EXPECT MORE THIS SUMMER

SUMMER PROGRAMS
10 WEEKS FOR THE PRICE OF 8!

SUMMER | Jun 17–Aug 25, 2019

INDIAN VALLEY FAMILY YMCA
LANSDALE AREA FAMILY YMCA
BRANCHES OF NORTH PENN YMCA

Summer Session Registration
Mon Jun 3–Sun Jun 16
NATIONWIDE MEMBERSHIP | ALWAYS WELCOME IN EVERY COMMUNITY

Nationwide Membership enables active, full facility Y members to visit any participating YMCA in the United States.* Nationwide Members must use their home Y at least 50% of the time.

*Program memberships, insurance memberships and special memberships are excluded.

FOR YOUTH DEVELOPMENT

We’re here to help all children learn, grow, and thrive. Parents will find a safe, positive environment for children to learn good values, social skills and behaviors. Our youth programs range from addressing child care needs, educational enrichment, to programs that have children moving and engaging in healthy activities. Children and teens play, develop skills, learn who they are and are accepted.

FOR HEALTHY LIVING

We are committed to providing every person with the opportunity to address their health goals from fitness, disease prevention, and through the relationships built through our programs. Adults connect with friends, pursue interests and learn how to live healthier. Older adults increase their self-confidence and sense of achievement while building relationships in a supportive community.

FOR SOCIAL RESPONSIBILITY

Communities thrive because neighbors support each other and give back. We invite you to participate in activities that help shape and strengthen our community. We offer opportunities that provide meaning through volunteerism, giving, and supporting community initiatives. Together, we are stronger in building healthier communities by fostering the care and respect that all people need and deserve.

OUR MISSION: We make the community we serve a better place to live. Through our programs and activities, we strive to enrich and strengthen families, provide wholesome supervised recreation, offer positive learning, leadership and character development opportunities, and promote wellness for all people regardless of ability to pay.
NEW! ONLINE MEMBER PORTAL

- Join the Y*
- Register for Programs
- Manage Your Online Account

ACCESS OUR NEW MEMBER PORTAL FROM ANY DEVICE!

Get easy, convenient, online access to our Y by clicking ‘PROGRAMS’ at the top of our website, NorthPennYMCA.org.

If you are a past or current member, simply click ‘login’ and choose the middle option. Enter the primary member’s last name, date of birth, and confirm you are not a robot. YOU MUST HAVE AN EMAIL for online access.

*You may join any of the membership categories currently listed on page 5. You must join in person for any of our specialty categories.

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JOIN THE Y THIS SUMMER!

Home from college for the summer?
Want to give the Y a try?
Looking for a great gift idea?

You can now purchase a 3-month summer special. This membership gives you the opportunity to experience all the terrific programs we offer and gives you full access to both of our facilities without committing for a full year. Swim in the pool, work out in the Wellness Center or play ball in the gymnasium. Experience the new renovations in both facilities! Families $243, Adults $156, Young Adult $87 Youth $75, Single Parent Families $171, 65+ $117. NO JOINING FEE.

COLOR CODED TABS

MEMBERSHIP
SPECIAL EVENTS
ADULT PROGRAMS
SWIM LESSONS AQUATICS
CHILD CARE
ACTIVE OLDER ADULTS
GROUP EXERCISE
YOUTH & TEEN
You may be eligible for fitness rewards benefits through your private or your employer provided health insurance. Check with your provider to determine your fitness rewards benefits.

NORTH PENN YMCA PARTICIPATES WITH:
- Health Partners Plans
- Keystone First, Keystone VIP Choice
- Silver Sneakers | Silver & Fit

MAKING MEMBERSHIP POSSIBLE FOR ALL

FINANCIAL ASSISTANCE

We believe that everyone should have the opportunity to benefit from our Y programs and services. As a nonprofit, charitable organization, our Y recognizes that many individuals who could benefit most from our programs and services cannot afford to participate. Funds provided through the North Penn United Way, our Annual Campaign, and our donors and members help us assure that financial assistance is available to those who qualify. All applications are handled in a safe and confidential manner. Please stop by one of our branches or download the application from our website at NorthPennYMCA.org.

PROMOTING A HEALTHIER YOU

TEE UP FOR KIDS
THURSDAY, JUNE 13, 2019

PineCrest Country Club
LANSDALE, PA

NORTH PENN YMCA
Golf Classic to Benefit Kids

Join us for this fun event that gives you the opportunity to give back to kids in our community through our Annual Campaign.

For Golf Classic information, visit NorthPennYMCA.org or call 215.368.9622

SPONSORED BY:

PARKY

PHYSICAL THERAPY GROUP

MAKING MEMBERSHIP POSSIBLE FOR ALL

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THURSDAY, JUNE 13, 2019

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PROMOTING A HEALTHIER YOU

You may be eligible for fitness rewards benefits through your private or your employer provided health insurance. Check with your provider to determine your fitness rewards benefits.

NORTH PENN YMCA PARTICIPATES WITH:
- Health Partners Plans
- Keystone First, Keystone VIP Choice
- Silver Sneakers | Silver & Fit
**MEMBERSHIP**

**MEMBERSHIP CATEGORIES**
- **YOUTH MEMBERSHIP** - Through 17 years of age who are not included in a family membership.
- **YOUNG ADULT MEMBERSHIP** - 18–25 years of age.
- **ADULT MEMBERSHIP** - 26 years of age and older.
- **65 PLUS MEMBERSHIP** - 65 years of age or older.

**FAMILY MEMBERSHIP CATEGORIES**
- **FAMILY MEMBERSHIP** - Two adults living in the same household, all dependent children under 18 years of age or still in high school and dependent children who are full-time students with college ID up to and including age 25. Any additional individuals living in the same household can be added to the membership for 50% off the current pertinent fee.
- **SINGLE PARENT FAMILY MEMBERSHIP** - Single parent as defined in the IRS code as “head of household” (divorced, widowed or un-married) and all dependent children under 18 years old or still in high school and living in the same household and dependent children who are full-time students with college ID up to and including age 25. Any additional individual living in the same household can be added to the membership for 50% off the current fee.

**PROGRAM MEMBERSHIP**
A program membership enables participants to enroll in classes at either of our full facility branches by paying the program member rate for the class. Access to our facilities is limited to attending the program in which you are registered.

**HOW TO REGISTER FOR A PROGRAM**
We are a membership based organization. A full facility membership or program membership is required for participation in our programs.

**2019 MEMBERSHIP CATEGORIES**

<table>
<thead>
<tr>
<th>Category</th>
<th>Monthly Draft</th>
<th>Joining Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOUTH</td>
<td>Through 17 yrs of age</td>
<td>$25</td>
</tr>
<tr>
<td>YOUNG ADULT</td>
<td>18 to 25 yrs of age</td>
<td>$29</td>
</tr>
<tr>
<td>ADULT</td>
<td>26 to 64 yrs of age</td>
<td>$52</td>
</tr>
<tr>
<td>FAMILY</td>
<td>Two adults 18 yrs+ and dependents living in the same household</td>
<td>$81</td>
</tr>
<tr>
<td>SINGLE PARENT FAMILY</td>
<td>One adult 18 yrs+ and dependents living in the same household</td>
<td>$57</td>
</tr>
<tr>
<td>65 PLUS</td>
<td>65 yrs+</td>
<td>$38</td>
</tr>
</tbody>
</table>

Monthly draft/charge deducted from your checking account, savings account, debit card or credit card. We accept Visa, Mastercard, American Express and Discover. Membership is continuous, 30 days written notice terminates your membership.

**PROGRAM MEMBER FEES**: Youth $50; Adult $75; Family $125

**GUESTS**: Youth $5; Adult $10; Family $25; 65+ $5 | Photo ID and signed guest waiver required.

Join or register online at NorthPennYMCA.org

- Registration runs for two weeks prior to the start of the session.
- Visit one of our two full facility locations to register for a program or register online by visiting www.NorthPennYMCA.org.
- Programs must be paid in full at the time of registration.
- Class sizes are limited to ensure quality programs. If a class is full, we will assist you in selecting another class and/or place you on a waiting list.

**GUEST POLICY**
Full Privilege Members under the age of 18 years are NOT permitted to sign in guests. Each full membership unit, ages 18 years and over, is granted three (3) free guest passes per calendar year. Guest passes will be tracked. Once all three (3) free passes have been used all guests must pay the posted fee.

For the safety of our members and guests, all guests must complete a waiver and have a picture taken. Guests must present a valid photo ID upon entering the facility. Guests are welcome up to six (6) times per year and must be accompanied by a full facility adult member. After six (6) visits, a membership purchase is required.

YMCA members who participate in AWAY or Reciprocity programs are permitted to use our facilities at no charge. Current membership ID cards must be presented.

www.NorthPennYMCA.org
As a Y Member You Save $$$ Participate in our Community Partners Program
Save Money at Local Businesses by Showing Your Membership Card!

AAA CATERING – Lansdale
10% Discount on all catered events
ADVANCE WEB DESIGN – Lower Gwynedd
Free Review of your website. 15% off any work
ADVENT SECURITY CORPORATION – Oreland
$100 OFF Security System & first three months of basic monitoring
ARNOLD’S WAY – Lansdale
20% off Banana Whips & Green Smoothies
BLUE WAVE EXPRESS CAR WASH – Lansdale
$2 off any wash. Use of code 9622 at the pay station
BOARDROOM SPIRITS – Lansdale
$4 off any Boardroom Spirits merchandise. Sign Up for Free Distillery Tours on website
CARDSMART – North Wales
10% off any gift item in store
CITADEL FEDERAL CREDIT UNION – Montgomery Co.
Earn up to $350 Your First Year. Restrictions Apply. Must contact Lansdale or Harleysville branches to take advantage of this offer
COLDWELL BANKER PREFERRED – Blue Bell
$200 Gift Card to Home Depot or Bed, Bath & Beyond when selling or buying with Michael Drossner
EDIBLE ARRANGEMENTS – Lansdale
10% off all orders delivered by or picked up, $5 off all other orders
EZ STORAGE – North Wales
First time tenant $25 Wawa gift card with lease. Free use of move-in truck.
FINS, FEATHERS, PAWS & CLAWS – Harleysville
$5 any grooming appointment
FRUIT-POWERED
20% off first Posture Exercises Method or Raw Vegan Coaching Program session
GWYNEDD DENTAL & SPA – Spring House
Free 30 minute facial or massage at our full service spa for all new dental patients over 18
HARVEST SEASONAL GRILL & WINE BAR – North Wales
10% discount on food
HEALTHY BALANCE WITH MELANIE – Lansdale
FREE Health and Lifestyle coaching consultation. 10% off Signature Energizing Program to be revitalized with weight loss, less tension, and better sleep
IMAGES SALON – Hatfield
$10 off first haircut. Not combined with other offers
JULIANNE’S SALON – Harleysville
$5 off any service $30 or more
KARMA ROOS ESTATE WINES – Fort Washington
10% off Karamoor signature bottles using code
NORTH PENNY MCA on our website
10% off all regularly priced merchandise. Must present Membership ID card for discount.
CITADEL FEDERAL CREDIT UNION – Montgomery Co.
Earn up to $350 Your First Year. Restrictions Apply. Must contact Lansdale or Harleysville branches to take advantage of this offer
COLDWELL BANKER PREFERRED – Blue Bell
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OASIS SENIOR ADVISORS of MONTGOMERY/BUCKS COUNTY – Collegeville
FREE service to seniors & their families to find independent, assisted, retirement and memory care communities in your area
ORELAND WOOD PRODUCTS – Oreland
15% off list prices
PETER BECKER COMMUNITY
Show your Y card and receive 10% off at their café.
PRIMO HOAGIES – Lansdale
10% off all orders
PRUDENTIAL FINANCIAL
Free planning meeting with Cody Hewson
RANN PHARMACY – Harleysville
20% off a gift item
RE/MAX CENTRAL – Lansdale
Waived conveyance fee worth $195.00 at settlement with home purchase through Maurice Feldman
ROUN GUY BREWING CO. – Lansdale Brewpub
10% off Sunday Brunch 1pm – 3pm. $5 Off a Yoga Session for Monday Night Yoga at the Underground.
SEBASTIAN RIDING ASSOCIATES
$10 discount on intake evaluation
SECURE PLANNING GROUP – Horsham
Free, no obligation, life insurance and investment consultation with Jason Forsythe@ 267-818-9550
SPATOLA’S PIZZA – Lansdale
10% off purchase
TALAMORE COUNTRY CLUB – Ambler
$90 for 18-HOLE Preview Round. Restrictions Apply
THE ENTREPRENEUR OPTION
Free Service for people looking for a Business with Jodi Hallen
THE RED CEDAR GRILL – Colmar
10% discount on food, not combined with other offers
THE VEIN INSTITUTE OF BLUE BELL – Blue Bell
Free Screening for varicose & Spider veins with a physician
THRIVENT FINANCIAL – Lansdale
Initial consultation free to all YMCA members
TOWNE MONITORING: EMERGENCY RESPONSE, CARE CALLS & MORE – Souderon
Two free months of any personal service
TUTORDOC TO – Telford
Free in-home consultations, 1 hr free for any test prep package of 12 hours or more, 2 free hours with any 48hr or more package per household
VINNY’S PIZZARAMA – Hatfield
10% discount on food, cannot be combined with any other offer
WAVE REVIEWS – Lansdale
First time client massage $50 & 10% off any future massages
WHOLISTIC HEALTH MATTERS – Lansdale
Lansdale – $35 for one (30) minute Ionic Foot Detox Session which helps to remove toxins from the body. Buy one session get half off the 2nd session, bring a friend and try the foot detox together.
**ONE MEMBERSHIP | TWO FACILITIES**

**INDIAN VALLEY BRANCH**
890 Maple Avenue, Harleysville, PA | 215-723-3569
CLOSED | THURSDAY, JULY 4

**FACILITY FEATURES**
- Indoor pool
- 6,000 sq/ft family wellness center with youth area that includes kid-size equipment, bouldering wall, interactive video fitness programs and dance mat
- Full size gymnasium
- Aerobics studio
- RPM room for spinning
- Dance studio for ballet and other performing arts

**FACILITY MEMBERSHIP OFFICE**
Mon-Fri | 5:00 am-10:00 pm
Sat | 7:00 am-8:00 pm
Sun | 11:00 am-7:00 pm

**STAY & PLAY**
Mon-Thu | 8:15 am-12:30 pm
Fri | 8:15 am-12:30 pm
Sun | Closed for the summer

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**LANSDALE AREA BRANCH**
608 E. Main Street, Lansdale, PA | 215-368-160
OPEN 9 AM-1 PM | THURSDAY, JULY 4

**FACILITY FEATURES**
- Steam Room, Sauna and Whirlpool
- Three multi-purpose indoor pools for recreation and laps
- 17,000 sq/ft family wellness center with youth area that includes kid-size equipment, bouldering walls and interactive video fitness programs
- Gymnasium
- Racquetball courts
- Indoor cycling studio and Aerobics studio

**FACILITY MEMBERSHIP OFFICE**
Mon-Thurs | 5:00 am-11:00 pm
Fri | 5:00 am-10:00 pm
Sat | 7:00 am-8:00 pm
Sun | 9:00 am-7:00 pm

**STAY & PLAY**
Mon-Thu | 4:45-8:15 pm
Fri | 4:45-7:30 pm
Sun | 9:00-11:30 am

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**YOUR MEMBERSHIP BENEFITS INCLUDE:**

- Access to two full facility locations.
- Participation in our **SmartStart** program that includes three one-on-one sessions and one personal training session in our Wellness center.
- Over 160 land and water group exercise classes to keep you fit offered at all times of the day.
- A variety of free youth classes.
- Free Stay & Play services up to two hours of child care while you work out.
- Over 50 community business discounts offered to Y members.

www.NorthPennYMCA.org

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**Do you have a Y story to share?**

**Has the Y impacted your life or the life of your child?**

**We want to hear about it!**

Please contact Trish Genghini, trishg@northpennymca.org or 215-368-9622, ext 100 or go online at www.NorthPennYMCA/membership/forms and send in your story and photo. Thank you.
MOBILE APP

BURN CALORIES!

AUGUST CHALLENGE
Burn 10,000 calories in the month of August.
- Record the amount of calories you burn during your workouts in August
- Maximum of 600 calories per day
- Burn 10,000 calories by August 31 to be entered into a drawing for a 200 EXTRA APP POINTS!

Search North Penn YMCA

CELEBRATE YOUR PARTY AT THE Y!
FOR ALL OCCASIONS

CHARACTER & THEMED PARTIES AVAILABLE
Hosting fun and unique birthday parties are part of our specialty. We offer customizable party packages where you choose the party theme and we tailor the activities around that theme. Themed parties include: Pool (Sundays only at Lansdale), Dance, Gymnastics, Cartoon Character, Princess, Super Hero, Kids Zumba, Kids Yoga, Sports, Bounce House & Climbing Wall (Lansdale Only).

Choose to have your party at our Indian Valley, Lansdale, or Harleysville branch on a Saturday or Sunday afternoon. Outside food is permitted; refrigerator and freezer are accessible.

PARTY PACKAGE A – One hour of a party theme of your choice with personal instructor in the gym or guarded pool with slide and one hour in a private party room with assistance provided. White tablecloths, plates, cups, napkins and utensils. Set-up and clean-up by our staff.
Full Member $150*  |  Program Member $180
Non-Member $210

*Pricing includes up to 15 children; additional children are $5 each.

PARTY PACKAGE B – Package A plus themed paper products and invitations, surprise gift for the birthday child and $25 off towards a class, membership fee, or birthday party to our Y for all party participants.
Full Member $200*  |  Program Member $225
Non-Member $265

PARTY PACKAGE C – Package B plus cake, chips, pretzels and juice.
Full Member $255*  |  Program Member $285
Non-Member $305

HARLEYSVILLE
Diane Manus | 215-256-0767
dianem@NorthPennYMCA.org

INDIAN VALLEY
Alexandra Ricketts | 215-723-3569
ivbirthday@NorthPennYMCA.org

LANSDALE AREA
Patty Roberts | 215-368-1601, ext 301
pattyr@NorthPennYMCA.org
Subject to change. Please check the website or call your branch.

3rd Mon of every month | 10:00 am–12:00 pm
**KNOW YOUR NUMBER**
**Blood Pressure Screenings**
**INDIAN VALLEY**
Stop by and have your blood pressure checked by Sandy Brooks, RN, from our partners at Abington Jefferson Health.

**Once a Month**
**REIKI | FREE!**
**LANSDALE**
Times and dates to be determined. Please check our website and branch for more updates or contact Mary Ellen at 215-368-1601 ext. 246 or maryellenm@NorthPennYMCA.org.

**Tue Jun 4 | 6:30–8:00 PM**
**INTRODUCTION TO LAW ENFORCEMENT**
**LANSDALE**
12–18 YRS | PAL officers will focus on law enforcement and what requirements are needed for a career in law enforcement. Each session will be instructed by Law Enforcement personnel. Teens will learn about intro to Law Enforcement, crime scene investigation, patrol and SWAT. For more information please contact Christy Pope 215-368-1601 ext, 209 or christyp@NorthPennYMCA.org. Membership not required. Waiver signed by parent/guardian required.

**DINE OUT AND SUPPORT THE Y**
**LANSDALE**
Join us to help raise money for the Y’s Annual Campaign.

**Sat Jun 8 | 11:00 am–10:30 pm**
**GRUB BURGER** (North Wales)
**Sun Jun 9 | 11:30 am–9:00 pm**
**BERTUCCI’S** (North Wales)
Take a copy of the flyer
**Sun Jul 21 | 11:00 am–11:00 pm**
**MARGARITAS** (Lansdale)
**Wed Jul 24 | 5:00–9:00 pm**
**THE POUR HOUSE** (North Wales)
Please mention you are supporting the Y

Please see Lansdale Area branch for details

**Sat Jun 22 | 8:00–1:00 pm**
**FLEA MARKET**
**LANSDALE**
De-clutter your home or shop for new treasures at our outdoor flea market! Clothing, accessories, household items, sports equipment, books, movies, etc. Bring your own table and set your own prices. Vendor spaces are $30 each. Rain date Sun June 23. Contact Michelle McKeown, michellem@NorthPennYMCA.org or 215-368-1601 ext. 207.

**Jun 28, Jul 12, 26 & Aug 9, 23 | 10 am–12 pm**
**SITTER SERVICE**
**INDIAN VALLEY**
Need to get those errands and shopping done child free? The Indian Valley YMCA Stay & Play Department will be offering a Sitter Service Summer program! This fee based program will allow parents to leave their children in the care of the Indian Valley Stay & Play room and be able to leave the facility. Pricing for this service: $15 for one child, $20 for two and $25 for three children. Two hour maximum stay and children must be 6 weeks of age through age 8. Spots are limited so be sure to register early! Contact Emily Lukens, Stay & Play Coordinator at emilyl@northpennymca.org for questions.

**Sat Jul 13 (Rain Date Sat July 20) | 9:00–4:00 pm**
**BLUE WAVE CAR WASH**
**LANSDALE**
Stop by Blue Wave Car Wash and purchase their $18 car wash package. Blue Wave Car Wash will donate $9 from each package purchased to Y’s Annual Campaign.

**Sun Jul 14 | 9:00–1:00 pm**
**CAR SHOW**
**LANSDALE**
The Lansdale branch will be partnering with Harleysville Supercar Show for our first car show on Sunday, July 14, 9 am–1 pm. All cars are welcome with the focus on high end exotics and supercars. There is an entry fee of $10 per car and $2 per spectator. We will also have a 50/50, raffle baskets, giveaways, food vendors, automotive vendors, awards for cars and much more. Contact Bruce Bach for details at 215-368-1601 ext. 216.
Sat Jul 20
NORTH PENN PAL JUNIOR POLICE ACADEMY
LANSDALE
For more information, contact Christy Pope at 215-368-1601, ext. 209 or christyp@NorthPennYMCA.org.

July 21–31
LANSDALE AREA BOOK SALE
LANSDALE
Paperbacks 25 cents | Hardbacks 50 cents, or stop by our Welcome Center and purchase a reusable shopping tote to fill to the brim for just $5. We’re also happy to accept your gently used books. Children’s books are especially appreciated. All donations are tax deductible, as 100% of the proceeds benefit our Annual Campaign. Please no magazines, Readers’ Digests, encyclopedias or text books. Donations may be dropped at the Welcome Center at any time. Contact Michelle McKeown, michellem@NorthPennYMCA.org, 215-368-1601 ext. 207.

Wed July 24 | 6:30–8:00 pm
CAREGIVERS SUPPORT GROUP
LANSDALE
Support group for those caring for persons with dementia. The first part of the session features a topic on various issues related to dementia. The second part of the session offers an opportunity for open discussion. Facilitated by staff from Park Creek Place Memory Care who are certified by the Alzheimer’s Organization. Our support groups are free and offered throughout Montgomery County. Registration is not required. If you have any questions, please call Johnna Pura at 215-540-0520 or email jpura@enlivant.com.

Wed Aug 7 | Doors Open 6:00 pm
Bingo begins 7:00 pm
DESIGNER BAG BINGO
FUNDRAISER FOR MANNA ON MAIN STREET & LANSDALE YMCA
Brittany Pointe Estates, Valley Forge Road
Come for a fun evening and possibly win a fantastic designer bag. Ticket price of $35 in advance includes 10 rounds of bingo. Evening activities will include a 50/50, bonus bingo round, mystery bingo round and fabulous baskets. Bring your friends, snacks and nonalcoholic beverages. For more information please contact Sabrina at sabrinad@NorthPennYMCA.org or visit https://www.facebook.com/events/386665355268760/.

Sat Sep 28 | Raindate Sat Oct 5
3RD ANNUAL CARING FOR KIDS CAR SHOW
Classic cars, muscle cars, motorcycles and all sorts of vehicles will be on display at the Harleysville Walmart, along with vendor tables, music, food tables and more. Help us raise funds for our financial assistance programs by registering as a car show participant for $10 or as a vendor for $15. Not looking to be a participant? Then just keep the date open so you can stop by and see some incredible vehicles and have some fun. There is no charge for attending!

SNEAKERS FOR FUNDS
We are collecting new and gently used athletic shoes to raise funds for our Annual Campaign. Drop your new and gently used shoes off in one of the bins at the Indian Valley Branch.

Wed Aug 7 | Doors Open 6:00 pm
Bingo begins 7:00 pm
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SAVE THE DATE | SAT OCT 5
MAGIC SHOW
BENEFITS THE LIVESTRONG AT THE YMCA PROGRAM FOR CANCER SURVIVORS
DEAFinitely Magic is a spectacular, nationally acclaimed magic show featuring Sam Sandler, America’s only full time deaf illusionist. Through his award-winning magic, grand illusions, tons of audience interaction and participation, Sam will educate, empower and inspire you. PERFECT FOR THE ENTIRE FAMILY!
PROGRAMS/ACTIVITIES

Jun 21, Jul 19, Aug 16 | 6:00-9:00 pm
KID’S NIGHT OUT | 4–12 YRS
LANSDALE
Drop your children off at our Lansdale Area branch for a kid’s night out filled with fun games in our gym, swimming in our pool, and a pizza party. Pre-registration is strongly recommended.
Full Member, Program Member, Community $15

LIVESTRONG® AT THE YMCA
INDIAN VALLEY
Free twelve-week, small group fitness program designed for adult cancer survivors. Provides support for the increasing number of cancer survivors who find themselves in the transitional period between completing their cancer treatment and the shift to feeling physically and emotionally strong enough to attempt to return to their normal life or their “new normal.” The program is conducted outside of medical facilities to emphasize that LIVESTRONG at the YMCA is about health, not disease. A Y membership is not required. Contact Alicia Fergus at 215-723-3569, ext 115 or email aliciaf@NorthPennYMCA.org.

2019 THURSDAY MEETING DATES:
May 10, Jun 13
THE INDIAN VALLEY CHARACTER COUNTS! COALITION
This group of local businesses, educational and organizational leaders work together to build a community where all citizens embrace the principle that Character Counts! and where youth stay healthy, safe and drug free. The coalition holds and participates in community activities throughout the year including National Character Counts! Week, local Prescription Medicine Take Back Days and provides the community with educational seminars based on current trends and issues facing our youth and families in our community.

All meetings are held at the Souderton Area School District Office on the second Thursday of each month. The meetings begin at noon. Our coalition has implemented a new meeting schedule to accomplish our work. Please see the schedule below. Everyone is invited to attend these meetings. If you would like to join us and need more information, please feel free to reach out to DonnaLea Pyrz, Program Director at 215-723-3569, ext. 116. For up to date meeting information and general coalition information visit our website at www.ivccc.org.

2019 THURSDAY MEETING DATES:
Jun & July No Meetings Oct 10 Workgroup
Aug 8 Workgroup Nov 14 Workgroup
Sep 12 General Membership Dec 12 General Membership

CLUBS

LANSDALE AREA Y BOOK CLUB
Mon Jun 24 | 12:00 pm
Orlando by Virginia Woolf
Mon Jul 29 | 12:00 pm
Eleanor Oliphant is Completely Fine by Gail Honeyman
Mon Aug 26 | 12:00 pm
An American Marriage by Tayari Jones
Join a collection of readers who meet monthly to participate in a fun and lively discussion of the group’s selected book. Book club members make the selection each month. Bring your brown bag lunch and join in the discussion. Open to the public. For more information, please call 215-368-1601.

2nd Mon of every month | 2:00 pm in the IGR Room
BOOK CLUB AT INDIAN VALLEY FAMILY YMCA
Open to the public - do not need to be a member of the Y
Jun 10 | My Grandmother Asked Me to Tell You She’s Sorry by Fredik Backman
Jul 8 | Me Before You by Jojo Moyes
Aug 12 | The Elegance of the Hedgehog by Muriel Barbery
Come out for an afternoon of interesting discussion and meet friends. Book lists will be provided for members to choose their selections. The book list is the courtesy of Indian Valley Public Library, and they will be providing ten copies of the book. Leader: Diana Shearer. Contact Alicia Fergus at 215-723-3569, ext.115 if you have any questions. Membership required
No fee | Program Membership/Senior Center

YMCA BOWLING CLUB
Jun 28, Jul 26, Aug 23 | 9:30 am
Bring your bowling skills to Earl Bowl the fourth Friday of each month to challenge other YMCA Members to a friendly game of bowling. To enroll in this program contact the Mary Levenberg at Lansdale 215-368-1601, ext 233 or maryl@NorthPennYMCA.org.
With so many demands on today’s families, parents need all the support they can get. That’s why child care at the Y is about more than looking after kids. It’s about nurturing their development by providing a safe place to learn foundational skills, develop healthy, trusting relationships and building self-reliance through the Y core values of caring, honesty, respect and responsibility.

**CHILD CARE OFFERINGS**

**DAYCARE**

**HUGS**

Providing positive learning experiences and opportunities for young children to develop socially, emotionally and physically.

- State licensed facility
- Serving Infants 6 weeks through 5 years
- Full and part time care available
- Swimming lessons
- Gym and Music class
- Intergenerational Activities

**PRESCHOOL PROGRAMS**

**Harleysville | Lansdale**

Offering a comfortable setting, with familiar places and spaces, our Preschool Programs help kids grow academically, physically and socially. Our well-designed program fosters long term success for a lifetime of learning.

- State Licensed facilities
- Children ages 2—5 years
- Programs run September through June
- Potty Training Not Required
- Swimming Lessons (Lansdale Only)
- Music & Gym Class (Harleysville)

**BEFORE & AFTER SCHOOL**

**Indian Valley | Lansdale**

Maturing school-age children who seek new challenges, close friendships and increasing responsibilities experience enriching learning opportunities in a fun environment before and after school.

- Full and part time schedules available
- Programs open before and after school day
- Program runs school calendar year

**KINDERGARTEN ENRICHMENT**

**Harleysville**

With morning and afternoon programs, we create an environment where children are successful, capable and excited about learning.

- Full and part time options available
- Mid-day transportation to or from the child’s Elementary School is provided
- Additional off-site programs are offered at Advent Church (Harleysville) and Emmanuel Church (Souderton)
- Program runs school calendar year
Our child care programs are designed with the YMCA’s philosophy of the development of the spirit, mind and body. We offer well-balanced programs that fit the needs of children according to their age and individual progress. Promoting physical, educational and social growth for all children is the ultimate goal of our program. Each childcare center serves children between the ages of 6 weeks and Pre-K. Combined with a talented staff and unique educational environment, our childcare centers offer a wide array of programs and services. We provide quality, affordable child care in four locations.

HARLEYSVILLE YMCA EARLY CHILDHOOD CENTER
311 Alumni Avenue, Harleysville  |  215-256-0767
» Early Childhood Programs  |  Diane Manus
» Kindergarten Enrichment  |  Diane Manus

INDIAN VALLEY FAMILY YMCA
890 Maple Avenue, Harleysville  |  215-723-3569
» HUGS Daycare  |  Karen Coutts, ext 114
» School’s Out (Before & After School Care)  |  Pam Jackson, ext 113

LANSDALE AREA FAMILY YMCA
608 East Main Street, Lansdale  |  215-368-1601
» Early Childhood Programs  |  Suzie Mundie, ext 240
» Kid’s Club  |  J.P. Brophy, ext 236
» School’s Out (Before & After School Care)  |  J.P. Brophy, ext 236

Call 215-256-0767 for more information!

KEYSTONE STARS 4 DESIGNATION
Youth Program Membership Included

AM/PM EXTENDED KINDERGARTEN FOR CHILDREN IN THE SOUDERTON SCHOOL DISTRICT
Our Kindergarten Enrichment program includes art, crafts, games, language arts, math, science, music, gym, creative play, outdoor play, lunchtime, quiet time and lots of fun!

AM KINDERGARTEN
Advent Lutheran & Emmanuel Lutheran Church Sites Kindergarten before school care is available to children attending PM Kindergarten at EMC, Franconia, Salford Hills, Oak Ridge, Vernfield and West Broad Elementary Schools. Care is available from 7:00 am-12:30 pm. After school care is available at the schools from 3:30 pm-6:00 pm.

PM KINDERGARTEN
Kindergarten extended care is available to children attending AM Kindergarten at Oak Ridge, Salford Hills and Vernfield Elementary schools. Childcare is available from 11:30 am-6:00 pm. Before school care is available from 7:00–8:30 am at the school. Bus transportation is provided from church sites to school or from school to YMCA. Full & part-time service is available.
DAYCARE

HUGS DAYCARE
Providing positive learning experiences and opportunities for young children to develop socially, emotionally and physically.
» State licensed facility
» Serving Infants 6 weeks through 5 years
» Full and part time care available
» Swimming lessons
» Gym and Music class
» Intergenerational Activities

SCHOOL AGE CARE

INDIAN VALLEY KIDS KARE Y-DAYS
Kids home from school? Want them to have fun? The Indian Valley Y will be having Y days for children. Children ages 6 thru 10 can come and enjoy a fun filled day with lots of great activities while meeting new friends. Hours of our Y days are 7:00am–6:00pm and the cost is $40 for the first child and $35 for second child discount. Call Pam Jackson, ext 113 or visit our website for information and forms at www.NorthPennYMCA.org.

LIVE Y’ERS GRADE K-5
School age childcare program held at Schwenksville and Skippack Elementary Schools in the Perkiomen Valley School District. Activities will include sports, games, crafts, character development, homework supervision and snack. Enrichment programs will include math, science and reading.
HOURS OF OPERATION
Mon–Fri 7:00–8:30 pm and/or 3:00–6:00 pm.
Full-time and part-time rates available.

*KRegistration forms available online and in-house beginning Friday, May 24.

SCHOOL AGE CARE REGISTRATION BEGINS AT OUR OPEN HOUSE | FRI MAY 24*
KIDS KARE GRADES K-5
A school age childcare program held in all six of the Souderton Elementary Schools. Activities will include sports, games, crafts, character development, homework supervision and snack. Enrichment programs will include math, reading and science.
HOURS OF OPERATION
Mon–Fri 7:00–8:30 am and or 3:15–6:00 pm.
Full and part-time rates available.

*Registration forms available online and in-house beginning Friday, May 24.
PRESCHOOL
LANSDALE AREA FAMILY YMCA
LANSDALE AREA PRESCHOOL PROGRAM

2019–2020
PRESCHOOL REGISTRATION
NOW OPEN

Our 9 ½ month progressive early learning program offers excellent staff to child ratios, indoor/outdoor play areas and a social/academic curriculum incorporating the PA Early Learning Standards. We accept children who are not potty trained.

2–DAY PROGRAM (TUE/THU)

<table>
<thead>
<tr>
<th>Program</th>
<th>Age</th>
<th>Time</th>
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<tbody>
<tr>
<td>Nursery Rhyme Tyme</td>
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<td>9:00–11:30 am</td>
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<tr>
<td>Little Learners</td>
<td>2 1/2 yrs</td>
<td>9:00–11:30 am</td>
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<tr>
<td>Kiddie Korner Jr</td>
<td>3 yrs</td>
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3–DAY PROGRAM (MON/WED/FRI)

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</thead>
<tbody>
<tr>
<td>Little Learners</td>
<td>2 1/2 yrs</td>
<td>9:00–11:30 am</td>
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<tr>
<td>Kiddie Korner Jr</td>
<td>3 yrs</td>
<td>9:00 am–1:00 pm</td>
</tr>
<tr>
<td>Kiddie Korner Pre-K</td>
<td>4 yrs</td>
<td>9:00 am–1:00 pm</td>
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5–DAY PROGRAM (MON–FRI)

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<th>Time</th>
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<td>4 yrs</td>
<td>9:00 am–1:00 pm</td>
</tr>
<tr>
<td>Kiddie Korner Pre-K</td>
<td>4 yrs</td>
<td>9:00 am–3:00 pm</td>
</tr>
</tbody>
</table>

NEW OFFERING | PRE-K PROGRAM

This program is for children who miss the kindergarten cutoff date. Class will be taught at a more advanced level than traditional Pre-K. For questions please contact Suzie Mundie 215–368–1601 ext, 240.

LANSDALE AREA SCHOOL’S OUT

What are your kids doing before and after school? At our Y, your children can be involved in a variety of activities including art, gym, homework, and music. All public school students in the North Penn area may attend. Transportation is provided to the following schools for before and after care depending on enrollment: North Wales, Walton Farm, Knapp, Gwyn-Nor, Bridle Path, Inglewood, York Avenue and Oak Park. Program runs September-June.

LANSDALE AREA KIDS CLUB

Is your child’s school closed today? Do you have to take the day off from work? Is it a school in-service day?

Sounds like you need our Kids Club! Our Kids Club offers childcare for scheduled school closing days, in-service days and snow days. We follow the North Penn School District calendar.

Your kids will have lots of fun doing arts & crafts, music, movies and board games.

Days off Kids Club is based on enrollment. You must be registered one week prior to the school closing day off. Kids Club may be cancelled due to lack of enrollment.

Pre-registration for planned closings. Youth Program Membership required.
Registered School’s Out participants | $30
Non School’s Out participants | $55

KEYSTONE STARS DESIGNATION

YOUTH PROGRAM MEMBERSHIP REQUIRED

www.NorthPennYMCA.org
SEWING AND QUILTING (BOYS WELCOME)
10 WKS
We will teach anyone 8-years or over to do basic sewing tasks on the way to creating useful and unique items. Cost of materials not included in class fee.
LANSDALE Thu 6:00-7:00 pm (Beg Sewing)

MUSIC TOGETHER@ CLASSES OFFERED BY LITTLEST MUSIC MAKERS, LLC.
6-WEEK SUMMER SESSION – JUN 18-AUG 2
FOR CHILDREN AGES BIRTH-PRESCHOOL 5 YRS
Our 45-minute classes are once per week and are taught by a professional with Music Education degree. Our program promotes family music making, while helping to create beautiful memories you and your child will cherish. It is a fun, research-based music curriculum. During classes we will play a variety of percussion instruments, such as drums, rhythm sticks, maracas, bells and more. We will also participate in large movement activities with scarves and other props. Each registered family receives a songbook, CD and electronic access code for the music we will work with during our session. Included in the cost of tuition.
Cost for 1st child – $118 | Cost for 2nd child – $52
*Infants under 9 months old attending with a registered sibling are FREE.
*YMCA FULL Members receive a discount. This may not be combined with other offers. Proof of FULL membership required.
Tue 9:30 am, 10:30 am, 6:30 pm | Wed or Fri 9:15 am Littlestmusicmakers.com | 267.342.2093

MOMMY AND ME DANCE | 18 MTHS-3 YRS
10 WKS
Great introduction to the world of dance. Designed for young children and an accompanying adult. Learn creative movement and musicality while developing coordination and balance in a fun environment. This is a great way to connect and have fun with your little ones.
INDIAN VALLEY Thu 3:15-3:45 pm

CREATIVE DANCE | 3-5 YRS | 10 WKS
Guaranteed fun while learning the fundamentals of dance and movement. Develop dance skills through ballet technique, contemporary dance, stretching, tumbling and range of motion exercises.
INDIAN VALLEY Thu 4:00-4:30 pm (A/B room) Thu 4:30-5:00 pm (A/B room)
Full Member $30 | Program Member $65

BALLET | 5-10 YRS | 10 WKS
Experience the joy of ballet! Students learn the basics in a fun, creative, and supportive atmosphere. This well-structured class teaches the fundamentals of ballet positions, barre and center work, musicality, and choreography. In addition to technique, balance, and flexibility, children develop confidence in themselves and the ability to encourage their peers.
INDIAN VALLEY Tue 4:15-5:00 pm

Ballet II | 5-10 YRS | 10 WKS
Designed for children who have already taken Ballet I or who have taken ballet classes previously. Ballet II builds on the foundation terminology and movements learned in Ballet I. Students will expand their knowledge of ballet as they further develop their technical skills, artistry, and musicality in a fun and supportive environment.
INDIAN VALLEY Wed 4:15-5:00 pm

IRISH DANCE CLASSES | 5-15 YRS
For more information and registration contact Pride of Erin School of Irish Dance at 215-364-1076.
LANSDALE Fri 4:00-6:30 pm
FITNESS/WELLNESS - YOUTH

BUSY BODIES | 15 MO-3 YRS | 10 WKS
A fun interactive class for toddlers to play and interact with other children using balls, beanbags, and other equipment.

INDIAN VALLEY Thu 8:45-9:30 am | Gym A
Full Member $45 | Program Member $90

FIT KIDS I | 3-4 YRS | 10 WKS
An introduction to Fit Kids where kids practice following directions and playing with others through interactive activities and cooperative games.

INDIAN VALLEY Mon 5:15-6:00 pm
Tue 9:15-10:00 am
Fri 9:15-10:00 am
Fri 10:00-10:45 am
Full Member N/C | Program Member $53

FIT KIDS II | 5-6 YRS | 10 WKS
Fun, organized play, learning to work in teams, developing basic sports skills helping your children move into the next level of a specific sport.

INDIAN VALLEY Mon 6:00-6:45 pm
Tue 10:00-10:45 am
Fri 9:15-10:00 am
Full Member N/C | Program Member $53

YOUTH FITNESS CLASSES | 7-11 YRS | 10 WKS
Participants experience a different workout each week focusing on developing various motor skills with multiple activities such as relay racing, jumping rope, hurdles, and much more. It is recommended that participants do not miss more than 2 classes. Minimum needed: 5 per class.

INDIAN VALLEY Mon 6:15-7:15 pm
Wed 6:30-7:30 pm
Sat 9:45-10:45 am
LANSDALE Wed 5:30-6:15 pm
Full Member N/C | Program Member $45

KIDS SUMMER FEST | 7-12 YRS | 10 WKS
The fun starts June 17! Kids can enjoy supervised gym activities and games led by our awesome coaches! Kids will be introduced to fun way to keep active with dodgeball, basketball, soccer, and so much more all while making new friends during this 10-week summer program. (Parents must stay at the facility)

INDIAN VALLEY Mon-Fri 8:30-10:30 am | Gym A
Full Member $75 | Program Member $125

CLIMBING WALL | 7-17 YRS | 10 WKS
Our climbing wall is a great workout for youth and adults. Improve strength, agility and have fun too! Try the different routes as you get better and stronger.

LANSDALE Wed 6:00-7:00 pm | Gym A
Wed 7:00-8:00 pm
Full Member $25

TWEEN YOGA | 10-15 YRS | 10 WKS
A yoga class for Tweens! Come and bring a friend to learn awesome yoga poses. Whether you are into sports or a book worm, this class will get you in the right frame of mind. Throughout the session we will work on the basic poses to give you the building blocks to become a Yogi.

INDIAN VALLEY Tue 5:00-5:45 pm
Full Member N/C | Program Member $67

TWEEN ZUMBA | 10-15 YRS | 10 WKS
The ultimate dance–fitness party for young Zumba fans. Play it loud, rock with friends, be fearless, and dance like nobody’s watching.

INDIAN VALLEY Mon 4:40-5:25 pm | Dance Studio
Full Member N/C | Program Member $67

TEEN FITNESS ORIENTATIONS | 12-13 YRS | FREE!
INDIAN VALLEY & LANSDALE
Looking to start your child’s journey to healthy living off right? Learn to use the cardio equipment, a select number of strength machines, and Wellness Center guidelines. It’s a great way to learn the foundations of cardio and strength training with an experienced professional. Appointments can be scheduled at the Membership Desk or through our MobileFiT system.

TEEN TEAM SPORTS CONDITIONING
Available on request. Contact the Wellness Departments.

INDIAN VALLEY/LANSDALE
GYMNASTICS & CHEER

PARENT/TOT GYMNASTICS | 2–3 YRS | 10 WKS
Each week, we will focus on a different skill as children gain the fundamental knowledge of beginner gymnastics skills and vocabulary. Have fun stretching, rolling, running obstacle courses, and building balance while developing strength, flexibility, and social skills. Parent/Guardian Participation is required.
INDIAN VALLEY | Wed 9:45–10:15 am
Full Member $30 | Program Member $65

TUMBLE TIME | 2–5 YRS | 10 WKS
Play on our indoor gymnastics equipment playground. Great place to let out some energy. No instruction provided. Parents are required to stay with children.
INDIAN VALLEY | Mon 10:15 am–11:15 am
Full Member N/C | Program Member $59

PRESCHOOL GYMNASTICS | 3–4 YRS | 10 WKS | NEW!
Tumble, swing, climb, and jump with us! Focuses on building flexibility and strength as well as social skills all while having fun in a supportive environment. Children will learn fundamental gymnastics skills through the use of the beam, bar, floor mats, and more. Parent/Guardian participation is encouraged.
INDIAN VALLEY | Wed 5:00–5:45 pm
LANSDALE | Wed 5:00–5:45 pm

INTRO TO GYMNASTICS | 4–6 YRS | 10 WKS | NEW!
Tumble, swing, climb, and jump with us! This class focuses on building flexibility and strength as well as social skills all while having fun in a supportive environment. Children will learn fundamental gymnastics skills through the use of the beam, bar, floor mats, and more. Parent/Guardian participation is encouraged.
INDIAN VALLEY | Wed 10:30–11:15 am

WHITE EAGLE MARTIAL ARTS | ALL AGES
Train your mind, body and spirit with White Eagle Martial Arts. New members welcome, first month tuition free. We take a disciplined approach to develop the whole person. Focus on perseverance, respect, obedience, self-control through the practice of martial arts. Check our website at www.whiteeaglema.com or call us at 267-642-1101.

INDIAN VALLEY | Mon 7:00–8:30 pm
Thu 7:30–8:30 pm
Sat 8:00–9:25 am

LANSDALE | Sat 9:30–10:20 am (5–7 yrs)

TAEKWON-DO | ALL AGES | 10 WKS
Korean martial art that translates to ‘The Way of the Hand and Foot’. It is an unarmed system of self-defense that promotes physical and mental conditioning through exercise and self-discipline. Challenging and engaging but in a safe and fun environment. Helps students develop strength, stamina and flexibility through a variety of exercises and training drills. Training and work gradually leads towards advancement through the various ranks. Classes have been taught at this Y for over 20 years by Y instructors – all of whom started their training here. In addition to local instructors, our program is also affiliated and accredited with Taekwon-Do organizations at the local, national, and international levels. We encourage parents to participate with their children. We recommend certain ages and levels for each of the classes but can accommodate exceptions and challenging schedules pending the instructors’ approval. Students are encouraged to attend classes often to retain and expand their knowledge and physical ability.

INDIAN VALLEY | Tue 6:45–7:45 pm
Tue 7:45–8:45 pm (7 yrs+) Beg-Int
Sat 9:00–10:00 am

LANSDALE | Tue 7:00–8:00 pm (7 yrs+) Beg-Int
Tues 8:00–9:00 pm (7 yrs+) Int-Adv
Wed 7:00–8:00 pm (7 yrs+) Beg-Int
Wed 8:00–9:00 pm (7 yrs+) Int-Adv
Thu 7:00–8:00 pm (7 yrs+) Beg-Int
Thu 8:00–9:00 pm (7 yrs+) Int-Adv
Fri 6:30–8:30 pm (7 yrs+)
Black Stripe/Black Belt

For the younger student we offer a class that introduces some of the concepts and techniques used in Taekwon-Do but emphasizes movement, body control, and fun but in a disciplined fashion. No rank or level is achieved but the student is challenged to learn new techniques and improve their skills regularly.

LANSDALE | Sat 9:30–10:20 am (5–7 yrs)
INDIAN VALLEY | Sat 10:00–10:45 am
GYMNASTICS LEVEL 2 | 5 YRS+ | 10 WKS
NEW!
Designed for students who have already mastered their cartwheel. We will build on the skills they learned in Level 1. Students improve muscular strength and flexibility in a positive and safe learning environment.

INDIAN VALLEY Thu 5:00-5:45 pm
LANSDALE Wed 6:30-7:15 pm

CHEERLEASING | 7 YRS+ | 10 WKS
Learn the fundamentals of cheerleading including basic motions, jumps, and cheer tumbling. Cheerleaders build self-confidence and self-esteem while developing social skills and healthy relationships with other students.

INDIAN VALLEY Tue 4:15-5:00 pm

SPORTS – YOUTH
DOUBLE DRIBBLERS | 3-4 YRS | 10 WKS
A fun introduction to soccer and basketball. Four weeks of each sport.

INDIAN VALLEY Mon 9:30-10:00 am
Thu 10:00-10:30 am
Full Member $30 | Program Member $65

BASKETBALL – YOUTH | 3-12 YRS | 10 WKS
Our coaches teach the fundamental skills using exciting drills and game situations in a friendly atmosphere.

INDIAN VALLEY Tue 5:15-6:00 pm 7-8 yrs
Tue 6:00-6:45 pm 9-11 yrs
LANSDALE Thu 5:45-6:30 pm 5-6 yrs
Thu 6:30-7:15 pm 7-8 yrs
Thu 7:15-8:00 pm 9-12 yrs

SOCCER INDOOR | YOUTH 5-11 YRS | 10 WKS
Our coaches teach children fundamental skills of soccer using exciting drills and game situations in a friendly atmosphere. Shin guards are required. Times subject to change based on enrollment.

LANSDALE Mon 5:45-6:30 pm 5-6 yrs

FREE STYLE JUMP ROPE | 7 YRS+ | 10 WKS
Get your heart pumping with this high energy program. Mr. John whom is certified through Buddy Lee’s Jump Rope Institute will have you moving and grooving while improving balance, coordination, endurance, weight loss, strength, power, speed, quickness, and agility.

INDIAN VALLEY Mon 7:00-8:00 pm
Full Member $5 | Program Member $10

DODGEBALL YOUTH PROGRAM | 7-11 YRS | 10 WKS
Provides a means of physical activity and exercise for kids while promoting important values such as sportsmanship, teamwork, cooperation, confidence and self-esteem. Games include every man, doctor dodge and jailbreak & more.

INDIAN VALLEY Fri 6:30-7:45 pm

DODGEBALL LEAGUE – YOUTH | 12-17 YRS | 10 WKS
Come join our Indian Valley Dodgeball League! Open to all dodgeball fans. Participants are divided into 4 teams of 6-8 players. Occasional practices may be scheduled on Sundays.

INDIAN VALLEY Fri 7:45-9:30 pm Gym A

FLOOR HOCKEY | 8-12 YRS | 10 WKS
From basic puck work and shooting to successful stick handling and passing, kids have a great time learning floor hockey fundamentals. Kids progress from the basics to more advanced techniques as they master each level in a safe environment. Instructors use a skills assessment to find the right class for your child. Classes grouped by age and ability. Shin guards and helmet required (bike helmet acceptable).

INDIAN VALLEY Wed 7:00-8:00 pm

RACQUETBALL | 7-15 YRS | 10 WKS
Boys and girls of all levels are welcome to learn to play racquetball. Our program includes lessons, round robin and the use of a racquet ball and eye guards.

LANSDALE Sat 9:00-10:00 am Beg
Sat 10:00 am-11:00 am Int
Sat 11:00 am-12:00 pm Adv

SPORTS OF ALL SORTS | 3-6 YRS | 10 WKS
A fun and upbeat way to introduce your child to a variety of sports.

LANSDALE Tue 5:45-6:30 pm 3-4 yrs
Tue 6:30-7:15 pm 5-6 yrs

INTRO TO VOLLEYBALL | 10 YRS+ | 10 WKS
Class consists of skills and drills for player development with the goal of transferring their volleyball skills onto the court. Instructor will introduce bumping, setting, and serving fundamentals. This class is designed for members with some or no volleyball experience.

LANSDALE Wed 7:30-8:15 pm
PERSONAL BASKETBALL TRAINING AND DEVELOPMENT | MIDDLE SCHOOL+
Development of all areas of basketball and personal performance will be improved through a program geared to the individuals skill set. Offered at both Lansdale and IV. To schedule a session contact Christy Pope at Lansdale, Eric Troilo at IV. Contacts: Lansdale - Christy Pope, christyp@NorthPennYMCA.org; Indian Valley - Eric Troilo, erict@NorthPennYMCA.org.

INDIAN VALLEY & LANSDALE

<table>
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<tr>
<th>30 MIN</th>
<th>FULL MEMBER</th>
<th>PROGRAM MEM</th>
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<tr>
<td>1 Session</td>
<td>$25</td>
<td>$35</td>
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<tr>
<td>4 Session</td>
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<td>$130</td>
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<tr>
<td>8 Sessions</td>
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Hour sessions available upon request

7TH GRADE YMCA
FREE MEMBERSHIP INITIATIVE
If you are a current 7th grader in any school, stop by with your 7th grade school ID and a parent and complete a membership application to join our Y at no charge. Great way to work with our staff and trainers to help you reach your health and wellness goals.

There’s plenty to do at both of our branches:
» Get stronger & work out in our fitness centers
» Get involved in a pick-up game in the gym
» Ask a friend to join you for group exercise
» Swim in one of our pools or join the swim team
» Join a youth sports class or league
» Sign up for arts and crafts, dance or music class

This membership allows you to access those programs and services included with membership at no additional fee. For information, contact our membership desk and they will be happy to get you enrolled.

ADVENTURE GUIDES
Don’t let your kids grow up without you! Our Adventure Guides Program offers children and their fathers the opportunity to build strong, long lasting relationships while participating in enjoyable and educational activities. Plus $5/yr. per person Group Activity fee paid to your circle leader.

HIGHLIGHTS INCLUDE:
• Pinewood Derby: build and race your own pine car
• Camp outs: cabin camping
• Rocket Launch: build and launch your own rocket
• Sporting events: sledding, tubing, bowling
• Sleepovers: Aquarium, Battleship, Science Centers
• Arts & Crafts
• No Fundraising: no cookies or magazines to sell
• Program fits into any schedule: attend what you are able to

For additional information, visit us online at npadventureguides.com or call us at 267-291-4636. Like us on Facebook at facebook.com/NPYAG

FATHER/DAUGHTER
5-9 yrs | 10-14 yrs (Trailmates)

FATHER/SON
5-9 yrs | 10-14 yrs (Trailmates)

Full Member N/C | Program Member $60

PAL NORTH PENN POLICE ATHLETIC LEAGUE
FREE PROGRAM!
North Penn PAL, now a program of the North Penn YMCA, is a youth crime prevention program that utilizes educational, athletic and recreational activities to create trust and understanding between police officers in the community and youth. All kids ages 8-18 are invited to join this free program! ‘Like’ North Penn PAL on Facebook to stay up-to-date on all of our exciting current events. For more information contact Christy Pope at pal@NorthPennYMCA.org or stop by the Membership Office of the Lansdale branch for registration forms today!
REACHING OUR POTENTIAL

No matter who you are or what neighborhood you grow up in, the Y is a place for anyone who needs us. From college prep to safe spaces, we give everyone the opportunities they need to reach their full potential.

Help build a better us. ➤ DONATE TODAY.

The Y. For a better us.

NORTH PENN YMCA
NorthPennYMCA.org/donate

100% OF YOUR DONATION SUPPORTS OUR COMMUNITY
ADAPTED PROGRAMS

ADAPTED-FREE SWIM | FREE
Free open swim time for all with special needs. No instruction is provided. Participants must bring help to assist them in our locker room and pool.
LANSDALE Thu 3:00-4:00 pm

ADAPTED SWIM LESSONS | 3 YRS+ | 10 WKS
Small group swim lessons for children with mild physical and mental disabilities.
LANSDALE Sat 12:00-12:30 pm 3-6 yrs
Sat 12:30-1:00 pm 7-12 yrs
Full Member $57 | Program Member $90

INT’L ASSOCIATION FOR HANDICAPPED DIVERS | 10 YRS+ | FREE
Designed to allow mentally, emotionally or physically challenged divers ages 10 and up to learn and enjoy the magic of scuba diving. Taught year-round by IAHD certified instructors in safe, non-competitive environment and students proceed at their own pace. Every diver earns an appropriate IAHD Scuba Certification for participating in the program. Family and private formats can be arranged at add’l cost. To learn more, call (215) 256-1992 or visit us on the web: www.iahd-americas.org
INDIAN VALLEY Thu 6:30-10:00 pm

BASKETBALL
Special Olympic athletes participate in drills, skills and game style instruction. Team building is the goal and basketball is the medium. All are welcome. Remember to wear gym shorts, T-Shirts and sneakers. Tournaments are held in the spring.
LANSDALE Fri 8:00-9:30 pm Gymnasium – Court A

POWERLIFTING
Athletes training for Powerlifting are required to be 14 years old and may compete at the age of 16 years. Powerlifting is a sport that involves building strength as well as character. Athletes should wear loose gym clothing and footwear with good ankle support and may bring their own water. Our team has competed in Delaware, Connecticut, New York, Villanova and even Dublin, Ireland. Local tournaments are held in the spring. County and state competitions in the fall.
LANSDALE Wed 7:30-9:30 pm Rotelle Wellness Ctr

SPECIAL OLYMPICS
Through the sponsorship of Developmental Fitness Co. of North Wales, we offer three year-round Special Olympics programs. Athletes must have a Special Olympics medical release on file with Montgomery County Special Olympics as well as a copy for the YMCA before beginning. Volunteers are always needed and welcomed. Contact Sean Hanley at 215-527-2475 or SeanHanley@developmentalfitness.com.
LANSDALE

FRIDAY NIGHT OUT
YOUNG ADULTS WITH SPECIAL NEEDS
Socialization to build friendships, enjoy activities in the community and swim/exercise at our Indian Valley YMCA. Events are held on and off Y property. For more information, contact our Indian Valley branch at 215-723-3569. Extra fee may be required for field trips. Includes a free complimentary program membership. Session runs through June. Limited Enrollment (Maximum 30-35). Schedule subject to change. Material fees associated with some events.
INDIAN VALLEY Fridays 7:00-9:00 pm
Sep 6 | Welcome Back
Sep 20 | Color Me Mine (Must RSVP)
Oct 4 | Bowling – Earl Bowl, Earlington
Oct 18 | Hip Hop
Nov 1 | Hayride at Merrymead Farm
Nov 15 | Pizza & Game Night
Dec 6 | Shopping at Montgomery Mall; meet at escalators
Dec 13 | Make a Wreath or Planter – Hague’s Christmas Tree Farm, Forty Foot Rd across from Pennfield Middle School (7:30-9:00 pm)
Schedule subject to change due to availability. $70 per session
DISCOVER. IMAGINE. GROW.

HARLEYSVILLE YMCA EARLY CHILDHOOD CENTER

PRE-SCHOOL SUMMER DAY CAMP

Our summer camp programs offer young campers weekly sessions that feature arts & crafts, cooking, experiments, literature, music, & movement activities. Bring a disposable, bagged lunch.

SUMMER CAMP SESSIONS & THEMES

<table>
<thead>
<tr>
<th>SESSION</th>
<th>THEME</th>
<th>DATES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-Session</td>
<td>GET READY FOR SUMMER AT THE YMCA MAY 28: EDIBLE ART MAY 29: CONSTRUCTION JUNCTION MAY 30: GREEN THUMB KIDS MAY 31: MONSTER MASH</td>
<td>May 28-31</td>
</tr>
</tbody>
</table>

Introduce your child to Sensational Summer Preschool Camp by enrolling in daily sessions. This week only, you may choose 1, 2, 3, or 4 days of camp adventures. Times: 9am-1pm. Cost: $30/day

1 JUNIOR SCIENTISTS June 3-7
Experiment, investigate, and be amazed by scientific concepts and activities.

2 GREAT ARTISTS AT WORK June 10-14
Paint, draw, color, and make masterpieces.

3 KIDS IN THE KITCHEN June 17-21
Roll up your sleeves and get busy creating yummy recipes

4 BUILDING BUDDIES June 24-28
If you can dream it, you can build it!

5 CELEBRATE THE USA July 1, 2, 3
Be patriotic in art, music, stories, and games.

6 SPORTS & GAMES July 9-11
Move your muscles in this fast-paced session.

7 DINOMITE DINOS & DRAGONS July 16-18
Have fun and go back to prehistoric times.

8 FAIRYTALE PRINCESSES & KNIGHTS July 23-25
Explore timeless fantasies and treasures.

9 ANIMAL ANTICS July 30-Aug. 1
Learn fun, fascinating facts and activities.

10 SUPER HEROES Aug 6-8
Explore your amazing powers!

11 YOUNG ENVIRONMENTALISTS Aug 13-15
Help make the world a safer place in this fun-filled camp session.

HARLEYSVILLE EARLY CHILDHOOD CENTER
311 Alumni Ave., Harleysville, Pa

5-DAY WEEKLY CAMP SESSION
Mon-Fri 9am to 1pm* $125 | 2nd child $110

3-DAY WEEKLY CAMP SESSION
Tue-Thu 9am-1pm* $93 | 2nd child $83

*NEW THIS YEAR* Jr. Campers: Ages 2 1/2-3 1/2 yrs. T, W, TH only

*Extended hours available - call for pricing.

For more information, contact Diane Manus at 215-256-0767 or by email at dianem@NorthPennYMCA.org.
LOOK OUT FOR SUMMER FUN!

INDIAN VALLEY FAMILY YMCA

SUMMER CAMP | JUN 12/13*-AUG 25

Welcome to our 2019 camping season. We have a great summer planned for your kids, with plenty of options available. Our camp programs strive to provide positive experiences and opportunities for children entering grades K through 9 through a variety of activities, including sports, games, swimming, field trips, and more. *Camp will begin on June 12 for Souderton School District, and June 13 for Perkiomen Valley School District (dates subject to change according to school district calendars and potential snow days).

CAMP OFFERINGS INCLUDE 5, 4 or 3-DAY OPTIONS:

IV TEENS | 6-9
890 Maple Avenue, Harleysville

SCOUT CABIN | K-5
435 Park Avenue, Harleysville

HEIDELBERG CAMP | K-5
251 Perkiomen Avenue, Schwenksville

Souderton Park Camp | K-5
Wile and Reliance Rd, Souderton

FULL DAY | 9am-4pm
EXTENDED DAY | 7am-6pm
Children go swimming Monday, Wednesday, and Friday at the community pool near them. Heidelberg Camp gets bussed to the Harleysville Community Pool on Park Avenue. We also do crafts, enjoy enrichment and the most important thing is make great friends.

2019 CIT POSITIONS AVAILABLE!
COST $163.00 PER WEEK TRIP FEES
$40.00 trip fee will be added for part-time campers attending field trips. All parents are welcome to be field trip chaperones. Please contact Pam Jackson for more information.

For more information contact Pam Jackson at 215-723-3569, ext 113 or pamj@NorthPennYMCA.org.

**D A Y C A M P | G R A D E S K-5**

<table>
<thead>
<tr>
<th>WEEK</th>
<th>THEME</th>
<th>DATES</th>
<th>TRIPS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>SMALL WORLD</td>
<td>June 12-14 (No Heidelberg)</td>
<td>No Trip</td>
</tr>
<tr>
<td>2</td>
<td>UP, UP AND AWAY</td>
<td>June 17-21 (Heidelberg Begins)</td>
<td>Mauch Chunk Lake</td>
</tr>
<tr>
<td>3</td>
<td>IT’S A ZOO OUT HERE!</td>
<td>June 24-28</td>
<td>Elmwood Zoo/</td>
</tr>
<tr>
<td>4</td>
<td>TO INFINITY AND BEYOND</td>
<td>July 1-5 (No camp July 4th)</td>
<td>Dorney Park Wildwater Kingdom (Wed trip)</td>
</tr>
<tr>
<td>5</td>
<td>A WEEK AT THE BEACH</td>
<td>July 8-12</td>
<td>Mauch Chunk Lake</td>
</tr>
<tr>
<td>6</td>
<td>TIME TRAVELERS</td>
<td>July 15-19</td>
<td>Giggleberry Fair/ Constitution Center</td>
</tr>
<tr>
<td>7</td>
<td>CHARACTER COUNTS</td>
<td>July 22-26</td>
<td>Limerick Bowl</td>
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<tr>
<td>8</td>
<td>LET THE GAMES BEGIN</td>
<td>July 29-Aug 2</td>
<td>Mauch Chunk Lake Renaissance Fair</td>
</tr>
<tr>
<td>9</td>
<td>MUSIC, MUSIC, MUSIC</td>
<td>Aug 5-9</td>
<td>Bounce U</td>
</tr>
<tr>
<td>10</td>
<td>OUTDOOR EXPLORERS</td>
<td>Aug 12-16</td>
<td>Green Lane Park</td>
</tr>
<tr>
<td>11</td>
<td>OLYMPIC WEEK</td>
<td>Aug 19-23</td>
<td>No Trip</td>
</tr>
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</table>

Session dates, trip dates, and destinations are subject to change.

<table>
<thead>
<tr>
<th>FULL DAY (9 AM-4 PM)</th>
<th>1ST CHILD</th>
<th>ADD’L CHILD</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 DAY</td>
<td>$201</td>
<td>$186</td>
</tr>
<tr>
<td>4 DAY</td>
<td>$170</td>
<td>$160</td>
</tr>
<tr>
<td>3 DAY</td>
<td>$139</td>
<td>$129</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>EXTENDED DAY (7 AM-6 PM)</th>
<th>1ST CHILD</th>
<th>ADD’L CHILD</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 DAY</td>
<td>$252</td>
<td>$237</td>
</tr>
<tr>
<td>4 DAY</td>
<td>$209</td>
<td>$200</td>
</tr>
<tr>
<td>3 DAY</td>
<td>$168</td>
<td>$158</td>
</tr>
</tbody>
</table>
Welcome to our 2019 Summer Camp program. Our camp strives to provide positive experiences and opportunities to all children through a variety of wholesome recreational activities.

Our goal is to create an opportunity for your child to enhance their self-esteem, build friendships and develop a greater sense of their potential in a safe & fun environment.

Values of caring, honesty, respect & responsibility are reflected in daily camp life and through all the fun your child is sure to experience here at the Lansdale Area Family YMCA Summer Camp program!

For more information, contact Patty Roberts at 215-368-1601, ext 301 or pattyr@NorthPennYMCA.org.

A SECOND CAMP LOCATION HAS BEEN ADDED FOR GRADES 3-9 BEGINNING JULY 8:

SCHWENCKFELD MANOR
1290 Allentown Road
Lansdale, PA 19446

SCHWENCKFELD MANOR
1290 Allentown Rd., Lansdale, PA |

FULL DAY (9 AM-4 PM)
EXTENDED DAY (6:30 AM-6 PM)

<table>
<thead>
<tr>
<th>WEEK</th>
<th>THEME</th>
<th>DATES</th>
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</thead>
<tbody>
<tr>
<td>4</td>
<td>CAMPERS GOT TALENT</td>
<td>July 8-12</td>
</tr>
<tr>
<td>5</td>
<td>SILLY SCIENCE/COOKING</td>
<td>July 15-19</td>
</tr>
<tr>
<td>6</td>
<td>ULTIMATE SPORTS</td>
<td>July 22-26</td>
</tr>
<tr>
<td>7</td>
<td>GLOBAL CAMP</td>
<td>July 29-Aug 2</td>
</tr>
</tbody>
</table>

FULL DAY (9 AM-4 PM) | ADD’L CHILD
| 1ST CHILD | ADD’L CHILD |
| FULL DAY   | $206       | $190       |
| EXTENDED DAY | $260     | $244       |

www.NorthPennYMCA.org
PRIVATE/SEMI PRIVATE SWIM LESSONS

INDIAN VALLEY
PRIVATE LESSONS
Full Member $80/4 wks | Program Member $95/4 wks
SEMI-PRIVATE LESSONS
Full Member $56/4 wks | Program Member $71/4 wks

Private or Semi-Private swim lessons are scheduled in four, half hour swim lessons for any participant ages 4+. Prior to registration/payment, participants must contact the Aquatics Director. Private and Semi-Private swim lessons are scheduled based on participant and instructor availability. Please call the YMCA at 215-723-3569, ext. 121 or stop in to fill out a request form.

LANSDALE AREA
PRIVATE LESSONS
Full Member $80/4 wks | Program Member $95/4 wks
SEMI-PRIVATE LESSONS
Full Member $56/4 wks | Program Member $71/4 wks

Private or Semi-Private swim lessons are scheduled in four, half hour swim lessons for any participant ages 4+. Prior to registration/payment, participants must contact the Assistant Aquatics Director. Private and Semi-Private swim lessons are scheduled based on participant and instructor availability. Please call Jen Eidell at 215-368-1601, ext. 211.

GROUP OR TEAM AQUATICS

AQUA PERSONAL TRAINING | 18 YRS+
One-on-one training | Twelve times more resistance than the air without the gravitational stress and pain. Helps to improve balance and overall toning of muscles. No swim experience necessary. Pool depth is 3–4 ft. Please contact Cindy at 215-368-1601, ext 210 or cindylea@NorthPennYMCA.org

LANSDALE

TRAINING PACKAGES

<table>
<thead>
<tr>
<th></th>
<th>60 MINUTE</th>
<th>30 MINUTE</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Session</td>
<td>$45</td>
<td>$25</td>
</tr>
<tr>
<td>4 Session</td>
<td>$160</td>
<td>$80</td>
</tr>
<tr>
<td>8 Sessions</td>
<td>$300</td>
<td>$160</td>
</tr>
<tr>
<td>12 Sessions</td>
<td>$420</td>
<td>$240</td>
</tr>
</tbody>
</table>

SWIM LESSONS-ADULT/TEEN | 13 YRS+
Learn to swim. Class is divided into beginner, intermediate and advanced levels.

INDIAN VALLEY
Mon 8:00-8:45 pm

LANSDALE
Wed 6:30-7:15 pm
Sat 8:15-9:00 am

Full Member $51 | Program Member $90
SWIM STARTERS | 6 MTHS-3 YRS
Full Member $40 | Program Member $80

LEVEL A FOCUS SKILLS
» Blow bubbles on surface (assisted)
» Front tow chin in water (assisted)
» Water exit – parent and child together
» Water entry – parent and child together
» Back float assisted head on parent shoulder
» Roll over in water (assisted)
» Front float chin in water (assisted)
» Back tow head on parent shoulder (assisted)
» Wall grab (assisted)

LEVEL B FOCUS SKILLS
» Blow bubbles mouth and nose submerged (assisted)
» Front tow and blow bubbles (assisted)
» Water exit child (assisted)
» Water entry child (assisted)
» Back float assisted head on parent chest
» Roll over in water (assisted)
» Front float and blow bubbles (assisted)
» Back tow head on parent chest (assisted)
» Wall grab and monkey crawl along edge (assisted)

SWIM BASICS | 3-5 YRS | 30 MIN
Full Member $40 | Program Member $80

SWIM BASICS | 6-12 YRS | 45 MIN
Full Member $60 | Program Member $100

LEVEL 1 FOCUS SKILLS
» Blowing bubbles out mouth
» Back float & front glide assisted
» Kicking on stomach and back assisted
» Rolling over in water
» Jumping in from side of pool on teacher cue with assistance

LEVEL 2 FOCUS SKILLS
» Blowing bubbles with face submerged and out nose
» Back float for a longer period of time with goal of being unassisted
» Front glide with improving body position and less assistance
» Kicking on stomach and back improving quality and distance
» Rolling over in water
» Beginning to learn to tread water 10 seconds and exit pool
» Jumping in from side of pool on teacher cue with less assistance and completely submerging

LEVEL 3 FOCUS SKILLS
» Improving body position and kicks working toward front & back crawls
» Front glide adding rotational breathing
» Kicking on stomach and back assisted
» Jumping in deeper water on teacher cue and submerging
» Treading water for 1 minute and exiting pool

SWIM STROKES | 3-5 YRS | 30 MIN
Full Member $40 | Program Member $80

SWIM STROKES | 6-12 YRS | 45 MIN
Full Member $60 | Program Member $100

LEVEL 4 FOCUS SKILLS
» Drills building to being able to swim 15 yds front crawl with rotary breathing
» Drills building to being able to swim 15 yds backstroke
» Introduce Breaststroke kick
» Introduce Butterfly/dolphin kick
» Diving in from knees/dolphin kick in deep water
» Tread water with quality kick and arms for 1 min and exit pool

LEVEL 5 FOCUS SKILLS
» Endurance, any stroke or combination of strokes for 50 yds
» Freestyle, bent-arm recovery, 25 yd.
» Backstroke, 25 yd.
» Dive, kneeling/standing
» Resting stroke, sidestroke, 25 yd.
» Tread water, scissor & whip kick, 2 mins.
» Beginning Breaststroke, 25 yd.
» Beginning Butterfly, simultaneous arm action & kick, 15 yd.

LEVEL 6 FOCUS SKILLS
» Endurance, any stroke or combination of strokes, 150 yd.
» Front crawl, 50 yds and begin working on flip turn
» Backstroke 50 yds & begin working on flip turn
» Dive, standing
» Resting stroke, elementary backstroke or sidestroke, 50 yd.
» Tread water, retrieve object off bottom, tread 1 min.
» Breaststroke, with open turn, 50 yd.
» Butterfly, 25 yd.
SWIM LESSONS

Our swim lessons are designed to teach this lifelong skill to children and adults in a safe environment.

For more information, contact our Indian Valley branch at 215-723-3569, ext 121 or Cindy Leahy at our Lansdale branch at cindylea@NorthPennYMCA.org.

YOUTH SWIM EVALUATION

Students enrolled in swim class will be given an evaluation at week six. These evaluations indicate the level we believe the child should sign up for; however, the reports are not always accurate since two weeks remain in the session. We encourage parents to discuss level placement with their child’s instructor. For those unsure of level placement, waterskill evaluation may be done by appointment. Call Aquatics at our Indian Valley Branch at 215-723-3569, ext 121 for an appointment. Call Cindy Leahy at our Lansdale Area Branch at 215-368-1601, ext 210 or cindylea@NorthPennYMCA.org for an appointment.

AQUATIC CLASS WAIT LIST

Please ask to be put on a waiting list if your preferred class is full. We will try to add new classes as needed. Our Aquatic Department reserves the right to cancel or combine any program due to low enrollment or unforeseen facility schedule changes.

AQUATIC MAKE-UP POLICY

Due to class consistency and ratios, we do not offer make-up swim lessons (including closures due to weather).

SUMMER SPECIAL – 10 WEEKS OF SWIM LESSONS FOR THE PRICE OF 8!

REGISTRATIONS FOR THE SWIM BASICS AND SWIM STROKES WILL NOT BE ACCEPTED AFTER JUN 30. SWIM LESSONS ARE NOT PRO-RATED. (Does not apply to Swim Starters)

SWIM STARTERS

6 mths–3 years

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

INDIAN VALLEY | 6 MTHS–3 YRS

<table>
<thead>
<tr>
<th>LEVEL A</th>
<th>LEVEL B</th>
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</thead>
<tbody>
<tr>
<td>Water Discovery</td>
<td>Water Exploration</td>
</tr>
<tr>
<td>Fri 6:00–6:30 pm</td>
<td>Fri 6:00–6:30 pm</td>
</tr>
<tr>
<td>Sat 9:00–9:30 am</td>
<td>Sat 9:35–10:05 am</td>
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<tr>
<td>Sat 10:10–10:40 am</td>
<td>Sat 10:10–10:40 am</td>
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LANSDALE AREA | 6 MTHS–3 YRS

<table>
<thead>
<tr>
<th>LEVEL A</th>
<th>LEVEL B</th>
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<tbody>
<tr>
<td>Water Discovery</td>
<td>Water Exploration</td>
</tr>
<tr>
<td>Tue 12:00–12:30 pm</td>
<td>Tue 11:30–12:00 pm</td>
</tr>
<tr>
<td>Sat 9:00–9:30 am</td>
<td>Sat 9:30–10:00 am</td>
</tr>
<tr>
<td>Sat 10:00–10:30 am</td>
<td>Sat 10:30–11:00 am</td>
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</table>

A | WATER DISCOVERY
This class introduces infants and toddlers to the aquatic environment.

B | WATER EXPLORATION
(No prerequisite) This class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills.
SWIM BASICS
3–5 yrs/6–12 yrs

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:
• Swim, float, swim—sequencing front glide, roll, back float, roll, front glide, and exit
• Jump, push, turn, grab

1 | WATER ACCLIMATION
Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process.

2 | WATER MOVEMENT
For the beginning swimmer and simply builds on basic skills of Level 1 with the goal of improving the most basic skills and safety around the water.

3 | WATER STAMINA
Designed to move the beginning swimmer to more independence in the water applying the basics covered in Levels 1 & 2 but being done without assistance and with better mechanics overall.

### INDIAN VALLEY | 3–5 YRS

<table>
<thead>
<tr>
<th>LEVEL 1</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
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</thead>
<tbody>
<tr>
<td>Water Acclimation</td>
<td>Water Movement</td>
<td>Water Stamina</td>
</tr>
<tr>
<td>Mon 10:30–11:00 am</td>
<td>Mon 10:30–11:00 am</td>
<td>Mon 11:05–11:35 am</td>
</tr>
<tr>
<td>Mon 4:00–4:30 pm</td>
<td>Mon 4:00–4:30 pm</td>
<td>Tue 10:35–11:05 am</td>
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<td>Tue 10:00–10:30 am</td>
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<td>Sat 9:35–10:05 am</td>
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### LANSDALE AREA | 3–5 YRS

<table>
<thead>
<tr>
<th>LEVEL 1</th>
<th>LEVEL 2</th>
<th>LEVEL 3</th>
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<tbody>
<tr>
<td>Water Acclimation</td>
<td>Water Movement</td>
<td>Water Stamina</td>
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<tr>
<td>Mon 10:00–10:30 am</td>
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<td>Mon 6:00–6:30 pm</td>
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<td>Mon 5:00–5:30 pm</td>
<td>Mon 5:00–5:30 pm</td>
<td>Wed 5:30–6:00 pm</td>
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<td>Mon 5:30–6:00 pm</td>
<td>Mon 5:30–6:00 pm</td>
<td>Sat 10:45–11:15 am</td>
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PLEASE NOTE: Five minutes are added between our Saturday Swim Lessons to help with the transitions between classes.
**SWIM STROKES**

3–5 yrs/6–12 yrs

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

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**INDIAN VALLEY | 6–12 YRS**

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<thead>
<tr>
<th>LEVEL 1 Water Acclimation</th>
<th>LEVEL 2 Water Movement</th>
<th>LEVEL 3 Water Stamina</th>
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**LANSDALE AREA | 6–12 YRS**

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<th>LEVEL 1 Water Acclimation</th>
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**4 | STROKE INTRODUCTION**

Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke).

**5 | STROKE DEVELOPMENT**

(Approval required for ages 3–5) Designed to start refining freestyle and backstroke and introduce breaststroke and butterfly.

**6 | STROKE MECHANICS**

(Approval required for ages 3–5) This level further refines stroke technique on all major competitive strokes and begins to teach flip turns as well as expecting students to swim longer distances.

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**INDIAN VALLEY | 3–5 YRS**

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<th>LEVEL 4 Stroke Introduction</th>
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<td>Tue 11:00–11:40 am</td>
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**LANSDALE AREA | 3–5 YRS**

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<th>LEVEL 4 Stroke Introduction</th>
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<td>Mon 6:00–6:30 pm</td>
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<td>Sat 10:10–10:40 am</td>
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<td>Sat 11:55–12:25 pm</td>
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TWO WEEK ACCELERATED SWIM LESSONS | LANSDALE

SWIM BASICS
3-5 YRS | Full member $40 | Program Member $80
6-12 YRS | Full member $60 | Program Member $100

SESSION I – JUNE 17-27
SESSION II – JULY 8-18
LANSDALE | 3-5 YRS
MON-THU | LEVEL 1/LEVEL 2 | 9:15-9:45 AM

LANSDALE | 6-12 YRS
MON-THU | LEVEL 1/LEVEL 2 | 11:30 AM-12:15 PM

SWIM SPECIALTIES

PORPOISE CLUB | 12 YRS+
Get ready to learn lifeguard skills, pool safety, rules and swim instruction. Swimming skills will be tested. Must have four or more students enrolled.
LANSDALE | Sat 11:40 am-12:25 pm
Full member $60 | Program Member $100

INDIAN VALLEY SCUBA DIVING | 10 YRS+
Earn your IVS-Exclusive PADI Open Water +Plus! certification. Classes start monthly; dives are local or on our signature trips to the Florida Keys! Every student receives FREE personal gear. Details: Indian Valley Scuba 215-256-6000 or visit us on the web www.indianvalleyscuba.com.
ININDIAN VALLEY | Thu 6:30-10:00 pm

CAPTAIN RON’S SCUBA DIVING
“Big enough to serve you, small enough to know you!” Specializing in scuba diving education! Padi IDC Staff Instructor. Contact Ronald Boice at 610-277-3973 or visit us on the web at www.captronsdiving.com.
LANSDALE

CERTIFICATION COURSES

LIFEGUARD – AMERICAN RED CROSS CERTIFICATION
Pre-requisites: Must be 15 years old and able to swim 300 yards non-stop, complete a surface dive and tread water for 2 minutes. Fee includes American Red Cross CPR and Lifeguarding textbooks, CPR mask and CPR and Lifeguarding certification cards. Must attend all four classes.
INDIAN VALLEY | Sun 9:00 am-4:00 pm
 Jul 7, 14, 21, 28
Member $300 | Community $325
RECERTIFICATION CLASS
9:00 am-3:00 pm | Aug 11
Cost $150
www.NorthPennYMCA.org
AQUATICS - ADULT

CLASSES FREE TO FULL MEMBERS

AEROBICS – AQUA | 10 WKS
Challenge your cardiovascular system with some fluid energy while experiencing a fun blend of muscle endurance and core conditioning. Swimming ability is not required.
INDIAN VALLEY Mon 7:15-8:00 pm
Full Member N/C | Program Member $34
LANSDALE Mon/Wed 7:15-8:00 pm
Full Member N/C | Program Member $62

AEROBICS – DEEP WATER | 10 WKS
Deep water exercise class focusing on abs, thighs and buttocks. A great way to tone your body in warm water. Swim belts are provided.
INDIAN VALLEY Wed 7:15-8:00 pm
Full Member N/C | Program Member $34
LANSDALE Mon/Wed/Fri 8:15-9:00 am
Mon/Wed/Fri 12:30-1:15 pm
Full Member N/C | Program Member $79

ARTHITIS STRESS FREE – AQUATIC | 10 WKS
Recommended for people with arthritis, limited movement or high stress levels.
LANSDALE Tue/Thu 11:30 am-12:15 pm
Full Member N/C | Program Member $62

LOW IMPACT HYDRO | 10 WKS
Stretch and hold, increasing your ability to balance and gain core strength while listening to soothing music.
LANSDALE Mon 9:00-9:45 am
Full Member N/C | Program Member $34

HIGH IMPACT AEROBICS | 10 WKS
Choreographed shallow water workout for cardio and toning. Includes use of barbells and your own resistance.
LANSDALE Wed 10:30-11:15 am
Full Member N/C | Program Member $34

HYDROTRIM | 10 WKS
Cardiovascular fitness water aerobic class that tones, tightens and trims your body. Includes the use of barbells and noodles to enhance your total body workout. Swimming ability is not required.
LANSDALE Fri 10:45-11:30 am
INDIAN VALLEY Mon/Wed/Fri 9:00-9:45 am
Full Member N/C | Program Member $79

HYDRO POWER | 10 WKS
Aqua aerobic class with high energy and intensity.
LANSDALE Wed 9:00-9:45 am
Fri 9:00-9:45 am
Full Member N/C | Program Member $34

INTERVAL DEPTH CLASS | 10 WKS
Combining deep and shallow exercise.
INDIAN VALLEY Mon/Wed/Fri 5:30-6:15 am
Full Member N/C | Program Member $79

STEP UP HYDRO NOODLE WITH A TWIST | 10 WKS
Creative cardio workout which includes toning and core concepts, all with a pool noodle and a twist.
INDIAN VALLEY Tue/Thu 8:45-9:30 am
Tue/Thu 1:00-1:45 pm
Full Member N/C | Program Member $62

WATER WALKERS | 10 WKS
Walk and have a full body massage with every step, all while making your body stronger and more flexible.
INDIAN VALLEY Mon/Wed 3:30-4:15 pm
Tue/Thu 10:40-11:25 am
Full Member N/C | Program Member $62
LANSDALE Mon/Tue 9:45-10:30 am
Thu 9:15-10:00 am
Full Member N/C | Program Member $79

VOLLEYBALL-WATER | 10 WKS
Co-ed volleyball for everyone 16 years and up.
LANSDALE Tue/Thu 12:30-2:00 pm
Full Member N/C | Program Member $40
PERSONAL TRAINING

Available for individuals who would like one-on-one sessions with our instructors at our Indian Valley and Lansdale Area branches. Trainers workout with you and answer any questions you might have concerning your program. Your sessions include body fat testing, personal exercise program, fitness testing and large amounts of motivation.

TRAINING PACKAGES

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<td>12 Sessions</td>
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PARTNER TRAINING (2 PEOPLE)

Available in 60 minute sessions for the same rates as personal training. See above for package pricing.

GROUP TRAINING (3–6 PEOPLE)

4 sessions $300 / $12.50/hr/person

Jun 17-30

PERSONAL TRAINING SPECIAL | NEW!

LANSDALE

Take advantage of this personal training special!
Buy 4 | Get 1 Free
Buy 8 | Get 2 Free
Buy 12 | Get 3 Free

Please see membership to purchase your package.

FITNESS ASSESSMENT | 14 YRS+

Polar Body Age Fitness Assessment system discovers your TRUE Body Age in a private room. Your personal evaluator will assess your body composition, cardiovascular fitness, muscular endurance/strength and flexibility to reveal your age and give you suggestions for improvement. Our personal training staff will design your program based on the results of this assessment and your goals. Follow-up assessments within a year are $15.

LANSDALE/INDIAN VALLEY by appointment
Full Member N/C for first assessment | Program Member $15

www.NorthPennYMCA.org
ARb. D. a bunries

ADULT AND ADVANCED SEWING | 10 WKS
It’s easier than most people think, when you have directions along with progressive sewing lessons. If you can tie your shoes, write your name and read second-grade level books, you can learn to sew! Sewing is a life skill. Weekly lessons will teach how to construct a garment following directions. Cost of material not included in class fee.

LANSDALE  Wed 8:20–9:20 pm
Fri 5:30–6:30 pm
Full Member $45  |  Program Member $90

NEEDLE CRAFTS | ADULT | 10 WKS
We include almost any of the hand crafts such as knitting, crocheting, counted or stamped cross stitch, plastic canvas, needlepoint, smocking and more. Please come the first night with supplies for your chosen craft.

LANSDALE  Mon 7:00–8:00 pm Adult & Teen
Full Member $17  |  Program Member $34

SEWING AND QUILTING | ADULT | 10 WKS
Brush up on skills learned long ago, hang out to get inspiration or learn from the very beginning. We will teach anyone, 8-years or over, to do basic sewing tasks on the way to creating useful and unique items. Cost of materials not included in class fee.

LANSDALE  Thu 6:00–7:00 pm Beg Sewing
Thu 7:00–8:00 pm Adult and Adv Sewing
Full Member $45  |  Program Member $90

ARTS & HUMANITIES

DANCE

ADULT HIP HOP | 16 YRS+ | 10 WKS
Hip hop is a high energy dance class that focuses on the latest styles of street dance, breaking, pop and isolated movements. Develop your coordination, balance and agility all while having fun in an upbeat setting. Sneakers and clothing you can move in is recommended. Ages 16 and up.

INDIAN VALLEY  Day 11:00 am–12:00 pm | Gym A
Full Member $45 Program Member $90

SWING DANCE LESSONS
In conjunction with Swingkat try your hand at Swing Dancing with Faryl Codispoti. Please contact Faryl at 610-348-6727 or Faryl@swingkat.com to register.

LANSDALE  Tue 8:30–9:30 pm

SPORTS – ADULT

BADMINTON | 16 YRS+ | 10 WKS
Join us for a fun game of badminton. Everyone is required to register due to space limitations. Lansdale Offsite Location: Central Community Center at Central Schwenkfelder Church, 2067 Steelman Rd, Lansdale.

LANSDALE  Tue 7:00–9:30 pm Central CommCtr
Fri 5:30–7:30 pm Central CommCtr
Full Member $29  |  Program Member $57

BADMINTON FAMILY | 7 YRS+ | 10 WKS
Bring the family for a fun night of badminton. Adults and youth are required to register on an individual basis due to space limitations.

INDIAN VALLEY  Sat 5:45–7:45 pm
Sun 5:00–6:30 pm
Full Member N/C  |  Program Member $57

BASKETBALL ADULT PICK-UP | 35 YRS+ | 10 WKS
Enjoy exercise and fun. Games are recreational and designed to provide exercise and a good time. Running is required for this program. Registration required.

INDIAN VALLEY  Thu 8:15–9:45 pm
Sat 7:00–8:50 am Gym A/B
LANSDALE  Tue 7:00–9:30 pm Meg Gym
Full Member N/C  |  Program Member $45
HOCKEY | 16 YRS+ | 10 WKS
Play floor hockey in the gym. Teams chosen each week and competitive pick up games are played. Plastic blade sticks only! Pre-registration required. Please no checking. Protective gear required.
**INDIAN VALLEY**
- Mon 12:00-1:00 pm
- Tue 12:00-1:00 pm
- Wed 12:00-1:00 pm
- Wed 8:15-9:50 pm
- Thu 12:00-1:00 pm
- Fri 12:00-1:00 pm
Full Member N/C | Program Member $57

**COUCH TO 5K**
This 8-week Couch to 5K training program will assist the beginning runner to progress to running your first 5K. You do not need any running experience. This program will prepare you to run in the Dash and Splash 5K on Wed. Aug 14 at the Hatfield Aquatic Center. Sign-up today to set that goal of running in your first 5K. For more information contact Bruce Bach, 215-368-1601 ext. 216 or bruceb@NorthPennYMCA.org
**LANSDALE**
- Tues/Thur 5:30-6:15pm
Full Member $40 | Program Member $55

PICKLEBALL | 10 WKS
Learn the fastest growing sport for active older adults. Fun court game that is just the right speed for you! Learn to play doubles. All equipment provided at Indian Valley and Lansdale.
**INDIAN VALLEY**
- Mon 7:00-8:30 am Gym A/B
- Tue 1:00-3:00 pm Gym A
- Wed 7:00-8:30 am Gym A/B
- Thu 1:00-3:00 pm Gym A

**SPARTAN STADION TRAINING | NEW!**
July 16-Sep 19
Ever think about participating in a Spartan run but are unsure about how to train? Then join us for 10 weeks of training and at the end be ready for the Spartan Stadion at Citizens Bank Park in Philadelphia on Saturday, September 21st. Harder than most boot camps, this training will battle-test both your cardio and strength fitness levels with exercises to prepare you to not only finish but be physically and mentally prepared for the challenge. With endurance coach Don Riffle. For more questions contact Bruce Bach, 215-368-1601 ext. 216.
**LANSDALE**
- Tue and Thu 6:30-7:30 pm
Full Member $40 | Program Member $55

SOCCER ADULT | 16 YRS+ | 10 WKS
Pick-up games. Drop-ins always welcome.
**INDIAN VALLEY**
- Tue 8:30-9:50 pm
Full Member N/C | Program Member $57

**TAE KWON DO ADULT | 13 YRS+ | 10 WKS**
Tae Kwon Do is the ancient Korean art of self-defense. Offers adults the opportunity to learn self-defense, self-confidence, self-discipline and to improve his/her power of concentration, physical strength and endurance.
**LANSDALE**
- Tue 7:00-8:00 pm Beg/Int
- Tue 8:00-9:00 pm Adv
- Thur 8:00-9:00 pm All Levels
- Fri 6:30 – 8:30 pm Black stripe & up
Full Member $45  |  Program Member $90

BOXING | 16 YRS+ | 5 WKS
Jun 17-Jul 20
Class that encompasses the technical aspects of boxing with core strengthening exercises. Develops footwork, conditioning and endurance. Learn boxing skills such as correct form in throwing jabs, hooks and uppercuts, how to work with pads, the speed bag and heavy bag techniques, all while working at an intense pace. Push yourself to the limit and find the champion within you! All fitness levels. Hand wraps are provided, but you must bring your own gloves.
**LANSDALE**
- Tue 5:30-6:30 pm
- Fri 5:30-6:30 pm
- Sat 11:00 am-12:00 pm
Full Members Only:
Drop-In $5 | Full Session $22/5 wks

**WHITE EAGLE MARTIAL ARTS**
Train your mind, body and spirit. New members welcome age 7 and up; we encourage families to train together! Check out our website at www.whiteeaglema.com or call White Eagle Martial Arts at 267-642-1101. Try us FREE for one month!
**LANSDALE**
- Mon 7:00–8:30 pm Gym A/B
- Thu 7:30-8:30 pm
- Sat 8:00-9:25 am Gym A/B
- Fri 7:00-8:30 am Gym A/B
RACQUETBALL LEAGUE | 16 YRS+ | 10 WKS
Registration forms are available at our front desk or in our membership office. Dates and times to be determined by skill level.

LANSDALE
- Tue 5:30-7:30 pm
- Tue 7:30-9:30 pm
- Thu 5:30-7:30 pm
- Thu 7:30-9:30 pm

Full Member N/C | Program Member $57

RACQUETBALL LESSONS | 10 WKS
Learn to play a fun, fast-paced game. It is also a great cardiovascular workout!

LANSDALE
- Mon 7:00-8:00 pm

Full Member $45 | Program Member $90

RACQUETBALL PRIVATE LESSONS
Do you want to learn how to play or just improve your skills in the fun and exciting game? One-half hour private lessons are now available. Various dates and times are available. Contact Christy Pope at 215-368-1601, ext 209.

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GET MORE OUT OF YOUR WORKOUT! | 16+YRS | FREE
Come with me on a journey of how to better utilize weights and machines to get a better more effective workout with endless variety! Subjects covered: deadlift, chest, back, legs, shoulders, arms, abs, cardio and weight loss. Each subject will be covered thoroughly ensuring proper form and variations of form and set/rep concepts. Question and answer style are geared toward safety and working around many limitations. For more information contact Bruce Bach at 215-368-1601, ext. 216.

LANSDALE
- Wed 6:00-7:00 pm

SPORT SPECIFIC TRAINING
Summer is the time to get bigger, stronger, and faster for your upcoming fall sports season. Let us help you get better and more prepared with our spirit specific trainer with one of our certified personal trainers. We will tailor your program based on the sport you play. We will also work with your coaches to ensure you are prepared for first day of practice. No matter what sports, we can help you get better. Call Bruce Bach for further information, 215-368-1601 ext. 216.

LANSDALE

FITNESS ON DEMAND STUDIO
LANSDALE
FITNESS ON DEMAND is the perfect solution to accommodate your busy schedule. It provides hundreds of high-definition workout classes with full, quality sound - all at the push of a button. From kick-boxing and yoga, to dance and cycling courses, you can experience the most diverse array of fitness classes in the area, all at your convenience.

FITNESS ON DEMAND gives you all the access to your favorite classes on your time. Just pick a class and go. Options to reserve our FITNESS ON DEMAND Studio will also be available. Any questions, contact Mary Ellen at 215-368-1601, ext 246 or maryellenm@NorthPennYMCA.org.

The FITNESS ON DEMAND room is not available Mon-Thu 5:30-7:30 pm to allow for private personal training.

SPINNING ON DEMAND
INDIAN VALLEY
We’re excited to offer our members SPINNING ON DEMAND. The perfect solution to accommodate your busy schedule.

SPINNING ON DEMAND gives you all the access to your favorite spin classes on your time. Just pick a class and go. Any questions, contact Bridgette at bridgettep@NorthPennYMCA.org.
HEALTH INTERVENTION

DIABETES PREVENTION PROGRAM

Did you know that one-third of all adults in America are at risk for developing diabetes? The North Penn YMCA is ready to help change those statistics. **Call now for information on the ongoing class at Indian Valley.** We are accepting new participants for our June launch at the Lansdale Area Branch. The Y’s Diabetes Prevention Program (DPP) helps pre-diabetics reduce their risk for type-2 diabetes through lifestyle changes that include healthy eating and physical activity. Anyone age 18 and over with a diagnosis of pre-diabetes is eligible for this year-long program with approval from their physician. DPP is a nationally recognized program, originated by the CDC. More details are available at the Membership Desk of either the Lansdale or Indian Valley branches. Or contact Alicia Fergus at Indian Valley at 215-723-3569, ext. 115 or at aliciaf@northpennymca.org. Contact Bruce Bach at Lansdale at 215-368-1601 ext. 216 or bruceb@NorthPennYMCA.org.

LIVESTRONG® AT THE YMCA

HOW DOES THE CANCER SURVIVOR PROGRAM WORK?

**LIVESTRONG** at the YMCA focuses on you – the whole person – not the disease. The FREE, 12-week program meets twice a week for 90 minutes, using traditional exercise methods to ease you back into fitness and help you maintain a healthy weight. You’ll focus on:

- Building muscle mass and strength
- Increasing flexibility and endurance
- Improving confidence and self-esteem

Plus, learn about wellness, stress reduction techniques and how to continue healthful habits after the program ends.

Just as important, LIVESTRONG at the YMCA encourages a warm spirit of community – a safe, comfortable place for you to build companionship with others affected by cancer and share stories and inspiration.

To learn more, contact Alicia Fergus at 215-723-3569, ext 115 or aliciaf@northpennymca.org.

www.NorthPennYMCA.org

THERAPEUTIC TRAINING

One-on-one sessions are available with Alicia Fergus, Licensed Physical Therapist, for those individuals with a recent injury or surgery, chronic conditions or for those who are wheelchair bound. This is helpful if you’ve recently finished a rehab program and want to begin a fitness program while incorporating your rehab exercises. Call our Indian Valley Wellness Center at 215-723-3569, ext 119.

ORGANIZATIONAL FITNESS

If your church, company or organization is interested in group wellness at your site, we will come to you. We will tailor the program to fit your needs. We will host one event or an ongoing exercise program lead by one of our certified instructors such as yoga, Zumba, boot camp or a mixture of our most popular classes. Improve the health of your staff or members convenient to your location. Call 215-723-3569, ext 119 at Indian Valley. Call Bruce Bach, 215-368-1601, ext 216 at Lansdale.

PARRY PHYSICAL THERAPY GROUP

Parry Physical Therapy Group is a privately owned physical therapy practice with offices in Harleysville, Quakertown and Lansdale. They provide rehabilitation services for orthopedic, sports, work and auto-related injuries. They specialize in treating arthritis, degenerative joint disease of the spine and extremities and pre- and post-joint replacement. Each of their staff holds either a Doctor or Master of physical therapy degree. They provide aquatic therapy, manual therapy, therapeutic exercise, spine manipulation, lymphedema massage, fitness training, ergonomic assessment, work site evaluation, functional capacity exams and isokinetic exams. Free musculoskeletal evaluations are offered to all YMCA members. Come see how Parry PT Group can help you! Call 215-538-1999 or visit them on the web at www.parryptgroup.com.
ACTIVE OLDER ADULTS

AOA - BEGINNER BALL CLASS | 10 WKS
We focus on the basics of balance and core strengthening.

**INDIAN VALLEY** Fri 9:30-10:15 am
**LANSDALE** Tue 11:30-12:25 pm
Full Member N/C | Program Member $34

AOA CARD CLUB
Did you know that learning a new game is a great way to exercise your brain? Learning in a group is even more stimulating! So come join us to learn or re-learn some brain-stimulating games; Hassenpfeffer, cribbage, pinochle, etc. Contact Alicia Fergus at Indian Valley at ext 115 or Mary Levenberg at Lansdale ext 233.

**INDIAN VALLEY** Tue 3:00 pm A/B Room
**LANSDALE** Tue 12:30 pm
No fee | Program Membership/Senior Center Membership required

AOA CYCLING | 10 WKS
If you want a low-intensity workout due to arthritis or other physical or joint limitations, try this 45 minute cycle class. This is the same great format of a regular spin class with some simple modifications and at a slower pace.

**LANSDALE** Tue 10:30-11:15 am
Full Member N/C | Program Member $34

AOA HEALTHY BODY TONING | 10 WKS
Incorporates weights, balls, elastic bands and other equipment with cardiorespiratory fitness and core exercise to strengthen the entire body. Involves prolonged standing and some floor work. Ideal for ages 55+.

**LANSDALE** Mon 10:45–11:40 am
Tue 9:30 am–10:25 am
Wed 11:00–11:45 am
Thu 11:30 am–12:25 pm
Fri 10:45–11:40 am
Full Member N/C | Program Member $34 | Senior Ctr $34

AOA CIRCUIT TRAINING | 10 WKS
Learn how to properly use the weight machine circuit in our Energy Zone. Training will incorporate how to safely use machines, including how to adjust machine settings, proper lifting techniques, and a personal fitness plan based on individual needs.

**LANSDALE** Mon 9:30–10:15 am
Full Member N/C | Program Member $40

AOA SATURDAY MORNING SERIALS
CLOSES AT THE END OF JUNE & RESUMES IN THE FALL
Get together with your peers to watch and remember serials from the good old days. Fifteen minute segments from Saturday morning greats like “The Phantom”, “The Adventures of Smilin’ Jack” and “Zorro” will be shown, followed by a group discussion and memory session. This is a great opportunity for socialization and nostalgia.

**INDIAN VALLEY** Tue 1:00 pm
No fee | Program Membership/Senior Center Membership required

AOA TRIVIA TIME/ZENTANGLES
Exercise your brain and tap into your creative side. Every other week we will have Trivia practice to help you stretch your brain cells, alternating with Zentangles, learning the art of meditative doodling. Trivia will help you get ready for our next Trivia Night competition and Zentangles will help you manage stress and create beautiful artwork. All are welcome.

Contact Alicia Fergus at 215-723-3569, ext 115.

**INDIAN VALLEY** Thu 11:30–12:45 pm
No fee | Program Membership/Senior Center Membership required

AOA WALKING TO THE OLDIES | 10 WKS
Join us for a half-hour walking workout to music of the 60’s, 70’s and 80’s. This is a safe alternative to walking outside since it is on the non-slip surface of the track and it is led by a wellness instructor.

**INDIAN VALLEY** Tue/Thu 7:45–8:30 am Gym Track
Full Member N/C | Program Member $50

AOA YOGA | 10 WKS
Introduction to gentle yoga combining slow controlled stretches with deep conscious breathing. Join us and ease your way into fitness.

**LANSDALE** Mon 11:45–12:40 pm
Fri 11:45–12:40 pm
Full Member N/C | Program Member $34

BEADING WORKSHOPS | 16 YRS +
Come refine your skills and learn new ones at our beading workshops every Thursday. Work on your own projects or work on the project the group is making.

**INDIAN VALLEY** Thu 1:00–3:45 pm | Dance Studio
No fee | Program Membership/Senior Center Membership required
SILVERSNEAKERS BOOM | 10 WKS
A higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout.

**INDIAN VALLEY**
Tue 12:00-12:30 pm Dance Studio
Thu 12:00-12:30 pm Dance Studio

**LANSDALE**
Wed 10:30-11:00 am
Full Member N/C | Program Member $34

SILVERSNEAKERS CARDIO | 10 WKS
Increase your cardiovascular and muscular endurance with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles and a ball is alternated with nonimpact aerobic choreography. A chair is offered for support, head to toe stretching and complete relaxation.

**INDIAN VALLEY**
Mon 3:30-4:15 pm
Wed 3:30-4:15 pm
Full Member N/C | Program Member $34

SILVERSNEAKERS CLASSIC | 10 WKS
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and SilverSneaker balls are offered for resistance. A chair is available for support.

**INDIAN VALLEY**
Mon 11:30-12:15 pm
Wed 11:30-12:15 pm
Fri 11:30-12:15 pm

**LANSDALE**
Tue 11:30 am-12:15 pm
Thu 9:30-10:15 am
Thu 10:30-11:15 am
Full Member N/C | Program Member $34

SILVERSNEAKERS YOGA | 10 WKS
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

**INDIAN VALLEY**
Mon 12:15-1:00 pm
Wed 12:15-1:00 pm

**LANSDALE**
Wed 11:15-12:00 pm
Full Member N/C | Program Member $34

Y WALKERS
Join us as we walk all year long. In the spring, summer and fall we will take the group outdoors to explore the local parks and neighborhoods. Learn proper stretching techniques, how to calculate your target heart rate and achieve all the benefits walking has to offer. Fun, safe alternative to walking on a treadmill or indoor track year round. Walking with a group is also a great way to stay motivated and meet new friends! Call our membership office at 215-368-1601.

Full Member N/C | Program Member $10
**LANSDALE**
Tue/Thu 9:30 am

AOA EVENTS
For more information on any AOA events, contact: Alicia Fergus, Indian Valley at 215-723-3569, ext. 115 or Mary Levenberg, Lansdale at 215 368-1601, ext. 233

AOA ADVISORY COMMITTEE

**INDIAN VALLEY**
Wed Jul 3 - CANCELLED
Wed Aug 7, 1:00 pm

**LANSDALE**
Mon Jul 8, 9:00 am
Mon Aug 5, 9:00 am

Active Older Adults are members 50 years and older at our North Penn YMCA. Our Lansdale Area and Indian Valley branches each have Advisory Committees that meet monthly to plan events, fundraisers, programs and trips for our older adults. We are always looking for new members to join us.

AOA RESTAURANT REVIEW
Join our older adult group every month as they visit a different local restaurant for lunch. Meet new people, try different foods and share your reviews.

**INDIAN VALLEY**
Tue Jun 18 12:30 pm | Caruso’s Brick Oven
Tue Jul 16 12:30 pm | Turning Point
Tue Aug 20 12:30 pm | Ariana’s
JOIN OUR TEAM! WE’RE HIRING

We are looking for friendly, safety-minded people to become lifeguards/swim instructors or deck monitors.

CERTIFIED AND EXPERIENCED? Start right away.
NEW TO SWIM CAREERS? We will provide training.

Call or email Cindy Leahy at 215-368-1601, ext 210 or cindylea@NorthPennYMCA.org, Lansdale branch. Call 215-723-3569, ext 121, Indian Valley branch.

It’s the perfect time of year to...

Rejuvenate your lifestyle

Enjoy a life filled with the joy of friends and exciting events!

Schedule a tour – Call 215-392-0439

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WHAT COULD YOU DO WITH 175 MINUTES?

VOLUNTEER 175

On June 8, join us as we celebrate the Y’s 175th birthday by giving back to our community.

Learn more: ymca.net/volunteer175
GROUP EXERCISE | 16 YRS+
INCLUDED WITH FULL MEMBERSHIP
Check for summer class cancellations. Lansdale will have a modified schedule the week of July 1–7.
Open to 13 yrs+ include: Bodyshaping, Butts ‘N Guts, Gentle Yoga, Fitness Level I Yoga and Pilates. Participants, 13–16 yrs old along with a parent or guardian, must complete and sign our class regulations at our Membership Desks and in group exercise rooms.

All Levels: Basic to intermediate exercises and cardiovascular exercises taught.
Intermediate/Advanced: For those exercising on a regular basis/may include choreographed routines.
Advanced: Includes high levels of cardiovascular and/or strength training, recommended for athletes, members looking to take their fitness goals to the next level.

Program members pay $43 per program for each session, unless a different fee is noted.

20/20/20 – ALL LEVELS
A combination of 20 minutes body shaping, 20 minutes step aerobics and 20 minutes of abs.

BARRE – ALL LEVELS
A full body workout that combines the best fitness elements of ballet, Pilates, and functional sports conditioning to sculpt, strengthen, and tone muscles and increase flexibility.

BALLET BARRE BURN (BBB) | ALL LEVELS | 13 YRS+
Challenge your core, flexibility and endurance while doing ballet movements in a fitness format. Strengthen, lengthen and tone for a total body workout while using a barre for support. No prior dance experience needed. Workout in socks or bare feet.

BODYSHAPING – ALL LEVELS | 13 YRS+
Designed to tone and strengthen every muscle in your body using a variety of playground tools.

BOOT CAMP
Designed for MAXIMUM calorie burn in the shortest amount of time. Combines strength, cardio, muscle endurance, flexibility and core. Get fit; get healthy. Challenge your mind, your body and make fitness fun.

Butts ‘N Guts – ALL LEVELS | 13 YRS+
A core workout designed for the lower body to tighten abs and strengthen the back.

CARDIO BLAST – INT/ADV
A high/low choreographed aerobic class with varying intensities.

CARDIO CORE
A high/low aerobic class that targets core muscles while introducing unique variations of familiar moves.

CARDIO INTERVAL – INT/ADV
Combines cardiovascular workout with intervals of strength exercises. Weights, stability balls and/or bosu may be used.

CARDIO KICKBOXING
Sculpt muscles and blast fat. Innovative variations of jabs, power punches and fitness blended together with aerobics.

DE-STRESS/GUIDED MEDITATION
Start your journey to a calmer mind by enjoying 30 minutes of quiet refreshing moments. A guided meditation from sound to silence. Result: a refreshed you with a better focus.

FAST ‘N FURIOUS – INT/ADV
A boot camp style class that includes high energy cardio intervals mixed with strength training exercises.

FITNESS YOGA – ALL LEVELS | 13 YRS+
Release stress, increase flexibility and build strength while moving at a steady pace through yoga postures.

FLOOR, CORE & MORE – ALL LEVELS | 13 YRS+
Exercises that help you strengthen and tone the abdominals, back, hips and glutes while teaching appropriate stretches to increase flexibility.

GENTLE YOGA
Softer, slow paced, relaxing yoga practice. Range of motion and flexibility stretches along with meditation and breath practices. May help individuals with back pain, arthritis and other musculo-skeletal issues.

GLUTES, GUNS N GUTS
Shape muscles throughout the body with strength work.

GRID CARDIO/STRENGTH CLASS
Weekly rotation of GRIT Cardio and GRIT Strength (see pg 43 for descriptions).

INDOOR CYCLING – ALL LEVELS
Awesome music and great instructors set the pace for this aerobic workout on stationary bikes. Climb hills, sprint, race and more in a group setting – fun and challenging for all.

OFFERED AT BOTH BRANCHES  •  OFFERED AT INDIAN VALLEY  •  OFFERED AT LANSDALE

IMPROVEMENT WEEKS
No classes August 25–September 2
H.I.I.T. - ADV (HIGH INTENSITY INTERVAL TRAINING)
Proven to be one of the most effective ways to burn fat and increase strength and cardio respiratory fitness. H.I.I.T. is the training principle behind popular workouts like Insanity, P90X and Les Mills™ GRIT™. Go through varied exercises to burn fat, increase strength, endurance, speed and agility fast. All the intensity in half the time. Followed by 15 mins of Core Training.

JUMP ROPE/FREESTYLE & SPORTS | 7 YRS+
Learn jump rope techniques and safe progressions that will improve athletic conditioning and sports performance. Taught by John Spratt, certified through Buddy Lee’s Jump Rope program.

KETTLEBELL BOOT CAMP - INT/ADV
Burn fat, build core strength, add definition, lean muscle and increase agility. Build phenomenal cardio fitness and send your energy level through the roof!

LINE DANCING
 Choreographed to a variety of music with repeating series of steps that are performed in unison. Learn fancy footwork while challenging your mind to memorize these fun sequences. High energy, low impact, calorie burning class.

PILATES – ALL LEVELS | 13 YRS+
Strengthen and lengthen your entire body with the main focus being on the “core” of the body (abs and back). Stability ball and Pilates rings may be used.

POP PILATES
Pilates exercises, choreographed dance and the energy of music results in an intense workout that is FUN and effective. Develop a rock solid core in this challenging workout. Total body, equipment-free work out that sculpts a body like nothing else can. Every exercise can be modified to fit YOUR personal needs. You’ll leave feeling sweaty, strong and ready to take on MORE.

POUND® | NEW!
Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out! The workout is easily modified and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

PURE STRENGTH
Work your muscles in every way possible. Designed to build strength, add definition, increase your bone density and decrease your body fat by increasing your lean muscle.

STEP – ALL LEVELS
A step class designed to keep you constantly challenged and motivated.

SHOCK – ALL LEVELS
A mix of high and low intensity exercises designed to “shock” or jump-start your fitness training by changing up the workouts to keep the body guessing and to help avoid the plateau effect.

STROLLER FIT | NEW!
Bring your baby (and stroller) to this fat burning, muscle sculpting class that consists of a cardio and strength exercises while incorporating your child.

STRONG BY ZUMBA™
Challenging, high intensity total body interval training. Music used was crafted to drive the intensity in a challenging progression. Pushes you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you gain muscular endurance, tone, and definition.

TAI CHI
Developed by the Arthritis Foundation, calming low-impact easy to follow activity focusing on healing and rejuvenation. Helps improve balance and coordination, relieve stress and increase the flow of body energy.

TABATA TRAINING – ADV
Very intense form of interval training. Short bursts of cardiovascular drills combined with strength exercises. Great for athletes and those wanting a challenge!

YOGA
The first step to a healthy body is listening to it and learning how to release stress and tension. Achieve this by combining slow, controlled stretching with deep conscious breathing.

YOGA FITNESS – ALL LEVELS | 13 YRS+
Release stress, increase flexibility and build strength while moving at a steady pace through yoga postures.

YOGALATES – ALL LEVELS
Great combination of yoga and Pilates to enhance muscle tone and flexibility.

ZUMBA – ALL LEVELS | 16 YRS+
A fusion of Latin and international music combining fast and slow rhythms that tone and sculpt the body.
LES MILLS™ CLASSES | 15 YRS+
Great music and passionate instructors inspire exhilarating workouts. Each class is choreographed to music. Please do not enter the class 5 minutes after scheduled start time for safety reasons.

BODYCOMBAT™
Empowering cardio workout where you are totally unleashed. Fiercely energetic program inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.

BODYFLOW™ – ALL LEVELS
Yoga-based class that improves your mind, your body and your life. During BODYFLOW™, an inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

BODYPUMP™ – ALL LEVELS
The fastest way in the universe to get in shape! BodyPump™ is the most popular group fitness program. Revolutionary weight-training workout that strengthens, tones and defines every muscle in your body.

GRIT™ CARDIO
High-impact cardio workout like nothing else. Designed to burn fat and rapidly improve athletic capability. Explosive, 30-minute team training combines high impact body weight exercises and uses no equipment.

GRIT™ STRENGTH
High-intensity 30-minute interval training (HIIT) workout designed to improve strength and build lean muscle.

RPM™ – INT/ADV
Experience the ride of your life! RPM™ is a fun, athletic, cardiovascular cycling workout. Set to a jamming soundtrack RPM™ is known by devotees as “the rock concert on wheels”. Great for men and women of all fitness levels.

ZUMBA® BURST
Easy to follow program designed to add a burst of fierce intensity and highly motivating moves in a shorter amount of time to get your metabolism moving.

ZUMBA GOLD – ALL LEVELS
Popular Latin-dance inspired workout makes it accessible for seniors, beginners or anyone needing modification. Build cardiovascular health while working the muscles of the hips, legs and arms.

ZUMBA TONING – ALL LEVELS
We provide 1 and 2.5 lb sand filled toning sticks for a safe effective total body toning workout! No previous dance or Zumba class experience necessary.

ZUMBA GOLD TONING
We provide 1 and 2.5 lb sand filled toning sticks for a safe effective total body toning workout for our active older adults, seniors, beginners or anyone needing modification in their exercise routine.

SPRINT™ – INT/ADV
30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. The Les Mills SPRINT™ workout drives your body to burn calories for hours.

SPRINT & RPM ON DEMAND
SEE WEBSITE FOR SCHEDULED CLASSES

LES MILLS™ PROGRAM MEMBER ALL ACCESS PASS
One card that gives Program Members the freedom to take BODYPUMP™, BODYCOMBAT™, BODY FLOW™, GRIT CARDIO™, GRIT STRENGTH™ and RPM™ at Indian Valley or BODYPUMP™ at Lansdale for one low fee. Must present the pass at each class. Or register for one or two classes and pay the registration fee per class.

Cards available at the membership desk during the registration period. No pro-rating.

INDIAN VALLEY
Program Member $93

LANSDALE
Program Member $68

GET A BUDDY!
Meet your goals, get an accountability partner! We are implementing a buddy system where you can pair up with another member of the IV YMCA to hold yourselves accountable and increase your chances of success. You can also pair up with a more seasoned member who will “show you the ropes” and attend a Group Ex class with you. Email Bridgette P. at bridgettep@NorthPennYMCA.org for more information.

JOIN GROUP EX FACEBOOK GROUPS
INDIAN VALLEY GROUP EX GROUP:
www.facebook.com/groups/ivgrouplex

LANSDALE AREA GROUP EX GROUP:
www.facebook.com/groups/LansdaleYWellnessGroupEx
YOUR GIFT CHANGES LIVES

• 1,300 children grew academically and socially in our child care programs
• 1,752 youth and adults learned how to swim and stay safe in the water for a lifetime of fun
• 746 older adults enjoyed on-going activities and helped increase their self-confidence and sense of achievement

DONATE TODAY! NorthPennYMCA.org/donate