

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

NorthPennYMCA.org



NORTH PENN YMCA

SPRING II

PROGRAM GUIDE

April 21 - June 15

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

PROGRAM REGISTRATION DATES:

Early Full Family Registration: April 7

Open Registration: April 14

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



SUMMER SHAPE UP

\$0

JOIN FEE
THRU APRIL 30



**2025 SUMMER CAMP
NOW REGISTERING**

With options for children preschool - 8th grade and 10 locations near Lansdale and Harleysville, North Penn YMCA summer camp provides positive experiences and opportunities to all children.

With a different theme each week, campers will learn and experience new things while making friends, having fun, and fostering a sense of curiosity and belonging.

Learn more [here](#).



**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 [here](#).

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](#)

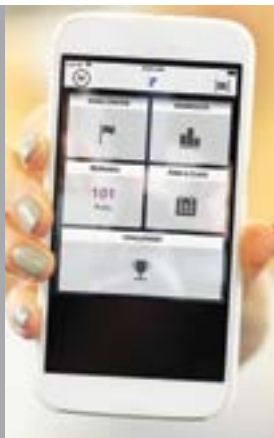


SMARTPHONE APP

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 - Spring II 2025

Session Dates: Spring 2 April 21 to June 15

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

							Program Fees		
Aquatic Fitness Programs	Description	Ages	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
Silver Sneakers Splash	A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.	55+ yrs		Fri	10:00 AM	10:45 AM	\$0	\$0	n/a
Water Walking	Water walking is an instructor-led, low-impact cardio exercise in shallow water that strengthens, tones, and improves range of motion and balance. This class is a great alternative for those who have limited mobility or pain with land-based exercise.	16+ yrs		Mon	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	8:45 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

							Program Fees		
Certification Courses	Description	Ages	Dates	Days	Start Time	End Time	Full Family	Full Member	Program Member
American Red Cross Adult/Pediatric First Aid/CPR/AED Blended Learn Course	American Red Cross Adult/Pediatric First Aid/CPR/AED Blended Learn Course	14-99 yrs	May 3, 2025	Sat	9:00 AM	11:00 AM	\$75	\$75 Full Member \$45 Staff Member	\$90
			May 15, 2025	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
			June 7, 2025	Sat	9:00 AM	11:00 AM	\$75	\$75 Full Member \$45 Staff Member	\$90
			June 19, 2025	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90

Aquatics Programs

Indian Valley Branch - Spring II 2025

Lifeguard Learning Class/Blended - American Red Cross Certification	LIFEGUARD – CERTIFICATION, AMERICAN RED CROSS BLENDED LEARNING: This course is a Blended Learning course combining online training with in-person hands-on training. You must attend all 4 in-person classes. For more information please contact our Director, Vince Serianni at iv.aquatics.dir@northpennymca.org or 215-723-3569 ext 121	15 and older	May 4, 11, 18, 2025	Sun	9:30 AM	5:00 PM	\$300	\$300	\$325
		15 and older	June 1, 8, 15, 2025	Sun	9:30 AM	5:00 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	May 22 & 29	Thursday	5:00 PM	10:00 PM	\$150	\$150	\$150
		17 and older	June 5 & 12	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	\$105	\$105	\$155
		13-99 yrs	NA	Thur	7:00 PM	7:45 PM	\$105	\$105	\$155
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	\$105	\$105	\$155

							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	\$110	\$110	\$130
		3 + yrs	NA	Mon	4:30 PM	5:00 PM	\$110	\$110	\$130
		3 + yrs	NA	Mon	5:00 PM	5:30 PM	\$110	\$110	\$130
		3 + yrs	NA	Mon	5:30 PM	6:00 PM	\$110	\$110	\$130
		3 + yrs	NA	Mon	6:00 PM	6:30 PM	\$110	\$110	\$130
		3 + yrs	NA	Mon	6:30 PM	7:00 PM	\$110	\$110	\$130
		3 + yrs	NA	Fri	4:00 PM	4:30 PM	\$110	\$110	\$130
		3 + yrs	NA	Fri	4:30 PM	5:00 PM	\$110	\$110	\$130
		3 + yrs	NA	Fri	5:00 PM	5:30 PM	\$110	\$110	\$130
		3 + yrs	NA	Fri	5:30 PM	6:00 PM	\$110	\$110	\$130
		3 + yrs	NA	Fri	6:00 PM	6:30 PM	\$110	\$110	\$130

Aquatics Programs

Indian Valley Branch - Spring II 2025

							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	\$85	\$85	\$135
			NA	Sat	11:30 AM	12:00 PM	\$85	\$85	\$135

							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	\$85	\$85	\$135
			NA	Wed	5:00 PM	5:30 PM	\$85	\$85	\$135
			NA	Thurs	5:00 PM	5:30 PM	\$85	\$85	\$135
			NA	Sat	9:45 AM	10:15 AM	\$85	\$85	\$135
			NA	Sat	9:45 AM	10:15 AM	\$85	\$85	\$135
			NA	Sat	10:45 AM	11:15 AM	\$85	\$85	\$135
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	\$85	\$85	\$135
			NA	Tues	5:30 PM	6:00 PM	\$85	\$85	\$135
			NA	Wed	5:30 PM	6:00 PM	\$85	\$85	\$135
			NA	Thur	5:30 PM	6:00 PM	\$85	\$85	\$135
			NA	Sat	9:45 AM	10:15 AM	\$85	\$85	\$135
			NA	Sat	10:15 AM	10:45 AM	\$85	\$85	\$135
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	3-5 yrs	NA	Tue	5:30 PM	6:00 PM	\$85	\$85	\$135

Aquatics Programs

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	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.		NA	Sat	9:45 AM	10:15 AM	\$85	\$85	\$135
Level 4 - Stoke Introduction - Ages 3-5	Designed to introduce the basic stroke techniques for the front and back crawl(freestyle/backstroke). FOCUS SKILLS: Drills building to be able to swim 15 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.	3-5 yrs	NA	Wed	6:00 PM	6:30 PM	\$85	\$85	\$135

								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	\$105	\$105	\$155	
			NA	Sat	10:15 AM	11:00 AM	\$105	\$105	\$155	
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	\$105	\$105	\$155	
			NA	Sat	11:15 AM	12:00 PM	\$105	\$105	\$155	
			NA	Sat	12:00 PM	12:45 PM	\$105	\$105	\$155	
			NA	Tue	6:00 PM	6:45 PM	\$105	\$105	\$155	
			NA	Sat	9:00 AM	9:45 AM	\$105	\$105	\$155	
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	11:15 AM	12:00 PM	\$105	\$105	\$155	
			NA	Sat	12:00 PM	12:45 PM	\$105	\$105	\$155	
			NA	Wed	5:00 PM	5:45 PM	\$105	\$105	\$155	
			NA	Sat	10:15 AM	11:00 AM	\$105	\$105	\$155	
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	6-12 yrs	NA	Wed	5:00 PM	5:45 PM	\$105	\$105	\$155	
			NA	Sat	9:00 AM	9:45 AM	\$95	\$105	\$155	
			NA	Sat	10:15 AM	11:00 AM	\$105	\$105	\$155	

Aquatics Programs

Indian Valley Branch - Spring II 2025

	know how to kick on their front, back, and side before enrolling in this level.		NA	Sat	11:15 AM	12:00 PM	\$105	\$105	\$155
			NA	Sat	12:00 PM	12:45 PM	\$105	\$105	\$155
			NA	Thur	6:00 PM	6:45 PM	\$105	\$105	\$155
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	\$105	\$105	\$155
			NA	Sat	10:15 AM	11:00 AM	\$105	\$105	\$155
			NA	Sat	12:00 PM	12:45 PM	\$105	\$105	\$155
			NA	Thur	6:15 PM	7:00 PM	\$105	\$105	\$155
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	\$105	\$105	\$155
			NA	Sat	12:00 PM	12:45 PM	\$105	\$105	\$155
			NA	Mon	7:00 PM	7:45 PM	\$105	\$105	\$155
			NA	Fri	7:00 PM	7:45 PM	\$105	\$105	\$155

							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		\$125	\$125	\$145	
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				\$100	\$100	\$125	

							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	\$145	\$145	\$195
		8-18 yrs		Thur	4:45 PM	6:00 PM	\$145	\$145	\$195

Aquatics Program

Lansdale Branch - Spring II 2025

Session Dates: Spring 2 April 21 to June 15

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

								Program Fees			
Adapted Swim Programs	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	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
Aquatic Fitness Programs	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Aqua Aerobics High Impact & Core Strength Building	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	Lansdale's Martin Pool		Mon	9:00 AM	9:45 AM	\$0	\$0	NA	NA
		55+ yrs	Lansdale's Martin Pool		Wed	9:00 AM	9:45 AM	\$0	\$0	NA	NA
Hydro Power	Shallow water high energy aqua aerobics choreographed to music that increases cardiovascular endurance and tones, tightens and trims your body. Swimming ability is not required.	16+ yrs	Lansdale's Martin Pool		Friday	9:00 AM	9:45 AM	\$0	\$0	NA	NA
Deep Water Aerobics	Deep water exercise class focusing on abs, thighs, and buttocks. Takes the impact off your joints. A great way to tone your body in warm water. Swim/jog belts are provided.	16+ yrs	Lansdale's Deming Pool		Tuesday	9:00 AM	9:45 AM	\$0	\$0	NA	NA
		16+ yrs	Lansdale's Deming Pool		Thursday	9:00 AM	9:45 AM	\$0	\$0	NA	NA
Low Impact Aqua Exercise	Recommended for people with arthritis, limited movement, or high stress levels. Shallow water stress free movements.	16+ yrs	Lansdale's Deming Pool		Mon	11:45 AM	12:30 PM	\$0	\$0	NA	NA
		16+ yrs	Lansdale's Deming Pool		Friday	11:45 AM	12:30 PM	\$0	\$0	NA	NA
Aqua Barre	Using low-impact dance moves to strengthen the lower body and improve stability mixed with yoga gives flexibility and balance to the work out.	16+ yrs	Lansdale's Martin Pool		Tuesday	10:15 AM	11:00 AM	\$0	\$0	NA	NA
		16+ yrs	Lansdale's Martin Pool		Thursday	10:15 AM	11:00 AM	\$0	\$0	NA	NA
Volley Ball	Water volley ball. Recreational competitive play . Teams formed each week. Exercise and fun.	18+ yrs	Lansdale's Deming Pool		Tuesday	12:00 PM	1:30 PM	\$0	\$0	NA	NA
		18+ yrs	Lansdale's Deming Pool		Thursday	12:00 PM	1:30 PM	\$0	\$0	NA	NA
Synchronized Swimming	Any skill level in synchronized swimming. Must know how to swim and tread water. Great way to exercise, tones your body, adds flexibility, and strengthens muscles.	16+ yrs	Lansdale's Deming Pool		Friday	10:00 AM	11:00 AM	\$0	\$0	NA	NA

Aquatics Program

Lansdale Branch - Spring II 2025

Certification Courses	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
CPR/AED/1st Aid Certification American Red Cross	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	Wa			\$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 cindylea@northpennymca.org or 215-368-1601 ext 210	15+ yrs	Lansdale	Full Course May 24, 31, June 7, 14	Sat	12:00 PM	6:00 PM	\$300	\$300	\$325	\$325
		15+ yrs	Lansdale	Full Course Mar 29, Apr 5,12,19	Sat	12:00 PM	6:00 PM	\$300	\$300	\$325	\$325
		15+ yrs	Lansdale	Full Course April 26, May 3,10,17	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 June 7, 14	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert Course Apr 12, 19	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert course May 10, 17	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	\$105	\$105	\$155	N/A

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	\$85	\$85	\$135	N/A

Aquatics Program

Lansdale Branch - Spring II 2025

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									
		18mo-3yrs	Lansdale			Sat	10:15 AM	10:45 AM	\$85	\$85	\$135	N/A
		18mo-3yrs	Lansdale			Sat	11:00 AM	11:30 AM	\$85	\$85	\$135	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	\$85	\$85	\$135	N/A
		3-5 yrs	Deming Pool		Mon	5:00 PM	5:30 PM	\$85	\$85	\$135	N/A
		3-5 yrs	Deming Pool		Wed	5:45 PM	6:15 PM	\$85	\$85	\$135	N/A
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	\$85	\$85	\$135	N/A
		3-5 yrs	Martin Pool		Sat	10:15 AM	10:45 AM	\$85	\$85	\$135	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	\$85	\$85	\$135	N/A
		3-5 yrs	Deming Pool		Wed	5:45 PM	6:15 PM	\$85	\$85	\$135	N/A
		3-5 yrs	Deming Pool		Wed	5:00 PM	5:30 PM	\$85	\$85	\$135	N/A
		3-5 yrs	Martin Pool		Sat	10:15 AM	10:45 AM	\$85	\$85	\$135	N/A
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	\$85	\$85	\$135	N/A
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	\$85	\$85	\$135	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 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	\$85	\$85	\$135	N/A
		3-5 yrs	Deming Pool		Sat	11:00 AM	11:30 AM	\$85	\$85	\$135	N/A

Aquatics Program

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		6-12 yrs	Deming Pool		Thurs	5:00 PM	5:45 PM	\$105	\$105	\$155	N/A
		6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	\$105	\$105	\$155	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	\$105	\$105	\$155	N/A
		6-12 yrs	Deming Pool		Tues	6:00 PM	6:45 PM	\$105	\$105	\$155	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	\$105	\$105	\$155

								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				\$125	\$125	\$145	N/A
		4+ yrs	Lansdale	SESSION 2: 4 WKS				\$125	\$125	\$145	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				\$100	\$100	\$125	N/A
		4+ yrs	Lansdale	SESSION 2: 4 WKS				\$100	\$100	\$125	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	\$145	\$145	\$195	N/A

Aquatics Program

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								Program Fees			
Swim Team	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Gators Summer Swim Team	Gators Summer Swim Team begins on June 2nd. Practices will be held on Mondays/Wednesdays/Thursdays from 5:00 to 6:30 pm. Try out is NOT required for the summer swim team.		Lansdale	Practice Days	MO WD TH	5:00 PM	6:30 PM	\$190	\$190	\$250	N/A
Spring Tune up	Off Season Training and gearing up for summer swim teams: SPRING TUNE UPS: Full Member \$140.00 / Program Member \$175.00 / Non-Member \$190.00 / Current Gators \$105.00 Session 1 : March 31 – April 23 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced 6:00-7:00 pm – Beginners April 1 – April 24 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced 6:00-7:00 pm – Beginners Session 2 April 28 – May 21 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced 6:00-7:00 pm – Beginners April 29 – May 22 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced 6:00-7:00 pm – Beginners		Lansdale	Session 1: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 1: Beginners/Lower Intermediate	MO WD	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 1: Upper Intermediate/Advanced	TU TH	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 1: Beginners/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 2: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 2: Beginners/Lower Intermediate	MO WD	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 2: Upper Intermediate/Advanced	TU TH	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 2: Beginners/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 2: Upper Intermediate/Advanced	TU TH	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
	Lansdale	Session 2: Beginners/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190		
Iron Knights Triathlon Training	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Iron Knights Triathlon Training	AGES 5-12 YRS IRON KNIGHTS TRIATHLON PREP/NEW! "Put your trY" into your triathlon. Improve your child's swim mechanics so they can expend less energy on the lead-off leg of their IRONKNIGHTS triathlon. Plus pick up hints and tips about prepping for race day. This program meets twice a week for 4-weeks and will run from April 21 - May 14. Ending prior to the Iron Knight date of April 17th. For more information call Cindy Leahy at 215-368-1601 x-210 or email: cindylea@northpennymca.org	5-8 yrs	Lansdale	Iron Knights	MO WD	5:30 PM	6:30 PM	\$120	\$120	\$155	\$155

Aquatics Program

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		9-12 yrs	Lansdale	Iron Knights	MO WD	6:30 PM	7:30 PM	\$120	\$120	\$155	\$155	

Sports Program

Indian Valley Branch - Spring II 2025

Session Dates: Spring II April 21 to June 15

Contact Alex LaRosa with questions at AlexL@northpennymca.org

							Program Fees			
Parent/Tot Programs	Description	Age	Location	Day	Start Time	End Time	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	Gym A	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 day 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.	7-12 yrs	Gym A	Thur	5:30 PM	6:15 PM	\$55	\$55	\$120	\$180
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.	7-12 yrs	Gym B	Thur	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 B	Thur	5:30 PM	6:15 PM	\$55	\$55	\$120	\$180
Soccer Skillz	Come play the number one sport in the world. This program is for beginners and focuses on building stamina and coordination in young children while teaching them soccer fundamentals. Our coaches stress the importance of teamwork and strategy in weekly gameplay. The class atmosphere is light and fun! (Indoor)	5-8 yrs	Gym B	Wed	5:30 PM	6:15 PM	\$55	\$55	\$120	\$180

Sports Program

Indian Valley Branch - Spring II 2025

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	\$180
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	\$180

							Program Fees			
Adult Sports Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Floor Hockey Adult	Play floor hockey in the gym. Teams are chosen each week and competitive pickup games are played. Plastic blade sticks only! Registration required. Please no checking. Protective gear is required. Wed Nights Drop-In Rate \$10/day	16+ yrs	Gym A & B	Mon, Wed, & Fri	12:00 PM	1:30 PM	\$0	\$0	\$85	
		16+ yrs	Gym A & B	Wed	7:30 PM	9:30 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	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Open Play Pickleball	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	\$50	\$100
		16+ yrs	Gym A & B	Mon	7:00 AM	9:00 AM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Tues	7:00 AM	9:00 AM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Wed	7:00 AM	9:00 AM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Thurs	7:00 AM	9:00 AM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Mon	1:30 PM	3:00 PM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A ONLY	Wed	1:30 PM	3:00 PM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Tues	1:30 PM	3:00 PM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Th	1:30 PM	3:00 PM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Tues	7:30 PM	9:00 PM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Fri	7:30 PM	9:00 PM	\$0	\$0	\$50	\$100
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	25+ yrs	Beginner Gym A & B	Tues	12:00 PM	1:30 PM	\$55	\$55	\$120	\$180

Sports Program

Indian Valley Branch - Spring II 2025

	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	Wed	5:15 PM	6:45 PM	\$55	\$55	\$120	\$180
		25+ yrs	Intermediate Gym A & B	Thurs	12:00 PM	1:30 PM	\$55	\$55	\$120	\$180

Pickleball Strength & Conditioning Semi-Private Lessons	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member Reciprocity Guest Member
Group of 2 (8 Sessions 1 hour) Pricing for EACH Member	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.	16+ yrs	Indian Valley				\$288	\$288	\$308	\$308
Group of 3 (8 Sessions 1 hour) Pricing for EACH Member		16+ yrs	Indian Valley				\$192	\$192	\$212	\$212
Group of 4 (8 Sessions 1 hour) Pricing for EACH Member		16+ yrs	Indian Valley				\$144	\$144	\$164	\$164
Group of 2 (12 Sessions 1 hour) Pricing for EACH Member		16+ yrs	Indian Valley				\$384	\$384	\$404	\$404
Group of 3 (12 Sessions 1 hour) Pricing for EACH Member		16+ yrs	Indian Valley				\$256	\$256	\$276	\$276
Group of 4 (12 Sessions 1 hour) Pricing for EACH Member		16+ yrs	Indian Valley				\$192	\$192	\$212	\$212

Basketball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball (Age 25-50 years)	Enjoy exercise and fun. Games are recreational and designed to provide exercise and a good time. Running is required for this program.	25-60 yrs	Gym A & B	Thurs	7:30 PM	9:30 PM	\$0	\$0	\$85	
		25-60 yrs	Gym A & B	Sat	7:00 AM	10:00 AM	\$0	\$0	\$85	
Basketball Beginner	Our team will teach children the fundamental skills of basketball using fun and exciting drills. This is a beginner program teaching dribbling, passing and basic techniques.	4-5 yrs	Gym A	Mon	4:30 PM	5:15 PM	\$55	\$55	\$120	\$180
		6-8 yrs	Gym A	Mon	5:30 PM	6:15 PM	\$55	\$55	\$120	\$180
		9-12 yrs	Gym A	Mon	6:30 PM	7:15 PM	\$55	\$55	\$120	\$180
Basketball Beginner/Intermediate	This program is for more experienced youth who have gone through our beginner program or another similar program, or who have a good grasp on dribbling, passing and shooting. Depending on enrollment, teams will be created evenly and split to make a mini "intramural" league. Alternatives to this are just classes further learning the fundamentals of the game, but at a faster pace. Join us and Coach Maurice for a fun, competitive environment!	7-11 yrs	Gym A	Fri	5:15 PM	6:15 PM	\$55	\$55	\$120	\$180

Sports Programs

Lansdale Branch - Spring II 2025

Session Dates: Spring 2 April 21 to June 15

Contact Curtis Gerzevske @ CurtisG@NorthPennYMCA.org

Youth Sports Program	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Dodgeball Youth Program A	Join our free dodgeball class and have a blast while staying active! This high-energy game helps kids build agility, coordination, and teamwork in a fun and supportive environment. Players will develop skills like throwing accuracy, quick reflexes, and strategic thinking as they dodge and aim for their targets. Whether your child is a beginner or a seasoned player, they'll enjoy friendly competition and exciting challenges each week. The class runs for 8 weeks, giving kids plenty of time to learn, grow, and have a great time!	5-8 yrs	Lansdale Meg Gym	Tue	6:30 PM	7:15 PM	\$0	\$0	\$120	\$0
Dodgeball Youth Program B	Stay active, have fun, and make new friends in our free dodgeball class! This exciting and competitive game helps kids improve agility, hand-eye coordination, and teamwork while having a blast. No prior skills are needed—everyone can jump in, learn the game, and enjoy friendly competition. Players will develop quick reflexes, throwing accuracy, and strategic thinking in a supportive and energetic environment. The class runs for 8 weeks, giving kids plenty of time to build skills, confidence, and lasting friendships!	9-12 yrs	Lansdale Meg Gym	Tue	TUE 5:30:00 PM	TUE 6:15:00 PM	\$0	\$0	\$120	\$0
Sports of all Sorts	Is your child involved in so many activities that it makes your head spin? The Sports Blitz program at the Lansdale YMCA combines all their favorite games into one exciting class! Each week, kids will learn and play a new sport—including soccer, flag football, wiffle ball, dodgeball, pickleball, and more—while improving their skills and teamwork. As the weeks go on, they'll build on what they've learned, playing multiple sports in one action-packed session. This fun and flexible program runs for 8 weeks, meeting Saturdays from 12:00-1:15 PM in the Meg Gym!	9-12 yrs	Lansdale Meg Gym	Sat	12:00 PM	1:15 PM	\$55	\$55	\$120	\$0
Flag Football Youth League	Join our YMCA Flag Football League for 8 weeks of action-packed fun! This class teaches the fundamentals of running, catching, and throwing while also focusing on teamwork and strategy. With one session indoors and one session outdoors each week, players will experience a fast-paced game environment that keeps everyone engaged. Games are competitive yet fun, with every play counting toward the team's success. The class meets on Thursdays at 5:30 PM and Saturdays at 12:00 PM at Pennfield Middle School, so be sure to register and get ready for an exciting season!	5-12 yrs	Sa Pennedale Middle School Th Lansdale Meg Gym	Sat Th	Sat: 12:00pm Th 6:30pm	Sat 1:00 pm Th 7:30pm	\$95	\$95	\$120	\$0
Swiftee Soccer Spring Level 1 Lansdale	All skill levels are accepted! Come learn how to play the sport or work on your craft! The Spring soccer program is ideal for players with any level of experience. Our practice drills and our mix of indoor and outdoor gameplay will keep you in shape for the summer. Level 1 is designed for beginners to amateur players, focusing on the fundamentals of the game with an emphasis on fun. Our Spring Youth Soccer Program runs from April 21 to June 15 and will take place in the Meg Gym on Wednesday from 6:30-7:15 PM and outside at Pennfield Middle School at 10 AM on Saturday. If the child has never participated in a soccer program before at the YMCA, they must sign up in level 1 and our soccer instructor will decide if they should graduate to level 2 or stay at level 1.	5-12 yrs	Meg gym/Pennedale Mid	WED/SAT	WED 6:30PM & SAT 10:00AM	WED 7:15PM & SAT 10:45AM	\$95	\$95	\$120	\$0
Swiftee Soccer Spring Level 2 Lansdale	The students will concentrate on competitive gameplay in Level 2. Coaches will teach offensive and defensive strategies, formations and transitions, pacing, and teamwork. Our Winter Youth Soccer Program runs from Feb 24 to Apr 20, offering two levels to suit different skill sets. Level 2 is for kids with game experience, emphasizing advanced techniques and teamwork. Join us for a fun and educational experience that helps players improve their skills and love for the game! The class takes place once a week on Wednesday from 5:30-6:15 PM and outside at Pennfield Middle School at 10 AM on Saturday. If the child has never participated in a soccer program before at the YMCA, they must sign up in level 1 and our soccer instructor will decide if they should graduate to level 2 or stay at level 1.	5-12 yrs	Meg Gym/Pennfield	WED/SAT	WED 5:30PM & SAT 11:00AM	WED 6:15PM & SAT 11:45AM	\$95	\$95	\$120	\$0
Basketball Youth League	Join our Youth Basketball League for eight weeks of skill-building, teamwork, and fun! Sessions will be held every Thursday at 6:30 PM for one hour, providing young athletes with a chance to develop their basketball fundamentals in a supportive and	10-13 yrs	meg gym	Thu	630pm	730pm	\$95	\$95	\$120	\$0

Sports Programs

Lansdale Branch - Spring II 2025

Adult Sports Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Adult Volleyball	Join our free 18+ Volleyball program from Feb 24 to Apr 20, where you can improve your skills, stay fit, and enjoy the thrill of the game in a fun, welcoming environment. Perfect for players of all experience levels! Nets supplied. <i>This is not a competition class, it is casual and there is not a staff member refereeing games.</i>	18+ yrs	Meg Gym	Wed	7:45 PM	10:00 PM	\$0	\$0	\$85	\$0
Adult Floor Hockey League	Join our Adult Floor Hockey League for eight weeks of fast-paced, recreational play! Games will take place every Tuesday at 7:15 PM for one hour, offering a great way to stay active and compete in a fun, team-oriented environment. Whether you're a seasoned player or new to the game, this league welcomes all skill levels. Each week, teams will face off in exciting matchups, focusing on sportsmanship, teamwork, and friendly competition. Grab your stick, lace up your sneakers, and get ready for an action-packed season!	18+ yrs	Meg Gym	Tue	7:15 PM	8:30 PM	\$95	\$95	\$200	\$0
Pickleball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Adult Pickleball	NO PURCHASE NECESSARY! JUST SIGN UP! Stay active this winter with our free Pickleball program for ages 16+ from Feb 24 to Apr 20. Whether you're a beginner or seasoned player, join us for fun, fitness, and friendly competition! Bring your own equipment. 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	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball Skills and Drills	The Skills and Drills basketball class at the ymca is designed as an introduction to basketball. Our coaches teach the fundamental skills using exciting drills and game situations in a friendly yet exciting atmosphere. The time you play depends on the age. Ages 5-8 will come in once a week on Saturday at 9am. Ages 9-12 will come in once a week Saturday at 10AM.	5-8 yrs	Lansdale Meg Gym	Sat	9:00 AM	9:45 AM	\$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 - Spring II 2025

Session Dates: Spring II April 21 to June 15

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	\$180
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	\$180
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	\$180

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	\$180
		12 yrs +	Indian Valley	Belted/ Promoted 12yrs-Adult Class	Tues	7:30 PM	8:30 PM	\$55	\$55	\$120	\$180
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	Wed 4/23 4/30 5/7 5/14	7:00 PM	8:30 PM	\$55	\$55	\$100	\$160

Gymnastics - Dance - Martial Arts Programs

Indian Valley Branch - Spring II 2025

								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	\$180

Gymnastics & Martial Arts Programs

Lansdale Branch | Spring II 2025

Session Dates: Spring 2 April 21 to June 15

Contact Curtis Gerzevske at CurtisG@NorthPennYMCA.org

Gymnastic Programs	Description	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.	ages 3-5	Lansdale		Sat	11:00 AM	11:45 AM	\$55	\$55	\$120	n/a
Gymnastics Level 1	Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. Through dance, tumbling, balance, and strength training, your child's confidence will grow as their skills improve as they learn to use their own personalities to perform. Must be able to do a cartwheel.	ages 5-12	Lansdale		Mon	5:30 PM	6:15 PM	\$55	\$55	\$120	n/a
Gymnastics Level 2a	Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. Through dance, tumbling, balance, and strength training, your child's confidence will grow as their skills improve as they learn to use their own personalities to perform. Must be able to do a cartwheel and bridge walk over to graduate to the next level.	ages 5-12	Lansdale		Fri	5:00 PM	6:30 PM	\$55	\$55	\$120	n/a
Gymnastics Level 2b	In level 2b, your child will build upon the skills they developed in levels 1 and 2a. This class will focus 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 & 2a or completed prior gymnastics training outside of the YMCA. Must be able to do a back walkover and cartwheel. Students in Level 2b meet two days a week.	ages 5-12	Lansdale		Mon, Fri	MON: 6:15 PM; FRI: 6:30	MON: 7:45PM 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 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	8-12 yrs	Lansdale		Wed	7:15 PM	8:15 PM	\$55	\$55	\$120	n/a

Gymnastics & Martial Arts Programs

Lansdale Branch | Spring II 2025

	improve through the rhythm of movement, and the wide range of motion will increase the strength and flexibility of any practitioner. Families will enjoy taking capoeira together as the music makes this martial practice feel like a fun dance party. Our Brazilian instructor comes to us with over fifteen years of experience to introduce our Y members to this exhilarating art and help us explore our potential. Only At The Lansdale Branch!	5-7 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 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	Mon, Wed	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	Mon, Wed	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	Wed	6:15 PM	6:45 PM	\$95	\$95	\$200	n/a
		4+ yrs	Lansdale	Black Belt, Black Belt Prep, Advanced	Fri	6:00 PM	7:00 PM	\$95	\$95	\$200	n/a

Special Programs & Events

Indian Valley Branch - Spring II 2025

Session Dates: Spring 2 April 21 to June 15

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 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	5/7/2025	Wed	1:00 PM		\$0	\$0	\$0	\$0
		55+ yrs	Indian Valley	6/4/2025	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 Studio	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
AOA Special Line Dancing Event - Four Sessions	Get ready to kick up your heels and join the excitement at our upcoming Line Dancing Event! Whether you're a seasoned dancer or a first-timer, this lively gathering is perfect for all skill levels. Our talented dance instructor will lead you through a series of energetic line dances, ensuring a fantastic time for everyone on the dance floor. No partner is required – just bring your enthusiasm and get ready to groove to a mix of country, pop, and other toe-tapping tunes.		Indian Valley Linko Studio	4/24 5/01 5/08 5/15	Thu	11:15 AM	12:15 PM	\$28	\$28	N/A	N/A
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	05/03/2025	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
Wellness & More Expo	Discover a diverse array of practices, products, and experts dedicated to nurturing your mind, body, and soul at our Wellness and More Expo! From health professionals to nutrition and alternative therapies, explore the latest trends to elevate every aspect of your life. Join us for a transformative experience that will leave you feeling inspired, empowered, and ready to embrace a healthier, happier you."		Indian Valley HALLWAYS	5/17/2025	Sat	9:00 AM	12:00 PM	\$0	\$0	\$0	\$0
Senior Fitness Walk	Join us for a walk at Franconia Park. Lunch will be included and is provided by Generations of Indian Valley. Beverages provided by Arbour Square. Register at our Indian Valley Branch-Membership Desk.	50+	Franconia Park Pavilion	5/28/2025	Wed	11:00 AM	1:00 PM	\$15	\$15	\$15	\$15
Wine Pairing Event	Our Summer Wine Pairing event will be held at the Pub at Arbour Square on Thursday, June 19th from 6:00-8:00 pm. Kristin Kraft will be presenting wine paired with appetizers for our Indian Valley Family YMCA, hosted by Arbour Square. Kristin is the Chairman of the Board of the Perkiomen Valley Chapter of the American Wine Society and an AWS-certified winetasting judge. Seating is limited so register early. MUST Register in advance at the Indian Valley Branch YMCA by June 2nd. The event include a tasting of 7 wines and 7 hors d' oeuvres.	21+ yrs	Indian Valley	19-Jun	TH	6:00 PM	8:00 PM	\$25	\$25	\$25	\$25
Pickleball Tournament - Beginner Division	Sunday is for Pickleball!! Come out and enjoy a full Pickleball Tournament. There are two separate tournaments: Beginners are from 10:00 AM to 1:00 PM and Intermediates are from 1:00 PM to 4:00 PM. This will be a luck of the draw tournament, so register individually and you will be with a different partner every match. Do you have what it takes to be a Champion?	All ages	Indian Valley	4/27/25	Sun	10:00 AM	1:00 PM	\$30	\$30	\$30	\$45

Special Programs & Events

Indian Valley Branch - Spring II 2025

Pickleball Tournament - Intermediate Division	Sunday is for Pickleball!! Come out and enjoy a full Pickleball Tournament. There are two separate tournaments: Beginners are from 10:00 AM to 1:00 PM and Intermediates are from 1:00 PM to 4:00 PM. This will be a luck of the draw tournament, so register individually and you will be with a different partner every match. Do you have what it takes to be a Champion?	All ages	Indian Valley	4/27/25	Sun	1:00 PM	4:00 PM	\$30	\$30	\$30	\$45
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 April 25th 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	4/25/2025	Fri	6:00 PM	9:00 PM	1st child \$40 Additional Children \$30	1st child \$40 Additional Children \$30	1st child \$40 Additional Children \$30	1st child \$40 Additional Children \$30
"School's Out" Kid's Night	School is OUT! Celebrate the start of summer here at the Y! Drop your kids off and let them have a night of fun. We will have instructor led sports and games in the gym from 5-7pm, followed by dinner and a movie from 7-9pm. Dinner, snacks, and drinks are included with registration. Feel free to bring your own blanket for the movie! Contact Alex LaRosa at alexl@northpennymca.org with any questions.	6-13yo	Indian Valley	6/6/2025	Fri	5:00 PM	9:00 PM	\$20 per child \$50 for 3+ children	\$20 per child \$50 for 3+ children	\$20 per child \$50 for 3+ children	\$20 per child \$50 for 3+ children

Specialty Programs & Events

Lansdale Branch | Spring II 2025

Session Dates: Spring 2 April 21 to June 15

Contact Curtis Gerzevske at CurtisG@NorthPennYMCA.org

								Program Fees			
PAL- Police Athletic League	Description	Age	Location	Class Info	Days	Start Time	End Time	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

AOA Committees	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
AOA Committee Meeting	Attend an AOA Committee meeting to discuss upcoming trips, events, socials and volunteer opportunities	50 +	Lansdale	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information	2nd Fri of each Month	1030 Am	1130am		\$0	\$0	

								Program Fees			
Specialty Seminars, Classes and Clubs	Description	Age	Location	Class Info	Days	Start Time	End Time	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 Robotics	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.	10-12	Lansdale	Register at northpennymca.org	Fri	5:00 PM	6:00 PM	\$0	\$0	\$0	\$0

								Program Fees			
Special Event	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
AOA Way Back Wednesday Movie Meet Up	Join us the last Wednesday of the month for Way Back Wednesday Active Older Adults Movie Nights. Meet at Water Tower Theater in Montgomeryville. For information on movies and times please contact Alison Paster at alisonp@northpennymca.org	Any	Lansdale	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information on movies and times	Last Wednesday of the month	Varies	Varies	\$5	\$5	\$5	\$5

Specialty Programs & Events

Lansdale Branch | Spring II 2025

AOA Lecture Series- Gait Screening with Podatrist Dr. Kaylin	Join us for a meet and greet with Dr. Kaylin. Have your gait tested for free and learn proper shoe fitting.	18+	Lansdale	Contact Alison Paster alisonP@northpennym ca.org or 215 368 1601 X 207	4/22/25	11:00 AM	12:00 PM	Free	Free	Free	Free
AOA Longwood Gardens Trip	Enjoy beautiful gardens in a lush outdoor environment. Stroll down pathways full of spring blooms. the sight and smell of spring.	18+	Lansdale	Contact Alison Paster alisonp@northpennym ca.org	04/30/2025	10:00 AM	3:00 PM	\$28	\$28	\$28	\$28
AOA Trip- 911 Museum and Memorial Site	Travel to NYC to visit the Museum and Memorial Site.	18+	Lansdale	Contact Alison Paster alisonp@northpennym ca.org	06/13/2025	10:15 AM	9:00 PM	\$125	\$125	\$125	\$125

Fitness Programs

Indian Valley Branch - Spring II 2025

Session Dates: Spring 2 April 21 to June 15

Contact Dominique Lanza with questions at dominiquel@northpennymca.org

Fitness/Wellness- Youth	Description	Age	Days	Start Time	End Time	Program Fees			
						Full Family	Full Member	Program Member	Non 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				\$0	\$0	\$0	
FIT KIDS-"Junior Fit Club"	Get ready for fun and fitness! This fun and energetic class introduces kids aged 7-9 to the fundamentals of safe and exciting exercises that build strength, coordination, and confidence. Through age-appropriate workouts and games, kids learn the basics of fitness while having a blast. This class is perfect for building healthy habits and staying active!" Register at the Membership Desk.	7-10 yrs	Mon	6:00 PM	6:45 PM	\$0	\$0	\$65	
		7-10 yrs	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. For more information, please contact Wendy McLaughlin at WendyM@NorthPennYMCA.org.	7-11 yrs	Mon	5:00 PM	5:45 PM	\$55	\$55	\$120	

Fitness/Wellness- Adult	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member Reciprocity Guest Member
PowerHER Hour- Women's Weight Lifting Class	Join a women-focused strength training class designed to teach proper techniques across a variety of methods. With personalized guidance, you'll learn how to optimize your workouts for maximum results. This empowering class will boost your confidence while ensuring you perform exercises safely and effectively. Class size is limited, registration is required.	21+	Mon 4/21 4/28 5/05 5/12	6:00 PM	7:00 PM	\$40	\$40	N/A	N/A
		21+	Mon 5/19 5/26 6/02 6/09	6:00 PM	7:00 PM	\$40	\$40	N/A	N/A
PowerHER Hour- TRX- Circuit Class	Ladies, get ready to challenge your entire body in this high-energy TRX Circuit designed with women in mind! Flow through a dynamic series of suspension exercises that build total-body strength, improve balance, and ignite your core. This empowering workout blends resistance, cardio, and functional training to boost endurance and sculpt lean, feminine muscle. All fitness levels are welcome—adjust the intensity to suit your pace and feel strong, confident, and unstoppable!	21+	Tue	7:15 PM	8:15 PM	\$80	\$80	N/A	N/A

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

Personal Training	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member Reciprocity Guest Member
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Fitness Programs

Indian Valley Branch - Spring II 2025

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				\$55	\$55	\$0	
Personal Training: 1 SESSION 30 MIN		12+ yrs				\$40	\$40	\$0	
Personal Training: 4 SESSION 1 HR		12+ yrs				\$208	\$208	\$0	
Personal Training: 4 SESSION 30 MIN		12+ yrs				\$150	\$150	\$0	
Personal Training: 8 SESSION 1 HR		12+ yrs				\$384	\$384	\$0	
Personal Training: 8 SESSION 30 MIN		12+ yrs				\$266	\$266	\$0	
Personal Training: 12 SESSION 1HR		12+ yrs				\$540	\$540	\$0	
Personal Training: 12 SESSION 30 MIN	12+ yrs				\$358	\$358	\$0		

Personal Training Specials	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member Reciprocity Guest Member
Personal Training Special: MOM STRONG	Starting May 4th – May 11th, treat “Mom” to something special just for her! Four 30-minute sessions for \$130 or Four 60-minute sessions for \$170 Personal Training Sessions can be purchased at the Membership desk. Any questions, contact DominiqueL@NorthPennyMCA.org (Indian Valley) or MaryAnneG@NorthPennyMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE. Indian Valley and Lansdale Location Members Only Special	12+ yrs		May 4	May 11	\$0	\$0	\$0	

Pickleball Strength & Conditioning Semi-Private Lessons	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member Reciprocity Guest Member
Group of 2 (8 Sessions 1 hour) Pricing for EACH Member	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.	16+ yrs				\$288	\$288	\$308	\$308
Group of 3 (8 Sessions 1 hour) Pricing for EACH Member		16+ yrs				\$192	\$192	\$212	\$212
Group of 4 (8 Sessions 1 hour) Pricing for EACH Member		16+ yrs				\$144	\$144	\$164	\$164
Group of 2 (12 Sessions 1 hour) Pricing for EACH Member		16+ yrs				\$384	\$384	\$404	\$404
Group of 3 (12 Sessions 1 hour) Pricing for EACH Member		16+ yrs				\$256	\$256	\$276	\$276
Group of 4 (12 Sessions 1 hour) Pricing for EACH Member		16+ yrs				\$192	\$192	\$212	\$212

Fitness Programs

Lansdale Branch - Spring II 2025

Personal Training Specials	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Personal Training Special-"Spring Into Fitness"	Starting March 17 - March 31 Indian Valley and Lansdale Locations Members Only Special is for both 30-minute and 60-minute sessions: 4 Personal Training sessions, get One Free 8 Personal Training sessions, get Two Free 12 Personal Training sessions, get Four Free See pricing above. Personal Training Sessions can be purchased at Membership desk. 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.	12+ yrs	Lansdale		March 17	March 31	See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing

EZone & Simulators

Lansdale Branch - Spring II 2025

Session Dates: Spring 2 April 21 to June 15

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 peak 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	
	Mon-Thurs and Sat	4:00 PM	5:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	
	Mon-Thurs	5:00 PM	6:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	
	Mon-Thurs	6:00 PM	7:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	
	Mon-Thurs	7:00 PM	8:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	

EZONE

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

Ezone programs	Description	Age	Class Specific Info	Days	Start Time	End Time	Program Fees			
							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	5/5/2025	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10
Mario Monday	It's time to gear up! We will be hosting various Nintendo games and challenges for the whole family to enjoy. From Mario Kart to Mario Party, join us to compete alongside friends and family and be the leader of Mario games. For questions or to register please email NorthPennYMCA.org/EZONE	7+	EGaming Session	May 12, 2025	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	May, 19, 2025	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10

EZone & Simulators

Lansdale Branch - Spring II 2025

Family Fun Night	Enjoy the Egaming room and sport simulators for a night of family fun. Prizes and refreshments	7+	Ezone	6 /9/2025	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10
Ezone Music Program	Beginner Piano, Clarinet and Voice. Beginner and Advanced Trumpet. Private Lessons.	7+	Ezone	By Appointment	By Appointment	By Appointment	\$25.00 per hour	\$25.00 per hour	\$25.00 per hour	\$30.00 per hour

Community and Family

Indian Valley Branch | Spring II 2025

Session Dates: Spring 2 April 21 to June 15

Contact Sangeeta Kharbanda at SangeetaK@NorthPennYMCA.org

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

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

Community & Family

Lansdale Branch | Spring II 2025

Session Dates: Spring 2 April 21 to June 15

				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. What's Included?</p> <ul style="list-style-type: none"> 1 Hour in Simulators and 1 Hour in EGaming Room 20 Child Max in EGaming Room \$5 Per Additional Child up to 25 Children 1 Hour in Party Room Party Host to help with set up/clean up and festivities Paper Products and table covers <p>Lansdale Branch Rentals: contact Alison Paster - 215.268.1601 ext. 207 or email: alisonp@northpennymca.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500

Community & Family

Lansdale Branch | Spring II 2025

<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>