



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER

YMCA OF
BUCKS COUNTY | Warminster

JOIN IN
APRIL &
PAY NO
JOIN FEE

SPRING II 2019
APR 22-JUNE 16

APR 8

Member Registration

APR 15

Non-Member Registration

Join in April... & PAY NO JOIN FEE!

Receive member pricing for programs, classes, and camp!



BUCKS COUNTY YMCA
BRANCHES: Doylestown,
Fairless Hills, Newtown,
Quakertown and
Warminster



NATIONWIDE RECIPROCIITY:
Membership access to
YMCA nationwide



CURRENT SESSION

SPRING II: APR 22-JUNE 16

UPCOMING SESSIONS

SUMMER I: JUNE 17-JULY 21

SUMMER II: JULY 22-AUG 18

STAY CONNECTED

Facebook

Twitter

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

Text Alerts: ymcabucks.org/text-alerts



FACILITY HOURS

MON-THUR 5:30 AM-10 PM

FRI 5:30 AM-9 PM

SAT & SUN 7 AM-6 PM

CLOSED

SUN APR 21, Easter

MON MAY 27, Memorial Day



MEMBERSHIP TYPES

MEMBERSHIP TYPES	MONTHLY DRAFT	JOIN FEE	GROUP EXERCISE CLASSES	STAY & PLAY INCLUDED
YOUTH (0-12 yrs)	\$15	\$20		Yes
TEEN (13-18 yrs)	\$19	\$20	Yes	
YOUNG ADULT (19-27 yrs)	\$26	\$20	Yes	
ADULT (28-64 yrs)	\$40	\$50	Yes	
ONE ADULT HOUSEHOLD WITH CHILDREN One adult 18 yrs+ and dependent children up to the age of 27 living in the same household	\$67	\$75	Yes	Yes
TWO ADULT HOUSEHOLD WITH CHILDREN Two adults 18 yrs+ and dependent children up to the age of 27 living in the same household	\$79	\$75	Yes	Yes
ACTIVE OLDER ADULT (65 yrs+)	\$32	\$50	Yes	

FINANCIAL ASSISTANCE AVAILABLE, see back page



PRESCHOOL DRAWING & PAINTING | 3-5 yrs

Wednesdays, 9:30-10 AM

Member \$5 | Non-Member \$10

Located in Studio B

KINDER ART | 4-6 yrs

Wednesdays, 10:10-10:50 AM

Member \$5 | Non-Member \$10

Located in Studio B

ELEMENTARY ART | 5-12 yrs

Sundays, 10-10:45 AM

Member \$5 | Non-Member \$10

Located in Studio B

BECOME A SUMMER MEMBER

JUNE 1-AUG 31

Purchase a Y Summer Membership and receive member pricing for camp and programs at **ALL** our county-wide YMCAs!

YOUTH	\$45
TEEN	\$60
FAMILY	\$225

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



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

SUMMER SHRED

APR 29 - JUNE 23



Need a kick-start into summer? Join our 8-week program!

Standard Package

- Pre/Post body composition measurements
- Unlimited Group Exercise classes
- Weekly Healthy Lifestyle Meetings (AM/PM offerings)
- Personal Health Coach
- Meal Plan and Food Lists
- MyZone Belt Included
- Exclusive Summer Shred Facebook page for support and inspiration
- **Non-Members: Includes 8 weeks of membership!**

UPGRADE to Premium Package

- Standard Package **PLUS...**
 - Team Workouts (3x's a week) Coached by a certified personal trainer
- Get extra expertise and support from your trainer! Create your team with up to 6 friends.**

KICK-OFF MEETINGS

MON APR 15 and WED APR 17, 7-8 PM
Learn more & receive a **DISCOUNT** when you sign-up!

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 | 12 yrs+

TUE MAY 7, 7:15-8 PM & SAT JUN 8, 1:15-2 PM

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

FREE for members. \$8 Non-Members. Space is limited, registration required. Workshop in Studio C.

HEALTHY KIDS DAY

SAT APR 13 | Doylestown Branch

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

AEROBATHON | SAT APR 20

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

BUCKS COUNTY SENIOR GAMES

JUNE 3-14 | 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 in 2019 include orienteering, zumba and pickleball joining old favorites like swimming and basketball.

QUESTIONS? Contact Dillon Fretz at

267.387.9622 x2002 or dfretz@ymcabucks.org



Bringing it home!

SAT MAY 11

BUCKS COUNTY STRONG 5K

Doylestown Branch

Save the date for our annual 5K/Walk and 1-mile fun run. Whether it's your first 5K or you're an experienced racer, this event is a great way to show your support for the Y and be a part of the community you love. Part of the Bucks County 5K Series. Register at: bucks5kseries.com

PERSONAL TRAINING | 16 yrs+

30-MIN TRAINING SESSIONS

(2 sessions) Members \$56 | Non-Members \$76

(4) Member \$101 | Non-Member \$136

(8) Member \$190 | Non-Member \$257

45-MIN TRAINING SESSIONS

(2 sessions) Member \$83 | Non-Member \$112

(4) Member \$150 | Non-Member \$203

(8) Member \$284 | Non-Member \$383

60-MIN TRAINING SESSIONS

(2 sessions) Member \$110 | Non-Member \$150

(4) Member \$200 | Non-Member \$270

(8) Member \$377 | Non-Member \$509

PT CLUB

SAVE on Personal Training by joining the PT Club!

30-MIN TRAINING SESSIONS

(2 sessions) Members \$52 | Non-Members \$70

(4) Member \$93 | Non-Member \$126

(8) Member \$176 | Non-Member \$238

45-MIN TRAINING SESSIONS

(2 sessions) Member \$77 | Non-Member \$104

(4) Member \$139 | Non-Member \$188

(8) Member \$262 | Non-Member \$354

60-MIN TRAINING SESSIONS

(2 sessions) Member \$102 | Non-Member \$138

(4) Member \$184 | Non-Member \$248

(8) Member \$348 | Non-Member \$470

NEW TO PERSONAL TRAINING?

30 MIN-TRAINING SESSIONS

(4 sessions) Members \$76 | Non-Members \$102

30 MIN-TRAINING SESSIONS

(8 sessions) Members \$167 | Non-Members \$225

SMALL GROUP TRAINING | 16 yrs+

Pricing per session (8 weeks)

UNLIMITED Kettlebell and TRX:

Member \$120 | Non-Member \$160

8 CLASSES: Member \$75 | Non-Member \$101

KETTLEBELL

TUES 5:15-6 PM

FRI 8-8:45 AM

TRX

WED 10-11 AM

5:15-6:15 PM

THUR 8-9:25 AM



SUMMER CAMP

Register at our Welcome Centers or at ymcabucks.org/camp



New!

YOUTH SPORTS!

MAY 4-JUNE 15

T-BALL

Member \$65 | Non-Member \$95

Warminster Community Park Field

3 yrs: SAT 9-10 AM

4 yrs: SAT 10-11 AM

SOCCER | 4-5 yrs

SAT 11 AM-12 PM

Member \$65 | Non-Member \$95

Warminster Community Park Field

QUESTIONS?

Contact Andrew Yannarella

at 215.348.8131 x1176

or ayannarella@ymcabucks.org

ADULT & YOUTH KARATE CLASSES

SHOTOKAN KARATE

DRAGON WARRIORZ

MON or WED 6-6:30 PM | Ages 4-7 | Studio B
Basic Shotokan techniques mixed with interactive games and exercises to develop self-esteem and confidence.

MON Member \$65 | Non-Member \$96
WED Member \$75 | Non-Member \$110

ADULT & YOUTH KARATE

MON, WED or BOTH, 6:45-7:45 PM
Ages 8+ | All Levels | Studio B

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 \$108 | Non-Member \$178

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 MAY 17 & JUN 21 | 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

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

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. For information on how to support these and other programs contact Ahema Asare at aasare@ymcabucks.org or 215.348.8131 x1135.

QUESTIONS? Contact Lisa Schwartz at 215.839.6473 or lschwartz@ymcabucks.org



VETERANS PROGRAM

Begins MON MAY 20

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