

# PROGRAM OFFERINGS NEWTOWN BRANCH



## Spring I Session 2020 Feb 24-April 19

Family member registration: Feb 3

Member registration: Feb 10

Non-member registration: Feb 17



# NEWTOWN BRANCH PROGRAMS

Contact:  
 Dana Michalski (aquatics) dmichalski@ymcabucks.org, 267.759.6868 or  
 Valerie Tanner (fitness) vtanner@ymcabucks.org, 215.579.6200

**Spring 1 Session 2020:  
 Feb 24 - Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
<b>Martial Arts</b>								
Shotokan Karate - 1x/week	YOUTH-ADULT   Mixed skill level classes. Includes flexibility, basic self-defense, discipline and self-confidence.	8 yrs-Adult	Studio	Tues	7:00 PM	8:00 PM	\$70	\$90
				Thurs	7:00 PM	8:00 PM	\$90	\$140
Shotokan Karate - 2x/week	YOUTH-ADULT   Mixed skill level classes. Includes flexibility, basic self-defense, discipline and self-confidence.	8 yrs-Adult	Studio	Tues/Thurs	7:00 PM	8:00 PM	\$80	\$120
<b>Ability Swim Lessons</b>								
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	Pool	Thurs	4:30 PM	5:00 PM	\$75	\$140
<b>Parent/Child Swim Lessons</b>								
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.	6-18 mos	Pool	Tues	12:30 PM	1:00 PM	\$70	\$130
				Thurs	5:45 PM	6:15 PM	\$70	\$130
				Sat	9:00 AM	9:30 AM	\$70	\$130
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.	19-36 mos	Pool	Wed	6:15 PM	6:45 PM	\$70	\$130
				Sat	9:30 AM	10:00 AM	\$70	\$130
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	2 1/2-5 yrs	Pool	Tues	5:45 PM	6:15 PM	\$70	\$130
				Sat	10:00 AM	10:30 AM	\$70	\$130
<b>Preschool Swim Lessons</b>								
1/ Water Acclimation	Students become comfortable with underwater exploration and learn 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.	3-5 yrs	Pool	Mon	5:30 PM	6:00 PM	\$70	\$130
				Tues	1:00 PM	1:30 PM	\$70	\$130
				Tues	4:00 PM	4:30 PM	\$70	\$130
				Wed	5:45 PM	6:15 PM	\$70	\$130
				Thurs	1:30 PM	2:00 PM	\$70	\$130
				Thurs	4:00 PM	4:30 PM	\$70	\$130
				Sat	12:00 PM	12:30 PM	\$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 feet.	3-5 yrs	Pool	Mon	4:30 PM	5:00 PM	\$70	\$130
				Tues	1:30 PM	2:00 PM	\$70	\$130
				Tues	4:30 PM	5:00 PM	\$70	\$130
				Wed	4:00 PM	5:00 PM	\$70	\$130
				Thurs	1:00 PM	1:30 PM	\$70	\$130
				Sat	11:00 AM	11:30 AM	\$70	\$130
				3/ Water Stamina	Students learn to swim longer distances. They learn how to do rhythmic breathing and intergrate	3-5 yrs	Pool	Tues
				Tues	4:00 PM	4:30 PM	\$70	\$130

# NEWTOWN BRANCH PROGRAMS

Contact:  
Dana Michalski (aquatics) dmichalski@ymcabucks.org, 267.759.6868 or  
Valerie Tanner (fitness) vtanner@ymcabucks.org, 215.579.6200

**Spring 1 Session 2020:  
Feb 24 - Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
	movements of their arms and legs. Move to Stage 4 when you can swim 10 yards on your front and back and swim-float-swim 15 yards.			Thurs	2:00 PM	2:30 PM	\$70	\$130
				Thurs	5:00 PM	5:30 PM	\$70	\$130
				Sat	10:30 AM	11:00 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 elementary backstroke, front and back crawl with rotary breathing, swim-float-swim 25 yards and 15 yards of breaststroke and butterfly kicks.	3-5 yrs	Pool	Mon	5:00 PM	5:30 PM	\$70	\$130
				Tues	4:30 PM	5:00 PM	\$70	\$130
				Wed	4:30 PM	5:00 PM	\$70	\$130
				Sat	11:30 AM	12:00 PM	\$70	\$130
<b>School Age Swim Lessons</b>								
1/ Water Acclimation	Students become comfortable with underwater exploration and learn 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.	6-12 yrs	Pool	Tues	5:00 PM	5:40 PM	\$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 10 feet.	6-12 yrs	Pool	Mon	6:00 PM	6:40 PM	\$70	\$130
				Wed	5:00 PM	5:40 PM	\$70	\$130
				Sat	12:30 PM	1:10 PM	\$70	\$130
3/ Water Stamina	Students learn to swim longer distances. They learn how to do rhythmic breathing and intergrate movements of their arms and legs. Move to Stage 4 when you can swim 10 yards on your front and back and swim-float-swim 25 yards.	6-12 yrs	Pool	Tues	5:00 PM	5:40 PM	\$70	\$130
				Wed	6:50 PM	7:30 PM	\$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 elementary backstroke, front and back crawl with rotary breathing, swim-float-swim 25 yards and 15 yards of breaststroke and butterfly kicks.	6-12 yrs	Pool	Mon	6:45 PM	7:25 PM	\$70	\$130
				Thurs	6:15 PM	6:55 PM	\$70	\$130
				Sat	1:15 PM	1:55 PM	\$70	\$130
<b>Private Swim Lessons</b>								
Private Swim Lessons 4(30 min)	Designed to meet your personal needs. 1:1 Ratio Instructor/Student	3 yrs-Adult	Pool				\$122	\$164
Semi Private Swim Lessons 4(30 min)	Designed to meet your personal needs. 1:2 Ratio Instructor/Student. Prices are per participant.	3 yrs-Adult	Pool				\$82	\$114
<b>Aquatic Group Exercise</b>								
Newtown Aqua Group Exercise 1X/Week	See website for programs and schedules	12+ yrs	Pool				\$0	\$59
Newtown Aqua Group Exercise 2X/Week	See website for programs and schedules	12+ yrs	Pool				\$0	\$117
Newtown Aqua Group Exercise 3X/Week	See website for programs and schedules	12+ yrs	Pool				\$0	\$126

# NEWTOWN BRANCH PROGRAMS

Contact:  
 Dana Michalski (aquatics) dmichalski@ymcabucks.org, 267.759.6868 or  
 Valerie Tanner (fitness) vtanner@ymcabucks.org, 215.579.6200

**Spring 1 Session 2020:  
 Feb 24 - Apr 19**

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
<b>Personal &amp; Partner Training</b>								
Partner Training 60 min (4) 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.	6 yrs-Adult	Fitness Center				\$126	\$164
Partner Training 60 min (8) Sessions		6 yrs-Adult	Fitness Center				\$210	\$273
Partner Training 60 min (12) Sessions		6 yrs-Adult	Fitness Center				\$291	\$378
Partner Training 45 min (4) Sessions		6 yrs-Adult	Fitness Center				\$96	\$125
Partner Training 45 min (8) Sessions		6 yrs-Adult	Fitness Center				\$160	\$208
Partner Training 45 min (12) Sessions		6 yrs-Adult	Fitness Center				\$216	\$281
Personal Training 30 Min Sessions 12 Sessions		6 yrs-Adult	Fitness Center				\$258	\$335
Personal Training 30 Min Sessions 4 Sessions		6 yrs-Adult	Fitness Center				\$98	\$127
Personal Training 30 Min Sessions 8 Sessions		6 yrs-Adult	Fitness Center				\$184	\$239
Personal Training 45 Min Sessions 12 Sessions		6 yrs-Adult	Fitness Center				\$378	\$491
Personal Training 45 Min Sessions 4 Sessions		6 yrs-Adult	Fitness Center				\$138	\$179
Personal Training 45 Min Sessions 8 Sessions		6 yrs-Adult	Fitness Center				\$264	\$343
Personal Training 60 Min Sessions 1 Session		6 yrs-Adult	Fitness Center				\$45	\$59
Personal Training 60 Min Sessions 12 Sessions		6 yrs-Adult	Fitness Center				\$498	\$647
Personal Training 60 Min Sessions 4 Sessions		6 yrs-Adult	Fitness Center				\$178	\$231
Personal Training 60 Min Sessions 8 Sessions		6 yrs-Adult	Fitness Center				\$344	\$447
Personal Training Promotion 3 (30) min Sessions		6 yrs-Adult	Fitness Center				\$50	\$65
Personal Training Promotion 3 (45) min Sessions		6 yrs-Adult	Fitness Center				\$75	\$98

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	
<b>Back to You</b>	<b>Contact Lisa Schwartz, <a href="mailto:lschwartz@ymcabucks.org">lschwartz@ymcabucks.org</a> or 215.348.8131, x1184</b>									
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		
<b>Empower U</b>	<b>Contact Michele Zosulis, <a href="mailto:mzosulis@ymcabucks.org">mzosulis@ymcabucks.org</a> or 215.348.8131, x1184</b>									
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		
<b>Healthy Lifestyles</b>	<b>Contact Lisa Schwartz, <a href="mailto:lschwartz@ymcabucks.org">lschwartz@ymcabucks.org</a> or 215.348.8131, x1184</b>									
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		
<b>Living Active</b>	<b>Contact Michele Zosulis, <a href="mailto:mzosulis@ymcabucks.org">mzosulis@ymcabucks.org</a> or 215.348.8131, x1184</b>									
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		
<b>THRIVE Cancer Wellness Program</b>	<b>Contact Michele Zosulis, <a href="mailto:mzosulis@ymcabucks.org">mzosulis@ymcabucks.org</a> or 215.348.8131, x1184</b>									
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		
<b>Veterans Pathway Program</b>	<b>Contact Matt Kinsey, <a href="mailto:mkinsey@ymcabucks.org">mkinsey@ymcabucks.org</a> or 215.348.8131, x1155</b>									
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		