

NORTH PENN YMCA

FALL 1

PROGRAM GUIDE

September 2 - October 27

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: August 19

Open Registration: August 26

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



**Daycare, Preschool and School Age Care
Now Registering at All Locations**

[Click here](#) to learn more

TEE OFF TO BENEFIT KIDS!

NORTH PENN YMCA GOLF CLASSIC

October 11, 2024

Hickory Valley Golf Club

[LEARN MORE](#)

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 branch and Indian Valley branch. 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, and swim lessons.

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 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, birthday parties, etc available at both branches
- Lansdale branch rentals: call 215.368.1601

Indian Valley branch rentals: contact Chelse Burton 215.723.3569 ext 152, chelseb@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.](https://www.northpennymca.org/ezone)

Aquatics Programs

Indian Valley Branch - Fall I 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

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
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	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		
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.	16+		Thurs	7:00 AM	7:45 AM	\$0	\$0	n/a

Certification Courses	Description	Ages	Dates	Days	Start Time	End Time	Program Fees		
							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		Sept 7, 2024	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
			Sept 19, 2024	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
			October 5, 2024	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90

Aquatics Programs

Indian Valley Branch - Fall I 2024

		14-99 yrs	Oct 17, 2024	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$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. For more information please contact our Director, Vince Serianni at iv.aquatics.dir@northpennymca.org or 215-723-3569 ext 121	15 and older	Sept 8, 15, 22	Sun	9:30 AM	4:00 PM	\$300	\$300	\$325
		15 and older	Dec 1, 8, 15	Sun	9:30 AM	4:00 PM	\$300	\$300	\$325
Lifeguard Recertification 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	October 10, 17	Thursday	5:00 PM	9:30 PM	\$150	\$150	\$150
		17 and older	December 12, 19	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
		13-99 yrs	NA	Thur	7:00 PM	7:45 PM	\$95	\$95	\$145
Swim Lessons Adult Teen Advanced	Stroke Development. Class is for advanced swimmers learning to perfect their technique as well as learn multiple new strokes.	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

Aquatics Programs

Indian Valley Branch - Fall I 2024

							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	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
			NA	Sat	10:45 AM	11:15 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	9:45 AM	10:15 AM	\$75	\$75	\$125
			NA	Sat	10:15 AM	10:45 AM	\$75	\$75	\$125
			NA	Sat	11:15 AM	11:45 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	3-5 yrs	NA	Tue	5:30 PM	6:00 PM	\$75	\$75	\$125
			NA	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

Aquatics Programs

Indian Valley Branch - Fall I 2024

	float on their front and back independently before enrolling for this level.		NA	Sat	10:45 AM	11:15 AM	\$75	\$75	\$125
--	--	--	----	-----	----------	----------	------	------	-------

							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	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Tue	6:00 PM	6:45 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
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	6-12 yrs	NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145

Aquatics Programs

Indian Valley Branch - Fall I 2024

	be able to swim 25 yards front crawl before enrolling in this level.		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
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

							Program Fees		
Swim Lessons: Private/Semi Private	Description	Ages	Registration Information	Session Info		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	

							Program Fees		
Pre-Team/Competitive Swim Instruction	Description	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		Tues	4:45 PM	6:00 PM	\$135	\$135	\$185
		8-18 yrs		Thur	4:45 PM	6:00 PM	\$135	\$135	\$185

Aquatics Program

Lansdale Branch - Fall I 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

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 August 17, 24, 31, Sept 7	Sat	12:00 PM	6:00 PM	\$300	\$300	\$325	\$325
		15+ yrs	Lansdale	Full Course Oct 12, 19, 26, Nov 2	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 Blended Learning 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, Oct 26 & Nov 2	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert course SAT, August 31 & Sept 7	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 - Fall I 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	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
		18mo-3yrs	Lansdale		Sat	11:00 AM	11:30 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
Level 2 - Water Movement	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		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 introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke). FOCUS SKILLS: Drills building to being able to swim 15 vds front	3-5 yrs	Deming Pool		Wed	5:00 PM	5:30 PM	\$75	\$75	\$125	N/A

Aquatics Program

Lansdale Branch - Fall I 2024

	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	11:00 AM	11:30 AM	\$75	\$75	\$125	N/A
Level 4 - Stroke Introduction		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
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	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

Aquatics Program

Lansdale Branch - Fall I 2024

		6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	\$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
		6-12 yrs	Deming Pool		Thurs	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 Cindy at 215.368.1601, ext 210 or cindylea@NorthPennYMCA.org.	4+ yrs	Lansdale	SESSION 1: 4 WKS				\$115	\$115	\$135	N/A
		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 Cindy Leahy at 215.368.1601, 210 or cindylea@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			
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	\$135	\$135	\$185	N/A

Aquatics Program

Lansdale Branch - Fall I 2024

Swim Team	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Fall Tune Up	FALL TUNE UPS-Off-Season Training and Gearing up for the 2024-2025 Swim Team Season: Full Member \$130.00 / Program Member \$165.00 / Gator \$100.00 / Non Member \$180.00 Session 1: July 29 – August 21 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners/Intermediates July 30 – August 22 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners/Intermediates *Previous Gators		Lansdale	Session 1: Beginners/Lower Intermediate	MO WD	6:00 PM	7:00 PM	\$130	\$130	\$165	\$180
			Lansdale	Session 1: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 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
Fall Tune Up	FALL TUNE UPS-Off-Season Training and Gearing up for the 2024-2025 Swim Team Season: Full Member \$130.00 / Program Member \$165.00 / Gator \$100.00 / Non Member \$180.00 Session 2: August 26 – Sept 18 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners/Intermediates August 27 – Sept 19 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners/Intermediates *Previous Gators		Lansdale	Session 2: Beginners/Lower Intermediate	MO WD	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: 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

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-2024-2025 SEASON All new to the Gators MUST attend one try out in order to determine eligibility for the team. TRY-OUTS: Aug 29, 5:00-7:00 pm, Sept 14, 1:00-3:00 pm, Sept 19, 5:00-7:00 pm, OPEN HOUSE: Sept 14th, 1:00-3:00 PM Meet the Coaches and ask any questions you may have about our program. 10 and Under (\$330.00); 11 and up (\$355.00). Practices begin Sept 23rd	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 I 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

Contact Alex LaRosa with questions at AlexL@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.	1-5 yrs		Thurs	9:30 AM	10:15 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	
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).	7-11 yrs	Gym B	Thur	5:30 PM	6:15 PM	\$55	\$55	\$120	
Dodgeball 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.	6-12 yrs	Gym A	Wed	6:30 PM	7:15 PM	\$0	\$0	\$120	
Flag Football	This class is designed to give your child a taste of organized football. It will concentrate on developing the core fundamentals needed for the game of Flag Football. Kids will learn basic skills with an emphasis on fun. (Indoor)	6-9 yrs	Gym A & B	Wed	4:30 PM	5:15 PM	\$55	\$55	\$120	
Sports of All Sorts	This class is a fun and upbeat way to introduce your child to a variety of sports. During their interaction, they will also learn values such as respect, sharing, teamwork, and socialization.	5-8 yrs	Gym B	Tues	5:30 PM	6:15 PM	\$0	\$0	\$100	
Sports Frenzy	From Dodgeball to Soccer. Capture the Flag or Freeze Tag. Sports Frenzy gives your child the opportunity to play a different game or sport every week. During this fun class, they will also learn values such as respect, sharing, teamwork, and socialization.	9-12 yrs	Gym B	Tues	6:30 PM	7:15 PM	\$45	\$45	\$100	

Sports Programs

Indian Valley Branch - Fall I 2024

							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 ONLY	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 ONLY	Mon	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Tues	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Wed	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Thurs	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Mon	1:30 PM	3:00 PM	\$0	\$0	\$50	
		16+ yrs	Gym A ONLY	Wed	1:30 PM	3:00 PM	\$0	\$0	\$50	
		16+ yrs	Gym A ONLY	Tues	1:30 PM	3:00 PM	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Th	1:30 PM	3:00 PM	\$0	\$0	\$25	
		16+ yrs	Gym A	Wed	5:30 PM	7:15 PM	\$0	\$0	\$25	
		16+ yrs	Gym B	Wed	6:00 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 moving and having fun! Registration is REQUIRED at the Membership Desk.	25+ yrs	Beginner Gym A & B	Tues	12:00 PM	1:30 PM	\$55	\$55	\$120	
		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	
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	

Sports Programs

Lansdale Branch - Fall I 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

Curtis Gerzevske @ CurtisG@NorthPennYMCA.org

								Program Fees			
Youth Sports Program	Description	Age	Location	Class 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're offering teen volleyball if you want to practice your game or learn the fundamentals. 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. Bring your own equipment and a positive attitude!	12-17 yrs	Lansdale		Tue	3:30 PM	5:00 PM	\$0	\$0	\$120	\$0
		12-17 yrs	Lansdale		Thur	3:30 PM	5:00 PM	\$0	\$0	\$120	\$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	\$55	\$55	\$120	\$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. Lansdale players will meet twice a week. There will be one indoor practice at the Lansdale Branch and one outdoor practice at Penndale 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 Penndale 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 Penndale Middle school, front soccer field		Tues, Sat	Tue 5:30PM SA 11:00AM	TH 6:15PM; SA 12:00PM	\$95	\$95	\$200	\$0
Flag Football	Instructional and Open Gym. The foundation of YMCA Flag Football is more than just learning the fundamentals of running, catching, throwing, and the basics of offensive and defensive formations. It's about being a part of a team and, most importantly, having fun. With fewer players on the field, there's more engagement and a faster speed of play. Games are quick and competitive and every drive counts. The Instructional class is for children 5-8 years old, and the open gym Flag Football is for children ages older than 8 and younger than 12. The instructional class will be held on Thursday from 6:30 pm to 7:15 pm, and the open gym Flag Football will take place after the instructional class on Thursday from 7:30 pm to 8:15 pm.	5-8 yrs	Lansdale Meg Gym	Instructional class	Tues	Tue 6:30PM	TU 7:15PM	\$55	\$55	\$120	\$0
		9-11 yrs	Lansdale Meg Gym	Open gym Flag Football	Tues	Tue 7:30PM	TH 8:15PM	\$55	\$55	\$120	\$0
Adult Sports Programs	Description	Age	Location	Class 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.	18+ yrs	Lansdale		Wed	7:45 PM	10:00 PM	\$0	\$0	\$85	\$0

Sports Programs

Lansdale Branch - Fall I 2024

Pickleball Programs	Description	Age	Location	Class 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/ Fri	12:00 PM	1:30 PM	\$0	\$0	\$50	\$0

Basketball Programs	Description	Age	Location	Class Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
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 - Fall 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

Contact Alex LaRosa with questions at AlexL@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. Classes are held in Gym A.	3-5 yrs	Gym A		Tues	4:30 PM	5:15 PM	\$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.	5-12 yrs	Gym A		Tues	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 cartwheel.	5-12 yrs	Gym A		Tues	6:30 PM	7:15 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
Tae Kwon Do Adult	Transform your fitness journey with our Adult Tae Kwon Do Class! Designed for all skill levels, this class combines traditional martial arts techniques with a modern workout. Under the guidance of expert instructors, you'll enhance your strength, flexibility, and self-discipline. Whether you're looking to learn self-defense, improve your fitness, or find a new community, our class offers a supportive and empowering environment.	16 yrs +	Indian Valley	Beginners Class	Wed	7:00 PM	8:00 PM	\$55	\$55	\$120	n/a

Gymnastics - Dance - Martial Arts Programs

Indian Valley Branch - Fall 2024

Empowerment Starts Here: Women's Self-Defense Classes	Enhance your confidence and safety with our women's self-defense classes, perfect for mothers and daughters or groups of girlfriends. These engaging sessions offer practical skills and a supportive environment where you can learn together and strengthen your bonds. Led by experienced instructors, our classes are designed to empower participants of all ages, fostering both personal safety and group solidarity. Join us to connect, learn, and grow stronger—enroll today and take charge of your personal security with those who matter most!	13 yrs +	Indian Valley- Dance Studio	Four sessions	Sat 9/07 9/14 9/21 9/28	11:00 AM	12:00 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	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
Jazz Dance	Enjoy fun music and high energy dancing in Jazz! Taught by experienced instructors, this class will teach you Jazz techniques like leaps, turns, and jumps with fun choreography to build confidence, stay active, and have fun! Any experience level can enjoy this class.	7-12 yrs	Indian Valley		Thurs	4:00 PM	4:45 PM	\$55	\$55	\$120	n/a
Contemporary Dance	Unlock your creativity in our Contemporary Dance Class! This class blends modern dance techniques with expressive movement. Led by experienced instructors, you'll learn exciting choreography, improve your flexibility, and build self-confidence. No matter your experience level, join us for a fun and active way to dance and connect with new friends!	8-12 yrs	Indian Valley		Thurs	5:00 PM	5:45 PM	\$55	\$55	\$120	n/a

Gymnastics & Martial Arts Programs

Lansdale Branch | Fall I 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

Contact Curtis Gerzevske at CurtisG@NorthPennYMCA.org

Gymnastic Programs	Description	Age	Location	Class 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	AGES 3-5	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	AGES 5-12	Thurs	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	AGES 5-12 MUST BE	Tu, Fri	Tu 6:30 PM; Fr 5:00PM	Tu 8:00 PM; FR 6:30 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	AGES 5-12	Mon, Fri	MON: 7:00 PM; FRI: 6:30	MON: 8:30PM FRI: 8:00PM	\$95	\$95	\$200	n/a

Martial Arts Programs	Description	Age	Location	Class 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	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 All Adults	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, Advanced	FR	6:00 PM	7:00 PM	\$95	\$95	\$200	n/a

Special Programs & Events

Indian Valley Branch - Fall I 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

Contact Dominique Lanza with questions at dominiquel@northpennymca.org

								Program Fees			
AOA Committees	Description	Age	Location	Class 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	9/4/2024	Wed	1:00 PM		\$0	\$0	\$0	\$0
		55+ yrs	Indian Valley	10/2/2024	Wed	1:00 PM		\$0	\$0	\$0	\$0
Specialty Seminars, Classes, Clubs	Description	Age	Location	Class 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
Arthritis Foundation Program	AFEP (The Arthritis Foundation Exercise Program) is designed for people with arthritis who want to safely increase their physical activity levels. The program may also benefit people with other chronic health conditions who want to be more active.	55+	Indian Valley Linko Room	Arrive 10 mins before class	Tue Fri	12:15 PM 11:30 AM	1:00 PM 12:15 PM	\$0	\$0	\$240 or \$10 Drop in Fee	\$20 Drop in fee
AOA Special Line Dancing Event - Four Sessions			Indian Valley Linko Room	9/12 9/19 9/26 10/3	Thu	11:15 AM	12:30 PM	\$28	\$28	N/A	N/A
Tai Chi for Arthritis and Falls Prevention	A low-impact, recreational program that combines exercise with education. AFEP sessions begin with a health education component, followed by a series of exercises that may include stretching, strengthening, balance, coordination, and relaxation techniques. Instructors can modify exercises to meet participants' needs and ability levels. AFEP can help participants control pain, feel less tired, and boost their mood.	60+	Indian Valley Dance Studio	Sept 9th	Mon	11:45 AM	12:45 PM	\$0	\$0	\$0	\$0
SCAM JAM- Treasury Department			Linko Room	Oct 24th	Thu	1:00 PM	3:00 PM	\$0	\$0	\$0	\$0
<i>Please bring a water bottle, towel and wear appropriate footwear.</i>											
Special Events	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Mommy Market	Join us for our 1st semi-annual Outdoor Mommy Market on September 7th, rain date on September 14th from 9 AM-12 PM. Vendors will be selling gently used clothes, toys and so much more. All proceeds benefit our annual campaign. Vendor prices: \$15 for a space with a table or \$10 for space only registration is required. \$1 donation for shoppers, no registration required. Please contact Chrissy Tressler at 215-723-9364 or chrissyt@northpennymca.org		Indian Valley Parking Lot	9/7/24 Rain Date 9/24/24	Sat	9:00 AM	12:00 PM	\$10 per Space \$15 with Table	\$10 per Space \$15 with Table	\$10 per Space \$15 with Table	\$10 per Space \$15 with Table
Spooky Dodgeball Tournament	Come out to this Dodgeball Tournament during Spooky Season! Have fun but also compete to be the FIRST ever Spooky Dodgeball Champs! Ages 8-12 years old. Register individually with the name of your team. Teams of 4-6 players. Register without a team to be randomly placed on one. Seeding games will be played followed by an elimination bracket. There will be a snack stand with refreshments. Wearing a costume that you can play in is acceptable! Prizes awarded to the winning team!	8-12	Indian Valley Gym A & B	10/20/24	Sun	10:30 AM	12:30 PM	\$10	\$10	\$10	\$15

Family Fun Night	<p>OPEN TO THE PUBLIC! Prepare for a night of sharing, meeting other families, enjoyable activities, and learning more about our Y. Family Fun Night will include sports in the gymnasium, carnival/recess games, arts & crafts, face painting, a \$1 snack stand, and information about upcoming events and programs at the Y!</p>	All ages	Indian Valley	9/27/24	Fri	6:00 PM	9:00 PM	<p>\$10 per person \$25 per family of 3-4 \$35 per family of 5+</p>	<p>\$10 per person \$25 per family of 3-4 \$35 per family of 5+</p>	<p>\$10 per person \$25 per family of 3-4 \$35 per family of 5+</p>	<p>\$10 per person \$25 per family of 3-4 \$35 per family of 5+</p>
------------------	---	----------	---------------	---------	-----	---------	---------	---	---	---	---

Specialty Programs & Events

Lansdale Branch | Fall I 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

Contact Curtis Gerzevske @ CurtisG@NorthPennYMCA.org

PAL- Police Athletic League	Description	Age	Location	Class 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 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 their 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 Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
AOA Topic Talk	Tech Talk- Apple Products- Maximize your devices potential. Learn how to navigate your Apple device and helpful tips for everyday use.	18 and up	Lansdale Ezone	Sept 24, 2024	Tuesday	11:00 AM	12:00 PM	Free	Free	Free	\$10
Fall Fest	Bring your family to this fun and interactive event. The event festivities will include Food, Games, Inflatables, Face Painting, and Ezone Virtual Sports and Golf Simulators / Egaming Room, and much more. Join us for a family friendly event with business vendors, a craft fair, flea market and health fair.	3 and up	Lansdale	September 14, 2024	Saturday	12:00 PM	4:00 PM	\$15 \$50.00 Family of 4	\$15 \$50.00 Family of 4	\$15 \$50.00 Family of 4	\$15 \$50.00 Family of 4
Wellness Expo	Come visit with our exciting vendors in the North Penn Commons lobby and meet others at the Expo who share your interest in living a healthy lifestyle and learn more about your health and well-being.		Lansdale	September 19, 2024	Thursday	9:30 AM	12:00 PM				\$40 8x8 space only \$50 8x8 space with 1 table and 2 chairs
Designer Bag Bingo- Totes for Troops	Designer Bag Bingo Fundraiser. Designers include Coach, Kate Spade, Michael Kors, Dooney & Bourke. BYOB	21 and up	Schwenefeld Manor	11/08/2024	Friday	6:00 PM	9:00 PM	\$40	\$40	\$40	\$40
AOA Resturant Social	Join our Active Older Adults at Yantze for a restaurant social! Enjoy traditional Chinese cuisine. Meet at the restaurant. Attendees cover their own meal cost.	50 and up	2333 Welsh Road, Lansdale PA	September 5, 2024	Thursday	11:45 AM	12:45 PM	Food Only Cost	Food Only Cost	Food Only Cost	Not Available

Special Programs & Events

Indian Valley Branch - Fall I 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

Contact Dominique Lanza with questions at dominiquel@northpennymca.org

								Program Fees			
AOA Committees	Description	Age	Location	Class 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	9/4/2024	Wed	1:00 PM		\$0	\$0	\$0	\$0
		55+ yrs	Indian Valley	10/2/2024	Wed	1:00 PM		\$0	\$0	\$0	\$0
Specialty Seminars, Classes, Clubs	Description	Age	Location	Class 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
Arthritis Foundation Program	AFEP (The Arthritis Foundation Exercise Program) is designed for people with arthritis who want to safely increase their physical activity levels. The program may also benefit people with other chronic health conditions who want to be more active.	55+	Indian Valley Linko Room	Arrive 10 mins before class	Tue Fri	12:15 PM 11:30 AM	1:00 PM 12:15 PM	\$0	\$0	\$240 or \$10 Drop in Fee	\$20 Drop in fee
AOA Special Line Dancing Event - Four Sessions			Indian Valley Linko Room	9/12 9/19 9/26 10/3	Thu	11:15 AM	12:30 PM	\$28	\$28	N/A	N/A
Tai Chi for Arthritis and Falls Prevention	A low-impact, recreational program that combines exercise with education. AFEP sessions begin with a health education component, followed by a series of exercises that may include stretching, strengthening, balance, coordination, and relaxation techniques. Instructors can modify exercises to meet participants' needs and ability levels. AFEP can help participants control pain, feel less tired, and boost their mood.	60+	Indian Valley Dance Studio	Sept 9th	Mon	11:45 AM	12:45 PM	\$0	\$0	\$0	\$0
SCAM JAM- Treasury Department			Linko Room	Oct 24th	Thu	1:00 PM	3:00 PM	\$0	\$0	\$0	\$0
<i>Please bring a water bottle, towel and wear appropriate footwear.</i>											
Special Events	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Mommy Market	Join us for our 1st semi-annual Outdoor Mommy Market on September 7th, rain date on September 14th from 9 AM-12 PM. Vendors will be selling gently used clothes, toys and so much more. All proceeds benefit our annual campaign. Vendor prices: \$15 for a space with a table or \$10 for space only registration is required. \$1 donation for shoppers, no registration required. Please contact Chrissy Tressler at 215-723-9364 or chrissyt@northpennymca.org		Indian Valley Parking Lot	9/7/24 Rain Date 9/24/24	Sat	9:00 AM	12:00 PM	\$10 per Space \$15 with Table	\$10 per Space \$15 with Table	\$10 per Space \$15 with Table	\$10 per Space \$15 with Table
Spooky Dodgeball Tournament	Come out to this Dodgeball Tournament during Spooky Season! Have fun but also compete to be the FIRST ever Spooky Dodgeball Champs! Ages 8-12 years old. Register individually with the name of your team. Teams of 4-6 players. Register without a team to be randomly placed on one. Seeding games will be played followed by an elimination bracket. There will be a snack stand with refreshments. Wearing a costume that you can play in is acceptable! Prizes awarded to the winning team!	8-12	Indian Valley Gym A & B	10/20/24	Sun	10:30 AM	12:30 PM	\$10	\$10	\$10	\$15

Family Fun Night	<p>OPEN TO THE PUBLIC! Prepare for a night of sharing, meeting other families, enjoyable activities, and learning more about our Y. Family Fun Night will include sports in the gymnasium, carnival/recess games, arts & crafts, face painting, a \$1 snack stand, and information about upcoming events and programs at the Y!</p>	All ages	Indian Valley	9/27/24	Fri	6:00 PM	9:00 PM	<p>\$10 per person \$25 per family of 3-4 \$35 per family of 5+</p>	<p>\$10 per person \$25 per family of 3-4 \$35 per family of 5+</p>	<p>\$10 per person \$25 per family of 3-4 \$35 per family of 5+</p>	<p>\$10 per person \$25 per family of 3-4 \$35 per family of 5+</p>
------------------	---	----------	---------------	---------	-----	---------	---------	---	---	---	---

Fitness Programs

Lansdale Branch - Fall 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

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

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.	12+ yrs	Lansdale				\$53	\$53	\$0
Personal Training: 1 SESSION 30 MIN		12+ yrs	Lansdale				\$35	\$35	\$0
Personal Training: 4 SESSION 1 HR		12+ yrs	Lansdale				\$198	\$198	\$0
Personal Training: 4 SESSION 30 MIN		12+ yrs	Lansdale				\$140	\$140	\$120
Personal Training: 8 SESSION 1 HR		12+ yrs	Lansdale				\$374	\$374	\$0
Personal Training: 8 SESSION 30 MIN		12+ yrs	Lansdale				\$256	\$256	\$0
Personal Training: 12 SESSION 1HR		12+ yrs	Lansdale				\$530	\$530	\$0
Personal Training: 12 SESSION 30 MIN		12+ yrs	Lansdale				\$348	\$348	\$0

Fitness Programs

Lansdale Branch - Fall 2024

Fitness Program Specials	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Personal Training Special-"Back to Fitness"	<p>Personal Training Special Starting September 16th - September 29th 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>	12+ yrs	Lansdale		September 16	September 29	See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing	
Heart Strong	<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>	12+	Lansdale				\$450	\$450	\$450	

EZone & Simulators

Lansdale Branch - Fall I 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

Contact Alison Paster with questions at allisonp@northpennymca.org

Simulators	Description	Days	Start Time	End Time	Duration	Non Peak Mon-Fri	Peak, Sat & Sun
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 5-8 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	September 23, 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	September 16, 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	September 30, 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	October 7, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$0
Chess Lessons for All	Chess lessons are offered for beginners, intermediates, and advanced. Learn to play or sharpen your skills	7+	Private Chess Lesson	By Appointment	By Appointment	By Appointment	\$20 per hour	\$20 per hour	\$20 per hour	\$20 per hour

EZone & Simulators

Lansdale Branch - Fall I 2024

Ezone Halloween Party	Have fun in the Ezone - Dress up in your favorite costume and enjoy games , refreshments and prizes.	7+	Family Fun Event	Thursday October 24, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$20
Pre Season Golf League 4 Weeks	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 teammates and make reservations once a week to compete. Starts October 1- October 26	18+	Golf League	By Appointment	By Appointment	By Appointment	\$80	\$80	\$80	\$80

Community and Family

Indian Valley Branch | Fall | 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

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 | Fall I 2024

Session Dates: Fall I | Sept 2 - Oct 27 (Classes Start Sept 3)

				Program Fees			
Facility and Space Rentals	Description	Location	Duration	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 Bob Varga - 215.268.1601 or email: bobv@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 Bob Varga - 215.268.1601 or email: bobv@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 Bob Varga - 215.268.1601 or email: bobv@NorthPennYMCA.org</p>	Lansdale	Per 1 Hour	\$40	\$40	\$45	\$45

				Program Fees			
Parties	Description	Location	Duration	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.</p> <p>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 | Fall I 2024

<p>Gymnastics Party</p>	<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 Curtis Gerzevske - 215.268.1601 or email:curtisg@NorthPennYMCA.org</p>	<p>Lansdale</p>	<p>2 Hours</p>	<p>\$450</p>	<p>\$450</p>	<p>\$475</p>	<p>\$500</p>
<p>Pool Party</p>	<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 Cindy Leahy- 215.268.1601 or email: cindylea@NorthPennYMCA.org</p>	<p>Lansdale</p>	<p>2 Hours</p>	<p>\$450</p>	<p>\$450</p>	<p>\$475</p>	<p>\$500</p>