

YMCA OF BUCKS COUNTY

FALL

PROGRAM GUIDE

Fairless Hills | September 2020



WELCOME HOME! We are thrilled to head into the fall with some of your favorite programs returning including youth sports and leagues, swim lessons, swim and gymnastics teams, and the launch of our new members-only virtual platform for group exercise and youth programs. While not all programs are available at all branches, we encourage you to explore all that is available with your membership across Bucks County. You'll find information about programs, changes to our facility hours, new safety protocols and more, here in this guide. We look forward to seeing you at the Y!



Doylestown Branch
2500 Lower State Road
215.348.8131
[Click here for hours and amenities](#)



Fairless Hills
601 S. Oxford Valley Road
215.949.3400
[Click here for hours and amenities](#)



Newtown
190 S. Sycamore Street
215.579.6200
[Click here for hours and amenities](#)



Quakertown
401 Fairview Avenue
215.536.9622
[Click here for hours and amenities](#)



Warminster
624 York Road
267.387.9622
[Click here for hours and amenities](#)



FITNESS

YMCA of Bucks County offers state-of-the-art fitness centers and exercise studios, focused on the health and wellbeing of each of our members. Our fitness centers are open during our new operating hours with no reservation required. Safety protocols including social distancing and mask-wearing (while not actively working out) are in place. **Find out more about our safety protocols on our website at ymcabucks.org/reopening.**

GROUP EXERCISE

Group exercise classes are available virtually and in-person

In-person group exercise classes are available indoors and outdoors, as weather permits. Drop-ins are permitted as long as class size limitations are maintained but reservations are strongly recommended to guarantee your spot in a class.

To make a reservation for in-person group exercise, visit ymcabucks.org/schedules.

MEMBERS-ONLY VIRTUAL PLATFORM – We are so excited to announce that we will be providing a private, members-only virtual platform for group exercise and youth sports and play programs. The platform will give you your favorite YMCA of Bucks County instructors live and on demand; plus, access to 1000s of classes including training, mindfulness, nutrition, stress management and more. Additionally, it will support your health and wellness journey with goal setting and tracking, personalized programs and recommendations. This members-only platform will replace our current Zoom programs and is included in all adult and family full membership types. Youth and teens are invited to participate through a family membership.

Now through September 14, access online group exercise classes at ymcabucks.org/GEXlinks to access classes via Zoom.

Beginning September 15, access online group exercise classes through our new members-only virtual platform. Watch your email for details!

GYMNASIUM

Doylestown

Open gym for basketball is available on a reservation basis. Gymnasium is limited to a total of 10 participants.

Quakertown

Adult pickleball and open gym for basketball are available on a reservation basis. Gymnasium is limited to a total of 10 participants.

Fairless Hills

Open gym for basketball is available on a reservation basis. Gymnasium is limited to a total of 10 participants. Our walking track is available following social distancing guidelines.

To make a reservation for gymnasium use, visit ymcabucks.org/schedules.

AQUATICS

Doylestown, Fairless Hills and Quakertown

Lap swim, open/family swim, whirlpool (Doylestown) and some aquatics group exercise classes are available via reservation system. Reservations can be made online at ymcabucks.org/schedules.

Prior to your visit, please read our safety protocols at ymcabucks.org/reopening.

STAY & PLAY

Stay & Play is available at our Doylestown, Quakertown and Warminster branches within limited hours, by reservation only, through the MindBody App. Reservations must be made by 8 PM the evening prior.

Doylestown

Thursday 5-7:30 PM

Saturday 8:30 AM-12 PM

Sunday 9-11 AM

Quakertown

Monday and Wednesday 5-7 PM

Warminster

Monday-Thursday 5-7 PM

Hours and information found at ymcabucks.org/stayandplay.

DOYLESTOWN SKATEPARK

The skatepark is reopening within limited hours.

For more information visit ymcabucks.org/skatepark.



YOU BELONG WITH US

With \$0 join fee
save up to \$149*

*Based on membership type and branch

IT PAYS TO BELONG!

Membership has its privileges! In addition to access to our fitness centers, gyms, pools, you'll receive in-person group exercise classes, and our members-only live and on-demand virtual platform. Plus, all of our paid programs have reduced pricing for members and in many cases a membership pays for itself after only a few months! Do the math and join today!

Memberships are available for all individuals and family sizes including youth and teen memberships and family memberships. **Visit our membership page for information at ymcabucks.org/rates.**

Thinking about joining? There's no better time than now - there's **no join fee during September!**

MONTHLY DRAFTS

You asked, we listened! For our regular youth and adult sports programs, arts and enrichment classes, we have transitioned to monthly drafts instead of requiring re-registration for a session with the exception of seasonal programs and leagues. Register for your youth swim, sports or personal training program and we'll continue to bill you monthly until you request to stop! Super convenient and helpful in establishing schedules for your family!

Learn more at ymcabucks.org/membership/monthly-draft



FINANCIAL ASSISTANCE

Financial assistance is available for membership, programs and child care through an application process. In time of need, Y financial assistance provides assistance to individuals and families based on an application that takes household income, job loss and other special circumstances into consideration to determine a percentage of aid, based on a sliding scale.

Full information and application details about our financial assistance program can be found on our website here ymcabucks.org/fa

OPERATION COMPASSION

Operation Compassion is a special fund setup during the coronavirus pandemic to provide additional relief for community families and Y staff.

Application details and opportunities to support this program can be found online at ymcabucks.org/OC



SAFETY PROTOCOLS

YMCA of Bucks County is committed to providing a clean, safe environment for our members and staff. Several of our policies and procedures have changed to support a safe environment and to meet Bucks County Department of Health guidelines, please read all of our safety protocols at ymcabucks.org/reopening.

Here's what to expect when you visit the branch:

- Temperature check and brief health assessment questions upon scan-in
- Masks must be worn upon entering and throughout facility usage. Read more.
- Social distancing at all times
- Frequent handwashing and hand sanitizing
- Member cleaning of equipment before and after use is mandatory
- Increased facility disinfection/sanitation

FACILITY APP

Our facility app provides full information on everything you need to know at the branch and includes a new "find a class" feature, electronic access to schedules and links to current member challenges. You can also keep track of your workouts right on the app and participate in member challenges. Turn on notifications, and you'll receive push notifications when there is important information and closures to communicate to members. Find out more at ymcabucks.org/facility-app



FITNESS		Contact Andrea Brown with questions at agbrown@ymcabucks.org or 215.949.3401, x68					Fall 2020	
Class Name	Class Description							
Personal Training	Personal training is one-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.	Age	Location	Day	Start Time	End Time	Member Flat Fee	Non-Member Flat Fee
Personal Training - 30 minutes	Five (5) Sessions	12+ yrs					\$120	\$156
Personal Training - 30 minutes	Ten (10) Sessions	12+ yrs					\$220	\$286
Personal Training - 45 minutes	Five (5) Sessions	12+ yrs					\$170	\$221
Personal Training - 45 minutes	Ten (10) Sessions	12+ yrs					\$320	\$416
Personal Training - 60 minutes	Five (5) Sessions	12+ yrs					\$220	\$286
Personal Training - 60 minutes	Ten (10) Sessions	12+ yrs					\$420	\$546
First Time Client Promotion (3) 30 minute sessions	Special promotional pricing for our first time personal training clients. Three (3) 30 minute introductory sessions	12+ yrs					\$50	n/a
First Time Client Promotion (3) 45 minute sessions	Special promotional pricing for our first time personal training clients. Three (3) 45 minute introductory sessions	12+ yrs					\$75	n/a
Partner Training	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.	Age	Location	Day	Start Time	End Time	Member Flat Fee	Non-Member Flat Fee
Partner Training - 45 minutes	Five (5) 45 Min. Sessions	12+ yrs					\$110	\$143
Partner Training - 45 minutes	Ten (10) 45 Minute Sessions	12+ yrs					\$190	\$247
Partner Training - 60 minutes	Five (5) 60 Min. Sessions	12+ yrs					\$143	\$186
Partner Training - 60 minutes	Ten (10) 60 Minute Sessions	12+ yrs					\$250	\$325

AQUATICS

Contact Nicole Bandura with questions at
nbandura@ymcabucks.org or 267.768.4175

Fall 2020

Parent/Child Swim Lessons		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
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. 1:6 ratio.	6-18 mos	FH Pool	Sat	9:30 AM	10:00 AM	\$35	\$56
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. 1:6 ratio	19-36 mo	FH Pool	Sat	10:15 AM	10:45 AM	\$35	\$56
1 / Water Acclimation	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. 1:6 ratio	2 1/2-5 yrs	FH Pool	Sat	11:00 AM	11:30 AM	\$35	\$56
Preschool Swim Lessons		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
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. 1:4 ratio.	3-5 yrs	FH Pool	Sat	8:30 AM	9:00 AM	\$35	\$56
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' (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.	3-5 yrs	FH Pool	Sat	9:15 AM	9:45 AM	\$35	\$56
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	3-5 yrs	FH Pool	Sat	10:00 AM	10:30 AM	\$35	\$56

AQUATICS

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Fall 2020

		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
	and back and swim-floatswim 15 yards (preschool) or 25 yards (school age). 1:5 ratio.							
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. 1:5 ratio.	3-5 yrs	FH Pool	Sat	10:45 AM	11:15 AM	\$35	\$56
School Age Swim Lessons								
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. 1:4 ratio.	6-12 yrs	FH Pool	Sat	8:30 AM	9:10 AM	\$40	\$64
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' (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.	6-12 yrs	FH Pool	Sat	9:25 AM	10:05 AM	\$40	\$64
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). 1:5 ratio.	6-12 yrs	FH Pool	Sat	10:20 AM	11:00 AM	\$40	\$64
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	6-12 yrs	FH Pool	Sat	8:30 AM	9:10 AM	\$40	\$64

AQUATICS

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Fall 2020

	back crawl with rotary breathing, swim-floatswim 25 yards and 15 yards of breaststroke and butterfly kicks. 1:5 ratio.								
5 / Stroke Development	Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke. Move to Stage 6 when you can swim 50 yards continuously of any stroke, 25 yards of good front crawl, side-stroke, elementary backstroke and breaststroke. 1:6 ratio.	6-12 yrs	FH Pool	Sat	9:25 AM	10:05 AM	\$40	\$64	
6 / Stroke Mechanics	Students learn butterfly while continuing to develop endurance while refining breaststroke, back and front crawl and diving. Flip turns and diving from the block are introduced and learn about competitive swimming. 1:6 ratio	6-12 yrs	FH Pool	Sat	10:20 AM	11:00 AM	\$40	\$64	
Private Swim Lessons		Age	Location	Day	Start Time	End Time	Member Flat Fee	Non-Member Flat Fee	
Private Swim Lessons	4 (30 Minute) , 1:1 Ratio Student / Instructor	3-12 yrs	FH Pool						
Semi-Private Swim Lessons	4 (30 Minute), 2:1 Ratio Student / Instructor	3-12 yrs	FH Pool						

Swim Team

Contact Taylor Byers with questions at tbyers@ymcabucks.org

**2020-2021 Season:
September 8, 2020 to July 31, 2021**

THY Swim Team - Competitive Team		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
Pre-Age Group	We are an Age-Group and Senior Level YMCA/USA Competitive Swim program. Offering the benefits of both YMCA National Swimming and USA Swimming, our swimmers achieve success at all levels of competition. We provide a foundation for our athletes to excel based on their talent, skills and level of commitment. It is our goal to develop a lifelong love of the sport for all swim team members. Additional 1 time fee per year of \$177 includes team cap, shirt, Y-USA registration, USA swimming registration and social events.	6-12 yrs	Pool	Varies	Varies	Varies	\$110	n/a
Age Group		8-13 yrs	Pool	Varies	Varies	Varies	\$115	n/a
Senior		14+	Pool	Varies	Varies	Varies	\$145	n/a
Swim Academy - Intramural		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-Member MONTHLY
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, starts and turns. \$50 registration fee includes team cap, shirt and Y-USA registration.	6-12 yrs	Pool	Varies	Varies	Varies	\$108	n/a

MEMBERSHIP

Contact our Welcome Center at
215.949.3401

Fall 2020

Membership Rates

		Join Fee	Monthly Rate
Youth	Age 0-12	\$0	\$15
Teen	Age 13-18	\$0	\$27
Young Adult	Age 19-27	\$0	\$30
Adult	Age 28-64	\$0	\$51
Two adults household	Two adults age 18+ living in the same household	\$0	\$77
Family 1	One adult and dependents up to age 27 living in the same household	\$0	\$71
Family 2	Two adults and dependents up to age 27 living in the same household	\$0	\$82
Active older adult	Age 65+	\$0	\$36
Two (2) active older adults household	Two Adults, both age 65+ living in the same household	\$0	\$59
Ability Membership	For individuals with special needs to require a caregiver by their side to utilize our facilities	\$0	\$15

Join fee in September!