



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUCKS COUNTY STRONG

FALL II

OCT 29-DEC 23

Member Registration:

MON OCT 15

Non-Member Registration:

MON OCT 22



Neighbor
get a Neighbor!

GET
JANUARY
ON US!

When you and a friend join from
OCT 15-31, you'll both receive
your third month **FREE!**
Save up to \$125!

**YMCA OF
BUCKS COUNTY | Warminster**

created for
community.



CURRENT SESSION

FALL II: OCT 29-DEC 23

UPCOMING SESSIONS

WINTER: JAN 7-FEB 24

SPRING I: FEB 25-APR 21

STAY CONNECTED

Facebook

Twitter

Mobile App: Visit the Apple or Google store and search "bucksymca"

Text Alerts: ymcabucks.org/text-alerts



FACILITY HOURS

MON-THUR 5:30 AM-10:30 PM

FRI 5:30 AM-9 PM

SAT & SUN 7 AM-6 PM

CLOSED

THUR NOV 22, Thanksgiving Day
TUES DEC 25, Christmas Day



PARTIAL CLOSURE

MON DEC 24, 5:30 AM-3 PM, Christmas Eve
MON DEC 31, 5:30 AM-3 PM, New Year's Eve
TUES JAN 1, 7 AM-3 PM, New Year's Day

| MEMBERSHIP TYPE | MONTHLY DRAFT | JOIN FEE | GROUP EXERCISE CLASSES | STAY & PLAY INCLUDED |
|---|---------------|-------------------------|------------------------|----------------------|
| 2 Adults & Dependents | \$77 | \$75 | Yes | Yes |
| 1 Adult & Dependents | \$65 | \$75 | Yes | Yes |
| Adult (28-64) | \$39 | \$50 | Yes | |
| Active Older Adult (65+) | \$31 | \$50 | Yes | |
| Young Adult (19-27) | \$25 | \$20 | Yes | |
| COLLEGE HOLIDAY MEMBERSHIP NOV 19-JAN 12 | | ONLY \$35 TOTAL! | | |
| Teen (13-18) | \$19 | \$20 | Yes | |
| Youth (0-12) | \$15 | \$20 | | Yes |

INCLUDES: Fitness center & weight area • 40+ weekly group exercise classes • Stay & Play babysitting available • Nationwide membership privileges • Friendly, trained staff to educate and encourage

GUEST FEES AND SAFETY REQUIREMENTS

All guests must present a valid photo ID upon entering the facility, must complete a waiver and have a photo taken. Guests age 11 and under must be accompanied by an adult.

GUEST FEES

GUEST FEE | \$6 with member, \$8 without
5 VISITS GUEST PASS 12+ | \$35

ONLY \$35!

COLLEGE HOLIDAY MEMBERSHIP

NOV 19-JAN 12

18-27 yrs with valid college ID

FINANCIAL ASSISTANCE

Financial Assistance applications can be found on our website at ymcabucks.org/fa or pick one up at the Welcome Center. Submit the application and required support documentation to the Welcome Center, fax to 215.348.3084, or mail to:

YMCA of Bucks County
Attn: Financial Assistance
2500 Lower State Rd,
Doylestown, PA 18901

QUESTIONS? Contact Catherine Refice at 215.348.8131 x1139 or crefice@ymcabucks.org





- Stronger Together -

YMCAs of Bucks County!

Join at any location
and **SAVE UP TO \$125***

BENEFITS

- Convenience of 5 membership locations countywide and 2,700 nationwide
- Pay member rates on programs at Doylestown, Fairless Hills, Newtown and Warminster branches
- Enjoy facilities and specialty programs at all locations
- Multiple child care locations and 10 campsites - close to home and work

*Savings determined by branch and membership type

 Neighbor
get a Neighbor!

When you and a friend join from **OCTOBER 15-31**, you'll both be rewarded! Bring a neighbor, friend, co-worker or family member and join our Y together and you'll each receive your third month **FREE**. That's right, January is on us!

Current members: Bring a friend to join the Y, you get January on us **AND** a special gift.

No need to join at the same Y branch as your friend, just mention their name!



Locations in **Doylestown, Fairless Hills, Newtown, Quakertown and Warminster**

meet your bucks county neighbors!



Comprised of five full-service branches, ten summer camp locations, and four youth education centers, the YMCAs of Bucks County are positioned to serve our community in the areas of youth development, healthy living and social responsibility.

Here for you.

Check out all
of the YMCA
locations across
Bucks County!

NEW BRITAIN **YOUTH EDUCATION CENTER**

- Infant to kindergarten
- Early childhood summer enrichment programs and camp
- Playground and indoor gym

DOYLESTOWN

- Home to 13,500+ members
- Skatepark, playground & pavilion on 17 acres
- Two indoor pools, waterslide, sauna and whirlpool
- Fitness center & weight room
- Group exercise classes & spin room

WARMINSTER

- Home to 2,100+ members
- Fitness center & weight area
- Group exercise classes
- Spin room
- Stay & Play childcare

QUAKERTOWN



- Home to 10,000+ members
- Wellness Center
- Group fitness classes
- Gymnastics center
- Gymnasium and recreation centers
- Indoor pool
- Kids Korner babysitting
- On-site child care center

NEWTOWN



- Home to 1,600+ members
- Fitness center
- Instructional pool and whirlpool
- Group exercise classes
- Stay & Play childcare
- On-site Youth Education Center

MORRISVILLE YOUTH EDUCATION CENTER



- Pre-K Counts and school age child care
- Summer camp program
- Playground

FAIRLESS HILLS



- Home to 6,600+ members
- Indoor walking track
- Indoor swimming pool and sauna/steam room
- Fitness center and weight room
- Group exercise classes and spin room
- On-site Youth Education Center

HOLLAND OUTDOOR CENTER



- Available to all members with guest passes available
- Summer camp grounds
- Outdoor pool open seasonally to members
- Bobby's Playground, a community play space
- Memorial Flagpole



YMCAs IN BUCKS COUNTY

The YMCAs of Bucks County are charitable nonprofit organizations committed to strengthening communities through membership and programs that foster youth development, healthy living and social responsibility for all.



 **our members & participants**
60,646

To learn more and support your YMCA, please go to ymcabucks.org or ubymca.org



helping hands

2,132 volunteers gave 19,627 hours of their time last year

giving back

\$1,868,210 in financial assistance was given away in 2017, serving 6,027 individuals in:

-  **childcare**
-  **camp**
-  **membership**
-  **other programs**

Together, YMCAs in Bucks County make a big impact, with **\$4,566,417** last year*

*Numbers from Upper Bucks YMCA reflect a fiscal, not calendar year

community impact

Here's a look at a few of the ways we impact our community:



LIVING ACTIVE

184 older adults came together for physical activity and relationship building



THRIVE

369 individuals supported in their fight against cancer



7TH GRADE MEMBERSHIP

7,346 7th graders received a free membership to encourage them to live healthy lifestyles



2ND GRADE SWIM INITIATIVE

312 qualifying children received free swim safety lessons



DIABETES PROGRAM

164 individuals benefited from this lifestyle improvement program for adults with prediabetes



VETERANS WELLNESS PROGRAM

161 Veterans benefited from a program designed to help them get back to a healthier lifestyle



UPCOMING EVENTS

NOVACARE SCREENINGS OPEN & FREE TO ALL!

Are you experiencing balance issues? Low back pain? Knee pain or aches and pains? Don't let unwanted pain or a potential injury continue. A NovaCare physical therapist will be on-site to chat with you regarding the pain you're experiencing, answer questions, make recommendations and provide a complimentary screening. Registration required. Visit ymcabucks.org/novacare.

SPIN 101 WORKSHOP

WED NOV 14, 7:15-8 PM

and SAT DEC 8, 1:15-2 PM

New to spinning? Learn all about bikes, gear and spin class with this introductory workshop!

FREE for members. \$8 non-members. Space is limited, registration required.

OCT 19-21 | COATS FOR KIDS

We are proud to be a distributor of the Auto Dealers CARing for Kids coat drive again this year. **Need a new winter coat for your child?** Stop by one of our two coat distribution days:

FRI OCT 19, 4-8 PM, Doylestown

SAT OCT 20 9:30-12 PM, Warminster

SUN OCT 21 1-5 PM, Warminster Heights
75 Downey Drive, Warminster, 18974

SUN OCT 28 | BATTLE IN BUCKS SHOTOKAN KARATE TOURNAMENT

7-9 AM Registration, 9:30 Tournament Opening
Delaware Valley University

Open to all Shotokan students. Registration by 10/24: \$60, \$75 after 10/24 or at the door. Spectator fee: \$10

THUR NOV 15 | TOGETHERHOOD'S™ VETERANS DAY LUNCHEON

12-2 PM, Doylestown | Veterans and their families are invited to attend this annual celebration to recognize their service and dedication to our country. Lunch provided. Please RSVP to togetherhood@ymcabucks.org.

FRI NOV 16 | DESIGNER BAG & POWER TOOL BINGO 7-11 PM

Doors open at 6:30 PM, Bingo begins at 7 PM.
Ben Wilson Senior Activity Center
580 Delmont Ave, Warminster PA 18974

\$30 advance tickets available at the Welcome Center | \$35 at the door **QUESTIONS?** Contact Shannon Carroll at scarroll@ymcabucks.org.

SMALL GROUP & PERSONAL TRAINING

SMALL GROUP PACKAGES | 16+

4 SESSIONS

Member \$36 | Non-Member: \$49

8 SESSIONS

Member \$69 | Non-Member \$94

12 SESSIONS

Member: \$99 | Non-Member: \$134

KETTLEBELL

TUES 6:50-7:35 PM

SAT 8:45-9:30 AM

TRX

TUES 9-9:55 AM

WED 10-10:55 AM, 5:15-6:10 PM

THUR 5-5:55 PM

2 SPECIAL PT DEALS!

(3) 30-MIN TRAINING SESSIONS

Members \$71 | Non-Members \$96

(6) 30-MIN TRAINING SESSIONS

Members \$119 | Non-Members \$161

QUESTIONS? Contact Dillon Fretz at 267.387.9622 x2002 or dfretz@ymcabucks.org

MYZONE®

Myzone is an innovative heart rate based system that uses wireless and cloud technology to accurately and conveniently monitor physical activity. It monitors heart rate, calories and time exercising that converts into Myzone Effort Points (MEPs), with a focus on rewarding effort rather than fitness. Available for purchase at our Welcome Center.

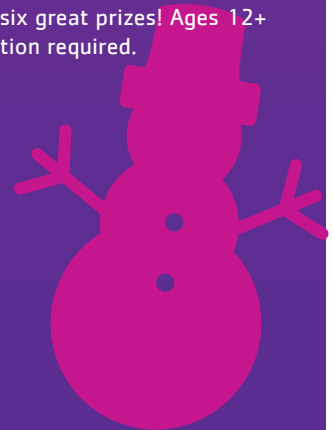
\$75/belt | \$5/replacement strap



FROSTY IS BACK!

Member Challenge | NOV 19-DEC 21

Grab a snowman decoration at the Welcome Center and start working out! For every three visits over this 5 week challenge, you will earn a new piece of flair for your snowman. Once you complete 15 visits, your name will be entered into a random drawing to win one of six great prizes! Ages 12+ No registration required.



ADULT & YOUTH KARATE CLASSES

SHOTOKAN KARATE

DRAGON WARRIORZ

MON or WED 6-6:30 PM | Ages 4-7

Basic Shotokan techniques mixed with interactive games and exercises to develop self-esteem and confidence.

Member \$75 Non-Member \$110

ADULT & YOUTH KARATE

MON, WED or BOTH, 6:45-7:45 PM

Ages 8+ | All Levels

JKA Style Shotokan Karate includes membership to the AJKA-I. Learn the traditional art of self-defense and enjoy the benefits of increased flexibility, balance, strength and character development.

ONE CLASS PER WEEK:

Member \$100 | Non-Member \$165

TWO CLASSES PER WEEK:

Member \$115 Non-Member \$190

QUESTIONS? Contact Jennefer Pursell at jpursell@ymcabucks.org

Karate class instruction provided by:



YOUTH & FAMILY CLASSES included with membership!

SUPER HERO TRAINING

SAT 9:45-10:15 AM | Ages 3-6

KIDS MOVE & GROOVE

SAT 10:15-10:45 AM | Ages 3-6

QUESTIONS ABOUT FAMILY OR YOUTH PROGRAMS?

Contact our Welcome Center at 267.387.9622

STAY & PLAY

We provide FREE babysitting services included with the 2-adult & dependent, 1-adult & dependent and youth memberships. Up to 2 hours. **Non-Member \$5 per child Late Pick-up \$5**

| HOURS | MON-FRI AM | 8:30 AM-12 PM |
|-------|-------------|---------------|
| | MON-THUR PM | 4:30-8 PM |
| | SAT | 8 AM-1 PM |
| | SUN | 9 AM-1 PM |

Ages 3 mo-12 yrs, up to two hours per day while members utilize on site facilities.

SITTER SERVICE

More traditional babysitting. Run errands and more! Stay & Play hours.

| # OF CHILDREN | 90 MIN | 3 HRS |
|---------------|-----------|-----------|
| | \$10/\$14 | \$18/\$30 |
| | \$13/\$20 | \$25/\$31 |
| | \$16/\$25 | \$30/\$38 |

Member/Non-Member pricing

PARENT'S NIGHT OUT

FRI OCT 12, NOV 9 and DEC 14 | 5:30-9 PM

Ages 3mo-12yrs | Includes craft (for children over 3 years), dinner, snack and movie. Parents are welcome to bring children in PJs. Must present receipt from Welcome Center or online registration.

| # OF CHILDREN | MEMBER/ NON-MEMBER PRICING |
|---------------|----------------------------|
| | \$21/\$26 |
| | \$32/\$40 |
| | \$40/\$50 |

OCT 26-31 | HALLOWEEK in Stay & Play! Daily costume contests, themed photo op station, & craft.

FRI DEC 14 | NIGHT BEFORE CHRISTMAS in Parents Night Out! Themed crafts, movie and snacks. >>>

COMMUNITY IMPACT PROGRAMS

The Y is committed to serving our community in meaningful ways and beyond our regular programs and services. Through the generous support of individual donors, we are able to offer community impact programs that meet the most vital community needs.

QUESTIONS? Contact Lisa Schwartzter at 215.839.6473 or lschwartzter@ymcabucks.org



VETERANS PROGRAM

New 2019 session begins MON FEB 4

18 yrs+ | We thank Veterans for their service and want to offer our resources at the Y to help those looking to refocus their efforts on improving mind, body, and spirit. Our Warminster branch is proud to offer the Veterans Pathway Program. Veterans of all ages and abilities who are looking to get back to a healthier lifestyle are encouraged to join our next group.



7TH GRADE INITIATIVE

Our Warminster branch is pleased to offer 7th grade students FREE memberships to support and encourage youth to live healthy lifestyles and make responsible choices. Students in 7th grade for the 2018-2019 school year can register until 5/31/19.



YMCA OF BUCKS COUNTY | Warminster
624 York Road, Warminster, PA
18974 267.387.9622 | ymcabucks.org