

SAVE UP TO \$75 with NO JOIN FEE!

FALL | 2018
SEPT 4-OCT 28

REGISTRATION:

Member begins MON AUG 13

Non-Member begins MON AUG 20

**CENTRAL BUCKS
FAMILY YMCA**
Warminster





FALL 1 2018 | SEPT 4- OCT 28

REGISTRATION

Member begins MON AUG 13

Non-Member begins MON AUG 20

HOURS

FRI 5:30 AM-9 PM

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

MEMBERSHIP TYPE	MONTHLY DRAFT	JOIN FEE	GROUP EXERCISE CLASSES	STAY & PLAY INCLUDED
2 Adults & Dependents	\$77	\$75	Yes	Yes
1 Adult & Dependents	\$65	\$75	Yes	Yes
Adult (28-64)	\$39	\$50	Yes	
Active Older Adult (65+)	\$31	\$50	Yes	
Young Adult (19-27)	\$25	\$20	Yes	
Teen (13-18)	\$19	\$20	Yes	
Youth (0-12)	\$15	\$20		Yes

SAVE UP TO \$75!

No join fee! AUG 15-SEPT 15

INCLUDES

- Fitness center & weight area
- 40+ weekly group exercise classes
- Stay & Play babysitting available
- Nationwide membership privileges
- Friendly, trained staff to educate and encourage

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 age 11 and under must be accompanied by an adult.

GUEST FEES

GUEST FEE | \$6 with member, \$8 without

5 VISITS GUEST PASS 12+ | \$35

UPCOMING EVENTS

NOVACARE SCREENINGS

OPEN & FREE TO ALL!



WED SEPT 12 & WED OCT 10 | Are you

experiencing balance issues? Low back pain? Knee pain or aches and pains? Don't let unwanted pain or a potential injury continue. A NovaCare physical therapist will be on-site to chat with you regarding the pain you're experiencing, answer questions, make recommendations and provide a complimentary screening. Registration required. Visit cbfymca.org/novacare.

SPIN 101 WORKSHOP

SEPT 18 6-6:45 PM & OCT 13 10-10:45 AM

New to spinning? Learn all about bikes, gear and spin class with this introductory workshop!

FREE for members. \$8 non-members. Space is limited, registration required.

JACKSON'S HEROES 5K & FAMILY FUN RUN

SUN OCT 14, 9 AM In honor of 3-year-old Jackson Silas Cole. Proceeds benefit Warminster 2nd Grade Swim Initiative. Visit jacksonsheroes5k.org.

COATS FOR KIDS More information available mid-October on our website.

FINANCIAL ASSISTANCE

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 at 215.348.8131 x1139 or crefice@cbfymca.org



SMALL GROUP & PERSONAL TRAINING

SMALL GROUP PACKAGES | 16+
 4 SESSIONS | Member \$36 Non-Member: \$49
 8 SESSIONS | Member: \$69 Non-Member: \$94
 12 SESSIONS | Member: \$99 Non-Member: \$134

KETTLEBELL

TUES 6:50-7:35 PM | Jahe
 SAT 8:45-9:30 AM | Jahe

TRX

TUES 9-9:55 AM | Diane
 WED 10-10:55 AM, 5:15-6:10 PM | Diane
 THUR 5-5:55 PM | Diane



2 SPECIAL PT DEALS!

- (3) 30-MINUTE TRAINING SESSIONS
 Members: \$71 Non-Members: \$96
- (6) 30-MINUTE TRAINING SESSIONS
 Members: \$119 Non-Members: \$161

QUESTIONS? Contact Dillon Fretz at
 267.387.9622 x2002 or dfretz@cbfymca.org



**SEE YOUR WORKOUT STATS...
 with a MyZone Belt!**



3 payments of \$25, for the first 3 months



VETERANS PROGRAM

MON & WED, 6:30-8 PM | Begins MON SEPT 17

We thank Veterans for their service and want to offer our resources at the Y to help those looking to refocus their efforts on improving mind, body, and spirit. Our Warminster branch is proud to offer the Veterans Pathway Program. Veterans of all ages and abilities who are looking to get back to a healthier lifestyle are encouraged to join our next group.

QUESTIONS? Contact Lisa Schwartzner at
 215.839.6473 or lschwartzner@cbfymca.org

ADULT & YOUTH SHOTOKAN KARATE

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.

MON*: Member: \$65 Non-Member: \$96

WED: Member: \$75 Non-Member: \$110

ADULT & YOUTH KARATE | Ages 8+ | 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:

MON or WED: Member: \$100 Non-Member: \$165

TWO CLASSES PER WEEK*:

Member: \$108 Non-Member: \$178

*Prorated for Labor Day SEPT 3

QUESTIONS? Contact Jennefer Pursell at jpursell@cbfymca.org



INCLUDED WITH MEMBERSHIP!

KIDS & FAMILY YOGA | All Ages

MON 10:30-11:15 AM

FIT KIDS | Ages 7-11

TUES 6:05-6:35 PM

KIDS CARDIO | Ages 7-11

THURS 5:10-5:40 PM

SUPER HERO TRAINING | Ages 3-6

SAT 9:45-10:15 AM

KIDS MOVE & GROOVE | Ages 3-6

SAT 10:15-10:45 AM

7TH GRADE INITIATIVE

Our Warminster branch 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 2018-2019 school year can register from 8/20 until 5/31/19.

STAY & PLAY

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 AM	8:30 AM-12 PM
MON-THUR PM	4:30-8 PM
SAT	8 AM-1 PM
SUN	9 AM-1 PM

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



SITTER SERVICE

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

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

PARENT'S NIGHT OUT

FRI AUG 10, SEPT 14, OCT 12 | 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 \$21, Non-Member \$26

2 CHILDREN: Member \$32, Non-Member \$40

3 CHILDREN: Member \$40, Non-Member \$50

QUESTIONS ABOUT FAMILY OR YOUTH PROGRAMS?

Contact our Welcome Center at 267.387.9622



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624 York Rd, Warminster, PA 18974
267.387.9622 | cbfymca.org/warminster