



Join Aug 15-Sept 15
SAVE up to \$75!
No join fee!

**CENTRAL BUCKS
FAMILY YMCA**

**WARMINSTER
PROGRAM
BROCHURE**

FALL I SEPT 5-OCT 29

REGISTRATION BEGINS:
Members: MON AUG 14
Non-Members: MON AUG 21

**BUILDING
STRONGER
MINDS &
BODIES**



A LETTER FROM OUR CEO



^Warminster Super Hero Training

Dear friends,

Summer is nearly gone and with the change of season, our campers will soon be back to school. As we send them back to school, I will miss seeing the kids who livened up our camps during the summer.

I can say with confidence that **we lived our mission of Healthy Living, Youth Development and Social Responsibility each day this summer.**

This year, over **1,760 kids across Central and Lower Bucks County made friends, learned new skills, challenged themselves, and made memories** that will forever give them the distinction of being a "Y Kid." I'm so proud to say **we provided nearly \$450,000 in financial assistance** to families who needed our help. We'll continue to serve them with after-school, evening and weekend programs.

As we prepare for the fall session, we are ready for you and your family to shake the sand out of your shoes and continue or begin your personal wellness journey. So many of our popular programs return this fall and we hope you notice some of the new programs, equipment and improvements in our facility. **We are always listening to you and want your Y experience to be the best that it can be!**

I look forward to seeing you at the Y.

Zane Moore, President/CEO

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YOUTH & FAMILY

- 10 Programs for All Ages
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^Warminster Zumba instructor & member

HOURS

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

UPCOMING SESSIONS

FALL II | OCT 30-DEC 24
WINTER | JAN 2-FEB 26

CLOSURES

SEPT 5, LABOR DAY



ENJOY A HEALTHY LIFESTYLE *with* FRIENDS!

Join Aug 15–Sept 15
& **SAVE** up to \$75!
No join fee!

NEW! Fitness Center Circuit Training Class

NEW! Spin Studio Upgrades

Personal Training available

Financial Assistance available

40+ Weekly Group Exercise Classes

Stay & Play babysitting included family/youth memberships with **NEW** extended hours

Fitness Center with over **100** pieces of equipment

Fun, quarterly challenges to keep you motivated

MEMBERSHIP



^Warminster Fitness Center & members

PRICING

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

MEMBERSHIP TYPE	MONTHLY DRAFT	JOIN FEE	GROUP EXERCISE CLASSES	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.

FALL EVENTS



PARENTS NIGHT OUT

AUG 18, SEPT 1 & 15, OCT 6 & 20
5:30-9 PM | See page 13 for details.

BLOOD DRIVE | AUG 25, 2-7 PM
Appointments preferred. Call 1.800.RED
CROSS to schedule an appointment.

LINE DANCING | Ages 16+
FRI SEPT 8 & 15, 7:15-8:15 PM
See page 10 for details.

**ZUMBA LUAU COVERED DISH
DINNER** SEPT 10, 5 PM | Warminster
Community Park | Ages 12+ | Join us for
a fun evening of dancing and dinner with
your Y friends. Must register. Please
bring a dish to share. **Members: FREE
Non-Members: \$8**

**SPIN 101 WORKSHOPS:
ALL YOU NEED TO KNOW
ABOUT SPIN**
SEPT 12, 5:15-6 PM
OCT 4, 11-11:45 AM
Members: FREE Non-Members: \$8
See page 6 for details.

**BALLET BARRE BINGO WITH
JULIE** SEPT 21, 11:45 AM | Ages 12+
Try your luck! A ballet workout with
a few surprises! All fitness levels
welcome. Light refreshments served.
Must register. **Members: FREE
Non-Members: \$8**

**MINUTE TO WIN IT AFTER
HOURS PARTY** | Ages 18-28
SEPT 16, 6:30 PM | Join us for a night
of fun and friendly competition of
Minute to Win It Games. Must register.
Prizes and light refreshments served.
With instructors Ashley and Nicole.
Members: FREE Non-Members: \$8

ROCKIN' GLOW YOGA
OCT 8, 4:30 PM & OCT 13, 7:30 PM
Ages 12+ | Glow-in-the-dark event with
Sandy! Registration required. **Optional:**
Come half hour early to apply glow
paint! Free childcare for members, \$5
per child for non-members. **Members:
FREE Non-Members: \$8**

**BOO BASH & FAMILY MOVIE
NIGHT** FRI OCT 27, 5:30 PM start,
movie at 6 PM | A night of fun for the
whole family! Come dressed in your
favorite costume and join us for the
movie "Beauty & the Beast" and crafts.
Light refreshments will be served. Must
register. Parents must remain with their
children. **Members: FREE
Non-Members: \$8**



FALL I SEPT 5-OCT 29

***See our Healthy Living
Workshops on page 11!**

GROUP EXERCISE



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, & older adults
- Included with membership

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

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.

NEW! PURE STRENGTH | Geared to all fitness levels, this strength training class uses Body Bars and dumbbells to help you build and tone muscle.

Let the MyZone® Wearable help you meet your goals!



- Connects with smartphones
- Compete in Y challenges, earn badges and win stuff!
- Challenge a friend
- Track our effort to measure your **RESULTS**

Purchase for **\$68** at the **Welcome Center!**



^Warminster Pilates

NEW! SIT & BE FIT | Improve muscle strength, cardio fitness, bone density and balance. For older adults or those new to exercise. Most exercises are done seated.

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.

FALL I SEPT 5-OCT 29

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 and vtanner@cbfymca.org

SMALL GROUP & PERSONAL TRAINING

PERSONALIZED SUPPORT & TRAINING

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 OR SGT PACKAGE** 16+ | \$50

WOMEN'S WEIGHT TRAINING

MON 6-6:55 PM | Ashley
 TUES 7-7:55 PM | Diane

The foundation of this class is a weight-training program, using machines, free weights and resistance equipment.

KETTLEBELL

FRI 9:45-10:35 AM | Megan
 SAT 8-8:55 AM | John

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!



^Personal trainer Julie with a member

TEEN WEIGHT TRAINING

TUES & THURS 4:30 PM | Paul

The foundation of this class is to teach teens who want to lift weights, the proper and safe way to train with free weights and resistance equipment. This is a great way to help build confidence and strength of body and mind.

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 Diane Jenet at 267.387.9622 x3012 or djenet@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

2 SPECIAL DEALS!

- **(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.

ADULT PROGRAMS



^Members using our Warminster Fitness Center

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.

TOTAL BODY TRANSFORMATION

8 Weeks to a new you! | 16+
Includes 16 small group training classes along with meal planning, recipes, including a vegetarian options and a coach to help you through the program. There will be weekly meetings and a meal plan booklet. You can purchase the MyZone belt at a discounted rate if you sign up at the first meeting for \$25. **Member: \$199 Non-Member: \$239**

First Informational Meeting:
SUN SEPT 17, 1 PM



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

FALL IN LOVE WITH FITNESS

Join us in taking on a 5-week challenge that will keep you motivated, accountable, and excited!

FREE | SEPT 11-OCT 31
Register at the Welcome Center

This fall there are TWO options for you to choose from - take on the challenge as an **individual** OR as a **family!**

Refresh your routine this Fall! Each week you will be encouraged to complete weekly challenges geared towards different dimensions of health and wellness. Earn points by completing challenges and tracking your workouts. See page 13 for the Family Challenge.

PROGRAMS FOR ALL AGES



NEW! FITNESS CENTER CIRCUIT CLASSES | Ages 12+

MON & WED: 9 AM, 1 PM and 7 PM
TUES & THUR: 10 AM, 5:30 PM
SAT & SUN: 8 AM, 11 AM | Join us for a machine based circuit workout in the fitness center. This staff led class is for those new to exercise and seasoned fitness center users. It will help improve muscle definition, aid in weight loss as well as provide a buddy to work out with. Register at the Welcome Center, through Mindbody.com or the MindBody app.
Members: FREE Non-Members: \$8 per class

QUESTIONS? Contact John Dee at 267.387.9622 x2004 and jdee@cbfymca.org

LINE DANCING

Ages 16+ | FRI SEPT 8 & 15, 7:15-8:15 PM
Come kick your heels up with fun dance steps! Dance to a variety of music. Couples and singles invited. With instructor Amelia. **BOTH NIGHTS INCLUDED IN ONE LOW PRICE:**
Members: \$12 Non Members: \$18

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.

***PRORATED MON CLASS:**
Member: \$65 Non-Member: \$96
WED CLASS: Member: \$75
Non-Member: \$110

Warminster Karate

ADULT & YOUTH KARATE

8yrs-Adult | All Levels
MON, WED or BOTH*, 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: \$100 Non-Member \$165
***TWO CLASSES PER WEEK:**
Member: \$108 Non-Member: \$178

QUESTIONS? Contact Jennefer Pursell at jpursell@cbfymca.org





^Warminster
Belly Dancing
instructor
Melinda with
member

PROGRAMS & WORKSHOPS

BELLY DANCING

AGES 14+ | WED 11-11:55 AM

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: \$48 **Non-Members:** \$72

ADULT VOLLEYBALL | AGES 18+

William Tennent High School

WED, 7-9 PM | Runs 13 weeks

Begins SEPT 6

Limited to 20 players. Evaluation on the first night. **Members:** \$30

Non-Members: \$110

WORKSHOPS: Learn together in our healthy lifestyle and fitness classes!

DIABETES 101 WORKSHOP

SEPT 9, 8-9 AM

Learn about nutrition and how it affects your blood sugar. Get educated on diet, exercise and a healthy lifestyle to reverse pre-diabetes and diabetes. Registration required. **Member:** \$6 **Non-Member:** \$9

WEIGHT LOSS AND FOOD PLANNING WORKSHOP

OCT 7, 8-9 AM

Getting results and achieving success. A discussion of weight loss tools and resources. Registration required. **Member:** \$6 **Non-Member:** \$9

SPINNING 101:

ALL YOU NEED TO KNOW ABOUT SPIN CLASSES | 12+

SEPT 12, 5:15-6 PM

OCT 4, 11-11:45 AM

Are you curious about spin classes?

We invite you to learn about bike set up, RPMs, speed & tension and correct form. Individualized assistance with bike set up will be provided along with a time for Q&A 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.

STOP BY and MEET JOHN! John Dee, our new Associate Director of Membership, has been with Central Bucks Family YMCA for over 10 years and has a background in fitness and personal training. Come say hello!

YOUTH & FAMILY PROGRAMS



^Warminster All Sorts of Sports

YOUTH PROGRAM PRICING

Members: \$32 **Non-Members:** \$52
Monday classes are prorated for Labor Day:
Members: \$28 **Non-Members:** \$41

QUESTIONS? Contact John Dee at
267.387.9622 x2004 and jdee@cbfymca.org



^Warminster Nature Club

DANCE

SONG AND DANCE: PARENT/CHILD

Ages 1-3 | SAT 10-10:30 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 11-11:40 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

MUSICAL MUNCHKINS | Ages 3-5

SUN 4-4:40 PM | Join us as we play music and sing songs in this musical adventure.

KIDS COOK! | Ages 5+ | SUN 4:45-5:25 PM

A cooking class just for kids!

SPORTS & FITNESS

INTRO TO SPORTS: PARENT/CHILD

Ages 1-3 | TUES 10:15-10:45 AM

In this introduction to sports class, our youngest athletes will learn skills with the help of a guardian.

JEDI TRAINING | Ages 4+ | MON 5-5:40 PM

An active, high paced class to train the newest Jedi!

SPORTS SKILLS | Ages 3-6

TUES 10:50-11:30 AM | A sports class that develops the fundamentals of a variety of sports in a team oriented environment.

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

Zumba for kids!

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.

SOCCER | Ages 4+ | SAT 10-10:40 AM

Learn the fundamentals of soccer while having fun with your teammates.

FREE 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 4:15-4:55 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 6+ | WED 5-5:40 PM

Tag, sharks and minnows and many more!

PRESCHOOL NATURE CLUB

Ages 3-5 | THUR 10:30-11 AM

Our youngest explorers will enjoy time outside in our nature club.



**^Young members
in Stay & Play**

STAY & PLAY NOW OPEN UNTIL 1PM!

We provide FREE babysitting services included with the 2-adult & dependent, 1-adult & dependent and youth memberships. Up to 2 hours.
Non-Member: \$5 per child
Late Pick-up: \$5

MON-FRI Mornings	8:30 AM-1 PM
MON-THUR Evenings	4:30 PM-8 PM
SAT Mornings	8 AM-1 PM
SUN Mornings	9 AM-1 PM

Ages 3 mo-12 yrs up to two hours per day while members utilize on site facilities.

PARENT'S NIGHT OUT

FRI 9/1, 9/15, 10/6 10/20
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

SITTER SERVICE

Now at Warminster!
 More traditional babysitting. Run errands and more! Stay & Play hours.

QUESTIONS? Contact John Dee at 267.387.9622 x2004 and jdee@cbfymca.org

MEMBER/NON-MEMBER PRICING		
# of children	90 min	3 hrs
1 child	\$10/\$14	\$18/30
2 children	\$13/20	\$25/\$31
3 children	\$16/25	\$30/38



FREE!
SEPT 11-DEC 1
 A 12-week program helping children K-8 establish healthy habits and develop critical life skills

through the game of soccer and family engagement. **Each child will receive a FREE ball, uniform and shin guards.** This program has been made available for families in the community through generous philanthropic funding from our partners at St. Mary Medical Center and the US Soccer Foundation. Registration packets at the Welcome Center. Details at cbfymca.org/kidsports.



FAMILY CHALLENGE

FALL IN LOVE WITH FAMILY TIME

FREE | SEPT 11-OCT 31
 Register at the Welcome Center

Small changes for your family can lead to a healthier lifestyle.

Let the Y help you set realistic and achievable goals. Discover new ways for your family to eat better, be more active and spend time together. Earn points by completing weekly challenge cards.

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.

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**

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

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

Gross Annual Income	# INDIVIDUALS IN THE FAMILY					
	1	2	3	4	5	6
\$15,000-\$19,000	max	max	max	max	max	max
\$20,000-\$24,000	85%	max	max	max	max	max
\$25,000-\$29,000	70%	max	max	max	max	max
\$30,000-\$34,000	55%	85%	max	max	max	max
\$35,000-\$39,000	40%	70%	85%	max	max	max
\$40,000-\$44,000	25%	55%	70%	85%	max	max
\$45,000-\$49,000	10%	40%	55%	70%	max	max
\$50,000-\$54,000	0%	25%	40%	55%	85%	max

Extenuating circumstances considered: change in family status, diagnosis of long-term medical condition, and recent unemployment



^HPP goggle giveaway

THANK YOU CORPORATE SPONSORS

Please contact Rachel Mauer at 215.348.8131 x1167 and rmauer@cbfymc.org for information.

COMMUNITY PILLAR



Health Partners Plans
ANNUAL CAMPAIGN SPONSOR



PREMIERE SPONSORS



FINANCIAL ASSISTANCE



CHAMPION SPONSORS



ANNUAL CAMPAIGN SPONSOR



2ND GRADE SWIM INITIATIVE

7TH GRADE INITIATIVE

The Warminster YMCA is pleased to offer 7th grade students FREE memberships to support and encourage youth to live healthy lifestyles and make responsible choices. Students in 7th grade for the 2017-2018 school year can register from August 31, 2017 to May 31, 2018.



^Warminster 7th Grade Initiative members

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: \$35/hour
Non-Member: \$48/hour**

**Reservations or
questions? Contact
John Dee at jdee@cbfymca.org
and 267.387.9622 x2004**

FALL | SEPT 5-OCT 29



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

NEW FOR FALL!

NEW FITNESS CENTER CIRCUIT TRAINING PROGRAM

available to members
and non-members

NOW OFFERING SITTER

SERVICE: Babysitting for when
you need to leave the Y
(See page 13)

FREE SOCCER FOR SUCCESS

program for youth (See page 13)

EXTENDED STAY & PLAY

HOURS! (See page 13)

NEW GROUP EX CLASSES!

(See page 6)

**TONS OF FREE &
LOW-COST FAMILY AND
FITNESS EVENTS!** (See page 5)

