



NORTH PENN YMCA

SPRING II

PROGRAM GUIDE

April 22 - June 16

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

NorthPennYMCA.org



Welcome to North Penn YMCA's 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: April 8

Open Registration: April 15

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 Early Childhood Center

311 Alumni Avenue, Harleysville, PA
19438 | 215.256.0767

[Click here](#) for hours and amenities



Get ready for summer with swim lessons
Available at our Lansdale and Indian Valley branches

NorthPennYMCA.org/programs/swimming/

Best Summer Ever
Don't miss out on camp!
Spots filling quickly!

NorthPennYMCA.org/summer-camp



CHILD CARE

North Penn YMCA offers affordable, quality day care, preschool, pre-k and before and after school programs in the North Penn, Indian Valley, and Perkiomen Valley communities. Learn more at NorthPennYMCA.org/child-care



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](#)

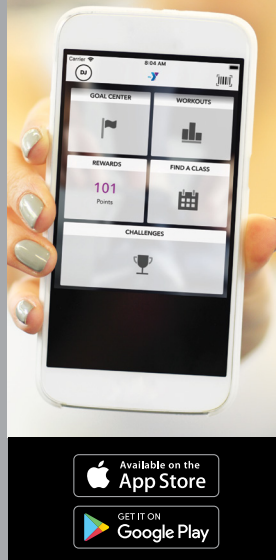


SMARTPHONE APP

Our app includes a "find a class" feature, access to schedules, and important links. 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. Within our two branches we have four indoor pools:

Indian Valley Pool: Six lane, 25 yard 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

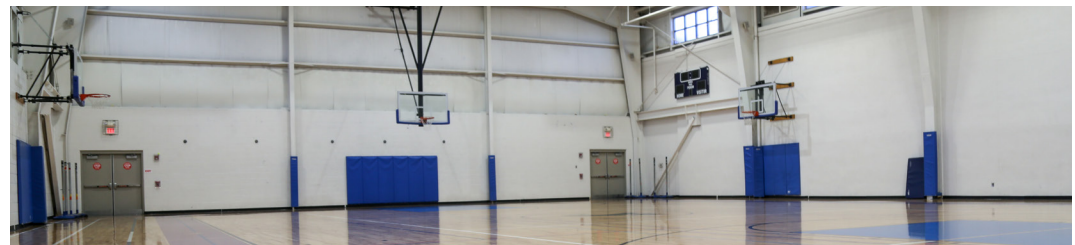
Stay & Play Babysitting services are provided to members while they work out or utilize our facility, additional information at NorthPennYMCA.org/child-care/stay-and-play.

Indian Valley Stay & Play Hours

Mon-Fri 9:00 AM-11:00 AM | **Mon-Thu** 5:00 PM-7:30 PM | **Sat** 8:00 AM-11:00 AM

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,

iand@NorthPennYMCA.org or Sangeeta Kharbanda 215.723.3569 ext 111,

sangeetak@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 - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

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

							Program Fees		
Aquatic Fitness Programs	Description	Ages	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
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
				Thurs	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	\$0	n/a
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	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

							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	March 2, 2024	Sat	9:00 AM	11:00 AM	\$80	\$75 Full Member \$45 Staff Member	\$90
			April 6, 2024	Sat	9:00 AM	11:00 AM	\$75	\$75 Full Member \$45 Staff Member	\$90
			March 14, 2024	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
			April 18, 2024	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90

Aquatics Programs

Indian Valley Branch - Spring II 2024

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. For more information please contact our Director, Vince Serianni at iv.aquatics.dir@northpennymca.org or 215-723-3569 ext 121	15 and older	May 5,12 19, 2024	Sun	9:00 AM	4:00 PM	\$300	\$300	\$325
		15 and older	June 2, 19, 16, 2024	Sun	9:00 AM	4:00 PM	\$300	\$300	\$325
Lifeguard Review Courses American Red Cross Classes	Lifeguard blended 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 at iv.aquatics.dir@northpennymca.org, #215-723-3569 ext. 121	17 and older	May 2, 9, 2024	Thursday	5:00 PM	9:30 PM	\$150	\$150	\$150
		17 and older	May 16, 23, 2024	Thursday	5:00 PM	9:30 PM	\$150	\$150	\$150

							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	NA	Wed	6:00 PM	6:45 PM	\$95	\$95	\$145
Swim Lessons Adult Teen Advanced									
		13-99 yrs	NA	Wed	7:00 PM	7:45 PM	\$95	\$95	\$145

							Program Fees		
Adaptive Swim Programs	Description	Ages	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
Adaptive Swim Lessons	Adaptive Swim lessons for 3 yrs+ are one-on-one swim lessons for children with mild physical and mental conditions. To register, please email iv.aquatics.dir@northpennymca.org.	3 + yrs	NA	Mon	4:00 PM	4:30 PM	\$100	\$100	\$120
		3 + yrs	NA	Mon	4:30 PM	5:00 PM	\$100	\$100	\$120
		3 + yrs	NA	Mon	5:00 PM	5:30 PM	\$100	\$100	\$120
		3 + yrs	NA	Mon	5:30 PM	6:00 PM	\$100	\$100	\$120
		3 + yrs	NA	Mon	6:00 PM	6:30 PM	\$100	\$100	\$120
		3 + yrs	NA	Mon	6:30 PM	7:00 PM	\$100	\$100	\$120
		3 + yrs	NA	Fri	4:00 PM	4:30 PM	\$100	\$100	\$120
		3 + yrs	NA	Fri	4:30 PM	5:00 PM	\$100	\$100	\$120
		3 + yrs	NA	Fri	5:00 PM	5:30 PM	\$100	\$100	\$120
		3 + yrs	NA	Fri	5:30 PM	6:00 PM	\$100	\$100	\$120
3 + yrs	NA	Fri	6:00 PM	6:30 PM	\$100	\$100	\$120		

							Program Fees		
Swim Lessons 6 month- 3 yrs	Description	Ages	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member

Aquatics Programs

Indian Valley Branch - Spring II 2024

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	NA	Sat	9:45 AM	10:15 AM	\$75	\$75	\$125
			NA	Sat	11:30 AM	12:00 PM	\$75	\$75	\$125

							Program Fees		
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	NA	Tues	5:00 PM	5:30 PM	\$75	\$75	\$125
			NA	Wed	5:00 PM	5:30 PM	\$75	\$75	\$125
			NA	Thurs	5:00 PM	5:30 PM	\$75	\$75	\$125
			NA	Sat	9:45 AM	10:15 AM	\$75	\$75	\$125
			NA	Sat	9:45 AM	10:15 AM	\$75	\$75	\$125
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 the nose, Back float for a longer period of time with the 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 the water, Jumping in from the side of the pool on teacher cue with less assistance and completely submerging. Children should already be comfortable going underwater and blowing bubbles before enrolling.	3-5 yrs	NA	Tues	5:00 PM	5:30 PM	\$75	\$75	\$125
			NA	Tues	5:30 PM	6:00 PM	\$75	\$75	\$125
			NA	Wed	5:30 PM	6:00 PM	\$75	\$75	\$125
			NA	Thur	5:30 PM	6:00 PM	\$75	\$75	\$125
			NA	Sat	11:15 AM	11:45 AM	\$75	\$75	\$125
			NA	Sat	10:15 AM	10:45 AM	\$75	\$75	\$125
			NA	Sat	10:45 AM	11:15 AM	\$75	\$75	\$125
			NA	Sat	10:45 AM	11:15 AM	\$75	\$75	\$125
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	N/A	Tue	5:30 PM	6:00 PM	\$75	\$75	\$125
			N/A	Wed	6:00 PM	6:30 PM	\$75	\$75	\$125
			NA	Sat	9:45 AM	10:15 AM	\$75	\$75	\$125
			NA	Sat	10:15 AM	10:45 AM	\$75	\$75	\$125
Level 4 - Stoke Introduction - Ages 3-5	Designed to introduce the basic stroke techniques for the front and back crawl(freestyle/backstroke). FOCUS SKILLS: Drills building to be able to swim 15	3-5 yrs							

Aquatics Programs

Indian Valley Branch - Spring II 2024

	<p>FOCUS SKILLS: Drills building to be able to swim 15 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. Introduce Breaststroke kick. Introduce Butterfly/dolphin kick. Children are expected to know how to kick on their front, back, and side before enrolling in this level.</p>	NA	Sat	9:45 AM	10:15 AM	\$75	\$75	\$125
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							Program Fees		
Swim Lessons 6 -12 yrs	Description	Ages	Instructor	Days	Start Time	End Time	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	NA	Wed	6:00 PM	6:45 PM	\$95	\$95	\$145
			NA	Sat	10:15 AM	11:00 AM	\$95	\$95	\$145
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 with less assistance and completely submerging. Childrent should already be comfortable going underwater and blowing bubbles before enrolling.	6-12 yrs	NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145
			NA	Sat	11:15 AM	12:00 PM	\$95	\$95	\$145
			NA	Tue	6:00 PM	6:45 PM	\$95	\$95	\$145
			NA	Mon	7:00 PM	7:45 PM	\$95	\$95	\$145
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	NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145
			NA	Sat	11:15 AM	12:00 PM	\$95	\$95	\$145
			NA	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Wed	5:00 PM	5:45 PM	\$95	\$95	\$145
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	NA	Wed	5:00 PM	5:45 PM	\$95	\$95	\$145
			NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145
			NA	Sat	10:15 AM	11:00 AM	\$95	\$95	\$145
			NA	Sat	11:15 AM	12:00 PM	\$95	\$95	\$145
			NA	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Thur	6:00 PM	6:45 PM	\$95	\$95	\$145

Aquatics Programs

Indian Valley Branch - Spring II 2024

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	NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145
			NA	Sat	10:15 AM	11:00 AM	\$95	\$95	\$145
			NA	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Thur	6:15 PM	7:00 PM	\$95	\$95	\$145
			NA	Thur	6:15 PM	7:00 PM	\$95	\$95	\$145
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	NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145
			NA	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Mon	7:00 PM	7:45 PM	\$95	\$95	\$145
			NA	Fri	7:00 PM	7:45 PM	\$95	\$95	\$145

Swim Lessons: Private/Semi Private	Description	Ages	Registration Information	Session Info	Program Fees		
					Full Family	Full Member	Program Member
Swim Lessons-Private	AGE 4+ YRS - Private or Semi-Private swim lessons are scheduled as four, half-hour swim lessons for any participant	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	\$115	\$115	\$135
Swim Lessons-Semi Private	AGE 4+ YRS - Private or Semi-Private swim lessons are scheduled as four, half-hour swim lessons for any participant	4-99 yrs			\$90	\$90	\$115

Pre-Team/Competitive Swim Instruction	Description	Ages	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
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Aquatics Programs

Indian Valley Branch - Spring II 2024

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		Tues	4:45 PM	6:00 PM	\$105	\$105	\$185
		8-18 yrs		Thur	4:45 PM	6:00 PM	\$105	\$105	\$185
		8-18 yrs		Fri	6:45 PM	7:45 PM	\$105	\$105	\$185

Aquatics Program

Lansdale Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

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
	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 Certification American Red Cross	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. For more information please contact our Director, Cindy Leahy, at cindylea@northpennymca.org or 215-368-1601 ext 210	15+ yrs	Lansdale	Full Course April 27, May 4,11,18	Sat	12:00 PM	6:00 PM	\$300	\$300	\$325	\$325
		15+ yrs	Lansdale	Full Course May 25, June 1,8,15	Sat	12:00 PM	6:00 PM	\$300	\$300	\$325	\$325
Lifeguard Recertification Courses American Red Cross Classes	Lifeguard Recertification 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	Recert Course SAT, April 13, 20	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert Course SAT, May 11,8	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert course SAT, June 8,15	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	\$95	\$95	\$145	N/A

Aquatics Program

Lansdale Branch - Spring II 2024

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	\$75	\$75	\$125	N/A
		6mo-18mo	Lansdale		Sat	9:30 AM	10:00 AM	\$75	\$75	\$125	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	\$75	\$75	\$125	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	\$75	\$75	\$125	N/A
		3-5 yrs	Deming Pool		Mon	5:00 PM	5:30 PM	\$75	\$75	\$125	N/A
		3-5 yrs	Deming Pool		Wed	5:00 PM	5:30 PM	\$75	\$75	\$125	N/A
		3-5 yrs	Deming Pool		Wed	5:45 PM	6:15 PM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	10:15 AM	10:45 AM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	11:30 AM	12:00 PM	\$75	\$75	\$125	N/A

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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	\$75	\$75	\$125	N/A
		3-5 yrs	Deming Pool		Wed	5:45 PM	6:15 PM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	10:15 AM	10:45 AM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	\$75	\$75	\$125	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 and 2 but being done without assistance and with better mechanics overall.	3-5 yrs	Deming Pool		Wed	5:00 PM	5:30 PM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	11:00 AM	11:30 AM	\$75	\$75	\$125	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		\$75	\$75	\$125	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	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	\$95	\$95	\$145	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	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	10:30 AM	11:15 AM	\$95	\$95	\$145	N/A

Aquatics Program

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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	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Thurs	5:00 PM	5:45 PM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	11:30 AM	12:15 PM	\$95	\$95	\$145	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	6-12 yrs	Deming Pool		Tues	5:00 PM	5:45 PM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Thurs	5:00 PM	5:45 PM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	11:30 AM	12:15 PM	\$95	\$95	\$145	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	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Tues	6:00 PM	6:45 PM	\$95	\$95	\$145	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	\$95	\$95	\$145	N/A

								Program Fees			
Swim Lessons: Private/Semi Private	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Swim Lessons-Private	Private swim lessons are scheduled in four, half-hour swim lessons for any participants 4+. 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 Ricky Thomas at 215 368 1601	4+ yrs	Lansdale	SESSION 1: 4 WKS				\$115	\$115	\$135	N/A

Aquatics Program

Lansdale Branch - Spring II 2024

	availability. Please call Ricky Thomas at 215.368.1601, ext 211 or ricky@NorthPennYMCA.org.	4+ yrs	Lansdale	SESSION 2: 4 WKS					\$115	\$115	\$135	N/A
Swim Lessons-Semi Private	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. Semi-Private swim lessons are scheduled based on participant and instructor availability. Please call Ricky Thomas at 215.368.1601, 211 or ricky@NorthPennYMCA.org.	4+ yrs	Lansdale	SESSION 1: 4 WKS					\$90	\$90	\$115	N/A
		4+ yrs	Lansdale	SESSION 2: 4 WKS					\$90	\$90	\$115	N/A

								Program Fees			
Iron Knights Triathlon Training	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Iron Knights Triathlon Training	AGES 5-12 YRS IRON KNIGHTS TRIATHLON PREP/NEW! "Put your trY" into your triathlon. Improve your child's swim mechanics so they can expend less energy on the lead-off leg of their IRONKNIGHTS triathlon. Plus pick up hints and tips about prepping for race day. This program meets twice a week for 4-weeks and will run from April 22 - May 15. Ending prior to the Iron Knight date of April 18th. For more information call Cindy Leahy at 215-368-1601 x-210 or email: cindylea@northpennymca.org	5-8 yrs	Lansdale	Iron Knights	MO WD	5:30 PM	6:30 PM	\$110	\$110	\$145	\$145
		9-12 yrs	Lansdale	Iron Knights	MO WD	6:30 PM	7:30 PM	\$110	\$110	\$145	\$145

								Program Fees			
Pre-Team/Competitive Swim Instruction	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
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	Wed	6:00 PM	7:00 PM	\$105	\$105	\$185	N/A

								Program Fees			
Swim Team	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Spring Tune Up	Off Season Training and gearing up for summer swim teams: SPRING TUNE UPS: Full Member \$130.00 / Program Member \$165.00 / Non-Member \$180.00 / Current		Lansdale	Session 1: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 PM	\$130	\$130	\$165	\$180

Aquatics Program

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<p>Member \$100.00 / Non-Member \$160.00 / Current Gators \$100.00 Session 1 : April 1 – April 24 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced 6:00-7:00 pm – Beginners April 2 – April 25 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced 6:00-7:00 pm – Beginners Session 2 April 29 – May 22 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced 6:00-7:00 pm – Beginners April 30 – May 23 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced 6:00-7:00 pm – Beginners</p>	Lansdale	Session 1: Beginners/Lower Intermediate	MO WD	6:00 PM	7:00 PM	\$130	\$130	\$165	\$180
	Lansdale	Session 1: Upper Intermediate/Advanced	TU TH	5:00 PM	6:00 PM	\$130	\$130	\$165	\$180
	Lansdale	Session 1: Beginners/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$130	\$130	\$165	\$180
	Lansdale	Session 2: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 PM	\$130	\$130	\$165	\$180
	Lansdale	Session 2: Beginners/Lower Intermediate	MO WD	6:00 PM	7:00 PM	\$130	\$130	\$165	\$180
	Lansdale	Session 2: Upper Intermediate/Advanced	TU TH	5:00 PM	6:00 PM	\$130	\$130	\$165	\$180
	Lansdale	Session 2: Beginners/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$130	\$130	\$165	\$180

								Program Fees			
Swim Team	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Gators Summer Swim Team	Gators Summer Swim Team begins on June 5th. Practices will be held on Mondays/Wednesdays/Thursdays from 5:00 to 6:30 pm. Try out is NOT required for the summer swim team.		Lansdale	Practice Days	MO WD TH	5:00 PM	6:30 PM	\$180	\$180	\$240	N/A

Sports Programs

Indian Valley Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

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	\$120	
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	\$120	
Tot Namaste	Teaches various yoga-like postures and breaths to help little ones develop strength, muscle control, and self-regulation while having fun. Parents are required to stay with their children. 3-4 years old.	3-4 yrs	Gym A	Tues	9:30 AM	10:00 AM	\$0	\$0	\$120	

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	12:00 PM	2:00 PM	\$0	\$0	\$85	
			Gym B	Sun	11:30 AM	1:30 PM	\$0	\$0	\$85	
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. Indian Valley players will meet twice a week. There will be one indoor practice at the Indian Valley and one outdoor practice at Pennfield Middle School. When possible, the coaches will schedule Saturday matches between	6-8 yrs	Indian Valley Gym B; Held at Pennfield Middle school, front	Mon, Sat	Mon 5:30PM Sat 10:00AM	Mon 6:15PM; Sat 10:45AM	\$95	\$200	\$0	
		9-12 yrs	Indian Valley Gym B; Held at Pennfield Middle school, front soccer field	Mon, Sat	Mon 6:30PM Sat 11:00AM	Mon 7:30PM; Sat 12:00PM	\$95	\$200	\$0	
Swiftee Soccer Skillz N Drillz	Come play the number 1 sport in the world. This program is for beginners and focuses on 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! (Indoor)	4-5 yrs	Gym B	Thur	4:30 PM	5:15 PM	\$55	\$55	\$120	
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	6-8 yrs	Gym B	Tues	4:30 PM	5:15 PM	\$55	\$55	\$120	
		7-11 yrs	Gym B	Thur	5:30 PM	6:15 PM	\$55	\$55	\$120	
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.	5-8 yrs	Gym A	Wed	5:30 PM	7:15 PM	\$0	\$0	\$120	
		9-12 yrs	Gym A	Wed	6:30 PM	7:15 PM	\$0	\$0	\$120	

Sports Programs

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Indoor Flag Football	Come play indoor flag football with us. Stay warm this winter and learn football essentials. Play games in a fun, exciting environment.	6-8 yrs	Gym A&B	Tues	6:30 PM	7:15 PM	\$0	\$0	\$120	
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							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	\$85	
		16+ yrs	Gym A & B	Wed	7:30 PM	9:00 PM	\$0	\$0	\$25	
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. Registration Required.	15+ yrs	Gym A & B	Mon & Fri	7:30 PM	8:45 PM	\$0	\$0	\$85	

							Program Fees			
Pickleball Programs - all ages	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Pickleball Programs - all ages	Bring your own equipment and enjoy competitive games of Pickleball. Nets are provided.	16+	Gym A&B	Sat	10:00 AM	12:00	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Mon	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Tues	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Wed	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Thurs	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Mon	1:30 PM	3:00 PM	\$0	\$0	\$50	
		16+ yrs	Gym A & B	Wed	1:30 PM	3:00 PM	\$0	\$0	\$50	
		16+ yrs	Gym A & B	Tues	1:30 PM	3:00 PM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Th	1:30 PM	3:00 PM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Wed	5:30 PM	7:15 PM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Tues	7:30 PM	9:00 PM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Fri	7:30 PM	9:00 PM	\$0	\$0	\$25	
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	25+ yrs	Beginner Gym A & B	Tues	12:00 PM	1:30 PM	\$55	\$55	\$120	

Sports Programs

Indian Valley Branch - Spring II 2024

	moving and having fun! Registration is REQUIRED at the Membership Desk.	25+ yrs	Beginner Gym B	Wed	5:30 PM	7:15 PM	\$55	\$55	\$120
		25+ yrs	Intermediate/ Advanced Gym A & B	Thurs	12:00 PM	1:30 PM	\$55	\$55	\$120

							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	7:30 PM	9:30 PM	\$0	\$0	\$85	
		25-60 yrs	Gym A & B	Sat	7:00 AM	10:00 AM	\$0	\$0	\$85	
Basketball Beginner	Our team will teach children the 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	\$55	\$55	\$120	
		6-8 yrs	Gym A	Mon	5:30 PM	6:15 PM	\$55	\$55	\$120	
		9-12 yrs	Gym A	Mon	6:30 PM	7:15 PM	\$55	\$55	\$120	
		6-8 yrs	Gym A	Thurs/Fri	TH 5:30PM; FR 5:30PM	TH 6:15PM; FR 6:15PM	\$95	\$95	\$200	

Sports Programs

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	<p>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 sportsmanship and having a good attitude in victory or defeat. The program schedule will be two weeks of practice, then there will be a tournament day where all the teams will compete.</p>	9-12 yrs	Gym A & B	Thurs/Fri	TH 6:15PM; FR 6:15PM	TH 7:15PM; FR 7:15PM	\$95	\$95	\$200	
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Sports Programs

Lansdale Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

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	\$120	\$0
		5-8 yrs	Lansdale		Wed	6:00 PM	6:45 PM	\$0	\$0	\$120	\$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	\$120	\$0
		12-18 yrs	Lansdale		Wed	3:30 PM	5:15 PM	\$0	\$0	\$120	\$0
		12-18 yrs	Lansdale		Sat	1:30 PM	3:00 PM	\$0	\$0	\$120	\$0
Swiftie 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. Lansdale players will meet twice a week. There will be one indoor practice at the Lansdale Branch and one outdoor practice at Pennedale Middle School. When possible, the coaches will schedule Saturday matches between Lansdale and Indian Valley forming our North Penn YMCA Intramural League.	6-8 yrs	Lansdale Gym; Held at Pennedale Middle school, front soccer field		Tues, Sat	Tue 5:30PM SA 10:00AM	TU 6:15PM; SA 10:45AM	\$95	\$95	\$200	\$0
9-12 yrs		Lansdale Gym; Held at Pennedale Middle school, front soccer field		Thurs, Sat	TH 6:30PM SA 11:00AM	TH 7:30PM; SA 12:00PM	\$95	\$95	\$200	\$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	\$85	\$0

								Program Fees			
Pickleball Programs	Description	Age	Location	Class Specific Info	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	Lansdale		Tues/Thurs	12:00 PM	1:15 PM	\$0	\$0	\$50	\$0

								Program Fees			
Basketball Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee

Sports Programs

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Basketball Youth Level 1	Level 1 is designed as an introduction to basketball. Our coaches teach the fundamental skills using exciting drills and game situations in a friendly atmosphere.	5-8 yrs	Lansdale		Sat	9:00 AM	9:45 AM	\$55	\$55	\$120	
		9-12 yrs	Lansdale		Sat	10:00 AM	10:45 AM	\$55	\$55	\$120	

Gymnastics - Dance - Martial Arts Programs

Indian Valley Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

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
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	\$55	\$55	\$120	n/a
Gymnastics Level 2	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	5:30 PM	6:15 PM	\$80	\$80	\$170	n/a
		5-12 yrs	Lansdale	Level 1 5+ yrs	Fri	5:30 PM	6:15 PM	\$80	\$80	\$170	n/a
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. Classes are held in Gym A.	3-5 yrs	Gym A		Tue	4:30 PM	5:15 PM	\$55	\$55	\$120	n/a

Martial Art Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
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	\$55	\$55	\$120	n/a
		12 yrs +	Indian Valley	Belted/ Promoted 12yrs-Adult Class	Tues	7:30 PM	8:30 PM	\$55	\$55	\$120	n/a

Dance Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Ballet	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	\$55	\$55	\$120	n/a

Gymnastics & Martial Arts Programs

Lansdale Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

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	\$55	\$55	\$120	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. Must be able to do a cartwheel. Students in Level 2 meet two days a week.	5-12 yrs	Lansdale	Level 1 5+ yrs	Thurs	5:30 PM	6:15 PM	\$55	\$55	\$120	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	\$95	\$95	\$200	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	Level 1 5+ yrs	Fri	5:30 PM	7:00 PM	\$95	\$95	\$200	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, Fri	7:00 PM	8:30 PM	\$95	\$95	\$200	n/a
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 5:30 PM	MO 7:00 PM TH 7:00 PM	\$95	\$95	\$200	n/a
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 8:00 PM	\$95	\$95	\$200	n/a

Program Fees

Gymnastics & Martial Arts Programs

Lansdale Branch - Spring II 2024

Martial Arts Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	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	5+ yrs	Lansdale	All Ages 5+ (Families Welcome)	WD	7:15 PM	8:15 PM	\$55	\$55	\$120	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	\$95	\$95	\$200	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	\$95	\$95	\$200	n/a
		4+ yrs	Lansdale	Biddy	WD	6:15 PM	6:45 PM	\$95	\$95	\$200	n/a
		4+ yrs	Lansdale	Black Belt, Black Belt Prep,	FR	6:00 PM	7:00 PM	\$95	\$95	\$200	n/a

Specialty Programs & Events

Indian Valley Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

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	5/1/2024	Wed	1:00 PM		\$0	\$0	\$0	\$0
		55+ yrs	Indian Valley	6/5/2024	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

								Program Fees			
Special Events	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Wellness & More Expo	Discover a diverse array of practices, products, and experts dedicated to nurturing your mind, body, and soul at our Wellness and More Expo! From health professionals to nutrition and alternative therapies, explore the latest trends to elevate every aspect of your life. Join us for a transformative experience that will leave you feeling inspired, empowered, and ready to embrace a healthier, happier you."		Indian Valley Hallways	5/15/2024	Wed	9:00 AM	12:00 PM	\$0	\$0	\$0	\$0
Senior Fitness Walk	Join us for a walk at Franconia Park. Lunch will be included and is provided by Generations of Indian Valley. Beverages provided by Arbour Square. Register at our Indian Valley Branch-Membership Desk.	50+	Franconia Park Pavilion	5/29/2024	Wed	11:00 AM	1:00 PM	\$15	\$15	\$15	\$15
Wine Tasting-"Wines on a Budget"	Join us for an exclusive wine tasting experience where you'll savor the rich heritage of the region and indulge your senses in an unforgettable journey through the vibrant flavors of South American wines! Discover the stories behind each bottle and unlock the secrets of South America's renowned winemaking tradition. Register at our Indian Valley Branch-Membership Desk.	21+	The Pub at Arbour Square	6/20/2024	Thur	6:00 PM	8:00 PM	\$25 per person	\$25 per person	\$25 per person	\$25 per person
Pickleball Tournament-May 26, 2024	Pickleball Tournament: Tournament is May 26th from 8-5 PM. Beginners Tournament from 8-12pm, Intermediate Advanced Tournament from 1-5pm. \$30 per person. Benefits The Annual Campaign. Players may arrive 30 minutes before their tournament start time.	18+	Indian Valley Gym	5/26/2024 BEGINNERS	Sun	8:00 AM	12:00 PM	\$30 per person	\$30 per person	\$30 per person	NA
		18+	Indian Valley Gym	5/26/2024 INTERMEDIATE	Sun	1:00 PM	5:00 PM	\$30 per person	\$30 per person	\$30 per person	NA

Specialty Programs & Events

Lansdale Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

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	
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		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
Stem Python Coding Workshop	Sign up and join us for "Behind the Screens" in the EZone, Egaming Center. This is a FREE program that introduces various STEM topics to youth in grades 6th-9th. Open to YMCA full and program members! Students will be using the EZone computers to write code and program thier own projects. They will learn how to use basic to advanced level Python programming skills, as well as learn why coding is such an important skill to learn ! 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

Special Event	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Program Fees				
								Full Family	Full Member	Program Member	Non-Member Fee	
Local Wine Tasting Cardinal Hill Winery	For our members who enjoy the finer things in life, the North Penn YMCA is hosting a wine tasting at Boyd's Cardinal Hill Winery in Lansdale! Enjoy community and conversation while tasting 5 local wines with a selection of cheese and crackers. For questions please contact Alison Paster membership Director at 215 368- 1601 X 207 or alisonp@northpennymca.org	21 and up	Boyd's cardinal Hollow Winery 1830 West Point Pike Lansdale Pa 19446		Thursday, May 9	6:00 PM	8:00 PM		\$25 per person	\$25 per person	\$25 per person	\$25 per person

Fitness Programs

Indian Valley Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

Contact Dominique Lanza with questions at dominiquel@northpennymca.org

Fitness/Wellness- Youth	Description	Age	Location	Days	Start Time	End Time	Program Fees		
							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

Personal Training	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							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.	12+ yrs	Indian Valley				\$53	\$53	\$0	
Personal Training: 1 SESSION 30 MIN		12+ yrs	Indian Valley				\$33	\$33	\$0	
Personal Training: 4 SESSION 1 HR		12+ yrs	Indian Valley				\$198	\$198	\$0	
Personal Training: 4 SESSION 30 MIN		12+ yrs	Indian Valley				\$120	\$120	\$0	
Personal Training: 8 SESSION 1 HR		12+ yrs	Indian Valley				\$374	\$374	\$0	
Personal Training: 8 SESSION 30 MIN		12+ yrs	Indian Valley				\$233	\$233	\$0	
Personal Training: 12 SESSION 1HR		12+ yrs	Indian Valley				\$530	\$530	\$0	
Personal Training: 12 SESSION 30 MIN		12+ 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.	12+ yrs	Indian Valley				\$800	\$800	\$0
Small Group Training (2-4 People) 12 Sessions 30 Minutes			12+ yrs	Indian Valley				\$450	\$450	\$0
Small Group Training (2-4 People) 8 Sessions 1 hour	12+ yrs		Indian Valley				\$550	\$550	\$0	
Small Group Training (2-4 People) 8 Sessions 30 Minutes	12+ yrs		Indian Valley				\$300	\$300	\$0	
Small Group Training (2-4 People) 4 Sessions 1 hour	12+ yrs		Indian Valley				\$280	\$280	\$0	
Small Group Training (2-4 People) 4 Sessions 30 Minutes	12+ 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 Special: MOM SRONG	Starting May 5th – May 12th Treat "Mom" to something special just for her! Four – 30 minute sessions for \$100 (instead of \$120) or Four - 60 minute sessions for \$160 (instead of \$198) Personal Training Sessions can be purchased at Membership desk. 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. Indian Valley and Lansdale Location Members Only Special	12+ yrs	Lansdale		May 5	May 12	\$100	\$100	\$100

Fitness Programs

Indian Valley Branch - Spring II 2024

<p>HeartStrong</p>	<p>Heart Strong is a Two Month cardiac rehab and long term maintenance plan that serves graduates of the current Doylestown Health Phase-2 program. Participants receive 2, 30 min one-on-one sessions each week for 8 weeks with a cardiac rehab exercise physiologist. The program includes a free Full Access Membership to both the Lansdale and Indian Valley facilities for the participant for the duration of the two months. A prescription from the the Doylestown Health's Cardiac Rehab Program is required to get started.</p>	<p>12+</p>	<p>Indian Valley</p>				<p>\$450</p>	<p>\$450</p>	<p>\$450</p>
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Fitness Programs

Lansdale Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

Contact David Stauffer with questions at davids@northpennymca.org

Fitness/Wellness- Youth	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							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	Mon	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
Boxing	Boxing is a challenging full-body strength and cardiovascular workout. Participants will learn boxing skills such as proper stance, footwork, and boxing punches. This class uses bags, mitt work, and a padded vested boxer. All equipment including free wraps is supplied by the Y. Both beginners and advanced participants are welcome.	10+	Impact Zone	Sat	11:15 AM	12:45 PM	\$80	\$80	\$120	\$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.	12+ yrs	Lansdale				\$53	\$53	\$0
Personal Training: 1 SESSION 30 MIN		12+ yrs	Lansdale				\$33	\$33	\$0
Personal Training: 4 SESSION 1 HR		12+ yrs	Lansdale				\$198	\$198	\$0
Personal Training: 4 SESSION 30 MIN		12+ yrs	Lansdale				\$120	\$120	\$120
Personal Training: 8 SESSION 1 HR		12+ yrs	Lansdale				\$374	\$374	\$0
Personal Training: 8 SESSION 30 MIN		12+ yrs	Lansdale				\$233	\$233	\$0
Personal Training: 12 SESSION 1HR		12+ yrs	Lansdale				\$530	\$530	\$0
Personal Training: 12 SESSION 30 MIN		12+ yrs	Lansdale				\$327	\$327	\$0

Fitness Programs

Lansdale Branch - Spring II 2024

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.	12+ yrs	Lansdale				\$800	\$800	\$0
Small Group Training (2-4 People) 12 Sessions 30 Minutes		12+ yrs	Lansdale				\$450	\$450	\$0
Small Group Training (2-4 People) 8 Sessions 1 hour		12+ yrs	Lansdale				\$550	\$550	\$0
Small Group Training (2-4 People) 8 Sessions 30 Minutes		12+ yrs	Lansdale				\$300	\$300	\$0
Small Group Training (2-4 People) 4 Sessions 1 hour		12+ yrs	Lansdale				\$280	\$280	\$0
Small Group Training (2-4 People) 4 Sessions 30 Minutes		12+ 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: MOM STRONG	Starting May 5th – May 12th Treat “Mom” to something special just for her! Four – 30 minute sessions for \$100 (instead of \$120) or Four - 60 minute sessions for \$160 (instead of \$198) Personal Training Sessions can be purchased at Membership desk. Any questions contact DominiqueL@NorthPennyMCA.org (Indian Valley) or DavidS@NorthPennyMCA.org (Lansdale) ALL PERSONAL TRIANING SESSIONS EXPIRE ONE YEAR AFTER THE DAE OF PURCHASE. Indian Valley and Lansdale Location Members Only Special	12+ yrs	Lansdale		May 5	May 12	\$100	\$100	\$100	
Heart Strong	Heart Strong is a Two Month cardiac rehab and long term maintenance plan that serves graduates of the current Doylestown Health Phase-2 program. Participants receive 2, 30 min one-on-one sessions each week for 8 weeks with a cardiac rehab exercise physiologist. The program includes a free Full Access Membership to both the Lansdale and Indian Valley facilities for the participant for the duration of the two months. A prescription from the the Doylestown Health's Cardiac Rehab Program is required to get started.	12+	Lansdale				\$450	\$450	\$450	

EZone & Simulators

Lansdale Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

Contact Alison Paster with questions at allisonp@northpennymca.org

Simulators	Description	Days	Start Time	End Time	Duration	Non Peak Mon-Fri	Peak, Sat & Sun
May	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	1hour	\$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 an 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 Info	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	May 6, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10
Mario Monday	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	May 13, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10
Family Fun Event	Parents and their children can play games with each other in the EZone. Refreshments will be served.	7+	Family Fun Event	May 23, 2024	5:00 PM	7:00 PM	\$0	\$0	\$0	\$0
LEGO Night	Open LEGO night! Have fun creating anything LEGO in our EZone! Individual and Group projects. Family friendly activity.	7+	Family Fun Event	April 18, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$0

Community and Family

Indian Valley Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

Contact Sangeeta Kharbanda at SangeetaK@NorthPennYMCA.org

Gymnasium Rentals	Description	Branch Location	Day	Start Time	End Time	Rental Fee
Early AM	Individuals and organizations can rent our gymnasium in the early AM for a variety of events. Please call for all rentals.					
	Half Gym	Indian Valley	Mon-Fri	5:30 AM	7:30 AM	\$75/hr
	Whole Gym	Indian Valley	Mon-Fri	5:30 AM	7:30 AM	\$125/hr
After Hours Rentals	Half Gym	Indian Valley	Mon-Thurs	9:00 PM	10:30 PM	\$75/hr
	Whole Gym	Indian Valley	Mon-Thurs	9:00 PM	10:30 PM	\$125/hr
	Additional hour (pre-approval required)					\$20/hr

Party Packages	Description	Location	Days	Start Time	End Time	PROGRAM FEES			
						Full Family	Full Member	Program Member	Non-Member Fee
Pool Parties	Party Package Includes · 1 Hour Pool Time · 1 Hour Party Room · Pricing Includes 15 Children · Additional Children are \$5 each Indian Valley Branch Rentals: contact Sangeeta Kharbanda - 215.723.3569 ext. 111 or email: sangeetak@NorthPennYMCA.org	Indian Valley	Saturday	1:00:00 PM	3:00:00 PM	\$450	\$450	\$475	\$500
		Indian Valley	Sunday	11:00 AM	1:00 PM	\$450	\$450	\$475	\$500
Sports/Gym Parties	Party Package Includes · 1 Hour Sport/Gym Time · 1 Hour Party Room · Pricing Includes 15 Children · Additional Children are \$5 each Indian Valley Branch Rentals: contact Sangeeta Kharbanda - 215.723.3569 ext. 111 or email: sangeetak@NorthPennYMCA.org	Indian Valley	Saturday	1:00:00 PM	3:00:00 PM	\$450	\$450	\$475	\$500
		Indian Valley	Sunday	11:30 AM	1:30 PM	\$450	\$450	\$475	\$500

Community & Family

Lansdale Branch - Spring II 2024

Session Dates: Spring II | April 22 - June 16 (2024)

Facility and Space Rentals	Description	Location	Duration	Program Fees			
				Full Family	Full Member	Program Member	Non-Member Fee
Facility Rentals	<p>NEED AN INDOOR FACILITY FOR YOUR GROUP/TEAM? We have spaces in our facility for a variety of group activities including:</p> <ul style="list-style-type: none"> Gym rentals for basketball, hockey, soccer and more available at both branches. Climbing wall party rentals are also now available! (Lansdale Branch Only) <p>Lansdale Branch Rentals: contact Ian Dillard - 215.268.1601 ext. 209 or email: iand@NorthPennYMCA.org</p>	Lansdale	Per 1 Hour	\$65	\$65	\$75	\$75
EGaming Rentals	<p>EGaming Room rentals for gaming, computer seminars, tech seminars, etc. (Includes projector, large screen tvs, 8 gaming computers, Xbox, Nintendo Switch)</p> <p>Lansdale Branch Rentals: contact Alison Paster - 215.268.1601 ext. 207 or email: alisonp@northpennymca.org (Lansdale Branch Only)</p>	Lansdale	Per 1 Hour	\$90	\$90	\$100	\$100
Pool Rentals	<p>Pool rentals for swim teams, water volleyball, etc. (Lansdale Branch Only)</p> <p>Lansdale Branch Rentals: contact Ian Dillard - 215.268.1601 ext. 209 or email: iand@NorthPennYMCA.org</p>	Lansdale	Per 1 Hour	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing
Class Room Rentals	<p>Classroom rentals for seminars, testing, small events, education, etc</p> <p>Lansdale Branch Rentals: contact Ian Dillard - 215.268.1601 ext. 209 or email: iand@NorthPennYMCA.org</p>	Lansdale	Per 1 Hour	\$40	\$40	\$45	\$45

Parties	Description	Location	Duration	Program Fees			
				Full Family	Full Member	Program Member	Non-Member Fee
EZone Party	<p>HOST YOUR PARTY AT THE EZONE! Looking for a cool venue to host your next party? Throw your party in our EZone. What's Included?</p> <ul style="list-style-type: none"> 1 Hour in Simulators and 1 Hour in EGaming Room 20 Child Max in EGaming Room \$5 Per Additional Child up to 25 Children 1 Hour in Party Room Party Host to help with set up/clean up and festivities Paper Products and table covers <p>Lansdale Branch Rentals: contact Alison Paster - 215.268.1601 ext. 207 or email: alisonp@northpennymca.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500

Community & Family

Lansdale Branch - Spring II 2024

Gymnastics Party	<p>TUMBLE ON YOUR SPECIAL DAY! Now hosting gymnastics Birthday Parties. What's Included? * 1 Hour of Gymnastics in our Gym/1 Hour in Party Room * 15 Child Max * \$5 Per Additional Child up to 25 Children * Party Host to help with set up/clean up and festivities * Paper products & table covers Lansdale Branch Rentals: contact Ian Dillard - 215.268.1601 ext. 209 or email: iand@NorthPennYMCA.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500
Pool Party	<p>Splash Party! Now hosting Pool Parties. What's Included? * 1 Hour in the Pool/1 Hour in Party Room * 15 Child Max * \$5 Per Additional Child up to 25 Children * Party Host to help with set up/clean up and festivities * Paper Products & Table Covers Lansdale Branch Rentals: contact Ian Dillard - 215.268.1601 ext. 209 or email: iand@NorthPennYMCA.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500