| Th 6:15-7:00 pm | (29413) | (29414) |
| Fr 10:30-11:15 am | (29415) | (29416) |
| Sa 10:45-11:30 am | (29417) | (29418) |

YOUTH 1 (AGES 6-12)

“Water Acclimation”

Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance.

| | Spring 1 | Spring 2 |
|------------------------|----------|----------|
| Time: Su 12:45-1:30 pm | (29419) | (29420) |
| M 5:30-6:15 pm | (29421) | (29422) |
| Tu 5:30 -6:15 pm | (29423) | (29424) |
| Sa 10:00-10:45 am | (29425) | (29426) |

YOUTH 2 (AGES 6-12)

“Water Movement”

Encourages forward movement in water and basic self-rescue skills performed independently. **Must be able to go under water voluntarily.**

| | Spring 1 | Spring 2 |
|------------------------|----------|----------|
| Time: Su 12:45-1:30 pm | (29427) | (29428) |
| Tu 5:30-6:15 pm | (29429) | (29430) |
| Th 5:30-6:15 pm | (29431) | (29432) |
| Sa 10:00-10:45 am | (29433) | (29434) |
| Sa 10:45-11:30 am | (29435) | (29436) |

YOUTH 3 (AGES 6-12)

“Water Stamina”

Develops intermediate self-rescue skills performed at longer distances than in previous stages. **Must be able to front and back float without floatation device.**

| | Spring 1 | Spring 2 |
|-------------------------|----------|----------|
| Time: Su 12:00-12:45 pm | (29437) | (29438) |
| M 5:30-6:15 pm | (29439) | (29440) |
| Tu 6:15-7:00 pm | (29441) | (29442) |
| Th 6:15-7:00 pm | (29443) | (29444) |
| Sa 11:30 am-12:15 pm | (29445) | (29446) |

YOUTH 4 (AGES 6-12)

“Stroke Introduction”

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. **Must be able to swim 15 yards on front and back without floatation device.**

| | Spring 1 | Spring 2 |
|-------------------------|----------|----------|
| Time: Su 12:00-12:45 pm | (29447) | (29448) |
| M 6:15-7:00 pm | (29449) | (29450) |
| Tu 6:15-7:00 pm | (29451) | (29452) |
| Sa 10:45-11:30 am | (29453) | (29454) |

YOUTH 5 (AGES 6-12)

“Stroke Development”

Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke.

| | Spring 1 | Spring 2 |
|----------------------|----------|----------|
| Time: M 7:00-7:45 pm | (29455) | (29456) |
| Sa 10:45-11:30 am | (29457) | (29458) |

YOUTH 6 (AGES 6-12)

“Stroke Mechanics”

Refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

| | Spring 1 | Spring 2 |
|-----------------------|----------|----------|
| Time: Th 5:30-6:15 pm | (29459) | (29460) |
| Sa 11:30 am-12:15 pm | (29461) | (29462) |

ADULT 1-3 (AGES 13 AND UP)

“Swim Basics”

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

| | Spring 1 | Spring 2 |
|----------------------------|----------|----------|
| Time: Tu 11:15 am-12:00 pm | (29463) | (29464) |
| W 7:00-7:45 pm | (29465) | (29466) |

ADULT 4 (AGES 13 AND UP)

“Stroke Introduction”

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. **Must be able to swim 15 yards on front and back without floatation device.**

| | Spring 1 | Spring 2 |
|----------------------------|----------|----------|
| Time: Tu 11:15 am-12:00 pm | (29467) | (29468) |
| Th 7:00-7:45 pm | (29469) | (29470) |

PRIVATE AND SEMI-PRIVATE LESSONS

These lessons are available to Full and Program Members only. Prices reflect an 8-week session of 30-minute lessons. Competitive private lessons are also available for those experienced swimmers looking to refine their strokes. For semi-private lessons, participants will need to bring a friend or sibling to form a group. Please call Sarah Siegel 215-536-9622 ext.125 to book your private or semi-private lessons.

Ages: 3 years and up

PRIVATE LESSONS

| | |
|------------------|-------|
| Fee: Full Member | \$225 |
| Program Member | \$305 |

SEMI-PRIVATE LESSONS (MUST HAVE 2 IN LESSON)

| | |
|------------------|------------------|
| Fee: Full Member | \$145 per person |
| Program Member | \$225 per person |

AQUATICS

**POOL SCHEDULE IS AVAILABLE ONLINE
AT WWW.UBYMCA.ORG AND AT THE Y**

ADULT SWIM CONDITIONING

This class, taught by an experienced swim coach, refines stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle. Participants must be able to swim 100 continuous yards of freestyle. Get a great workout while swimming laps, building endurance and increasing strength.

Ages: 13 and up

| | Spring 1 | Spring 2 |
|------------------------|----------|----------|
| Time: M 10:30-11:30 am | (29471) | (29472) |
| W 8:30-9:30 pm | (29473) | (29474) |
| Th 10:30-11:30 am | (29475) | (29476) |
| Fee: Full Member | Free | |
| Program Member | \$100 | |

WATER FITNESS CLASSES

Water provides a liquid weight machine that offers resistance work in functional ranges of motion for daily living, while the support of buoyancy cushions impact against joints. Workouts are designed for swimmers and non-swimmers alike.

Age: 12 years and up

Time: See schedule below

| | |
|------------------|-------|
| Fee: Full Member | FREE* |
| Program Member | \$50 |

*Full members are required to register for classes as space is limited.

AQUA ZUMBA

Physical conditioning through Latin dance moves and water exercise. Shallow water, medium impact and a cardiovascular workout is all part of this class! Good for exercisers of all abilities.

| | Spring 1 | Spring 2 |
|-----------------------|----------|----------|
| Time: Tu 9:00-9:45 am | 29477 | 29478 |
| W 7:00-8:00 pm | 29479 | 29480 |
| Th 9:00-9:45 am | 29481 | 29482 |

AQUATICISE

Water resistance movements tone muscles, increase coordination and flexibility, improve posture and build endurance.

| | Spring 1 | Spring 2 |
|----------------------|----------|----------|
| Time: M 7:00-8:00 pm | 29483 | 29484 |

DEEP WATER CHALLENGE

A fun yet intense no impact full body workout. Wear a belted floatation device as you suspend in the deep end to execute various water-resistant moves designed to increase cardio endurance and strength, sculpt muscle and burn fat.

| | Spring 1 | Spring 2 |
|-----------------------|----------|----------|
| Time: M 9:45-10:30 am | (29485) | (29486) |
| W 9:45-10:30 am | (29487) | (29488) |
| F 9:45-10:30 am | (29489) | (29490) |

FIT N' FUN

Gentle total body low-impact aerobics specially designed for older men and women uses the resistance of the water to help increase flexibility, range of motion, balance and posture in the shallow water.

| | Spring 1 | Spring 2 |
|-----------------------|----------|----------|
| Time: M 9:45-10:30 am | (29491) | (29492) |
| W 9:45-10:30 am | (29493) | (29494) |
| F 9:45-10:30 am | (29495) | (29496) |

INSTRUCTORS CHOICE

Hydra-exercise, aerobic routines and toning. Non-swimming exercise program designed to promote cardiovascular fitness as well as tone muscles.

| | Spring 1 | Spring 2 |
|----------------------|----------|----------|
| Time: M 6:00-6:45 am | (29497) | (29498) |
| M 9:00-10:00 am | (29499) | (29500) |
| T 7:00-8:00 pm | (29501) | (29502) |
| W 9:00-10:00 am | (29503) | (29504) |
| Th 7:00-8:00 pm | (29505) | (29506) |
| F 9:00-10:00 am | (29507) | (29508) |

INTO DEEP

Class participants use floatation belts to suspend themselves in the water for a great workout without any pressure on sensitive joints.

| | Spring 1 | Spring 2 |
|----------------------|----------|----------|
| Time: M 9:00-9:45 am | (29509) | (29510) |
| W 9:00-9:45 am | (29511) | (29512) |
| F 9:00-9:45 am | (29513) | (29514) |

SILVER SPLASH

See Fitness and Aerobics page for description.

Time: Th 11:30 am-12:15 pm

WATER WALKING

Leave your gym shoes at home and take a walk in the water. This full-body aerobic workout is low on impact but high on muscle building.

| | Spring 1 | Spring 2 |
|------------------------|----------|----------|
| Time: Tu 9:45-10:30 am | (29515) | (29516) |
| W 5:30-6:15 pm | (29517) | (29518) |
| Th 9:45-10:30 am | (29519) | (29520) |

OPEN FAMILY SWIM

The recreation-side of the pool is open! Come enjoy our serpentine slide and other water-play features! Slide hours may vary.

Ages: 11 years of age and up (Children 10 years and under must be accompanied by an adult, 18 or older).

NOTE: You must be 48" tall to use the slide.

SPECIAL POPULATIONS

All participants must bring an aide to help in the locker room and pool if needed. Group homes are required to bring aides.

Time: Sa 1:00-2:00 pm

LAP SWIM

We will provide at least one lap lane throughout the day for use by lap swimmers, except during special events. Lap swimming must be continuous length swimming of 25 yds. Ages: 12 years of age and up (Children 11 years and under must be accompanied by an adult, 18 or older).

COMPETITIVE SWIMMING PROGRAMS

STROKE AND TURN CLINIC

Clinic is for new and experienced swimmers alike and will focus on further developing their competitive skills in the water. The clinic for our younger age group swimmers will be taught by our swim team coaches and will also encompass stroke technique as well as starts and turns. Participants must be able to swim a recognizable 25yds of Freestyle and Backstroke.

Date: April 30-May 24
Ages: 5-10 years
Times: Tu-F 5:30-6:30 pm (29521)
Fee: Full Member \$70
Program Member \$110

Clinic for the older age group swimmers will be taught by our swim team coaches and will work on competitive swimming fundamentals, technique, and the conditioning needed to prepare swimmers for the upcoming competitive swim season. Swimmers must be able to complete 100yds of Freestyle and Backstroke along with a working knowledge of Breast stroke and Butterfly. (prior swim team experience is not mandatory)

Date: April 30-May 24
Ages: 11 - 19 years
Times: Tu-F 6:30-8:00 pm (29522)
Fee: Full Member \$80
Program Member \$126



Y ACHIEVERS

YMCA of Bucks County's Y ACHIEVERS is designed to expose 6th-8th graders to a wide range of career options and the tools to achieve their higher educational goals.

Y Achievers encompasses 5 Programmatic Thrusts: College Readiness, Career Exploration, Leadership Development, Character Development and Community Service. Y ACHIEVERS participate in leadership sessions and activities relevant to their age group. College and career choices are introduced with the goal of preparing students with the tools they need to excel in their academic studies. Sessions are held at the YMCA on Thursdays from 5:15-6:15pm in upstairs program area. The Program runs September-June (school year). Each Y Achiever receives a free one-year YMCA membership while enrolled in the program.

How to join...

- 1) Fill out all necessary paperwork, with a parent/guardian, which can be located on our website or at our Welcome Center
- 2) Bring a copy of your most recent report card
- 3) Complete required essay

You will be contacted via email once our Y Achievers Director has reviewed required materials and approved enrollment. For more questions, please contact Dave Evans at 215-536-9622 ext. 114 or david.evans@ubymca.org.

TEEN FUSION

Teen Fusion provides Middle School students the opportunity to access the Y as an afterschool destination and hang-out. The YMCA will provide adult supervision in designated areas during this time and ensure a positive and safe environment for your child. Supervisors will encourage interaction between participants and occasionally lead structured games and activities. Participants will have the opportunity to be active, socialize with others their age, explore their interests and work on homework each day.

How to join...

1. Parents must sign a teen fusion waiver form.
2. Students of age (12 and older) are encouraged to schedule and attend an orientation prior to using wellness center.

Ages: 11-14 years Spring 1 Spring II
Time: M-F 3:00-6:00 pm* (29569) (29570)
(during school year only)

*Supervision provided 1-6:00 pm on "School's Out" days
Fee: Free for Full Privilege Members only





NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
DOYLESTOWN, PA
18901
PERMIT NO. 267

YMCA OF BUCKS COUNTY | Quakertown

401 Fairview Ave
Quakertown, PA 18951
215.536.9622 | ubymca.org

Adventure,
Sports &
Specialty Camps,
half and full day
options!

**BEST
SUMMER
EVER™**



sign-up for
**SUMMER
CAMP** ymcabucks.org