

YMCA of Bucks and Hunterdon Counties

# SPRING

# PROGRAM GUIDE

Warminster | Mar 1 – Jun 9, 2024



Welcome to YMCA of Bucks and Hunterdon Counties' spring 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.

#### IT PAYS TO BELONG.

As a member you have a full list of facility amenities and program benefits! <u>Click here to learn more</u>.

#### PROGRAM REGISTRATION DATES:

- Family Members: February 14 (online, phone or in-person)
- Member: February 16 (online, phone or in-person)
- Non-member: February 19 (online, phone or in-person)

**NOT A MEMBER?** Click here to join today.



### Know before you go. Sign up for text alerts.

Receive notifications about changes, cancellations and closures for branch-specific programs including:

- building opening delays and closures
- pool closures
- group exercise class changes and cancellations

**SCAN THE QR CODE or click here** to sign up for alerts!

Having trouble opting in? Or already in the system but need to add new locations? <u>Click here</u> to email Brittney for help.

### **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! Click here to learn more.



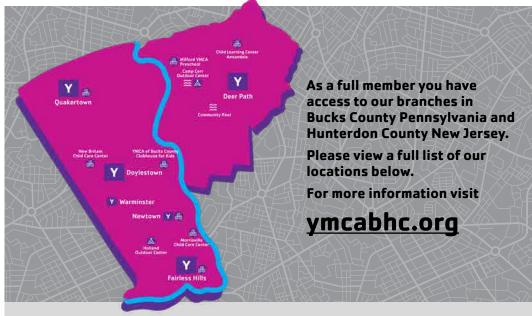
#### Financial Assistance



At the Y, we believe in making a positive impact on individuals and families in need. Financial assistance is available for membership, programs and child care through an application process. For full information and application details click here or scan the QR code.

#### **HOLIDAYS**

In observance of holidays, the Y will be closed on 3/31 for Easter and 5/27 for Memorial Day. There will be a break in programming 3/29-3/31.





**Deer Path - Hunterdon County** 

144 West Woodschurch Rd., Flemington, NJ 908.782.1030

Click here for hours and amenities



#### **Doylestown - Bucks County**

2500 Lower State Road, Doylestown, PA 215.348.8131

**Click here** for hours and amenities



#### Fairless Hills - Bucks County

601 S. Oxford Valley Road, Fairless Hills, PA 215.949.3400

Click here for hours and amenities



#### **Newtown - Bucks County**

190 S. Sycamore Street, Newtown, PA 215.579.6200

Click here for hours and amenities



#### **Quakertown - Bucks County**

401 Fairview Avenue, Quakertown, PA 215.536.9622

**Click here for hours and amenities** 



#### **Warminster - Bucks County**

624 York Road, Warminster, PA 267.387.9622

Click here for hours and amenities

#### **FITNESS**

We offer 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 and well equipped with a variety of cardio and selectorized strength machines and free weight and functional training equipment.

#### **GROUP EXERCISE**

Group exercise classes are available virtually and in-person. Reservations are only required for aquatic group exercise classes. Click here for schedules and reservations.

#### **FITNESS TRAINING**

Training is available one-on-one, with a partner, or in a team setting of three or more participants, outdoors or indoors at any of our branch locations or virtually anywhere you are!

Book an appointment for an InBody Wellness Scan

For questions, prices, or to book a training package click here or scan the QR code to the right.

### **Fitness Equipment Orientations**

Fitness Equipment Orientations will acclimate you with the Wellness Center, teaching you how to use the equipment safely and effectively, review everything you need to know to set you up for success, and also give you a familiar face you can go to for help if you need it.

Click here to register

Click here to watch our fitness orientation video **Ouestions? Click here.** 

We are pleased to provide online access to group exercise classes and family and youth programs through our virtual platform, Y Wellness 24/7. This platform provides live and on-demand group exercise, sports and play programs. The platform also includes access to 75+ live classes each week and more than 10,000 Y-specific, on-demand classes in training, mindfulness, nutrition, stress management, and more.







### Scan the QR code or click here to access Y Wellness 24/7



Discover the perfect venue for your next event at YMCA's Doylestown, Fairless Hills, Flemington, Quakertown, and Warminster branches. From birthday parties to special occasions, we offer flexible and affordable party rentals. Click Here for information

#### **GYMNASIUM**

**Hunterdon County:** Deer Path

**Bucks County:** Doylestown, Fairless Hills and Quakertown

Our gymnasiums are available for open gym, basketball and pickleball.

To view our gymnasium schedules, click here.

#### **AOUATICS**

Click here for Aquatics: Deer Path, Doylestown, Fairless Hills, Quakertown and Warminster In addition to our aquatics and swim programs, we offer lap swim, open/family swim, a whirlpool (Deer Path, Doylestown) and aquatic group exercise classes. Bucks aquatic exercise classes are available via a reservation system.



Y Wellness My Way - Let's Get Started, is a personalized, four week wellness program that helps to keep you accountable while connecting you with others. With the support of fitness professionals, you will learn how to set and reach your goals over a four week period. Get ready to experience results!

Next program launches the week of April 8

Registration opens in March. Click here to learn more!



#### **DOYLESTOWN SKATEPARK**

Mon-Thurs 4:30-8 PM Fri 4:30-9 PM

Sat/Sun 12-6 PM

Hours and availability are subject to change due to weather conditions. Please check our website for the latest information.

Click here for more information.

### **METRO ESPORTS GAMING LOUNGE**

**Doylestown Lounge** Mon-Fri 2:30-9 PM

Sat & Sun 2-6 PM

Warminster Lounge

Mon, Wed, Fri 3-7 PM, Tues & Thurs 5-7 PM

Sat & Sun 2-5 PM

Click here for more information.



#### **STAY & PLAY HOURS**

Click here for more information.

Deer Path-Hunterdon County

Mon-Fri 8:30-11:30 AM and Mon-Thurs 4-7:30 PM; Sat 8-11 AM

Doylestown-Bucks County

Mon-Thurs 8:30 AM-1 PM: 4-8 PM: Fri 8:30 AM-1 PM: Sat 8 AM-1 PM: Sun 9:30 AM-1 PM

Fairless Hills-Bucks County

Mon-Thurs 8:30 AM-11:30 AM; 4:30-7:30 PM; Fri 8:30 AM-11:30 AM; Sat 8:30 AM-12 PM

**Ouakertown-Bucks County** 

Mon-Sat 8:30 AM-12:30 PM; Mon-Thurs 5-7:30 PM





Child Care and School Age Child Care
Registration Opens April 1.

Click here for Child Care
Click here for School Age Child Care



### **Member Referral Program**

Current members will receive \$30 in Y Bucks when they refer a friend who joins the Y! Visit the Welcome Center to learn more.





This is a membership about community, caring and cause! You are supporting vital community programs in a meaningful way where everyone benefits!



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 <a href="mailto:ymcabhc.org/hr">ymcabhc.org/hr</a> and in person at the Welcome Center at one of our branches!

### **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



for Android users







# METRO ESPORTS Early Spring



### DOYLESTOWN & WARMINSTER BRANCHES (FAIRLESS HILLS COMING SOON!)

Now offering flight simulators, racing simulators, and VR! The Metro Esports gaming lounge and technology-based education center offers open access gaming for members and the community of all ages in addition to classes, leagues, and more!

### MINECRAFT MONDAYS

Each Week, Metro will be hosting Minecraft Monday, FREE for YMCA members! Each Monday, join us for fun, easy, and family friendly mini-events on our YMCA Minecraft Server. Players will work together to complete challenges, think creatively, and earn points. Great for kids and families!

@DOYLESTOWN YMCA

### \*NEW\* METRO MADNESS

Introducing Metro Madness, every Wednesday from 3pm-6pm! Stop by for as little or as long as you'd like to play your favorite games, or explore new ones, and race to earn points and climb the leaderboards. No matter if you're a fan of Fortnite or Overwatch or Minecraft, everyone can compete in their favorite titles and earn points at the same rate as others. Everyone is on an equal playing field at the YMCA's Metro Madness Weekly!

@DOYLESTOWN YMCA

### FRIDAY NIGHT SERIES

Join us down in the Metro Game Lounge each and every Friday at 4pm for esports tournaments! Players of all ages and skill levels are welcome. Each week will feature a different esports title and format, including Fortnite, Madden, Overwatch, NBA2k, Smash Ultimate, and others. Join with a team or register as a free agent to be matched with other players.

@DOYLESTOWN YMCA

### \*NEW\* ROBLOX RUMBLE

Ready to win some Robux?! Roblox Rumble is a weekly, fun-filled, and competitive Roblox event held every Saturday at the Warminster YMCA. This open event allows participants to drop in at any time during the event hours to compete in various Roblox challenges. Weekly themes such as speedrunning, obstacle courses (obbys), battle royales, and team-based games rotate to keep the experience fun and exciting!

@WARMINSTER YMCA

### **Robiox Tech Adventures**

Join us for an exciting journey through the world of Roblox! Our 6 week program, designed for kids in grades 2-7, offers a unique blend of fun and learning every Saturday. Participants will dive into the vibrant universe of Roblox, engaging in diverse activities that spark creativity, encourage teamwork, and introduce them to exciting tech pathways like coding and graphic design. Each week brings a new theme and challenge, allowing kids to develop valuable skills in problem-solving, digital literacy, and collaboration.

@DOYLESTOWN YMCA MARCH 16TH - APRIL 20TH

SATURDAYS 11:30 AM - 1:00 PM

### **BIRTHDAY RENTALS**

Book your birthday party with Metro Esports at the Doylestown YMCA and Warminster YMCA. We offer Fortnite and Minecraft themed parties!



### **Esports Day Off School Camp**

Metro Esports offers seasonal day off school camp for esports. Make the most of a school-free day by exploring the world of esports with friends. Transform your day off into an adventure of creativity, collaboration, and exciting games! Metro offers seasonal day off school camp, providing activities and supervision for kids when schools are closed.

@WARMINSTER YMCA **MONDAY, MARCH 25TH** 

8:00AM - 5:00 PM

### **Specialty Day off School Camp Build-a-PC**

Join us for a fun day-off school camp, and learn how to build your very own gaming computer! Our Build a PC Day Camp will show kids the different parts of a computer, how they work together, and how to put it all together to make a gaming PC. Kids will also get to play games on the computers they build. And to top it all off, they'll have a blast with a special computer-building simulator game and a casual gaming tournament at the Metro Esports day camp.

@Doylestown YMCA Tuesday, April 23rd

9:00 AM - 5:00 PM

### METRO COIN 🌕



Metro Coin Chapter 3 is here! Earn and spend your coins on a variety of new prizes and educational courses today!

### **OPEN LOUNGE HOURS**

### **DOYLESTOWN**

MON - FRI: 2:30 PM - 9:00 PM SAT - SUN: 2:00 PM - 6:00 PM

WARMINSTER \*NEW HOURS\*

MON. WED AND FRI

3:00 PM - 7:00 PM

**TUES AND THURS** 

5:00 PM - 7:00 PM

SAT - SUN

2:00 PM - 5:00 PM

# **AQUATICS**

# Warminster | Spring

### SWIM LESSONS

Contact Erin McPeak with questions at emcpeak@ymcabhc.org

Private Swim Lessons		Age	Location	Day	Start Time	End Time	Member N FLAT FEE	on-member FLAT FEE
Private Swim Lessons:	(4) 30-minute Lessons	3 yrs+	Pool				\$134	\$220
1:1 Ratio Student / Instructor	(8) 30-minute Lessons	3 yrs+	Pool				\$264	\$436
Semi-Private Swim Lessons:	(4) 30-minute Lessons	3 yrs+	Pool				\$92	\$149
2:1 Ratio Student / Instructor	(8) 30-minute Lessons	3 yrs+	Pool				\$181	\$294

### **GROUP SWIM LESSONS**

Contact Erin McPeak with questions at emcpeak@ymcabhc.org

Please select your child's level based on their age and ability. Not sure which lesson your child should sign up for?

View our Swim Lesson selector here

Parent & Child Swim Lessons	Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
<b>A / Water Discovery:</b> 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. Parents practice the important survival skill of teaching their child to roll from front to back and float.	6-18 mos	Pool	Sat	8:30 AM	9:10 AM	\$59	\$97
<b>B / Water Exploration:</b> 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.	19-36 mos	Pool	Sat	9:15 AM	9:55 AM	\$59	\$97
Combined A / Water Discovery & B / Water Exploration: Combination of Stage A and B skills tailored for group participants.	6-36 mos	Pool	Thu	10:30 AM	11:10 AM	\$59	\$97

Preschool Swim Lessons	Age	Location	Day	Start Time	End Time	Member I	Non-member MONTHLY
1 / Water Acclimation:	3-5 yrs	Pool	Mon	4:45 PM	5:25 PM	\$59	\$97
Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.	3-5 yrs	Pool	Tue	4:45 PM	5:25 PM	\$59	\$97
become connortable with under water exploration and really now to safely exit the water in they fair in.	3-5 yrs	Pool	Thu	4:00 PM	4:40 PM	\$59	\$97
	3-5 yrs	Pool	Thu	4:45 PM	5:25 PM	\$59	\$97
	3-5 yrs	Pool	Thu	5:30 PM	6:10 PM	\$59	\$97
	3-5 yrs	Pool	Thu	7:00 PM	7:40 PM	\$59	\$97
	3-5 yrs	Pool	Sat	9:15 AM	9:55 AM	\$59	\$97
	3-5 yrs	Pool	Sat	10:00 AM	10:40 AM	\$59	\$97

2 / Water Movement:
Students focus on body position and control, directional change and forward movement in the water
while continuing to learn personal water safety skills including paddle stroke, floating, treading water and
safely exiting the water should they fall in.

3 / Water Stamina:
Students continue to learn personal water safety skills and learn to swim to safety from a longer distance using a swim/float/swim sequence. Rhythmic breathing and the purposeful integration of arm and leg

3-5 yrs	Pool	Mon	4:45 PM	5:25 PM	\$59	\$97
3-5 yrs	Pool	Tue	4:00 PM	4:40 PM	\$59	\$97
3-5 yrs	Pool	Tue	4:45 PM	5:25 PM	\$59	\$97
3-5 yrs	Pool	Tue	7:00 PM	7:40 PM	\$59	\$97
3-5 yrs	Pool	Thu	4:45 PM	5:25 PM	\$59	\$97
3-5 yrs	Pool	Thu	5:30 PM	6:10 PM	\$59	\$97
3-5 yrs	Pool	Thu	7:00 PM	7:40 PM	\$59	\$97
3-5 yrs	Pool	Sat	9:15 AM	9:55 AM	\$59	\$97
3-5 yrs	Pool	Sat	10:00 AM	10:40 AM	\$59	\$97
3-5 yrs	Pool	Mon	4:45 PM	5:25 PM	\$59	\$97
3-5 yrs	Pool	Tue	4:45 PM	5:25 PM	\$59	\$97
3-5 yrs	Pool	Tue	7:00 PM	7:40 PM	\$59	\$97
3-5 yrs	Pool	Thu	4:45 PM	5:25 PM	\$59	\$97
3-5 yrs	Pool	Sat	10:00 AM	10:40 AM	\$59	\$97

	Gra	y classes are ful	l at time of p	ublication, but m	ay re-open bas	ed on availab	oility.
School Age Lessons	Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member
1 / Water Acclimation:	6-12 yrs	Pool	Tue	5:30 PM	6:10 PM	\$59	\$97
Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.	6-12 yrs	Pool	Thu	5:30 PM	6:10 PM	\$59	\$97
become connotable than underwater exploration and learn now to safely exit the water in they fair in	6-12 yrs	Pool	Thu	6:15 PM	6:55 PM	\$59	\$97
	6-12 yrs	Pool	Sat	10:45 AM	11:25 AM	\$59	\$97
2 / Water Movement: Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal water safety skills including paddle stroke, floating, treading water and safely exiting the water should they fall in.	6-12 yrs	Pool	Tue	5:30 PM	6:10 PM	\$59	\$97
	6-12 yrs	Pool	Tue	6:15 PM	6:55 PM	\$59	\$97
	6-12 yrs	Pool	Thu	5:30 PM	6:10 PM	\$59	\$97
	6-12 yrs	Pool	Thu	6:15 PM	6:55 PM	\$59	\$97
	6-12 yrs	Pool	Sat	10:45 AM	11:25 AM	\$59	\$97
3 / Water Stamina:	6-12 yrs	Pool	Tue	5:30 PM	6:10 PM	\$59	\$97
Students continue to learn personal water safety skills and learn to swim to safety from a longer distance using a swim/float/swim sequence. Rhythmic breathing and the purposeful integration of arm and leg	6-12 yrs	Pool	Tue	6:15 PM	6:55 PM	\$59	\$97
movements are taught.	6-12 yrs	Pool	Thu	5:30 PM	6:10 PM	\$59	\$97
	6-12 yrs	Pool	Thu	6:15 PM	6:55 PM	\$59	\$97
	6-12 yrs	Pool	Sat	10:00 AM	10:40 AM	\$59	\$97
	6-12 yrs	Pool	Sat	10:45 AM	11:25 AM	\$59	\$97

movements are taught.

## **YOUTH & FAMILY**

# Warminster | Spring

### **FAMILY & TEEN**

Contact Taylor Jermyn with questions at tjermyn@ymcabhc.org

Family Events		Age	Location	Date	Start Time	End Time	Family Memberships		
Join us for our Free Family Fun Friday nights! Each Friday one of our branches will host a free family activity for family memberships. Only one member of the family needs to register.									
Family Dance Party (Zumba®)	Join us for a Family Zumba® class	All Ages	Studio A	Fri 2/16	6:00 PM	7:00 PM	\$0		
Family Game Night	Join us for a night of Board games and Trivia	All Ages		Fri 3/15	5:00 PM	7:00 PM	\$0		
Family Art Night	Join us for a night of Arts & Crafts	All Ages	Aquatic Center	Fri 4/19	5:00 PM	7:00 PM	\$0		
Family Flick or Float	Join us for a movie or swimming!	All Ages		Thu 5/16	5:00 PM	7:00 PM	\$0		
End of School Year Bash	Join us for a night of fun swimming, food, and games	All Ages		Fri 6/21	5:00 PM	7:00 PM	\$0		

### PARENTS NIGHT OUT

Contact Erin McPeak with questions at emcpeak@ymcabhc.org

420

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Warmington Parant's Night Out (PNO)						Member N	Ion-member
Warminster Parent's Night Out (PNO)	Age	Location	Day	Start Time	End Time	FLAT FEE	FLAT FEE

#### Mark your calendar, PNO is held every 2nd & 4th Friday of each month with a different theme!

Kids enjoy a fun evening at the Y and parents can enjoy a night out! All children will enjoy a night of games, a craft, pizza, snacks, and a movie. Registration for two or three children pricing must be completed over the phone or in person to receive the reduced rate. (Member rate available to children with a youth or family membership)

	(1) Child					\$29	\$49
	(2) children (requires phone or in person registration	n)				\$41	\$68
	(3) children (requires phone or in person registration	1)				\$48	\$80
Parent's Night Out	Friday, February 9	3 mos-12 yrs	Fri	5:30 PM	9:00 PM	Pricing liste	ed above
	Friday, February 23	3 mos-12 yrs	Fri	5:30 PM	9:00 PM	Pricing liste	d above
	Friday, March 8	3 mos-12 yrs	Fri	5:30 PM	9:00 PM	Pricing liste	d above
	Friday, March 22	3 mos-12 yrs	Fri	5:30 PM	9:00 PM	Pricing liste	d above

### YOUTH SPORTS

Contact Taylor Jermyn with questions at tjermyn@ymcabhc.org

Sports Classes		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Sports Frenzy	Play a variety of sports and games while promoting skill development, self-confidence, movement, teamwork, sportsmanship, and fun. Sports include soccer, floor hockey, football and more!	5-8 yrs	Studio B	Tue	5:30 PM	6:10 PM	\$39	\$64
Free Member Classes		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Dodgeball	Play a variety of dodgeball games including obstacle dodgeball, poison, jailbreak, etc.	8-12 yrs	Studio B	Thu	6:00 PM	6:40 PM	\$0	n/a

### **SPORTS & ARTS**

# All Branches | Spring

### METRO ESPORTS

Contact metroesports@ymcabhc.org with questions

Doylestown

Warminster

Fairless Hills

Gaming Lounge Open Hours

6 yrs+ | Kids 8 and under must be accompanied by chaperone. | Kids 9-11 should have a parent in the building.

Mon-Fri 2:30-9:00 PM Sat & Sun 2:00-6:00 PM Mon/Wed/Fri 3pm-7pm Tue/Thur 5pm-7pm Fri/Sat 2pm-5pm Coming Soon!

<b>Esports Lounge Membe</b>	rships	Age	Member MONTHLY	Non-member MONTHLY
Unlimited monthly access	Full Privilege YMCA Members	6 yrs+	\$0	n/a
during open lounge hours	Non-members Esports Membership Only	6 yrs+	n/a	\$43

Esports Lounge Daily Pass	Age	Member	Non-member Drop-In Pass
Daily Drop-In Pass / Friday Night Tournament Pass	6 yrs+	n/a	\$10

					Y Member or	
<b>Doylest</b>	/n				Esports Member	Non-member
•	Age Age	Day	Start Time	End Time	FLAT FEE	FLAT FEE

#### **Friday Night Tournaments**

Join us down in the Metro Game Lounge each and every Friday for esports tournaments! Players of all ages and skill levels are welcome. Each week will feature a different esports title, cycling between Fortnite, Overwatch2, NBA2k/Madden, and Smash Ultimate! Join with a team or register as a free agent to be matched with other players. Daily Metro Coins are awarded to winners and participants, redeemable for toys, merch, Logitech gaming peripherals, gift cards, esports and techeducation curriculum, and so much more in the Metro Shop!

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March 1st: Fortnite 2v2 Elimination Race	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
March 8th: Smash Ultimate 1v1	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
March 15th: NBA2K23 & Madden2k23 1v1	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
March 22nd: Overwatch 2 1v1/2v2	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
March 29th: Fortnite 2v2 Elimination Race	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
April 5th: Smash Ultimate 1v1	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
April 12th: NBA2K23 & Madden2k23 1v1	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
April 19th: <b>Overwatch 2</b>	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
April 26th: Fortnite 2v2 Elimination Race	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
May 3rd: Smash Ultimate 1v1	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
May 10th: NBA2K23 & Madden2k23 1v1	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
May 17th: Overwatch 2	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
May 24th: Fortnite 2v2 Elimination Race	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10
May 31st: Smash Ultimate 1v1	All ages	Fri	4:00 PM	6:00 PM	\$0	\$10

Metro Esports 2024: Page 1 (ed. 2/8/24)

Minecraft Mondays	Each Week, Metro will be hosting Minecraft Monday, FR Minecraft Server. Guests who join us in the lounge will season! Players will work together to complete challeng	have the opportunitiy to ear	n coins to spend i	n the Metro Shop,	and gain points tov		
	Every Monday	All ages	Mon	2:30 PM	8:00 PM	\$0	\$10 Drop-in
Metro Madness	Introducing Metro Madness, every Wednesday from 3p race to earn points and climb the leaderboards. No ma earn points at the same rate as others. This Winter, ev	tter if you're a fan of Fortnite	e or Overwatch or	Minecraft, everyon	e can compete in t		
	Every Wednesday	All ages	Wed	3:00 PM	6:00 PM	\$0	\$10 Drop-in
Tech Day-off School Camp: Build-a-Computer Camp	Join us for a fun day-off school camp, and learn how to computer, how they work together, and even take a pa it all off, they'll have a blast with a special computer-bu	rt and reassemble some Met	ro PCs. Kids will a	Iso get to play gan	nes on the comput	ers they build	
	Tuesday, April 23rd	Gr 2-7	Thu	8:00 AM	5:00 PM	\$68	\$88
Roblox Tech Adventures	Join us for an exciting journey through the world of Ro Saturday. Participants will dive into the vibrant univers exciting tech pathways like coding and graphic design. develop valuable skills in problem-solving, digital litera their creativity, and explore the endless possibilities of	e of Roblox, engaging in dive Each week brings a new the cy, and collaboration. This p	erse activities that me and challenge rogram is an exce	spark creativity, e , allowing kids to n llent opportunity fo	ncourage teamwor ot only enjoy their	k, and introc favorite gan	luce them to ne but also to
	March 16th (Try One Week)	Gr 2-7	Sat	11:30 AM	1:00 PM	\$40	\$55
	March 16th - April 20th (Six Weeks)	Gr 2-7	Sat	11:30 AM	1:00 PM	\$170	\$235
ZeroSecondShowdown #2 - Rocket League LAN Tournament	ZeroSecondShowdown #2 returns with an electrifying an intense, fast-paced showdown with a major prize pohttps://www.start.gg/ZeroSecondShowdown  Saturday, May 18th						
Mario Movie Night -	Enjoy the new Super Mario Movie and join in a Mario-ti	hemed game night, a perfect				ages. More ir	nfo comina
Community Event	soon.	3 4 7				3	,
	August 2024	All Ages	Date TBD			\$0	\$10 Drop-in
Fortnite Box Fight Night	A thrilling evening of intense box-to-box combat, inviti	ng players to showcase their	Fortnite skills in a	a series of fast-pac	ed battles. More in	fo coming so	on.
	August 2024	Gr 3-7	Date TBD				
Esports Rivalry Match - Community Event	Don't miss the live esports matchup between William T coming soon.	ennent and La Salle College	High Schools – a	showcase of local s	cholastic talent an	d competitio	n! More info
	October 2024	All Ages	Date TBD			\$0	\$10 Drop-in
Esports Day off School Camp	Metro Esports offers seasonal day off school camp for a day off into an adventure of creativity, collaboration, a when schools are closed.						
	September 2024	Gr 2-7	Date TBD			\$58	\$78
Tech Day off School Camp: Build-a-game	Tech Day off School Camp: Build-a-Game offers studer provides the tools and guidance needed to turn imagin learning and fun for young game enthusiasts!						
	, , , , , , , , , , , , , , , , , , , ,						
	November 2024	Gr 3-7	Date TBD			\$68	\$88
Tabletop Game Night -	, , , , , , , , , , , , , , , , , , , ,		Date TBD			\$68	\$88

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Fairless Hills		Age	Day	Start Time	End Time	Y Member or Esports Member FLAT FEE	Non-member
Esports Day-off School Camp: Fortnite Bootcamp	Fortnite Bootcamp offers gamers the ultimate experience to players, focusing on strategy, teamwork, and gameplay. Partactics, all in a fun and supportive environment. It's the perf	sharpen their Fortnite ticipants learn from ex	skills. This immers	ors, engage in excit	ed for both beg ing challenges,	and enhance g	aming
	Tuesday, April 23rd	Gr 3-8	Tue	8:00 AM	5:00 PM	\$45	\$55
Block Bash - Minecraft Event	Meet other players, take part in creative challenges, and sho experience level. Come join us for a day of engaging activiti		xills at Block Bash!	Perfect for anyone	who enjoys Min	ecraft, regardle	ess of their
	Friday, August 2nd	Gr 2-7	Fri	4:30 PM	6:30 PM	\$0	\$10 Drop-ir
Esports League	More info coming soon! Spanning six weeks of competitive pregister as a free agent to be paired with others. Featuring problem to hone their skills, collaborate with peers, and enjoy health	oopular games like Sm	nash, Fortnite, and	more, this league of		<b>5</b> 1	
	October 5th - November 9th	Gr 4-7	Sat, Sun	11:00 AM	1:00 PM	\$78	\$110
Esports & Sports Crossover Day off School Camp	Esports & Sports Crossover Day Camp, presented by Metro I the thrill of esports with the energy of traditional sports, offe teamwork, and fun, providing a balanced mix of screen time	ering an engaging exp	erience for kids int				
	Wednesday, November 27th	Gr 3-7	Wed	8:00 AM	5:00 PM	\$55	\$65
Warminster						Y Member or Esports Member	Non-member
		Age	Day	Start Time	End Time	FLAT FEE	FLAT FEE
	T   D   (C   1   C   D   1   1   1   1   1   1   1   1   1						
Tech Day-Off School Camp: Game	Tech Day off School Camp: Game Building in Unreal Engine, development. This engaging camp equips young minds with budding game designers. Parents and kids alike will be thrill educational enrichment.	the tools to build thei	r own projects in U	Inreal Engine, with	easy-to-follow	steps perfect for	r beginners or
•	development. This engaging camp equips young minds with budding game designers. Parents and kids alike will be thrill	the tools to build thei	r own projects in U	Inreal Engine, with	easy-to-follow	steps perfect for	r beginners or ing meets
•	development. This engaging camp equips young minds with budding game designers. Parents and kids alike will be thrill educational enrichment.	the tools to build thei ed to see ideas come Gr 1-7	r own projects in U to life in this dynar Fri a school-free day by	Inreal Engine, with nic, creative enviro 8:00 AM y exploring the wor	easy-to-follow soment, where to the state of	steps perfect for the thrill of gam \$68 th friends. Trans	r beginners or ing meets \$88 sform your
Game ´	development. This engaging camp equips young minds with budding game designers. Parents and kids alike will be thrill educational enrichment.  Friday, May 24th  Metro Esports offers seasonal day off school camp for esport day off into an adventure of creativity, collaboration, and except the seasonal day off school camp for export day off into an adventure of creativity, collaboration, and except the seasonal day off school camp for esport day off into an adventure of creativity, collaboration, and except the seasonal day off school camp for esport day off into an adventure of creativity, collaboration, and except the seasonal day off school camp for esport day off into an adventure of creativity.	the tools to build thei ed to see ideas come Gr 1-7	r own projects in U to life in this dynar Fri a school-free day by	Inreal Engine, with nic, creative enviro 8:00 AM y exploring the wor	easy-to-follow soment, where to the state of	steps perfect for the thrill of gam \$68 th friends. Trans	r beginners or ing meets \$88 sform your on for kids
Game ´	development. This engaging camp equips young minds with budding game designers. Parents and kids alike will be thrill educational enrichment.  Friday, May 24th  Metro Esports offers seasonal day off school camp for esport day off into an adventure of creativity, collaboration, and exwhen schools are closed.	the tools to build thei ed to see ideas come  Gr 1-7  as. Make the most of a citing games! Metro o  Gr 2-7  n-filled, and competiti ours to compete in va	r own projects in U to life in this dynar  Fri  a school-free day by ffers seasonal day  Mon  ive Roblox event he rious Roblox challe	8:00 AM y exploring the wor off school camp, pr 8:00 AM	easy-to-follow soment, where to some the second PM and of esports with the second period PM at the Warmins	\$68 th friends. Transs and supervisites \$45 ter YMCA. This	r beginners or ing meets \$88 sform your on for kids \$55 open event
Game ÉSPORTS Day-Off School Camp	development. This engaging camp equips young minds with budding game designers. Parents and kids alike will be thrill educational enrichment.  Friday, May 24th  Metro Esports offers seasonal day off school camp for esport day off into an adventure of creativity, collaboration, and exwhen schools are closed.  Monday, March 25th  Ready to win some Robux?! "Roblox Rumble" is a weekly, fu allows participants to drop in at any time during the event h	the tools to build thei ed to see ideas come  Gr 1-7  as. Make the most of a citing games! Metro o  Gr 2-7  n-filled, and competiti ours to compete in va	r own projects in U to life in this dynar  Fri  a school-free day by ffers seasonal day  Mon  ive Roblox event he rious Roblox challe	8:00 AM y exploring the wor off school camp, pr 8:00 AM	easy-to-follow soment, where to some the second PM and of esports with the second period PM at the Warmins	steps perfect for the thrill of gam \$68 th friends. Trans and supervisi \$45 ter YMCA. This dedrunning, obsta	sform your on for kids  \$55  open event acle courses
Game ÉSPORTS Day-Off School Camp	development. This engaging camp equips young minds with budding game designers. Parents and kids alike will be thrilleducational enrichment.  Friday, May 24th  Metro Esports offers seasonal day off school camp for esport day off into an adventure of creativity, collaboration, and exwhen schools are closed.  Monday, March 25th  Ready to win some Robux?! "Roblox Rumble" is a weekly, fu allows participants to drop in at any time during the event h (obbys), battle royales, and team-based games rotate to keep	the tools to build thei ed to see ideas come  Gr 1-7  The search of the citing games! Metro of the citing games! Metro of the citing games of the citing games of the compete in value of the experience fundally and see the experience fundally ages  Selection of retro contay, reminiscing, and significant competed to the contay of the cont	r own projects in U to life in this dynar  Fri  a school-free day by ffers seasonal day  Mon  ive Roblox event he rious Roblox challe and exciting!  Sat  soles and games, a haring your love for	8:00 AM  eld every Saturday inges. Weekly them  2:00 PM  and optionally BYOC r timeless games with inic, creative enviro	easy-to-follow soment, where to 5:00 PM  Id of esports with oviding activities 5:00 PM  at the Warmins es such as specific 5:00 PM  C (bring your ovith fellow enthules)	\$68  th friends. Transes and supervisited through \$45  ter YMCA. This dedrunning, obstaction of the console or console or consists. Whether	sform your on for kids  \$10 Drop-in ontroller) for r you're
Game ÉSPORTS Day-Off School Camp Roblox Rumble	development. This engaging camp equips young minds with budding game designers. Parents and kids alike will be thrill educational enrichment.  Friday, May 24th  Metro Esports offers seasonal day off school camp for esport day off into an adventure of creativity, collaboration, and exwhen schools are closed.  Monday, March 25th  Ready to win some Robux?! "Roblox Rumble" is a weekly, fu allows participants to drop in at any time during the event h (obbys), battle royales, and team-based games rotate to kee Every Saturday  A nostalgic journey through classic gaming! Dive into a vast an added personal touch. This evening is all about casual plate.	the tools to build thei ed to see ideas come  Gr 1-7  Tes. Make the most of a citing games! Metro o  Gr 2-7  In-filled, and competiti ours to compete in va ep the experience fun  All Ages  selection of retro con ay, reminiscing, and sins for the first time, the	r own projects in U to life in this dynar  Fri  a school-free day by ffers seasonal day  Mon  Ive Roblox event he rious Roblox challe and exciting!  Sat  soles and games, a haring your love for his event promises	8:00 AM  eld every Saturday inges. Weekly them  2:00 PM  and optionally BYOC r timeless games with inic, creative enviro	easy-to-follow shipment, where to shipment, where to shipment, where to shipment, where to shipment sh	\$68  th friends. Transes and supervisited \$45  ter YMCA. This dedrunning, obstaction of the console or considers. Whether or gamers of all	sform your on for kids  \$10 Drop-in ontroller) for r you're ages
Game ÉSPORTS Day-Off School Camp Roblox Rumble	development. This engaging camp equips young minds with budding game designers. Parents and kids alike will be thrill educational enrichment.  Friday, May 24th  Metro Esports offers seasonal day off school camp for esport day off into an adventure of creativity, collaboration, and exwhen schools are closed.  Monday, March 25th  Ready to win some Robux?! "Roblox Rumble" is a weekly, fur allows participants to drop in at any time during the event h (obbys), battle royales, and team-based games rotate to keekery Saturday  A nostalgic journey through classic gaming! Dive into a vast an added personal touch. This evening is all about casual plateliving cherished gaming moments or discovering retro generals.	the tools to build thei ed to see ideas come  Gr 1-7  The standard seeds to see ideas come  Gr 2-7  The standard seeds and see	r own projects in U to life in this dynar  Fri  a school-free day by ffers seasonal day  Mon  ve Roblox event he rious Roblox challe and exciting!  Sat  soles and games, a haring your love for his event promises  Fri  utilize "Minecraft Eming language and	8:00 AM  y exploring the wor off school camp, pr  8:00 AM  eld every Saturday nges. Weekly them  2:00 PM  and optionally BYOC r timeless games w a relaxed, fun-filled 6:00 PM  ducation Edition" to complete STEM-ba	easy-to-follow soment, where to 5:00 PM  Id of esports with oviding activities 5:00 PM  at the Warmins es such as special such as special solution of the follow enthus at the second of	\$68  th friends. Transes and supervision  \$45  ter YMCA. This dedrunning, obstaction of all supervision of a	sform your on for kids  \$55 open event acle courses \$10 Drop-in ontroller) for r you're ages \$10 Drop-in
Esports Day-Off School Camp  Roblox Rumble  Retro Gaming Night	development. This engaging camp equips young minds with budding game designers. Parents and kids alike will be thrill educational enrichment.  Friday, May 24th  Metro Esports offers seasonal day off school camp for esport day off into an adventure of creativity, collaboration, and eximple when schools are closed.  Monday, March 25th  Ready to win some Robux?! "Roblox Rumble" is a weekly, fur allows participants to drop in at any time during the event he (obbys), battle royales, and team-based games rotate to kee Every Saturday  A nostalgic journey through classic gaming! Dive into a vast an added personal touch. This evening is all about casual play reliving cherished gaming moments or discovering retro generically. May 31st  Did you know you can learn to code through Minecraft?! In the Minecraft ecosystem. Students will learn the fundamentals of exciting worlds! Upon completing this course, students will recompleted to the sum of the fundamentals of exciting worlds! Upon completing this course, students will recompleted the sum of the fundamentals of exciting worlds! Upon completing this course, students will recompleted the sum of the fundamentals of exciting worlds! Upon completing this course, students will recompleted the sum of the fundamentals of exciting worlds! Upon completing this course, students will recompleted the sum of the fundamentals of exciting worlds! Upon completing this course, students will recomplete the sum of the fundamentals of the fun	the tools to build thei ed to see ideas come  Gr 1-7  The standard seeds to see ideas come  Gr 2-7  The standard seeds and see	r own projects in U to life in this dynar  Fri  a school-free day by ffers seasonal day  Mon  ve Roblox event he rious Roblox challe and exciting!  Sat  soles and games, a haring your love for his event promises  Fri  utilize "Minecraft Eming language and	8:00 AM  y exploring the wor off school camp, pr  8:00 AM  eld every Saturday nges. Weekly them  2:00 PM  and optionally BYOC r timeless games w a relaxed, fun-filled 6:00 PM  ducation Edition" to complete STEM-ba	easy-to-follow soment, where to 5:00 PM  Id of esports with oviding activities 5:00 PM  at the Warmins es such as special such as special solution of the follow enthus at the second of	\$68  th friends. Transes and supervision  \$45  ter YMCA. This dedrunning, obstaction of all supervision of a	sform your on for kids  \$55 open event acle courses \$10 Drop-in ontroller) for r you're ages \$10 Drop-in

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<b>Esports Parties</b>		Y Member or Esports Member FLAT FEE	Non-member FLAT FEE
Doylestown Esports Party	Available during open Lounge Hours: 15 kids included; \$10 per additional kid.	\$365	\$450
Doylestown After Hours Esports Party	Outside regular open Lounge Hours: 25 kids included; \$10 per additional kid.	\$499	\$595
Warminster Esports Party	Available outside of Lounge Hours: 16 kids included; \$10 per additional kid.	\$289	\$384

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# **COMMUNITY & FAMILY**

# All Branches | Spring

For questions or inquiries on availability, contact:

Camp Carr - Andy Cogen, acogen@ymcabhc.org

Doylestown, Fairless Hills, Holland, Deer Path & Warminster -

Valerie Tanner, vtanner@ymcabhc.org & Hannah Keller, Hkeller@ymcbhc.org

Quakertown - Becky Musselman, bmusselman@ymcabhc.org

### **PARTIES**

After Hours Splash 'N Bash	Branch Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
After Hours Splash 'N Bash Party						
This party is EXCLUSIVE and held after-hours on Saturdays. Great option for boy scouts/girl	Deer Path	Saturdays	5:00 PM	7:00 PM	\$386	\$483
scouts, school celebrations, church groups and more! Please see pool policies for important safety information. 25 quests maximum. 15 min swim testing, 1 hr pool celebration, 15 min	Doylestown	Saturdays	6:00 PM	8:00 PM	\$386	\$483
changing time and 30 min party room. 3-4 lifeguards. Ages 4 yrs+.	Fairless Hills	Saturdays	5:00 PM	7:00 PM	\$386	\$483
*Warminster Branch party time may be adjusted if the facility is closing later.	Quakertown	Saturdays	5:00 PM	7:00 PM	\$386	\$483
warminster Branch party time may be adjusted if the facility is closing later.	Warminster	Saturdays	2:30 PM	4:30 PM	\$308	\$385
		Addition	nal hour at all	branches:	\$165	\$165

Esports Parties	Branch Location		Party Fee
Love gaming? Celebrate your birthday at our new gaming lounge! Guests enjoy all lounge	e amenities and party space for fo	ood and cake. Ages 7 yrs+	
Esports Party during Open Lounge Hours: Shared Space with Community	Doylestown	YMCA Members & Esports Members:	\$365
Two Hour Party Monday-Friday 4:30 PM-6:30 PM	Doylestown	Non-members:	\$450
Saturday After Hours 6:00-8:00 PM	Doylestown	Additional hour:	\$160
Esports After Hours Party:	Doylestown	YMCA Members & Esports Members:	\$499
Saturdays 6:00 PM-8:00 PM	Doylestown	Non-members:	\$595
	Doylestown	Additional hour:	\$160
Esports Party during Open Lounge Hours: Shared Space with Community	Warminster	YMCA Members & Esports Members:	\$299
Two Hour Party Mon, Tue, Wed 5:00 PM-7:00 PM	Warminster	Non-members:	\$384
Saturday 11:00 AM-1:00 PM Sunday 12:00 PM-2:00 PM; 2:30-4:30 PM	Warminster	Additional hour:	\$160

Skatonark Darty					Member N	on-member
Skatepark Party	Branch Location	Day	Start Time	End Time	FLAT FEE	FLAT FEE
Skatepark Party						
Available seasonally upon request, during shared hours with community members.	Doylestown	Saturdays	3:30 PM	5:30 PM	\$308	\$385

### **RENTALS**

After Hours Full Facility Rental	Branch Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
After Hours Full Facility Rentals						
Pool, gymnasium, locker rooms, studios.	Deer Path		7:00 PM	10:00 PM	\$773	\$1,004
	Doylestown	Saturdays	6:00 PM	9:00 PM	\$773	\$1,004
	Fairless Hills	/ Sundays	5:00 PM	8:00 PM	\$773	\$1,004
	Quakertown		5:00 PM	8:00 PM	\$773	\$1,004
		Addition	nal hour at al	l branches:	\$258	\$258
	Individ	dual instructors ava	ilable at an l	nourly rate:	\$30/hr	\$30/hr

Facility Space Rentals		Branch Location	Day	Available Hours	Member RENTAL FEE	Non-member RENTAL FEE
Individual Space Rentals	Teen Center / Pavilions	Doylestown	Sat / Sun	2:00 PM-9:30 PM	\$74	\$151
at hourly rates			Additional fee for	rentals after 6:00 PM:	\$103	\$103
	Outdoor Basketball Courts	Doylestown	Sat / Sun	12:00 PM-5:00 PM	\$26/hr	\$38/hr
	Gymnasium	Quakertown	Contac	t for availability	\$103/hr	\$103/hr
	Auxiliary Gymnasium	Quakertown	Contact for availability		\$77/hr	\$97/hr
	Pool / Aquatic Center - After Hours Only	Warminster	Sat / Sun	12:30 PM-2:30 PM	\$308	\$385
				Additional hour:	\$165	\$165
		Individual instructors	available for swim les	sons at an hourly rate:	\$15/hr	\$15/hr
	Studio	Warminster	Weeke	After Hours or nds 12:00 PM-2:00 PM	\$103/hr	\$180/hr
Holland Pool Rental	After Hours Only - Seasonal, Mid-June thru August		Saturdays	5:00 PM 7:00 PM	\$299	\$361
				Addi	tional hour:	\$165

<b>Hunterdon County S</b>	Seasonal Rentals	Day Available Hours	Member Non-member RENTAL FEE RENTAL FEE
Camp Carr Rental	A campground that operates April-October.	Email Andy Cogen at acogen@ymcabhc.org fo	r availability and pricing

# **WELLNESS**

# Warminster | Spring

### PERSONAL TRAINING

Contact Nicole Martorella with questions at nmartorella@ymcabhc.org

Personal Training Club		Age	Member Non-member MONTHLY MONTHLY
Personal Training Club:	30-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$95 N/A
Join the PT Club and get one-on-one time with	30-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$189 N/A
a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.	30-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$284 N/A
Club prices are lower than package pricing, clients	45-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$138 N/A
may carry over one unused session per month,	45-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$275 N/A
and the monthly draft is automatically taken out at the beginning of each month with no additional	45-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$413 N/A
need to register each month.	60-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$181 N/A
There is a three month minimum commitment	60-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$361 N/A
in order to receive the discounted pricing.	60-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$542 N/A

Personal Training		Age	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
<b>Personal Training Packages:</b> 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	12 yrs+			\$137	\$225
	30-min Personal Training: (10) Sessions	12 yrs+			\$252	\$416
	45-min Personal Training: (5) Sessions	12 yrs+			\$194	\$321
	45-min Personal Training: (10) Sessions	12 yrs+			\$365	\$603
	60-min Personal Training: (5) Sessions	12 yrs+			\$252	\$416
	60-min Personal Training: (10) Sessions	12 yrs+			\$481	\$793
First Time Client Promotion: (3) 45-minute Sessions	Special pricing for first time personal training clients. Three (3) 45-minute introductory sessions. All sessions must be used within 60 days of purchase.	12 yrs+			\$90	N/A

Partner Training			Age	Start Time	End Time	FLAT FEE	FLAT FEE
Partner Training Packages: There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, sideby-side with a Personal Trainer and stay on target!	45-min Partner Training: (5) Sessions	12 yrs+	Pricing is per person		\$121	\$199	
	45-min Partner Training: (10) Sessions	12 yrs+	Pricing is per person		\$210	\$347	
	60-min Partner Training: (5) Sessions	12 yrs+	Pricing is	per person	\$158	\$260	
	60-min Partner Training: (10) Sessions	12 yrs+	Pricing is	per person	\$280	\$462	

Team Training		Age		Member FLAT FEE	Non-member FLAT FEE
Team Training Packages: 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	12 yrs+	Pricing is per person	\$63	\$104
	3 People 45-min: (10) Sessions	12 yrs+	Pricing is per person	\$110	\$182
	3 People 60-min: (5) Sessions	12 yrs+	Pricing is per person	\$79	\$130
	3 People 60-min: (10) Sessions	12 yrs+	Pricing is per person	\$142	\$234
	4 People 45-min: (5) Sessions	12 yrs+	Pricing is per person	\$53	\$87
	4 People 45-min: (10) Sessions	12 yrs+	Pricing is per person	\$89	\$147
	4 People 60-min: (5) Sessions	12 yrs+	Pricing is per person	\$70	\$116
	4 People 60-min: (10) Sessions	12 yrs+	Pricing is per person	\$125	\$206
	5 People 45-min: (5) Sessions	12 yrs+	Pricing is per person	\$44	\$73
	5 People 45-min: (10) Sessions	12 yrs+	Pricing is per person	\$74	\$122
	5 People 60-min: (5) Sessions	12 yrs+	Pricing is per person	\$62	\$102
	5 People 60-min: (10) Sessions	12 yrs+	Pricing is per person	\$110	\$182

### **WELLNESS TOOLS & PROGRAMS**

Contact Andrea Brown with questions at agbrown@ymcabhc.org

V Mollages My May Lotis Cot Started	N N	/lember	Non-member
Y Wellness My Way - Let's Get Started	Age Fi	LAT FEE	FLAT FEE

Spring - Mondays, April 15 - May 6. Y Wellness My Way - Let's Get Started, is a personalized, four week wellness program that helps to keep you accountable while connecting you with others. With the support of fitness professionals, you will learn how to set and reach your goals over a four week period. Get ready to experience results!

 Y Wellness My Way - Let's Get Started
 Mondays, April 15 - May 6, 2024, 6:30 - 7:30PM
 18 yrs+
 Free
 N/A

 October 7 - November 1, 2024
 18 yrs+
 Free
 N/A

Renew You Member Non-member FLAT FEE FLAT FEE FLAT FEE

Are you struggling with stubborn fat, low energy, joint pain, thinning skin, mood swings, or brain fog? These are some of the unpleasant symptoms of aging and changing hormones. Renew You is a habit-based, hormone optimizing program designed specifically for women over 40 looking to lose weight and improve their health. This 8 week program is held virtually 12PM or 7PM on Mondays.

8 Weeks 8 Habits: Renew You

Apr 8-May 27: Registration closes Thursday 4/4 at midnight 40 yrs+ Mon \$360 \$504

Oct 21-Dec 9: Registration closes Thursday 10/17 at midnight 40 yrs+ Mon \$360 \$504

Heart Strong

Member Non-member

Age Start Time End Time FLAT FEE FLAT FEE

Heart Strong is a unique exercise program specifically for patients who've participated in Doylestown Health cardiac rehabilitation and want to maintain optimal heart and vascular health. A collaboration between Doylestown Health and community gyms, the Heart Strong program keeps patients fit with prescribed exercises from their cardiac rehab team. Participation in the program includes six weeks of full branch access.

**Heart Strong 6-Week Program** (12) 30-minute Sessions 12 yrs+ \$415

InBody Scan		Age	Start Time End	Meml d Time FLAT I	er Non-member EE FLAT FEE
Members receive a complimentary InBody scan with fit Additional scans may be purchased at \$25 per scan.	ness consultation every 3 months with their YMCA membership.				
InBody Scan	Free every 3 months for YMCA members with consulation	12 yrs+	Additional availab	ole at: \$	25 \$40