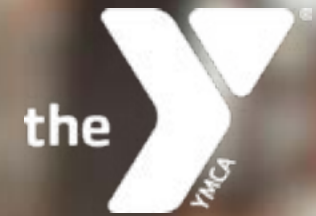


INDIAN VALLEY FAMILY YMCA  
LANSDALE AREA FAMILY YMCA  
HARLEYSVILLE EARLY CHILDHOOD CENTER

NorthPennYMCA.org



NORTH PENN YMCA

# FALL 2

## PROGRAM GUIDE

October 28 - December 22

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: October 14**

**Open Registration: October 21**

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



### AFFORDABLE CHILD CARE FOR ALL AGES

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.

Now enrolling infants through kindergarten.

Learn more at [NorthPennYMCA.org/Child-Care](http://NorthPennYMCA.org/Child-Care)



### YMCA MEMBERS GET MORE

Did you know that as a North Penn YMCA member, you receive benefits such as:

Member rates on programs and services including sports, swim lessons and more

Smart Start fitness orientation and consultations

Free Stay & Play babysitting at both branches

Ezone Gaming and Sports Simulators at our Lansdale branch

and much 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](http://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](http://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](#)

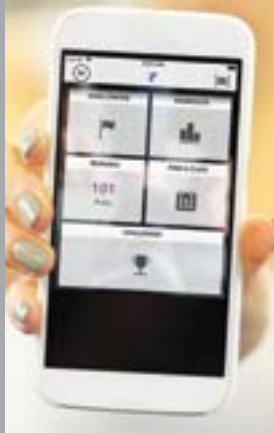


## SMARTPHONE APP

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](http://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](http://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](mailto:chelseb@NorthPennYMCA.org) or Sangeeta Kharbanda 215.723.3569 ext 111, [sangeetak@NorthPennYMCA.org](mailto: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 II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Vince Serianni with questions at [iv.aquatics.dir@northpennymca.org](mailto: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	8:00 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		Nov 2, 2024	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
			Nov 14, 2024	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
			December 7, 2024	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90

# Aquatics Programs

# Indian Valley Branch - Fall II 2024

		14-99 yrs	Dec 19, 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	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	December 12, 19	Thursday	5:00 PM	10:00 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		
3 + yrs	NA	Fri	6:30 PM	7:00 PM	\$100	\$100	\$120		

# Aquatics Programs

# Indian Valley Branch - Fall II 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	<b>Parent/Child Swim Lesson:</b> 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
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	NA	Tue	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	10:45 AM	11:15 AM	\$75	\$75	\$125
Level 4 - Stoke Introduction - Ages 3-5	Designed to introduce the basic stroke techniques for	3-5 yrs							

# Aquatics Programs

# Indian Valley Branch - Fall II 2024

	<p>the front and back crawl(freestyle/backstroke).                  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	Wed	6:00 PM	6:30 PM	\$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	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



# Aquatics Programs

# Indian Valley Branch - Fall II 2024

			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 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	Thur	6:15 PM	7:00 PM	\$95	\$95	\$145
			NA	Sat	9:00 AM	9:45 AM	\$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	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
			NA	Sat	9:00 AM	9:45 AM	\$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 II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Cindy Ginnetti-Leahy with questions at [cindylea@northpennymca.org](mailto: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 <a href="mailto:cindylea@northpennymca.org">cindylea@northpennymca.org</a> or call 215-368-1601 ext 210.		Lansdale	Non-Staff Class				\$75	\$75	\$90	\$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 <a href="mailto:cindylea@northpennymca.org">cindylea@northpennymca.org</a> or 215-368-1601 ext 210	15+ yrs	Lansdale	Full Course Nov 9, 16, 23, Dec 7	Sat	12:00 PM	6:00 PM	\$300	\$300	\$325	\$325
		15+ yrs	Lansdale	Full Course Jan 4, 11, 18, 25	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 <a href="mailto:cindylea@northpennymca.org">cindylea@northpennymca.org</a> or 215-368-1601 ext 210	15+ yrs	Lansdale	Recert Course SAT, Nov 23 & Dec 7	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert course SAT, Jan 18 & 25	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150

Adult/Teen Swim Lessons	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Swim Lesson Adult Teen	Learn to swim. Class is for any level - beginner, intermediate or advanced levels.	13+ yrs	Lansdale		Sat	8:30 AM	9:15 AM	\$95	\$95	\$145	N/A

# Aquatics Program

# Lansdale Branch - Fall 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	<b>Parent/Child Swim Lesson:</b> 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	<b>Parent/Child Swim Lesson:</b> 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

# Aquatics Program

# Lansdale Branch - Fall II 2024

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 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	Deming Pool		Wed	5:00 PM	5:30 PM	\$75	\$75	\$125	N/A
Level 4 - Stroke Introduction		3-5 yrs	Martin Pool		Sat	11:45 AM	12:15 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

# Aquatics Program

# Lansdale Branch - Fall II 2024

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
		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
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

# Sports Programs

# Indian Valley Branch - Fall II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Alex LaRosa with questions at [AlexL@northpennymca.org](mailto: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 II 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	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 ONLY	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	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	
Basketball Beginner	Our team will teach children the fundamental skills of basketball using fun and exciting drills. This is a beginner program teaching dribbling	4-5 yrs	Gym A	Mon	4:30 PM	5:15 PM	\$55	\$55	\$120	

# Sports Programs

# Indian Valley Branch - Fall II 2024

	This is a beginner program teaching dribbling, passing and basic techniques.	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	
Basketball Intramural League	Our intramural league is for more experienced youth who have gone through our 101 program or another similar program, and who have a good grasp on dribbling, passing and shooting. After enrollment, practices will begin, and players will be observed and placed on to balanced intramural teams. They will stay with their team for the duration of the session, unless the coaches recognize the need for a change. For league play, coaches will focus on the strategies of the game. Players will begin to learn about zone defences vs one on one coverage. They will learn teamwork and the fundamental offensive strategies of the game. We will stress good 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.	6-8 yrs	Gym A	Thurs/Fri	TH 5:30PM; FR 5:30PM	TH 6:15PM; FR 6:15PM	\$95	\$95	\$200	
		9-12 yrs	Gym A	Thurs/Fri	TH 6:30PM; FR 6:30PM	TH 7:15PM; FR 7:15PM	\$95	\$95	\$200	



# Sports Programs

# Lansdale Branch - Fall II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Curtis Gerzevske @ [CurtisG@NorthPennYMCA.org](mailto:CurtisG@NorthPennYMCA.org)

Youth Sports Program	Description	Age	Location	Class Info	Days	Start Time	End Time	Program Fees			
								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.	5-8 yrs	Lansdale		Wed	6:00 PM	6:45 PM	\$0	\$0	\$120	\$0
Saturday Sports Blitz	Is your child doing so many different activities it's making your head spin? If so, then we have the perfect class to put all the things your child likes into one fun program! This program runs on Saturday's from 12-1:15pm and features multiple sports; including flag football, soccer, basketball, wiffleball, and more!	9-12 yrs	Lansdale Meg Gym	Multiple games played in one hour	Sat	12:00 PM	1:15 PM	\$55	\$55	\$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	\$85	\$0
Flag Football Skills and Drills	Instructional and Games. 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. There will be two age groups. Please register appropriately. The class is for children 5-8 years old and goes for 8 weeks. The class takes place on Monday from 7-8pm and Thursday from 6:30 pm to 7:30pm.	5-8 yrs	Lansdale Meg Gym	Instructional/games	Th	TH 6:30PM	TH 7:30PM	\$55	\$55	\$120	\$0
		9-12 yrs	Lansdale Meg Gym	Instructional/games	Mon	Mon 6:30PM	Mon 7:30PM	\$55	\$55	\$120	\$0
Introduction to Wiffleball	Are you looking to learn how to hit homeruns and meet new friends who have a similar interest as you? Look no further than our NEW wiffleball program we are testing for the winter 2024 session. The foundation of YMCA Wiffleball is more than just learning the fundamentals of running, catching, throwing, hitting, and the basics of offensive and defensive. It's about being a part of a team and, most importantly, having fun. This program is for any skill level if they just want to practice their game or learn a new skill. This program is about improvement each class and having fun while they learn. The class is for children 9-12 years old and goes for 8 weeks.	9-12 yrs	Lansdale Meg Gym	Instructional/games	Th	Th 7:30	Th 8:30	\$0	\$0	\$120	\$0
Swiftie Soccer   Beginners   Lansdale	Don't let your soccer skillz get cold this winter. Join our indoor soccer league. Ideal for players with some soccer experience, our practice drills and indoor game play will keep you fresh for the spring.	5-8 yrs	Lansdale gym		Mon	MON 5:30:00 PM	MON 6:15:00 PM	\$55	\$55	\$120	\$0
Swiftie Soccer   Lansdale	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.	9-12 yrs	Lansdale Gym		Tues	Tue 5:30PM	TUJ 6:15PM	\$55	\$55	\$120	\$0
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 II 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/casual games of Pickleball. Nets are provided. No experience required.	16+ yrs	Lansdale		Tues/Thurs/ Fri	12:00 PM	1:30 PM	\$0	\$0	\$120	\$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. The day you play depends on the age.	5-8 yrs	Lansdale Meg Gym		Sat	9:00 AM	9:45 AM	\$55	\$55	\$120	
		7-10 yrs	Lansdale Meg Gym		Wed	7:00 PM	7:45 PM	\$55	\$55	\$120	
		9-12 yrs	Lansdale Meg Gym		Sat	10:00 AM	10:45 AM	\$55	\$55	\$120	

# Gymnastics - Dance - Martial Arts Programs

# Indian Valley Branch - Fall II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Alex LaRosa with questions at [AlexL@northpennymca.org](mailto: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 a 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
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, small today and take	13 yrs +	Indian Valley- Dance Studio	Four sessions	Wed 10/30 11/06 11/13 11/20	7:00 PM	8:00 PM	\$45	\$45	\$100	n/a

# Gymnastics - Dance - Martial Arts Programs

# Indian Valley Branch - Fall II 2024

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 11/02 11/09 11/16 11/23	11:00 AM	12:00 PM	\$45	\$45	\$100	n/a
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								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	Indian Valley		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!	7-12 yrs	Indian Valley		Thurs	5:00 PM	5:45 PM	\$55	\$55	\$120	n/a

# Gymnastics & Martial Arts Programs

# Lansdale Branch | Fall II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Curtis Gerzevske at [CurtisG@NorthPennYMCA.org](mailto: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	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 6:30PM	Tu   8:00 PM; FR   8:00 PM	\$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 for Youth	A Brazilian art that combines music, dance, martial arts, acrobatics, and spirituality. Capoeira can be used as a self-defense art or as a way to maintain spirituality and promote intercultural understanding. Favoring movement over fixed stances, the practitioner's body will learn to flow with the "Ginga", the rocking step that is the center point of capoeira. As the student's skill evolves and their body learns to flow, acrobatic maneuvers involving hands on the ground and inverted kicks can be explored. Practiced as a dance, the student's coordination will improve through the rhythm of movement, and the wide range of motion will increase the strength and flexibility of any practitioner. Families will enjoy taking capoeira together as the music makes this martial practice feel like a fun dance party. Our Brazilian instructor comes to us with over fifteen years of experience to introduce our Y members to this exhilarating art and help us explore our potential. Only At The Lansdale Branch	8-12 yrs	Lansdale		Wed	7:15 PM	8:15 PM	\$55	\$55	\$120	n/a
		5-7 yrs	Lansdale		Fri	5:00 PM	5:45 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	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

# Gymnastics & Martial Arts Programs

# Lansdale Branch | Fall II 2024

<p>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.</p>	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 II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Dominique Lanza with questions at [dominiquel@northpennymca.org](mailto: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 the Indian Valley Branch to discuss and plan exciting events and activities for our Active Older Adult (AOA) members. Join us to share your ideas and help shape our upcoming programs!	55+ yrs	Indian Valley	11/6/2024	Wed	1:00 PM		\$0	\$0	\$0	\$0
		55+ yrs	Indian Valley	12-4-2024	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

Special Events	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Dance 50+	Get your groove on at our 50+ Dance! Enjoy an evening of music, laughter, and dancing in a fun and friendly atmosphere. It's the perfect chance to get moving, and meet new people. Whether you're a pro or just love to move, this event is all about having a great time. Come join us and dance the night away!	50+	Indian Valley	11/16/2024	SA	7:00:00 PM (Doors open at 6:30 PM)	10:00 PM	\$12 per person at the BACK DOOR	\$12 per person at the BACK DOOR	\$12 per person at the BACK DOOR	\$12 per person at the BACK DOOR
Blood Drive -	We are asking for your help to donate blood for those in need. The need is constant for all blood types: O-, O+, B-, A-. You can also choose to donate for "Power Red". 1 pint saves 3 lives. Appointment needed, <a href="http://www.RedCrossBlood.org">www.RedCrossBlood.org</a> or call 1-800-Red Cross.	18+ yrs	Indian Valley	11/10/2024	SU	10:00 AM	3:00 PM				
Friendsgiving-Gift of Friendships!	Come and gather together for a tasty fest, enjoyed amongst friends. We will supply the quiches and hot and cold beverages will be served. Everyone brings a tasty dish to share and enjoy together. Register at the Membership Desk by Nov. 13th. For more information contact Dominique Lanza at 215-723-3569 ext. 119 or <a href="mailto:dominiquel@northpennymca.org">dominiquel@northpennymca.org</a>		Indian Valley	11/14/2024	TH	11:30 AM	1:00 PM	\$5	\$5	\$5	\$5
Holiday Luncheon-Celebrating the Season Together	Get in the Holiday Spirit with our annual Holiday Luncheon celebration. We supply the turkey and we ask you to bring the sides and desserts. Please register and sign up for your side or dessert at the Membership desk. Enjoy lunch, drinks, music, games and live entertainment. Enjoy a holiday show with some very special entertainers for our lunch guests and the HUGS pre-school class. There may even be an appearance by Santa. Don't miss the fun! Please reserve your seat by Dec 11th. For more information contact Dominique Lanza at 215-723-3569 ext. 119 or <a href="mailto:dominiquel@northpennymca.org">dominiquel@northpennymca.org</a>		Indian Valley	12/12/2024	TH	12:30 PM	2:00 PM	\$5	\$5	\$5	\$5

Pickleball Tournament - 3.0 & Below Division	Sunday is for Pickleball! Come out and enjoy a full Pickleball Tournament. There are two separate tournaments: Level 3.0 & below from 9:00 AM to 1:00 PM and Level 3.0-4.0 from 1:00 PM to 5:00 PM. This will be a luck of the draw tournament, so register individually and you will be with a different partner every match. Refreshments on site. Do you have what it takes to be a Champion?	All ages	Indian Valley	1/19/25	Sun	9:00 AM	1:00 PM	\$30	\$30	\$30	\$45
Pickleball Tournament - 3.0 to 4.0 Division	Sunday is for Pickleball! Come out and enjoy a full Pickleball Tournament. There are two separate tournaments: Level 3.0 & below from 9:00 AM to 1:00 PM and Level 3.0-4.0 from 1:00 PM to 5:00 PM. This will be a luck of the draw tournament, so register individually and you will be with a different partner every match. Refreshments on site. Do you have what it takes to be a Champion?	All ages	Indian Valley	1/19/25	Sun	1:00 PM	5:00 PM	\$30	\$30	\$30	\$45
Holiday Craft Bazaar	Join us for our First Annual Holiday Bazaar! Discover unique handmade gifts, local artisan crafts, and delicious seasonal treats. Enjoy festive music and activities for the whole family while supporting local vendors. Don't miss the chance to get into the holiday spirit—mark your calendars and come celebrate with us! Please contact Chrissy Tressler at 215-723-9364 or chrissy@northpennymca.org	All ages	Indian Valley	12/7/24	Sat	9:00 AM	12:00 PM	\$30 per Space Only \$40 with Table	\$30 per Space Only \$40 with Table	\$30 per Space Only \$40 with Table	\$30 per Space Only \$40 with Table
Parent's Night Out	Enjoy a night out while your children enjoy games, crafts and more at our Y. Led by our experienced HUGS staff, know that your child will be safe while you are enjoying a night out. A snack will be provided (please bring a cup). Your child must be registered at the membership desk by December 13th prior to the event. Spots are limited. Please contact Chrissy Tressler at 215-723-9364 or chrissy@northpennymca.org	2 months-9 years	Indian Valley	12/13/2024	Fri	6:00 PM	9:00 PM	1st child \$35 Additional Children \$25	1st child \$35 Additional Children \$25	1st child \$35 Additional Children \$25	1st child \$35 Additional Children \$25



# Specialty Programs & Events

# Lansdale Branch | Fall II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Curtis Gerzevske at [CurtisG@NorthPennYMCA.org](mailto: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 Friday 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	Lansdale		Friday	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
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 Topic Talk	Collette Tours (Tuscany and Colorado). Join us to discuss these two wonderful destinations	18 and up	Lansdale EZone	November 19, 2024	Tuesday	11:00	12:00	Free	Free	Free	Free
Holidays at Mount Hope -Manheim, PA (Bus Trip)	Enjoy a three-hour long interactive dinner show including a delicious three-course meal! Please RSVP to Alison Paster at <a href="mailto:alisonp@northpennymca.org">alisonp@northpennymca.org</a>	21 and up	Mount Hope, Manheim, PA	December 12, 2024	Thursday	11:00	18:00	\$115	\$115	\$115	\$115

# Specialty Programs & Events

# Lansdale Branch | Fall II 2024

Mommy Market	<p>December 7, 2024: We are looking for vendors who would like to set up a table and sell their new &amp; gently used goods. Space for each Vendor will be 10 feet x 10 feet at a cost of \$25. Must reserve space in advance, and multiple spaces can be purchased. Tables and chairs are available for an additional \$10. The Y will advertise the event in our facility, on our website, social media and road signage. Set up will begin at 7:30 am, and must be completed by 8:45 am. No Exceptions! Please return this form with payment to Bella Carlo at the Lansdale Area Family YMCA, 608 East Main St, Lansdale, PA. 19446. Please make checks payable to North Penn YMCA.</p>	All Ages	Lansdale Branch	December 7, 2024	Saturday	9:00 AM	12:00 PM	Space:\$25 Table & Chairs \$10.00	Space:\$25 Table & Chairs \$10.00	Space:\$25 Table & Chairs \$10.00	Space:\$25 Table & Chairs \$10.00
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# Fitness Programs

# Indian Valley Branch - Fall II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Dominique Lanza with questions at [dominiquel@northpennymca.org](mailto:dominiquel@northpennymca.org)

							Program Fees		
Fitness/Wellness- Youth	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member
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
Fit Kids	Join our Kids Fit Class for a fun, high-energy workout designed just for kids! Through games and activities, children will improve their fitness, coordination, and teamwork skills in a supportive, active environment. It's a great way to stay healthy while having a blast! Register at the Membership Desk.	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
Zumba® for Kids	Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music.  Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness. <b>For more information, please contact Wendy McLaughlin at <a href="mailto:WendyM@NorthPennYMCA.org">WendyM@NorthPennYMCA.org</a>.</b>	7-11 yrs	Indian Valley	Mon	5:00 PM	5:45 PM	\$55	\$55	\$120
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	Indian Valley				\$53	\$53	\$0
Personal Training: 1 SESSION 30 MIN		12+ yrs	Indian Valley				\$35	\$35	\$0
Personal Training: 4 SESSION 1 HR		12+ yrs	Indian Valley				\$198	\$198	\$0
Personal Training: 4 SESSION 30 MIN		12+ yrs	Indian Valley				\$140	\$140	\$0
Personal Training: 8 SESSION 1 HR		12+ yrs	Indian Valley				\$374	\$374	\$0
Personal Training: 8 SESSION 30 MIN		12+ yrs	Indian Valley				\$256	\$256	\$0
Personal Training: 12 SESSION 1HR		12+ yrs	Indian Valley				\$530	\$530	\$0
Personal Training: 12 SESSION 30 MIN		12+ yrs	Indian Valley				\$348	\$348	\$0
<b>Pickleball Strength &amp; Conditioning Semi-Private Lessons</b>	Power-up Your Pickleball Game! This focused program is designed to improve your agility, strength, and endurance on the court. Led by a certified trainer, you'll work on key exercises to enhance your performance and help prevent injuries. Get ready to play stronger and smarter! Our Semi-Private Lessons can have anywhere from 2-4 clients. Trainer will guide participants to ensure that their fitness goals can be achieved. ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.								
Semi-Private Lessons (2-4 People) 12 Sessions 1 hour		16+ yrs	Indian Valley				\$960	\$960	\$0
Semi-Private Lessons (2-4 People) 8 Sessions 1 hour		16+ yrs	Indian Valley				\$660	\$660	\$0

Fitness Program Specials	Description	Age	Location	Days	Start Time	End Time	Full Member	Program Member	Non-Member Fee
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# Fitness Programs

# Indian Valley Branch - Fall II 2024

<p>Personal Training Special-<b>"Happy FITmas"</b> The Perfect Gift for the Holidays!</p>	<p>Personal Training Special Starting December 11th - December 22nd Indian Valley and Lansdale Locations Members Only</p> <p>Special is for both 30-minute and 60-minute sessions: 4 Personal Training sessions, get One Free 8 Personal Training sessions, get Two Free 12 Personal Training sessions, get Four Free</p> <p>See pricing above. Personal Training Sessions can be purchased at Membership desk.</p> <p>Any questions contact DominiqueL@NorthPennyMCA.org (Indian Valley) or CurtisG@NorthPennyMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.</p>	12+ yrs	Indiana Valley				See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing
HeartStrong	<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+	Indiana Valley				\$450	\$450	\$450

# Fitness Programs

# Lansdale Branch - Fall II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact David Stauffer with questions at [davids@northpennymca.org](mailto: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 II 2024

Fitness Program Specials	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
<p>Personal Training Special-<b>"Happy FITmas"</b> The Perfect Gift for the Holidays!</p>	<p>Personal Training Special Starting December 11th - December 22nd Indian Valley and Lansdale Locations Members Only</p> <p>Special is for both 30-minute and 60-minute sessions: 4 Personal Training sessions, get One Free 8 Personal Training sessions, get Two Free 12 Personal Training sessions, get Four Free</p> <p>See pricing above. Personal Training Sessions can be purchased at Membership desk.</p> <p>Any questions contact DominiqueL@NorthPennYMCA.org (Indian Valley) or CurtisG@NorthPennYMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.</p>	12+ yrs	Lansdale				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 II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Alison Paster with questions at [allisonp@northpennymca.org](mailto: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	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 <a href="mailto:alisonp@NorthPennYMCA.org">alisonp@NorthPennYMCA.org</a> .	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 <a href="mailto:NorthPennYMCA.org/EZONE">NorthPennYMCA.org/EZONE</a>	7+	EGaming Session	11/25/2024	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 <a href="mailto:NorthPennYMCA.org/EZONE">NorthPennYMCA.org/EZONE</a>	7+	EGaming Session	November 11, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10
LEGO Night	Open LEGO night! Have fun creating anything LEGO in our EZone! Individual and Group projects. Family friendly activity.	7+	Family Fun Event	December 9, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10
EZone Christmas Party	Celebrate the season in the EZone! Enjoy refreshments, games and prizes. Wear your	7+	Family Fun Event	December 16, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10

# EZone & Simulators

# Lansdale Branch - Fall II 2024

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
Fall Golf League 8 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 29-December 21, 2024	18+	Golf League	By Appointment	By Appointment	By Appointment	\$150	\$150	\$150	\$150



# Community and Family

# Indian Valley Branch | Fall II 2024

Session Dates: Fall II | Oct 28-Dec 22

Contact Sangeeta Kharbanda at [SangeetaK@NorthPennYMCA.org](mailto: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. <b>Please call for all rentals.</b>					
	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 <b>Indian Valley Branch Rentals:</b> contact Sangeeta Kharbanda - 215.723.3569 ext. 111 or email: <a href="mailto:sangeetak@NorthPennYMCA.org">sangeetak@NorthPennYMCA.org</a>	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 <b>Indian Valley Branch Rentals:</b> contact Sangeeta Kharbanda - 215.723.3569 ext. 111 or email: <a href="mailto:sangeetak@NorthPennYMCA.org">sangeetak@NorthPennYMCA.org</a>	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 II 2024

Session Dates: Fall II | Oct 28-Dec 22

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"> <li>Gym rentals for basketball, hockey, soccer and more available at both branches.</li> <li>Climbing wall party rentals are also now available! (Lansdale Branch Only)</li> </ul> <p><b>Lansdale Branch Rentals:</b> 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><b>Lansdale Branch Rentals:</b> 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><b>Lansdale Branch Rentals:</b> 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><b>Lansdale Branch Rentals:</b> contact Bob Varga - 215.268.1601 or email: bobv@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"> <li>1 Hour in Simulators and 1 Hour in EGaming Room</li> <li>20 Child Max in EGaming Room</li> <li>\$5 Per Additional Child up to 25 Children</li> <li>1 Hour in Party Room</li> <li>Party Host to help with set up/clean up and festivities</li> <li>Paper Products and table covers</li> </ul> <p><b>Lansdale Branch Rentals:</b> 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 II 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 &amp; table covers  <b>Lansdale Branch Rentals:</b> 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 &amp; Table Covers  <b>Lansdale Branch Rentals:</b> 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>