

PROGRAM OFFERINGS WARMINSTER BRANCH



Spring I Session 2020 Feb 24-April 19

Family member registration: Feb 3

Member registration: Feb 10

Non-member registration: Feb 17



WARMINSTER PROGRAMS

Questions? Call our
Welcome Center at
267.387.9622

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

Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Free Member Classes								
Dodgeball		6-12 yrs	Studio A/B	Fri	6:00 PM	6:45 PM	\$0	\$25
Super Hero Training		3-6 yrs	Studio B	Sat	9:00 AM	9:30 AM	\$0	\$25
Circuit Zone		6-12 yrs	Studio B	Tues	7:00 PM	7:30 PM	\$0	\$25
Youth Classes								
Preschool Sports		3-4 yrs	Studio A	Sat	11:00 AM	11:30 AM	\$40	\$65
Obstacle Ninja		4-6 yrs	Studio B	Wed Sat	10:10 AM 11:45 AM	10:40 AM 12:15 PM	\$40	\$65
Elementary Art		5-12 yrs	Studio B	Sun	10:00 AM	10:45 AM	\$40	\$65
Dance								
Petite Feet	Discover your child's ability and interest for ballet. Class challenges basic motor skill development and	3-4 yrs	Studio B	Sat	9:30 AM	10:10 AM	\$100	\$150
Intro to Ballet/Tap	Foundation of ballet and tap. Learn basic ballet and tap steps and movements. Tap shoes and ballet slippers required.	4-7 yrs	Studio B	Sat	10:15 AM	10:55 AM	\$100	\$150
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	16+ yrs	Studio B	Mon	8:00 PM	9:00 PM	\$60	\$90
Youth Leagues								
Cheetahs Track Team	Season runs: April 11 to June 6	Gr K-2		Sat/Wed			\$80	\$140
Cheetahs Track Team	Season runs: April 11 to June 6	Gr 3-8		Sat/Wed			\$80	\$140
Martial Arts								
Dragon Warriorz		4-7 yrs	Studio B	Mon	6:00 PM	6:30 PM	\$80	\$115
Youth/ Adult Karate		8+ yrs	Studio B	Mon Wed	6:45 PM 6:45 PM	7:45 PM 7:45 PM	\$105	\$165
				Mon/Wed	6:45 PM	7:45 PM	\$120	\$195

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Class Name	Class Description	Age	Location	Day	Start Time	End Time	Member	Non-member
Special Events								
Spin 101 Workshop - March 10		12+ yrs	Studio C	Tues	7:15 PM	8:00 PM	\$0	\$8
Spin 101 Workshop - April 14		12+ yrs	Studio C	Tues	7:15 PM	8:00 PM	\$0	\$8
Stay & Play								
Parent's Night Out	March 20 - one child	3 mo-12 yr	Stay & Play	Fri	5:30 PM	9:00 PM	\$21	\$26
Parent's Night Out	March 20 - two children	3 mo-12 yr	Stay & Play	Fri	5:30 PM	9:00 PM	\$32	\$40
Parent's Night Out	March 20 - three children	3 mo-12 yr	Stay & Play	Fri	5:30 PM	9:00 PM	\$40	\$50
Parent's Night Out	Apr 17 - one child	3 mo-12 yr	Stay & Play	Fri	5:30 PM	9:00 PM	\$21	\$26
Parent's Night Out	Apr 17 - two children	3 mo-12 yr	Stay & Play	Fri	5:30 PM	9:00 PM	\$32	\$40
Parent's Night Out	Apr 17 - three children	3 mo-12 yr	Stay & Play	Fri	5:30 PM	9:00 PM	\$40	\$50
Sitter Service 1 child 90 minutes	Allows parents and caregivers the ability to leave the Y branch while their children are cared for by our Stay & Play staff.	3 mo-12 yr	Stay & Play				\$10	\$14
Sitter Service 2 children 90 minutes		3 mo-12 yr	Stay & Play				\$13	\$20
Sitter Service 3 children 90 minutes		3 mo-12 yr	Stay & Play				\$16	\$25
Sitter Service 1 child 3 hours		3 mo-12 yr	Stay & Play				\$18	\$23
Sitter Service 2 children 3 hours		3 mo-12 yr	Stay & Play				\$25	\$31
Sitter Service 3 children 3 hours		3 mo-12 yr	Stay & Play				\$30	\$38
Personal Training								
Personal Training - (2) 30 min Session	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.	16+ yrs					\$56	\$76
Personal Training - (4) 30 min		16+ yrs					\$101	\$136
Personal Training - (8) 30 min		16+ yrs					\$190	\$257
Personal Training - (2) 45 min		16+ yrs					\$83	\$112
Personal Training - (4) 45 min		16+ yrs					\$150	\$203
Personal Training - (8) 45 min		16+ yrs					\$284	\$383
Personal Training - (2) 60 min		16+ yrs					\$111	\$150
Personal Training - (4) 60 min		16+ yrs					\$200	\$270
Personal Training - (8) 60 min		16+ yrs					\$377	\$509
Personal Training Promo - (4) 30 min + (New Clients Only)		16+ yrs					\$76	\$102
Personal Training Promo - (8) 30 min (New Clients Only)		16+ yrs					\$167	\$225

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PT CLUB								
Personal Training - (2) 30 min		16+ yrs					\$52	\$70
Personal Training - (4) 30 min		16+ yrs					\$93	\$126
Personal Training - (8) 30 min		16+ yrs					\$176	\$238
Personal Training - (2) 45 min		16+ yrs					\$77	\$104
Personal Training - (4) 45 min		16+ yrs					\$139	\$188
Personal Training - (8) 45 min		16+ yrs					\$262	\$354
Personal Training - (2) 60 min		16+ yrs					\$102	\$138
Personal Training - (4) 60 min		16+ yrs					\$184	\$248
Personal Training - (8) 60 min		16+ yrs					\$348	\$470
Small Group Training								
TRX - Unlimited Sessions		16+ yrs	Studio C	Wed	8:30 AM	9:30 AM	\$120	\$160
TRX - 8 pack of classes		16+ yrs	Studio C	Wed	8:30 AM	9:30 AM	\$75	\$100
TRX - Unlimited Sessions		16+ yrs	Studio C	Wed	5:15 PM	6:10 PM	\$120	\$160
TRX - 8 pack of classes		16+ yrs	Studio C	Wed	5:15 PM	6:10 PM	\$75	\$100
Health & Wellness								
Nutrition - (2) 45 min		16+ yrs					\$83	\$112
Nutrition - (4) 45 min		16+ yrs					\$150	\$203
Nutrition - (8) 45 min		16+ yrs					\$284	\$383
Senior Programs								
Silver Sneakers	All programs are open to active older adults including several new Silver Sneakers programs. See website for schedule.							
Mahjong		Thurs		2/27/2020			Free to members	
Knitting		Wed		2/26/2020			Free to members	

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		