FALL INTO A BETTER YOU!

JOIN OUR TEAM! see page 10
Additional Job Openings at NorthPennYMCA.org

INDIAN VALLEY FAMILY YMCA
LANSDALE AREA FAMILY YMCA
HARLEYSVILLE YMCA
EARLY CHILDHOOD CENTER
BRANCHES OF NORTH PENN YMCA

FALL II | Oct 28-Dec 22, 2019

Fall II Registration
Mon Oct 14–Sun Oct 27
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.
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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COLOR CODED TABS
- MEMBERSHIP
- SPECIAL EVENTS
- CHILD CARE
- YOUTH & TEEN
- SWIM LESSONS AQUATICS
- ADULT PROGRAMS
- ACTIVE OLDER ADULTS
- GROUP EXERCISE

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.

www.NorthPennYMCA.org
Whether you are home from college for winter break, looking to give the gift of health for the holidays or just someone interested in trying out the Y for a month, this membership is for you. After a month, you have the option to convert to a full membership. Sign up today at the membership desk.

PURCHASE ANY DAY FROM NOV 15 TO DEC 31. MEMBERSHIP EXPIRES 30 DAYS FROM PURCHASE.

<table>
<thead>
<tr>
<th>Membership Type</th>
<th>Price</th>
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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

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.

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.

2019 MEMBERSHIP CATEGORIES

<table>
<thead>
<tr>
<th>Category</th>
<th>MONTHLY DRAFT</th>
<th>JOINING FEE</th>
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<tr>
<td>YOUTH</td>
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<td>YOUNG ADULT</td>
<td>18 to 25 yrs of age</td>
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<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.

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
Free Review of your website. 15% off any work

ADVANCE WEB DESIGN – Lower Gwynedd
$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
$200 Gift Card to Home Depot or Bed, Bath & Beyond

EZ STORAGE – North Wales
First time tenant $25 Wawa gift card with lease. Free use of move-in truck.

FINS, FEATHERS, PAWS & CLAWS – Lansdale
$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 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

Karamoor Estate Wines – Fort Washington
10% off Karamoor signature bottles using code

Kitty GHen, LLC – Lansdale
10% off all services – NET, acupuncture, Reiki

Lynda’s Pet Services, LLC – Harleysville
Free Consultation, 15% off 10 daily dog walks a month

Magic By Stuart – North Wales
$25 off any Magic Package

Massage EnvY – North Wales
Free Enhancement with a massage or facial service

McCusker Associates CPA’s – Fort Washington
Free review of prior year tax return

Mobetter Entertainment – North Wales
10% off any entertainment service

MyFile-IT – Lower Gwynedd
First year Free for the family. Allows you SNAP, Index, Save, & View your important documents in very secure environment.

North Wales Running Company – North Wales
10% off all regularly priced merchandise. Must present Membership ID Card for discount.

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

Round Guys Brewing Co. – Lansdale
Free dessert with purchase of two entrees

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 – Maple Glen
Free Service for people looking for a Business with Jodi Halen

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 – Souderton
Two free months of any personal service

Tutordoctor – 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

Villa Vito Ristorante Italiano – Harleysville
10% off bill

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 – North Wales
$30 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. Now offering Fun Foot Detox Parties. Games, Prizes & Refreshments.
ONE MEMBERSHIP | TWO FACILITIES

HOLIDAY HOURS:

BOTH BRANCHES - CLOSED: Thanksgiving & Christmas Day
CLOSING AT 1 PM: Christmas Eve, New Year’s Eve
INDIAN VALLEY: Closed New Year’s Day | LANSDALE: Open 9 am-1 pm New Year’s Day

INDIAN VALLEY BRANCH
890 Maple Avenue, Harleysville, PA | 215-723-3569

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 | 11 am-2 pm

LANSDALE AREA BRANCH
608 E. Main Street, Lansdale, PA | 215-368-1601

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, climbing and 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

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.
• 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.

Dec 7, 14 & 21 | 10:00 am-12:00 pm
DROP & SHOP
INDIAN VALLEY
Want to get your holiday shopping done kid free? Then sign up for Stay & Play’s Drop & Shop program at the Indian Valley Family YMCA. This fee based program allows 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 is $12 per child. Two hour maximum stay and children must be 6 weeks of age through 8 years. Program for YMCA Members only. Spots are limited so be sure to register early! Contact Emily Lukens, Stay & Play Coordinator at emilyl@northpennymca.org for registrations and questions.
THANK YOU 2019 DESIGNER BAG BINGO SPONSORS!

- Merck Sharp & Dohme
- Federal Credit Union
- TFC
- Citadel
- Harleysville Bank
- QNB
- Carlee Myers Personal Training
- Belle Mariposa Salon & Day Spa
- Swartley Bros. Engineers, Inc.
- My Clean Peace
- Buxmont Media

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Fall in love with Arbour Square

You’ll love Arbour Square’s sophisticated, active, retirement living designed to keep up with you.

Call 267-677-1200 and schedule your tour today.

www.ArbourSquare.com
MOBILE APP
FITNESS CHALLENGE!
GIVE BACK NOVEMBER
Work out and give back!
» Complete 10 workouts from November 1 to Thanksgiving Day, November 28
» For every individual that completes the goal, the North Penn YMCA will donate 2 cans of non-perishable food to Manna on Main Street
Let’s End Hunger Together!

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

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

LANSDALE AREA
Patty Roberts | 215-368-1601, ext 301
pattyr@NorthPennYMCA.org

GIVE BACK NOVEMBER
Work out and give back!
» Complete 10 workouts from November 1 to Thanksgiving Day, November 28
» For every individual that completes the goal, the North Penn YMCA will donate 2 cans of non-perishable food to Manna on Main Street
Let’s End Hunger Together!
JOIN OUR TEAM
Impact Lives in Our Community

$11.00 HOUR TO START
(rate may be higher for different shifts)

Lifeguards & Swim Instructors

APPLY ONLINE AT NorthPennYMCA.org
or at the MEMBERSHIP DESK

BENEFITS INCLUDE:*  
Holiday & Vacation Time  
Complimentary Membership  
Paid Certification Fees  
Tuition Scholarship Opportunities  
Retirement Plan  
Employee Referral Bonuses  

*Qualifications Apply
3rd Mon of every month | 10:00 am-12:00 pm
**KNOW YOUR NUMBER**
**Blood Pressure Screenings**
**INDIAN VALLEY**
Blood pressure checks by Sandy Brooks, RN, from our partners at Abington Jefferson Health.

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

- Thu Oct 17 | 5:00 pm-10:00 pm
  - RED LOBSTER (Lansdale)
- Thu Nov 14 | 5:00-9:30 pm
  - OUTBACK STEAKHOUSE (Montgomeryville)
- Tue Dec 10 | 5:00-9:00 pm
  - CHIPOTLE (North Wales)

Please see Lansdale Area branch for details

**Oct 19-22**
**WORLD SERIES CHALLENGE**
**LANSDALE**
Purchase a team baseball and pick the winning team of the World Series. All baseballs from the winning team will be put into a drawing for a Wawa Gift Card. All proceeds benefit the Y’s Annual Campaign. $1 per baseball; 6 for $5. We appreciate your support. Enjoy the game!

**Oct 20 to Oct 26**
**CELEBRATE NATIONAL CHARACTER COUNTS! WEEK**
Character Counts! Week is the largest celebration of character worldwide. It provides our youth a framework for positive living and making the right choices. Join the Indian Valley Character Counts! Coalition an initiative of the North Penn YMCA, as we celebrate the character of ALL our community members. Show us your support of good character by posting photos of yourself wearing colors that represent the pillars of character on our social media channels or email your pictures to donnap@NorthPennYMCA.org.

- MONDAY | PURPLE (Citizenship)
- TUESDAY | GREEN (Responsibility)
- WEDNESDAY | GOLD (Respect)
- THURSDAY | BLUE (Honesty)
- FRIDAY | RED (Caring)

Take this opportunity to have a conversation with a child! If you see them wearing the color of the day, ask them what it is and why they are wearing it. If they don’t know, help them out; it’s the perfect opportunity to start a conversation!

**Oct 21– Oct 25**
**HALLOWEEN AQUA AND SWIM-A-THON**
**LANSDALE**
Help us help our community by raising money for our Annual Campaign while getting a great workout and enjoying a fun filled evening for the entire family. At any time during Oct 21-25, come in and swim or water walk your laps and then collect any pledges you received. The week will end with a Halloween celebration on Oct 25 from 7:00-9:00 pm. We will have pool games like a Pumpkin Push Relay, a Monster Dash, the Invisi-bottle game and much more. Prizes for those who swim the most laps, raise the most money and a few surprises. Refreshments, music and lots of fun for all! Contact Cindy Leahy, 215-368-1601, ext 210 or cindylea@NorthPennYMCA.org.

**Orders Taken Oct 1-Nov 7**
**Pick Up Tues-Wed Nov 26, 27**
**THANKSGIVING DESSERTS, EASY AS PIE!**
**LANSDALE**
Styer Orchard pies are back! Order and pick up your farm-fresh pies right here at our Lansdale branch. Choose from a variety of cheesecakes and pies including favorites like apple, cherry crumb, coconut custard, pecan, and of course, pumpkin! Order forms available at our Welcome Center.
Accepting Donations Oct 27–Nov 13
Purchase Books November 4–17

**INDIAN VALLEY 2ND HAND BOOK SALE**

Paperbacks are fifty cents and hard covers are a buck. Please donate all of your lightly used items to our ever popular book sale. We accept donations of used books, DVDs and books on CD. Donations to the Y are tax deductible. Please, no magazines, Reader’s Digest or encyclopedias. All items should be clean and free of mold.

**November 21–30**

**LANSDALE AREA BOOK SALE**

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.

**Please Return All Gifts by Dec 18**

**ANNUAL ANGEL TREE**

The Angel Tree is an opportunity to bring a smile to a child’s face during the holiday season. All you have to do is select an angel from the tree and bring the wrapped gift with angel attached to our Welcome Center by December 18. The tree will be located at our Welcome Center starting November 25. Thank you in advance for your generosity. Contact Jen Ockershausen at jeno@NorthPennYMCA.org.

**Tue Nov 5 | 6:30 pm**

**INFORMATIONAL TRIP SEMINAR**

**LANSDALE – COLLETTE TRAVEL TRIPS**

**COLORADO** | JUNE 19–29, 2020

**SOUTHERN ITALY & SICILY** | SEP 22–OCT 4, 2020

Take in the majesty of the Colorado Rockies and celebrate the freedom loving spirit of the old west. Discover Sicily, a melting pot where Moorish and Norman influences intertwine in the architecture, and Greek and Roman ruins stand guard on the hillsides and valleys. For more information please contact Mary Levenberg at 215-368-1601 ext 233 or maryl@NorthPennYMCA.org.

**Thu Nov 7 | 4:00 pm**

**FALL WINE TASTING – TASTES OF ITALY**

**PUB AT ARBOUR SQUARE** | SEE PAGE 40

**Wed Nov 20 | 9 AM–NOON**

**INDIAN VALLEY WELLNESS EXPO**

Join us for Wellness and FUN at our Wellness Expo. For more information or to get vendor registration information, please contact Alex Beswick at alexb@northpennymca.org or call ext 119

- Giveaways from Local Vendors
- Prizes & Activities for the Kids

**Sat Dec 7 | 9:00 am–2:00 pm**

**CHRISTMAS CRAFT BAZAAR**

**LANSDALE**

Join us for a fun day at our Y getting in the holiday spirit. There will be vendors, crafts, and food. Special guest appearances by Santa Claus and the Grinch. Contact Cindy Leahy with questions at 215-368-1601 ext 210 or cindylea@NorthPennYMCA.org.

**Sat Dec 7 | 8:00–10:00 am**

**INDIAN VALLEY FAMILY YMCA**

**SANTA BREAKFAST**

**Applebee’s Neighborhood Restaurant**

2333 Welsh Road, Lansdale

All children will receive a Holiday Gift from Santa. Raffles Prizes, Pictures with Santa, Yummy Breakfast consisting of all you can eat pancakes, sausage and hot and cold beverages. For more information or to purchase tickets, please contact Karen Coutts at 215-723-3569 ext 114 or karenc@NorthPennYMCA.org.

$8 per person | $5 under 5

All Proceeds benefit our YMCA Annual Gifts Campaign

**Gifts Brought in by Tue Dec 18**

**ANNUAL ANGEL TREE**

**INDIAN VALLEY**

As we begin the hustle and bustle of the holiday season, it is important that we take the time to remember the families in our community who are less fortunate than us. Please consider helping to make the holidays brighter for an area family by taking a numbered angel off of the angel tree in the day care lobby and purchasing a holiday gift. Please let me know by recording which angel you took as well as your name. All gifts should be wrapped with the angel on it and returned to Karen Coutts in HUGS Day Care. Sadly, we will have a record amount of the angels this year on our tree. We even have a few families in a homeless shelter that are included this year. If you have any questions, please call Karen Coutts at 215-723-3569, ext 114.

Thank you for your generosity. From all of us at HUGS Day Care, we wish you the merriest of holidays and the healthiest of new years!
PROGRAMS & ACTIVITIES

Nov 22, Dec 20 | 6:00–9:00 pm
KID’S NIGHT OUT | 5–11 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 $15 | Program Member $20
Community Member $25

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 Alex Beswick at 215-723-3569, ext 119 or email alexb@northpennymca.org.

2019 THURSDAY MEETING DATES:
Nov 14 & Dec 12
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:
Nov 14 General Membership | Dec 12 General Membership

CLUBS

LANSDALE AREA Y BOOK CLUB
Mon Oct 28 | 12:00 pm
Coco Chanel – An Intimate Life by Lisa Chaney
Mon Nov 25 | 12:00 pm
Circe by Madeline Miller
Mon Dec 30 | 12:00 pm
Beartown by Fredrik Backman
Join us the second Monday of every month for an opportunity to meet with friends and engage in a literary conversation. Our preselected book list is provided courtesy of the Indian Valley Public Library. Ten copies of each book will be available and handed out at our monthly meetings and will be discussed the following month.

2nd Mon of every month | 2:00 pm in the IGR Room
BOOK CLUB AT INDIAN VALLEY FAMILY YMCA
Join us the second Monday of every month for an opportunity to meet with friends and engage in a literary conversation. Our preselected book list is provided courtesy of the Indian Valley Public Library. Ten copies of each book will be available and handed out at our monthly meetings and will be discussed the following month.
Nov 1 | Love Walked In by Marisa De Los Santos
Dec 9 | The Chalk Circle Man by Fred Vargas
Jan 13 | The Underground Railroad by Colson Whitehead
Feb 10 | The God of Small Things by Arundhati Roy
Leader: Diana Shearer.
Contact Rachel Gans at 215-723-3569, ext 115 if you have any questions.
No fee | Program Membership/Senior Center

YMCA BOWLING CLUB
Oct 25, Nov 22, Dec 20 | 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.

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.
PRESCHOOL PROGRAMS
Through the talents of our qualified staff, our preschool programs are designed to help your child grow academically, physically and socially.
» State Licensed facilities
» Children ages 2-5 years
» Programs run September through June
» Potty Training Not Required
» Music & Gym Class
» Extended hours available

WELCOME TO PRESCHOOL | NEW!
If your child is not quite ready to separate from you, you can accompany him/her to this introductory preschool class! Your child will enjoy circle time, stories, art, music and movement activities, snack, socialization and free play, with the goal of getting ready to join a regular Preschool class.

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.

2019-2020 1 OR 2-DAY PARENT/CHILD PROGRAM | NEW!
WELCOME TO PRESCHOOL
<table>
<thead>
<tr>
<th>Day of Week</th>
<th>Age</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue/Thu</td>
<td>2-3 yrs</td>
<td>9:00-11:00 am</td>
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2019-2020 2-DAY PROGRAMS
<table>
<thead>
<tr>
<th>Day of Week</th>
<th>Age</th>
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<tbody>
<tr>
<td>Mon/Wed</td>
<td>2 yrs</td>
<td>9:00-11:00 am</td>
</tr>
<tr>
<td>Tue/Thu</td>
<td>3 yrs</td>
<td>8:45-11:15 am</td>
</tr>
<tr>
<td>Tue/Thu Pre-K</td>
<td>4-5 yrs</td>
<td>9:00 am-2:15 pm</td>
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2019-2020 3-DAY PROGRAMS (AM/PM ENRICHMENT AVAILABLE)
<table>
<thead>
<tr>
<th>Day of Week</th>
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<th>Time</th>
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<tbody>
<tr>
<td>Mon/Wed/Fri</td>
<td>3-4 yrs</td>
<td>8:45-11:15 am</td>
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<tr>
<td>Tue/Wed/Fri Pre-K</td>
<td>3-4 yrs</td>
<td>8:45-11:15 am</td>
</tr>
<tr>
<td>Mon/Wed/Fri Pre-K</td>
<td>4-5 yrs</td>
<td>9:00-11:30 am</td>
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<tr>
<td>Mon/Wed/Fri Pre-K</td>
<td>4-5 yrs</td>
<td>9:00 am-2:15 pm</td>
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2019-2020 5-DAY PROGRAMS (EXTENDED PRE-K HOURS AVAILABLE)
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<tr>
<th>Day of Week</th>
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<tbody>
<tr>
<td>Pre-K Class</td>
<td>4-5 yrs</td>
<td>9:00 am-2:15 pm</td>
</tr>
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</table>

KEYSTONE STARS 4 DESIGNATION
Youth Program Membership Included

Reaching higher for quality early learning
INDIAN VALLEY FAMILY YMCA CHILD CARE

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

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

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.

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.

DAYCARE
For more information, contact Karen Coutts,
215-723-3569, ext 113 or karenc@NorthPennYMCA.org.

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

Reaching higher for quality early learning
LANSDALE AREA FAMILY YMCA

608 East Main St., 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

2019–2020
PRESCHOOL REGISTRATION
NOW OPEN | LIMITED OPENINGS

OFFERED AT LANSDALE AREA BRANCH
Our 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.
» State Licensed facilities
» Children ages 2-5 years
» Programs run September through June
» Potty Training Not Required

NEW OFFERING
PRE-K PROGRAM
OFFERED AT LANSDALE AREA BRANCH
5 DAY | 9:00 AM-1:00 PM
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.

LICENSED BY DHS, THE DEPARTMENT OF HUMAN SERVICES.

Call Suzie Mundie 215-368-1601, ext 240 to schedule a visit or for additional information.

KEYSTONE STARS DESIGNATION
YOUTH PROGRAM MEMBERSHIP REQUIRED

2-DAY PROGRAM (TUE/THU)

| Nursery Rhyme Tyme  | 2 yrs | 9:00-11:30 am |
| Little Learners  | 2 1/2 yrs | 9:00-11:30 am |
| Kiddle Korner Jr  | 3 yrs | 9:00 am-1:00 pm |

3-DAY PROGRAM (MON/WED/FRI)

| Little Learners  | 2 1/2 yrs | 9:00-11:30 am |
| Kiddle Korner Jr  | 3 yrs | 9:00 am-1:00 pm |
| Kiddle Korner Pre-K  | 4 yrs | 9:00 am-1:00 pm |

5-DAY PROGRAM (MON-FRI)

| Little Learners  | 2 1/2 yrs | 9:00-11:30 am |
| Kiddle Korner Jr  | 3 yrs | 9:00 am-1:00 pm |
| Kiddle Korner Pre-K  | 4 yrs | 9:00 am-1:00 pm |
| Kiddle Korner Pre-K  | 4 yrs | 9:00 am-3:00 pm |
KIDS CLUB
OFFERED AT LANSDALE AREA BRANCH
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

SCHOOL’S OUT
OFFERED AT LANSDALE AREA BRANCH
608 East Main St., Lansdale
AND OUR NEW LOCATION
SCHWENKFELD MANOR
1290 Allentown Rd., Lansdale
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.
**ARTS & HUMANITIES**

**SEWING AND QUILTING (BOYS WELCOME)**
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.**
10-WEEK FALL SESSION – SEP 3–NOV 15 FOR CHILDREN AGES BIRTH–PRESCHOOL 5 YRS
Our 45-minute music classes are once per week and are taught by a professional with a Music Education degree. Our program promotes family music making, while helping to create beautiful memories you and your child will cherish. Music Together® 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 code for the music we will work with during our session - these are included in the cost of tuition. Enjoy your music wherever you go when you download your songs into the Music Together® app!

Cost for 1st child - $193 | Cost for 2nd child - $80
*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. Contact director for your code before registering.

**Indian Valley**
Thu 4:45–5:45 pm (5–10 yrs)
Held in the Linko Room
Full, Program & Community Member $98

**DANCE**

**CREATIVE DANCE | 3–5 YRS**
Guaranteed fun while learning the fundamentals of dance and movement. Develop dance skills through ballet, contemporary, stretching, tumbling and range of motion exercises.

**Indian Valley**
Thu 4:00–4:30 pm (Dance Studio)
Thu 4:30–5:00 pm (Dance Studio)
Full Member $30 | Program Member $65

**BALLET | 5–10 YRS**
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**
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**

**HAVE A BALL | 15 MO-3 YRS**
A fun and interactive class for toddlers to play and interact with other children using balls, beanbags and other play equipment.
**INDIAN VALLEY** Wed 9:30-10:15 am | Full Member $30 | Program Member $65

**FIT KIDS I | 3-4 YRS**
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**
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

**TWEEN YOGA | 6 YRS+**
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 5:00-5:55 pm
Full Member N/C | Program Member $67

**YOUTH FITNESS CLASSES | 7-11 YRS**
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 6:15-7:00 pm
Wed 6:30-7:30 pm
Sat 9:45-10:45 am
**LANSDALE** Thu 5:30-6:15 pm
Full Member N/C | Program Member $45

**CLIMBING WALL | 7-16 YRS**
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 | 7-12 yrs
Wed 7:00-8:00 pm | 13-16 yrs
Full Member $25

**FAMILY POUND | 8 YRS+**
Bring the entire family to rock out a fun workout and channel your inner rock star.
**INDIAN VALLEY** Wed 5:00-5:40 pm | Linko Room
Full Member N/C | Program Member $67

**FAMILY BOXING | 8 YRS+**
Gain self-confidence; learn basic techniques, offensive/defensive skills with no physical contact.
**INDIAN VALLEY** Thu 5:00-5:45 pm

**TWEEN ZUMBA | 10-15 YRS**
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

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**MARLYN ABRAMSON’S NEW DANCE WORKSHOP**
We are happy to partner with Marlyn Abramson’s New Dance Workshop in order to bring exciting new dance programing to our Indian Valley branch. Under the direction of Marlyn Abramson, the instructional staff is university trained in dance and has either their BFA or MFA degrees. The faculty is committed to providing an experience that promotes individual success through a curriculum which emphasizes discipline and patience in a caring and nurturing environment. “We believe that fantastic things can happen to those that study dance. Improved coordination, posture, and self-confidence are among some of the benefits. Our student-centered approach to the art of dance fosters creativity and self-expression.” Our program is inclusive for the community, not just YMCA members.

**INTRO TO DANCE | 3-5 YRS**
A beginner class where children learn ballet, tap, gymnastics, as well as creative movement. Sign up is online at https://dancestudio-pro.com/online/harleysville. Registrations must be received 5 days prior to the start of the session.
**INDIAN VALLEY** Wed 12:30-1:30 pm | Dance Studio
Full/Program/Community Member $120

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**CLINIC DATES AND TIMES**
- **INDIAN VALLEY**
  - Tue 11:00-11:45 am
  - Tue 1:00-1:45 pm
  - Wed 1:00-1:45 pm
  - Wed 11:00-11:45 am
  - Thu 11:00-11:45 am
  - Fri 11:00-11:45 am
- **LANSDALE**
  - Tue 11:00-11:45 am
  - Wed 11:00-11:45 am
  - Thu 11:00-11:45 am
  - Fri 11:00-11:45 am

**PROGRAMS**
- **FITNESS/WELLNESS - YOUTH**
- **CLINIC**
- **CLUB**
- **PARKS & RECREATION**
- **THEATER**
- **MUSIC**
- **SPECIAL EVENTS**

**WEBSITE**
www.NorthPennYMCA.org
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
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
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

PRE-SCHOOL GYMNASTICS | 3-4 YRS
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
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
MESSY/SENSORY PLAY CLASS FOR BABIES AND PARENT | 1-3 YRS
In this class, participants will work on exposing their children to a variety of sensory experiences. Multisensory play through movement and touch is vital to a growing brain. It helps our children learn to tolerate a variety of textures and movement experiences that they will eventually come in contact with as they grow. Exploring through touch and movement in a gradual manner, with a playful approach can help your little ones feel more comfortable and in control of their experience. (class max of 7)
INDIAN VALLEY Mon 10:00-11:00 am
Full Members $30 | Program Member $45
Community Member $60

SPORTS – YOUTH

T-BALL | 3-4 YRS
A fun introduction to the great game of baseball. Coaches use creative, engaging drill and games to develop basic hitting, fielding, throwing and running skills.
INDIAN VALLEY Thu 9:15-9:45 am
Full Member $30 | Program Member $65

DOUBLE DRIBBLERS | 3-4 YRS
A fun introduction to soccer and basketball. Four weeks of each sport.
INDIAN VALLEY Mon 9:30-10:30 am
Thu 10:00-10:30 am
Full Member $30 | Program Member $65

SPORTS OF ALL SORTS | 3-6 YRS
A fun and upbeat class to introduce your child to a variety of sports. Coach Darlene will teach the fundamental skills using exciting drills and game situations in a friendly atmosphere. Emphasis is placed on teamwork, participation and sportsmanship.
LANSDALE Tue 5:45-6:30 pm 3-4 yrs
Tue 6:30-7:15 pm 5-6 yrs

BASKETBALL – YOUTH | 5-12 YRS
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 9-12 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 | 5-10 YRS
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.
INDIAN VALLEY Fri 4:45-5:30 pm 5-6 yrs
Fri 5:30-6:15 pm 7-10 yrs
LANSDALE Mon 5:45-6:30 pm 5-6 yrs
Mon 6:30-7:15 pm 7-10 yrs

DODGEBALL YOUTH PROGRAM | 7-11 YRS
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
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 | 8–14 YRS
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
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

INTRO TO VOLLEYBALL | 10 YRS+
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.

INDIAN VALLEY  Thu 7:00–8:00 pm
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>
<thead>
<tr>
<th>30 MIN</th>
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<th>PROGRAM MEM</th>
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<tr>
<td>1 Session</td>
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<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

MARTIAL ARTS

TAEKWON–DO | ALL AGES
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 7:45–8:45 pm
Thu 7:00–8:00 pm (7 yrs+) Beg-Int
Sat 10:00 am–11:00 am Int
Sat 11:00 am–12:00 pm Adv

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)

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.whiteeaglemma.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
CLUBS – YOUTH

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
For additional information, visit us online at NorthPennYMCA.org, click ‘Programs’ and enter ‘Adventure Guides’ in the search bar.

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 | 8–18 YRS
FREE PROGRAM!
North Penn PAL, 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!

TEEN LEADERS CLUB | 12–18 YRS
Adult supervised program that promotes leadership, character development, community involvement and exciting special events. Teens have a voice in community events, attend youth rallies, do community service projects and have meaningful talks about what’s important in their lives. Interested teens receive a conditional Y membership while participating in our club. Contact Christy Pope at christyp@NorthPennYMCA.or or 215-368-1601 ext 209.
LANSDALE | Tue 6:30–8:00 pm
Full Member N/C | Program Member $35

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Full Member N/C | Program Member $35

www.NorthPennYMCA.org
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+
Small group swim lessons for children with mild physical and mental disabilities.
INDIAN VALLEY
Fri 4:00-4:30 pm
Fri 4:30-5:00 pm
Fri 5:00-5:30 pm
Fri 5:30-6:00 pm
Fri 6:00-6:30 pm
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. Contact Sean Hanley at 215-527-2475 or SeanHanley@developmentalfitness.com.
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. Contact Sean Hanley at 215-527-2475 or SeanHanley@developmentalfitness.com.
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

SPECIAL OLYMPICS SWIM TEAM
Special Olympics swimmers of all abilities from beginner to advanced practice weekly from October through June at the Lansdale YMCA. Athletes must be at least 7 years old and have a current Special Olympics medical form on file with Special Olympics Montgomery County. For swim team information please contact Catharine Miller at CatharineJMiller@comcast.net
LANSDALE Sat 12:30-3:00pm
For information regarding other Special Olympics sports and practice locations please visit www.specialolympicsmontco.org.

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 | IV Intergenerational Room
Sep 20 | Color Me Mine, North Wales (Must RSVP)
Oct 4  | Bowling - Earl Bowl, Earlington
Oct 18 | Hip Hop
Nov 1 | Hayride at Merrymead Farm (Cost/Time TBD)
Nov 15 | Pizza & Game Night | IV Intergenerational Room
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
PEDAL FOR A PURPOSE
DECEMBER 3 | 8 AM TO 8 PM
#GIVING TUESDAY
NON-PROFIT GLOBAL CELEBRATION OF GENEROSITY

Sign up to Ride, be a Bike Buddy or Donate at NorthPennYMCA.org/pedal

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
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 stop in to fill out a request form or call Michelle Keiper at 215-723-3569, ext 112.

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 Aquatics Coordinator. Private and Semi-Private swim lessons are scheduled based on participant and instructor availability. Please call Ian Dillard at 215-368-1601, ext 211 or iand@NorthPennYMCA.org.

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

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<td>12 Sessions</td>
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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

STROKE TECHNIQUE AND MORE! | NEW
Many swimmers do not put enough focus on their stroke technique and form, they assume that simply swimming more yardage will equate to success. This is not always the case. If a swimmer is training with bad technique, they are only going to continue to reinforce bad habits. Mastering technique will make you more efficient and help you expend less energy! This class focuses on stroke refinement through drills and individual feedback. We will also cover starts and flip turns to round out the session. Students must be able to swim 50 yards of freestyle, backstroke and breaststroke and 25 yards of butterfly. For 8-16 yrs. Depending on enrollment a second class may added at 10:30 if needed to maintain the integrity of the class. For more information contact Ann Leslie, 215-368-1601, ext 234 or annl@NorthPennYMCA.org.

LANSDALE
Sun 9:30 am
Full Member $110 | Program Member $175

SYNCHRONIZED SWIMMING
No experience is necessary to develop your inner bathing beauty. Must have basic swimming abilities and be comfortable in deep water.

INDIAN VALLEY
Mon 9:00-10:00 am
LANSDALE
Fri 9:30-10:30 am
Full Member N/C | Program Member $78

VOLLEYBALL—WATER
Co-ed volleyball for everyone 16 years and up.
LANSDALE
Tue/Thu 12:30-2:00 pm
Full Member N/C | Program Member $40
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 on teacher cue 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 Ann Leslie at our Indian Valley branch at annl@northpennymca.org or Cindy Leahy at our Lansdale branch at cindylea@NorthPennYMCA.org.

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).

REGISTRATIONS FOR THE SWIM BASICS AND SWIM STROKES WILL NOT BE ACCEPTED AFTER NOV 10. SWIM LESSONS ARE NOT PRO-RATED. (Does not apply to Swim Starters)

YOUTH SWIM EVALUATION
Students enrolled in swim lessons will be given an evaluation two weeks prior to the end of the session. We evaluate the comfort level, stamina, and technique that the child has displayed throughout the session to determine the appropriate level for the following session. Please note that children progress at different rates and it is not uncommon for some children to repeat the same level multiple times. We encourage parents to discuss their children’s progress with their child’s instructor. If you are new to the program, swim evaluations can be made by appointment. Contact Ann Leslie at 215-723-3569, ext 112 or annl@northpennymca.org at our Indian Valley branch, or contact Cindy Leahy at 215-368-1601, ext 210 or cindylea@NorthPennYMCA.org at our Lansdale branch.

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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.

SWIM STARTERS | 6 MTHS–3 YRS
Full Member $40 | Program Member $80

INDIAN VALLEY | 6 MTHS–3 YRS

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<thead>
<tr>
<th>LEVEL A</th>
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<td>Water Discovery</td>
<td>Water Exploration</td>
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<td>Mon 11:00–11:30 am</td>
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LANSDALE AREA | 6 MTHS–3 YRS

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YMCA Swim Lessons
Water Discovery

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.
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.

SWIM LESSONS—YOUTH | 29

www.NorthPennYMCA.org
**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.

**Swim Strokes | 3-5 yrs | 30 min**

**Indian Valley**

<table>
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<tr>
<th>Level 1 Stroke Introduction</th>
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<th>Level 3 Stroke Introduction</th>
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<td>Mon 4:45-5:30 pm</td>
<td>Mon 5:30-6:15 pm</td>
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**Lansdale Area**

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<th>Level 1 Water Acclimation</th>
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**Swim Strokes | 6-12 yrs | 45 min**

**Indian Valley | 6-12 yrs**

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<tr>
<th>Level 4 Stroke Introduction</th>
<th>Level 5 Stroke Development</th>
<th>Level 6 Stroke Mechanics</th>
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**Lansdale Area | 6-12 yrs**

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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.
INDIAN 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.

CERTIFICATION COURSES

LIFEGUARD – AMERICAN RED CROSS CERTIFICATION
Pre-requisites include the following: Ability to swim 300 yards non-stop freestyle and/or breastroke, complete a surface dive to retrieve a weighted object and tread water without using your arms for two minutes. Must be at least 15 years old at the end of the course.
INDIAN VALLEY
For more information, please contact Ann Leslie at 215-723-3569, ext 112 or annl@northpennymca.org.

RECERTIFICATION CLASS
For more information, please contact Ann Leslie at 215-723-3569, ext 112 or annl@northpennymca.org.

LANSDALE LIFEGUARD CLASS/BLENDED LEARNING
Sat 12:00-6:00 pm    Nov 2, 9, 16, 23
Member $300 | Community $325

RECERTIFICATION CLASS
2 CLASS OFFERINGS
Sat 12:00-6:00 pm    Oct 19, 26
Sat 12:00-6:00 pm    Nov 16, 23
Cost $150
For more information please contact Cindy Leahy at 215-368-1601 ext 210 or cindylea@NorthPennYMCA.org.

AQUATICS – YOUTH | 31
www.NorthPennYMCA.org

GATORS SWIM TEAM

2019–2020 SWIM TEAM
LANSDALE
Our 2019/2020 swim season is under way! Come out and support the swim team at our home meets starting in November.

SAVE THE DATE
October 12 | Gator Dual | 1:00 pm
November 23 | Swim Meet | 1:00 pm
December 7 | Swim Meet | 1:00 pm
December 14 | Swim Meet | 1:00 pm
December 28 | Winter Laau | All Day
January 4 | Swim Meet | 1:00 pm
January 11 | Swim Meet | 1:00 pm

The North Penn Gators would like to thank the Y, all of its members, and the community for their support of our swim team.

OUR TEAM MOTTO:
Goals
Acceptance
Teamwork
Opportunity
Respect
Sportsmanship

For specific practice schedule information, visit the NPY Gators Swim Team check out our website: www.npygators.org or email us at: npswimteam@NorthPennYMCA.org.
AQUATICS – ADULT

CLASSES FREE TO FULL MEMBERS (unless indicated otherwise)

AEROBICS – AQUA
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
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
Tue/Thu 10:40-11:25 am
Full Member N/C | Program Member $62

LANSDALE Mon/Wed/Fri 8:15-8:55 am
Mon/Wed/Fri 12:30-1:15 pm
Full Member N/C | Program Member $79

ARTHRITIS STRESS FREE – AQUATIC
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
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
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
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
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
Combining deep and shallow exercise.

INDIAN VALLEY Mon/Wed/Fri 5:30-6:15 am
Full Member N/C | Program Member $79

HYDRO NOODLE
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
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 9:45-10:20 am
Thu 9:15-10:00 am
Full Member N/C | Program Member $79
ADULT AND ADVANCED SEWING
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 Thu 7:00-8:00 pm
Full Member $45 | Program Member $90

NEEDLE CRAFTS | ADULT
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

NEEDLE NUTS
Needle Nuts is a time for experienced needle crafters, guys and gals, who just want a place to gather with like-minded individuals for an hour or so per week to get inspiration and enjoy an appreciative audience. No actual instruction will be given, but you can always ask for advice or skill refresher.
LANSDALE Mon 7:30-8:30 pm
Full Member $17 | Program Member $34

SEWING AND QUILTING | ADULT
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 6:15-7:15 pm Adult and Adv Sewing
Full Member $45 | Program Member $90

MARTYN ABRAMSON’S NEW DANCE WORKSHOP
We are happy to partner with Martyn Abramson’s New Dance Workshop in order to bring exciting new dance programing to our Indian Valley branch. Under the direction of Martyn Abramson, the instructional staff is university trained in dance and has either their BFA or MFA degrees. The faculty is committed to providing an experience that promotes individual success through a curriculum which emphasizes discipline and patience in a caring and nurturing environment. “We believe that fantastic things can happen to those that study dance. Improved coordination, posture, and self-confidence are among some of the benefits. Our student-centered approach to the art of dance fosters creativity and self-expression.” Our program is inclusive for the community, not just YMCA members.
ADULT TAP | 16 YRS+
Beginner/Intermediate level. All tap skills are introduced to build a solid foundation and basic level of technique. Sign up is online @ https://dancestudio-pro.com/online/harleysville. Registrations must be received 5 days prior to the start of the session.
INDIAN VALLEY Mon 8:30-9:30 pm Dance Studio
Full/Program/Community Member $120

ADULT BALLET | 16 YRS+
Designed for adults and older teens who wish to begin the study of ballet. Learn the terminology, positions, and fundamental steps of classical ballet. Each class will consist of barre and center exercises, which are designed to develop and support proper alignment and flexibility as well as enhance core stability. Join us in a welcoming and supportive environment as you begin your ballet journey.
INDIAN VALLEY Mon 4:15-5:15 pm

SPORTS – ADULT

BADMINTON | 16 YRS+
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 Comm Ctr
Fri 5:30-7:30 pm Central Comm Ctr
Full Member $29 | Program Member $57

BADMINTON FAMILY | 7 YRS+
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+**
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

**PICKLEBALL**
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 7:00-9:00 am Gym A/B  
Tue 1:00-3:00 pm Gym A  
Wed 7:00-8:00 am Gym A/B  
Thu 1:00-3:00 pm Gym A  
Fri 7:00-9:00 am  
**LANSDALE**  
Mon/Wed 12:00-1:30 pm

**SOCCER ADULT | 16 YRS+**
Pick-up games. Drop-ins always welcome.

**INDIAN VALLEY** Tue 8:30-9:50 pm  
Full Member N/C | Program Member $57

**Volleyball Adult | 15 Yrs+**
Play competitive and recreational volleyball. For the advance player, teams are formed each night competing against one another looking for victory at all cost! Interested players are evaluated each night to ensure the safety of all our players. Not feeling so serious? Try recreational volleyball, meet new friends while playing on a more relaxed court!

**INDIAN VALLEY** Mon 9:00-10:50 pm | Gyms A&B  
**LANSDALE** Wed 8:30-11:00 pm | Meg Gym  
Full Member N/C | Program Member $57

**Fitness/Wellness – Adult**

**Boxing | 16 YRS+**
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 Member $48 | Program Member $60

**Tae Kwon Do Adult | 13 YRS+**
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  
Thu 8:00-9:00 pm All Levels  
Fri 6:30 – 8:30 pm Black stripe & up  
Full Member $45 | Program Member $90

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**Fitness/Wellness – Adult**

**Pickleball**
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 7:00-9:00 am Gym A/B  
Tue 1:00-3:00 pm Gym A  
Wed 7:00-8:00 am Gym A/B  
Thu 1:00-3:00 pm Gym A  
Fri 7:00-9:00 am  
**Lansdale**  
Mon/Wed 12:00-1:30 pm

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**Give the Gift of Health for the Holidays!**

A Y GIFT CERTIFICATE is the perfect gift for the holidays! Begin your holiday shopping with us – give the gift of health and fitness by purchasing a YMCA gift card for someone on your holiday shopping list. A Y gift card can help jumpstart New Year resolutions and get everyone back on track with a healthy lifestyle. Let your friends and family know you care about their health. YMCA gift cards can be used for membership and program fees, and to purchase Y merchandise. Details or purchase at our membership desks.
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!

INLAND VALLEY  Mon 7:00-8:30 pm
Thu 7:30-8:30 pm
Sat 8:00-9:25 am

RACQUETBALL LEAGUE | 16 YRS+
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
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.

30 MIN  FULL MEMBER  PROGRAM MEM
1 Session  $25  $35
4 Session  $90  $130
8 Sessions $175  $255

LANSDALE

TRX BOXING FUSION
SMALL GROUP TRAINING
Combine TRX resistance training with boxing for a great circuit training experience. The use of TRX bands, boxing mitts, kettlebells and boxing bags make up this amazing combo class. Registration is required. Class is limited to eight members.

LANSDALE  Mon 6:15-7:00 pm
Full Member $50 | Drop-In $10/class

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 or Michelle McKeown, 215-368-1601, ext 207 at Lansdale.

PHYSICAL THERAPY

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. Call 215-538-1999 or visit them on the web at www.parryptgroup.com.
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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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

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

SMARTSTART PROGRAM

Through this FREE program, our coaches will educate you on the equipment and create a customized workout to help you achieve your goals. Complete all three SmartStart sessions with your coach and get a 30 minute personal training session. Register by speaking with a wellness coach or visit the membership desk.

Personal Training in Water
See page 26

ONE-ON-ONE BOXING

Get fit with our certified boxing coach, Phil Chebook. Whether you have been in the ring, want to get in the ring or just want to mix up your fitness routine, let Phil’s 30 years of experience take your training to the next level. One hour sessions. Contact the Group Exercise Department for more information: 215-368-1601, ext 246.

LANSDALE By Appointment
Full Member | 4 sessions $120

TEEN SMALL GROUP TRAINING | 12 YRS+

For those looking for a strength, speed and agility training class to help prepare for upcoming spring sports this class is for you. Small group setting will provide tailored workouts to meet the group’s needs. Your trainer will utilize kettle bells, medicine balls, and body weight exercises to focus on core training and improving functionality. 6 person maximum to ensure personal attention.

LANSDALE Mon 7:15-8:15 pm
Full Member $48 | Program Member $65

TRX SUSPENSION TRAINING

Learn the foundations and principals of resistance training. Increase strength; improve core, balance and stability. Use of battle ropes, medicine balls, kettlebells, and more are incorporated during this workout.

LANSDALE Wed 6:15-7:00 pm
Thu 8:30-9:15 am
Full Member $50 | Drop-In $10/class

WOMEN’S WEIGHT TRAINING

Tired of coming to the gym and only doing cardio? Interested in learning how to incorporate free weights and other weight training methods into your workouts? Then this is the class for you. Learn how to incorporate these weight training techniques into your workout in a small group setting.

LANSDALE Wed 6:00-6:45 pm
Full Member $50
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 next class at the branch closest to you. 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 Alex Beswick at Indian Valley at 215-723-3569, ext 119 or at alexb@northpennymca.org. Contact Mary Levenberg at Lansdale at 215-368-1601 ext 233 or maryl@NorthPennYMCA.org.

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 Alex at alexb@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 Alex Beswick at 215-723-3569, ext 119 or alexb@northpennymca.org.
ACTIVE OLDER ADULTS

AOA – BEGINNER BALL CLASS
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 Rachel Gans at Indian Valley at ext 115 or Mary Levenberg at Lansdale ext 233.

INDIAN VALLEY  Tue 3:00 pm IGR
LANSDALE  Tue 12:30 pm
No fee | Program Membership/Senior Center Membership required

AOA CYCLING
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
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 SATURDAY MORNING SERIALS
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 | IGR
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 Rachel Gans at 215-723-3569, ext 115.

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

AOA WALKING TO THE OLDIES
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 8:15–9:00 am | Gym Track
   Thu 8:15–9:00 am | Gym Track
Full Member N/C | Program Member $50

AOA YOGA
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 | IGR
No fee | Program Membership/Senior Center Membership required

SILVERSNEAKERS BOOM
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.

LANSDALE  Wed 10:40–11:10 am
Full Member N/C | Program Member $34
SILVERSNEAKERS CARDIO
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
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
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
Fri 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: Rachel Gans, Indian Valley at 215-723-3569, ext 115 or Mary Levenberg, Lansdale at 215 368-1601, ext 233

AOA ADVISORY COMMITTEE
INDIAN VALLEY Wed Nov 6 - 1:00 pm
Wed Dec 4, 1:00 pm
LANSDALE Tue Nov 5, 8:30 am
Tue Dec 3, 8:30 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 Nov 19 12:30 pm | Yantzee
Tue Dec 17 12:30 pm | Holiday Luncheon at the Y
LANSDALE
Tue Oct 15 11:30 am | Northbound (Souderton)
Tue Nov 12 11:30 am | The Green Fork & Local Roots Market (North Wales)
Thu Oct 24 | 9:30 am

TOP FOODS FOR EYE HEALTH | FREE
INDIAN VALLEY
Do your eyes have all the nutrients they need to prevent cataracts, macular degeneration, glaucoma, and other sight woes? Come and learn from Teri Wassel, RD, from the Montgomery County Department of Health and Human Services, about the top foods for eye health. Don’t pop pills to get these nutrients – your best sources of vitamins and antioxidants are from whole foods, since it may be a food’s combination of nutrients that have a synergistic effect. A cooking demonstration will be included to illustrate easy cooking recipes to receive these super foods. Sign up now at the AOA bulletin board or contact Rachel at ext 115 with questions.
Thu Oct 31 | 9:30–11:00 am
AOA HALLOWEEN PARTY
INDIAN VALLEY
Celebrate Halloween in "Y" style! Wear your Halloween costume to the Y and join us before or after your workout for yummy treats in the front lobby. You may even win a prize for your fun or unique costume. Join us for Halloween fun, food and friendship. Free to all members. Contact Martina with questions at the Membership Desk.

Thu Nov 7 | 4:00 pm
FALL WINE TASTING – TASTES OF ITALY
PUB AT ARBOUR SQUARE
Kristin Kraft will be presenting wine pairing for Italian wines and hors d’oeuvres for the Indian Valley branch, hosted by Arbour Square. Kristin is the chairman of the board of the Perkiomen Valley chapter of the American Wine Society and an AWS-certified wine tasting judge. The cost is $20 per person and will include tasting of 7 wines and hors d’oeuvres. Seating is limited so register early. Register at the Membership Desk of the Indian Valley branch. Contact Rachel at ext 115 with questions.

Thu Nov 7 | 9:30 am
AOA SEMINAR ON THE CARE ACT
INDIAN VALLEY
During this informative presentation, representatives from The Community Care Coalition of Montgomery County will discuss how The CARE Act provides your loved one the opportunity to designate a caregiver, educate how the hospitals include the caregiver in discharge planning, provide necessary training for your loved one’s care once they go home, and inform you when your loved one is to be discharged to another facility or back home. AARP explains the Care Act and the new rules that empower individuals to designate a primary caregiver and for that caregiver to have access to more information and have more control over decisions relating to care and discharge planning. Sign up at the AOA bulletin board. Contact Rachel at ext 115 with questions.

Wed Nov 20 | 10:30 am & 7:00 pm
SENIOR COMMUNITIES SEMINAR
LANSDALE
Are you looking for Senior Living for yourself or a loved one but do not know where to start? Join us for either session 10:30 am or 7 pm on Wednesday, November 20. Come learn practical information on where, when and how to begin. Special guest speaker Heidi Noel Slook from Arbour Square in Harleysville. For more information please contact Mary Levenberg at 215-368-1601 ext 233 or maryl@NorthPennYMCA.org.

Thu Dec 5 | 11:00 am–1:00 pm
CELEBRATE THE HOLIDAY SEASON AT THE Y LANSDALE
Come out and enjoy a wonderful luncheon with friends and family, listen to music while enjoying the festive atmosphere. Lunch will be catered but please bring along a dessert to share. $15 per ticket. Non Y members welcome. Purchase your tickets at membership. For more information please contact Mary Levenberg at 215–368–1601 ext 233 or maryl@NorthPennYMCA.org.

WAIT TO HEAR FROM ALEX
Thu Dec 5 | 9:30 am
AOA HOLIDAY CRAFTS | FREE!
INDIAN VALLEY
AOA friends come join us for a fun filled morning of hot chocolate, cookies and holiday spirit. We will be making a holiday craft for your decorating or to give as a gift. All materials and supplies will be provided by Arbour Square of Harleysville. Sign up at the AOA bulletin board or contact Alex at ext 119 with questions.

Tue Dec 17 | 12:00 pm
AOA HOLIDAY LUNCHEON
INDIAN VALLEY
Get in the holiday spirit with our annual Holiday Luncheon celebration. We supply the turkey and we ask you to bring the sides and desserts. Lunch is $3 per person and includes food, drinks, music, games and live entertainment. Enjoy a holiday show with some very special entertainers for our lunch guests and the HUGS pre–school class. There may even be an appearance by Santa. Don’t miss the fun; reserve your seat early at the Membership Desk. Contact Rachel at ext 115 with questions.
GROUP EXERCISE | 16 YRS+
INCLUDED WITH FULL MEMBERSHIP

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 choregraphed 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.

BollyX
Inspired by the rhythms of Bollywood, this fun cardio workout can burn up to 800 calories per session!

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.

Due to the holidays, Group Exercise schedules will vary on Halloween, Nov 27-Dec 1. Please check the website, mobile app, or your branch.

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.

Grit 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.
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.

FREE STYLE JUMP ROPE | 16 YRS+
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.

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.

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.

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.

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.
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.

CXWORX
30-minute core-training workout that uses your body weight, resistance tubing and weights to tighten and tone your midsection. Exercises are designed to improve your functional strength for better mobility and injury prevention.

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.

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

FREE NUTRITION ADVICE
We will have a local registered nutritionist visiting once a month to give free nutrition advice to our members! Check the website at www.NorthPennYMCA.org for upcoming dates/times.

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

LES MILLS™ PROGRAM MEMBER ALL ACCESS PASS
One card that gives Program Members the freedom to take BODYPUMP™, BODYCOMBAT™, BODY FLOW™, CXWorx, 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 LANSDALE
Program Member $93 Program Member $68

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.
CELEBRATE THE HOLIDAYS
WITH THE Y!

Holiday Hours – page 7

Angel Trees – page 12
Help brighten the holidays for a deserving family by selecting an angel from our trees – Indian Valley or Lansdale branch

Christmas Craft Bazaar – page 12

Gift the Gift of Health – page 34

AOA Holiday Lunches – page 40
AOA Holiday Crafts – page 40
Active Older Adults enjoy holiday lunches and crafting with friends!