



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



NEW! MINI-SESSION OFFERINGS MAY 22-JUN 18

YOUTH MARTIAL ARTS

Dragon Warriorz Karate
MON 6-6:30 PM
Ages 4-7
Members: \$28
Non-members: \$42

Family Karate
MON or WED 6:45-7:45 PM
Ages 8-Adult
Members: \$50
Non-members: \$83
Both MON & WED
Members: \$57
Non-members: \$95

SPORTS

Members: \$27
Non-members: \$40
Sports Skills
WED 10:15-10:55 AM
Ages 3-6

SPORTS HELD AT WARMINSTER COMMUNITY PARK

Young Striders Track and Field Club
SAT 11 AM-12 PM
Ages 4-12

Basketball Skills and Drills

WED 5-5:40 PM
Ages 7-9

Mini T's T-Ball

SAT 10-10:40 AM
Ages 3-4

INCLUDED WITH MEMBERSHIP*:

*Registration required, space limited

Butterfly Dance

SAT 9:30-10 AM
Ages 3-5

All Sorts of Sports

MON 5-5:40 PM
Ages 6+

Kid's Yoga

TUES 5:15-5:55 PM
Ages 6+

Story Book Games

TUES 4-4:30 PM
Ages 3-6

ADULT AQUA GROUP EXERCISE

Ages 16-Adult
Unlimited Classes:
Member: \$36
Non-member: \$47

1 class per week:
Member: \$24
Non-Member: 36

Arthritis

MON 9:10-10 AM

Aqua Strength & Balance

MON 10:10-11 AM

Gentle Aqua Dance

MON 11:10 AM -12 PM

CLASSES & CHALLENGES

Lunch Hour Art: Intro to Drawing

Warminster Community Park
Ages 14-Adult
TUES 12-12:45 PM
Join us for a relaxing art class during lunchtime at the Warminster Community Park. Learn how to apply the basic elements of art and drawing exercises to turn your work into a finished piece. Bring your own sketchpad and pencils. Meet outside the WREC building.
Member: \$26 Non-member: \$42

21 Days to Drop a Pant Size

Includes 9 small group training classes along with help with meal planning and coaching. We've got two new meal books to help you stay on track, including a vegetarian option!
Member: \$89 Non-member: \$111

Challenge for Women

Begins: MON MAY 22, 6 PM with Diane

Challenge for Men

Begins: THUR MAY 25, 6 PM with Paul

MINI SESSION NOTE: 4 Week Session. Mondays prorated for Memorial Day.



LET US HOST THE NEXT BIRTHDAY PARTY!

Member: \$210, Non-Member \$280

- Dance Party
- Princess Party
- Jedi Training Party

- Super Hero Training Party
- All Sorts of Sports Party
- Arts and Crafts Party Member: \$225, Non-Member \$300

REGISTER ONLINE AT CBFYMCA.ORG. QUESTIONS? YOUTH: Caitlin Fell at cfell@cbfymca.org and 267.387.9622 x2004
ADULT & MARTIAL ARTS: Valerie Tanner at vtanner@cbfymca.org and 267.387.9622 x1140

CENTRAL BUCKS FAMILY YMCA | Warminster Branch
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