

PROGRAM OFFERINGS

Spring I Session 2020 Feb 24-April 19



Family member registration: Feb 3

Member registration: Feb 10

Non-member registration: Feb 17



AQUATICS & AMERICAN RED CROSS

Swim Lessons:
Becky Connor, bconnor@ymcabucks.org, 215.348.8131 x1159
Lifeguarding:
Anahita Mir, amir@ymcabucks.org, 215.348.8131 x1183

**Spring I Session 2020:
Feb 24- Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Parent/Child Swim Lessons								
Stage A -Water Discovery	Stage A introduces infants and toddlers to the aquatic environment and encourages them to enjoy themselves while learning about the water with a parent/caretaker whom they trust. 1:12 ratio.	6-18 mos		Mon	10:35 AM	11:05 AM	\$115	\$158
				Thurs	5:35 PM	6:05 PM	\$115	\$158
				Sat	9:00 AM	9:30 AM	\$115	\$158
Stage B- Water Exploration	Parents work with their toddlers to learn fundamental safety and pre-swimming skills like floating, blowing bubbles paddle stroke and kicking. Skills are taught in the context of repetitive songs, fun activities and drills which reinforce physical learning and encourage positive interaction between parent and child. 1:10 ratio	19-36 mos		Mon	10:00 AM	10:30 AM	\$115	\$158
				Mon	5:35 PM	6:05 PM	\$115	\$158
				Thurs	10:00 AM	10:30 AM	\$115	\$158
				Sat	9:35 AM	10:05 AM	\$115	\$158
				Sat	10:45 AM	11:15 AM	\$115	\$158
			Sun	10:00 AM	10:30 AM	\$110	\$155	
Stage 1- Water Acclimation Parent-Child	Kids learn safe water habits, underwater exploration, how to swim to safety and exit the water. Lessons are a mix of activities, games and drills. Preschoolers develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This class is for kids who aren't yet comfortable working with an instructor without a parent in the water. 1:8 ratio	3-5 yrs		Mon	6:10 PM	6:40 PM	\$115	\$158
				Thurs	10:35 AM	11:05 AM	\$115	\$158
				Thurs	6:10 PM	6:40 PM	\$115	\$158
				Sat	10:10 AM	10:40 AM	\$115	\$158
				Sun	10:35 AM	11:05 AM	\$110	\$155
Preschool Swim Lessons								
Stage 1 - Water Acclimation	Students become comfortable with underwater exploration and learn to how to safely get out of the water if they fall in. Move to Stage 2 when you are willing to go under water voluntarily, you can front and back float, and glide with assistance. 1:3 ratio.	3-5 yrs		Mon	10:00 AM	10:30 AM	\$115	\$195
				Mon	10:35 AM	11:05 AM	\$115	\$195
				Mon	1:00 PM	1:30 PM	\$115	\$195
				Mon	5:00 PM	5:30 PM	\$115	\$195
				Mon	5:00 PM	5:30 PM	\$115	\$195
				Mon	6:20 PM	6:50 PM	\$115	\$195
				Wed	1:00 PM	1:30 PM	\$115	\$195
				Wed	1:35 PM	2:05 PM	\$115	\$195
				Thurs	10:35 AM	11:05 AM	\$115	\$195
				Thurs	4:30 PM	5:00 PM	\$115	\$195
				Thurs	5:05 PM	5:35 PM	\$115	\$195
				Fri	4:30 PM	5:00 PM	\$115	\$195
				Sat	9:00 AM	9:30 AM	\$115	\$195
				Sat	9:00 AM	9:30 AM	\$115	\$195
				Sat	10:20 AM	10:50 AM	\$115	\$195
		Sat	10:20 AM	10:50 AM	\$115	\$195		
		Sun	10:00 AM	10:30 AM	\$110	\$170		
		Sun	10:00 AM	10:30 AM	\$110	\$170		
		Sun	11:20 AM	11:50 AM	\$110	\$170		
Stage 2 - Water Movement	Students focus on body position and control, directional change, and forward movement in the water, while continuing to practice how to safely get out of the water if they fall in. Move to Stage 3 when you can do a front and back float on your own front and back glide for 5'	3-5 yrs		Mon	10:00 AM	10:30 AM	\$115	\$195
				Mon	1:00 PM	1:30 PM	\$115	\$195
				Mon	5:00 PM	5:30 PM	\$115	\$195
				Mon	6:20 PM	6:50 PM	\$115	\$195

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	Back float on your own, front and back glide for 5' (preschool) or 10' (school age). Students become comfortable with underwater exploration and learn to how to safely get out of the water if they fall in. Move to Stage 2 when you are willing to go under water voluntarily, you can front and back float, and glide with assistance. 1:4 ratio.			Tues	5:00 PM	5:30 PM	\$115	\$195
				Wed	1:35 PM	2:05 PM	\$115	\$195
				Thurs	10:00 AM	10:30 AM	\$115	\$195
				Thurs	4:30 PM	5:00 PM	\$115	\$195
				Thurs	5:05 PM	5:35 PM	\$115	\$195
				Fri	4:30 PM	5:00 PM	\$115	\$195
				Sat	9:00 AM	9:30 AM	\$115	\$195
				Sat	10:20 AM	10:50 AM	\$115	\$195
				Sun	10:00 AM	10:30 AM	\$110	\$170
				Sun	11:20 AM	11:50 AM	\$110	\$170
Stage 3 - Water Stamina	Students learn to swim longer distances. They learn how to do rhythmic breathing and integrate movements of their arms and legs. Move to Stage 4 when you can swim 10 yards (preschool) or 15 yards (school age) on your front and back and swim-floatswim 15 yards (preschool) or 25 yards (school age). 1:4 ratio.	3-5 yrs		Mon	10:35 AM	11:05 AM	\$115	\$195
				Mon	1:35 PM	2:05 PM	\$115	\$195
				Mon	5:00 PM	5:30 PM	\$115	\$195
				Mon	6:20 PM	6:50 PM	\$115	\$195
				Tues	5:00 PM	5:30 PM	\$115	\$195
				Wed	1:00 PM	1:30 PM	\$115	\$195
				Thurs	10:00 AM	10:30 AM	\$115	\$195
				Thurs	4:30 PM	5:00 PM	\$115	\$195
				Fri	4:30 PM	5:00 PM	\$115	\$195
				Sat	9:00 AM	9:30 AM	\$115	\$195
		Sat	10:55 AM	11:25 AM	\$115	\$195		
		Sun	10:00 AM	10:30 AM	\$110	\$170		
		Sun	11:20 AM	11:50 AM	\$110	\$170		
Stage 4 - Stroke Introduction	Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Move to Stage 5 when you can swim 15 yards doing the elementary backstroke, front and back crawl with rotary breathing, swim-floatswim 25 yards and 15 yards of breaststroke and butterfly kicks. 1:4 ratio.	3-5 yrs		Mon	1:35 PM	2:05 PM	\$115	\$195
				Mon	6:20 PM	6:50 PM	\$115	\$195
				Thurs	10:35 AM	11:05 AM	\$115	\$195
				Thurs	4:30 PM	5:00 PM	\$115	\$195
				Sat	10:20 AM	10:50 AM	\$115	\$195
				Sun	11:20 AM	11:50 AM	\$110	\$170
School Age Swim Lessons								
Stage 1 - Water Acclimation	Students become comfortable with underwater exploration and learn to how to safely get out of the water if they fall in. Move to Stage 2 when you are willing to go under water voluntarily, you can front and back float, and glide with assistance. 1:5 ratio.	6-12 yrs		Mon	5:35 PM	6:15 PM	\$145	\$215
				Thurs	5:05 PM	5:45 PM	\$145	\$215
				Sat	9:35 AM	10:15 AM	\$145	\$215
				Sun	10:35 AM	11:15 AM	\$125	\$185
Stage 2 - Water Movement	Students focus on body position and control, directional change, and forward movement in the water, while continuing to practice how to safely get out of the water if they fall in. Move to Stage 3 when you can do a front and back float on your own, front and back glide for 5'	6-12 yrs		Mon	5:35 PM	6:15 PM	\$145	\$215
				Tues	5:35 PM	6:15 PM	\$145	\$215
				Thurs	5:50 PM	6:30 PM	\$145	\$215
				Fri	5:05 PM	5:45 PM	\$145	\$215

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Private Swim Lessons									
Private lessons	4- 30 minute sessions						\$140	\$220	
Semi-private lessons	4- 30 minute sessions (price is per student)						\$104	\$168	
American Red Cross Trainings									
BABYSITTER TRAINING AND PEDIATRIC FIRST AID/CPR									
Babysitter Training - Feb 22	Babysitter Training and Pediatric First Aid/CPR class that provides youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills, learn How to develop a babysitting business, keep themselves and others safe and help children behave and learn about basic child care. The course also includes first aid and pediatric CPR. Recommended age for this course is 11-15 yrs old.	11-15 yrs	Doylestown	Sat	9:00 AM	4:30 PM	\$90	\$110	
Babysitter Training - Mar 07		11-15 yrs	Doylestown	Sat	9:00 AM	4:30 PM	\$90	\$110	
Babysitter Training - Mar 28		11-15 yrs	Doylestown	Sat	9:00 AM	4:30 PM	\$90	\$110	
Babysitter Training - Apr 11		11-15 yrs	Doylestown	Sat	9:00 AM	4:30 PM	\$90	\$110	
Babysitter Training - Apr 25		11-15 yrs	Doylestown	Sat	9:00 AM	4:30 PM	\$90	\$110	
Babysitter Training - May 16		11-15 yrs	Doylestown	Sat	9:00 AM	4:30 PM	\$90	\$110	
ADULT & PEDIATRIC FIRST AID / CPR / AED									
Adult & Pediatric First Aid/CPR/AED - Feb 29	First Aid, CPR, AED class is a great way for any member of our community (age 15+) to learn how to save a life and react appropriately to emergencies. This course is a blended learning format with some advanced classwork required.	15+ yrs	Doylestown	Sat	12:00 PM	1:30 PM	\$90	\$110	
Adult & Pediatric First Aid/CPR/AED - Mar 14		15+ yrs	Doylestown	Sat	12:00 PM	2:00 PM	\$90	\$110	
Adult & Pediatric First Aid/CPR/AED - Apr 10		15+ yrs	Doylestown	Fri	4:00 PM	6:00 PM	\$90	\$110	
Adult & Pediatric First Aid/CPR/AED - May 23		15+ yrs	Doylestown	Sat	12:00 PM	2:00 PM	\$90	\$110	
LIFEGUARD TRAINING (BLENDED LEARNING)									
Lifeguard Training - Feb 7-9	American Red Cross Lifeguarding classes are for adults or young adults age 15 and over. Blended Learning lifeguard training classes provide 7 hours of online coursework to be completed prior to entering the classroom. This will enable the in-person lifeguard training sessions to be held in a shorter amount of time. Seven hours of online coursework needs to be completed by the first day of class. You will receive a record verifying your successful completion of the online portion and this should be brought to the first day of	15+ yrs	Doylestown	Fri 2/7	4:00 PM	9:00 PM			
					Sat 2/8	10:00 AM	6:00 PM		
					Sun 2/9	12:00 PM	8:00 PM	\$295	\$355
Lifeguard Training - Feb 14-16			15+ yrs		Fri 2/14	4:00 PM	9:00 PM		
				Sat 2/15	10:00 AM	6:00 PM			

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Lifeguard Training - Mar 20-22	Online portion and this should be brought to the first day of class. Other prerequisites for the class include swimming 300 yards continuously demonstrating breath control and rhythmic breathing, freestyle or a combination of both, treading water for two minutes without hands, and completing a timed event within 100 seconds to include starting in the water, swimming 20 yards without goggles, completing surface dive, feet first or head first, to a depth of 7-10 feet and retrieve a 10 pound object and returning to the surface and swimming 20 yards on your back to return to the starting point, with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Exit the water without using a ladder or steps. (Completion of the online coursework alone does not certify you as a lifeguard.)		Doylestown	Sun 2/16	12:00 PM	8:00 PM	\$295	\$355	
		15+ yrs			Fri 3/20	4:00 PM	9:00 PM		
				Doylestown	Sat 3/21	10:00 AM	6:00 PM		
Lifeguard Training - Apr 3-5					Sun 3/22	12:00 PM	8:00 PM	\$295	\$355
		15+ yrs			Fri 4/3	4:00 PM	9:00 PM		
				Doylestown	Sat 4/4	10:00 AM	6:00 PM		
Lifeguard Training - May 1-3					Sun 4/5	12:00 PM	8:00 PM	\$295	\$355
		15+ yrs			Fri 5/1	4:00 PM	9:00 PM		
				Doylestown	Sat 5/2	10:00 AM	6:00 PM		
					Sun 5/3	12:00 PM	8:00 PM	\$295	\$355
LIFEGUARD REVIEW									
ARC Lifeguard Training Review - Feb 23	A review course allows eligible individuals with current certification, or a certification expired by no more than 30 days, to recertify and receive an American Red Cross certificate for Lifeguarding/First Aid/ CPR/AED without participating in a full course. The purpose of a review course is to give individuals the opportunity to review the course content within a formal class setting. Students will be sent link to online portion of training class after enrollment.	15+ yrs	Doylestown	Sun 2/23	10:00 AM	8:00 PM	\$165	\$185	
ARC Lifeguard Training Review - Mar 8		15+ yrs	Doylestown	Sun 3/8	10:00 AM	8:00 PM	\$165	\$185	
ARC Lifeguard Training Review - Apr 26		15+ yrs	Doylestown	Sun 4/26	10:00 AM	8:00 PM	\$165	\$185	
ARC Lifeguard Training Review - May 24		15+ yrs	Doylestown	Sat 5/24	10:00 AM	8:00 PM	\$165	\$185	
LIFEGUARD INSTRUCTOR TRAINING									
ARC Lifeguarding Instructor Training May 28-31	YMCA of Bucks County is now certified to train instructor candidates to teach the Red Cross Lifeguarding, Shallow Water Lifeguarding, CPR/AED for Professional Rescuers and Health Care Providers, Administering Emergency Oxygen and Bloodborne Pathogens Training: Instructor candidates will also become familiar with Junior Lifeguarding, Lifeguard Management, Safety Training for Swim Coaches and Basic Water Rescue.	17+ years	Doylestown	Thurs 5/28	4:00 PM	9:00 PM			
					Friday 5/29/20	4:00 PM	9:00 PM		
					Saturday 5/30/20	10:00 AM	6:00 PM		
					Sunday 5/31/20	12:00 PM	6:00 PM	\$400	\$450
LIFEGUARD INSTRUCTOR REVIEW TRAINING									

Swim Team

Contact Tim Ryan with questions at tryan@ymcabucks.org or 215.348.8131 x1149

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Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Dolphin Swim Team - Competitive Team								Per season, billed monthly
Mini	Our Dolphin Swim Team is a YMCA and USA Swimming sanctioned team with a mission to develop good swimmers and great kids. Our swimmers achieve success at all levels of competition. We provide the foundation for our athletes to excel based on their talent, skills and level of commitment. \$55 registration fee includes team cap, shirt, banquet and Y-USA registration. Swimmers also have the option to swim at the USA Swimming level in the Mid-Atlantic Division with meets held regionally. Optional USA Swimming registration is a \$77/year fee.	6-9 yrs	Lap Pool	Sun-Thurs	Varies	Varies	\$1,540	n/a
Age Group 1		6-12 yrs	Lap Pool	Sunday - Thursday	Varies	Varies	\$1,540	n/a
Age Group 2		10-14 yrs	Lap Pool	Sunday - Thursday	Varies	Varies	\$1,606	n/a
Senior		14 -18 yrs	Lap Pool	Sunday - Thursday	Varies	Varies	\$1,672	n/a
Swim Academy - Intramural								
Academy (Intramural)	Do you like to swim? Do you want to practice, get in great shape, make new friends and hone your swimming skills, but aren't sure that you want to swim in competitions? If you are thinking about joining the Competitive team, or if you just love swimming and making friends, then our Intramural Team is the perfect place for you! Coaches will train swimmers to have more endurance and be more efficient with the four key swim strokes,	6-12 yrs	Lap Pool	Sunday, Tuesday, Thursday	Varies	Varies	\$1,540	n/a
Adult Masters Swim Team								
Masters Swimming	It's like swim team for adults! As a sanctioned USMS team, all participants have the opportunity to individually enter into Master's meets. Meets are optional.	18+	Lap Pool	Mon/Thurs	8:00 PM	9:30 PM	\$0	\$120

SPORTS, DANCE & HUMANITIES

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Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Dance								
Intro to Ballet/Tap	Foundation of ballet and tap. Learn basic ballet and tap steps and movements. Tap shoes and ballet slippers required.	3-4 yrs	Teen Center	Mon	9:30 AM	10:10 AM	\$175	\$210
Petite feet	Discover your child's ability and interest for ballet. Class challenges basic motor skill development and coordination.	3-4 yrs	Teen Center	Wed	10:15 AM	10:55 AM	\$175	\$210
Ballet	Emphasizes the development of ballet skills with a focus on body placement, alignment, strength and technique	4-6 yrs	Teen Center	Sat	10:15 AM	10:55 AM	\$175	\$210
				Thurs	1:00 PM	1:40 PM	\$175	\$210
				Thurs	6:00 PM	6:40 PM	\$175	\$210
				Sat	11:00 AM	11:40 AM	\$175	\$210
Intro to Jazz/Tap	Dancers will learn steps in isolation and in combinations with a focus on flexibility, balance, and technique. Tap shoes and ballet slippers required.	4-6 yrs	Teen Center	Mon	10:15 AM	10:55 AM	\$175	\$210
				Sat	11:45 AM	12:25 PM	\$175	\$210
Jazz/Hip Hop	Learn Jazz and Hip Hop steps and combinations to today's top hits. Work on flexibility, coordination and balance.	6-8 yrs	Teen Center	Thurs	5:15 PM	5:55 PM	\$175	\$210
Modern/Ballet	Learn ballet technique and express emotion through modern dance. Work on flexibility, coordination and balance.	6-8 yrs	Teen Center	Sat	9:30 AM	10:10 AM	\$175	\$210
Tap	Practice working on skills that include rhythm, coordination and balance through isolated steps and combinations.	7-10 yrs	Teen Center	Tues	4:30 PM	5:10 PM	\$175	\$210
Ballet/Jazz	Dancers continue to practice the basic skills and learn different barre and across floor combinations with emphasis on posture, balance, flexibility, timing, rhythm and spotting	7-10 yrs	Teen Center	Tues	5:15 PM	5:55 PM	\$175	\$210
Bollywood Dance	Bollywood is a dance style typically seen in Indian (Bollywood) movies. It is a blend of dance styles such as classical Indian and Folk Indian dance with current dance styles of hip hop and R&B.	8-12 yrs	Teen Center	Thurs	4:30 PM	5:10 PM	\$175	\$210
Adult Ballet	Missing the fun of dance or just want to learn a new skill? Come join our new Adult Dance program! Practice working on skills that include barre combinations, flexibility and choreography.	18+ yrs	Studio C/D	Tues	8:30 PM	9:30 PM	\$90	\$130
			Teen Center	Wed	11:00 AM	12:00 PM	\$90	\$130
Adult Tap	Missing the fun of dance or just want to learn a new skill? Come join our new Adult Dance program! Practice working on skills that include rhythm, coordination and balance through isolated steps and combinations.	18+ yrs	Teen Center	Mon	11:00 AM	12:00 PM	\$90	\$130
			Studio C/D	Thurs	8:30 PM	9:30 PM	\$90	\$130
Youth Sports Leagues								
Indoor Floor Hockey	League includes skill work and game play. The season will run from February 22 to March 28.	6-8 yrs	Gym A/B	Sat	2:00 PM	4:00 PM	\$65	\$105
		9-12 yrs	Gym A/B	Sat	3:00 PM	4:00 PM	\$65	\$105
Indoor Soccer	League includes skill work and game play. The season will run from February 22 to March 28.	5-6 yrs	Gym A/B	Sat	9:00 AM	11:00 AM	\$65	\$105
		7-8 yrs	Gym A/B	Sat	11:00 AM	1:00 PM	\$65	\$105
		9-12 yrs	Gym A/B	Sat	1:00 PM	2:00 PM	\$65	\$105
Indoor Field Hockey	League includes skill work and game play. The season will run from February 22 to March 28.	5-7 yrs	First Baptist Church	Sat	10:00 AM	11:00 AM	\$65	\$105
		8-10 yrs	First Baptist Church	Sat	11:00 AM	12:00 PM	\$65	\$105
Cheetahs Track Team - Developmental	Season runs from April 11 to June 6. Team has three practices per week held on Saturday, Monday and Thursday. Runners	Gr K-2	Tohickon Middle School Track (SAT) - YMCA (MON/THURS)	Sat/Mon/Thurs			\$120	\$180

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	do not have to attend all practices. Runners will have the opportunity to participate in home meets.	Gr 3-8	Tohickon Middle School Track (SAT) - YMCA (MON/THURS)	Sat/Mon/Thurs			\$120	\$180
Cheetahs Track Team - Competitive	Season runs from April 11 to June 6. Team has four practices per week held on Saturday, Monday, Wednesday and Thursday. Runners do not have to attend all practices. Runners will have the opportunity to participate in home and away meets.	Gr K-2	Tohickon Middle School Track (SAT) - YMCA (MON/WED/THURS)	Sat/Mon/Wed/Thurs			\$150	\$210
		Gr 3-8	Tohickon Middle School Track (SAT) - YMCA (MON/WED/THURS)	Sat/Mon/Wed/Thurs			\$150	\$210
T-Ball	Season runs from April 11 to June 6. Teams meet for one hour each week on Saturdays. Time is split between instruction and game play. Skill nights offered on Monday evenings. *Registration Deadline April 1. \$15 late fee after April 1.	3 yrs	Pettine Athletic Complex	Sat	10:00 AM	11:00 AM	\$105	\$160
		4-5 yrs	Pettine Athletic Complex	Sat	10:00 AM	11:00 AM	\$105	\$160
Coach Pitch Baseball	Season runs from April 11 to June 6. Teams meet for 90 minutes each week on Saturdays. Time is split between instruction and game play. Skill nights offered on Monday evenings. *Registration Deadline April 1. \$15 late fee after April 1.	6-8 yrs	Pettine Athletic Complex	Sat		90 Minute session.	\$95	\$150
Beginner Lacrosse League	Season runs from April 11 to June 6. Teams meet for one hour each week. League offers both instruction and an introduction to game play. Skill nights offered on Tuesday evenings. *Registration Deadline April 1. \$15 late fee after April 1.	4-6 yrs	Pettine Athletic Complex	Sat	10:00 AM	11:00 AM	\$105	\$160
Spring Soccer	meet for one hour each week on Saturdays. Time is split between instruction and game play. Skill nights offered on Thursday evenings. *Registration Deadline April 1. \$15 late fee after April 1.	4-5 yrs	Pettine Athletic Complex	Sat	11:15 AM	12:15 PM	\$105	\$160
		6-8 yrs	Pettine Athletic Complex	Sat	11:15 AM	12:15 PM	\$105	\$160
Outdoor Volleyball League	Season runs from April 11 to June 6. Teams meet for 90 minutes each week on Saturdays. Time is split between instruction and game play. *Registration Deadline April 1. \$15 late fee after April 1.	8-12 yrs	YMCA Outdoor Volleyball Courts	Sat	10:30 AM	12:00 PM	\$90	\$145
NFL Flag Football	Season runs from April 11 to June 6. Teams meet for 90 minutes each week on Saturdays. Time is split between instruction and game play. Skill nights offered on Wednesday evenings. Players receive a reversible NFL Flag jersey and flag belt with registration. *Registration Deadline April 1. \$15 late fee after April 1.	5-6 yrs	Pettine Athletic Complex	Sat	9:00 AM	10:30 AM	\$115	\$165
		7-8 yrs	Pettine Athletic Complex	Sat	9:00 AM	10:30 AM	\$115	\$165
YMCA 7-on-7 Flag Football	Season runs from April 11 to June 6. Teams meet for 90 minutes each week on Saturdays. Time is split between instruction and game play. Skill nights offered on Wednesday evenings. New uniforms coming to this age group. Season ends with playoff tournament. *Registration Deadline April 1. \$15 late fee after April 1.	9-10 yrs	Pettine Athletic Complex	Sat	10:30 AM	12:00 AM	\$135	\$185
YMCA 7-on-7 Flag Football		11-12 yrs	Pettine Athletic Complex	Sat	12:00 PM	1:30 PM	\$135	\$185
YMCA 7-on-7 Flag Football: Teen League	Season runs from April 11 to June 6.	13-15 yrs	Pettine Athletic Complex	Sat	12:00 PM	1:30 PM	\$70	\$120
Parent/Child Classes								
Tumbling Together	Come learn and explore the basics of Tumbling and Gymnastics. Children will learn basic skills that will help them grow in the sport	2-4 yrs	Gym A	Mon	9:30 AM	10:10 AM	\$50	\$90
			Gym A	Fri	9:30 AM	10:10 AM	\$50	\$90

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Dance with Me	Dance and enjoy the music with our Dance with Me class. In this class we will learn to dance together and most importantly have fun!	2-4 yrs	Teen Center	Tues	9:30 AM	10:10 AM	\$50	\$90
Musical Munchkins	Come explore the wonders of music through instruments and song.	1-3 yrs	Teen Center	Tues	10:20 AM	11:00 AM	\$50	\$90
			Teen Center	Thurs	9:30 AM	10:10 AM	\$50	\$90
Gym Kids - Basketball	Come jump run tumble and play on our gymnastics equipment and learn the basic of Basketball	2-4 yrs	Gym A	Wed	9:30 AM	10:10 AM	\$50	\$90
Parent-tot Golf by Sole Golf Academy	This introductory program allows families and their young ones to learn the game of golf together with fun games and exercises.	2-4 yrs	Intensity Sports Training	Thurs	10:20 AM	11:00 AM	\$90	\$130
Arts & Humanities								
Kinder Art	Located in our Clubhouse, Kinder Art is just for those in Pre-K and Kindergarten.	4-6 yrs	Clubhouse	Mon	1:45 PM	2:25 PM	\$5	\$10
			Clubhouse	Tues	9:30 AM	10:10 AM	\$5	\$10
Drawing I		5-8 yrs	Clubhouse	Tues	5:15 PM	5:55 PM	\$5	\$10
Drawing II		9-14 yrs	Clubhouse	Tues	6:00 PM	6:40 PM	\$5	\$10
Preschool 3-D Art	Students explore sculpture using salt dough, clay, found objects, paper mache, and more.	3-6 yrs	Clubhouse	Tues	10:20 AM	10:50 AM	\$5	\$10
Kids Create	Get creative! An introduction to a variety of art and science projects. We will explore cooking this fall! Participants will work on different projects each week.	5-7 yrs	Clubhouse	Tues	5:00 PM	6:00 PM	\$50	\$90
Parent/Child Art	An opportunity for families with young children to learn art together. This class serves as an introduction to many forms of art.	2-4 yrs	Clubhouse	Wed	10:15 AM	10:45 AM	\$5	\$10
Preschool Drawing & Painting	Students explore drawing and painting techniques using various 2D art medias.	3-6 yrs	Clubhouse	Wed	9:30 AM	10:00 AM	\$5	\$10
Preschool Music	In this independent class, kids will explore the elements of music through song, dance, and play. Learn about instruments, singing voices and begin playing simple rhythmic patterns	3-5 yrs	Teen Center	Thurs	10:20 AM	11:00 AM	\$50	\$90
Multimedia Art I	Learn different styles of art using a variety of fun techniques.	5-8 yrs	Clubhouse	Thurs	5:15 PM	5:55 PM	\$5	\$10
Multimedia Art II	Learn different styles of art using a variety of fun techniques.	9-12 yrs	Clubhouse	Thurs	6:00 PM	6:40 PM	\$5	\$10
Cooking Workshop March 13	In this 2 hour workshop we will make be making breakfast for dinner!! Eggs Benedict, homefries and even a healthy smoothie!!	6-12 yrs	Teen Center	Fri	6:00 PM	8:00 PM	\$35	\$40
Youth Sports								
Basketball	Fundamental skills and game play.	4-6 yrs	Gym B	Mon	10:20 AM	11:00 AM	\$90	\$130
		5-7 yrs	Gym A	Mon	4:30 PM	5:10 PM	\$90	\$130
		8-12 yrs	Gym A	Mon	5:15 PM	5:55 PM	\$90	\$130
		4-6 yrs	Gym A	Wed	1:45 PM	2:25 PM	\$90	\$130
Floor Hockey		4-6 yrs	Gym B	Tues	10:20 AM	11:00 AM	\$90	\$130
Preschool Sports	Develop skills in basketball, football, soccer, hockey and t-ball/baseball.	3-4 yrs	Gym B	Tues	9:30 AM	10:10 AM	\$90	\$130
			Gym A	Wed	5:15 PM	5:55 PM	\$90	\$130
			Gym B	Fri	9:30 AM	10:10 AM	\$90	\$130
Kinder Sports	Develop skills in basketball, football, soccer, hockey and t-ball/baseball.	4-6 yrs	Gym A	Wed	5:15 PM	5:55 PM	\$90	\$130
			Gym B	Thurs	1:45 PM	2:25 PM	\$90	\$130
			Gym B	Fri	10:20 AM	11:00 AM	\$90	\$130

SPORTS, DANCE & HUMANITIES

Contact: John Guest, jguest@ymcabucks.org, 215.348.8131, x1143

**Spring I Session:
Feb 24- Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Field Hockey Fundamentals	Explore the great game of field hockey. Learn the fundamentals of the sport through fun drills and games. Beginners encouraged!	6-12 yrs	Gym A	Wed	4:30 PM	5:10 PM	\$90	\$130
Homeschool Physical Education	Program covers various health topics. Physical education portion of program focuses on a different sport each week. Teamwork and effort are emphasized.	6-12 yrs	Clubhouse/Gym B	Wed	12:30 PM	2:30 PM	\$0	\$130
Birdie Basics by Sole Golf Academy	This story-driven golf instruction program teaches through fun, memorable games and allows young children to feel successful and get excited about golf from day one!	4-6 yrs	Intensity Sports Training	Thurs	9:30 AM	10:10 AM	\$90	\$130
Tennis	Learn basics and improve hand-eye coordination. Players must bring their own tennis racket to class.	4-6 yrs	Gym B	Wed	10:20 AM	11:00 AM	\$90	\$130
Cheetahs Track & Field Conditioning	Stay in shape over the winter and prepare for your upcoming track and field season by working with Cheetah coaches. Athletes will run, sprint do core work, cardiovascular drills, plyometrics, and strength work. Training will be focused specific to event preferences. 7-week session ends on Thursday, April 9.	5-8 yrs	First Baptist Church of Doylestown	Thurs	6:00 PM	7:00 PM	\$90	\$140
Cheetahs Track & Field Conditioning	Stay in shape over the winter and prepare for your upcoming track and field season by working with Cheetah coaches. Athletes will run, sprint do core work, cardiovascular drills, plyometrics, and strength work. Training will be focused specific to event preferences. 7-week session ends on Thursday, April 9.	9-14 yrs	First Baptist Church of Doylestown	Thurs	6:00 PM	7:00 PM	\$90	\$140
Jaguars Basketball Academy	Players are grouped by age. Intensive basketball training with game play at the end of each session. The academy is located at First Baptist Church of Doylestown.	7-9 yrs	First Baptist Church of Doylestown	Tues	5:00 PM	6:00 PM	\$100	\$150
		10-15 yrs	First Baptist Church of Doylestown	Tues	6:00 PM	7:00 PM	\$100	\$150
We All Wheel		8-15 yrs		Thurs	5:00 PM	6:00 PM	\$0	\$60
Tennis @ DTC	These classes will help build a solid foundation for tennis. Grouped by age and ability. 7-week program runs February 29 to April 11.	6-17 yrs	Doylestown Tennis Club	Sat	1:30 PM	2:30 PM	\$165	\$200
Gymnastics & Tumbling								
Tiny Tumblers	Learn fundamental tumbling skills.	3-4 yrs	Gym A	Tues	9:30 AM	10:10 AM	\$90	\$130
				Thurs	4:30 PM	5:10 PM	\$90	\$130
				Fri	10:20 AM	11:00 AM	\$90	\$130
Kindergymers	Develop techniques and progress to independent tumbling.	4-5 yrs	Gym A	Tues	2:00 PM	2:40 PM	\$90	\$130
				Tues	10:20 AM	11:00 AM	\$90	\$130
				Thurs	5:15 PM	5:55 PM	\$90	\$130
Progressive Gymnastics: Beginner	Introduction to advanced skills on Gym Kids Circuit.	5+ yrs	Gym A	Tues	5:00 PM	6:00 PM	\$100	\$150
				Thurs	1:45 PM	2:45 PM	\$100	\$150
				Thurs	6:00 PM	7:00 PM	\$100	\$150
Progressive Gymnastics: Intermediate Gymnastics	Independent tumbling applied on Gym Kids circuit.	5+ yrs	Gym A	Tues	6:00 PM	7:00 PM	\$100	\$150
				Thurs	7:00 PM	8:00 PM	\$100	\$150
Progressive Gymnastics: Advanced Gymnastics	Prerequisite: Intermediate and instructor approval.	5+ yrs	Gym A	Tues	7:00 PM	8:00 PM	\$100	\$150

SPORTS, DANCE & HUMANITIES

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**Spring I Session:
Feb 24- Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
XCEL Silver Competitive Pre-team Program	This competitive team will have practice 4 hours per week in Gym A. Our new gymnastics program gives your child the opportunity to compete at the Xcel Silver level.	5+ yrs	Gym A	Tues/ Thurs	6:00 PM	8:00 PM	\$175	\$220
Free Member Classes								
Pre-Teen Dodgeball	There's nothing more thrilling than a game of dodgeball! Play with friends and make new ones while having a blast!	8-12 yrs	Gym A	Mon	6:00 PM	6:45 PM	\$0	N/A
Y Play	Keep the kids active. Emphasizes activity through sports and active games.	4-6 yrs	Gym B	Mon	9:30 AM	10:00 AM	\$0	N/A
Parent-Tot Sports & Play Zone	This new FREE class allows you to spend time together while playing sports. This open gym time includes sports equipment from all different sports for you and your child to play.	2-4 yrs	Gym A	Mon	10:20 AM	11:00 AM	\$0	N/A
Stories & Songs	Read a short story, learn rhymes and finger plays, but most importantly sing and dance together! Open to all ages. Recommended for ages 5 and under.	1-5 yrs	Teen Center	Tues	11:05 AM	11:35 AM	\$0	N/A
Circuit Zone	Move through a variety of circuits to increase your heart rate and cardio levels. Physically challenging but highly fun!	6-12 yrs	Studio D	Tues	4:15 PM	4:45 PM	\$0	N/A
		4-8 yrs	Gym B	Tues	6:00 PM	6:45 PM	\$0	N/A
Kids Yoga	Focus on learning breathing techniques to help calm and center. Poses and games to help with balance, strength and flexibility.	6-12 yrs	Teen Center	Tues	7:00 PM	7:30 PM	\$0	N/A
			Studio D	Thurs	4:15 PM	4:45 PM	\$0	N/A
Jump, Run Tumble Fun	Play on our indoor gymnastic equipment playground. Great place to let out some energy. Parent required to stay with children.	All Ages	Gym A	Tues	11:00 AM	1:45 PM	\$0	N/A
				Tues	2:30 PM	4:00 PM	\$0	N/A
				Thurs	11:00 AM	1:45 PM	\$0	N/A
				Thurs	2:30 PM	4:00 PM	\$0	N/A
YMCA Hoops	A time for elementary-aged children to hone their fundamental basketball skills. Instruction and game play facilitated by a mix of YMCA staff and volunteers.	6-12 yrs	Gym A/B	Wed	6:00 PM	7:00 PM	\$0	N/A
Obstacle Ninja	Run through an obstacle course like a ninja! Train to do just that with strength and conditioning exercises, daily challenges, and ninja courses.	3-5 yrs	Gym A	Thurs	9:30 AM	10:00 AM	\$0	N/A
				Thurs	10:00 AM	10:30 AM	\$0	N/A
YMCA Futsal	A time for young soccer players to hone their skills through game play. Games are facilitated by YMCA staff.	8-12 yrs	Gym B	Thurs	6:00 PM	6:45 PM	\$0	N/A
Family Yoga	With a parent or caregiver (required)	All Ages	Studio C/D	Fri	4:30 PM	5:15 PM	\$0	N/A
Family Mindfulness & Meditation	With a parent or caregiver (required)	All Ages	Teen Center	Sun	11:00 AM	11:40 AM	\$0	\$20
Martial Arts								
Dragon Warriorz	Contact: Jen Pursell, jpursell@ymcabucks.org Basic Shotokan Karate techniques mixed with interactive games and exercises to develop self-esteem and confidence.	4-7 yrs	Studio D	Tues				
				Thurs	6:05 PM	6:35 PM	\$90	\$130
				Thurs	6:40 PM	7:10 PM	\$90	\$130
				Sat	11:20 AM	11:50 AM	\$90	\$130
				Sat	11:55 AM	12:25 AM	\$90	\$130
Advanced Dragon Warriorz	All of the fun of our regular Dragon Warriroz class but with more techniques, Kata and the addition of Step Sparring.	4-7 yrs	Studio D	Tues	6:40 PM	7:10 PM	\$90	\$130

SPORTS, DANCE & HUMANITIES

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**Spring I Session:
Feb 24- Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member	
Aikido	Japanese art of unarmed self-defense uses attacker's force against them. Encourages discipline and a nonviolent attitude. Under 10 must be with a participating adult.	9+ yrs	Studio C/D	Fri	7:00 PM	8:30 PM	\$115	\$195	
Youth & Adult Karate: Beginner (1X/week)	Belts: White and Candidate Yellow JKA Style Shotokan Includes membership to the AJKA-USA. Uniforms can be ordered at the beginning of each session.	8+ yrs	Studio C/D	Tues	6:05 PM	6:35 PM	\$115	\$195	
Youth & Adult Karate: Beginner (1X/week)		8+ yrs	Studio C/D	Thurs	6:05 PM	6:35 PM	\$115	\$195	
Youth & Adult Karate: Beginner (1X/week)		8+ yrs	Studio C/D	Sat	12:30 PM	1:00 PM	\$115	\$195	
Youth & Adult Karate: Beginner (unlimited)		8+ yrs	Studio C/D	<i>unlimited beginner classes above</i>				\$195	\$330
Youth & Adult Karate: Intermediate (1X/week)		8+ yrs	Studio C/D	Tues	6:40 PM	7:20 PM	\$115	\$195	
Youth & Adult Karate: Intermediate (1X/week)		8+ yrs	Studio C/D	Thurs	6:40 PM	7:20 PM	\$115	\$195	
Youth & Adult Karate: Intermediate (1X/week)		8+ yrs	Studio C/D	Sat	12:30 PM	1:30 PM	\$115	\$195	
Youth & Adult Karate: Intermediate (unlimited)		8+ yrs	Studio C/D	<i>unlimited beginner classes above</i>				\$195	\$330
Youth & Adult Karate: Advanced (1X/week)		8+ yrs	Studio C/D	Tues	7:25 PM	8:15 PM	\$115	\$195	
Youth & Adult Karate: Advanced (1X/week)		8+ yrs	Studio C/D	Thurs	7:25 PM	8:15 PM	\$115	\$195	
Youth & Adult Karate: Advanced (1X/week)	8+ yrs	Studio C/D	Sat	12:30 PM	1:30 PM	\$115	\$195		
Youth & Adult Karate: Advanced (unlimited)	8+ yrs	Studio C/D	<i>unlimited beginner classes above</i>				\$195	\$330	
Self Defense Class	The class covers how to avoid situations where you are likely to become a victim of violent behavior as well as techniques to help you to escape violent behavior before it escalates into a life threatening situation. Participants should wear comfortable clothes and be prepared to take off their shoes and socks.	10+ yrs	Studio C/D	Tuesday, March 17	6:40 PM	7:10 PM	\$0	\$0	
Teen/PreTeen		Contact: Danny Hontz, dhontz@ymcabucks.org, 215.348.8131, x1117							
Babysitter Training - Weekly class	Other American Red Cross Babysitter training programs are available through our ARC training, found on the community program webpage	11-14 yrs	Stay & Play	Thurs	6:00 PM	7:00 PM	\$70	\$125	
Preteen Night - Feb 7		Gr 4-6	Teen Center	Fri	7:00 PM	10:00 PM	\$5	\$10	
Teen Night - Feb 21	Teens will get to choose to swim, play games in the gym or do art in the Clubhouse. We will then all come together for a dance party to end our night!	Gr 7-9		Fri	7:00 PM	10:00 PM	\$5	\$10	
YMCA Basketball League	Middle School Basketball league with staff officials and score kept	Gr 7 and 8		Tue/Thurs	6:00 PM	9:00 PM	\$60	\$90	
YMCA Basketball League	High school aged Basketball league with staff officials and score kept	Gr 9-12		Tue/Thurs	6:00 PM	9:00 PM	\$60	\$90	
Day Off School Camp									
Holiday Camp (AM Only)	Feb 14 & 17	5-12 yrs	Teen Center		8:00 AM	12:00 PM	\$25	\$25	
Holiday Camp (PM Only)	Feb 14 & 17	5-12 yrs	Teen Center		12:00 PM	5:15 PM	\$25	\$25	
Holiday Camp (Full Day)	Feb 14 & 17	5-12 yrs	Teen Center		8:00 AM	5:15 PM	\$50	\$50	
Adult Sports & Leagues									
Monday Night Basketball (Over 35)		35+ yrs	Gym A/B	Mon	7:00 PM	10:30 PM	\$55	\$100	
Wednesday Night Basketball (Over 35)		35+ yrs	Gym A/B	Wed	7:00 PM	10:30 PM	\$55	\$100	

SPORTS, DANCE & HUMANITIES

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**Spring I Session:
Feb 24- Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Thursday Night Basketball (Over 50)	Feb 27 - Apr 30	50+ yrs	Gym B	Thurs	7:00 PM	10:00 PM	\$45	\$90
Advanced Volleyball	Groups plays April 3 to May 24. Friday night play is 8:00-10:00 PM. Sunday play is 11:00 AM-1:00 PM.	18+ yrs	Gym B	Fri/Sun	8:00 PM	10:00 PM	\$20	\$40
Adult Pickleball		18+ yrs	Gym B	Tues	11:00 AM	1:00 PM	\$0	\$30
		18+ yrs	Gym A/B	Sun	4:00 PM	6:00 PM	\$0	\$30
Women's Pick Up Basketball		18+ yrs	Gym A/B	Sun	6:00 PM	7:00 PM	\$0	\$30
Sunday Night Basketball (18+)		18+ yrs	Gym A/B	Sun	8:30 PM	10:30 PM	\$45	\$90
Adult Beginner Golf (Over 50)	Small group classes for adults over the age of 50. Classes are instructed by Sole Golf Academy at Intensity Sports Training in Doylestown.	50+ yrs	Intensity Sports Training	Tues	9:30 AM	10:10 AM	\$90	\$130
Women's Beginner Golf	Small group classes for women only. Classes are instructed by Sole Golf Academy at Intensity Sports Training in Doylestown.	18+ yrs	Intensity Sports Training	Tue	10:20 AM	11:00 AM	\$90	\$130
Private Golf Lessons	One, 45 minute golf lesson included. Lessons are taught by Sole Golf Academy and held at Intensity Sports Training.	18+ yrs	Intensity Sports Training	All			\$79	\$119
Adventure Guides								
Adventure Guides	Designed for parents and children to develop healthy relationships, gain a sense of belonging, and learn the importance of giving back to the community through one-on-one interactions, activities with other families, and community service projects.	5+ years					\$0	\$70

Membership

Stay & Play:
 Victoria Wooden at vwooden@ymcabucks.org,
 215.348.8131
 AOA Art
 Michele Zosulis, mzosulis@ymcabucks.org,
 215.348.8131, x1184

Spring I Session 2020
Feb 24-Apr 19

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Stay & Play								
Parents Night Out (PNO) - Feb 14	Kids enjoy a fun evening at the Y and parents can enjoy a night out! Advanced registration is required and registration closes at 2PM on the day of the event.	3-12 years	Stay & Play	Fri	5:30 PM	9:00 PM	\$26	\$32
Parents Night Out (PNO) Feb 28		3-12 years	Stay & Play	Fri	5:30 PM	9:00 PM	\$26	\$32
Parents Night Out (PNO)- March 13		3-12 years	Stay & Play	Fri	5:30 PM	9:00 PM	\$26	\$32
Parents Night Out- (PNO)- March 27		3-12 years	Stay & Play	Fri	5:30 PM	9:00 PM	\$26	\$32
Parents Night Out (PNO) April 10		3-12 years	Stay & Play	Fri	5:30 PM	9:00 PM	\$26	\$32
Sitter Service								
One child - 90 minutes	Offered during Stay & Play hours to those who need to leave the Y campus for errands, appointments, shopping, etc. Registration required prior to drop-off.	3 mos-Grade 6	Stay & Play				\$12	\$17
Two Children - 90 minutes		3 mos-Grade 6	Stay & Play				\$16	\$24
Three Children - 90 minutes		3 mos-Grade 6	Stay & Play				\$19	\$29
One child - 3 hours		3 mos-Grade 6	Stay & Play				\$22	\$27
Two Children - 3 hours		3 mos-Grade 6	Stay & Play				\$33	\$38
Three Children - 3 hours		3 mos-Grade 6	Stay & Play				\$36	\$43
Special Events								

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Spring I Session 2020
Feb 24-Apr 19

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Pool Palooza - Feb 22, 2-5:30PM	Free to members; \$20 per family for nonmembers. Family Pool Palooza with the inflatable WIBIT! Includes pizza. Non-members will need to complete a waiver at the Welcome Center upon arrival, prior to participation.		Pool				\$0	\$20/family
Active Older Adults								
Art								
Winter Felting - Feb 6	Our hands will be soft, fragrant and warm as we wet felt a few useful items for home and personal use. We will use the same technique to create a simple massage ball plus a beret or small bag from wool grown and harvested here in Bucks County. No experience necessary and a rainbow of wool roving and yarns will be available. All supplies provided for a \$10 materials fee.			Thurs	11:30 AM	1:00 PM	\$10	\$25
Fraktur Watercolor - Feb 13, 20,	In this traditional Pennsylvania German style of painting, learn to use a few basic colors to create an array of fanciful creatures and designs. Fraktur motifs once decorated important documents, bookplates or a student's Good Behavior certificate. We will learn the style of early Bucks County Fraktur practitioners as we explore and sample these joyful motifs and designs using pen, ink and watercolors. No experience necessary and all supplies will be provided. There is a \$10 materials fee.			Thurs	11:30 AM	1:00 PM	\$10	\$25

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Spring I Session 2020
Feb 24-Apr 19

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Woodblock Carving/Printing for beginners - March 12, 19, 26	Learn a few simple techniques to follow in the footsteps of Rembrandt and Picasso. From self-portraits to abstract designs, you will carve onto blocks and print onto fine art paper. No experience necessary; success is promised. You will use your prints to create personalized stationary and artworks on imported			Thurs	11:30 AM	1:00 PM	\$10	\$25
Indian Prints On Silk & Cotton - April 23, 30, May 7	Vera Bradley has made a fortune borrowing traditional Indian designs for her best-selling quilted bags. We will learn the history behind paisley and then design a length of cotton with traditional blocks carved in India and Pakistan. The final class will include a quick and easy sewing lesson on crafting a tote or placemats from your printed fabric, but you can use your print any way you like! A \$10 materials fee covers the cost of supplies.			Thurs	11:30 AM	1:00 PM	\$10	\$25

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Spring I Session 2020
Feb 24-Apr 19

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Leather Crafting - May 14, 21, 28	In this introduction to leather crafting, you will create a simple key fob, and then something a little more involved—a journal book cover. Learn to use tools to stamp and emboss designs, plus attach closures and findings. Warning, we will use actual deer or cattle hides in this series. However, we will follow the tradition of ancient leather crafters who always honored and acknowledged the animals for their contributions. There is a \$15 materials fee.			Thurs	11:30 AM	1:00 PM	\$10	\$25

ABILITY PROGRAMS

Contact Danny Hontz with questions at
dhontz@ymcabucks.org or 215.348.8131, x1117

**Spring I Session 2020:
Feb 24-Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Adapted Teen Sports & Fitness								
Ability Teen Basketball		12-21 yrs	Gym B	Thurs	3:00 PM	3:45 PM	\$125	\$155
Ability Teen Weightlifting		12-21 yrs	Fitness Center	Tues	3:00 PM	3:45 PM	\$155	\$205
Adapted Aquatics Group Lessons								
Ability Stage 4 Stroke Introduction School Age	Small group adapted aquatics	6-14 yrs	Lap Pool	Sat	10:00 AM	10:40 AM	\$140	\$220
Ability Stage 5 Stroke Development School Age	Small group adapted aquatics	6-14 yrs	Lap Pool	Sat	10:45 AM	11:25 AM	\$140	\$220
Ability Stage 5 Stroke Development Teen	Small group adapted aquatics	14-18 yrs	Water Park Pool	Wed	6:45 PM	7:25 PM	\$140	\$220
Ability Stage 6 Stroke Mechanics School Age	Small group adapted aquatics	6-14 yrs	Lap Pool	Sat	11:30 AM	12:10 PM	\$140	\$220
Adapted Mainstream Aquatics Group Lessons								
School Age Swim Basics	Mainstream Inclusive Program	6-12 yrs	Pool	Varied	Varied	Varied	\$140	\$220
School Age Stroke Introduction	Mainstream Inclusive Program	6-12 yrs	Pool	Varied	Varied	Varied	\$140	\$220
School Age Stroke Development	Mainstream Inclusive Program	6-12 yrs	Pool	Varied	Varied	Varied	\$140	\$220
Pre-School Water Movement	Mainstream Inclusive Program	3-5 yrs	Pool	Varied	Varied	Varied	\$140	\$220
Pre-School Water Stamina	Mainstream Inclusive Program	3-5 yrs	Pool	Varied	Varied	Varied	\$140	\$220
Pre-School Water Accilimation	Mainstream Inclusive Program	3-5 yrs	Pool	Varied	Varied	Varied	\$140	\$220
Pre-School Stroke Introduction	Mainstream Inclusive Program	3-5 yrs	Pool	Varied	Varied	Varied	\$140	\$220
Adapted Mainstream Group Classes								
Adapted Mainstream Sports	Mainstream Inclusive Program	3+ yrs	Varied	Varied	Varied	Varied	contact Danny Hontz	
Adapted Mainstream Gymnastics	Mainstream Inclusive Program	3+ yrs	Varied	Varied	Varied	Varied	contact Danny Hontz	

ABILITY PROGRAMS

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**Spring I Session 2020:
Feb 24-Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Adapted Mainstream Karate	Mainstream Inclusive Program	3+ yrs	Varied	Varied	Varied	Varied	contact Danny Hontz	
Adapted Mainstream Arts & Humanities	Mainstream Inclusive Program	3+ yrs	Varied	Varied	Varied	Varied	contact Danny Hontz	
Adapted Mainstream Swim lesson	Mainstream Inclusive Program	3+ yrs	Varied	Varied	Varied	Varied	contact Danny Hontz	
Club After 2								
Club After 2 - 1 Day	After school program for middle and high school students with intellectual and developmental disabilities.	12-21 yrs	Clubhouse	Mon-Fri	2:30 PM	5:00 PM	\$115	\$184
Club After 2 - 2 Days		12-21 yrs	Clubhouse	Mon-Fri	2:30 PM	5:00 PM	\$215	\$344
Club After 2 - 3 Days		12-21 yrs	Clubhouse	Mon-Fri	2:30 PM	5:00 PM	\$315	\$504
Club After 2 - 4 Days		12-21 yrs	Clubhouse	Mon-Fri	2:30 PM	5:00 PM	\$395	\$632
Club After 2 - 5 Days		12-21 yrs	Clubhouse	Mon-Fri	2:30 PM	5:00 PM	\$485	\$776
Ability Teen Night								
Ability Teen Night February 14	*Big event: Valentine's Day Party	13-21 yrs	Teen Center	Fri	6:30 PM	9:00 PM	\$15	\$20
Ability Teen Night February 28		13-21 yrs	Teen Center	Fri	6:30 PM	9:00 PM	\$10	\$15
Ability Day Off School Camp								
Monday February 17 - Teen		13-21 yrs	Clubhouse	Mon	8:00 AM	5:15 PM	\$58	\$81
Monday February 17 - Elementary		6-12 yrs	Clubhouse	Mon	8:00 AM	5:15 PM	\$58	\$81
Seekers								
Seekers	Social and recreational program for adults with intellectual and developmental disabilities.	18+ yrs	Teen Center	Mon	4:00 PM	7:00 PM	\$225	\$315
Seekers		18+ yrs	Teen Center	Wed	4:00 PM	7:00 PM	\$235	\$330
Seekers		18+ yrs	Teen Center	Mon/Wed	4:00 PM	7:00 PM	\$415	\$590

FITNESS

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**Spring I Session 2020:
 Feb 24 - Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Small Group Training								
4 classes	Try something specialized and shake up your normal routine with small group training. Work with a personal trainer in a small group setting and meet your goals quickly.	16+ yrs			Times vary		\$42	
8 classes		16+ yrs			Times vary		\$80	
Healthy Living Events & Special Programs								
Shamrock Shake Zumba March 15	Show your spirit by wearing GREEN in this St. Patrick's Day inspired Zumba class!	12+ yrs	TEEN CENTER	Sun	12:00	12:50 PM	\$0	n/a
Beginners Yoga Series March 1, 8 & 15	Curious about yoga, but not sure where to start? This beginners series introduces commonly taught yoga poses and meditation and breathing techniques you can expect in yoga classes. Taught through demonstration, discussion and the opportunity to practice each week in a supportive environment!	12+yrs	Studio C/D	Sun	1:00 PM	2:00 PM	\$10	\$15
108 Sun Salutations A Yoga Tradition March 22	The significance of the number 108 has a long tradition from yoga to astronomy. Join your favorite yoga instructors and practice half salutes, Sun Salute A, B, and other variations. Modifications will be offered.	12+ yrs	Studio C/D	Sun	1:30 PM	4:00 PM	\$0	n/a
Run Strong: Couch to 5K Running Program	Try something new or work to increase your time. Eight week training course for all levels - even the unexperienced. Program includes registration for YMCA Bucks County Strong 5K Race, race shirt (value \$45) and running plans. Group will celebrate their success by competing in the YMCA 5K Race together on May 17th.	12+ yrs	YMCA Lobby (runs take place outside)				\$80	\$120

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Spring I Session 2020: Feb 24 - Apr 19

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Glow Zumba® & Glow BollyX	Pre-weekend DANCE PARTY! Join us every Friday night starting at 6 pm for Zumba followed by BollyX! Help us kick off this special line up Friday, February 28 with a GLOW themed dance party! All partying takes place in GYM B. Non-members can register at the Welcome Center.	12+ yrs	Gym B	Fri	6 PM (Zumba®) & 7:05 PM (BollyX)	7 PM (Zumba®) & 8 PM (BollyX)	\$0	\$18
Personal Training								
Master Your Metabolism Program		18+		Time s vary			\$179	\$209
Group Style Personal Training 2 people	There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay on target! Pricing is per person.	12+						
Personal Training 30 minute sessions	5 session pack	12+					\$170	\$221
Personal Training 30 minute sessions	10 session pack	12+					\$320	\$416
Personal Training 45 minute sessions	5 session pack	12+					\$240	\$300
Personal Training 45 minute sessions	10 session pack	12+					\$460	\$598
Personal Training 60 minute sessions	5 session pack	12+					\$310	\$391
Personal Training 60 minute sessions	10 session pack	12+					\$600	\$780
My Zone PT Promo	2 sessions	12+					\$149	n/a
New Client Promotion	3 sessions	12+					\$125	n/a
Personal Training Club								
Personal Training 30 minute sessions, 4/month		12+					\$120	n/a

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Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Personal Training 30 minute sessions, 8/month	Love Personal Training at the Y? Join our PT Club and save over regular package prices. Auto-billed on the first of each month, you will have the ase of continous personal training. Whether you are looking to train once a week, twice a week or even three times a week, the PT Club has a plan to help you reach your fitness goals.	12+					\$240	n/a
Personal Training 30 minute sessions, 12/month		12+					\$360	n/a
Personal Training 45 minute sessions, 4/month		12+					\$174	n/a
Personal Training 45 minute sessions, 8/month		12+					\$348	n/a
Personal Training 45 minute sessions, 12/month		12+					\$522	n/a
Personal Training 60 minute sessions, 4/month		12+					\$228	n/a
Personal Training 60 minute sessions, 8/month		12+					\$456	n/a
Personal Training 60 minute sessions, 12/month		12+					\$684	n/a
Small Group Training								
Four (4) Classes	Try something specialized and shake up your normal routine; work with a personal trainer in a small group setting and meet your goals quickly. To purchase:						\$42	\$58
Eight (8) Classes	1. Purchase online or in-person at Welcome Center 2. Scheduled classes (listed below) in Mind/Body						\$80	\$99
Class options include:								
TRX Fit	An intesive full body strength training workout using the TRX suspension straps and other pieces of equipment. Get strong, increase metabolism and burn calories!			Mon	9:30	10:25 AM		
TRX Stay Fit	Focus on your strength, balance and core condition with this low intensity workout that is perfect for those who are new to suspension training. This class is great for those who are new to TRX, older adults and those looking to strengthen muscles to improve the activities of daily living.			Mon	1:15 PM	2:15 PM		
				Mon	2:15 PM	3:15 PM		

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Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Strength Fusion	This class will focus on building strength, increasing metabolism and burning fat. Workouts vary class to class.			Mon	6:00 PM	7:00 PM		
				Wednesda y	9:30 AM	10:30 AM		
				Wednesda y	6:00 PM	7:00 PM		
Kettlebell				Tues	2:00 PM	2:50 PM		
TRX Boxing Fusion	Combining TRX resistance training with boxing for great circuit training experience to get you moving. The use of TRX bands, boxing mitts, kettlebells and boxing bags make up this amazing combo class.			Tues	5:30 PM	6:30 PM		
				Tues	6:30 PM	7:30 PM		
Aquatic Group Exercise Classes		Registration not required for members						
Aqua Aerobics	Beg. - Adv. A low-impact aerobic workout designed to work every major muscle group. The water's buoyancy decreases stress on hips, knees, ankles and feet.	12+	Lap Pool	Mon	9:00 AM	9:55 AM	\$0	\$80/session for 1 class 1x/week
			Lap Pool	Mon	7:00 PM	7:55 PM	\$0	\$80/session for 1 class 1x/week
			Lap Pool	Wed	8:00 PM	8:55 PM	\$0	\$80/session for 1 class 1x/week
Gentle Aqua Aerobics		12+	WP	Mon	8:00 AM	8:55 AM	\$0	\$80/session for 1 class 1x/week
			WP	Fri	8:00 AM	8:55 AM	\$0	\$80/session for 1 class 1x/week
Aqua Fit & Define	Beg. - Adv. This retro Jane Fonda inspired class gets you moving with choreographed cardio and light strengthening in the water!	12+	Lap Pool	Mon	1:00 PM	1:55 PM	\$0	\$80/session for 1 class 1x/week
Aqua Strength & Stretch	Beg. - Adv. Using resistance tools in deep and shallow water participants practice stretching and using the water resistance to improve their muscle strength		WP	Wed	8:00 AM	8:55 AM	\$0	\$80/session for 1 class 1x/week

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**Spring I Session 2020:
 Feb 24 - Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Aqua Dance / Aqua Zumba®	Beg. - Adv. Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. This class blends the Zumba® philosophy with water resistance. Aqua Zumba® is choreographed by Zumba® Aqua Dance is created by the Instructor	12+	LP	Wed	7:00 PM	7:55 PM	\$0	\$80/session for 1 class 1x/week
				Fri	10:00 AM	10:55 AM	\$0	\$80/session for 1 class 1x/week
Ability Aqua Zumba®	Beg. All abilities welcome to this Zumba® class!	12+	LP	Wed	12:00	12:55 PM	\$0	\$80/session for 1 class 1x/week
Aqua Pilates	Beg. - Adv. Using the waters natural resistance this class can increase the body's full range of motion while stabilizing core muscles.	12+	WP	Tues	9:00 AM	9:55 AM	\$0	\$80/session for 1 class 1x/week
				Tues	11:00 AM	11:55 AM	\$0	\$80/session for 1 class 1x/week
Aqua Tabata	Int. - Adv. This class combines high intensity interval training with the properties of water that result in a fun, high cardio workout to blast calories. Participants must be comfortable in deep water.	12+	LP	Tues	9:00 AM	9:55 AM	\$0	\$80/session for 1 class 1x/week
				Thurs	10:00 AM	10:55 AM	\$0	\$80/session for 1 class 1x/week
Aqua Jogging	Int. - Adv. In the deep end of the pool participants wearing water support belts jog in 3-4-5 minutes increments for a total of 40 minutes nonstop movement. Last 15 minutes are used to stretch and cool down. All participants move at their own rate. Participants must be comfortable in deep water.	12+	LP	Wed	10:00 AM	10:55 AM	\$0	\$80/session for 1 class 1x/week
Aqua Yoga	Beg. - Adv. Aqua Yoga takes the practice of Yoga into the water for a gentle and low impact class.	12+	WP	Thurs	8:00 AM	8:50 AM	\$0	\$80/session for 1 class 1x/week
Arthritis Aquatics	Beg. - Adv. Endorsed by the Arthritis Foundation you can enjoy physical activity	12+	WP	Mon	11:15	12:10 PM	\$0	\$80/session for 1 class 1x/week
		12+		Tues	9:00 AM	9:55 AM	\$0	\$80/session for 1 class 1x/week
		12+		Wed	11:15	12:10 PM	\$0	\$80/session for 1 class 1x/week

Community Impact Programs						Spring Session: Feb 24 to Apr 19				
Class Name	Class Description	Age	Location	Start Date	Day	Start Time	End Time	Member	Non-member	
Back to You	Contact Lisa Schwartz, lschwartz@ymcabucks.org or 215.348.8131, x1184									
Our newest Pathway Program for individuals who are in recovery from substance disorder. Our program is a twelve-week program that is offered at no cost to those who qualify. We provide a free family membership with the program along with Stay and Play for children of participants.	18+ yrs	Warminster	June 15	Mon/ Wed	6:00 PM	7:30 PM	\$0	\$0		
Empower U	Contact Michele Zosulis, mzosulis@ymcabucks.org or 215.348.8131, x1184									
Program for girls in 7th through 10th grade. 10 week program that meets once a week for two hours. Focus on self esteem, positive body image, exercise and more. Free ten week teen membership included.	7th to 10th grade girls	Doylestown	February 4	Tues	5:30 PM	7:30 PM	\$0	\$0		
Healthy Lifestyles	Contact Lisa Schwartz, lschwartz@ymcabucks.org or 215.348.8131, x1184									
The Healthy Lifestyles Program is a 16 week program with on going support year round. Classes are held twice weekly for one hour each. One day is classroom based and the second is exercise based. Maintenance classes are available to all current and past participants with topics ranging from nutrition to health and well being.	18+ yrs	Doylestown	February 3	Mon/ Wed	6:00 PM	7:00 PM	\$0	\$0		
	18+ yrs	Fairless Hills	June 5	Mon/ Thur	6:00 PM	7:00 PM	\$0	\$0		
	18+ yrs	Newtown	February 3	Mon/ Wed	6:00 PM	7:00 PM	\$0	\$0		
Living Active	Contact Michele Zosulis, mzosulis@ymcabucks.org or 215.348.8131, x1184									
The program welcomes participants ages 60 and older to come together in physical activity, while helping to build relationships and self-awareness, preparing for the aging process through purposeful conversations, preventative wellness support and ongoing communications among peers and Y staff.	60+ yrs	Doylestown	March 25	Wed	12:00 PM	2:00 PM	\$0	\$0		
THRIVE Cancer Wellness Program	Contact Michele Zosulis, mzosulis@ymcabucks.org or 215.348.8131, x1184									
This program is for cancer survivors at any stage. It is a twelve week program that meets twice weekly for an hour and a half. Focus is on rebuilding strength and enhancing overall wellness. We start low and progress slow. Participants are introduced to a full strength routine, various group exercise classes and nutrition. Twelve week free family membership is included with the program.	18+ yrs	Doylestown	May 4	Mon/ Wed	7:00 PM	8:30 PM	\$0	\$0		
	18+ yrs	Doylestown	May 5	Tues/Thur	12:00 PM	1:30 PM	\$0	\$0		
	18+ yrs	Fairless Hills	TBD	TBD	TBD	TBD	\$0	\$0		
Veterans Pathway Program	Contact Matt Kinsey, mkinsey@ymcabucks.org or 215.348.8131, x1155									
Veterans of all ages and abilities who are looking to get back to a healthier lifestyle are encouraged to join our next group and begin on a path to a healthier lifestyle. The Veterans group meets twice a week for 12-weeks and has full access to all of the facilities and programs that the Y has to offer, with the personal support of Y staff and trainers.	18+ yrs	Doylestown	May 12	Tues/ Thurs	6:00 PM	7:30 PM	\$0	\$0		
	18+ yrs	Fairless Hills	May 12	Mon/ Thurs	7:30 PM	9:00 PM	\$0	\$0		
	18+ yrs	Quakertown	May 5	Tues/ Thurs	2:00 PM	3:30 PM	\$0	\$0		