



NORTH PENN YMCA

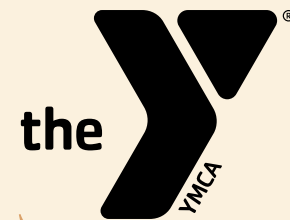
FALL 2

PROGRAM GUIDE

October 30–December 24, 2023

INDIAN VALLEY FAMILY YMCA
LANSDALE AREA FAMILY YMCA
HARLEYSVILLE EARLY CHILDHOOD CENTER

NorthPennYMCA.org



Welcome to North Penn YMCAs' fall program guide. We are pleased to provide clean facilities and safe programs to help you meet your health and wellness needs now more than ever.

PROGRAM REGISTRATION DATES:

Early Full Family Registration: October 16

Open Registration: October 23

TO REGISTER FOR A PROGRAM: Visit our Indian Valley or Lansdale branch in person or sign up online: NorthPennYMCA.org.

5 EASY WAYS TO BECOME A Y MEMBER

1. Join [online](#) or in person
2. Financial Assistance | The Y offers financial assistance for those in need through our Annual Campaign. Download an [application](#) from our website or stop in to pick one up.
3. Health Insurance | You may be eligible for fitness reward benefits through your private or your employer provided health insurance. Check with your provider to determine your fitness reward benefits.
4. Corporate Membership | Call, stop in or go to our website for a list of [participating organizations](#) that assist with membership fees.
5. 7th Grade Membership | All 7th graders in the North Penn, Souderton and Perkiomen Valley School Districts receive free Y memberships September 1 to August 31.

WHY DO I NEED A MEMBERSHIP? A full facility membership or program membership is required for participation in our exciting programs.

LOCATIONS:



Indian Valley Branch

890 Maple Avenue, Harleysville, PA
19438 215.723.3569

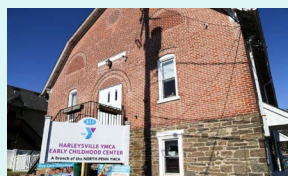
[Click here](#) for hours and amenities



Lansdale Branch

608 E. Main Street, Lansdale, PA 19446
215.368.1601

[Click here](#) for hours and amenities



Harleysville YMCA Early Childhood Center

311 Alumni Avenue, Harleysville, PA
19438 | 215.256.0767

[Click here](#) for hours and amenities



Y GIVE
ANYTHING ELSE
GIVE THE GIFT OF FUN, FITNESS, AND MORE

Begin your holiday shopping with us – give the gift of health and fitness by purchasing a YMCA gift certificate for someone on your holiday shopping list. Let your friends and family know you care about their health. See a staff member at the membership desk with questions or to purchase.



**FIND YOUR
POTENTIAL.
FIND YOUR Y.**

For a better us®

Enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.

If you enjoy helping others and making a difference in the lives of members of your community on a daily basis, consider joining our team! We are proud to be an Equal Opportunity Employer.

We offer a variety of full-time, part-time and seasonal job opportunities in a many different areas of our Ys.

Apply at NorthPennYMCA.org/jobs and in person at the Welcome Center at one of our branches!

FITNESS

We offer state-of-the-art wellness centers and exercise studios, focused on the health and wellbeing of each of our members. Our wellness centers are open and spacious during our operating hours with no reservation required.

GROUP EXERCISE

Most group exercise classes are included with full membership including LesMills™, Silver Sneakers™ and more.

Please visit NorthPennYMCA.org/schedules for schedules.

PERSONAL TRAINING

Our team of certified personal trainers is available to help you reach your health and wellness goals at a time that meets your schedule. One-on-one customized training is perfect for individuals new to fitness as well as those seeking to take their fitness to another level. Small group training also available. To learn more [click here](#).

GYMNASIUM

Our gymnasiums at our Lansdale and Indian Valley branches are available for open gym, basketball and pickleball. To view our gymnasium schedules, visit NorthPennYMCA.org/schedules

PICKLEBALL

Pickleball is offered year-round at our Lansdale Branches and Indian Valley Branches. Programs include one-day events, pickleball lessons for beginner through advanced level players, and open, recreational time. Registration required. [Learn more](#)



VIRTUAL Y

Access to the Y, no matter where you are! Members of North Penn YMCA enjoy free access to Virtual YMCA for live and on-demand workouts anytime, anywhere!

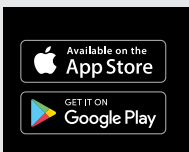
 [Click here to enter our Virtual Y website](#)

SMARTPHONE APP

Our app includes a “find a class” feature, access to schedules and links to our reservation system and virtual wellness platform. Keep track of your workouts and participate in member challenges. Turn on notifications, and you’ll receive push notifications when there is important information and closures.

HOW TO INSTALL:

1. Visit your app store.
2. Search for “North Penn YMCA”
3. Download to your phone
4. Use your personal information to create an account



AQUATICS

In addition to our aquatics and swim programs, we offer lap swim, open/family swim, and aquatic group exercise classes. Pools in North Penn at YMCA Branches:

Indian Valley Pool: Six lane, 25 meter lap pool utilized for lap swim and aquatics group exercise classes

Lansdale Lap/Recreational Pool: Six lane, 25 yard pool scheduled daily for lap swim, swim team practices, open recreational use and water walking.

Lansdale Martin Pool: This recreational pool with slide and water features is scheduled for open recreational time as well as group exercise classes and aquatics group exercise classes.

Lansdale Deming Pool: Four lane, 25 yard pool scheduled daily for swim lessons, classes and open swim times.

For pool schedules, visit:

NorthPennYMCA.org/schedules.



STAY & PLAY

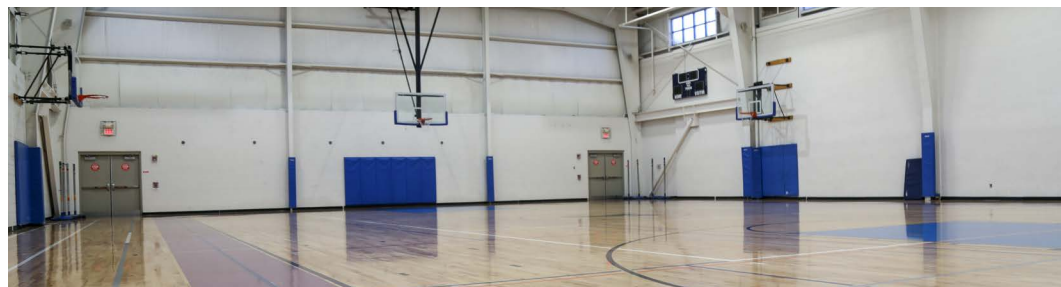
Stay & Play Babysitting services are provided to members while they work out or utilize our facility, additional information at NorthPennYMCA.org/child-care/stay-and-play.

Indian Valley Stay & Play Hours

Mon-Fri 9:00 AM – 11:00 AM | **Mon-Thu** 5:00 PM – 7:30 PM

Lansdale Stay & Play Hours

Mon-Fri 9:00 AM-11:30 AM | **Mon-Thu** 5:00 PM-7:00 PM | **Sat** 9:00 AM-11:30 AM



NEED AN INDOOR FACILITY FOR YOUR GROUP/TEAM?

We have spaces in our facilities for a variety of group activities including:

- Gym rentals for basketball, hockey, soccer and more available at both branches. Climbing wall party rentals are also now available! (Lansdale branch only)
- Pool rentals for swim teams, water volleyball, etc. (Lansdale branch only)

Lansdale branch rentals: call 215.368.1601

Indian Valley branch rentals: contact Ian Dillard 215.723.3569 ext 119 or email iand@NorthPennYMCA.org



AT OUR LANSDALE BRANCH

Virtual sports and gaming for all ages and experience levels! This exciting area is open to members and non-members and allows visitors to test their gaming skills and take a swing at virtual golf and virtual sports! This is a safe space for all ages to compete as a team in Esports or at our indoor simulators. This space helps develop important skills that can be applied to all areas of life, including communication, collaboration and problem-solving skills in an individual or team environment..



Our virtual sports and golf simulators are for individuals age 18 and older. Younger players are welcome with parental supervision. Open to members and non-members! Access to virtual sports including golf, soccer, hockey, bowling and family fun games! All experience levels are welcome in our simulator spaces. The TruGolf simulators are state of the art and feature E6 Connect technology and access to over 100 of the best courses in the country (including Pebble Beach and Oakmont) Visit our website for rates and reservations.



The Esports and Gaming Center is for individuals age 7 and older. Younger gamers are welcome with adult supervision. Enjoy popular games and top of the line gaming systems that are designed to create an inclusive gaming experience! Get the competition started by enrolling your middle or high school student in an engaging Esport league. Access to the Gaming Center is included in all North Penn Y family memberships! Visit our website for additional options.

Check out our Ezone birthday party options! Learn more at NorthPennYMCA.org/ezone.

Aquatics Programs

Indian Valley Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact Vince Serianni with questions at iv.aquatics.dir@northpennymca.org

| Aquatic Fitness Programs | Description | Ages | Instructor | Days | Start Time | End Time | PROGRAM FEES | | |
|------------------------------------|--|---------|------------|-------|------------|----------|--------------|-------------|----------------|
| | | | | | | | Full Family | Full Member | Program Member |
| Hydrotrim | Cardiovascular fitness water aerobic class that tones tightens, and trims your body. The class includes the use of barbells and noodles to enhance your total body workout. Swimming ability is not required. | 16+ yrs | | Tues | 10:00 AM | 10:45 AM | \$0 | \$0 | n/a |
| | | | | Tues | 7:00 PM | 7:45 PM | \$0 | \$0 | n/a |
| | | | | Wed | 10:00 AM | 10:45 AM | \$0 | \$0 | n/a |
| Silver Sneakers Splash | A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training. | 55+ yrs | | Fri | 10:00 AM | 10:45 AM | \$0 | \$0 | n/a |
| Water Walking | Water walking is an instructor-led, low-impact cardio exercise in shallow water that strengthens, tones, and improves range of motion and balance. This class is a great alternative for those who have limited mobility or pain with land-based exercise. | 16+ yrs | | Mon | 8:00 AM | 8:45 AM | \$0 | \$0 | n/a |
| | | | | Mon | 10:00 AM | 10:45 AM | \$0 | \$0 | n/a |
| | | | | Thus | 10:00 AM | 10:45 AM | \$0 | \$0 | n/a |
| Deep Water Workout | Guided total body workout in the deep end of the pool. The deep water provides buoyancy that allows for exercise for every body part with no impact on the joints. | 16+ | | Mon | 6:00 AM | 6:45 AM | \$0 | \$0 | n/a |
| | | | | Wed | 6:00 AM | 6:45 AM | \$0 | \$0 | n/a |
| High Intensity Aqua Dance Aerobics | Shallow water high intensity aqua dance aerobics choreographed to music that increases cardiovascular endurance and tones, tightens and trims your body. Swimming ability is not required. | 16+ | | Mon | 7:00 AM | 7:45 AM | \$0 | \$0 | n/a |
| | | | | Thurs | 8:00 AM | 8:45 AM | \$0 | | |
| Aqua Aerobics | Cardiovascular fitness shallow water aquatic aerobic class choreographed to music that increase strength and cardiovascular endurance and tones, tightens and trims your body. The class includes the use of resistance. | 16+ | | Tues | 10:00 AM | 10:45 AM | \$0 | \$0 | n/a |
| | | | | Tues | 7:00 PM | 7:45 PM | \$0 | \$0 | n/a |
| | | | | Wed | 10:00 AM | 10:45 AM | \$0 | \$0 | n/a |
| Liquid Fitness | Shallow water exercise for all skill levels featuring a variety of low to moderate intensity and impact workouts designed to increase strength and improve flexibility, balance and cardiovascular endurance. Swimming ability is not required. | 16+ | | Wed | 7:00 PM | 7:45 PM | \$0 | \$0 | n/a |
| Aqua Stretch and Flex | Low Intensity, low impact shallow water group exercise focusing on stretching, balance, coordination, increasing range of motion and strengthening the lower back with mindful attention to the movements and controlled breathing. Swimming ability is not required. | 16+ | | Thurs | 7:00 AM | 7:45 AM | \$0 | \$0 | n/a |

Aquatics Programs

Indian Valley Branch - Fall II, 2023

| | | | | | | | PROGRAM FEES | | |
|---------------------------------------|--|----------|------------|------|------------|----------|--------------|-------------|----------------|
| Pre-Team/Competitive Swim Instruction | Enhance your total body workout. Swimming | Ages | Instructor | Days | Start Time | End Time | Full Family | Full Member | Program Member |
| Pre-Team Swim School | Competitive style swim instruction designed to simulate a swim team workout including dryland exercises, stroke mechanics, starts and turns, and more!**Mandatory evaluation for all participants. Please call to set up a time with our Aquatics Director for this evaluation prior to registration (215-723-3569). | 8-18 yrs | Emma | Tues | 4:45 PM | 5:45 PM | \$100 | \$100 | \$180 |
| | | 8-18 yrs | Emma | Thur | 4:45 PM | 5:45 PM | \$100 | \$100 | \$180 |

| | | | | | | | PROGRAM FEES | | |
|---|---|-----------|-------------------|------|------------|----------|--------------|---------------------------------------|----------------|
| Certification Courses | Description | Ages | Dates | Days | Start Time | End Time | Full Family | Full Member | Program Member |
| American Red Cross Adult/Pediatric First Aid/CPR/AED Blended Learn Course | American Red Cross Adult/Pediatric First Aid/CPR/AED Blended Learn Course | 14-99 yrs | November 4, 2023 | Sat | 9:00 AM | 11:00 AM | \$75 | \$75 Full Member \$45 Staff Member | \$90 |
| | | | December 2, 2023 | Sat | 9:00 AM | 11:00 AM | \$75 | \$75 Full Member \$45 Staff Member | \$90 |
| | | | November 16, 2023 | Thur | 6:00 PM | 8:00 PM | \$75 | \$75 Full Member \$45 Staff Member | \$90 |
| | | | December 14, 2023 | Thur | 6:00 PM | 8:00 PM | \$75 | \$75 Full Member \$45 Staff Member | \$90 |

| | | | | | | | PROGRAM FEES | | |
|----------------------------------|---|-----------|------------|------|------------|----------|--------------|-------------|----------------|
| Adult/Teen Swim Lessons | Description | Ages | Instructor | Days | Start Time | End Time | Full Family | Full Member | Program Member |
| Swim Lessons Adult Teen Beginner | Learn to swim. Class is for beginners learning to swim their first length of the pool. | 13-99 yrs | Sue D. | Wed | 6:00 PM | 6:45 PM | \$81 | \$81 | \$120 |
| | | | Sue D. | Sat | 12:10 PM | 12:55 PM | \$81 | \$81 | \$120 |
| Swim Lessons Adult Teen Advanced | Stroke Development. Class is for advanced swimmers learning to perfect their technique as well as learn | 13-99 yrs | Andrew D. | Sat | 10:25 AM | 11:10 AM | \$81 | \$81 | \$120 |

| | | | | | | | PROGRAM FEES | | |
|-----------------------|---|----------|------------|---------|------------|----------|--------------|-------------|----------------|
| Adapted Swim Programs | Description | Ages | Instructor | Days | Start Time | End Time | Full Family | Full Member | Program Member |
| Adapted Swim Lessons | Adapted Swim lessons for 3 yrs+ are one-on-one swim lessons for children with mild physical and mental disabilities. To register, please email iv.aquatics.dir@northpennymca.org. | 4 + yrs | TBD | Mon | 4:30 PM | 5:00 PM | \$95 | \$95 | \$115 |
| | | 5 + yrs | TBD | Mon | 4:30 PM | 5:00 PM | \$95 | \$95 | \$115 |
| | | 6 + yrs | TBD | Fri | 5:30 PM | 6:00 PM | \$95 | \$95 | \$115 |
| | | 7 + yrs | TBD | Fri | 5:30 PM | 6:00 PM | \$95 | \$95 | \$115 |
| | | 8 + yrs | TBD | Fri | 5:30 PM | 6:00 PM | \$95 | \$95 | \$115 |
| | | 9 + yrs | TBD | Mon | 5:30 PM | 6:00 PM | \$95 | \$95 | \$115 |
| | | 10 + yrs | TBD | Mon | 5:00 PM | 5:30 PM | \$95 | \$95 | \$115 |
| | | 11 + yrs | TBD | Mon | 5:30 PM | 6:00 PM | \$95 | \$95 | \$115 |
| | | 12 + yrs | TBD | Mon | 5:00 PM | 5:30 PM | \$95 | \$95 | \$115 |
| | | 13 + yrs | TBD | Mon | 5:30 PM | 6:00 PM | \$95 | \$95 | \$115 |
| 14 + yrs | TBD | Mon | 5:00 PM | 5:30 PM | \$95 | \$95 | \$115 | | |

Aquatics Programs

Indian Valley Branch - Fall II, 2023

| | | | | | | | | | |
|--|--|----------|-----|-----|---------|---------|------|------|-------|
| | | 15 + yrs | TBD | Mon | 6:30 PM | 7:00 PM | \$95 | \$95 | \$115 |
| | | 16 + yrs | TBD | Mon | 6:30 PM | 7:00 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Mon | 6:30 PM | 7:00 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Mon | 6:00 PM | 6:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Mon | 6:00 PM | 6:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Mon | 6:00 PM | 6:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Mon | 4:00 PM | 4:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Mon | 4:00 PM | 4:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Mon | 4:00 PM | 4:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 4:00 PM | 4:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 4:00 PM | 4:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 4:00 PM | 4:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 5:00 PM | 5:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 5:00 PM | 5:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 5:00 PM | 5:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 4:30 PM | 5:00 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 4:30 PM | 5:00 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 4:30 PM | 5:00 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Mon | 4:30 PM | 5:00 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 4:30 PM | 5:00 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 5:00 PM | 5:30 PM | \$95 | \$95 | \$115 |
| | | 3 + yrs | TBD | Fri | 5:30 PM | 6:00 PM | \$95 | \$95 | \$115 |

| | | | | | | | PROGRAM FEES | | |
|-----------------------------|--|-------------|------------|------|------------|----------|--------------|-------------|----------------|
| Swim Lessons 6 month- 3 yrs | Description | Ages | Instructor | Days | Start Time | End Time | Full Family | Full Member | Program Member |
| Water Discovery A | Parent/Child Swim Lesson: This class introduces infants and toddlers to the aquatic environment. 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) | 6 mth-3 yrs | Shannon S. | Sat | 9:10 AM | 9:40 AM | \$70 | \$70 | \$120 |
| Water Exploration B | Parent/Child Swim Lesson: This class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. (No Prerequisites) 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) | 6 mth-3 yrs | Shannon S. | Sat | 11:10 AM | 11:40 AM | \$70 | \$70 | \$120 |

PROGRAM FEES

Aquatics Programs

Indian Valley Branch - Fall II, 2023

| Swim Lessons 3-5 yrs | Description | Ages | Instructor | Days | Start Time | End Time | Full Family | Full Member | Program Member |
|--|--|---------|-------------|-------|------------|----------|-------------|-------------|----------------|
| Level 1 - Water Acclimation - Ages 3-5 | Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process. 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 | 3-5 yrs | Ava B. | Tues | 5:00 PM | 5:30 PM | \$70 | \$70 | \$120 |
| | | | Bob M./tbd | Wed | 5:00 PM | 5:30 PM | \$70 | \$70 | \$120 |
| | | | Shannon S. | Thurs | 5:00 PM | 5:30 PM | \$70 | \$70 | \$120 |
| | | | Shannon S. | Thurs | 5:30 PM | 6:00 PM | \$70 | \$70 | \$120 |
| | | | Shannon S. | Sat | 9:40 AM | 10:10 AM | \$70 | \$70 | \$120 |
| | | | Bob M. /tbd | Sat | 9:10 AM | 9:40 AM | \$70 | \$70 | \$120 |
| | | | Ava B. | Sat | 9:10 AM | 10:10 AM | \$70 | \$70 | \$120 |
| Level 2 - Water Movement - Ages 3-5 | 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. 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, Jumping in from side of pool on teacher cue with less assistance and completely submerging. Childrent should already be comfortable going underwater and blowing bubbles before enrolling. | 3-5 yrs | Ava B. | Tues | 5:30 PM | 6:00 PM | \$70 | \$70 | \$120 |
| | | | Bob M. /tbd | Wed | 5:30 PM | 6:00 PM | \$70 | \$70 | \$120 |
| | | | Bob M. /tbd | Sat | 11:40 AM | 12:10 PM | \$70 | \$70 | \$120 |
| | | | Ava B. | Sat | 11:40 AM | 12:10 PM | \$70 | \$70 | \$120 |
| | | | Vinny | Sat | 9:10 AM | 9:40 AM | \$70 | \$70 | \$120 |
| | | | Andrew D | Sat | 9:10 AM | 9:40 AM | \$70 | \$70 | \$120 |
| | | | Bob M. /tbd | Thurs | 5:00 PM | 5:30 PM | \$70 | \$70 | \$120 |
| | | | Bob M. /tbd | Thurs | 5:30 PM | 6:00 PM | \$70 | \$70 | \$120 |
| Level 3 - Water Stamina - Ages 3-5 | 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. FOCUS SKILLS: Improving body position and kicks working side breathing, Front glide adding rotational breathing, Kicking on stomach and back assisted, Jumping in deeper water on teacher cue and submerging. Children are expected to know how to float on their front and back independently before enrolling for this level. | 3-5 yrs | Bob M. /tbd | Wed | 6:00 PM | 6:30 PM | \$70 | \$70 | \$120 |
| | | | Ava B. | Sat | 9:40 AM | 10:10 AM | \$70 | \$70 | \$120 |
| | | | Ava B. | Sat | 11:10 AM | 11:40 AM | \$70 | \$70 | \$120 |
| | | | Shannon S. | Sat | 11:40 AM | 12:10 AM | \$70 | \$70 | \$120 |

| Swim Lessons 6 -12 yrs | Description | Ages | Instructor | Days | Start Time | End Time | PROGRAM FEES | | |
|---|---|----------|-------------|------|------------|----------|--------------|-------------|----------------|
| | | | | | | | Full Family | Full Member | Program Member |
| Level 1 - Water Acclimation - Ages 6-12 | Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process. 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 | 6-12 yrs | Ava B. | Wed | 6:00 PM | 6:45 PM | \$90 | \$90 | \$140 |
| | | | Bob M. /tbd | Sat | 9:40 AM | 10:25 AM | \$90 | \$90 | \$140 |
| | | | Bob M. /tbd | Sat | 12:10 PM | 12:55 PM | \$90 | \$90 | \$140 |
| Level 2 - Water Movement - Ages 6-12 | 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. 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, Jumping in from side of pool on teacher cue | 6-12 yrs | Vinny | Sat | 9:40 AM | 10:25 AM | \$90 | \$90 | \$140 |
| | | | Andrew | Sat | 9:40 AM | 10:25 AM | \$90 | \$90 | \$140 |

Aquatics Programs

Indian Valley Branch - Fall II, 2023

| | | | | | | | | | |
|---|---|----------|-------------|-----|----------|----------|------|------|-------|
| | in water, jumping in from side or pool on teacher cue with less assistance and completely submerging. Childrent should already be comfortable going underwater and blowing bubbles before enrolling. | | Ava B. | Sat | 12:10 PM | 12:55 PM | \$90 | \$90 | \$150 |
| Level 3 - Water Stamina - Ages 6-12 | 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. FOCUS SKILLS: Improving body position and kicks working side breathing, Front glide adding rotational breathing, Kicking on stomach and back assisted, Jumping in deeper water on teacher cue and submerging. Children are expected to know how to float on their front and back independently before enrolling for this level. | 6-12 yrs | Ava B. | Sat | 10:10 AM | 10:55 AM | \$90 | \$90 | \$140 |
| | | | Shannon S. | Sat | 12:10 PM | 12:55 PM | \$90 | \$90 | \$140 |
| | | | Ava B. | Wed | 5:15 PM | 6:00 PM | \$90 | \$90 | \$140 |
| | | | Bob M. /tbd | Sat | 10:25 AM | 11:10 AM | \$90 | \$90 | \$140 |
| Level 4 - Stroke Introduction - Ages 6-12 | Designed to introduce the basic stroke techniques for the front crawl. FOCUS SKILLS: Drills building to being able to swim 25 yds front crawl with rotary breathing. Diving in from knees on teacher cue in deep water, Tread water with quality kick and arms for 1 min and exit pool. Children are expected to know how to kick on their front, back, and side before enrolling in this level. | 6-12 yrs | Sue D. | Wed | 5:00 PM | 5:45 PM | \$90 | \$90 | \$140 |
| | | | Shannon S. | Sat | 10:10 AM | 10:55 AM | \$90 | \$90 | \$140 |
| | | | Vinny | Sat | 11:25 AM | 12:10 PM | \$90 | \$90 | \$140 |
| | | | Vinny | Sat | 10:25 AM | 11:10 AM | \$90 | \$90 | \$140 |
| Level 5 - Stroke Development - Ages 6-12 | Designed to introduce backstroke . FOCUS SKILLS: Freestyle, bent-arm recovery, 25 yd., Backstroke, 25 yd., Dive, kneeling/standing. Children are expected to be able to swim 25 yards front crawl before enrolling in this level. | 6-12 yrs | Andrew D. | Sat | 11:25 AM | 12:10 PM | \$90 | \$90 | \$140 |
| | | | Vinny | Sat | 12:10 PM | 12:55 PM | \$90 | \$90 | \$140 |
| Level 6 - Stroke Development-Ages 6-12 | This level focuses on teaching the short-axis strokes Breaststroke and Butterfly, building endurance for 25y swims of each. FOCUS SKILLS: . Standing Dive. Breaststroke, with open turn, 50 yd., Butterfly, 25 yd. Children are expected to be able to swim 25 yards front crawl and backstroke before enrolling in this level. | 6-12 yrs | Andrew D. | Sat | 12:10 PM | 12:55 PM | \$90 | \$90 | \$140 |

| | | | | | | | PROGRAM FEES | | |
|---------------------------------------|---|----------|---|--|--|-------------|--------------|----------------|--|
| Swim Lessons: Private/Semi Private | Description | Ages | Registration Information | Session Info | | Full Family | Full Member | Program Member | |
| Swim Lessons-Private | Private or Semi-Private swim lessons are scheduled for four, half-hour swimlessonsforanyparticipant | 4-99 yrs | 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 email iv.aquatics.dir@northpennymca.org. | Times and days are arranged with the Aquatics Director | | \$110 | \$110 | \$130 | |
| Swim Lessons-Semi Private | AGE 4+ YRS Private or Semi-Private swim lessons are scheduled in four, half-hour swim lessons for any participant | 4-99 yrs | | | | \$85 | \$85 | \$110 | |

Aquatics Program

Lansdale Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact Cindy Ginnetti-Leahy with questions at cindylea@northpennymca.org

| Adapted Swim Programs | Description | Ages | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|-----------------------|--|------|----------|---------------------|-------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Adapted Free Swim | 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 | | Thurs | 3:00 PM | | | \$0 | \$0 | \$0 |

| Certification Courses | Description | Ages | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|---|---|---------|----------|-------------------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| CPR Class | The American Red Cross CPR/AED/1st Aid Certification Course held at the Lansdale Branch is a Blended Learning CPR Course, which is a combination of online and in-person training. The student begins with the online portion and finishes with the hands-on training under the guidance of an American Red Cross Instructor. For all questions or to schedule please contact our Aquatics Director Cindy Leahy at Cindylea@northpennymca.org or call 215-368-1601 ext 210. | | Lansdale | Non-Staff Class | | | | \$60 | \$60 | \$60 | \$90 |
| Lifeguard Learning Class/Blended American Red Cross Certification | LIFEGUARD – CERTIFICATION, AMERICAN RED CROSS BLENDED LEARNING: This course is a Blended Learning course combining online training with in-person hands-on training. You must attend all 4 in-person classes. | 15+ yrs | Lansdale | Full Course Oct 7, 14, 21, 28 | Sat | 12:00 PM | 6:00 PM | \$300 | \$300 | \$325 | \$325 |
| | | 15+ yrs | Lansdale | Full Course Nov 4, 11, 18, 25 | Sat | 12:00 PM | 6:00 PM | \$300 | \$300 | \$325 | \$325 |
| Lifeguard Review Courses American Red Cross Classes | Lifeguard Review Course American Red Cross. This is a 2 day course and you must attend both classes. You will be asked to show your current certification to the instructor. For more information please contact our Director, Cindy Leahy, at cindylea@northpennymca.org or 215-368-1601 ext 210 | 15+ yrs | Lansdale | Review Course SAT, Oct 21, 28 | Sat | 12:00 PM | 6:00 PM | \$150 | \$150 | \$150 | \$150 |
| | | 15+ yrs | Lansdale | Review Course SAT, Nov 18, 25 | Sat | 12:00 PM | 6:00 PM | \$150 | \$150 | \$150 | \$150 |

| Adult/Teen Swim Lessons | Description | Ages | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|-------------------------|--|---------|----------|---------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Swim Lesson Adult Teen | Learn to swim. Class is for any level - beginner, intermediate or advanced levels. | 13+ yrs | Lansdale | | Sat | 8:30 AM | 9:15 AM | \$81 | \$81 | \$120 | N/A |

Aquatics Program

Lansdale Branch - Fall II, 2023

| Swim Lessons 6 month- 3 yrs | Description | Ages | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|-----------------------------|--|-----------|----------|---------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Water Discovery A | Parent/Child Swim Lesson: This class introduces infants and toddlers to the aquatic environment. 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) | 6mo-18mo | Lansdale | | Sat | 11:00 AM | 11:30 AM | \$70 | \$70 | \$120 | N/A |
| | | 6mo-18mo | Lansdale | | Sat | 9:30 AM | 10:00 AM | \$70 | \$70 | \$120 | N/A |
| Water Exploration B | Parent/Child Swim Lesson: This class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. (No Prerequisites) 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) | 18mo-3yrs | Lansdale | | Sat | 10:15 AM | 10:45 AM | \$70 | \$70 | \$120 | N/A |

| Swim Lessons 3-5 yrs | Description | Ages | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|-----------------------------|--|---------|-------------|---------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Level 1 - Water Acclimation | Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process. 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 | 3-5 yrs | Deming Pool | | Mon | 5:45 PM | 6:15 PM | \$70 | \$70 | \$120 | N/A |
| | | 3-5 yrs | Deming Pool | | Mon | 5:00 PM | 5:30 PM | \$70 | \$70 | \$120 | N/A |
| | | 3-5 yrs | Deming Pool | | Wed | 5:00 PM | 5:30 PM | \$70 | \$70 | \$120 | N/A |
| | | 3-5 yrs | Deming Pool | | Wed | 5:45 PM | 6:15 PM | \$70 | \$70 | \$120 | N/A |
| | | 3-5 yrs | Martin Pool | | Sat | 9:30 AM | 10:00 AM | \$70 | \$70 | \$120 | N/A |
| | | 3-5 yrs | Martin Pool | | Sat | 10:15 AM | 10:45 AM | \$70 | \$70 | \$120 | N/A |
| | | 3-5 yrs | Martin Pool | | Sat | 11:00 AM | 11:30 AM | \$70 | \$70 | \$120 | N/A |
| Level 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. 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 | 3-5 yrs | Deming Pool | | Mon | 5:00 PM | 5:30 PM | \$70 | \$70 | \$120 | N/A |
| | | 3-5 yrs | Deming Pool | | Wed | 5:45 PM | 6:15 PM | \$70 | \$70 | \$120 | N/A |
| | | 3-5 yrs | Martin Pool | | Sat | 10:15 AM | 10:45 AM | \$70 | \$70 | \$120 | N/A |
| | | 3-5 yrs | Martin Pool | | Sat | 9:30 AM | 10:00 AM | \$70 | \$70 | \$120 | N/A |
| Level 3 - Water Stamina | Designed to move the beginning swimmer to more independence in the water applying the | 3-5 yrs | Deming Pool | | Mon | 5:45 PM | 6:15 PM | \$70 | \$70 | \$120 | N/A |

Aquatics Program

Lansdale Branch - Fall II, 2023

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|-------------------------------|--|---------|-------------|--|-----|----------|----------|------|------|-------|-----|
| | basics covered in Levels 1 and 2 but being done without assistance and with better mechanics overall. | 3-5 yrs | Deming Pool | | Wed | 5:00 PM | 5:30 PM | \$70 | \$70 | \$120 | N/A |
| | | 3-5 yrs | Martin Pool | | Sat | 11:00 AM | 11:30 AM | \$70 | \$70 | \$120 | N/A |
| Level 4 - Stroke Introduction | Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke). 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 | 3-5 yrs | Martin Pool | | Sat | 11:45 AM | | \$70 | \$70 | \$120 | N/A |

| Swim Lessons 6-12 yrs | Description | Ages | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|-------------------------------|---|----------|-------------|---------------------|-------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Level 1 - Water Acclimation | Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process. 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 | 6-12 yrs | Deming Pool | | Tues | 6:00 PM | 6:45 PM | \$90 | \$90 | \$140 | N/A |
| | | 6-12 yrs | Deming Pool | | Sat | 9:30 AM | 10:15 AM | \$90 | \$90 | \$140 | N/A |
| | | 6-12 yrs | Deming Pool | | Sat | 9:30 AM | 10:15 AM | \$90 | \$90 | \$140 | N/A |
| Level 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. 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 | 6-12 yrs | Deming Pool | | Tues | 5:00 PM | 5:45 PM | \$90 | \$90 | \$140 | N/A |
| | | 6-12 yrs | Deming Pool | | Sat | 10:30 AM | 11:15 AM | \$90 | \$90 | \$140 | N/A |
| | | 6-12 yrs | Deming Pool | | Sat | 10:30 AM | 11:15 AM | \$90 | \$90 | \$140 | N/A |
| Level 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. 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< | 6-12 yrs | Deming Pool | | Thurs | 6:00 PM | 6:45 PM | \$90 | \$90 | \$140 | N/A |
| | | 6-12 yrs | Deming Pool | | Thurs | 5:00 PM | 5:45 PM | \$90 | \$90 | \$140 | N/A |
| | | 6-12 yrs | Deming Pool | | Sat | 11:30 AM | 12:15 PM | \$90 | \$90 | \$140 | N/A |
| | | 6-12 yrs | Deming Pool | | Sat | 11:30 AM | 12:15 PM | \$90 | \$90 | \$140 | N/A |
| Level 4 - Stroke Introduction | Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke). 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 | 6-12 yrs | Deming Pool | | Tues | 5:00 PM | 5:45 PM | \$90 | \$90 | \$140 | N/A |
| | | 6-12 yrs | Deming Pool | | Thurs | 5:00 PM | 5:45 PM | \$90 | \$90 | \$140 | N/A |

Aquatics Program

Lansdale Branch - Fall II, 2023

| | | | | | | | | | | | |
|------------------------------|---|----------|-------------|--|-------|----------|----------|------|------|-------|-----|
| | 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 | 6-12 yrs | Deming Pool | | Sat | 9:30 AM | 10:15 AM | \$90 | \$90 | \$140 | N/A |
| | | 6-12 yrs | Deming Pool | | Sat | 11:30 AM | 12:15 PM | \$90 | \$90 | \$140 | N/A |
| Level 5 - Stroke Development | Designed to start refining freestyle and backstroke and introduce breaststroke and butterfly. 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 | 6-12 yrs | Deming Pool | | Sat | 10:30 AM | 11:15 AM | \$90 | \$90 | \$140 | N/A |
| Level 6 -Stroke Mechanics | This level further refines stroke technique on all major competitive strokes and begins to teach flip turns as well as expecting students to swim longer distances. 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. | 6-12 yrs | Deming Pool | | Thurs | 6:00 PM | 6:45 PM | \$90 | \$90 | \$140 | N/A |

| Swim Lessons: Private/Semi Private | Description | Ages | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|------------------------------------|---|--------|----------|---------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Swim Lessons-Private | Private or Semi-Private swim lessons are scheduled in four, half-hour swim lessons for any participants 4+. Prior to registration/payment, participants must contact the Aquatics Director. Private and semi-private swim lessons are scheduled based on participant and instructor availability. Please call Christian Poulsen at 215.368.1601, ext 211 or christianp@NorthPennYMCA.org. | 4+ yrs | Lansdale | SESSION 1: 4 WKS | | | | 110 | \$110 | \$130 | N/A |
| | | 4+ yrs | Lansdale | SESSION 2: 4 WKS | | | | 110 | \$110 | \$130 | N/A |
| Swim Lessons-Semi Private | Private or Semi-Private swim lessons are scheduled in four, half hour swim lessons for any participant Prior to registration/payment, participants must contact the Aquatics Department. Private-and-Semi-Private swim lessons are scheduled based on participant and instructor availability. Please call Christian Poulsen at 215.368.1601, 211 or christianp@NorthPennYMCA.org. | 4+ yrs | Lansdale | SESSION 1: 4 WKS | | | | 110 | \$110 | \$130 | N/A |
| | | 4+ yrs | Lansdale | SESSION 2: 4 WKS | | | | 110 | \$110 | \$130 | N/A |

| Pre-Team/Competitive Swim Instruction | Description | Ages | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|---------------------------------------|-------------|------|----------|---------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |

Aquatics Program

Lansdale Branch - Fall II, 2023

| | | | | | | | | | | | |
|------------------------------------|--|----------|----------|------------------------|-----|---------|---------|-------|-------|-------|-----|
| Competitive Style Swim Instruction | For those who are beyond Level 6 Swim, stroke mechanics focus will be on individualized stroke mechanics, flip turn improvement and start efficiency, and overall improved swimming proficiency. | 9-18 yrs | Lansdale | Competitive style swim | Mon | 6:00 PM | 7:00 PM | \$100 | \$100 | \$180 | N/A |
|------------------------------------|--|----------|----------|------------------------|-----|---------|---------|-------|-------|-------|-----|

| Swim Team | Description | Ages | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|-------------------------------------|--|--------------|----------|------------------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Gators Swim Team Fall/Winter Season | FALL/WINTER SWIM TEAM-2023-2024 SEASON All new to the Gators MUST attend one try out in order to determine eligibility for the team. TRY-OUTS: Aug 24, 5:00-7:00 pm, Sept 16, 1:00-3:00 pm, Sept 21, 5:00-7:00 pm, OPEN HOUSE / Sept 7th, 6:00-8:00 PM Meet the Coaches and ask any questions you may have about our program. 10 and Under (\$330.00); 11 and up (\$355.00) | 10 and under | Lansdale | Gators Fall/Winter Swim Team | | | | \$330 | \$330 | N/A | N/A |
| | | 11-18 yrs | Lansdale | Gators Fall/Winter Swim Team | | | | \$355 | \$355 | N/A | N/A |

Sports Programs

Indian Valley Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact Ian Dillard with questions at iand@northpennymca.org

| Parent/Tot Programs | Description | Age | Location | Day | Start Time | End Time | Program Fees | | | |
|---------------------|---|-------------|----------|-------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Have a Ball Class | A fun and interactive class for toddlers to play and interact with other children using balls, beanbags, and other play equipment. Parents are required to stay with their children and engage in the activities. | 15 mo-3 yrs | Gym A | Mon | 9:15 AM | 10:00 AM | \$0 | \$0 | \$100 | |
| Tumble Time | Play on our indoor gymnastics equipment playground. Great place to let out some energy. No instruction is provided. Parents are required to stay with their children. | 2-5 yrs | Gym A | Thurs | 9:30 AM | 10:15 AM | \$0 | \$0 | \$100 | |

| Youth Sports Programs | Description | Age | Location | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
|--------------------------------|---|-------------------------|----------|---------|------------|----------|-------------|-------------|----------------|----------------|
| Badminton | Bring your own equipment for a fun night of badminton. Nets supplied. This is one class with two days to play. | 7+ yrs | Gym B | Sat | 12:30 PM | 2:30 PM | \$0 | \$0 | \$70 | |
| | | | Gym B | Sun | 11:30 AM | 1:30 PM | \$0 | \$0 | \$70 | |
| Swiftie Soccer Skillz N Drillz | You've been asking for it. We're going outside! Come play the number 1 sport in the world. Our focus is building stamina and coordination in young children while teaching them soccer fundamentals. Our coaches stress the importance of teamwork and strategy in weekly gameplay. We now offer "Skillz N Drillz" classes for players new to soccer as well as "Intramural League" play for those with more experience. The class atmosphere is light and fun! | 4-5 yrs | Gym B | Tues | 4:30 PM | 5:15 PM | \$45 | \$45 | \$100 | |
| | | | Gym A | Wed | 5:30 PM | 6:15 PM | \$45 | \$45 | \$100 | |
| | | Pennfield Middle School | Sat | 9:00 AM | 9:45 AM | \$45 | \$45 | \$100 | | |
| Floor Hockey- Lil' Sticklers | Lil' Sticklers teaches children how to handle their sticks, pass, and shoot the puck! Children learn the basic fundamentals of Hockey. This class will improve Motor Skills, Social Interaction, build Confidence and learn teamwork while engaging in Physical Fitness and making new friends. | 4-6 yrs | Gym A | Tues | 4:30 PM | 5:15 PM | \$45 | \$45 | \$100 | |
| Floor Hockey- Youth | 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. Shin guards and helmet required (bike helmet acceptable). | | | | | | | | | |
| Dodgeball Youth/Family | This program provides a means of physical activity and exercise for kids while promoting important values such as sportsmanship, teamwork, cooperation, and confidence. Games include every man, doctor dodge, jailbreak, and more. Parents are encouraged to join in on the fun. | 7+ | Gym B | Tues | 6:30 PM | 7:15 PM | \$0 | \$0 | \$100 | |

Sports Programs

Indian Valley Branch - Fall II, 2023

| | | | | | | | | | | |
|---------------|---|----------|-----------|----|---------|---------|-----|-----|-------|--|
| Flag Football | Come enjoy the fun and excitement of flag football in our gym. Players will receive instruction and learn football strategies in a fun setting. | 7-12 yrs | Gym A & B | MO | 6:30 PM | 7:15 PM | \$0 | \$0 | \$100 | |
|---------------|---|----------|-----------|----|---------|---------|-----|-----|-------|--|

| | | | | | | | Program Fees | | | |
|-----------------------|--|---------|-----------|-----------------|------------|----------|--------------|-------------|----------------|----------------|
| Adult Sports Programs | Description | Age | Location | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Floor Hockey- Adult | Play floor hockey in the gym. Teams are chosen each week and competitive pickup games are played. Plastic blade sticks only! Registration required. Please no checking. Protective gear is required. Wed Nights Drop-In Rate \$10/day | 16+ yrs | Gym A & B | Mon, Wed, & Fri | 12:00 PM | 1:30 PM | \$0 | \$0 | \$80 | |
| | | 16+ yrs | Gym A & B | Wed | 7:30 PM | 9:00 PM | \$0 | \$0 | \$80 | |
| Volleyball Adult | Looking for a sporting activity that is fun, competitive, and provides a good workout? Join the adult volleyball program! Teams are formed each week. Players should have some Volleyball playing experience (serve, bump, set, spike) and a fundamental understanding of game rules. Bring your energy, enthusiasm, and knee pads! Balls and nets are supplied. | 15+ yrs | Gym A & B | Mon | 7:30 PM | 8:45 PM | \$0 | \$0 | \$70 | |

| | | | | | | | Program Fees | | | |
|--------------------------------|--|---------|---------------------------------|-------------|------------|----------|--------------|-------------|----------------|----------------|
| Pickleball Programs - all ages | Description | Age | Location | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Pickleball | Bring your own equipment and enjoy competitive games of Pickleball. Nets are provided. | 16+ yrs | Gym A & B | Mon & Wed | 7:00 AM | 8:30 AM | \$0 | \$0 | \$50 | |
| | | 16+ yrs | Gym A & B | Tues & Thur | 1:30 PM | 3:00 PM | \$0 | \$0 | \$50 | |
| | | 16+ yrs | Gym A & B | Tues | 7:30 PM | 9:00 PM | \$0 | \$0 | \$50 | |
| Pickleball Lessons | Pickleball is a sport that is sweeping the nation and now you can learn the fundamentals in step-by-step lessons right here at the Indian Valley YMCA. This combination of table tennis, badminton, and tennis will get you up and moving and having fun! Registration is REQUIRED at the Membership Desk. | 25+ yrs | Beginner Gym A & B | Tues | 12:00 PM | 1:30 PM | \$45 | \$45 | \$90 | |
| | | 25+ yrs | Intermediate/Advanced Gym A & B | Thurs | 12:00 PM | 1:30 PM | \$0 | \$0 | \$50 | |
| Pickleball Adult Open Play | Enjoy one of America's fastest growing sports. A combination of Tennis, Badminton, and Ping-Pong. Easy to learn, fun to play with friends, and a great way to stay active! Open Play. | 25+ yrs | Gym B | Sat | 11:00 AM | 12:30 | \$0 | \$0 | \$100 | |

| | | | | | | | Program Fees | | | |
|------------------------------|--|-----------|-----------|-------|------------|----------|--------------|-------------|----------------|----------------|
| Baskeball - all ages | Description | Age | Location | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Basketball (Age 25-50 years) | Enjoy exercise and fun. Games are recreational and designed to provide exercise and a good time. Running is required for this program. | 25-60 yrs | Gym A & B | Thurs | 7:00 PM | 9:15 PM | \$0 | \$0 | \$70 | |
| | | 25-60 yrs | Gym A & B | Sat | 9:00 AM | 11:00 AM | \$0 | \$0 | \$70 | |

Sports Programs

Indian Valley Branch - Fall II, 2023

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|---------------------------------|--|-----------|-----------|-----------|-------------------------|-------------------------|------|------|-------|-------|
| Basketball 101 | Coach Martin and the team will teach children fundamental skills of basketball using fun and exciting drills. This is a beginner program teaching dribbling, passing and basic techniques. | 4-5 yrs | Gym A | Mon | 4:30 PM | 5:15 PM | \$45 | \$45 | \$100 | |
| | | 6-8 yrs | Gym A | Thurs | 4:30 PM | 5:15 PM | \$45 | \$45 | \$100 | |
| | | 9-12 yrs | Gym B | Thurs | 4:30 PM | 5:15 PM | \$45 | \$45 | \$100 | |
| Basketball Small Group Training | Coach Martin is excited to help your basketball player develop their shooting skills and provide them with fundamentals for success in the future. He is a former Campbell University, Division 1 college basketball player and NCAA March Madness participant. Mr. Martin has many credits to his name including scoring over 1000+ baskets while playing at Phil-Mont Academy. REGISTRATION IS REQUIRED AND SPOTS ARE LIMITED | 11-18 yrs | Gym A | Mon | 4:30 PM | 5:15 PM | \$60 | \$60 | \$75 | \$125 |
| Basketball Intramural League | Our intramural league is for more experienced youth who have gone through our 101 program or another similar program, and who have a good grasp on dribbling, passing and shooting. After enrollment, practices will begin, and players will be observed and placed on to balanced intramural teams. They will stay with their team for the duration of the session, unless the coaches recognize the need for a change. For league play, coaches will focus on the strategies of the game. Players will begin to learn about zone defences vs one on one coverage. They will learn teamwork and the fundamental offensive strategies of the game. We will stress good | 6-8 yrs | Gym A | Thurs/Fri | TH 5:30PM; FR 5:30PM | TH 6:15PM; FR 6:15PM | \$80 | \$80 | \$180 | |
| | | 9-12 yrs | Gym A & B | Thurs/SA | TH 6:15PM; SA 2:45PM | TH 7:15PM; SA 3:45PM | \$80 | \$80 | \$180 | |

Sports Programs

Lansdale Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact Ian Dillard with questions at iand@northpennymca.org

| | | | | | | | | Program Fees | | | |
|----------------------------------|---|---|---|---------------------|-----------------------|-----------------------|-----------------------|--------------|-------------|----------------|----------------|
| Youth Sports Program | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Dodgeball Youth Program | Youth dodgeball is an excellent way for youth to stay in shape while having fun. Kids build hand-eye coordination, increase stamina, sharpen reflexes, and learn teamwork. Besides, dodgeball is just plain fun. | 9-12 yrs | Lansdale | | Sat | 12:00 PM | 1:15 PM | \$0 | \$0 | \$100 | \$0 |
| | | 5-8 yrs | Lansdale | | Wed | 6:00 PM | 6:45 PM | \$0 | \$0 | \$100 | \$0 |
| Swiftee Soccer Skillz N Drillz | You've been asking for it. We're going outside! Come play the number 1 sport in the world. Our focus is building stamina and coordination in young children while teaching them soccer fundamentals. Our coaches stress the importance of teamwork and strategy in weekly gameplay. The class atmosphere is light and fun! | 4-5 yrs | Held at Penndale Middle School, front soccer field | | Sat | 9:00 AM | 9:45 AM | \$45 | \$45 | \$100 | \$0 |
| Swiftee Soccer Intramural League | This program is a continuation of our "Skillz N Drillz" program, however, the students will concentrate on competitive game play. Coaches will teach offensive and defensive strategies, formations and transitions, pacing and teamwork. This program is offered in Lansdale and Indian Valley. Each branch of the North Penn YMCA (Lansdale and Indian Valley) will have their own intramural team. The teams will practice with their coaches for two weeks and then play against each other, with each team alternating the home field advantage. Each team will have two practices per week, one at the Indian Valley Branch and then one outdoor practice. The Lansdale team will have their outdoor practice at Pennbrook Middle School, and IV will have their outdoor practice at Pennfield Middle School. This program is offered at age groups 6-8 yrs and 9-12 yrs. If you're unsure if your player is ready for competitive play, please contact Program Director Ian Dillard. | 6-8 yrs | Indian Valley Gym B; Held at Penndale Middle school, front soccer field | | Mon, Sat | MO 5:30PM; SA 10:00AM | MO 6:15PM; SA 10:45AM | \$80 | \$80 | \$180 | \$0 |
| 9-12 yrs | | Indian Valley Gym B; Held at Penndale Middle school, front soccer field | | Mon, Sat | MO 5:30PM; SA 11:00AM | MO 6:15PM; SA 12:00PM | \$80 | \$80 | \$180 | \$0 | |
| Teen Volleyball | We listened to you. We're now offering teen volleyball. Teens can sign up and enjoy weekly pickup-style games in a competitive, fun environment. No experience is necessary. An instructor will be present to oversee the games and give light coaching tips. | 12-18 yrs | Lansdale | | Mon | 3:30 PM | 5:15 PM | \$0 | \$0 | \$100 | \$0 |
| | | 12-18 yrs | Lansdale | | Wed | 3:30 PM | 5:15 PM | \$0 | \$0 | \$100 | \$0 |
| | | 12-18 yrs | Lansdale | | Sat | 1:30 PM | 3:00 PM | \$0 | \$0 | \$100 | \$0 |

| | | | | | | | | Program Fees | | | |
|-----------------------|--|---------|----------|---------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| Adult Sports Programs | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Volleyball Adult | Bring your own equipment for a fun night of volleyball. Nets supplied. | 15+ yrs | Lansdale | | Wed | 8:00 PM | 10:15 PM | \$0 | \$0 | \$70 | \$0 |

Sports Programs

Lansdale Branch - Fall II, 2023

| Pickleball Programs | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|---------------------|--|---------|----------|---------------------|------------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Pickleball | Bring your own equipment and enjoy competitive games of Pickleball. Nets are provided. | 16+ yrs | Lansdale | | Tues/Thurs | 12:00 PM | 1:15 PM | \$0 | \$0 | \$50 | \$0 |

| Basketball Programs | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|---------------------|--|---------|----------|---------------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Basketball Youth | Our coaches teach the fundamental skills using exciting drills and game situations in a friendly atmosphere. | 5-8 yrs | Lansdale | All Levels Ages 5-8 yrs | Sun | 1:00 PM | 1:45 PM | \$45 | \$45 | \$100 | \$0 |

Gymnastics - Dance - Martial Arts Programs

Indian Valley Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact Ian Dillard with questions at iand@northpennymca.org

| | | | | | | | | Program Fees | | | |
|----------------------|--|----------|----------|---------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| Gymnastic Programs | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Gymnastics Level 1 | Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. Through dance, tumbling, balance, and strength training, your child's confidence will grow as their skills improve as they learn to use their own personalities to perform. | 5-12 yrs | Gym A | | Tue | 5:30 PM | 6:15 PM | \$45 | \$45 | \$100 | n/a |

| | | | | | | | | Program Fees | | | |
|----------------------|--|-----------|---------------|------------------------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| Martial Art Programs | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Self-Defense Class | You never know when a situation could occur that puts your life in danger. Knowing some basic defensive techniques might be all it takes to prevent personal harm. Learning more about how your body can be a defensive weapon is what this class is all about. | 13 yrs + | Dance Studio | All | Sat | 11:00 AM | 12:00 PM | \$45 | \$45 | \$100 | n/a |
| Tae Kwon Do | 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 lead toward advancement through the various ranks. | 7- 12 yrs | Indian Valley | Beginners Class | Tues | 6:30 PM | 7:30 PM | \$45 | \$45 | \$100 | n/a |
| | | 12 yrs + | Indian Valley | Belted/ Promoted 12yrs-Adult Class | Tues | 7:30 PM | 8:30 PM | \$45 | \$45 | \$100 | n/a |

| | | | | | | | | Program Fees | | | |
|----------------|--|---------|----------|---------------------|-------|------------|----------|--------------|-------------|----------------|----------------|
| Dance Programs | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Ballet/Hip Hop | Experience the joy of dance! These dance classes will teach technique, balance, pose, and flexibility. Children will have fun while developing confidence in themselves and the ability to encourage their peers. Register at the Membership Desk. | 5-7 yrs | Ballet | | Tues | 4:00 PM | 4:45 PM | \$45 | \$45 | \$100 | n/a |
| | | 8-9 yrs | Ballet | | Tues | 5:00 PM | 5:45 PM | \$45 | \$45 | \$100 | n/a |
| | | 5-7 yrs | Hip Hop | | Thurs | 4:00 PM | 4:45 PM | \$45 | \$45 | \$100 | n/a |
| | | 8-9 yrs | Hip Hop | | Thurs | 5:00 PM | 5:45 PM | \$45 | \$45 | \$100 | n/a |

Gymnastics & Martial Arts Programs

Lansdale Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact Ian Dillard with questions at iand@northpennymca.org

| Gymnastic Programs | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|-----------------------|--|----------|----------|---------------------|----------|------------------------------|-------------------------------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Tiny Gymnastics | Get your roll on at the Y. Tiny Gymnastics is a program designed to give younger children time on the mats. Focusing on rolling, and improving coordination and balance, our Tiny Gymnastics program will expose children to all the fun and potential of gymnastics. | 3-5 yrs | Lansdale | | Sat | 11:00 AM | 11:45 AM | \$45 | \$45 | \$100 | n/a |
| Gymnastics Level 1 | Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. Through dance, tumbling, balance, and strength training, your child's confidence will grow as their skills improve as they learn to use their own personalities to perform. | 5-12 yrs | Lansdale | Level 1 5+ yrs | Tues | 5:30 PM | 6:15 PM | \$45 | \$45 | \$100 | n/a |
| | | 5-12 yrs | Lansdale | Level 1 5+ yrs | Thurs | 5:30 PM | 6:15 PM | \$45 | \$45 | \$100 | n/a |
| Gymnastics Level 2A | Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. Through dance, tumbling, balance, and strength training, your child's confidence will grow as their skills improve as they learn to use their own personalities to perform. Must be able to do a cartwheel. Students in Level 2 meet two days a week. | 5-12 yrs | Lansdale | Level 1 5+ yrs | Tues | 6:30 PM | 8:00 PM | \$80 | \$80 | \$180 | n/a |
| | | 5-12 yrs | Lansdale | Level 1 5+ yrs | Fri | 5:30 PM | 7:00 PM | \$80 | \$80 | \$180 | n/a |
| Gymnastics Level 3 | In level 3 Gymnastics, your child will build upon the skills they developed in levels 1 and 2. The focus will be on developing more advanced tumbling skills including back and front handsprings. More advanced students will be encouraged to further advance their abilities. *Must have successfully completed levels 1 & 2 or completed prior gymnastics training. Must be able to do a back walkover. Students in Level 3 meet two days a week. | 5-12 yrs | Lansdale | | Mon, Fri | 7:00 PM | 8:30 PM | \$80 | \$80 | \$180 | n/a |
| | | 5-12 | Lansdale | | Tue, Sat | TU 5:00 PM SA 9:00 AM | TU 6:30 PM SA 10:30 AM | \$80 | \$80 | \$180 | n/a |
| Gymnastics Level 4 | In gymnastics Level 4, your child will begin to work on tumbling passes and developing their own creative flow. Students will begin working on round-off back handsprings, back tucks, and aerials, in addition to doing more strength training and conditioning. Additionally, there is a level 4X for students who are learning at an accelerated rate. Only Ian Dillard can approve advancement to any of the Level 4 classes. | 5-12 yrs | Lansdale | | Mon, Wed | MO 5:30 PM WE 5:30 PM | MO 7:00 PM TH 7:00 PM | \$80 | \$80 | \$180 | n/a |

Gymnastics & Martial Arts Programs

Lansdale Branch - Fall II, 2023

| | | | | | | | | | | | |
|------------------------------|--|----------|----------|---|---|-------------------------|--------------------------|------|------|-------|-----|
| Gymnastics Level 4X | In gymnastics Level 4X, your child will begin to work on tumbling passes and developing their own creative flow. Students will begin working on round-off back handsprings, back tucks, and aerials, in addition to doing more strength training and conditioning. Additionally, there is a level 4X for students who are learning at an accelerated rate. Only Ian Dillard can approve advancement to any of the Level 4 classes. Program Director must approve advancement to Level 4X. Only Director can register youth for the program | 5-12 yrs | Lansdale | | Mon, Wed | MO 5:30 PM WE 7:00PM | MO 7:00 PM WE 8:30 PM | \$80 | \$80 | \$180 | n/a |
| Gymnastics Private Lessons | Private lessons are an excellent way for gymnasts of any level to train. Either, as the primary training module or a supplement, private lessons assure your gymnast can concentrate on the skills they find most challenging. In our 1-on-1, 30 minute lessons, we will take into account your gymnast's skill level and personality and match them with an instructor, with whom they can thrive and have fun. For more information, please contact Ian Dillard, Program Director at 215-368-1601 x 209, iand@northpennymca.org | 5-12 yrs | Lansdale | Check with Program Director for available times | Check with Program Director for available times | | | \$35 | \$35 | \$45 | n/a |

| Martial Arts Programs | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|-----------------------|--|--------|----------|--------------------------------------|-------|--------------------------|--------------------------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Capoeira | A Brazilian art that combines music, dance, martial arts, acrobatics, and spirituality. Capoeira can be used as a self-defense art or as a way to maintain spirituality and promote intercultural understanding. Favoring movement over fixed stances, the practitioner's body will learn to flow with the "Ginga", the rocking step that is the center point of capoeira. As the student's skill evolves and their body learns to flow, acrobatic maneuvers involving hands on the ground and inverted kicks can be explored. Practiced as a dance, the student's coordination will improve through the rhythm of movement, and the wide range of motion will increase the strength and flexibility of any practitioner. Families will enjoy taking capoeira together as the music makes this martial practice feel like a fun dance party. Our Brazilian instructor comes to us with over fifteen years of experience to introduce our Y members to this exhilarating art and help us explore our potential. Only At The Lansdale Branch | 5+ yrs | Lansdale | All Ages 5+ (Families Welcome) | WD | 7:15 PM | 8:15 PM | \$0 | \$0 | \$100 | n/a |
| | | 5+ yrs | Lansdale | Teens/Adults 12 + (Families Welcome) | TH | 7:15 PM | 8:15 PM | \$0 | \$0 | \$100 | n/a |
| Tae Kwon Do | 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 lead toward advancement through the various ranks. Taught at this Y for over 20 years by Y instructors- all of whom started their training here. | 4+ yrs | Lansdale | Beginner 7-12 yrs old | MO WD | MO 6:30 PM WD 6:45 PM | MO 7:30 PM WD 7:45 PM | \$80 | \$80 | \$175 | n/a |
| | | 4+ yrs | Lansdale | All Ages Belted/ Promoted | MO WD | MO 7:30 PM WD 7:45 PM | MO 8:30 PM WD 8:45 PM | \$80 | \$80 | \$175 | n/a |
| | | 4+ yrs | Lansdale | Biddy | WD | 6:15 PM | 6:45 PM | \$80 | \$80 | \$175 | n/a |
| | | 4+ yrs | Lansdale | Black Belt, Black Belt Prep, | FR | 6:00 PM | 7:00 PM | \$80 | \$80 | \$175 | n/a |

Specialty Programs & Events

Indian Valley Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact Dominique Lanza with questions at dominiquel@northpennymca.org

| | | | | | | | | Program Fees | | | |
|--------------------------------------|---|---------|---------------|---------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| AOA Committees | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| AOA Advisory Committee Indian Valley | AOA Advisory Committee Meetings are held at our Indian Valley Branch to discuss and plan events and activities for our AOA Members. | 55+ yrs | Indian Valley | 11/1/2023 | Wed | 1:00 PM | | \$0 | \$0 | \$0 | \$0 |
| | | 55+ yrs | Indian Valley | 12/6/2023 | Wed | 1:00 PM | | \$0 | \$0 | \$0 | \$0 |

| | | | | | | | | Program Fees | | | |
|--|--|---------|-------------------|---------------------|------|------------|----------|--------------|-------------|----------------|----------------|
| Specialty Seminars, Classes, Clubs | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Book Club | Join the discussion as we discuss our favorite books! Get ready to dive into a friendly discussion and a chance to make new friends. This program is for members only. | 18+ yrs | Peter Becker Cafe | 2nd Fri of month | Fri | 12:30 PM | 2:00 PM | \$0 | \$0 | \$0 | \$0 |
| Blood Drive | AMERICAN RED CROSS BLOOD DRIVE COMMUNITY EVENT-ALL WELCOME We are asking for your help to donate blood for those in need. The need is constant for all blood types: O-, O+, B-, A-. You can also choose to donate for "Power Red". 1 pint saves 3 lives. Please tell your family, friends, and coworkers to help us. Appointment needed, www.RedCrossBlood.org or call 1-800-Red Cross. | 18+ yrs | Gym A | 11/12/2023 | Sun | 10:00 AM | 2:00 PM | \$0 | \$0 | \$0 | \$0 |
| Friendsgiving-Gift of Friendships! | Come and gather together for a tasty fest, enjoyed amongst friends. We will supply the quiches and hot and cold beverages will be served. Everyone brings a tasty dish to share and enjoy together. Register at the Membership Desk by Nov. 13th. For more information contact Dominique Lanza at 215-723-3569 ext. 119 or dominiquel@northpennymca.org | | Indian Valley | 11/14/2023 | Tue | 11:30 AM | 1:00 PM | \$5 | \$5 | \$5 | \$5 |
| Holiday Craft | Join us for holiday crafting fun. Make a pretty craft for decorating or gift-giving. \$10 covers all materials and supplies. Register by Dec 11th at our Membership desk. For more information contact Dominique Lanza at 215-723-3569 ext. 119 or dominiquel@northpennymca.org | | Indian Valley | 12/13/2023 | Wed | 10:00 AM | 11:00 AM | \$10 | \$10 | \$10 | \$10 |
| Holiday Luncheon-Celebrating the Season Together | 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. Please register and sign up for your side or dessert at the Membership desk. Enjoy lunch, 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! Please reserve your seat by Dec 11th. For more information contact Dominique Lanza at 215-723-3569 ext. 119 or dominiquel@northpennymca.org | | Indian Valley | 12/12/2023 | Tue | 12:30 PM | 2:00 PM | \$5 | \$5 | \$5 | \$5 |

Specialty Programs & Events

Indian Valley Branch - Fall II, 2023

| | | | | | | | | | | | |
|-------------------|--|------------------|---------------|-----------|-----|---------|---------|--|--|--|--|
| Parents Night Out | Enjoy a night out while your children enjoy games, crafts and more at our Y. Led by our experienced HUGS staff, know that your child will be safe while you are enjoying a night out. A snack will be provided (please bring a cup). Your child must be registered at the membership desk by December 8th prior to the event. Spots are limited. Please contact Chrissy Tressler at 215-723-9364 or chrissyt@northpennymca.org | 2 months-9 years | Indian Valley | 12/8/2023 | Fri | 6:00 PM | 9:00 PM | 1st child \$35 Additional Children \$25 | 1st child \$35 Additional Children \$25 | 1st child \$35 Additional Children \$25 | 1st child \$35 Additional Children \$25 |
|-------------------|--|------------------|---------------|-----------|-----|---------|---------|--|--|--|--|

| Special Events | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|---------------------------|---|-----|---------------|---------------------|------|------------|----------|------------------------------------|------------------------------------|------------------------------------|---------------------------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Holiday Jumpin' Jamma Jam | Are you ready for the dance party to close out 2023? Join us for a pajama dance party, complete with activities, free food, and tons of fun for kids of all ages. Pajamas are strongly encouraged. Hosted by Coach Ian. | | Indian Valley | 12/16/2023 | SA | 6:00 PM | 9:00 PM | / child \$60 / 3-6 (Per Family) | / child \$60 / 3-6 (Per Family) | / child \$60 / 3-6 (Per Family) | 25 / child kids (Per Family) |

Specialty Programs & Events

Lansdale Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact Ian Dillard with questions at iand@northpennymca.org

| PAL- Police Athletic League | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | | |
|------------------------------|--|----------|----------|---------------------------------|------|------------|----------|--------------|-------------|----------------|----------------|-----|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee | |
| PAL Police Athletic League | The North Penn PAL program is a free youth crime prevention initiative that utilizes educational, athletic, and recreational activities to create trust and understanding between police officers in the community and youth. Kids ages 8-18 are invited to join in on PAL programs - for FREE! Make sure to 'Like' North Penn PAL on Facebook to stay up-to-date on all of the upcoming events! | 8-18 yrs | Lansdale | No Online Registration Required | | | | | \$0 | \$0 | \$0 | \$0 |

| Specialty Seminars, Classes and Clubs | Description | Age | Location | Class Specific Info | Days | Start Time | End Time | Program Fees | | | |
|---------------------------------------|--|----------|----------|---|-------|------------|----------|--------------|-------------|----------------|----------------|
| | | | | | | | | Full Family | Full Member | Program Member | Non-Member Fee |
| Karaoke Club | Like to sing? Would you like to develop your singing chops in a stress-free, nurturing environment? Then you should try our Karaoke Club. Each week students get to prepare a song and present it to the group. As well as receiving support and encouragement, students may give and receive vital feedback that will help them grow as performers. In addition, students will learn about vocal fx and blending. At the end of the session, students pick their favorite song to perform in a recital. | 7-12 yrs | Lansdale | | Thurs | 6:00 PM | 7:00 PM | \$0 | \$0 | \$100 | \$0 |
| AOA Bowling Club | AOA Bowling Club is held on the First Firday of every month at 9:00 am. Members and non-members can join us for fun and exciting socializing at Earl Bowl Lanes, 390 Morwood Road, Earlington PA. \$9.00 for three games and \$2.75 for shoes. No registration is required. | 21+ yrs | Lansdale | November 3, 2023 | Fri | 9:00 AM | | \$0 | \$0 | \$0 | \$0 |
| | | 21+ yrs | Lansdale | December 1, 2023 | Fri | 9:00 AM | | \$0 | \$0 | \$0 | \$0 |
| History Lectures | Join Lansdale resident and community volunteer David Nejako for weekly history discussions at the Lansdale branch. Each week will be a new topic. No registration is required. Members and nonmembers are welcome. | | Lansdale | | Fri | 11:45 AM | 12:45 PM | \$0 | \$0 | \$0 | \$0 |
| Rock Stars Program: Join the Band | Join the band as the Lansdale YMCA and George's Music partner up to present an experience for the ages. Band members will meet once a week at the Lansdale YMCA and receive professional instruction from a George's Music band leader in preparation for a live concert at a professional venue. No experience is necessary. Only offered to Y-members. Day and times are determined as bands are assembled. Program membership is required at the cost of \$50. | | Lansdale | Registration through George's Music 12 week program | | | | \$0 | \$0 | \$0 | \$0 |

Specialty Programs & Events

Lansdale Branch - Fall II, 2023

| | | | | | | | | | | | |
|------------------------|---|-----------|----------|--|-----|---------|---------|-----|-----|-----|-----|
| Stem Robotics Workshop | Sign up and join us for "Behind the Screens" in the EZone, Egaming Center. This is a FREE program sponsored by the Lansdale Library that introduces various STEM topics to youth in grades 6th-9th. Open to YMCA full and program members! Students will be using Lego EV3 components, building, and programming simple robotics. They will learn how to program/control the robot's motors and different sensors, such as color and Infrared using Lego's graphical programming interface. Students will play with basic mechanisms and learn engineering principles. More experienced students will have the opportunity to engage in competitive-style challenges created for them to explore and solve! This is a beginner/intermediate level program for grades 6-9. Contact Bob Varga for more information. | 10-16 yrs | Lansdale | | Fri | 5:00 PM | 6:00 PM | \$0 | \$0 | \$0 | \$0 |
|------------------------|---|-----------|----------|--|-----|---------|---------|-----|-----|-----|-----|

Fitness Programs

Indian Valley Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact Dominique Lanza with questions at dominiquel@northpennymca.org

| | | | | | | | Program Fees | | |
|--------------------------|--|-----------|---------------|------|------------|----------|--------------|-------------|----------------|
| Fitness/Wellness- Youth | Description | Age | Location | Days | Start Time | End Time | Full Family | Full Member | Program Member |
| Fit Kids | Each session will be led by a Wellness Personal Trainer/Wellness Coach. Parents must remain on the Indian Valley YMCA Premises. Kids practice following directions and playing with others through interactive activities and cooperative games. | 7-10 yrs | Indian Valley | Mon | 6:00 PM | 6:45 PM | \$0 | \$0 | \$65 |
| | | 7-10 yrs | Indian Valley | Wed | 6:00 PM | 6:45 PM | \$0 | \$0 | \$65 |
| Teen Fitness Orientation | 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 Wellness Center. Registration is not available online. | 12-14 yrs | Indian Valley | | | | \$0 | \$0 | \$0 |

| | | | | | | | Program Fees | | | |
|--|---|--|---------------|---------------|------------|----------|--------------|-------------|----------------|-----|
| Personal Training | Description | Age | Location | Days | Start Time | End Time | Full Family | Full Member | Program Member | |
| Personal Training: 1 SESSION 1 HR | Personal training is available for individuals who would like one on one sessions with our certified personal trainers. An experienced trainer will guide you through your workout and answer any questions you might have concerning your program. Your sessions include a personal exercise program, fitness testing, and large amounts of motivation. ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE. | 13+ yrs | Indian Valley | | | | \$50 | \$50 | \$0 | |
| Personal Training: 1 SESSION 30 MIN | | 13+ yrs | Indian Valley | | | | \$30 | \$30 | \$0 | |
| Personal Training: 4 SESSION 1 HR | | 13+ yrs | Indian Valley | | | | \$198 | \$198 | \$0 | |
| Personal Training: 4 SESSION 30 MIN | | 13+ yrs | Indian Valley | | | | \$120 | \$120 | \$120 | |
| Personal Training: 8 SESSION 1 HR | | 13+ yrs | Indian Valley | | | | \$374 | \$374 | \$0 | |
| Personal Training: 8 SESSION 30 MIN | | 13+ yrs | Indian Valley | | | | \$233 | \$233 | \$0 | |
| Personal Training: 12 SESSION 1HR | | 13+ yrs | Indian Valley | | | | \$530 | \$530 | \$0 | |
| Personal Training: 12 SESSION 30 MIN | | 13+ yrs | Indian Valley | | | | \$327 | \$327 | \$0 | |
| Small Group Training (2-4 People) 12 Sessions 1 hour | | Small Group Training is an affordable way that gives clients the opportunity to experience the motivation and the results of a private training session in a small group setting. Our Small Group Training can have anywhere from 2-4 clients. Trainers will guide each participant to ensure that their fitness goals can be achieved. ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE. | 13+ yrs | Indian Valley | | | | \$800 | \$800 | \$0 |
| Small Group Training (2-4 People) 12 Sessions 30 Minutes | | | 13+ yrs | Indian Valley | | | | \$450 | \$450 | \$0 |
| Small Group Training (2-4 People) 8 Sessions 1 hour | 13+ yrs | | Indian Valley | | | | \$550 | \$550 | \$0 | |
| Small Group Training (2-4 People) 8 Sessions 30 Minutes | 13+ yrs | | Indian Valley | | | | \$300 | \$300 | \$0 | |
| Small Group Training (2-4 People) 4 Sessions 1 hour | 13+ yrs | | Indian Valley | | | | \$280 | \$280 | \$0 | |
| Small Group Training (2-4 People) 4 Sessions 30 Minutes | 13+ yrs | Indian Valley | | | | \$160 | \$160 | \$0 | | |

| Fitness Program Specials | Description | Age | Location | Days | Start Time | End Time | Full Member | Program Member | Non-Member Fee |
|--------------------------|---|---------|---------------|------|------------|----------|-------------------------------|-------------------------------|-------------------------------|
| Personal Training | <p>Personal Training Special-"Happy FITmas" Starting December 10th-December 22nd Indian Valley and Lansdale Locations Members Only</p> <p>Special is for both 30-minute and 60-minute sessions: 4 Personal Training sessions, get One Free 8 Personal Training sessions, get Two Free 12 Personal Training sessions, get Four Free</p> <p>See pricing above. Personal Training Sessions can be purchased at Membership desk.</p> <p>Any questions contact DominiqueL@NorthPennYMCA.org (Indian Valley) or DavidS@NorthPennYMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.</p> | 13+ yrs | Indian Valley | | Dec 10 | Dec 22 | See Personal Training Pricing | See Personal Training Pricing | See Personal Training Pricing |

Fitness Programs

Lansdale Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact David Stauffer with questions at davids@northpennymca.org

| | | | | | | | Program Fees | | | |
|-------------------------|--|----------|-------------|------|------------|----------|--------------|-------------|----------------|----------------|
| Fitness/Wellness- Youth | Description | Age | Location | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Climbing Wall | Our climbing wall is a great workout for youth. Improve strength, agility and have fun too! Try the different routes as you get better and stronger. For updated weekly climb times please contact Dave Stauffer at 215.368.1601, ext 216 or Davids@northpennymca.org | 7-17 yrs | Lansdale | Thur | 6:00 PM | 7:00 PM | \$45 | \$45 | \$75 | \$0 |
| Youth Fitness Class | Participants experience a different fun workout each week focusing on developing various motor skills with multiple activities such as youth yoga, obstacle racing, calisthenics, jump rope and much more. It is recommended that participants do not miss more than 2 classes. The class will not run if there are fewer than 4 participants. Located in the Impact Zone. | 7-17 yrs | Lansdale | Tues | 4:30 PM | 5:15 PM | \$0 | \$0 | \$50 | \$0 |
| Fitness/Wellness- Adult | Description | Age | Location | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
| Cardio Boxing | Combine boxing techniques with challenging cardio and you will receive a great workout. Bring gloves and wrap (limited supply on site). All levels. | 16+ yrs | Impact Zone | Sun | 11:15 AM | | \$0 | \$0 | \$35 | \$0 |

| Personal Training | Description | Age | Location | Days | Start Time | End Time | Full Family | Full Member | Program Member | |
|--|---|--|----------|----------|------------|----------|-------------|-------------|----------------|-----|
| Personal Training: 1 SESSION 1 HR | Personal training is available for individuals who would like one on one sessions with our certified personal trainers. An experienced trainer will guide you through your workout and answer any questions you might have concerning your program. Your sessions include a personal exercise program, fitness testing, and large amounts of motivation. ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE. | 13+ yrs | Lansdale | | | | \$50 | \$50 | \$0 | |
| Personal Training: 1 SESSION 30 MIN | | 13+ yrs | Lansdale | | | | \$30 | \$30 | \$0 | |
| Personal Training: 4 SESSION 1 HR | | 13+ yrs | Lansdale | | | | \$198 | \$198 | \$0 | |
| Personal Training: 4 SESSION 30 MIN | | 13+ yrs | Lansdale | | | | \$120 | \$120 | \$120 | |
| Personal Training: 8 SESSION 1 HR | | 13+ yrs | Lansdale | | | | \$374 | \$374 | \$0 | |
| Personal Training: 8 SESSION 30 MIN | | 13+ yrs | Lansdale | | | | \$233 | \$233 | \$0 | |
| Personal Training: 12 SESSION 1HR | | 13+ yrs | Lansdale | | | | \$530 | \$530 | \$0 | |
| Personal Training: 12 SESSION 30 MIN | | 13+ yrs | Lansdale | | | | \$327 | \$327 | \$0 | |
| Small Group Training (2-4 People) 12 Sessions 1 hour | | Small Group Training is an affordable way that gives clients the opportunity to experience the motivation and the results of a private training session in a small group setting. Our Small Group Training can have anywhere from 2-4 clients. Trainers will guide each participant to ensure that their fitness goals can be achieved. ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE. | 13+ yrs | Lansdale | | | | \$800 | \$800 | \$0 |
| Small Group Training (2-4 People) 12 Sessions 30 Minutes | | | 13+ yrs | Lansdale | | | | \$450 | \$450 | \$0 |
| Small Group Training (2-4 People) 8 Sessions 1 hour | 13+ yrs | | Lansdale | | | | \$550 | \$550 | \$0 | |
| Small Group Training (2-4 People) 8 Sessions 30 Minutes | 13+ yrs | | Lansdale | | | | \$300 | \$300 | \$0 | |
| Small Group Training (2-4 People) 4 Sessions 1 hour | 13+ yrs | | Lansdale | | | | \$280 | \$280 | \$0 | |
| Small Group Training (2-4 People) 4 Sessions 30 Minutes | 13+ yrs | | Lansdale | | | | \$160 | \$160 | \$0 | |

| Fitness Program Specials | Description | Age | Location | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
|---------------------------|--|---------|----------|------|------------|----------|-------------|-------------------------------|-------------------------------|-------------------------------|
| Personal Training Special | Personal Training Special-" Happy FITmas " Starting December 10th-December 22nd Indian Valley and Lansdale Locations Members Only Special is for both 30-minute and 60-minute sessions: 4 Personal Training sessions, get One Free 8 Personal Training sessions, get Two Free 12 Personal Training sessions, get Four Free See pricing above. Personal Training Sessions can be purchased at Membership desk. | 13+ yrs | Lansdale | | Dec 10th | Dec 22nd | | See Personal Training Pricing | See Personal Training Pricing | See Personal Training Pricing |

EZone & Simulators

Lansdale Branch - Fall II, 2023

Session Dates: October 30 to December 24

Contact Alison Paster with questions at allisonp@northpennymca.org

| Simulators | Description | Days | Start Time | End Time | Duration | Non Peak Mon-Fri | Peak, Sat & Sun |
|--------------------------|---|-------------------|------------|--|--|---|--|
| Simulator Hourly Rentals | Our virtual sports and golf simulators are for individuals age 18 and older. Younger players are welcome with parental supervision. Open to members and non members! Come enjoy our brand new virtual simulator suites with access to virtual sports including golf, soccer, hockey, bowling and family fun games! All experience levels are welcome in our simulator spaces. The TruGolf simulators are state of the art and feature E6 Connect technology and access to over 100 of the best courses in the country (including Pebble Beach and Oakmont)! | Mon-Sun | 9:00 AM | 10:00 AM | 1 hour | \$40 per hour 1-4 people \$60 per hour 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people |
| | | Mon-Sun | 10:00 AM | 11:00 AM | 1 hour | \$40 per hour 1-4 people \$60 per hour 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people |
| | | Mon-Sun | 11:00 AM | 12:00 PM | 1 hour | \$40 per hour 1-4 people \$60 per hour 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people |
| | | Mon-Sun | 12:00 PM | 1:00 PM | 1 hour | \$40 per hour 1-4 people \$60 per hour 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people |
| | | Mon-Sat | 1:00 PM | 2:00 PM | 1 hour | \$40 per hour 1-4 people \$60 per hour 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people |
| | | Mon-Sat | 2:00 PM | 3:00 PM | 1 hour | \$40 per hour 1-4 people \$60 per hour 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people |
| | | Mon-Sat | 3:00 PM | 4:00 PM | 1 hour | \$40 per hour 1-4 people \$60 per hour peak 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people |
| | | Mon-Thurs and Sat | 4:00 PM | 5:00 PM | 1 hour | \$40 per hour 1-4 people \$60 per hour 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people |
| | | Mon-Thurs | 5:00 PM | 6:00 PM | 1 hour | \$40 per hour 1-4 people \$60 per hour 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people |
| | | Mon-Thurs | 6:00 PM | 7:00 PM | 1 hour | \$40 per hour 1-4 people \$60 per hour 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people |
| Mon-Thurs | 7:00 PM | 8:00 PM | 1 hour | \$40 per hour 1-4 people \$60 per hour 5-8 people | \$50 per hour 1-4 people \$70 per hour 5-8 people | | |

EZONE

The Esports and Gaming Center is for individuals age 7 and older. Younger gamers are welcome with adult supervision. Our center is designed to create a comfortable social gaming experience for every type of gamer. Enjoy popular games and top of the line gaming systems that are designed to create and inclusive gaming experience! Get the competition started by enrolling your middle or high school student in an engaging Esport League. All levels of experience are welcome with many games to choose from including Rocket League and Fortnite. Esports is a competitive sport through video game that requires the use of strategy, collaboration, and problem solving skills to achieve individual team success.

| Ezone programs | Description | Age | Class Specific | Days | Start Time | End Time | Full Family | Full Member | Program Member | Non-Member Fee |
|--------------------------|--|-----|---------------------|-------------------|----------------|----------------|---------------|---------------|----------------|----------------|
| YMCA Golf Academy | Golf lessons for adults and kids. For more information please contact Alison at alisonp@NorthPennYMCA.org . | 18+ | Private Golf Lesson | By Appointment | By Appointment | By Appointment | \$20 per hour | \$20 per hour | \$20 per hour | \$20 per hour |
| Minecraft Monday | Join us for fun, easy, and family-friendly mini-events on our YMCA Minecraft Server. Players will work together to complete challenges and think creatively. Great for kids and families! For questions or to register, please email NorthPennYMCA.org/EZONE | 7+ | EGaming Session | November 6, 2023 | 4:00 PM | 8:00 PM | \$0 | \$0 | \$0 | \$10 |
| Mario Wednesday | It's time to gear up! We will be hosting various Nintendo games and challenges for the whole family to enjoy. From Mario Kart to Mario Party, join us to compete alongside friends and family and be the leader of Mario games. For questions or to register please email NorthPennYMCA.org/EZONE | 7+ | EGaming Session | November 29, 2023 | 4:00 PM | 8:00 PM | \$0 | \$0 | \$0 | \$10 |
| Kids Bumper Bowling | Join us for Kids Bumper Bowling with a coach. It's fun for everyone. To register email northpennymca.org/ezone | 7+ | Simulator Session | By Appointment | By Appointment | By Appointment | \$25 | \$25 | \$25 | \$25 |
| Fall Golf League | Play on State of the Art Golf Simulators and Enjoy Challenging Courses. League Details include , 9 Holes each week on a new PGA Course, includes 1.5 hours of simulator time each week, 2 person teams, Stroke play format, Golfers may play alone or with their teammate and make reservations once a week to compete | 18+ | Golf League | By Appointment | By Appointment | By Appointment | \$125 | \$125 | \$125 | \$125 |
| Cosplay Fun in the EZone | Join us for Cosplay fun in the EZone. Meet and hang out with your favorite video game characters. Cosplayers will be dressed up and act has Nintendo characters. Members can take pictures with the Cosplayers, play family friendly games, and join us for a pancake brunch. | 7+ | Cosplay Event | October 20, 2023 | 5:00 PM | 7:00 PM | \$0 | \$0 | \$0 | \$0 |
| Family Fun Event | Parents and their children can play games with each other in the EZone. Refreshments will be served. | 7+ | Family Fun Event | November 24, 2023 | 5:00 PM | 8:00 PM | \$0 | \$0 | \$0 | \$0 |