



**WARMINSTER
PROGRAM BROCHURE**

JUST KEEP SWIMMING!

Registration opens
Monday, June 5!

Youth swim lessons are back!

**SUMMER I | JUNE 19-JULY 23
SUMMER II | JULY 24-AUG 27
CENTRAL BUCKS FAMILY YMCA**

A LETTER FROM OUR CEO



^Warminster 20x3

Dear friends,

Every year I say it: It's my most favorite season at the Y. With hundreds of our youth returning to our campus for summer camp season, I'm reminded **daily of the impact we make in the lives of children, year-round and especially during the summer.** When I walk the campus on the first day of camp, I look forward to seeing the excited but nervous faces of kids starting on their first day of a new experience... and the counselors dressed as our camp mascots, giving hi-fives, singing songs, playing and having fun.

I can't wait.

For me, it comes at a good time. As we continue with our annual campaign and our "Kids to Camp" drive, it's a reminder that **over 1600 camp experiences were provided last year to kids in need.** With assistance, their parents could work, while they were safe and having fun - due to the generosity of our donors and sponsors. Those same kids will be back again this year but now their family, back on its feet, will not need assistance. Perhaps they themselves will contribute to the annual campaign and assist another family who might need help this year.

Give your gift this year, remembering that the kids and families you help live right here in our community. **You are helping your neighbors or people you may not know.** Be a part of something bigger, in helping a family who may need a helping hand.

I thank you for your support and hope you'll visit our website at cbfymca.org/give to make an online gift today!

Zane Moore, President/CEO

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^Y Summer Camp 2016

HOURS

MON-THUR 5:30 AM-10 PM
FRI 5:30 AM-9 PM
SAT & SUN 7 AM-6 PM

UPCOMING SESSIONS

FALL I | SEPT 5-OCT 29
FALL II | OCT 30-DEC 24

CLOSURES

INDEPENDENCE DAY, JUL 4

Central Bucks Family YMCA is a charitable non-profit organization whose purpose is to improve the quality of community life.

cbfymca.org/warminster | 267.387.9622



^Warminster Yoga

ENJOY A HEALTHY LIFESTYLE WITH FRIENDS!

We're here for you:

- 40+ weekly group exercise classes
- Youth aquatics lessons at VE Club
- Fitness center with over 100 pieces of equipment
- Fun, quarterly challenges to keep you motivated
- Stay & Play babysitting included family/youth memberships
- Personal training available
- Financial assistance available

SUMMER EVENTS

MEMBER GET A MEMBER PROMOTION

JUN 1-30 | Members encourage a friend to join the Y and both get rewarded. Details at the Welcome Center.

CELEBRATING COMMUNITY WEEKS

JUN 3-11 | JUL 3-9 | JUL 31-AUG 6
Open to the community for FREE: group exercise class or workout in the fitness center. Special events all week!

CELEBRATING COMMUNITY KICK-OFF!

JUN 3, 10 AM-2 PM | FREE to all! Zumba party in parking lot at noon, face painting and special classes.

PARENTS NIGHT OUT | JUN 9 & 23, JUL 7 & 21, AUG 4 & 18 | 5:30-9 PM

SPINNING 101: ALL YOU NEED TO KNOW ABOUT SPIN

JUN 10, 10-11AM | JUN 20, 6-7 PM
JUN 28, 9-10AM **Members: FREE**
Non-Members: \$8. See page 6 for details.

GLOW YOGA | JUN 9, 7:30 PM
JUN 11, 4:30 PM | Ages 12+
Glow-in-the-dark event with Sandy Gatto!
Members: FREE Non-members: \$8
Registration required. Light refreshments and childcare provided.

VOLUNTEER APPRECIATION PICNIC
JUN 21 | 6-8 PM | Doylestown Branch
Food and fun outdoors for Y Volunteers and their families!

ACTIVE OLDER ADULTS GAMES CLUB
Begins June 22, runs each Thursday 1-3 PM.
See page 13 for details.

KIDS TRIATHLON
AUG 6 | Doylestown Branch | Ages 6-14
Visit cbfymca.org/kidstri for details.

JOIN JUST FOR SUMMER

JUNE 12-SEPT 10

Member	3 Mo.	7/17*	8/14*
YOUTH	\$45	\$31	\$21
TEEN/ YOUNG ADULT	\$60 \$80	\$41 \$54	\$28 \$37
ACTIVE OLDER ADULT	\$100	\$67	\$45
ADULT	\$125	\$84	\$57
FAMILY	\$215	\$242	\$163

Pay in full for 3 months.
Come join us. No sunblock needed!
*Prorated by date



^Warminster Y Members Ride for Impact

MEMBERSHIP

PRICING

There's a membership for everyone at the Y. Register in-person or over the phone. Contact Caitlin Fell for details at 267.387.9622 x2004 or cfell@cbfymca.org.

MEMBERSHIP TYPE	MONTHLY DRAFT	JOIN FEE	GROUP EXERCISE CLASSES INCLUDED	CHILD WATCH INCLUDED
2 Adults & Dependents	\$75	\$75	Yes	Yes
1 Adult & Dependents	\$64	\$75	Yes	Yes
Adult (28-64)	\$39	\$50	Yes	
Active Older Adult (65+)	\$30	\$50	Yes	
Young Adult (19-27)	\$25	\$20	Yes	
Teen (13-18)	\$19	\$20	Yes	
Youth (0-12)	\$15	\$20		Yes

GUEST FEES AND SAFETY REQUIREMENTS

All guests must present a valid photo ID upon entering the facility, must complete a waiver and have a photo taken. Guests ages 11 and under must be accompanied by an adult.

GUEST FEES

GUEST FEE | \$6 with member, \$8 without
5 VISITS GUEST PASS 12+ | \$30

MEMBER JOURNEY



Every three months, members are entitled to JOURNEY, an approach to wellness that involves personal fitness assessments, equipment training and lots of support. Choose any or all of these options every three months:

GOAL SETTING CONVERSATION

Meet with a Y staff member in your area of interest. Share your health and fitness goals and get direction and support to help achieve them.

ORIENTATION

Meet with a Y staff member to gain comfort and familiarity within the area of your interest. Includes up to two, 30-60 minute appointments.

FITNESS EVALUATION

Meet with a personal trainer to determine starting point or progress check-up for cardiovascular fitness, strength, and endurance. Compliments every form of exercise training. Teen evaluation available.

NEW MEMBER CHALLENGE

Visit the Y 20 times in 60 days and receive \$10 in Y Bucks and a t-shirt. Register for one, two or all three of the Journey options at the Welcome Center--you must complete one of the Journey options to complete the New Member Challenge.

FINANCIAL ASSISTANCE EVERYONE DESERVES THE Y!

Our mission is to serve the people of the community. We believe that the Y is for everyone and we offer financial assistance to those who may need a temporary helping hand. No one will be turned away because of their inability to pay, subject to the availability of funds.

Questions? Contact Catherine Refice, x1139 or crefice@cbfymca.org

APPLICATION

Financial Assistance applications can be found on our website at cbfymca.org/fa or pick one up at the Welcome Center. Submit the application and required support documentation to the Welcome Center, fax to 215.348.3084, or mail to Central Bucks Family YMCA, Attn: Financial Assistance, 2500 Lower State Road, Doylestown, PA 18901.

Allow at least 3 weeks for processing. You will receive a letter by mail notifying you of your qualifying status.

Visit our website to view our financial assistance guidelines: cbfymca.org/fa

STEP BY STEP TO STRONGER HEALTH AND FRIENDSHIPS



[^]Warminster Tai Chi

ALL AGES, ALL FITNESS LEVELS, ALL WELCOME!

Exercising with a group is a great way to stay fit or begin your fitness journey. With over 40 classes per week we offer:

- Modifications for every fitness level
- Highly-trained, qualified instructors
- Supportive and motivating communities of families, adults, teens, and older adults

For the most current schedule and class descriptions look online or pick up a printed schedule and descriptions at the Welcome Center.

TRY ONE, TRY THEM ALL!

- 20x3
- Barre
- Gentle Yoga
- Interval Training
- Pop Pilates
- Pound
- Power Fitness Walk
- Power Yoga
- Spinning
- Strength & Balance
- Strength & Cardio Blast
- Stretch & Balance
- Tai Chi
- Vinyasa Yoga
- Yoga
- Yoga Pilates Fusion
- Zumba®
- Zumba® Gold



GROUP CLASS DESCRIPTIONS 12+

Warminster 20x3

20X3 | Join us for the perfect workout! 20 minutes of heart pumping cardio, 20 minutes of muscle toning strength training, 20 minutes of core and stretching.

BARRE | Set to a blend of fun, energetic contemporary and classical music, an upper body workout with light weights, a sculpting abs portion, and a combination of high-intensity sequences of thigh, seat and core exercises at the barre.

INTERVAL TRAINING/HIIT | Int-Adv | Improve your cardio fitness and strength with this total body workout. High intensity interval training (HIIT) boosts metabolism and burns calories. Modifications offered to accommodate all levels.

POP PILATES® | Get that perfect pilates body with an interval pop of cardio. This new twist on fitness brings together great music interspersed with a great sequence of pilates moves—all for a great YOU! All levels welcome!

POUND® | Fuses full-body cardio interval training and conditioning with drumming to provide a challenging, heart-pumping workout that gives you the permission to rock using lightly weighted exercise drumsticks, Ripstix.

POWER FITNESS WALK | All levels | Not your Momma's walking club! This outdoor class kicks it up with high knee lifts, butt kicks, speed interval and strength training. Options provided for all fitness levels. Class takes place at the Warminster Community Park. Meet outside the WREC building.

SPINNING | Beg-Adv | Our instructors will take you on journeys that include endurance rides, hills, climbs and intervals all while jamming out to their favorite music. All levels welcome.

STRENGTH & BALANCE | Increase balance and flexibility with the use of free weights, bands, balls and other fitness equipment.

STRENGTH & CARDIO BLAST | Improve your strength and cardio fitness with this total body workout. Boost your metabolism and burn calories while having a blast!

STRETCH & BALANCE | Exercises to improve balance and coordination while building core and leg strength. A class for everyone!

TAI CHI CHUAN | Beg-Adv | Traditional Yang Style Strengthen muscles, regulate blood circulation, stimulate spirit, and refresh your body.

ZUMBA® | Dance fitness to Latin music. Includes salsa, merengue, cumbia and reggaeton. Calorie-burning, heart racing, muscle pumping movements that tone and sculpt.

ZUMBA® GOLD | Modifies the moves and pacing of regular Zumba to suit the needs of the active older participant and those just starting a fit and healthy lifestyle.

YOGA

GENTLE YOGA | Beg-Adv | All levels | Designed for those new to yoga or returning after injuries. Movements and postures at a slower pace and with more modifications.

POWER YOGA | Expand your yoga practice and open up in this powerful flow! In this energizing class we will cleanse the body and calm the mind while linking breath to movement. Prepare for an empowering and vigorous practice that will help tone the body, build flexibility, increase balance, and deepen mindfulness.

VINYASA YOGA | Int-Adv | Synchronize the breath with a progressive series of postures - produces internal heat and a purifying sweat that detoxifies. Improves circulation, flexibility, strength, and a calm mind.

YOGA | Beg-Adv | Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility.

YOGA PILATES FUSION | A flowing mind/body practice integrating yoga and pilates to increase strength, flexibility, and balance while reducing stress and improving endurance. All levels.

Non-Member Drop-In: \$8 per class

Class Pass: 5 classes for \$30

QUESTIONS? Contact Valerie Tanner at 267.387.9622 x1140 or vtanner@cbfymca.org.

PROGRAMS FOR ALL AGES

just keep going



^Warminster Spin

SPINNING 101: ALL YOU NEED TO KNOW ABOUT SPIN CLASSES 12+ JUN 10, 10-11 AM | JUN 20, 6-7 PM | JUN 28, 9-10 AM

Are you curious about spin classes? We invite you to learn about bike set up, RPM's, speed & tension and correct form. Individualized assistance with bike set up will be provided along with a time for Q & A to be followed by a brief spin work out to test your new skills. No sign up needed.

Members: FREE Non-members: \$8 Questions? Contact Valerie at vtanner@cbfymca.org.

BELLY DANCING 14+ | SUMMER I | FRI 7-7:55 PM

Explore the beautiful movements of Belly Dance! In a fun and supportive atmosphere, we will focus on the fundamental movements of this enduring, graceful art form. A low-impact activity with benefits including body toning, increased flexibility, improved posture, and improved brain function.

Members: \$30 Non-members: \$45

LUNCH HOUR ART: INTRO TO DRAWING 14+ | TUES 12-12:45 PM

Join us for a relaxing art class during lunchtime at 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. **Members: \$53 Non-members: \$83**



MORE THAN JUST A FITNESS CENTER

^Warminster Karate

MARTIAL ARTS

DRAGON WARRIORZ

Ages 4-7 | MON or WED 6-6:30 PM

Basic Shotokan techniques mixed with interactive games and exercises to develop self-esteem and confidence. Positive experience offering skills and tasks that can be accomplished with practice. Learn respect, humility, focus and discipline. **One Class per Week: Member \$47, Non-Member \$69**

ADULT & YOUTH KARATE

8yrs-Adult | All Levels

MON or WED 6:45 - 7:45 PM

JKA Style Shotokan Karate includes membership to the AJKA-I. Learn the traditional art of self-defense and enjoy the benefits of increased flexibility, balance, strength and character development. **One Class per Week: Member \$63, Non-Member \$103 Two Classes per Week: Member \$72, Non-Member \$119**

MARTIAL ARTS QUESTIONS? Contact Jennefer Pursell at jpursell@cbfymca.org



SMALL GROUP & PERSONAL TRAINING

NEW LOW PRICING IS HERE TO STAY!

3 Reasons Personal Training is Right for You:

- Meet Your Goals
- Motivation & Accountability
- Get More Done in Less Time

SMALL GROUP PACKAGES

4 Sessions: Member **\$36** Non-Member **\$49**
 8 Sessions: Member **\$69** Non-Member **\$94**
 12 Sessions: Member **\$99** Non-Member **\$134**

MYZONE BELT 16+ | \$68
 NEW BELT WITH PT PROMO 16+ | \$50

WOMEN'S WEIGHT TRAINING

MON 6-6:55 PM | Ashley
 TUES 7-7:55 PM | Diane
 THUR 10:15-11:10 AM | Ashley
 The foundation of this class is a weight-training program, using machines, free weights and resistance equipment.

KETTLEBELL

FRI 9:45-10:35AM | Megan
 Burn calories at a fast rate with this energizing fun workout. Targets all muscle groups delivering a fantastic full body workout.

TRX

TUES 9-9:55 AM | Diane
 WED 10-10:55 AM, 5:15-6:10 PM | Diane
 THUR 5-5:55 PM | Diane
 Intensive full body strength training workout using body weight. Get strong, increase metabolism and burn calories!

2 SPECIALS, NEW LOW PRICE!

- (3) 30-Minute Training Sessions
 Members **\$71** Non-Members **\$96**
- (6) 30-Minute Training Sessions
 Members **\$119** Non-Members **\$161**

Available to new personal training clients and members. One-on-one and semi private training available. Limit 1 per member.



Warminster Personal Training

MEN'S WEIGHT TRAINING

THURS 7:30-8:25 PM | Paul
 The foundation of this class is a weight-training program, using machines, free weights and resistance equipment.

STRENGTH CONDITIONING

THUR 6:30 PM-7:25 PM | Kevin
 Focus on building strength, increasing metabolism and burning fat. Workouts vary class to class – always something new. All levels welcome.

Register online or at the Welcome Center

QUESTIONS? Contact Valerie Tanner at 267.387.9622 x1140 or vtanner@cbfymca.org

Private Training: 1 person (member)*

Minutes	3 Sessions	5 Sessions	10 Sessions
30	\$75	\$113	\$213
45	\$112	\$168	\$319
60	\$149	\$225	\$425

Private Training: 1 person (non-member)

Minutes	3 Sessions	5 Sessions	10 Sessions
30	\$101	\$153	\$288
45	\$151	\$227	\$431
60	\$201	\$304	\$574

Group Style Private Training: 2 person (members)*

Minutes	3 Sessions	5 Sessions	10 Sessions
30	n/a	\$93	\$175
45	\$95	\$143	\$271
60	\$127	\$191	\$361

*Non-member pricing available

cbfymca.org/warminster | 267.387.9622

ADULT PROGRAMS



^Warminster Zumba Instructors

NEW!

MEMBER INSTRUCTOR MENTORING PROGRAM

Do you love Group Exercise classes? Have you thought about joining our team as an instructor? We are starting a new mentoring program for those who would like to explore the possibility of joining our team to teach fitness classes. Open to members 18+ who live in the area year-round.

Questions? Contact Valerie Tanner at vtanner@cbfymca.org.

21 DAYS TO DROP A PANT SIZE CHALLENGE

Includes 9 small group training classes along with help with meal planning and coaching. We've got two meal books to help you stay on track, including a vegetarian option!

Member: \$89 Non-member: \$111

WOMEN with Diane: Summer I: JUN 19-JUL 9
Summer II: AUG 14-SEPT 3

MEN with Paul: Summer I: JUN 22-JUL 12
Summer II: AUG 10-AUG 30



Meet Paul: Men's Challenge instructor. He shared with us his before and after pictures of his own health and wellness journey.

***UPGRADE** to Extreme Pants Size, get FREE My Zone Fitness Tracker, \$139 Member, \$161 Non-Member

SUMMER SWEAT BURN IT 2 #EARN IT

**Challenge Starts
June 19 | 8 Weeks
Many prizes!
Grand prize is a 50" TV!**

Participants earn a point by checking in at the Welcome Center after a workout. **EVERY CHECK-IN = ONE POINT.** Once a card is filled, (with 3 pts.) it can be turned in. Each card that is turned in counts as a raffle ticket toward a chance to win prizes.

FREE to join the challenge. \$10 for challenge t-shirt or tank top.

Participants will receive encouragement and weekly video clips from Y staff members throughout their journey!

Questions? Contact Caitlin Fell at 267.387.9622 x2004 and cfell@cbfymca.org.



LIFE IN THE FAST LANE

Accelerated Swim Lessons at VE CLUB

PIKE I | WATER ACCLIMATION

3 to 5 yrs | Develops students' comfort with underwater exploration and focuses on basic self-rescue skills with the assistance of an instructor. Must be willing to voluntarily separate from parent. Typically wears 3 bubbles. Ratio 1:4.

PIKE II | WATER MOVEMENT

3 to 5 yrs | Focuses on forward movement and basic self-rescue skills performed independently. Must be voluntarily submerging their head underwater and swimming without instructor assistance at least 5 feet with 2 bubbles. Ratio: 1:5

EEL I | WATER MOVEMENT & STAMINA

3 to 5 yrs | Builds endurance in forward movement and intermediate self-rescue skills. Must be able to swim without instructor assistance at least 10 feet on their back and front with 1 bubble while blowing bubbles. Ratio: 1:5

EEL II | WATER STAMINA

3 to 5 yrs | Further develops forward movement with stroke introduction and intermediate self-rescue skills. Must be able to swim without assistance or flotation at least 15 feet on front and back. Ratio 1:5

POLLIWOG | SWIM BASICS

6 to 12 yrs | Focuses on all 3 swim basic topics of: water acclimation, water movement and water stamina. Students will develop overall confidence and basic self-rescue skills. Ratio 1:5

GUPPY | STROKE INTRODUCTION

6 to 12 yrs | Introduces basic stroke technique and continues to practice safety techniques in deep water. Must be able to swim on front and back with any basic stroke up to 25 yards. Ratio 1:6.

MINNOW | STROKE DEVELOPMENT

6 to 12 yrs | Develops freestyle and backstroke, while introducing breaststroke and butterfly. Must be able to swim 25 yards on front (with overarm recovery and rotary breathing) and back. Ratio 1:7.

FISH/FLYING FISH | ADVANCED STROKE DEVELOPMENT

6 to 12 yrs | Builds on endurance and form for freestyle, backstroke, breaststroke and butterfly. Must be able to swim 50 yards of freestyle (with rotary breathing) and backstroke and 25 yards of breaststroke. Ratio 1:8

QUESTIONS? Contact Ashley Coticchio at 215.348.8131 and acoticchio@cbfymca.org.



AQUATICS

VE CLUB

OUTDOOR POOL

JUN 19-AUG 10 | MON-THUR, Mornings

Members: \$32/4 classes*, **Non-Members:** \$48/4 classes*

*No lessons the week of July 4

130 Davisville Rd, Warminster, PA 18974

PIKE I — 9-9:40 AM, 9:45-10:25 AM

PIKE II — 9-9:40 AM, 10:30-11:10 AM

EEL I — 9:45-10:25 AM

EEL II — 10:30-11:10 AM

POLLIWOG — 9-9:40 AM, 10:30-11:10 AM

GUPPY — 9-9:45 AM, 9:45-10:25 AM

MINNOW — 9:45-10:25 AM

FLYING FISH — 10:30-11:10 AM



PLEASE NOTE: VE lessons will be cancelled due to thunder/lightning. Please check the Warminster Y website to check for weather alerts.

INTERESTED IN PRIVATE LESSONS?

Contact Ashley Coticchio at 215.348.8131 and acoticchio@cbfymca.org

YOUTH PROGRAMS



^Y T-ball

DANCE

SONG AND DANCE: PARENT/CHILD

Ages 1-3 | THUR 9-9:30 AM | Helps the youngest of dancers develop motor skills and builds confidence through music and dance with the help of their guardian

INTRO TO DANCE | Ages 6+ | SAT 10-10:40 AM

Not sure what your favorite style of dance is? Want to learn them all? In this class, we will spend each week focused on a different style of dance. Ballet, jazz, modern are just some of the styles we will learn!

ARTS & HUMANITIES

SUMMER CRAFTS | Ages 3-7 | TUES 5-5:40 PM

Join us outside throughout the summer as we create a craft based off of the lovely, warm weather outside. Held at Warminster Community Park.

MUSICAL MUNCHKINS | Ages 3-5

THUR 9:30-10:10 AM, SUN 4-4:40 PM | Join us as we play music and sing songs in this musical adventure.

KIDS COOK! | Ages 5+ | THUR 10:15-10:55 AM, SUN 4:45-5:25 PM | A cooking class just for kids!

SPORTS & FITNESS

KINDER SPORTS | Ages 5-6 | WED 10-10:40 AM

A sports class for Kindergarteners focused on learning fun games!

INTRO TO SPORTS: PARENT/CHILD

Ages 1-3 | WED 11:30 AM-12 PM | In this introduction to sports class, our youngest athletes will learn skills with the help of a guardian.

PEE WEE SPORTS | Ages 3-4 | WED

10:45-11:25 AM | 3 and 4 year olds will play different games and activities in this high paced fun experience.

ZUMBA KIDS JR. | Ages 4-6 | TUES 6-6:40 PM

Zumba for kids!



^Y Soccer

SPORTS

HELD AT WARMINSTER COMMUNITY PARK

YOUNG STRIDERS TRACK & FIELD CLUB

Ages 5-12 | SAT 11-11:40 AM | Get moving and learn the different aspects of track and field.

BASKETBALL SKILLS & DRILLS | Ages 6-10

TUES 5:45-6:25 PM | Everything you need to know about basketball.

MINI T'S T-BALL | Ages 3-4 | SAT 10-10:40 AM

3-4 year old T-Ball program. 1/2 skills and 1/2 game.

TEAM SPORTS | Ages 10-12, WED 5-5:40 PM

Ages 6-9, WED 5:45-6:25 PM | In this outdoor class, we will learn skills and play many different team sports.

CHEERLEADING | Ages 7-13 | WED 5:45-6:25 PM

A fun cheer experience for all. All levels are invited to cheer with us.

YOUTH PROGRAM PRICING

Members \$32 Non-Members \$52

Tuesday classes are prorated:

Members \$28 Non-Members \$41

CLASSES INCLUDED WITH MEMBERSHIP

Registration required.

PRINCESS BALLET | Ages 3-6 | SAT 9:30-10 AM

A young dancer's introduction to ballet technique while using music and props to bring out their inner princess.

SUPER HERO TRAINING | Ages 3-6

SAT 9-9:30 AM | An active class focused on bringing out each student's inner super hero.

ALL SORTS OF SPORTS | Ages 6+

MON 5-5:40 PM | Play a new sport each week.

FAMILY YOGA | Ages 4+ | TUES 5:15-5:55 PM

For the whole family!

HELD AT WARMINSTER COMMUNITY PARK

GAMES IN THE PARK | Ages 4+ | WED 5-5:40 PM

Tag, sharks and minnos and many more!

NATURE KIDS CLUB | Ages 3-7

THUR 10:30-11 AM | Our youngest explorers will enjoy time outside in our nature club.

YOUTH PROGRAM QUESTIONS?

Contact Caitlin Fell at 267.387.9622 x2004 and cfell@cbfymca.org.



^Warminster Stay & Play

YOUTH PROGRAMS

STAY & PLAY

We provide babysitting services included with the 2-adult & dependent, 1-adult & dependent and youth memberships.

**90 Minutes, Non-Member | \$5 per child
Late Pick-up | \$5**

Monday-Sunday	8:45 AM-NOON
Monday-Thursday	4:30 PM-8 PM

Ages 3 mo-12 yrs up to two hours per day

QUESTIONS? Contact Caitlin Fell at 267.387.9622 x2004 or cfell@cbfymca.org

PARENT'S NIGHT OUT

**FRI 6/9, 6/23, 7/7, 7/21, 8/4, 8/18
5:30-9 PM | Ages 3mo-12yrs**

Includes craft (for children over 3 years), dinner, snack and movie. Parents are welcome to bring children in PJs. Must present receipt from Welcome Center or online registration.

- 1 CHILD:** Member \$20, Non-Member \$25
- 2 CHILDREN:** Member \$30, Non-Member \$38
- 3 CHILDREN:** Member \$38, Non-Member \$47

MAKE SPECIAL CELEBRATION MEMORIES! Y Birthdays & Rentals

**Dance • Princess • Jedi Training
All Sorts of Sports • Arts & Crafts
Super Hero Training**

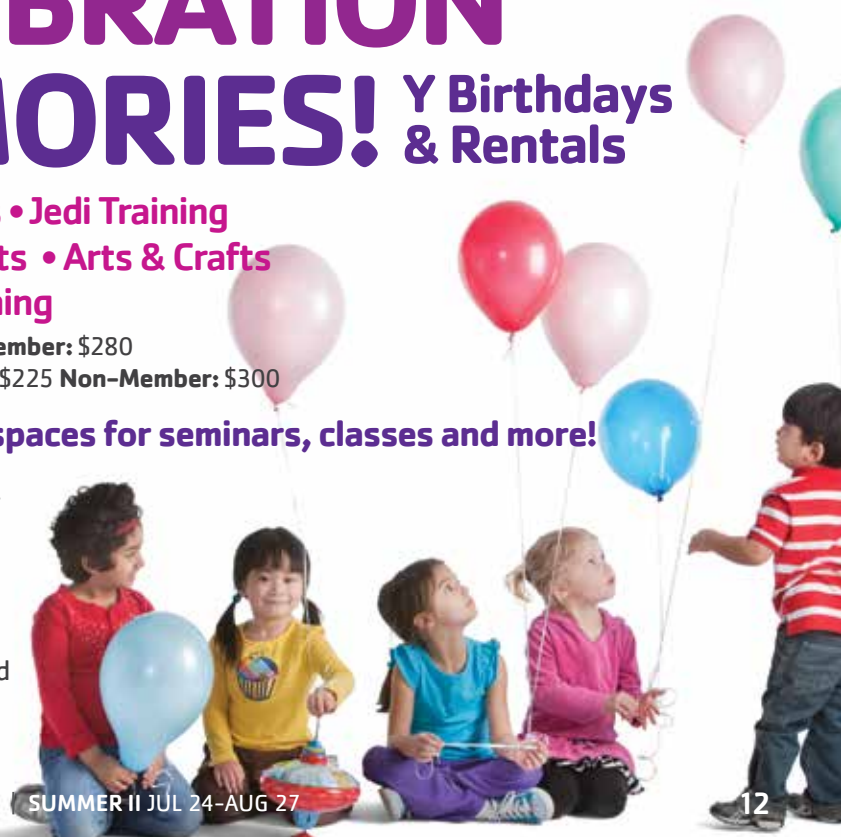
**Members: \$210 Non-Member: \$280
Arts & Crafts Members: \$225 Non-Member: \$300**

Rent our studio spaces for seminars, classes and more!

**Members: \$25/hour
Non-member: \$38/hour**

Reservations or questions? Contact Caitlin Fell at cfell@cbfymca.org and 267.387.9622 x2004

SUMMER I JUN 19-JUL 23 | SUMMER II JUL 24-AUG 27



ACTIVE OLDER ADULTS

GAMES CLUB

THUR 1-3 PM

Come join our Active Older Adult members for an afternoon of games inside at the Y! Games Club is free for members. Friends of members may join for \$8.

Did you see our **Lunch Hour Art: Intro to Drawing** class? See page 6 for more details.



^Y Games Club



^Health Partners Plans at Annual Campaign Breakfast

THANK YOU CORPORATE SPONSORS

Thanks to the generosity of our corporate sponsors the Y is able to offer free programs and support in the Warminster community. To learn more about sponsorship opportunities or how your organization can become involved in the Y please contact Rachel Mauer at 215.348.8131 ext 1167 and rmauer@cbfymc.org.

COMMUNITY PILLAR



Health Partners Plans
ANNUAL CAMPAIGN SPONSOR



PREMIERE SPONSORS



FINANCIAL ASSISTANCE



CHAMPION SPONSORS



ANNUAL CAMPAIGN SPONSOR



2ND GRADE SWIM INITIATIVE

2017
SUMMER CAMP

**BEST
SUMMER
EVER**



Registration Open
ALL SUMMER LONG!

**ADVENTURE | PRESCHOOL | ABILITY
STEM | SPORTS | SPECIALTY**

Held at Log College & Willow Dale Schools

QUESTIONS? Contact Melissa Lollar at mlollar@cbfymca.org or at 215.348.8131 x1117

Financial Assistance Available! See page 3

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
DOYLESTOWN, PA
18901
PERMIT NO. 267



CENTRAL BUCKS FAMILY YMCA
Warminster Branch

WARMINSTER PLAZA SHOPPING CENTER
624 York Road
Warminster, PA 18974
267.387.9622
cbfymca.org/warminster

CELEBRATING COMMUNITY WEEKS!

JUN 3-11 | JUL 3-9 | JUL 31-AUG 6
Join Us-FREE-Try all week!

KICK-OFF!

JUN 3, 10 AM-2 PM | **FREE to all!**
Zumba party in parking lot at noon,
face painting & balloon animals.

REGISTER FOR CAMP ALL SUMMER LONG!

**ADVENTURE | JUNIOR | ABILITY
STEM | SPORTS | SPECIALTY**

Sign up your campers online
or at our Welcome Center today!
Page 14 for details.

