



FALL PROGRAM GUIDE

Warminster | Nov/Dec 2021

Fall into Fun. 🍂 Fitness. 🍂 Friends.

Welcome to YMCA of Bucks County's fall program guide. We are pleased to provide clean facilities and safe programs to help you meet your health and wellness needs now more than ever.

Programs are ongoing and billed monthly. It pays to belong! Program fees are provided to members at a reduced rate. Not a member? [Join today.](#)

Registration dates:

Member: October 20 (online, phone or in-person)

Non-member: October 25 (online, phone or in-person)

After November 8, phone or in-person

Participants requesting a specific date/time for a class are encouraged to register on our waiting list if the class is full, as new classes are added from these lists.

In observance of holidays, the Y will be closed on 11/24, 11/25, and 12/25 and will close at 1 PM on 12/24, 12/31 and 1/1.



Doylestown
2500 Lower State Road
215.348.8131

[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](#)

FALL INTO FUN. FITNESS. FRIENDS.

Fall at the Y is all about fun, friends and being active

- Experience the Y right from your own home, with family and friends, by simply clicking "play" with [Y Wellness 24/7](#)
- Introducing **Quick Fit** - workouts for members who are on the go or looking for fresh ideas led by our top trainers
- Extended Stay & Play hours in our Doylestown and Quakertown branches AND a return of Stay & Play to our Warminster branch
- Return of your favorite group exercise class formats and instructors
- Return of fall leagues, gymnastics and swim teams
- Fall wellness initiatives to keep you motivated and family fun events, featuring the family favorite - [BOO BASH](#)

Visit ymcabucks.org for details.

Fitness Training

Fitness Training will help you to create sustainable lifestyle changes. Gain motivation and expertise from our experienced and dedicated trainers. Training is available one-on-one, with a partner, or in a team setting of 3 or more participants, outdoors or indoors at any of our branch locations or virtually anywhere you are!

Ready to join? Contact Andrea Brown, agbrown@ymcabucks.org

FITNESS

YMCA of Bucks County offers state-of-the-art wellness centers and exercise studios, focused on the health and wellbeing of each of our members. Our wellness centers are open and spacious during our operating hours with no reservation required.

GROUP EXERCISE

Group exercise classes are available virtually and in-person. Reservations are only required for spin classes. Please **visit ymcabucks.org/schedules** for schedules and reservations.



We are pleased to provide online access to group exercise classes and family and youth programs through our virtual platform, Y Wellness 24/7. Available exclusively to our members, this platform provides live and on-demand group exercise, sports and play programs with favorite instructors from nearly 50 YMCAs. The platform also includes access to 1000s of on-demand classes from instructors nationwide including classes in training, mindfulness, nutrition, stress management, and more.

 [Click here to enter our new, Y Wellness 24/7 website](#)

GYMNASIUM

Doylestown and Quakertown

Our gymnasiums are available for open gym, basketball and pickleball. **To view our gymnasium schedules, visit ymcabucks.org/schedules**

AQUATICS

Doylestown, Quakertown and Warminster

In addition to our aquatics and swim programs, we offer lap swim, open/family swim, a whirlpool (Doylestown) and aquatic group exercise classes. Aquatic exercise classes are available via a reservation system. **Learn more by visiting ymcabucks.org/aoaswim**

STAY & PLAY HOURS

Doylestown

Mon-Thurs 8:30 AM-1 PM; 4:30-7:30 PM

Fri 8:30 AM - 1 PM; **Sat** 8:30 AM-1 PM; **Sun** 9:30 AM-1 PM

Quakertown

Mon-Thurs 9:30 AM-11:30 AM; 5-7 PM

Fri/Sat 9:30-11:30 AM

Warminster

Tues 5-7 PM

Wed 9-11:30 AM

Thurs 5-7 PM

Sat 9-11:30 AM

Hours and additional information found at ymcabucks.org/stayandplay

Virtual Wellness
anytime, anywhere

Log in with my account

RETURN TO Y & JOIN HERE!

WELCOME TO Y WELLNESS 24/7

24/7 CLASSES



All your favorite classes, brought to you by the 50+ YMCAs nationwide. From across the country, available 24/7.

QUICK FIT WORKOUTS



Looking for a quick workout to supplement your regular fitness routine or to fit into your busy day? Try these quick fits.

QUICK FIT WORKOUTS

CUSTOMIZE YOUR EXPERIENCE



Use our personalization tools to create your personalized workout plan and more. Join our community to share your experience.

SCHEDULES

WHAT'S NEW AND TRENDING?

JOIN A COMMUNITY



UPDATED HOURS! DOYLESTOWN SKATEPARK

Mon-Thurs 4-8 PM

Fri 4-9 PM

Sat 12-6 PM

Sun 9 AM-3 PM

For more information visit ymcabucks.org/skatepark



DISCOVER
MORE THAN A JOB AT THE Y

YMCA OF BUCKS COUNTY

Enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

- Includes FREE YMCA membership & reduced membership and program fees for the family
- FREE virtual wellness platform for the entire family
- Competitive hourly pay rates
- Friendly, caring team environment
- Nurturing employee onboarding program

Apply at ymcabucks.org/employment, at the Welcome Center or contact Human Resources for more information at humanresources@ymcabucks.org

WELLNESS OPPORTUNITIES FOR FAIRLESS HILLS MEMBERS

Our Fairless Hills branch is currently closed for renovations. Many programs and services will continue at alternate locations throughout Bucks County

Group exercise classes are currently running at St. Frances Cabrini (located at 325 S. Oxford Valley Road), Falls Township and Morrisville Senior Center. [Click here to see the full schedule!](#)

Please visit our Warminster branch for access to **aquatics programs**. Visit ymcabucks.org/locations

We also invite you to engage with us on Y Wellness 24/7, our virtual wellness platform.

Visit ymcabucks.org/locations/fairless-hills for more info

MONTHLY DRAFTS

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/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 visit ymcabucks.org/membership/financial-assistance

OPERATION COMPASSION

RECOVERY 2021

Operation Compassion Recovery recognizes individual resilience, and provides a unified response of resources and services that support the urgent needs of Bucks County communities that continue to be significantly impacted by the pandemic. **Application details and program support information can be found at ymcabucks.org/giving/operation-compassion**

SMARTPHONE APP

Our app includes a "find a class" feature, electronic access to schedules and links to our reservation system and virtual wellness platform. Keep track of your workouts and participate in member challenges. Turn on notifications, and you'll receive push notifications when there is important information and closures.

HOW TO INSTALL:

1. Visit your app store.
2. Search for "bucks & hunterdon ymcas" using the "&"
3. Download to your phone
4. Use your personal information to create an account

Visit ymcabucks.org/membership/facility-app for more information.



Available on the
App Store

GET IT ON
Google Play

AQUATICS

Contact Valerie Tanner with questions at
vtanner@ymcabucks.org or 267.387.9622

**November/
December 2021**

		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
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	Pool	Sat	8:30 AM	9:00 AM	\$38	\$61
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	Pool	Sat	9:10 AM	9:40 AM	\$38	\$61
Preschool Swim Lessons								
1 / Water Acclimation	In Stage 1, 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	Pool	Tues	4:00 PM	4:30 PM	\$40	\$64
				Thurs	5:20 PM	5:50 PM	\$40	\$64
				Sat	9:50 AM	10:20 AM	\$40	\$64
				Sat	11:30 AM	12:00 PM	\$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'.	3-5 yrs	Pool	Tues	5:20 PM	5:50 PM	\$40	\$64
				Sat	10:30 AM	11:00 AM	\$40	\$64
				Sat	11:15 AM	11:45 AM	\$40	\$64
3-4 / Water Stamina & Stroke Intro	Students learn to swim longer distances. They learn how to do rhythmic breathing and integrate movements of their arms and legs. 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-float-swim 25 yards and 15 yards of breaststroke and butterfly kicks.			Thurs	5:20 PM	5:50 PM	\$40	\$64

AQUATICS

Contact Valerie Tanner with questions at vtanner@ymcabucks.org or 267.387.9622

**November/
December 2021**

							Member MONTHLY draft	Non-Member MONTHLY draft
		Age	Location	Day	Start Time	End Time		
School Age Swim Lessons								
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	6:10 PM	6:50 PM	\$47	\$75
				Thurs	5:40 PM	6:20 PM	\$47	\$75
				Sat	10:40 AM	11:20 AM	\$47	\$75
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'.	6-12 yrs	Pool	Tues	4:00 PM	4:40 PM	\$47	\$75
				Tues	5:20 PM	6:00 PM	\$47	\$75
				Thurs	6:00 PM	6:40 PM	\$47	\$75
				Sat	9:50 AM	10:30 AM	\$47	\$75
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 15 yards on your front and back and swim-float-swim 25 yards.	6-12 yrs	Pool	Tues	4:50 PM	5:30 PM	\$47	\$75
				Thurs	4:00 PM	4:40 PM	\$47	\$75
				Thurs	6:30 PM	7:10 PM	\$47	\$75
				Sat	9:00 AM	9:40 AM	\$47	\$75
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-float-swim 25 yards and 15 yards of breaststroke and butterfly kicks.	6-12 yrs	Pool	Tues	5:40 PM	6:20 PM	\$47	\$75
				Thurs	4:50 PM	5:30 PM	\$47	\$75
				Sat	9:45 AM	10:25 AM	\$47	\$75
Stroke & Turn	Students work on stroke technique and learn all major competitive strokes while continuing to develop endurance. Flip turns are introduced	6-12 yrs	Pool	Thurs	6:00 PM	6:40 PM	\$47	\$75
				Sat	10:25 AM	11:05 AM	\$47	\$75
Private Swim Lessons							Member Flat Fee	Non-Member Flat Fee
Private Swim Lessons	(4) 30-minute Lessons; 1:1 Ratio Student / Instructor	3-Adult	Pool	Mon, Tues, Thurs, Sat			\$122	\$164
Semi-Private Swim Lessons	(4) 30-minute Lessons; 2:1 Ratio Student / Instructor	3-Adult	Pool	Mon, Tues, Thurs, Sat			\$82	\$114

SPORTS & HUMANITIES at WARMINSTER

Contact our Welcome Center
with questions at 267.387.9622

**November/
December 2021**

		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
Youth Classes								
Elementary Art	Learn different styles of art using a variety of fun techniques.	6-12 yrs	Stay & Play Space	Mon	5:45 PM	6:25 PM	\$10	N/A
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	Studio A	Fri	6:00 PM	6:45 PM	\$0	N/A
Esports @ Metro Esports								
Young Coders	Coders will create games through Scratch Block coding. Sessions focus on game development coding where students will learn the basic foundation of what coding is and how to apply it when we want to manipulate objects and backgrounds. Each session will include working on a project within their Scratch account. Parents will need to make an account at Scratch prior to the first class.	8-12 yrs	Metro Esports	Tues/ Thurs	4:30 PM	6:00 PM	\$240	\$320
Minecraft + Code	Coders will spend 45 minutes learning to code Minecraft style in Code.org and 45 minutes to play Minecraft. Participants will need to create a student account (FREE) and work on guided (beginners) projects. Students will be required to have a Minecraft account.	8-18 yrs	Metro Esports	Sat	10:00 AM	12:00 PM	\$200	\$270
Super Smash Saturdays	Enjoy Super Smash Saturdays at Metro! If you love Smash Ultimate, fighting games or improving your skills in any game, this weekly workshop is perfect for you! Each week, our professional Smash Coaches will focus on 8 characters, teaching the ins-and-outs of their abilities, button combos, advantages and disadvantages. Players will have a training session each week followed by an organized tournament with the characters of the week.	8-18 yrs	Metro Esports	Sat	10:00 AM	12:00 PM	\$200	\$270

Esports Ed	Esports is a vast ecosystem with hundreds of new, old and emerging titles that have sub-industries, markets and communities of their own. Each week, students will focus on one of the prominent esports titles. Each session will feature 45 minutes of learning and 45 minutes in-game. Students will study Fortnite, Rocket League, Apex Legends, Overwatch and more.	8-18 yrs	Metro Esports	Mon/Wed	4:30 PM	6:00 PM	\$200	\$270
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		Age	Location	Day	Start Time	End Time	Member Flat Fee	Non-Member Flat Fee
Esports Ed	Two Week Session: Group meets October 4, 6, 8, 11, 13, 15. Begin your competitive Valorant career at Metro. Program is led by professional Valorant Coach, Kevin "Lelicious" Le. Participants can expect to develop core fundamentals of team play, coordination and effective communication. They will receive and develop tools to study and analyze individual game play to further promote self development.	13-18 yrs	Metro Esports	Mon/Fri/Sun	4:00 PM	6:00 PM	\$279	\$319

SPORTS & HUMANITIES at DOYLESTOWN

Contact Taylor Jermyn with questions at tjermyn@ymcabucks.org

**November/
December 2021**

Youth Sports Leagues (Starting Nov/Dec)

		Age	Location	Day	Start Time	End Time	Member Flat Fee	Non-Member Flat Fee
Preseason Basketball	4-Week season runs on Saturdays from November 6 to November 27. Each session consists of skill development drills designed to get players ready for the Junior Sixers season.	4-5 yrs	Gym A/B	Sat	9:00 AM	9:50 AM	\$40	\$70
		6-7 yrs	Gym A/B	Sat	10:00 AM	10:50 AM	\$40	\$70
		8-9 yrs	Gym A	Sat	11:00 AM	11:50 AM	\$40	\$70
		10-12 yrs	Gym A	Sat	12:00 PM	12:50 PM	\$40	\$70
YMCA Street Hockey	4-Week season runs on Saturdays from November 6 to November 27. Each session will be split between skill development and game play. Players are encouraged to bring their own hockey stick.	7-9 yrs	Outdoor Basketball Courts	Sat	10:00 AM	11:00 AM	\$40	\$70
		10-12 yrs	Outdoor Basketball Courts	Sat	11:15 AM	12:15 PM	\$40	\$70
Cheetahs Winter Track	6-Week season runs on Saturdays from November 13 to December 18. Runners will work on distance, mid-distance and sprinting events.	Gr K-2		Sat	10:00 AM	11:00 AM	\$60	\$100
		Gr 3-8		Sat	11:00 AM	12:00 PM	\$60	\$100
Junior Sixers Basketball	Season will run for 10 weeks from December 4 to February 19 (no games Dec 24/25 & Dec31/Jan1). Group will be split into four teams and the schedule will rotate games between those teams. Each session will be split between skill development and instructional game play. Each player will receive a reversible Junior Sixers jersey and shorts. Registration ends on November 21.							
4-5 years Group 1	Games will be played at 9:00 AM or 10:15 AM each week	4-5 yrs	Gym B	Sat	9:00 AM	11:15 AM	\$100	\$160
4-5 years Group 2	Games will be played at 11:30 AM or 12:45 PM each week	4-5 yrs	Gym B	Sat	11:30 AM	1:45 PM	\$100	\$160
6-7 years Group 1	Games will be played at 9:00 AM or 10:15 AM each week	6-7 yrs	Gym A	Sat	9:00 AM	11:15 AM	\$100	\$160
6-7 years Group 2	Games will be played at 11:30 AM or 12:45 PM each week	6-7 yrs	Gym A	Sat	11:30 AM	1:45 PM	\$100	\$160

8-9 years	Games will be played from 2:00-3:00 PM each week	8-9 yrs	Gym A/B	Sat	2:00 PM	3:00 PM	\$100	\$160	
10-12 years	Games will be played at 6:00 PM or 7:00 PM each week	10-12 yrs	Gym B	Fri	6:00 PM	8:00 PM	\$100	\$160	
Jaguars Basketball	Doylestown YMCA travel basketball program that plays in the Renegades Basketball Winter Overtime League. League is scheduled to begin in early December and teams will begin practicing in November. Please connect with Andrew Yannarella if interested - tjermyn@ymcabucks.org, (215) 348-8132 x1176.	Grade 4							
		Grade 7							
Youth Sports Classes		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft	
Preschool Sports	Develop skills in multiple sports through drills, fun activities and scrimmaging.	3-4 yrs	Gym B	Mon	4:45 PM	5:25 PM	\$46	\$74	
			Gym A	Tues	9:30 AM	10:10 AM	\$46	\$74	
			Gym A	Fri	9:30 AM	10:10 AM	\$46	\$74	
Kinder Sports	Develop skills in multiple sports through drills, fun activities and scrimmaging.	4-6 yrs	Gym A	Mon	5:45 PM	6:25 PM	\$46	\$74	
			Gym A	Tues	10:20 AM	11:00 AM	\$46	\$74	
			Gym A	Fri	10:20 AM	11:00 AM	\$46	\$74	
Sports Frenzy	Play a variety of sports and games while promoting skill development, self-confidence, movement, teamwork, sportsmanship and FUN!	6-8 yrs	Gym A	Thurs	4:45 PM	5:25 PM	\$46	\$74	
Basketball	Skill development program focusing on the fundamental skills of basketball.	4-6 yrs	Gym A	Mon	1:45 PM	2:25 PM	\$46	\$74	
			5-7 yrs	Gym A	Mon	4:45 PM	5:25 PM	\$46	\$74
			8-12 yrs	Gym A	Mon	5:45 PM	6:25 PM	\$46	\$74
			8-12 yrs	Gym A	Thurs	5:45 PM	6:25 PM	\$46	\$74
Tennis	Skill development program focusing on the fundamental skills of tennis.	4-6 yrs	Gym B	Thurs	10:20 AM	11:00 AM	\$46	\$74	
Gymnastics & Tumbling		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft	
Tiny Tumblers	Learn fundamental tumbling skills.	3-4 yrs	Gym A	Wed	9:30 AM	10:10 AM	\$46	\$74	
			3-4 yrs	Gym A	Wed	4:45 PM	5:25 PM	\$46	\$74
			3-4 yrs	Gym A	Thurs	9:30 AM	10:10 AM	\$46	\$74
Kindergymers	Develop techniques and progress to independent tumbling.	4-5 yrs	Gym A	Wed	10:20 AM	11:00 AM	\$46	\$74	
			4-5 yrs	Gym A	Wed	5:45 PM	6:25 PM	\$46	\$74
			4-5 yrs	Gym A	Thurs	10:20 AM	11:00 AM	\$46	\$74
Beginner Gymnastics	Level 1-2 Beginner Class; For the beginner gymnast with no formal gymnastics training and for those gymnasts who have not tested out of the Level 1-2 Beginner program. Skills are taught on all pieces of equipment (vault, bars, beam, floor, and tumble trak).	5 yrs+	Gym A	Tues	4:45 PM	5:30 PM	\$46	\$74	
			5 yrs+	Gym A	Thurs	4:45 PM	5:30 PM	\$46	\$74

Intermediate Gymnastics	Level 3-4 Intermediate; Gymnasts who have completed prior levels (or beginners) Skills are taught on all pieces of equipment (vault, bars, beam, floor, and tumble trak).	5 yrs+	Gym A	Tues	5:45 PM	6:30 PM	\$46	\$74
		5 yrs+	Gym A	Thurs	5:45 PM	6:30 PM	\$46	\$74
Advanced Gymnastics	Level 5+ Advanced: Gymnasts who have a desire to learn on a competitive level. Gymnasts must try out for this class or be recommended by their current instructor or the gymnastics director for this class. Skills are taught on all pieces of equipment (vault, bars, beam, floor, and tumble trak).	5 yrs+	Gym A	Tues	6:45 PM	7:30 PM	\$46	\$74
		5 yrs+	Gym A	Thurs	6:45 PM	7:30 PM	\$46	\$74
Dance		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
Petite Feet	Discover your child's ability and interest for ballet. Class challenges basic motor skill development and coordination.	3-4 yrs	Studio 1	Mon	9:45 AM	10:25 AM	\$46	\$74
			Studio 2	Thurs	4:30 PM	5:10 PM	\$46	\$74
			Studio 1	Sat	9:30 AM	10:10 AM	\$46	\$74
Ballet/Tap Combo	Combination of ballet and tap. Learn basic ballet and tap steps and movements. Tap shoes and ballet slippers required.	4-6 yrs	Studio 1	Mon	10:35 AM	11:15 AM	\$46	\$74
			Studio 2	Wed	1:00 PM	1:40 PM	\$46	\$74
Ballet	Emphasizes the development of ballet skills with a focus on body placement, alignment, strength and technique.	5-6 yrs	Studio 2	Tues	5:20 PM	6:00 PM	\$46	\$74
		5-6 yrs	Studio 2	Thurs	5:20 PM	6:00 PM	\$46	\$74
		5-6 yrs	Studio 1	Sat	10:20 AM	11:00 AM	\$46	\$74
		7-9 yrs	Studio 1	Sat	11:10 AM	11:50 AM	\$46	\$74
Jazz/Tap Combo	Jazz and tap classes are fun and energetic. Dancers will learn steps in isolation and in combinations with a focus on flexibility, balance, and technique. Tap shoes and ballet slippers required.	5-7 yrs	Studio 1	Wed	5:10 PM	5:50 PM	\$46	\$74
		4-6 yrs	Studio 1	Sat	12:00 PM	12:40 PM	\$46	\$74
World Dance	Dancers will learn a variety of styles like rumba flamenca, capoeira, West African, and Bollywood.	7-10 yrs	Studio 2	Tues	4:30 PM	5:10 PM	\$46	\$74
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+	Studio 1	Wed	2:00 PM	2:40 PM	\$46	\$74
Parent/Child		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
Musical Munchkins	Come explore the wonders of music through instruments and song.	0-5 yrs	Teen Center	Tues	9:30 AM	10:10 AM	\$46	\$74
					Tues	10:20 AM	11:00 AM	\$46
Gym Kids - Sports Sampler	Come jump, run, tumble and play on our gymnastics equipment and learn the basics of a different sport each week.	2-4 yrs	Gym A	Mon	9:30 AM	10:10 AM	\$46	\$74

Arts & Humanities		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
Preschool Art	Learn different styles of art using a variety of fun techniques.	3-6 yrs	Stay & Play MPR	Wed	9:30 AM	10:10 AM	\$10	N/A
Elementary Art	Learn different styles of art using a variety of fun techniques.	6-12 yrs	Stay & Play MPR	Wed	4:45 PM	5:25 PM	\$10	N/A
Youth Baking	An introduction to baking. Participants will learn different baking techniques and make various types of baked goods.	9-12 yrs	Teen Center	Thurs	6:00 PM	7:15 PM	\$46	\$74
School of Rock Little Wings	Little Wing music program for preschoolers and toddlers teaches students foundational music skills by playing games and participating in other interactive musical activities. Little Wing students have one weekly group music lesson in which they use classic rock songs to learn about rhythm, song structure, melody and dynamics through play.	3-5 yrs	Studio 2	Mon	10:40 AM	11:25 AM	\$129	\$149
			Studio 1	Thurs	1:30 PM	2:15 PM	\$129	\$149
School of Rock Rookies	Rookies is our music program for children with no previous musical experience. Rookies students have one weekly group music lesson where they learn fundamentals like chords, rhythm and song structure. Kids get to learn and experiment with multiple instruments so they can later decide which one they ultimately want to continue pursuing.	4-6 yrs	Studio 1	Mon	2:15 PM	3:15 PM	\$145	\$165
			Studio 1	Wed	4:30 PM	5:30 PM	\$145	\$165
			Studio 1	Thurs	2:30 PM	3:30 PM	\$145	\$165
Drum Lessons	Join instructor Max Parlow as you navigate the beginning steps of playing drums! Children will be exposed to various genres of music along with learning proper methods to beginning percussion. Children will receive a drum pad and sticks to use during lessons. They will also have an opportunity to play on a kit. This program is for children who have never played drums before.	5-7 yrs	Studio 1	Mon	3:30 PM	4:30 PM	\$65	\$95
		8-12 yrs	Clubhouse	Wed	5:15 PM	6:15 PM	\$65	\$95
		13-17 yrs	Studio 1	Fri	5:50 PM	6:50 PM	\$65	\$95
Guitar	Join instructor John Leahy in diving into the world of guitar! This program is designed for beginners. Students will navigate through two different types of music including "tab" based styles and "chord" based styles. John has a niche for rock / modern alternative music, but is open to exploring all of your favorites! It is recommended students have guitars, though we offer rentals , and have some available for during lessons.	13-17 yrs	Clubhouse	Thur	7:00 PM	8:00 PM	\$65	\$95
		5-7 yrs	Clubhouse	Fri	6:00 PM	7:00 PM	\$65	\$95
		8-12 yrs	Clubhouse	Fri	7:00 PM	8:00 PM	\$65	\$95
Songwriting	Join instructor John Leahy in learning the beginning components of songwriting. This program is designed for children that are looking to express their words in a new way! John has used songwriting to help students cope with their emotions and has found it to be therapeutic. This program is encouraged for any child looking to vocalize their feelings.	4-6 yrs	Clubhouse	Tues	9:15 AM	10:15 AM	\$65	\$95

Bass	Join instructor Max Parlow in beginning bass lessons and learn the proper methods to kick start your journey. Learn some of your favorite songs and be introduced to various genres and playing styles. This program is for students new to music. It is recommended that students have a bass, though we offer rentals, and will have some available for lessons.	12-17 yrs	Clubhouse	Tues	5:15 PM	6:15 PM	\$65	\$95
Production - Intro to Beat Making	Join instructor Max Parlow in navigating the beginner steps of production. Learn various methods and start to learn what type of producer you were destined to be. Students are recommended to have a laptop for this program.	13-17 yrs	Clubhouse	Mon	5:15 PM	6:15 PM	\$75	\$105
		18+ yrs	Clubhouse	Mon	6:30 PM	7:30 PM	\$75	\$105
Free Member Classes		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
Run, Jump & Read	Get reading and moving as we combine physical activity with our favorite books for a fun and engaging story time!	3-4 yrs	Gym A	Fri	10:15 AM	10:45 AM	\$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.	4-6 yrs	Gym A	Fri	9:30 AM	10:00 AM	\$0	N/A
		6-8 yrs	Gym A	Fri	4:30 PM	5:00 PM	\$0	N/A
Y Play	Keep the kids active. Emphasizes activity through sports and active games.	4-6 yrs	Gym B	Thurs	9:30 AM	10:10 AM	\$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.	5-12 yrs	Studio 1	Thurs	4:30 PM	5:15 PM	\$0	N/A
Extreme Dodgeball	Play a variety of dodgeball games including obstacle dodgeball, poison, jail break, etc.	8-12 yrs	Gym A	Fri	5:15 PM	5:55 PM	\$0	N/A
Martial Arts		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
Dragon Warriorz	Basic Shotokan Karate techniques mixed with interactive games and exercises to develop self-esteem and confidence. Learn respect, humility, focus and discipline. Sneakers required.	5-8 yrs	Studio 1	Tues	6:15 PM	6:45 PM	\$46	\$74
Advanced Dragon Warriorz	For Orange belts and above	5-8 yrs	Studio 1	Tues	6:50 PM	7:20 PM	\$46	\$74
Aikido	Japanese art of unarmed self-defense uses attacker's force against them. Encourages discipline and a nonviolent attitude. Classes will focus on weapons training and meditation principles. Under 10 must be with a participating adult.	9 yrs+	Studio 1	Fri	7:00 PM	8:00 PM	\$59	\$94

Youth & Adult Karate: Beginner (White-Candidate Green Belt)	JKA Style Shotokan Karate using the AJKA-I curriculum. Learn the traditional art of self defense, and enjoy the benefits of increased flexibility, balance, strength and character development. Sneakers required. Belts: White thru Candidate Green.	8 yrs+	Gym B	Tues	6:00 PM	6:45 PM	\$59	\$94
Youth & Adult Karate: Green Belt & Above	JKA Style Shotokan Karate using the AJKA-I curriculum. Learn the traditional art of self defense, and enjoy the benefits of increased flexibility, balance, strength and character development. Sneakers required. Belts: Green through Black.	8 yrs+	Gym B	Tues	6:00 PM	7:30 PM	\$59	\$94
Adventure Guides		Age	Location	Day	Start Time	End Time	Member Flat Fee	Non-Member Flat Fee
Adventure Guides	Designed for fathers and their children to participate in activities that teach character development, build leadership skills, and encourage positive behavior through planned events and outings. Children build stronger bonds with their fathers and families and make memories that last a lifetime. Fee will increase to \$70 after November 1.	5 yrs+					\$0	\$35
Skatepark		Age	Location	Day	Start Time	End Time	Member Flat Fee	Non-Member Flat Fee
Member use - Open hours	Skatepark use is free to members and available to non-members when paying a guest fee. Anyone 17 years or younger must have a parent signed liability waiver on file.				Mon-Thu 4:00-8:00 PM, Fri 4:00-9:00 PM Sat 12:00-6:00 PM, Sun 9:00 AM-3:00 PM			
Private Skate Lesson	(1) 45-minute lesson with a skate instructor	5 yrs+	Skatepark	Mon-Sat			\$25	\$43
	(5) 45-minute lessons with a skate instructor	5 yrs+	Skatepark	Mon-Sat			\$120	\$204
Teen/Pre-Teen		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
Teen Cooking: Healthy Meals	Learn how to make healthy options while sharpening your skills in the kitchen.	12-15 yrs	Teen Center	Thurs	4:30 PM	5:30 PM	\$46	\$74
Y Achievers		Age	Location	Day	Start Time	End Time	Member Flat Fee	Non-Member Flat Fee
Y Achievers	A free leadership and career exploration group for middle school students. Group will meet at the Y once a month and have an opportunity to virtually connect with other Y Achievers county-wide.	Gr 7-9					\$0	\$0
Pre-Teen Night	Friday, November 5	Gr 4-6	Teen Center	Fri	6:00 PM	9:00 PM	\$5	\$10
Drop your kids off for a night of fun at the Doylestown YMCA. Y staff will lead various fun activities for kids.	Friday, December 3	Gr 4-6	Teen Center	Fri	6:00 PM	9:00 PM	\$5	\$10

Adult Sports & Leagues		Age	Location	Day	Start Time	End Time	Member MONTHLY draft	Non-Member MONTHLY draft
Adult Volleyball	Group plays on Fridays from 8:00-10:00 PM and Sundays from 11:00 AM-1:00 PM. Program is run in a pick-up format with players divided into teams each night when they arrive.	18 yrs+	Gym A	Fri/Sun			\$16	\$33
Open Pickleball	Pick-up format is played on Tuesday and Thursday afternoons from 11:30 AM-1:30 PM and Sunday afternoons from 4:00-6:00 PM.	18 yrs+	Gym A	Tue/Thu/Sun			\$0	\$20
Women's Basketball	Group plays on Sunday evenings from 6:00-7:30 PM. Pick-up style format. Program scheduled to begin on Sunday, October 3.	18yrs+	Gym A/B	Sun	6:00 PM	7:30 PM	\$0	\$20
Day Off School Camp		Age	Location	Day	Start Time	End Time	Member Flat Fee	Non-Member Flat Fee
The Y offers seasonal day off school camp, providing activities and supervision for kids when schools are closed.	Tuesday, November 2 **Virtual Learning Day**	5-12 yrs		Tues	8:00 AM	5:30 PM	\$50	\$65
	Thursday, November 4	5-12 yrs		Thurs	8:00 AM	5:30 PM	\$50	\$65
	Friday, November 26	5-12 yrs		Fri	8:00 AM	5:30 PM	\$50	\$65
	Monday, December 27	5-12 yrs		Mon	8:00 AM	5:30 PM	\$50	\$65
	Tuesday, December 28	5-12 yrs		Tues	8:00 AM	5:30 PM	\$50	\$65
	Wednesday, December 29	5-12 yrs		Wed	8:00 AM	5:30 PM	\$50	\$65
	Thursday, December 30	5-12 yrs		Thurs	8:00 AM	5:30 PM	\$50	\$65

WARMINSTER HEALTH & WELLNESS

Contact Andrea Brown with questions
at agbrown@ymcabucks.org.

Fall 2021

Personal Training Club

Join the PT Club and get 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.

There is a three month minimum commitment in order to receive the discounted pricing.

30-min Sessions: (4) per Month
30-min Sessions: (8) per Month
30-min Sessions: (12) per Month

45-min Sessions: (4) per Month
45-min Sessions: (8) per Month
45-min Sessions: (12) per Month

60-min Sessions: (4) per Month
60-min Sessions: (8) per Month
60-min Sessions: (12) per Month

Age

Location

Member
MONTHLY
draft

Non-Member
MONTHLY
draft

12 yrs+

\$93

N/A

\$176

N/A

\$261

N/A

12 yrs+

\$139

N/A

\$262

N/A

\$381

N/A

12 yrs+

\$184

N/A

\$348

N/A

\$510

N/A

Personal Training

One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.

30-min Personal Training: (5) Sessions
30-min Personal Training: (10) Sessions

45-min Personal Training: (5) Sessions
45-min Personal Training: (10) Sessions

60-min Personal Training: (5) Sessions
60-min Personal Training: (10) Sessions

Age

Location

Member
Flat Fee

Non-Member
Flat Fee

12 yrs+

\$126

\$163

\$238

\$310

12 yrs+

\$188

\$245

\$355

\$462

12 yrs+

\$250

\$325

\$472

\$614

First Time Client Promotion
(3) 45-minute Sessions

Special pricing for first time personal training clients.
Three (3) 45-minute introductory sessions.

12 yrs+

\$80

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 share

45-min Partner Training: (5) Sessions
45-min Partner Training: (10) Sessions

Age

Location

Member
Flat Fee

Non-Member
Flat Fee

12 yrs+

Pricing is per person

\$130

\$169

Pricing is per person

\$220

\$286

WARMINSTER HEALTH & WELLNESS

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at agbrown@ymcabucks.org.

Fall 2021

by-side with a Personal Trainer and stay on target!

60-min Partner Training: (5) Sessions
60-min Partner Training: (10) Sessions

12 yrs+

Pricing is per person

\$170 \$221

Pricing is per person

\$300 \$390

Team Training

Work with any of our motivating and experienced trainers in a TEAM setting of three to five participants. Perfect for neighbors, friends, school teams, etc.

Teams will also be created by Y professional staff, giving you the greatest price value in personal training savings!

3 People 45-min: (5) Sessions
3 People 45-min: (10) Sessions
3 People 60-min: (5) Sessions
3 People 60-min: (10) Sessions

12 yrs+

Pricing is per person

\$65 \$85

Pricing is per person

\$110 \$143

Pricing is per person

\$85 \$111

Pricing is per person

\$150 \$196

4 People 45-min: (5) Sessions
4 People 45-min: (10) Sessions
4 People 60-min: (5) Sessions
4 People 60-min: (10) Sessions

12 yrs+

Pricing is per person

\$55 \$72

Pricing is per person

\$90 \$117

Pricing is per person

\$75 \$98

Pricing is per person

\$130 \$169

5 People 45-min: (5) Sessions
5 People 45-min: (10) Sessions
5 People 60-min: (5) Sessions
5 People 60-min: (10) Sessions

12 yrs+

Pricing is per person

\$45 \$59

Pricing is per person

\$70 \$91

Pricing is per person

\$65 \$85

Pricing is per person

\$110 \$143

InBody Scans

InBody Scans

To schedule, contact Andrea Brown at agbrown@ymcabucks.org

Members receive a complimentary InBody scan with fitness consultation every 3 months with their YMCA membership. Additional scans may be purchased at \$25 per scan.

Age

Location

12 yrs+

Free every 3 months; additional scans available at:

Member Flat Fee

Non-Member Flat Fee

\$25

\$40