

The background of the entire page is a warm, golden-yellow autumn scene. It features several large, detailed maple leaves in shades of yellow, orange, and red, some with green still visible. The leaves are scattered across the frame, with a dense layer of fallen leaves at the bottom. The overall lighting is soft and warm, creating a bokeh effect with out-of-focus light spots.

the



NORTH PENN YMCA

Fall III

PROGRAM GUIDE

October 27 - December 21

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

NorthPennYMCA.org

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

PROGRAM REGISTRATION DATES:

Early Full Family Registration: October 13

Open Registration: October 20

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 and events.

CHILD CARE



Register Now!
Day Care, Preschool, and
Before/After School Programs



LOCATIONS:



Indian Valley Branch

890 Maple Avenue, Harleysville, PA
19438 | 215.723.3569

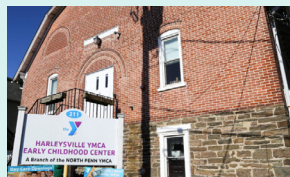
[Click here](#) for hours and amenities



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



the 

**FIND YOUR IMPACT.
FIND YOUR Y.**

For a better us.®
» **APPLY TODAY**

ENJOY BENEFITS LIKE:

- Free YMCA membership
- Competitive pay
- Flexible scheduling
- Discounts on programs and child care

AND MORE!

JOIN OUR TEAM



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 and Indian Valley branches. Programs include youth pickleball clinics, adult pickleball lessons for beginner through advanced level players, and open, recreational time. Registration required. [Learn more](#)

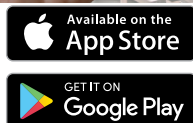
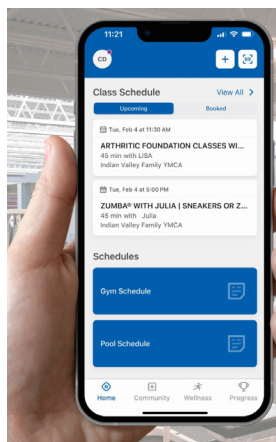


SMARTPHONE APP

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 lapswim, 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

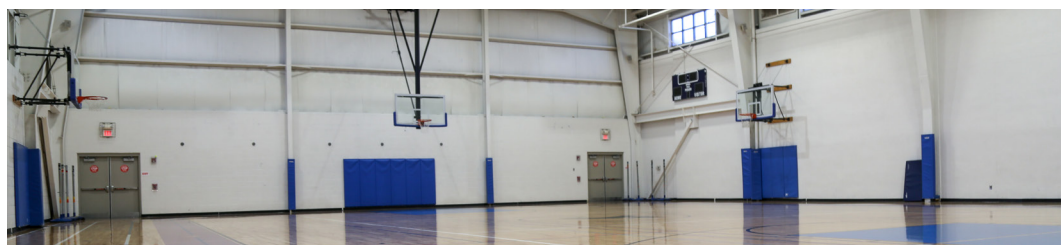
Stay & Play Babysitting services are provided to members while they work out or utilize our facility, additional information at NorthPennYMCA.org/child-care/stay-and-play.

Indian Valley Stay & Play Hours

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

Lansdale Stay & Play Hours

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



NEED AN INDOOR FACILITY FOR YOUR GROUP/TEAM?

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

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

Lansdale branch rentals: call 215.368.1601

Indian Valley branch rentals: contact 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.

Aquatics Programs

Indian Valley Branch - Fall II 2025

October 27 to December 28

Please contact Johnathan White with any questions at johnathanw@northpennymca.org

								Program Fees		
Aquatic Fitness Programs	Description	Ages	Location	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	Indian Valley		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	Indian Valley		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
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	Location	Dates	Days	Start Time	End Time	Full Family	Full Member	Program Member
American Red Cross Adult/Pediatric First Aid/CPR/AED Blended Learn Course	American Red Cross Adult/Pediatric First Aid/CPR/AED Blended Learn Course	14-99 yrs		November 8, 2025	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
				November 20, 2025	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
				December 6, 2025	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
				December 18, 2025	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90

Aquatics Programs

Indian Valley Branch - Fall 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 3 in-person classes. For more information please contact Vince Serianni vince@northpennymca.org or 215-723-3569 ext 121	15 and older		Nov. 2, 9 & 16, 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. December 20th will be a one day class while Jan. 8 & 15 will be 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 Vince Serianni at vince@northpennymca.org , #215-723-3569 ext. 121	16 and older		January 8, 15, 2026	Thursday	5:00 PM	10:00 PM	\$150	\$150	\$150
		16 and older		December 20, 2026	Saturday	8:00 AM	6:00 PM	\$150	\$150	\$150

								Program Fees		
Adult/Teen Swim Lessons	Description	Ages	Location	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	Indian Valley	NA	Wed	6:15 PM	7:00 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	Indian Valley	NA	Thur	7:00 PM	7:45 PM	\$105	\$105	\$155

								Program Fees		
Adaptive Swim Programs	Description	Ages	Location	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 johnathanw@northpennymca.org .	3 + yrs	Indian Valley	NA	Mon	4:00 PM	4:30 PM	\$110	\$110	\$130
		3 + yrs	Indian Valley	NA	Mon	4:30 PM	5:00 PM	\$110	\$110	\$130
		3 + yrs	Indian Valley	NA	Mon	5:00 PM	5:30 PM	\$110	\$110	\$130
		3 + yrs	Indian Valley	NA	Mon	5:30 PM	6:00 PM	\$110	\$110	\$130
		3 + yrs	Indian Valley	NA	Mon	6:00 PM	6:30 PM	\$110	\$110	\$130
		3 + yrs	Indian Valley	NA	Mon	6:30 PM	7:00 PM	\$110	\$110	\$130
		3 + yrs	Indian Valley	NA	Fri	4:00 PM	4:30 PM	\$110	\$110	\$130
		3 + yrs	Indian Valley	NA	Fri	4:30 PM	5:00 PM	\$110	\$110	\$130
		3 + yrs	Indian Valley	NA	Fri	5:00 PM	5:30 PM	\$110	\$110	\$130
		3 + yrs	Indian Valley	NA	Fri	5:30 PM	6:00 PM	\$110	\$110	\$130
		3 + yrs	Indian Valley	NA	Fri	6:00 PM	6:30 PM	\$110	\$110	\$130
		3 + yrs		NA	Fri	6:30 PM	7:00 PM	\$110	\$110	\$130

Swim Lessons 6 month- 3 yrs	Description	Ages	Location	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. Red float assisted head above water.	6 mth-3 yrs	Indian Valley	NA	Sat	9:45 AM	10:15 AM	\$85	\$85	\$135

Aquatics Programs

Indian Valley Branch - Fall II 2025

	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)			NA	Sat	11:30 AM	12:00 PM	\$85	\$85	\$135
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								Program Fees		
Swim Lessons 3-5 yrs	Description	Ages	Location	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	Indian Valley	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	Indian Valley	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
				NA	Sat	11:15 AM	11:45 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 Level 1 & Level 2 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	\$85	\$85	\$135
				NA	Sat	9:45 AM	10:15 AM	\$85	\$85	\$135
Level 4 - Stroke 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	5:45 PM	6:15 PM	\$85	\$85	\$135

Aquatics Programs

Indian Valley Branch - Fall II 2025

								Program Fees		
Swim Lessons 6 -12 yrs	Description	Ages	Location	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	Indian Valley	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. Children should already be comfortable going underwater and blowing bubbles before enrolling.	6-12 yrs	Indian Valley	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	Thur	5:00 PM	5:45 PM	\$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 Level 1 & Level 2 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	Indian Valley	NA	Wed	5:00 PM	5:45 PM	\$105	\$105	\$155
				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
				N/A	Wed	6:00 PM	6:45 PM	\$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	Indian Valley	NA	Wed	5:00 PM	5:45 PM	\$105	\$105	\$155
				NA	Sat	9:00 AM	9:45 AM	\$95	\$105	\$155

Aquatics Programs

Indian Valley Branch - Fall II 2025

	Children are expected to know how to kick on their front, back, and side before enrolling in this level.			NA	Sat	10:15 AM	11:00 AM	\$105	\$105	\$155
				NA	Sat	10:15 AM	11:00 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	Thur	6:00 PM	6:45 PM	\$105	\$105	\$155
				N/A	Tue	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	Indian Valley							
				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
				NA	Thur	5:00 PM	5:45 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	Location	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	Indian Valley	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	Indian Valley				\$100	\$100	\$125

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

Aquatics Programs

Indian Valley Branch - Fall II 2025

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

Aquatics Program

Lansdale Branch - Fall II 2025

Session Dates: Fall - October 27 to December 28

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

								Program Fees			
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

								Program Fees			
Certification Courses	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	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 3 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 Oct 4, 11, 18	Sat	11:00 AM	7:00 PM	\$300	\$300	\$325	\$325
		15+ yrs	Lansdale	Full Course Nov 1, 8, 15	Sat	11:00 AM	7:00 PM	\$300	\$300	\$325	\$325

Aquatics Program

Lansdale Branch - Fall II 2025

Lifeguard Recertification Courses American Red Cross Classes	Lifeguard Recertification Course American Red Cross. This is a Blended Learning course. You must complete online learning before in in-person class. 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 Oct 19	Sun	8:00 AM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert Course Nov 23rd	Sun	8:00 AM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert 2 day Course Dec 6, 13	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150

								Program Fees			
Adult/Teen Swim Lessons	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	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

								Program Fees			
Swim Lessons 6 month- 3 yrs	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Water Discovery A	Parent/Child Swim Lesson: This class introduces infants and toddlers to the aquatic environment. FOCUS SKILLS: Blow bubbles on surface (assisted), Front tow chin in water (assisted), water exit – parent and child together, Water entry – parent and child together, Back float assisted head on parent shoulder, Roll over in water (assisted), Front float chin in water (assisted), Back tow head on parent shoulder (assisted), Wall grab	6mo-18mo	Lansdale		Sat	9:30 AM	10:00 AM	\$85	\$85	\$135	N/A
Water Exploration B	Parent/Child Swim Lesson: This class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. (No Prerequisites) FOCUS SKILLS: Blow bubbles mouth and nose submerged (assisted), Front tow and blow bubbles (assisted), Water exit child (assisted), Water entry child (assisted), Back float assisted head on parent chest, Roll over in water (assisted), Front float and blow bubbles (assisted), Back tow head on parent chest (assisted), Wall grab and monkey crawl along edge (assisted)	18mo-3yrs	Lansdale		Sat	10:15 AM	10:45 AM	\$85	\$85	\$135	N/A
		18mo-3yrs	Lansdale		Sat	11:00 AM	11:30 AM	\$85	\$85	\$135	N/A

								Program Fees			
Swim Lessons 3-5 yrs	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	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

Aquatics Program

Lansdale Branch - Fall II 2025

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
Level 4 - Stroke Introduction	Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke). FOCUS SKILLS: Drills building to being able to swim 15 yds front crawl with rotary breathing, Drills building to being able to swim 15 yds backstroke, Introduce Breaststroke kick, Introduce Butterfly/dolphin kick, Diving in from knees on teacher cue in deep water, Tread water with quality kick and arms for 1 min and exit pool										
		3-5 yrs	Martin Pool		Sat	11:45 AM	12:15 AM	\$85	\$85	\$135	N/A

								Program Fees			
Swim Lessons 6-12 yrs	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	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	\$105	\$105	\$155	N/A
		6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	\$105	\$105	\$155	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	\$105	\$105	\$155	N/A
		6-12 yrs	Deming Pool		Sat	10:30 AM	11:15 AM	\$105	\$105	\$155	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	\$105	\$105	\$155	N/A
		6-12 yrs	Deming Pool		Thurs	5:00 PM	5:45 PM	\$105	\$105	\$155	N/A
		6-12 yrs	Deming Pool		Sat	11:30 AM	12:15 PM	\$105	\$105	\$155	N/A
Level 4 - Stroke Introduction	Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke). FOCUS SKILLS: Drills building to being able to swim 15 yds front crawl with rotary breathing, Drills building to being able to swim 15 yds backstroke, Introduce Breaststroke kick, Introduce Butterfly/dolphin kick, Diving in from knees on teacher cue in deep water, Tread water with quality kick and arms for 1 min and exit pool	6-12 yrs	Deming Pool		Tues	5:00 PM	5:45 PM	\$105	\$105	\$155	N/A
		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

Aquatics Program

Lansdale Branch - Fall II 2025

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	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				\$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

								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 Swim Team Fall/Winter Season	FALL/WINTER SWIM TEAM-2025-2026 SEASON All new to the Gators MUST attend one tryout in order to determine eligibility for the team. TRY-	10 and under	Lansdale	Gators Fall/Winter Swim Team				\$340	\$340	N/A	N/A

Aquatics Program

Lansdale Branch - Fall II 2025

	OUTS: Aug 28, 5:00-7:00 pm, Sept 13, 1:00-3:00 pm, Sept 18, 5:00-7:00 pm, OPEN HOUSE: TBD, Meet the Coaches and ask any questions you may have about our program. 10 and Under (\$340.00); 11 and up (\$365.00). Practices begin Sept 22nd. Coaches have the final say to move swimmers into different levels.	11-18 yrs	Lansdale	Gators Fall/Winter Swim Team					\$365	\$365	N/A	N/A
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Sports Program

Indian Valley Branch - Fall II 2025

October 27 to December 28

Contact Alex LaRosa with questions at AlexL@northpennymca.org

Parent/Tot Programs	Description	Age	Location	Day	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Preschooler Yoga	Through stories and games, kids will burn energy and learn basic yoga poses and breathing. A parent and child class.	2 1/2-5 yrs	Gym A	Tues	9:45 AM	10:15 AM	\$0	\$0	\$50	\$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	\$75	\$150

Youth Sports Programs	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							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	
Family Dodgeball	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 A	Thur	6:30 PM	7:15 PM	\$0	\$0	\$75	\$150
Youth Floor Hockey	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
Kickball	Get ready for fun, fitness, and friendly competition in our Youth Kickball Class! This high-energy class introduces the fundamentals of kickball in a positive, team-oriented environment. Participants will learn essential skills like kicking, running bases, catching, and fielding, while also developing teamwork, communication, and sportsmanship.	7-12 yrs	Gym B	Tues	6:30 PM	7:15 PM	\$45	\$45	\$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 A	Tues	5:30 PM	6:15 PM	\$55	\$55	\$120	\$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	7:20 PM	9:20 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
Pickleball Open Play	Bring your own equipment and enjoy competitive games of Pickleball. Nets are provided. 16+ YEARS OLD.	16+ yrs	Gym B ONLY	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	8:45 PM	\$0	\$0	\$50	\$100
Adult 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	\$180
		25+ yrs	Beginner/Intermediate Gym A	Wed	5:15 PM	6:30 PM	\$55	\$55	\$120	\$180
Youth Pickleball Clinics	Get in the game with our fun and active Youth Pickleball Lessons! Designed for kids of all skill levels, these sessions teach the fundamentals of pickleball—serving, scoring, teamwork, and strategy—in a supportive and energetic environment. Led by experienced coaches, our program helps young players build confidence, stay active, and make new friends. Come play, learn, and grow on the court! MUST BRING YOUR OWN PADDLE.	8-11 yrs	Gym B	Wed	5:00 PM	6:00 PM	\$55	\$55	\$120	\$180
		12-15 yrs	Gym B	Wed	6:00 PM	7:00 PM	\$55	\$55	\$120	\$180

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 - Fall II 2025

Session Dates: Fall - October 27 to December 28

Contact Curtis Gerzevske @ CurtisG@NorthPennYMCA.org

							Program Fees			
Youth Sports Program	Description	Age	Location	Days	Start Time	End Time	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	Wednesday	5:30 PM	6:15 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	Wednesday	6:30 PM	7:15 PM	\$0	\$0	\$120	
Swiftie Soccer Level 1	Any skill level is accepted! Come learn how to play soccer or work on your craft! The Fall 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. Level 1 is designed for beginners to amateur players, focusing on the fundamentals of the game with an emphasis on fun. Our Program runs on Tuesday from 5:30-6:15 PM and at 10 AM on Saturday. If the child has never participated in a soccer program before at the YMCA, they must sign up for level 1, and our soccer instructor will decide if they should graduate to level 2 or stay at level 1	6-9 yrs	Meg gym	TUE/SAT	1 & SAT 10:00AM	1 & SAT 10:45AM	\$95	\$95	\$120	\$0
Swiftie Soccer Fall Level 2	The students will develop their skills from level 1 and concentrate on competitive gameplay in Level 2. Coaches will teach offensive and defensive strategies, formations and transitions, pacing, and teamwork. 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 Tuesday in the Meg Gym from 6:30-7:15 PM and at 11 AM on Saturday. If the child has never participated in a soccer program before at the YMCA, they must sign up for level 1, and our soccer instructor will decide if they should graduate to level 2 or stay at level 1.	10-13 yrs	Meg gym	TUE/SAT	1 & SAT 11:00AM	1 & SAT 11:45AM	\$95	\$95	\$120	\$0
Family Floor Hockey	Play against your parents or your friends in our Family Floor Hockey program with fast-paced, recreational play! Games will take place every Thursday at 5:30 PM, 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,	Ages Vary	Lansdale Meg Gym	Thursdays	THU 5:30 PM	THU 6:15 PM	\$55	\$55	\$120	
Youth Floor Hockey	Join our Youth Floor Hockey program fast-paced, recreational play! Games will take place every Thursday at 6:30 PM, 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!	7-13 yrs	Lansdale Meg Gym	Thursdays	THU 6:30 PM	THU 7:15 PM	\$55	\$55	\$120	

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 16+ Volleyball program from June 18 to August 20th, 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 who know how to play! Nets supplied. There is a helper to set up the net; teams are assigned so they're balanced; keep score; follow game rules, including refereeing, and encourage improvement. We do expect players to have some volleyball playing experience when participating. Some nights are not casual and can be competitive!	16+ yrs	Meg Gym	Wed	7:45 PM	10:00 PM	\$0	\$0	\$120	\$0

Sports Programs

Lansdale Branch - Fall II 2025

Adult Cornhole	Test your aim and have a blast in the YMCA's Cornhole Program! Over 10 weeks, players of all skill levels will practice their throws, learn new techniques, and enjoy friendly competition in a fun and social setting. Whether you're a beginner or a seasoned player, this is a great way to stay active and meet new friends. Each week will build up to the ultimate challenge at the end of the program—a free-for-all elimination tournament to see who is the best thrower! Sign up today and get ready for some exciting games and great competition!	16+ yrs	Lansdale Meg Gym	Mon	7:30 PM	8:30 PM	\$55	\$55	\$120	\$0
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Pickleball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Adult Pickleball	NO PURCHASE NECESSARY! FREE SIGN UP! FREE Pickleball program for ages 16+. 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
Pickleball Clinic	Join us for an exciting 8-week pickleball class designed for adults and families of all skill levels! Classes are held every Monday and Wednesday from 12:30 PM to 1:30 PM, making it the perfect midday activity. Whether you're brand new to the game or looking to sharpen your skills, our lessons focus on building confidence, improving technique, and having fun. All necessary equipment, including nets, is provided, so just bring your enthusiasm! No prior experience is needed—everyone is welcome to learn and play together.	Ages Vary	Lansdale	Mon/Wed	12:30 PM	1:30 PM	\$80	\$80	\$150	\$0

Basketball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball Basic Skills and Drills	The Skills and Drills basketball program 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 your age. Ages 5-8 will come in once a week on Saturday at 9 am. Ages 9-12 will come in once a week, on Saturday at 10 AM.	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	
Basketball Youth League	Join our Youth Basketball League for eight weeks of skill-building, teamwork, and fun! Sessions will be held every Thursday at 7:15 PM for one hour, providing young athletes with a chance to develop their basketball fundamentals in a supportive and friendly environment. Players will learn essential skills like dribbling, shooting, and passing while participating in friendly scrimmages. This program emphasizes teamwork, sportsmanship, and building confidence both on and off the court. Whether you're new to basketball or looking to improve your game, this league is perfect for kids of all skill levels!	10-13 yrs	Lansdale Meg Gym	Thu	7:15 PM	8:15 PM	\$95	\$95	\$120	\$0

Gymnastics - Dance - Martial Arts Programs

Indian Valley Branch - Fall II 2025

Session Dates: Fall - October 27 to December 28

Contact Alex LaRosa with questions at AlexL@northpennymca.org

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

								Program Fees			
Martial Art Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
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 10/29 11/5 11/12 11/19	7:00 PM	8:30 PM	\$55	\$55	\$120	\$180

Gymnastics - Dance - Martial Arts Programs

Indian Valley Branch - Fall 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.	8-12 yrs	Indian Valley-Dance Studio		Tues	4:00 PM	4:45 PM	\$55	\$55	\$120	\$180

Gymnastics & Martial Arts Programs

Lansdale Branch | Fall II 2025

Session Dates: October 27 to December 28

Contact Sports Coordinator Curtis Gerzevske: CurtisG@NorthPennYMCA.org

							Program Fees				
Gymnastic Programs	Description	Location	Class Info	Days	Start Time	End Time	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 without the pressure or judgement.	ages 3-5	meg gym		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. This class will meet one day a week. Classes are available for registration on Monday or Friday at 5:30 PM until 6:15 PM. When you register, you are choosing which day you are attending. If you want the child to be in for both Monday and Friday, you need to enroll in both days specifically.	ages 5-12	meg gym		Mon	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 and bridge walk over to graduate to the next level. In level 2, your child will build upon the skills they developed in the previous levels. 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 tiny and level 1 gymnastics, or completed prior gymnastics training outside of the YMCA. Must be able to do a back walkover and cartwheel. Registration is available for Monday or Friday from 6:30-7:15PM. When you register, you are choosing which day you are attending. If you want the child to be in for both Monday and Friday, you need to enroll in both days specifically.	ages 5-12	meg gym		Mon	6:30 PM	7:15 PM	\$55	\$55	\$120	n/a

								Program Fees			
Martial Arts Programs	Description	Age	Location	Class Info	Days	Start Time	End Time	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	8-12 yrs	clemens studio		WED	7:15 PM	8:15 PM	\$55	\$55	\$120	n/a

Gymnastics & Martial Arts Programs

Lansdale Branch | Fall 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	clemens studio		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
ADULT Tae Kwon Do	<p>Unlock the Power of Martial Arts at the Y! Martial arts at the YMCA isn't just for kids—it's a dynamic workout for your mind, body, and spirit!</p> <p>Enhance Your Well-Being Boost your flexibility, sharpen your focus, and build strength in a supportive yet challenging environment.</p> <p>Master Self-Defense Skills Equip yourself with valuable self-defense techniques that could one day make a difference for you and those around you.</p> <p>Learn from the Best Our experienced senior instructors bring years of expertise and passion to every class, ensuring top-quality guidance.</p> <p>Achieve Your Goals Set personal milestones, foster self-discipline, and advance your skills as you work toward higher ranks and greater confidence.</p>	18+	Peak Center	Adult all ages/skill	SAT	9:00:00 AM	10:00:00 AM	95	95	200	n/a
Basic Boxing Clinic	Ready to unleash your inner fighter and boost your fitness? Join our weekly Basic Boxing Clinic at the YMCA, where you'll improve coordination, technique, form, and confidence through high-energy boxing-inspired workouts. Whether you're a beginner or experienced, this class is designed for all skill levels and offers a supportive, motivating environment. Spaces are limited, so bring your own gloves and wraps to secure your spot and get the most out of each session. Punching bags and step platforms will be provided as part of the dynamic, full-body training experience. The youngest age for this SPECIALTY class is 16.	16+	Impact studio		FRI Sept 5th to Oct 24	5:00 PM	6:00 PM	\$40	\$40	\$10 Daily Guest Fee	\$10 Daily Guest Fee

Special Programs & Events

Indian Valley Branch - Fall II 2025

Session Dates: Fall - October 27 to December 28

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! For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	55+ yrs	Indian Valley	11/05/2025	Wed	1:00 PM		\$0	\$0	\$0	\$0
		55+ yrs	Indian Valley	12/3/2025	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	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! For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	18+ yrs	Peter Becker Cafe	2nd Fri of month	Fri	12:30 PM	2:00 PM	\$0	\$0	\$0	\$0
AARP Smart Driver Course	Take the AARP Smart Driver classroom course and you could save on your car insurance! » Refresh your driving skills and knowledge of the rules of the road. » Learn techniques for handling left turns, right-of-way and roundabouts. » Discover proven driving methods to help keep you and your loved ones safe on the road. Please register to hold your spot at Membership Desk or call 215-723-3569. NOTE: AARP MEMBERS -Bring Driver's license and AARP membership along with \$20 cash or a check payable to AARP . NON-MEMBERS- Bring Driver's license along with \$25 cash or a check payable to AARP . **Must Attend Both Sessions	50+	Indian Valley RPM Studio	11/6/2025 11/7/2025	Thu Fri	9:00 AM	1:00 PM	Day Of: \$20 per person AARP Member \$25 per person Non-Member	Day Of: \$20 per person AARP Member \$25 per person Non-Member	Day Of: \$20 per person AARP Member \$25 per person Non-Member	Day Of: \$20 per person AARP Member \$25 per person Non-Member
Holiday Shell Craft	Join us and make beautiful decoupaged napkin shell hanging decor. Many napkin options available or bring your own. Register at our Membership desk by TBA	55+	Linko Studio	Stay & Play B	Mon	10:00 AM	11:30 AM	\$7	\$7	N/A	N/A
Les Mills™ Virtual FULL ACCESS Exclusively at the Indian Valley Family YMCA	We're excited to announce that members at the Indian Valley Branch now have full access to the Les Mills™ Virtual Suite—offering a wide range of formats beyond just cycle classes! This includes nearly the entire Les Mills™ library (excluding BodyStep™, Tone™, BodyJam™, and a few others), all available in-studio at your convenience. Plus, we've expanded access to Born to Move™ virtual programming—designed to keep kids active, engaged, and building healthy habits for ages 2-16. There's something for everyone—any age, any fitness level! For more information contact Wendy McLaughlin at WendyM@NorthPennYMCA.org	2+	RPM Room	See RPM Room Schedule for Open Availability				\$0	\$0	N/A	N/A

Special Events	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Dance 50+ EVENT IS OPEN TO THE COMMUNITY No Membership Required	Enjoy an evening filled with music, laughter, and good company in a fun, welcoming atmosphere. Whether you're ready to dance the night away or prefer to relax, socialize, and enjoy the music, this event is the perfect chance to get out, connect with others, and have a great time. Come join us and bring your friends, this event is open to the community, no membership required. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	50+	Indian Valley	10/04/2025	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
Blood Drive - American Red Cross	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, www.RedCrossBlood.org or call 1-800-Red Cross.	18+ yrs	Indian Valley Linko Studio	Nov 16th	SU	10:00 AM	3:00 PM				

Special Programs & Events

Indian Valley Branch - Fall II 2025

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 dominique@northpennymca.org		Indian Valley	11/13/2025	TH	12:00 PM	1:00 PM	\$7	\$7	\$7	\$7
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 dominique@northpennymca.org		Indian Valley	12/11/2025	TH	12:00 PM	2:00 PM	\$7	\$7	\$7	\$7
Holiday Bazaar and Chili Cookoff	Join us for our Annual Holiday Bazaar & Chili Cookoff! This event is open to the community. 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 215-723-3569 or chrissy@northpennymca.org	All ages	Indian Valley	11/15/25	Sat	9:00 AM	12:00 PM	\$40 per Space Only \$45 with Table	\$40 per Space Only \$45 with Table	\$40 per Space Only \$45 with Table	\$40 per Space Only \$45 with Table
Pickleball Tournament - Intermediate	Come out and enjoy a full Pickleball Tournament! Intermediate level players welcome at 10:30 AM to 1:30 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?	18+	Indian Valley	1/31/26	Sat	10:30 AM	1:30 PM	\$30	\$30	\$30	\$45
Parents Night Out	Enjoy a night out while your children enjoy games, crafts and more at our YMCA. The event will be led by our experienced HUGS staff, so you can relax knowing your child is safe and cared for. Pizza and a snack will be provided (please bring a cup). Your child must be registered at the membership desk by December 19th prior to the event. Spots are limited. Please contact Chrissy Tressler at 215-723-9364 or chrissy@northpennymca.org	2 months-6 years	Indian Valley	12/19/25	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
Kid's Night Out	Get ready for a night of non-stop fun and excitement at Kid's Night Out! Starting our night with sports & games in the gym, and wrapping up the night with snacks, refreshments, and a cozy movie. And don't forget—pajamas are welcome and encouraged! Contact Alex LaRosa at alex@northpennymca.org with any questions.	6-13yo	Indian Valley	12/19/2025	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
Philadelphia 76ers Game Raffle	Do you want 4 tickets to a 76ers game? Buy your raffle tickets now! The game is January 20 @ 7pm vs. Phoenix Suns. There will be 3 winning bundles selected. Raffle ends December 12.	All ages	Indian Valley	12/12/2025 drawing ends	N/A	N/A	N/A	1 raffle ticket \$10 3 raffle tickets \$25 5 raffle tickets \$40	1 raffle ticket \$10 3 raffle tickets \$25 5 raffle tickets \$40	1 raffle ticket \$10 3 raffle tickets \$25 5 raffle tickets \$40	1 raffle ticket \$10 3 raffle tickets \$25 5 raffle tickets \$40

Specialty Programs & Events

Lansdale Branch | Fall II 2025

October 27 to December 28

Contact Curtis Gerzevske at 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

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	

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
Artificial Intelligence Lecture	Attend this engaging and informative lecture series to learn how to navigate and utilize Artificial Intelligence in daily life. Discover how to utilize this technology.	18+	Ezone Lansdale		11/21/2025	1145am	1245pm	\$0	\$0	\$0	\$0
AOA Bowling Club	AOA Bowling Club is held on the First Firday of every month at 9:00 am. Members and non-members can join us for fun and exciting socializing at Earl Bowl Lanes, 390 Morwood Road, Earlington PA. \$9.00 for three games and \$2.75 for shoes. No registration is required.	21+ yrs	Lansdale		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

Special Event	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Designer Bag Bingo	Enjoy an evening of fun, excitement, and entertainment. Our Annual Designer bag bingo features designers, Tory Burch, Michael Kors, Coach, and Kate Spade, to name a few. BYOB. Tickets are \$40.00 prior to the event and \$45.00 at the door.	21+	Schwenckfeld Manor 1292 Allentown Road Lansdale	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information	11/7/2025	Doors Open 6pm Bingo starts at 7pm	9:00 PM	\$40	\$40	\$40	\$40
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		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 | Fall II 2025

AOA Christmas Luncheon	Enjoy fund and holiday spirit with the AOA group celebrating the season. This is a self pay event based on your order.	50 plus	William Penn Inn	Contact Alison Paster alisonp@northpennym ca.org or 215 368 1601 X 207 for information	11/18/25	1:00 PM	3:00 PM	Self Pay	Self Pay	Self Pay	Self Pay
Longwood Gardens	Enjoy the beautiful decorations and floral display at Longwood Gardens during the Christmas Season. Garden Ticket and Lunch on own in garden or with group(self pay)	50 plus	Longwood Garden	Contact Alison Paster alisonp@northpennym ca.org or 215 368 1601 X 207 for information	11/21/2025	9:00 AM	5:00 PM	45	45	45	45
Cape May Yuletide Bus Trip	Cape May New Jersey is transformed into Dickens Village. Includes Holiday Inn Tour, Trolley Ride, Lunch at Hemmingways, Festive Light Tour and tour guide. Free time at the Washington Street Mall.	50 plus	Cape May New Jersey	Contact Alison Paster alisonp@northpennym ca.org or 215 368 1601 X 207 for information	12/1/2025	9:00 AM	8:45 PM	195	195	195	195
Wellness EXPO	September 18, 9 AM-1 PM. Join us for a morning of fun and entertainment at the Lansdale Y with many vendors participating in this extraordinary event. Each vendor will have a 6x6 spot reserved at a fee of \$40, with the option of a table and chairs for an additional \$10. We are excited to offer this informative Wellness EXPO, as it will be packed with resources about health & wellness, plus it is free for members.		Lansdale	Contact MaryAnne Gallagher. maryanneg@northpen nymca.org or 215- 368-1601 X 216	9/18/2025	9:00 AM	1:00 AM	8 x 8 Table Only \$40 8 x8 Table with 2 Chairs \$50	8 x 8 Table Only \$40 8 x8 Table with 2 Chairs \$50	8 x 8 Table Only \$40 8 x8 Table with 2 Chairs \$50	8 x 8 Table Only \$40 8 x8 Table with 2 Chairs \$50
Glow Zumba Night	Nov.14th. 6:30PM-8PM. Get ready to light up the night as daylight savings time arrives! Join our ultimate after-dark Zumba party experience! Dress in neon, white or anything that glows. Bring your Energy. Bring your friends. Let's make the night electrifying! Register on our website or membership desk. Doors open at 6PM.	12+	Lansdale	Contact MaryAnne Gallagher. maryanneg@northpen nymca.org or 215- 368-1601 X 216	11/14/2025	6:30 PM	8:00 PM	\$10	\$10	\$10	\$15
Family Halloween Dodgeball	Join us for a fun Family Halloween Dodgeball Event on October 25, 2025 in the MEG Gym.	all ages	Meg Gym	Contact Curtis Gerzevske Curtisg@northpennym ca.org or 215.368.1601 ext. 209	10/25/2025	2:00 PM	4:00 PM	10 per family - paying members	10 per family - paying members	\$15 for non members	\$15 for non members
Capoeira Graduation Event	Do you like music, martial arts, dance, and acrobatics? Then join us for our Capoeira Graduation Event. This intensive workshop is an exhilarating introduction into the world of capoeira. Participate in the fun and excitement of this Brazilian martial art as we dance, kick and tumble to Brazilian Rhythms. Then watch as the graduating students are awarded their "cordon/cordas" de capoeira. The cost to participate in this event is just \$50, and the fee includes admission, group instruction with our masters, event t-shirt, "cordon/cordas" and certificates for graduates, and after event snacks. Hosted by our own Coach Willian and a guest Capoeira Master. This event benefits our annual campaign.	5+ yrs	Lansdale	September 27, 2025	Sat	11:00 AM	5:00 PM	\$50	\$50	\$50	\$50

Fitness Programs

Indian Valley Branch - Fall II 2025

Session Dates: Fall - October 27 to December 28

Contact Dominique Lanza with questions at dominiqueL@northpennymca.org

						Program Fees			
Fitness/Wellness- Youth	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member
Teen Fitness Orientation Wellness Center	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. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org .	12-14 yrs				\$0	\$0	\$0	
FIT KIDS -"Junior Fit Club" Wellness Center Kids Zone	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. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org .	7-9 yrs	Mon	6:00 PM	6:45 PM	\$0	\$0	\$65	
		7-9 yrs	Wed	6:00 PM	6:45 PM	\$0	\$0	\$65	
Line Dancing-Youth (Ages 11-15) Dance Studio	Come join us for our Youth Line Dancing Class! Get moving and have a blast in this fun, high-energy line dancing class just for teens! Learn popular routines to a mix of country, pop, and hip-hop songs while building coordination, rhythm, and confidence. No partner or experience needed—just bring your energy and get ready to dance! Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org .	11-15 yrs	Thu	4:45 PM	5:45 PM	\$60	\$60	\$120	\$160
"Youth Power and Agility Training" Wellness Center Kids Zone	Get ready for something NEW this session—our Youth Power & Agility Training class is designed just for ages 10–13! This high-energy program packs in exciting functional exercises like tire flipping, battle ropes, push sledding, agility ladders , and more. Kids will build strength, speed, and confidence while also learning proper form for weightlifting using mock dumbbells—setting a strong foundation for the future. Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org .	10-13 yrs	Wed	5:00 PM	6:00 PM	\$60	\$60	\$120	\$160
Teen Weight Training Class (14-16 yrs) RPM Studio	Teen Weight Training (Ages 14–16) Build strength, confidence, and proper technique in this supervised weight training class designed just for teens! Learn how to safely use free weights improve your form, and develop a balanced workout routine. Whether you're new to lifting or looking to improve your skills, this class will help you train smart and feel strong. Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org .	14-16	Tue	4:45 PM	5:45 PM	\$60	\$60	\$120	\$160
Homeschool PE Class (Ages 5–12) Gym B	Our Homeschool PE class is all about keeping kids active, healthy, and having fun! Each session blends fitness exercises with a variety of tag games, team challenges, and classic sports like soccer, basketball, and more. Designed for ages 5–12, this program helps kids build strength, coordination, and teamwork skills in a supportive and energetic environment—all while making new friends and staying active. Membership Required. Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org .	5-12	Mon	10:00 AM	11:00 AM	\$60	\$60	\$80	N/A
Family Fitness Boxing (Ages 8+) Gym B	Glove up and get ready for a knockout family workout! Join Instructor Pete—who brings over 20 years of boxing experience—for a fun, high-energy class designed for families to train together. You'll learn real boxing tips and techniques while taking on dynamic warm-ups, boxing rounds, partner drills, mitt work, and more. This unique class is the perfect way to build strength, boost confidence, and share an unforgettable fitness experience with your family. No experience needed—just bring your energy and be ready to punch, move, and have fun! Bring your gloves if you have them. Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org .	8+	Thu	5:30 PM	6:30 PM	\$60	\$60	\$120	\$160

Fitness Programs

Indian Valley Branch - Fall II 2025

Zumba® for Kids	Perfect for our younger Zumba® fans! Kids 7-14 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.	7-14 yrs	Mon	5:00 PM	5:45 PM	\$60	\$60	\$120	
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Fitness/Wellness- Adult	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member Reciprocity Guest Member
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! For more information, please contact Alex LaRosa at AlexL@NorthPennYMCA.org.	13 yrs +	Wed 10/29 11/05 11/12 11/19	7:00 PM	8:30 PM	\$55	\$55	\$100	\$160
PowerHER Hour- TRX- Circuit Class RPM Studio	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! Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	16+	Tue	6:30:00 PM	7:30 PM	\$80	\$80	\$120	\$160
Court Ready: Strength & Agility Training -Small Group Training RPM Studio	Take Your Court Game to the Next Level! Leave your court gear at home—this class is all about building the strength, speed, and balance you need before you hit the court. Designed for players of any court sport, this small group training helps you power up your muscles, sharpen your footwork, and improve movement mechanics to help prevent injuries and boost performance. Whether you're playing pickleball, tennis, or any fast-paced court game, this off-court training will help you move quicker, play smarter, and stay strong game after game. Class size is limited, register at the membership desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	16+	Thur	6:00 PM	7:00 PM	\$80	\$80	\$120	\$160
Line Dancing Class-(Ages 16+)	Come join us for our Adult Line Dancing Class! Kick up your heels and join the fun! This lively line dancing class is the perfect way to get moving, learn easy-to-follow routines, and enjoy great music—from country hits to pop favorites. Whether you're a seasoned dancer or a total beginner, you'll have a blast, break a sweat, and leave with a smile. No partner needed—just bring your energy and let's dance! Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	16+	Mon	7:00 PM	8:00 PM	\$80	\$80	\$120	\$160
Fitness Boxing for Adults (16+) Gym B	Step into the ring (no experience required!) and unleash your inner fighter in this high-energy fitness boxing class. Led by Instructor Pete—who brings over 20 years of boxing expertise—you'll sharpen your skills with real boxing tips while powering through dynamic warm-ups, boxing rounds, partner drills, mitt work, and more. This class is the perfect mix of cardio, strength, and technique to help you build endurance, relieve stress, and feel stronger with every punch. Get ready for an empowering, sweat-dripping workout that packs a serious punch! Bring your gloves if you have them. Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	16+	Mon	5:30 PM	6:30 PM	\$80	\$80	\$120	\$160

Fitness/Wellness- Specialty Programs	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
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Fitness Programs

Indian Valley Branch - Fall II 2025

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 Doylestown Health's Cardiac Rehab Program is required to get started. Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	12+							
							\$450	\$450	\$450

Personal Training		Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member Reciprocity Guest 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				\$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	

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

Personal Training Specials	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member
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Fitness Programs

Indian Valley Branch - Fall II 2025

Personal Training Special- "Happy FITmas" The Perfect Gift for the Holidays!	Personal Training Special Starting December 9th - December 23rd 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 MaryanneG@NorthPennYMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.	12+ yrs					See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing	
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Fitness Programs

Lansdale Branch - Fall II 2025

October 27 to December 28

Contact Curtis G. with questions at curtisg@northpennymca.org

							Program Fees			
Fitness/Wellness- Youth	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Climbing Wall Youth Lessons	Youth Rockwall Climbing Lessons are progressive 4-week sessions designed to help build strength, agility and confidence. Sign up Now for 4-week detailed lessons. Please contact curtisg@northpennymca.org OR maryanneg@northpennymca.org	5-12 years	Lansdale	Tuesdays	7:30 PM	8:30 PM	\$55	\$55	\$95	\$95
		5-12 years	Lansdale	Thursdays	6:00 PM	7:00 PM	\$55	\$55	\$95	\$95
Family Rockwall Climbing	Family Rockwall Climbing is beginner friendly and fun for the family. This course teaches safety while building confidence and teamwork One Adult must be with each child under age 7. Sign Up Now! Please contact curtisg@northpennymca.org OR maryanneg@northpennymca.org	7+	Lansdale	Thursdays	7:00 PM	8:00 PM	\$55	\$55	\$95	\$95

							Program Fees			
Fitness/Wellness- Adult	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basic Boxing Circuit	Improve coordination, boxing technique and form with high energy, boxing circuits that build endurance and strength. Gloves provided or bring your own! This motivating class is designed for all skill levels.	16+ yrs	Impact Zone	Fridays	5:00 PM	6:00 PM	\$0	\$0	\$35	\$10
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. Prior sign-ups required for this class due to limited equipment supplies.	16+ yrs	Impact Zone	Sun	11:15 AM		\$0	\$0	\$35	\$10

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

							Program Fees			
Personal Training	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
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				\$55	\$55	NA	
Personal Training: 1 SESSION 30 MIN		12+ yrs	Lansdale				\$40	\$40	NA	
Personal Training: 4 SESSION 1 HR		12+ yrs	Lansdale				\$208	\$208	NA	
Personal Training: 4 SESSION 30 MIN		12+ yrs	Lansdale				\$150	\$150	\$120	
Personal Training: 8 SESSION 1 HR		12+ yrs	Lansdale				\$384	\$384	NA	
Personal Training: 8 SESSION 30 MIN		12+ yrs	Lansdale				\$266	\$266	NA	

Fitness Programs

Lansdale Branch - Fall II 2025

Personal Training: 12 SESSION 1HR		12+ yrs	Lansdale				\$540	\$540	NA	
Personal Training: 12 SESSION 30 MIN		12+ yrs	Lansdale				\$358	\$358	NA	

							Program Fees			
Personal Training Specials	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Personal Training Special- "Happy FITmas" The Perfect Gift for the Holidays!	Personal Training Special Starting December 9th - December 23rd 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 MaryanneG@NorthPennYMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.	12+ yrs	Indina Valley				See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing	

EZone & Simulators

Lansdale Branch - Fall II 2025

Session Dates: Fall - October 27 to December 28

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 nn 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 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	\$25 per hour	\$25 per hour	\$25 per hour	\$25 per hour
Golf League	Play on State of the Art Golf Simulators and Enjoy Challenging Courses. League Details include, 9 Holes each week on a new PGA Course, includes 1.5 hours of simulator time each week, 2-person teams, Stroke play format, Golfers may play alone or with their teammates and make reservations once a week to compete. Starts October 27-December21, 2025	18+	Golf League	Starts October 27, 2025	By Appointment	By Appointment	\$150	\$150	\$150	\$150
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	December3,2025	5:00 PM	8:00 PM	\$0	\$0	\$0	\$10

EZone & Simulators

Lansdale Branch - Fall II 2025

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	December17,2025	5:00 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	December8, 2025	5:00 PM	8:00 PM	\$0	\$0	\$0	\$10
Family Fun Night- Holiday Party	Enjoy the Egaming room and sport simulators for a night of family fun. Prizes and refreshments	7+	Ezone	12/01/2025	5:00 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 per hour	\$25 per hour	\$25 per hour	\$30 per hour

Community and Family

Indian Valley Branch | Fall II 2025

October 27 to December 28

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

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

Community & Family

Lansdale Branch | Fall II 2025

October 27 to December 28

				Program Fees			
Facility and Space Rentals	Description	Location	Duration	Full Family	Full Member	Program Member	Non-Member Fee
Facility Rentals	NEED AN INDOOR FACILITY FOR YOUR GROUP/TEAM? We have spaces in our facility 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) Lansdale Branch Rentals: contact Bob Varga - 215.368.1601 or email: bobv@NorthPennYMCA.org	Lansdale	Per 1 Hour	\$65	\$65	\$75	\$75
EGaming Rentals	EGaming Room rentals for gaming, computer seminars, tech seminars, etc. (Includes projector, large screen tvs, 8 gaming computers, XBox, Nintendo Switch) Lansdale Branch Rentals: contact Alison Paster - 215.368.1601 ext. 207 or email: alisonp@northpennymca.org (Lansdale Branch Only)	Lansdale	Per 1 Hour	\$90	\$90	\$100	\$100
Pool Rentals	Pool rentals for swim teams, water volleyball, etc. (Lansdale Branch Only) Lansdale Branch Rentals: contact Cindy Leahy- 215.368.1601, ext. 210 or email: cindylea@NorthPennYMCA.org)	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	Classroom rentals for seminars, testing, small events, education, etc Lansdale Branch Rentals: contact Bob Varga - 215.368.1601 or email: bobv@NorthPennYMCA.org	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	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? • 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 Lansdale Branch Rentals: contact Alison Paster - 215.368.1601 ext. 207 or email: alisonp@northpennymca.org	Lansdale	2 Hours	\$450	\$450	\$475	\$500

Community & Family

Lansdale Branch | Fall II 2025

Gymnastics Party	<p>TUMBLE ON YOUR SPECIAL DAY! Now hosting gymnastics Birthday Parties. What's Included? * 1 Hour of Gymnastics in our Gym/1 Hour in Party Room * 15 Child Max * \$5 Per Additional Child up to 25 Children * Party Host to help with set up/clean up and festivities * Paper products & table covers Lansdale Branch Rentals: contact Curtis Gerzevske - 215.368.1601 or email:curtisg@NorthPennYMCA.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500
Pool Party	<p>Splash Party! Now hosting Pool Parties. What's Included? * 1 Hour in the Pool/1 Hour in Party Room * 15 Child Max * \$5 Per Additional Child up to 25 Children * Party Host to help with set up/clean up and festivities * Paper Products & Table Covers Lansdale Branch Rentals: contact Cindy Leahy- 215.368.1601 or email: cindylea@NorthPennYMCA.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500