

PROGRAM OFFERINGS

FAIRLESS HILLS BRANCH



Spring I Session 2020

Feb 24-April 19

Family member registration: Feb 3

Member registration: Feb 10

Non-member registration: Feb 17



FITNESS

Contact Andrea Brown with questions at
agbrown@ymcabucks.org or 215.949.3400, x68

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

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Class Passes								
Group Ex - 10 Class Pass	Enjoy our Group Exercise classes as a non-member! Class pass is 10 classes for \$8 per class.	12+ yrs						\$80
Group Ex - 5 Class Pass	Enjoy our Group Exercise classes as a non-member! Class pass is 5 classes for \$8 per class.	12+ yrs						\$40
Silver Sneakers - 10 for \$40	Enjoy Silver Sneakers classes as a non-member. Class passes are available in cards of 5 or 10 classes at \$4 per class.	65+ yrs						\$40
Silver Sneakers - 5 for \$20		65+ yrs						\$20
Health Coaching								
Health Coaching (4) 30 Minute Sessions	Offering the accountability and direction in achieving your health and wellness goals. A dedicated health coach will offer practical and effective strategies that can be implemented to facilitate lifestyle change and positively impact your health and well being.	10 yrs +					\$99	X
Massage Therapy								
1 Hour Massage	Our certified massage therapist offers Swedish, deep tissue, sports, reflexology, and pregnancy massage options.	12+ yrs					\$60	\$75
1/2 Hour Massage		12+ yrs					\$35	\$50
Personal Training								
Personal Training (4) 30 Min. Sessions	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.	10+ yrs					\$98	
Personal Training (8) 30 Min. Sessions		10+ yrs					\$184	
Personal Training (12) 30 Min. Sessions		10+ yrs					\$258	
Personal Training (4) 45 Min. Sessions	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.	10+ yrs					\$138	
Personal Training (8) 45 Min. Sessions		10+ yrs					\$264	
Personal Training (12) 45 Min. Sessions		10+ yrs					\$378	
Personal Training (4) 60 Min. Sessions		10+ yrs					\$178	

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Personal Training (4) 60 Min. Sessions	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.	10+ yrs					\$344	
Personal Training (4) 60 Min. Sessions		10+ yrs					\$498	
Promotion (3) 30 Min. Sessions		10+ yrs					\$50	
Promotion (3) 45 Min. Sessions		10+ yrs					\$75	
Personal Training Club								
Personal Training Club (4) 30 Min. Sessions	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. Club prices are lower than package pricing, clients may carry over one unused session per month, and the monthly draft is automatically taken out at the beginning of each month with no additional need to register each month. Clients can cancel at any time.	10+ yrs					\$94	
Personal Training Club (4) 30 Min. Sessions		10+ yrs					\$176	
Personal Training Club (4) 30 Min. Sessions		10+ yrs					\$240	
Personal Training Club (4) 45 Min. Sessions		10+ yrs					\$134	
Personal Training Club (8) 45 Min. Sessions		10+ yrs					\$256	
Personal Training Club (12) 45 Min. Sessions		10+ yrs					\$360	
Personal Training Club (4) 60 Min. Sessions		10+ yrs					\$174	
Personal Training Club (8) 60 Min. Sessions		10+ yrs					\$336	
Personal Training Club (12) 60 Min. Sessions		10+ yrs					\$480	
Partner Training								
Partner Training - (4) 45 Min. Sessions	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.	10+ yrs					\$96	
Partner Training - (8) 45 Min. Sessions		10+ yrs					\$160	
Partner Training - (12) 45 Min. Sessions		10+ yrs					\$216	

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Partner Training - (4) 60 Min. Sessions		10+ yrs					\$126	
Partner Training - (8) 60 Min. Sessions		10+ yrs					\$210	
Partner Training - (12) 60 Min. Sessions		10+ yrs					\$291	
Small Group Training								
Small Group Training Drop In fee	Small group training in our Functional Fitness Center is about training the body to handle real life situation rather than isolating and targeting specific muscles. Its goal isn't just to add strength, but also improve flexibility, range of motion and joint alignment.	15+ yrs					\$5	\$10
Small Group Training Monthly Unlimited		15+ yrs					\$20	\$40
Teen/PreTeen Fitness								
Teen Strenth & Fitness Orientation (12 - 14 yrs)	Newly revamped curriculum that includes a thorough two hour class focusing on safety, healthy exercise, smart goal setting and equipment instruction. Taught by trained coaches, teen will learn the basics of exercise and strength workouts as will as safety rules while working out in our Fitness Center.	12-14 yrs	Fitness Center	Fri	7:00 PM	8:30 PM	Free	\$35
Teen Strenth & Fitness Orientation (12 - 14 yrs)		12-14 yrs	Fitness Center	Sat	1:30 PM	3:00 PM	Free	\$35
Teen Boot Camp (10 - 15 yrs)		10-15 yrs	Functional Fitness Center	Tues	7:15 PM	8:00 PM	Free	\$35

SPORTS & ART

Contact Kyle Bonner with questions at
kbonner@ymcabucks.org or 215.949.3400 x12

**Spring I Session 2020:
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Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Martial Arts								
Beginners Karate	Teaching the basics of Karate while developing self-confidence and coordination. Children must be 5 years old prior to the start of the Session	5-10 yrs	MPR	Mon	6:00 PM	7:00 PM	\$55	\$80
Youth/Adult Shotokan Karate -1X/WEEK	Taught by Gary Campbell, an 8th degree black belt with over 40 years of Karate experience. Teaches Karate-ancient art of self-defense, emphasizing discipline and self-confidence. When you sign up for 1x a week, you must come on the day and time that you registered	7+ yrs	MPR	Mon	7:00 PM	8:30 PM	\$55	\$80
				Thurs	6:00 PM	7:30 PM	\$55	\$80
				Sat (Advanced Only for Adults)	10:00 AM	11:30 AM	\$55	\$80
Youth/Adult Shotokan Karate - UNLIMITED	Taught by Gary Campbell, an 8th degree black belt with over 40 years of Karate experience. Teaches Karate-ancient art of self-defense, emphasizing discipline and self-confidence. When you sign up for UNLIMITED, you can come on ALL the days and times that Shotokan Karate is offered.	7+ years	MPR	Mon/Thu	Times offered above	Times offered above	\$135	\$200
Sports								
Basketball Skills I	Learn the fundamentals of passing, shooting, dribbling and rebounding.	5-7 yrs	Gym A	Wed	4:30 PM	5:15 PM	\$60	\$85
Basketball Skills II	Learn the fundamentals of passing, shooting, dribbling and rebounding.	8-13 yrs	Gym A	Wed	5:30 PM	6:15 PM	\$60	\$85
Basketball Shooting Academy	Learn the fundamentals of shooting while practicing in drills and activities	10-15 yrs	Gym A	Wed	6:20 PM	6:50 PM	\$20	\$40
Lil' Hoopers	Learn the fundamentals of passing, shooting, and dribbling.	3-6 yrs	Gym A	Fri	9:20 AM	10:00 AM	\$60	\$85
Lil' Kickers	Learn the fundamentals of kicking and passing used for Soccer.	3-6 yrs	MPR	Sat	11:50 AM	12:30 PM	\$60	\$85
Dodgeball	Dodge, duck, dip and dive! Basic skills of the game are developed through fun games.	8-14 yrs	Gym A	Fri	5:00 PM	6:00 PM	\$20	\$40

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Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Art								
Kids Create	An introduction to a variety of art and science projects. Participants will work on different projects each week	4-6 yrs	Classroom A	Tues	6:00 PM	6:45 PM	\$25	\$40
		5-7 yrs	Classroom A	Wed	5:00 PM	5:45 PM	\$25	\$40
Doodle w/ Me	An opportunity for families with young children to learn art together. This class serves as an introduction to many forms of art.	18 mos-3 yrs	Classroom A	Wed	6:00 PM	6:30 PM	\$10	\$25
				Fri	10:15 AM	10:45 AM	\$10	\$25
Free Member Classes								
G.A.T.O.R.S	G ames. A ctivities. T ag. O bstacle. R elays. S ports	3-5 yrs	Gym A	Mon	4:30 PM	5:00 PM	\$0	\$40
		6-9 yrs	Gym A	Mon	5:15 PM	5:45 PM	\$0	\$40
Pick Up Sports	Let's pick teams and play some of our favorite sports in scrimmage form. Each week there will be a different sport that they will scrimmage each other in.	10-14 yrs	Gym A	Mon	6:00 PM	6:45 PM	\$0	\$40
Tumble w/ Me	This class introduces young ones to concentrate on balance, coordination, basic locomotor and social skills. This is a parent participation class and parents must remain with their child at all times. We ask parents to support and encourage their child.	18 mos-3 yrs	Gym A	Thurs	9:30 AM	10:00 AM	\$0	\$40
				Sat	10:15 AM	10:45 AM	\$0	\$40

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Gymnastics								
Lil' Ninjas	will be a new and difficult course waiting for you. Not only will you do the course solo, but compete in team relays to finish first! Use your strength, speed, and endurance to finish the course.	3-5 yrs	Gym A	Tues	10:45 AM	11:15 AM	\$60	\$85
			Gym A	Thurs	4:30 PM	5:00 PM	\$60	\$85
Pre-Gym	This class is designed for toddlers through kindergartners who want to learn the basic fundamentals of Gymnastics	3-5 yrs	Gym A	Tues	4:30 PM	5:00 PM	\$60	\$85
				Thurs	10:15 AM	10:45 AM	\$60	\$85
				Sat	10:50 AM	11:20 AM	\$60	\$85
Ninja Warriorz	Calling all Ninjas! We are taking obstacle courses to a whole new level. Each week there will be a new and difficult course waiting for you. Not only will you do the course solo, but compete in team relays to finish first! Use your strength, speed, and endurance to finish the course.	5-7 yrs	Gym A	Tues	5:15 PM	5:45 PM	\$60	\$85
				Thurs	5:15 PM	5:45 PM	\$60	\$85
Tumbling Class	This class will work on strengthening handstands, cartwheels, bridges, and rolls, as well as drills for round offs, and walkovers	5-12 yrs	Gym A	Sat	12:20 PM	1:00 PM	\$25	\$45
Intermediate Gymnastics	This class works on the Intermediate Gymnastics skills you need to grow in the Sport.	6-15 yrs	Gym A	Tues	6:00 PM	6:45 PM	\$60	\$85
Y Gymnastics	This class develops basic gymnastics skills and competence. Your child will focus on form and body positions while building confidence and improving social skills	6-12 yrs	Gym A	Thurs	6:00 PM	6:45 PM	\$60	\$85
				Sat	11:30 AM	12:15 PM	\$60	\$85
Sports Leagues								
Soccer for Success	This is a free 12-week program. Each child will receive a free ball, uniform, and shinguards. Registration is required and available online or at the Welcome Center. The Program will run from March 9th - May 28th.	5-14 yrs	Mill Creek	Mon/ Wed	4:00 PM	5:15 PM	\$0	\$0
			Brookwood	Mon/ Wed	4:00 PM	5:15 PM	\$0	\$0
			Cabrini	Tues/ Thurs	5:00 PM	6:15 PM	\$0	\$0

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Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
YMCA Basketball League	Welcome to the YMCA Basketball League. This league will run from February 29th-April 18th. Players will meet for one hour on Saturdays in their age groups. The time will be divided into 30 minutes of skills and drills and 30 minutes of game play. All players will receive a Jersey Shirt that they will wear while playing.	4-6 yrs	Gym A	Sat	9:00 AM	10:00 AM	\$75	\$100
		7-9 yrs	Gym A	Sat	10:00 AM	11:00 AM	\$75	\$100
		10-12 yrs	Gym A	Sat	11:00 AM	12:00 PM	\$75	\$100
		13-14 yrs	Gym A	Sat	12:00 PM	1:00 PM	\$75	\$100
Pickleball		18+ yrs	Gym	Tues	12:00 PM	2:00 PM	\$0	\$22
	Wednesday = Advanced	18+ yrs	Gym	Wed	12:00 PM	2:00 PM	\$0	\$22
		18+ yrs	Gym	Thurs	12:00 PM	2:00 PM	\$0	\$22
		18+ yrs	Gym	Sun	10:30 AM	12:30 PM	\$0	\$22

AQUATICS

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Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Parent/Child Swim Lessons								
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	FH Pool	Wed	4:30 PM	5:00 PM	\$70	\$130
				Sat	9:00 AM	9:30 AM	\$70	\$130
				Sun	9:00 AM	9:30 AM	\$60	\$115
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	FH Pool	Wed	5:00 PM	5:30 PM	\$70	\$130
				Sat	9:30 AM	10:00 AM	\$70	\$130
				Sun	9:30 AM	10:00 AM	\$60	\$115
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. 1:8 ratio	2 1/2-5 yrs	FH Pool	Wed	5:30 PM	6:00 PM	\$70	\$130
				Sat	10:00 AM	10:30 AM	\$70	\$130
				Sun	10:00 AM	10:30 AM	\$60	\$115
Preschool 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. 1:3 ratio.	3-5 yrs	FH Pool	Wed	4:30 PM	5:00 PM	\$70	\$130
				Thurs	5:30 PM	6:00 PM	\$70	\$130
				Thurs	6:50 PM	7:20 PM	\$70	\$130
				Sat	9:00 AM	9:30 AM	\$70	\$130
				Sat	11:00 AM	11:30 AM	\$70	\$130
				Sun	9:00 AM	9:30 AM	\$60	\$115
				Sun	11:00 AM	11:30 AM	\$60	\$115
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	3-5 yrs	FH Pool	Wed	5:00 PM	5:30 PM	\$70	\$130
				Thurs	5:30 PM	6:00 PM	\$70	\$130
				Sat	9:30 AM	10:00 AM	\$70	\$130

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Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
	Students learn to swim 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.			Sun	9:30 AM	10:00 AM	\$60	\$115
				Sun	11:30 AM	12:00 PM	\$60	\$115
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	FH Pool	Wed	5:30 PM	6:00 PM	\$70	\$130
				Thurs	5:30 PM	6:00 PM	\$70	\$130
				Thurs	6:50 PM	7:20 PM	\$70	\$130
				Sat	10:00 AM	10:30 AM	\$70	\$130
				Sun	10:00 AM	10:30 AM	\$60	\$115
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	FH Pool	Wed	6:00 PM	6:30 PM	\$70	\$130
				Thurs	6:50 PM	7:20 PM	\$70	\$130
				Sat	10:30 AM	11:00 AM	\$70	\$130
				Sun	10:30 AM	11:00 AM	\$60	\$115
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. 1:5 ratio.	6-12 yrs	FH Pool	Wed	4:30 PM	5:10 PM	\$75	\$145
				Thurs	4:45 PM	5:25 PM	\$75	\$145
				Thurs	6:05 PM	6:45 PM	\$75	\$145
				Sat	9:00 AM	9:40 AM	\$75	\$145
				Sun	9:00 AM	9:40 AM	\$65	\$125
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	6-12 yrs	FH Pool	Wed	5:15 PM	5:55 PM	\$75	\$145
				Thurs	4:45 PM	5:25 PM	\$75	\$145
				Sat	9:45 AM	10:25 AM	\$75	\$145

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	voluntarily, you can front and back float, and glide with assistance. 1:6 ratio.			Sun	9:45 AM	10:25 AM	\$65	\$125
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). 1:6 ratio.	6-12 yrs	FH Pool	Wed	6:00 PM	6:40 PM	\$75	\$145
				Thurs	4:45 PM	5:25 PM	\$75	\$145
				Thurs	6:05 PM	6:45 PM	\$75	\$145
				Sat	10:30 AM	11:10 AM	\$75	\$145
				Sun	10:30 AM	11:10 AM	\$65	\$125
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. 1:6 ratio.	6-12 yrs	FH Pool	Wed	6:00 PM	6:40 PM	\$75	\$145
				Thurs	6:05 PM	6:45 PM	\$75	\$145
				Sat	10:45 AM	11:25 AM	\$75	\$145
				Sat	11:15 AM	11:55 AM	\$65	\$125
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	Wed	6:45 PM	7:25 PM	\$75	\$145
				Thurs	7:25 PM	8:05 PM	\$75	\$145
				Sat	11:15 AM	11:55 AM	\$75	\$145
				Sun	12:00 PM	12:40 PM	\$65	\$125
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. 1:10 ratio	6-12 yrs	FH Pool	Wed	6:45 PM	7:25 PM	\$75	\$145
				Thurs	7:25 PM	8:05 PM	\$75	\$145
				Sat	11:30 AM	12:10 PM	\$75	\$145
				Sun	12:45 PM	1:25 PM	\$65	\$125
Ability Swim Lessons								
Adapted Swim Lessons	*ADAPTED SWIM is for children with special abilities. Our instruction is designed around the specific needs of each participant. Smaller class sizes, limited to two participants per instructor.	3-12 yrs	FH Pool	Wed	6:45 PM	7:15 PM	\$75	\$140
				Wed	7:15 PM	7:45 PM	\$75	\$140
				Sat	11:45 AM	12:15 PM	\$75	\$140

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	participants per instructor.			Sat	12:30 PM	1:00 PM	\$75	\$140
				Sun	11:15 AM	11:45 AM	\$65	\$125
Adult/Teen Swim Lessons								
Teen	Introductory class. Focuses on water acclimations, self-confidence and fundamental swimming skills, along with basic stroke development. Instructor focuses on each individual's personal needs. 1:6 ratio	12-18 yrs	FH Pool	Wed	7:30 PM	8:10 PM	\$75	\$145
				Thurs	7:25 PM	8:05 PM	\$75	\$145
Adult	Introductory class. Focuses on water acclimations, self-confidence and fundamental swimming skills, along with basic stroke development. Instructor focuses on each individual's personal needs. 1:6 ratio	18+ yrs	FH Pool	Wed	7:30 PM	8:10 PM	\$75	\$145
				Sun	12:00 PM	12:40 PM	\$65	\$125
Private Swim Lessons								
Private Swim Lessons	4 (30 Minute) , 1:1 Ratio Student / Instructor	3-12 yrs	FH Pool				\$122	\$164
Semi-Private Swim Lessons	4 (30 Minute), 2:1 Ratio Student / Instructor	3-12 yrs	FH Pool				\$82	\$114
Preschool Swim Lessons Pennsbury High School								
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	Pennsbury	Wed	5:30 PM	6:00 PM	\$70	\$130
				Wed	6:40 PM	7:10 PM	\$70	\$130
				Sat	9:00 AM	9:30 AM	\$70	\$130
				Sat	10:20 AM	10:50 AM	\$70	\$130
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. 1:4 ratio.	3-5 yrs	Pennsbury	Wed	5:30 PM	6:00 PM	\$70	\$130
				Sat	9:00 AM	9:30 AM	\$70	\$130
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	3-5 yrs	Pennsbury	Wed	5:30 PM	6:00 PM	\$70	\$130
				Wed	6:40 PM	7:10 PM	\$70	\$130

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	(school age) on your front and back and swim-float-swim 15 yards (preschool) or 25 yards (school age). 1:4 ratio.			Sat	9:00 AM	9:30 AM	\$70	\$130
				Sat	10:20 AM	10:50 AM	\$70	\$130
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. 1:6 ratio.	3-5 yrs	Pennsbury	Wed	6:40 PM	7:10 PM	\$70	\$130
				Sat	10:20 AM	10:50 AM	\$70	\$130
School Age Swim Lessons Pennsbury High School								
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	Pennsbury	Wed	6:00 PM	6:40 PM	\$75	\$145
				Sat	9:35 AM	10:15 AM	\$75	\$145
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. 1:6 ratio.	6-12 yrs	Pennsbury	Wed	6:00 PM	6:40 PM	\$75	\$145
				Sat	9:35 AM	10:15 AM	\$75	\$145
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). 1:6 ratio.	6-12 yrs	Pennsbury	Wed	6:00 PM	6:40 PM	\$75	\$145
				Sat	9:35 AM	10:15 AM	\$75	\$145
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. 1:6 ratio.	6-12 yrs	Pennsbury	Wed	7:10 PM	7:50 PM	\$75	\$145
				Sat	10:55 AM	11:35 AM	\$75	\$145
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	6-12 yrs	Pennsbury	Wed	7:10 PM	7:50 PM	\$75	\$145

Swim Team		Contact Tim Ryan with questions at tryan@ymcabucks.org or 215.348.8131 x1149			Spring I Session 2020: Feb 24-Apr 19			
Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
THY Swim Team - Competitive Team		Season runs now through July 31						
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	\$108	n/a
Age Group		8-13 yrs	Pool	Varies	Varies	Varies	\$184	n/a
Senior		14+	Pool	Varies	Varies	Varies	\$233	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	Pool	Varies	Varies	Varies	\$108	n/a

MEMBERSHIP

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

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Special Events		Contact: Ali DeRosa at aderosa@ymcabucks.org, 215.949.3400, x22						
Senior Social - Feb 4, 12-2PM	Senior social events are sponsored by a different organization each month and are free and open to the community. Registration is requested. Please contact the Welcome Center at 215.949.3400.				12:00 PM	2:00 PM	\$0	\$0
Senior Social - March 3, 12-2PM					12:00 PM	2:00 PM	\$0	\$0
NovaCare Screenings - every Mon, Wed, Thurs 9AM-12PM	Are you experiencing balance issues? Low back pain? Knee pain? A NovaCare physical therapist will be on-site to chat with you regarding the pain you're experiencing, answer your questions and make recommendations, providing a complimentary screenings. Call 215.547.4813 to schedule an appointment or speak with a physical therapist.		FC	Mon/Wed/Thu	9:00 AM	12:00 PM	\$0	\$0
Sweet Treats Workshop - Feb 7	In the cold winter months, there is nothing better than some delicious warm comfort food. We will be making some brownies, banana bread and chocolate chip cookie dough dip!	8-14 years			6:00 PM	8:00 PM	\$35	\$40
Preteen Night (First Friday)		Contact: Kyle Bonner at kbonner@ymcabucks.org, 215.949.3400, x12						
Preteen Night - Feb 7	Enjoy an evening of games, sports and activities. Includes food, beverage and snacks. Look for monthly themes! Registration required. For kids in the 4th, 5th and 6th grade and held generally each first Friday of the month during the school year!	Grades 4-6	Fairless Hills	Friday	6:00 PM	8:00 PM	\$5	\$15
Preteen Night - Mar 6		Grades 4-6	Fairless Hills	Friday	6:00 PM	8:00 PM	\$5	\$15
Preteen Night - Apr 3		Grades 4-6	Fairless Hills	Friday	6:00 PM	8:00 PM	\$5	\$15
Preteen Night - May 1		Grades 4-6	Fairless Hills	Friday	6:00 PM	8:00 PM	\$5	\$15

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		