



NORTH PENN YMCA

Winter

PROGRAM GUIDE

December 29 - February 22

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: December 15

Open Registration: December 22

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.

LOCATIONS:



Indian Valley Branch

890 Maple Avenue, Harleysville, PA
19438 | 215.723.3569

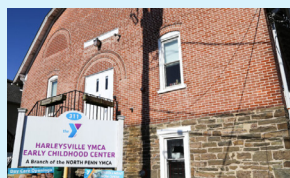
[Click here](#) for hours and amenities



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

CHILD CARE

Summer Camp
registration
opens January
2026!



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



NOT A MEMBER?
FIND YOURSELF **HERE!**

\$0 JOIN FEE

WHEN YOU JOIN DEC 10 - JAN 18



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](#)

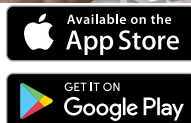
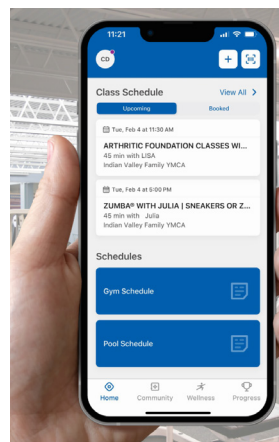


SMARTPHONE APP

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

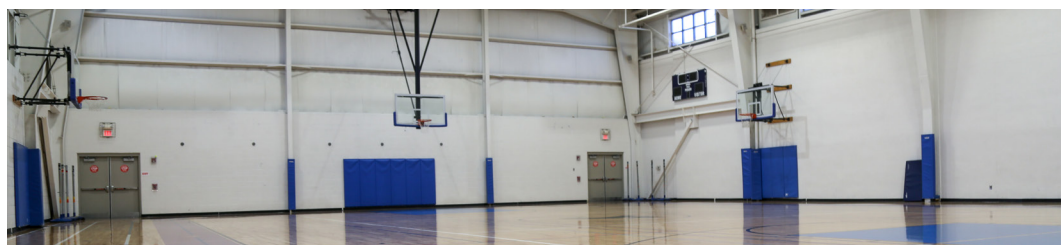
Stay & Play Babysitting services are provided to members while they work out or utilize our facility, additional information at NorthPennYMCA.org/child-care/stay-and-play.

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 - Winter 2026

Session Dates: Winter December 29 to February 22

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
Hydro Blast	A shallow water moderate-to-high intensity workout designed to build strength, boost cardio endurance, and keep you energized. Expect powerful bursts, steady-state sequences, and invigorating combinations that are perfect for anyone looking to level up their aquatic workout.	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
Aqua Zumba	All of you favorite Zumba moves in the water! Aqua Zumba is low impact and softer on the joints, while still getting a full body workout in.	16+			Sun	11:30 AM	12:15 PM	\$0.00	\$0.00	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			January 10th	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
				January 22nd	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90

Aquatics Programs

Indian Valley Branch - Winter 2026

				February 7th	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
		14-99 yrs		February 19th	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
Lifeguard Learning Class/Blended - American Red Cross Certification	LIFEGUARD – CERTIFICATION, AMERICAN RED CROSS BLENDED LEARNING: This course is a Blended Learning course combining online training with in-person hands-on training. You must attend all 3 in-person classes. For more information please contact Vince Serianni vinces@northpennymca.org or 215-723-3569 ext 121	15 and older		January 4, 11, 18, 2026	Sun	9:30 AM	5:00 PM	\$300	\$300	\$325
Lifeguard Recertification Courses American Red Cross Classes	Lifeguard Blended Review Course American Red Cross. January 8th and 15th as Well as February 12th and 19th will be 2 day course and you must attend both clases. You will be asked to show your current certification to the instructor. For more information please contact Vince Serianni at vinces@northpennymca.org, #215-723-3569 ext. 121	16 and older		January 8, 15, 2026	Thursday	5:00 PM	10:00 PM	\$150	\$150	\$150
				2/12, 2/19	Thursday	5:00 PM	10:00 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	\$120	\$120	\$168
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	\$120	\$120	\$168

								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
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Aquatics Programs

Indian Valley Branch - Winter 2026

Water Discovery A	Parent/Child Swim Lesson: This class introduces infants and toddlers to the aquatic environment. FOCUS SKILLS: Blow bubbles on surface (assisted), Front tow chin in water (assisted), water exit – parent and child together, Water entry – parent and child together, Back float assisted head on parent shoulder, Roll over in water (assisted), Front float chin in water (assisted), Back tow head on parent shoulder (assisted), Wall grab (assisted)	6 mth-3 yrs	Indian Valley	NA	Sat	9:45 AM	10:15 AM	\$96	\$96	\$144
				NA	Sat	11:30 AM	12:00 PM	\$96	\$96	\$144

								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	\$96	\$96	\$144
				NA	Wed	5:00 PM	5:30 PM	\$96	\$96	\$144
				NA	Thurs	5:00 PM	5:30 PM	\$96	\$96	\$144
				NA	Sat	9:45 AM	10:15 AM	\$96	\$96	\$144
				NA	Sat	10:45 AM	11:15 AM	\$96	\$96	\$144
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	\$96	\$96	\$144
				NA	Tues	5:30 PM	6:00 PM	\$96	\$96	\$144
				NA	Wed	5:30 PM	6:00 PM	\$96	\$96	\$144
				NA	Thur	5:30 PM	6:00 PM	\$96	\$96	\$144
				NA	Sat	9:45 AM	10:15 AM	\$96	\$96	\$144
				NA	Sat	10:15 AM	10:45 AM	\$96	\$96	\$144
				NA	Sat	11:15 AM	11:45 AM	\$96	\$96	\$144
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	\$96	\$96	\$144
				NA	Sat	9:45 AM	10:15 AM	\$96	\$96	\$144
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	\$96	\$96	\$144

Aquatics Programs

Indian Valley Branch - Winter 2026

								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	\$120	\$120	\$168
				NA	Sat	10:15 AM	11:00 AM	\$120	\$120	\$168
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	\$120	\$120	\$168
				NA	Sat	11:15 AM	12:00 PM	\$120	\$120	\$168
				NA	Sat	12:00 PM	12:45 PM	\$120	\$120	\$168
				NA	Tue	6:00 PM	6:45 PM	\$120	\$120	\$168
				NA	Wed	5:00 PM	5:45 PM	\$120	\$120	\$168
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	Sat	9:00 AM	9:45 AM	\$120	\$120	\$168
				NA	Sat	11:15 AM	12:00 PM	\$120	\$120	\$168
				NA	Sat	12:00 PM	12:45 PM	\$120	\$120	\$168
				NA	Wed	6:00 PM	6:45 PM	\$120	\$120	\$168
				NA	Wed	5:00 PM	5:45 PM	\$120	\$120	\$168
Level 4 - Stroke Introduction - Ages 6-12	Designed to introduce the basic stroke techniques for the front crawl. FOCUS SKILLS: Drills building to being able to swim 25 yds front crawl with rotary breathing. Diving in from knees on teacher cue in deep water, Tread water with quality kick and arms for 1 min and exit pool. Children are expected to know how to kick on their front, back, and side before enrolling in this level.	6-12 yrs	Indian Valley	NA	Wed	9:00 AM	9:45 AM	\$120	\$120	\$168
				NA	Sat	10:15 AM	11:00 AM	\$120	\$120	\$168
				NA	Wed	5:00 PM	5:45 PM	\$120	\$120	\$168
				NA	Sat	9:00 AM	9:45 AM	\$120	\$120	\$168

Aquatics Programs

Indian Valley Branch - Winter 2026

				NA	Sat	10:15 AM	11:00 AM	\$120	\$120	\$168
				NA	Sat	11:15 AM	12:00 PM	\$120	\$120	\$168
				NA	Sat	12:00 PM	12:45 PM	\$120	\$120	\$168
				NA	Thur	6:00 PM	6:45 PM	\$120	\$120	\$168
				N/A	Tue	6:00 PM	6:45 PM	\$120	\$120	\$168
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	\$120	\$120	\$168
				NA	Sat	10:15 AM	11:00 AM	\$120	\$120	\$168
				NA	Sat	12:00 PM	12:45 PM	\$120	\$120	\$168
				NA	Thur	6:15 PM	7:00 PM	\$120	\$120	\$168
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	\$120	\$120	\$168
				NA	Sat	12:00 PM	12:45 PM	\$120	\$120	\$168
				NA	Mon	7:00 PM	7:45 PM	\$120	\$120	\$168
				NA	Fri	7:00 PM	7:45 PM	\$120	\$120	\$168

							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. swimlessons@northpennymca.org	Times and days are arranged with the Aquatics Director		\$135	\$135	\$155
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				\$110	\$110	\$135

								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 - Winter 2026

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	\$152	\$152	\$200
		8-18 yrs			Tues	4:45 PM	6:00 PM	\$152	\$152	\$200

Aquatics Program

Lansdale Branch - Winter 2026

Session Dates: Winter December 29 to February 22

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 Jan 17, 24, 31	Sat	11:00 AM	7:00 PM	\$300	\$300	\$325	\$325
		15+ yrs	Lansdale	Full Course Feb 7, 14, 21	Sat	11:00 AM	7:00 PM	\$300	\$300	\$325	\$325

Aquatics Program

Lansdale Branch - Winter 2026

Session Dates: Winter December 29 to February 22

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
		15+ yrs	Lansdale	Full Course March 7, 14, 21	Sat	11:00 AM	7:00 PM	\$300	\$300	\$325	\$325
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 Jan 25	Sun	8:00 AM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert Course Feb 22	Sun	8:00 AM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert Course March 22	Sun	8:00 AM	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	\$120	\$120	\$168	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	\$96	\$96	\$144	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	\$96	\$96	\$144	N/A
		18mo-3yrs	Lansdale		Sat	11:00 AM	11:30 AM	\$96	\$96	\$144	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	\$96	\$96	\$144	N/A
		3-5 yrs	Deming Pool		Mon	5:00 PM	5:30 PM	\$96	\$96	\$144	N/A
		3-5 yrs	Deming Pool		Wed	5:45 PM	6:15 PM	\$96	\$96	\$144	N/A
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	\$96	\$96	\$144	N/A

Aquatics Program

Lansdale Branch - Winter 2026

Session Dates: Winter December 29 to February 22

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
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	Martin Pool		Sat	10:15 AM	10:45 AM	\$96	\$96	\$144	N/A
		3-5 yrs	Deming Pool		Mon	5:00 PM	5:30 PM	\$96	\$96	\$144	N/A
		3-5 yrs	Deming Pool		Wed	5:45 PM	6:15 PM	\$96	\$96	\$144	N/A
		3-5 yrs	Deming Pool		Wed	5:00 PM	5:30 PM	\$96	\$96	\$144	N/A
		3-5 yrs	Martin Pool		Sat	10:15 AM	10:45 AM	\$96	\$96	\$144	N/A
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	\$96	\$96	\$144	N/A
Level 3 - Water Stamina	Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke). FOCUS SKILLS: Drills building to being able to swim 15 yds front crawl with rotary breathing, Drills building to being able to swim 15 yds backstroke, Introduce Breaststroke kick, Introduce Butterfly/dolphin kick, Diving in from knees on teacher cue in deep water, Tread water with quality kick and arms for 1 min and exit pool										
		3-5 yrs	Deming Pool		Wed	5:00 PM	5:30 PM	\$96	\$96	\$144	N/A
		3-5 yrs	Deming Pool		Sat	11:00 AM	11:30 AM	\$96	\$96	\$144	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	\$96	\$96	\$144	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	\$120	\$120	\$168	N/A
		6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	\$120	\$120	\$168	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										
		6-12 yrs	Deming Pool		Tues	5:00 PM	5:45 PM	\$120	\$120	\$168	N/A

Aquatics Program

Lansdale Branch - Winter 2026

Session Dates: Winter December 29 to February 22

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
	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		Sat	10:30 AM	11:15 AM	\$120	\$120	\$168	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	\$120	\$120	\$168	N/A
		6-12 yrs	Deming Pool		Thurs	5:00 PM	5:45 PM	\$120	\$120	\$168	N/A
		6-12 yrs	Deming Pool		Sat	11:30 AM	12:15 PM	\$120	\$120	\$168	N/A
		6-12 yrs	Deming Pool		Tues	5:00 PM	5:45 PM	\$120	\$120	\$168	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		Thurs	5:00 PM	5:45 PM	\$120	\$120	\$168	N/A
		6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	\$120	\$120	\$168	N/A
		6-12 yrs	Deming Pool		Sat	10:30 AM	11:15 AM	\$120	\$120	\$168	N/A
		6-12 yrs	Deming Pool		Tues	6:00 PM	6:45 PM	\$120	\$120	\$168	N/A
Level 5 - Stroke Development	Designed to start refining freestyle and backstroke and introduce breaststroke and butterfly. FOCUS SKILLS: Endurance, any stroke or combination of strokes for 50 yds, Freestyle, bent-arm recovery, 25 yd., Backstroke, 25 yd., Dive, kneeling, standing, Resting stroke, sidestroke, 25 yd., Tread water, scissor & whip kick, 2 mins., Beginning Breaststroke, 25 yd., Beginning Butterfly, simultaneous arm action & kick, 15	6-12 yrs	Deming Pool		Sat	10:30 AM	11:15 AM	\$120	\$120	\$168	N/A
		6-12 yrs	Deming Pool		Tues	6:00 PM	6:45 PM	\$120	\$120	\$168	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	\$120	\$120	\$168	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	4+ yrs	Lansdale	SESSION 1: 4 WKS				\$135	\$135	\$155	N/A

Aquatics Program

Lansdale Branch - Winter 2026

Session Dates: Winter December 29 to February 22

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
	at 215.368.1601, ext 210 or cindylea@NorthPennYMCA.org .										
		4+ yrs	Lansdale	SESSION 2: 4 WKS				\$135	\$135	\$155	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				\$110	\$110	\$135	N/A
		4+ yrs	Lansdale	SESSION 2: 4 WKS				\$110	\$110	\$135	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	\$152	\$152	\$200	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 is underway and we are off to a good start with the promise of another incredible season. We are not able to accept new participants any longer this year however look forward to meeting you next year. Please come out and support the swim team at our home meets: Nov 22nd, Jan 10th, Jan 18th Gators' Luau. OUR TEAM MOTTO: G = Gators A = Acceptance T= Teamwork O= Opportunity R= Respect	10 and under	Lansdale	Gators Fall/Winter Swim Team				\$340	\$340	N/A	N/A
		11-18 yrs	Lansdale	Gators Fall/Winter Swim Team				\$365	\$365	N/A	N/A

Sports Program

Indian Valley Branch - Winter 2026

Session Dates: Winter December 29 to February 22

Contact Alex LaRosa with questions at AlexL@northpennymca.org

							Program Fees			
Parent/Tot Programs	Description	Age	Location	Day	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
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

							Program Fees			
Youth Sports Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Badminton	Bring your own equipment for a fun day of badminton. Nets supplied. This is one class with two days to play.	7+ yrs	Gym B	Sat	12:00 PM	2:00 PM	\$0	\$0	\$85	
			Gym B	Sun	11:30 AM	1:30 PM	\$0	\$0	\$85	
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
Soccer Skillz	Come play the number one sport in the world. This program is for beginners and focuses on building stamina and coordination in young children while teaching them soccer fundamentals. Our coaches stress the importance of teamwork and strategy in weekly gameplay. The class atmosphere is light and fun! (Indoor)	5-8 yrs	Gym B	Tues	4:45 PM	5:30 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! Thursday participants should have basic knowledge of the rules, scorekeeping, rotation, and strategy. 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	Intermediate/ Advanced Gym A & B	Thurs	12:00 PM	1:30 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 A	Wed	5:00 PM	6:00 PM	\$55	\$55	\$120	\$180
		12-15 yrs	Gym A	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
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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 - Winter 2026

Session Dates: Winter December 29 to February 22

Contact: Sr. Program Director: maryanneg@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!	9-13 yrs	Lansdale Meg Gym	Wednesday	6:30 PM	7:15 PM	\$0	\$0	\$120	
Swiftee Soccer Level 1	Learn to play soccer and work on the craft of footwork. The indoor Winter Level 1 soccer program is designed for beginners to amateur players, focusing on the fundamentals of the game while learning new skills and drills. Sign-Up for Once a week on Tuesday evenings OR Saturday mornings, OR Twice a week for both Tuesday and Saturday Level 1 times, at an additional cost.	5-8yrs.	Meg gym	TUE/SAT	5:30pm 10am	6:15p 10:45a	\$95	\$95	\$120	\$0
Swiftee Soccer Level 2	Further develop your skills and drills and learn competitive game-play in Level 2 soccer. Emphasizing offense and defense strategies, as well as formations and transitions, players will improve their individual skills while learning the game and teamwork. Sign-Up for once a week on Tuesday evenings OR Saturday mornings, OR Twice a week for both Level 2 times, at an additional cost.	9-12 yrs	Meg gym	TUE/SAT	6:30pm 11am	7:15p 11:45a	\$95	\$95	\$120	\$0
Youth Floor Hockey	Join our Youth Floor Hockey program for fast-paced, recreational play! Games offer 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! Ages 7-12.	7-12 yrs	Lansdale Meg Gym	Thursdays	6:15 PM	7:00 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! Improve your skills, stay fit, and enjoy the thrill of the game in a fun, welcoming environment. Players of all levels are welcome to play! Entertaining, yet competitive! Teams are assigned and nets are supplied. Spots fill up fast!	16+ yrs	Meg Gym	Wed	7:45 PM	9:45 PM	\$0	\$0	\$120	\$0

Pickleball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Adult Pickleball	Open Gym Time: 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 Meg Gym	Tues, Thurs.	12:00 PM	1:30 PM	\$0	\$0	\$120	\$0
Basketball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee

Sports Programs

Lansdale Branch - Winter 2026

Basketball Basic Skills and Drills	The Skills and Drills Basketball program at the YMCA is designed to teach fundamental skills, using hand-eye coordination drills, agility, and game-play activities. This is a friendly, exciting atmosphere teaching individual improvement as well as teamwork.	5-8 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! Develop essential skills of dribbling, shooting, and passing while participating in friendly game-play scrimmages. This program emphasizes teamwork, sportsmanship, and building confidence. Whether you're new to basketball or looking to improve your game. Sign-Up Once a week on Thursday evenings OR Saturday mornings, OR both days for Twice a week, at an additional cost.	9-12 yrs	Lansdale Meg Gym	THURS SATs	7pm 9am	7:45p 9:45a	\$55	\$95	\$120	\$0

Gymnastics - Dance - Martial Arts Programs

Indian Valley Branch - Winter 2026

Session Dates: Winter December 29 to February 22

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 1/7 1/14 1/21 1/28	7:00 PM	8:30 PM	\$55	\$55	\$120	\$180

Gymnastics - Dance - Martial Arts Programs

Indian Valley Branch - Winter 2026

								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
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	Indian Valley Linko Studio	Sneakers Required	Thu	4:45 PM	5:45 PM	\$60	\$60	\$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+	Indian Valley Linko Studio	Sneakers Required	Mon	7:00 PM	8:00 PM	\$80	\$80	\$120	\$160

Gymnastics & Martial Arts Programs

Lansdale Branch | Winter 2026

Session Dates: Winter December 29 to February 22

Contact Mary Anne Gallagher with questions at maryanneg@northpennymca.org

								Program Fees			
Gymnastic Programs	Description	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee	
Gymnastics Level 1	Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. We build skills and confidence through dance, tumbling, balance, and strength training. Classes are available for registration on Mondays 5:30 PM until 6:15 PM.	ages 5-12	meg gym		Mon	5:30 PM	6:15 PM	\$55	\$55	\$120	n/a
	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. Must be able to do a cartwheel, a solid bridge-up and handstand, to move to level 2. This class focuses on developing more advanced tumbling, such as backwalkovers, back handsprings and front handsprings. *Must have successfully completed level 1 gymnastics, or completed prior gymnastics training outside of the YMCA. Registration is available for Mondays from 6:30-7:15PM.	ages 5-12	meg gym		Mon	6:30 PM	7:15 PM	\$55	\$55	\$120	n/a
Gymnastics Level 2											

								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 motion will increase the strength and flexibility of any practitioner. Families will enjoy taking capoeira together as the music makes this martial practice feel like a fun dance party. Our Brazilian instructor comes to us with over fifteen years of experience to introduce our Y members to this exhilarating art and help us explore our potential. Only At The Lansdale Branch!	8-12 yrs	clemens studio		WED	7:15 PM	8:15 PM	\$55	\$55	\$120	n/a
		5-7 yrs	clemens studio		FRI	5:00 PM	6:00 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	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

Gymnastics & Martial Arts Programs

Lansdale Branch | Winter 2026

	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	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 TKD	<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	10:30:00 AM	\$95	\$95	\$200	n/a

Special Programs & Events

Indian Valley Branch - Winter 2026

Session Dates: Winter December 29 to February 22

Contact Dominique Lanza with questions at dominiquel@northpennymca.org

AOA Committees	Description	Age	Location	Class Info	Days	Start Time	End Time	Program Fees			
								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	01/07/2026	Wed	1:00 PM		\$0	\$0	\$0	\$0
		55+ yrs	Indian Valley	2/4/2026	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
10 Warning Signs of Alzheimer's	Learn how to recognize the early signs of Alzheimer's disease. This informative presentation will walk you through the subtle changes that may signal when memory concerns go beyond normal aging. You'll gain insight into what to look for, when to seek a professional evaluation, and how to offer meaningful support to loved ones. Ideal for caregivers, family members, or anyone who wants to stay informed and prepared.	18+ yrs	Linko Studio	01/29/2026	Thu	11:30 AM	1:00 PM	\$0	\$0	\$0	\$0
AOA Special Line Dancing- Event Time To Warm Up With NEW Dances!	Come out of the cold and get ready to kick up your heels and try some NEW DANCES at our upcoming Line Dancing Event! Perfect for all skill levels—whether you're a seasoned dancer or just starting out—our talented instructor will lead you through a variety of dances that will keep you moving and smiling. No partner needed—just bring your energy and get ready to groove to a mix of country, pop, and other toe-tapping tunes. Don't miss the fun—let's hit the dance floor together! For more information, please contact Dominique Lanza at Dominiquel@NorthPennYMCA.org.	50+	Linko Room	01/08 01/15 01/22 02/05	Thu	11:15 AM	12:15 PM	\$28	\$28	N/A	N/A

Group Ex Specialty Classes/Programs	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
A Matter of Balance	Take control and move with confidence! This eight-week program features weekly two-hour sessions designed for adults 60+ who want to reduce their risk of falling, have experienced a fall, or simply want to feel steadier on their feet. Through supportive group discussions, practical goal-setting, simple home-safety modifications, and strength-and-balance exercises, participants learn to view falls as controllable—not inevitable. You'll also practice safe ways to get up and down, helping you stay active, independent, and empowered. Join us and build confidence, strength, and peace of mind! Please register at Membership desk, class size is limited. For more information contact Wendy McLaughlin at WendyM@NorthPennYMCA.org	60+	Linko Studio	01/16/2026 - 03/6/2026	Fri	11:30 AM	1:30 PM	\$0	\$0	\$40	\$80

Special Programs & Events

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Arthritis Foundation Exercise Program	<p>Move more comfortably and feel your best with this low-impact, wellness-focused program designed for anyone looking to improve mobility and reduce arthritis-related symptoms. Each one-hour weekly class combines gentle warm-ups, stretching, strengthening, cardiovascular endurance, balance and coordination exercises, plus breathing and relaxation techniques to support overall well-being.</p> <p>APEP helps participants:</p> <ul style="list-style-type: none"> • Improve functional ability, confidence, mobility, self-care, muscle strength, and coordination • Reduce fatigue, pain, and stiffness <p>Join us for 11 weeks of guided movement, education, and support—designed to help you stay active, capable, and confident in your daily life.</p> <p>Please register at Membership desk, class size is limited. For more information contact Wendy McLaughlin at WendyM@NorthPennYMCA.org</p>	60+	Linko Studio	01/20/2026 - 04/14/2026 (13 weeks with 2 weeks for bad weather)	Tue	11:30 AM	12:30 PM	\$0	\$0	\$55	\$110
Les Mills™ Virtual FULL ACCESS Exclusively at the Indian Valley Family YMCA	<p>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!</p> <p>This includes nearly the entire Les Mills™ library (excluding BodyStep™, Tone™, BodyJam™, and a few others), all available in-studio at your convenience.</p> <p>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.</p> <p>There's something for everyone—any age, any fitness level!</p> <p>For more information contact Wendy McLaughlin at WendyM@NorthPennYMCA.org</p>	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
Family Sweetheart Dance	<p>(Open to all family member dynamics)</p> <p>INDIAN VALLEY FAMILY YMCA Bring your sweetheart to dance and have fun. Come dressed to impress for dancing, face painting and games. Hot dogs, snacks and light refreshments will be served. Confetti Balloon Sticks for sale All proceeds benefit North Penn YMCA's Annual Gifts Campaign.</p> <p>Ages Approximately 3 – 10 Registration at the Membership Desk or by phone, online registration for Members only.</p> <p>For more information contact Dominique Lanza at 215-723-3569 ext. 119 or dominiquel@northpennymca.org</p>	3-10 years	Indian Valley	02/07/2026	Sat	6:00 PM	8:00 PM	<p>\$25 per Couple (One Adult/One Child)</p> <p>\$5 for each additional child</p> <p>Additional "Couples" are \$25 each</p>	<p>\$25 per Couple (One Adult/One Child)</p> <p>\$5 for each additional child</p> <p>Additional "Couples" are \$25 each</p>	<p>\$25 per Couple (One Adult/One Child)</p> <p>\$5 for each additional child</p> <p>Additional "Couples" are \$25 each</p>	<p>\$25 per Couple (One Adult/One Child)</p> <p>\$5 for each additional child</p> <p>Additional "Couples" are \$25 each</p>
AOA Valentine Pizza Dance Party	<p>Valentine Pizza Dance Party! Join us for a fun event filled with delicious pizza, toe-tapping tunes, and delightful company. Embrace the spirit of love and friendship as we share laughter, dance, and savor the flavors of pizza together. A celebration where every slice tells a story, and every dance step is a journey through time. Let's create cherished memories together! We supply the pizza and we ask you to bring the sides and desserts. Please register and sign up for your side or dessert at the Membership desk. Don't miss the fun! Please reserve your seat by Feb 9th. For more information contact Dominique Lanza at 215-723-3569 ext. 119 or dominiquel@northpennymca.org</p>	50+	Indian Valley	2/12/2026	Thu	12:00 PM	2:00 PM	\$7	\$7	\$7	\$7
Dance 50+ EVENT IS OPEN TO THE COMMUNITY No Membership Required	<p>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.</p> <p>Come join us and bring your friends, this event is open to the community, no membership required.</p> <p>For more information, please contact Dominique Lanza at Dominiquel@NorthPennYMCA.org.</p>	50+	Indian Valley	02/21/2026	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

Special Programs & Events

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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? Contact Alex LaRosa at alexl@northpennymca.org with any questions.	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 February 13th prior to the event. Spots are limited. Please contact Chrissy Tressler at 215-723-9364 or chrissyt@northpennymca.org	2 months-6 years	Indian Valley	2/13/26	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. Contact Alex LaRosa at alexl@northpennymca.org with any questions.	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 | Winter 2026

Session Dates: Winter December 29 to February 22

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	Full Family	Full Member	Program Member	Non-Member Fee
AOA Bowling Club	AOA Bowling Club is held on the First Friday of every month at 9:00 am. Members and non-members can join us for fun and exciting socializing at Earl Bowl Lanes, 390 Morwood Road, Earlington PA. \$9.00 for three games and \$2.75 for shoes. No registration is required.	21+ yrs	Lansdale		Fri	9:00 AM		\$0	\$0	\$0	\$0
History Lectures	Join Lansdale resident and community volunteer David Nejako for weekly history discussions at the Lansdale branch. Each week will be a new topic. No registration is required. Members and nonmembers are welcome.		Lansdale		Fri	11:45 AM	12:45 PM	\$0	\$0	\$0	\$0
Rock Stars Program: Join the Band	Join the band as the Lansdale YMCA and George's Music partner up to present an experience for the ages. Band members will meet once a week at the Lansdale YMCA and receive professional instruction from a George's Music band leader in preparation for a live concert at a professional venue. No experience is necessary. Only offered to Y-members. Day and times are determined as bands are assembled. Program membership is required at the cost of \$50.		Lansdale	Registration through George's Music 12 week program				\$0	\$0	\$0	\$0
Y's Women Group	Get together with the Y's women a group designed for women by women. Explore discussion topics and conversation.	50+	Lansdale	Meets the 2nd and 4th Tuesday Contact Candace at candacer@northpennymca.org	Tuesday	1145	1245	\$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
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
AOA Social Lunch- Spring House Tavern	Enjoy a social lunch at the Spring House Tavern in Ambler.	50+	1032 N. Bethlehem Pike , Ambler PA	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information	01/14/2026	1:00 PM	3:00 PM	Pay on Own	Pay on Own	Pay on Own	Pay on own
AOA Social Lunch- Valentines at Joseph Ambler Inn	Enjoy a social lunch at the Joseph Ambler Inn to celebrate	50 plus	Joseph Ambler Inn	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information	2/11/26	02/11/25	Self Pay	Self Pay	Self Pay	Self Pay	Self Pay

Specialty Programs & Events

Lansdale Branch | Winter 2026

The Museum of the American Revolution Tour and Trolley Shuttle	Explore the Museum of the American Revolution Take the SEPTA regional rail to Philadelphia and ride to the Museum on the Trolley Shuttle	50+	101 S 3rd Street Philadelphia PA	Contact Alison Paster alisonp@northpennym ca.org or 215 368 1601 X 207 for information	01/28/2026	9:00 AM	3:00 PM	\$30	\$30	\$30	\$30
Moravian Pottery Works and Tile Museum Tour	Explore the decorative halls and historic workshops during the Tileworks tour.	50plus	130 E Swamp Road, Doylestown PA	Contact Alison Paster alisonp@northpennym ca.org or 215 368 1601 X 207 for information	2/18/2026	1:00 PM	3:00 PM	\$17	\$17	\$17	\$17

Fitness Programs

Indian Valley Branch - Winter 2026

Session Dates: Winter December 29 to February 22

Contact Dominique Lanza with questions at dominique@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	
"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/Wellness- Adult	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member Reciprocity Guest Member
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Fitness Programs

Indian Valley Branch - Winter 2026

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
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
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,	16+ yrs				\$288	\$288	\$308	\$308

Fitness Programs

Indian Valley Branch - Winter 2026

Group of 3 (8 Sessions 1 hour) Pricing for EACH Member	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				\$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
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

Fitness Programs

Lansdale Branch - Winter 2026

Session Dates: Winter December 29 to February 22

Contact: maryanneg@northpennymca.org

							Program Fees			
Fitness/Wellness- Youth	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Rockwall Climbing 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 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
Rockwall Climbing Family Fun	Family Rockwall Climbing is beginner friendly and fun for the family. This 4-week course teaches safety while building confidence and teamwork. One Adult must be with each child under age 7. Sign Up Now! Please contact 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
Cardio Boxing	Combine boxing techniques with challenging cardio and you will receive a great workout. Bring gloves and wraps. All levels. Prior sign-ups required for this class due to limited equipment supplies.	16+ yrs	Impact Zone	SUNDAYS	11:15 AM		\$0	\$0	\$35	\$10
Women's Self Defense 4 week Course	Learn and grow stronger with practical skills in a supportive environment where women can learn together and strengthen their bonds. Led by experienced instructors, our classes are designed to empower women of all ages, fostering both personal safety and group solidarity. Take charge of your personal well-being and your community's safety.	13+	Peak Center	SAT.	10:30:00 AM	12:00:00 PM	\$55	\$55	\$120	\$180

							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	FRIDAYS			\$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	
Personal Training: 12 SESSION 1HR		12+ yrs	Lansdale				\$540	\$540	NA	

Fitness Programs

Lansdale Branch - Winter 2026

Personal Training: 12 SESSION 30 MIN		12+ yrs	Lansdale				\$358	\$358	NA	
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							Program Fees			
Personal Training Specials	Description	Age	Location	Location	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	Indian Valley & Lansdale				See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing	

EZone & Simulators

Lansdale Branch - Winter 2026

Session Dates: Winter December 29 to February 22

Contact Alison Paster with questions at allisonp@northpennymca.org

Simulators	Description	Days	Start Time	End Time	Duration	Non Peak Mon-Fri	Peak, Sat & Sun
Our virtual sports and golf simulators are for individuals age 18 and older. Younger players are welcome with parental supervision. Open to members and non members! Come enjoy our brand new virtual simulator suites with access to virtual sports including golf, soccer, hockey, bowling and family fun games! All experience levels are welcome in our simulator spaces. The TruGolf simulators are state of the art and feature E6 Connect technology and access to over 100 of the best courses in the country (including Pebble Beach and Oakmont)!		Mon-Sun	9:00 AM	10:00 AM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people
		Mon-Sun	10:00 AM	11:00 AM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people
		Mon-Sun	11:00 AM	12:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people
		Mon-Sun	12:00 PM	1:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people
		Mon-Sat	1:00 PM	2:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people
		Mon-Sat	2:00 PM	3:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people
		Mon-Sat	3:00 PM	4:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour peak 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people
		Mon-Thurs and Sat	4:00 PM	5:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people
		Mon-Thurs	5:00 PM	6:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people
		Mon-Thurs	6:00 PM	7:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people
		Mon-Thurs	7:00 PM	8:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people

EZONE

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

Ezone programs	Description	Age	Class Specific Info	Days	Start Time	End Time	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 December 29, 2025-February 22, 2026	18+	Golf League	December 29, 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	January 26, 2026	5:00 PM	8:00 PM	\$0	\$0	\$0	\$10

EZone & Simulators

Lansdale Branch - Winter 2026

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	January12,2026	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	February9, 2026	5:00 PM	8:00 PM	\$0	\$0	\$0	\$10
Family Fun Night-Open House Ezone	Enjoy the Egaming room and sport simulators for a night of family fun. Prizes and refreshments	7+	Ezone	01/19/2026	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
STEM- Computer Programmng Tutoring	Learn computer programing with a computer science tutor	7+	Ezone	By Appointment	By Appoointment	By Appointment	\$15 per hour	\$15 per hour	\$15 per hour	\$15 per hour

Community and Family

Indian Valley Branch | Winter 2026

Session Dates: Winter December 29 to February 22

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 | Winter 2026

Session Dates: Winter December 29 to February 22

				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 | Winter 2026

Gymnastics Party	<p>TUMBLE ON YOUR SPECIAL DAY! Now hosting gymnastics Birthday Parties. What's Included?</p> <ul style="list-style-type: none"> * 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 <p>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?</p> <ul style="list-style-type: none"> * 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 <p>Lansdale Branch Rentals: contact Cindy Leahy- 215.368.1601 or email: cindylea@NorthPennYMCA.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500