

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

NorthPennYMCA.org



NORTH PENN YMCA

# Spring II

## PROGRAM GUIDE

April 20 - June 14



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

### PROGRAM REGISTRATION DATES:

Early Full Family Registration: April 6  
Open Registration: April 13

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

### 5 EASY WAYS TO BECOME A Y MEMBER

1. Join [online](#) or in person
2. **Financial Assistance** | The Y offers financial assistance for those in need through our Annual Campaign. Download an [application](#) from our website or stop in to pick one up.
3. **Health Insurance** | You may be eligible for fitness reward benefits through your private or your employer provided health insurance. Check with your provider to determine your fitness reward benefits.
4. **Corporate Membership** | Call, stop in or go to our website for a list of [participating organizations](#) that assist with membership fees.
5. **7th Grade Membership** | All 7th graders in the North Penn, Souderton and Perkiomen Valley School Districts receive free Y memberships September 1 to August 31.

**WHY DO I NEED A MEMBERSHIP?** A full facility membership or program membership is required for participation in our exciting programs and events.

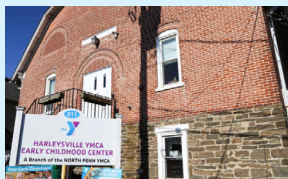
## LOCATIONS:



**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



## QUALITY CHILD CARE

Day Care, Pre-K, and Preschool!

[Enroll Today!](#)

Ages 6 weeks to 5 years



## HEALTHY KIDS DAY®

Free To The Public!

APRIL 25 | 10 AM TO 2 PM

Enjoy games, swimming, crafts, special offers and more at our Lansdale or Indian Valley branches!

[Learn More](#)

Not a member? Get a FREE week membership during Try the Y week (April 25–May 2). Become a member by May 15 and enjoy \$0 Join Fee!

## 2026 SUMMER CAMP ADVENTURE AWAITS!

- ☆ 8 locations in the Harleysville, Lansdale and Souderton areas
- ☆ Weekly themes and activities
- ☆ Options for pre-k through grade 9
- ☆ Trusted for decades
- ☆ Financial assistance available



[REGISTER NOW!](#)



## 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](https://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](https://NorthPennYMCA.org/schedules)

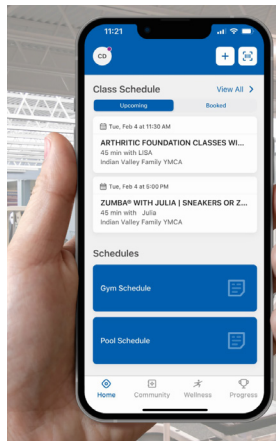
## PICKLEBALL

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.



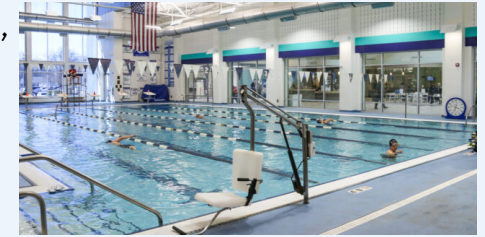
## HOW TO INSTALL:

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](https://NorthPennYMCA.org/schedules).

## STAY & PLAY

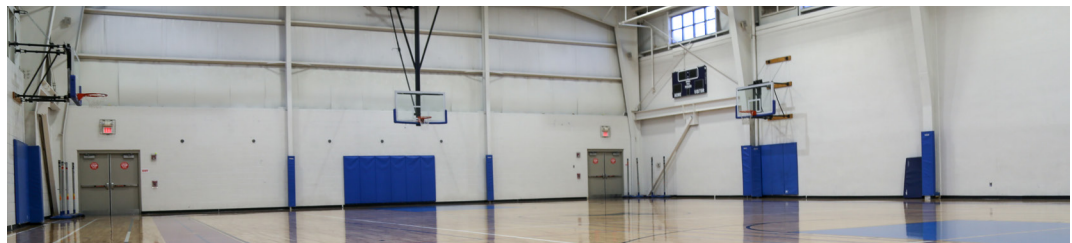
Stay & Play Babysitting services are provided to members while they work out or utilize our facility, additional information at [NorthPennYMCA.org/child-care/stay-and-play](https://NorthPennYMCA.org/child-care/stay-and-play).

## 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](mailto:chelseb@NorthPennYMCA.org) or Sangeeta Kharbanda 215.723.3569 ext 111, [sangeetak@NorthPennYMCA.org](mailto:sangeetak@NorthPennYMCA.org)

## EZONE AT OUR LANSDALE BRANCH

The Ezone is an interactive space where technology, recreation, and skill-building come together. Featuring two indoor Virtual Sports and Golf Simulator Suites alongside a modern gaming center, players of all interests can explore a variety of engaging activities. Build communication, coordination, and problem-solving skills through hands-on experiences. Open to members and non-members.

### GOLF SIMULATORS AND VIRTUAL SPORTS

Our Virtual Sports and Golf Simulator Suites offer an immersive experience with golf, soccer, hockey, bowling, and more. Featuring TruGolf technology with E6 Connect, players can access over 100 top courses, including Pebble Beach and Oakmont. Ages 18+ or under 18 with adult supervision.

### ESPORTS AND GAMING CENTER

Enjoy popular video games and top of the line gaming systems that are designed to create an inclusive gaming experience! Access to the Gaming Center is included in all North Penn YMCA Full Family memberships. Ages 7+ or under 7 with adult supervision.

### BIRTHDAY PARTIES AND CORPORATE EVENTS

Take your celebration to the next level! Host your next birthday party, corporate event, or group gatherings in the Ezone for a fun, interactive experience everyone will enjoy.

[VISIT OUR WEBSITE](#) FOR HOURS, RATES, AND MORE INFORMATION



# Aquatics Programs

# Indian Valley Branch - Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

Please contact Johnathan White with any questions at [johnathanw@northpennymca.org](mailto: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
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 your 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	14-99 yrs		May 9th	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
				May 21st	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
				June 6th	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
				June 18th	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90

# Aquatics Programs

# Indian Valley Branch - Spring II 2026

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		May 3rd, 10th and 17th	Sun	9:30 AM	5:00 PM	\$300	\$300	\$325
		15 and older		June 7th, 14th, and 21st	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 classes. 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		May 21st and 28th	Thursday	5:00 PM	10:00 PM	\$150	\$150	\$150
				June 4th and 11th	Thursday	5:00 PM	10:00 PM	\$150	\$150	\$150
<b>Adult/Teen Swim Lessons</b>	<b>Description</b>	<b>Ages</b>	<b>Location</b>	<b>Instructor</b>	<b>Days</b>	<b>Start Time</b>	<b>End Time</b>	<b>Full Family</b>	<b>Full Member</b>	<b>Program Member</b>
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

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



# Aquatics Programs

# Indian Valley Branch - Spring II 2026

Swim Lessons 6 -12 yrs	Description	Ages	Location	Instructor	Days	Start Time	End Time	Program Fees		
								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
				N/A	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	Sat	9:00 AM	9:45 AM	\$120	\$120	\$168
				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
				NA	Wed	5:00 PM	5:45 PM	\$120	\$120	\$168

# Aquatics Programs

# Indian Valley Branch - Spring II 2026

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	Indian Valley	NA	Sat	9:00 AM	9:45 AM	\$120	\$120	\$168
				NA	Sat	12:00 PM	12:45 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					\$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
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 - Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

Contact Cindy Ginnetti-Leahy with questions at [cindylea@northpennymca.org](mailto:cindylea@northpennymca.org)

Adapted Swim Programs	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Adapted Free Swim	Free open swim time for all with special needs. No instruction is provided. Participants must bring help to assist them in our locker room and pool.		Lansdale		Thurs	3:00 PM				\$0	\$0

Aquatic Fitness Programs	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								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	No experience necessary. Any skill level in synchronized swimming. Must know how to swim, tread water, and be comfortable in deep water. Great way to exercise, tones your body, adds flexibility, and strengthens muscles. We meet for an hour once a week on Fridays 10:00-11:00am.	16+ yrs	Lansdale's Deming Pool		Friday	10:00 AM	11:00 AM	\$0	\$0	NA	NA

Certification Courses	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
CPR/AED/1st Aid Certification American Red Cross	The American Red Cross CPR/AED/1st Aid Certification Course held at the Lansdale Branch is a Blended Learning CPR Course, which is a combination of online and in-person training. The student begins with the online portion and finishes with the hands-on training under the guidance of an American Red Cross Instructor. For all questions or to schedule please contact our Aquatics Director Cindy Leahy at <a href="mailto:cindylea@northpennymca.org">cindylea@northpennymca.org</a> 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 <a href="mailto:cindylea@northpennymca.org">cindylea@northpennymca.org</a> or 215-368-1601 ext 210	15+ yrs	Lansdale	Full Course Apr 4, 11, 18	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 Apr 19	Sun	8:00 AM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert Course May 19	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	<b>Parent/Child Swim Lesson:</b> This class introduces infants and toddlers to the aquatic environment. FOCUS SKILLS: Blow bubbles on surface (assisted), Front tow chin in water (assisted), water exit – parent and child together, Water entry – parent and child together, Back float assisted head on parent shoulder, Roll over in water (assisted), Front float chin in water (assisted), Back tow head on parent shoulder (assisted), Wall grab (assisted)	6mo-18mo	Lansdale		Sat	9:30 AM	10:00 AM	\$96	\$96	\$144	N/A				
Water Exploration B	<b>Parent/Child Swim Lesson:</b> This class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. (No Prerequisites) FOCUS SKILLS: Blow bubbles mouth and nose submerged (assisted), Front tow and blow bubbles (assisted), Water exit child (assisted), Water entry child (assisted), Back float assisted head on parent chest, Roll over in water (assisted), Front float and blow bubbles (assisted), Back tow head on parent chest (assisted), Wall grab and monkey crawl along edge (assisted)	18mo-3yrs	Lansdale		Sat	10:15 AM	10:45 AM	\$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				
		3-5 yrs	Martin Pool		Sat	10:15 AM	10:45 AM	\$96	\$96	\$144	N/A				
Level 2 - Water Movement	Designed to move the beginning swimmer to more independence in the water applying the basics covered in Levels 1 and 2 but being done without assistance and with better mechanics overall.	3-5 yrs	Deming Pool		Mon	5:00 PM	5:30 PM	\$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				



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 at 215.368.1601, ext 210 or cindylea@NorthPennYMCA.org.	4+ yrs	Lansdale	SESSION 1: 4 WKS				\$135	\$135	\$155	N/A
		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**

Iron Knights Triathlon Training	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Iron Knights Triathlon Training	AGES 5-12 YRS   IRON KNIGHTS TRIATHLON PREP/NEW! "Put your try" into your triathlon. Improve your child's swim mechanics so they can expend less energy on the lead-off leg of their IRONKNIGHTS triathlon. Plus pick up hints and tips about prepping for race day. This program meets twice a week for 4-weeks and will run from April 20 - May 13. Ending prior to the Iron Knight date of May 16th. For more information call Cindy Leahy at 215-368-1601 x-210 or email: cindylea@northpennymca.org	5-8 yrs	Lansdale	Iron Knights	MO WD	5:30 PM	6:30 PM	\$130	\$130	\$165	\$165
		9-12 yrs	Lansdale	Iron Knights	MO WD	6:30 PM	7:30 PM	\$130	\$130	\$165	\$165

**Program Fees**

Swim Team	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Gators Summer Swim Team	Gators Summer Swim Team begins on June 1st. Practices will be held on Mondays/Wednesdays/Thursdays from 5:00 to 6:30 pm. Try out is NOT required for the summer swim team. Season: June 1st - July 23rd.		Lansdale	Practice Days	MO WD TH	5:00 PM	6:30 PM	\$190	\$190	\$250	N/A

Swim Team	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Spring Tune up	Off Season Training and gearing up for summer swim teams: SPRING TUNE UPS: Full Member \$140.00 / Program Member \$175.00 / Non-Member \$190.00 / Current Gators \$105.00 Session 1 : March 30 – April 22 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners March 31 – April 23 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners Session 2 April 27 – May 20 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners April 28 – May 21 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners <b>*Previous Gators</b>		Lansdale	Session 1: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 1: Beginners/Lower Intermediate	MO WD	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 1: Upper Intermediate/Advanced	TU TH	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 1: Beginners/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 2: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 2: Beginners/Lower Intermediate	MO WD	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 2: Upper Intermediate/Advanced	TU TH	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
			Lansdale	Session 2: Beginners/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190

# Sports Program

# Indian Valley Branch - Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

Contact Dominique Lanza, [dominiquel@northpennymca.org](mailto:dominiquel@northpennymca.org)

Parent/Tot Programs	Description	Age	Location	Day	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Preschooler Yoga	Through stories and games, kids will burn energy and learn basic yoga poses and breathing. A parent and child class.	2 1/2-5 yrs	Gym A	Tues	9:45 AM	10:15 AM	\$0	\$0	\$50	\$100
Tumble Time	Play on our indoor gymnastics equipment playground. Great place to let out some energy. No instruction is provided. Parents are required to stay with their children.	1-5 yrs	Gym A	Thurs	9:30 AM	10:15 AM	\$0	\$0	\$50	\$100

Youth Sports Programs	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Badminton	Bring your own equipment for a fun day of badminton. Nets supplied. This is one class with two days to play.	7+ yrs	Gym B	Sat	12:00 PM	2:00 PM	\$0	\$0	\$85	
			Gym B	Sun	11:30 AM	1:30 PM	\$0	\$0	\$85	
Family Dodgeball	This program provides a means of physical activity and exercise for kids while promoting important values such as sportsmanship, teamwork, cooperation, and confidence. Games include every man, doctor dodge, jailbreak, and more. Parents are encouraged to join in on the fun.	7-12 yrs	Gym A	Thur	6:30 PM	7:15 PM	\$0	\$0	\$75	\$150
Youth Floor Hockey	From basic puck work and shooting to successful stick handling and passing, kids have a great time learning floor hockey fundamentals. Kids progress from the basics to more advanced techniques as they master each level in a safe environment.	7-12 yrs	Gym A	Thur	5:30 PM	6:15 PM	\$55	\$55	\$120	\$180
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	5:30 PM	6:15 PM	\$55	\$55	\$120	\$180
Sports of All Sorts	This class is an enjoyable and upbeat way to introduce your child to a variety of sports. During their interaction, they will also learn values such as respect, sharing, teamwork, and socialization.	5-8 yrs	Gym A	Wed	5:00 PM	5:45 PM	\$0	\$0	\$75	\$150

Sports Frenzy	From Dodgeball to Soccer. Capture the Flag or Freeze Tag. Sports Frenzy gives your child the opportunity to play a different game or sport every week. During this fun class, they will also learn values such as respect, sharing, teamwork, and socialization.	9-12 yrs	Gym A	Wed	6:00 PM	6:45 PM	\$45	\$45	\$120	\$180
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							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.	8-15 yrs	Gym A	Sat	12:00 PM	1:00 PM	\$55	\$55	\$120	\$180
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							Program Fees			
Basketball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball (Age 25-50 years)	Enjoy exercise and fun. Games are recreational and designed to provide exercise and a good time. Running is required for this program.	25-60 yrs	Gym A & B	Thurs	7:30 PM	9:30 PM	\$0	\$0	\$85	
		25-60 yrs	Gym A & B	Sat	7:00 AM	10:00 AM	\$0	\$0	\$85	
Basketball Beginner	Our team will teach children the fundamental skills of basketball using fun and exciting drills. This is a beginner program teaching dribbling, passing and basic techniques.	4-5 yrs	Gym A	Mon	4:30 PM	5:15 PM	\$55	\$55	\$120	\$180
		6-8 yrs	Gym A	Mon	5:30 PM	6:15 PM	\$55	\$55	\$120	\$180
		9-12 yrs	Gym A	Mon	6:30 PM	7:15 PM	\$55	\$55	\$120	\$180
Basketball Beginner/Intermediate	This program is for more experienced youth who have gone through our beginner program or another similar program, or who have a good grasp on dribbling, passing and shooting. Depending on enrollment, teams will be created evenly and split to make a mini "intramural" league. Alternatives to this are just classes further learning the fundamentals of the game, but at a faster pace. Join us and Coach Maurice for a fun, competitive environment!	7-11 yrs	Gym A	Fri	5:15 PM	6:15 PM	\$55	\$55	\$120	\$180

# Sports Programs

# Lansdale Branch - Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

Contact: Sports Director [norag@northpennymca.org](mailto:norag@northpennymca.org)

Youth Sports Program	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Dodgeball Youth Program A	Join our <b>free</b> 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 <b>free</b> 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	\$0
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!	5-8 yrs	Lansdale Meg Gym	Thursdays	5:30 PM	6:15 PM	\$55	\$55	\$120	\$0
		7-12 yrs	Lansdale Meg Gym	Thursdays	6:15 PM	7:00 PM	\$55	\$55	\$120	\$0
Flag Football Youth League	Join our YMCA Flag Football League. We are recruiting a team for 8 weeks of action-packed fun! All skill levels accepted! This class teaches the fundamentals of running, catching, and throwing while also focusing on teamwork and strategy. With one session indoors and one session outdoors each week, players will experience a fast-paced game environment that keeps everyone engaged. Games are competitive yet fun, with every play counting toward the team's success. The class meets on Saturdays at 12:00 PM at Pennfield Middle School, so be sure to register and get ready for an exciting season!	7-12 yrs	Sa Pennedale Middle School	Sat	12:00 PM	1:00 PM	\$95	\$95	\$120	\$0

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
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# Sports Programs

# Lansdale Branch - Spring II 2026

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
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Basketball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball Basic Skills and Drills	The Skills and Drills Basketball program at the YMCA is designed 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 - Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

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

Gymnastic Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Tiny Gymnastics	Get your roll on at the Y. Tiny Gymnastics is a program designed to give younger children time on the mats. Focusing on rolling, and improving coordination and balance, our Tiny Gymnastics program will expose children to all the fun and potential of gymnastics. Classes are held in Gym A.	3-5 yrs	Gym A		Tues	4:30 PM	5:15 PM	\$55	\$55	\$120	\$180
Gymnastics   Level 1	Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. Through dance, tumbling, balance, and strength training, your child's confidence will grow as their skills improve as they learn to use their own personalities to perform.	5-12 yrs	Gym A		Tues	5:30 PM	6:15 PM	\$55	\$55	\$120	\$180
Gymnastics   Level 2/3	Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. Must be able to do a cartwheel. Participants will be split in class based on skill level determined by our coaches. This will give your children the opportunity to advance at our Y even if they pass Level 2!	5-12 yrs	Gym A		Tues	6:30 PM	7:15 PM	\$55	\$55	\$120	\$180

Martial Art Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Tae Kwon Do	Korean martial art that translates to 'The Way of the Hand and Foot'. It is an unarmed system of self-defense that promotes physical and mental conditioning through exercise and self-discipline. Challenging and engaging but in a safe and fun environment. Helps students develop strength, stamina, and flexibility through a variety of exercises and training drills. Training and work gradually lead toward advancement through the various ranks.	7- 12 yrs	Indian Valley	Beginners Class	Tues	6:30 PM	7:30 PM	\$55	\$55	\$120	\$180
		12 yrs +	Indian Valley	Belted/ Promoted 12yrs-Adult Class	Tues	7:30 PM	8:30 PM	\$55	\$55	\$120	\$180

# Gymnastics & Martial Arts Programs

# Lansdale Branch | Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

Contact Mary Anne Gallagher with questions at [maryanneg@northpennymca.org](mailto:maryanneg@northpennymca.org)

Gymnastic Programs	Description	Location	Class Info	Days	Start Time	End Time	Program Fees				
							Full Family	Full Member	Program Member	Non-Member Fee	
Tiny Gymnastics	Get your roll on at the Y. Tiny Gymnastics is a program designed to give younger children time on the mats. Watch your toddler roll, tumble, crawl, and climb their way into excellent shape while having fun.	ages 3-5 meg gym		Fri	6:00 PM	6:45 PM	\$55				
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	
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. 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	
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 energetic but fun, safe, and fun.	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

# Gymnastics & Martial Arts Programs

# Lansdale Branch | Spring II 2026

	discipline. Challenging and engaging but in a safe and fun environment. Helps students develop strength, stamina, and flexibility through a variety of exercises and training drills. Training and work gradually lead toward advancement through the various ranks. Taught at this Y for over 20 years by Y instructors- all of whom started their training here.	4+ yrs	Lansdale	All Ages Belted/ Promoted   All Adults	MON   WED	MO 7:30 PM WD 7:45 PM	MO 8:30 PM WD 8:45 PM	\$95	\$95	\$200	n/a
		4+ yrs	Lansdale	Biddy	WED	6:15 PM	6:45 PM	\$95	\$95	\$200	n/a
		4+ yrs	Lansdale	Black Belt, Black Belt Prep, Advanced	FRI	6:00 PM	7:00 PM	\$95	\$95	\$200	n/a
Adult 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> <p>Martial arts at the Y isn't just a class—it's a journey of self-growth and empowerment. Join us today and take the first step toward a stronger, more confident you!</p>	18+	Peak Center	Adult all ages/skill	SAT.	9:00:00 AM	10:00:00 AM	\$95	\$95	\$200	n/a
Empowerment Starts Here: 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	Women and teens 13+	SAT.	10:00:00 AM	11:30:00 AM	\$55	\$55	\$120	\$180

# Special Programs & Events

# Indian Valley Branch - Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

Contact Dominique Lanza with questions at [dominiquel@northpennymca.org](mailto: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 <a href="mailto:Dominiquel@NorthPennYMCA.org">Dominiquel@NorthPennYMCA.org</a> .	55+ yrs	Indian Valley	05/06/2026	Wed	1:00 PM		\$0	\$0	\$0	\$0
		55+ yrs	Indian Valley	6/3/2026	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 <a href="mailto:Dominiquel@NorthPennYMCA.org">Dominiquel@NorthPennYMCA.org</a> .	18+ yrs	Peter Becker Cafe	2nd Fri of month	Fri	12:30 PM	2:00 PM	\$0	\$0	\$0	\$0
Instructional Line Dancing Event - Four Sessions	Get ready to kick up your heels and join the excitement at our upcoming Line Dancing Event! Whether you're a seasoned dancer or a first-timer, this lively gathering is perfect for all skill levels. Our talented dance instructor will lead you through a series of energetic line dances, ensuring a fantastic time for everyone on the dance floor. No partner is required – just bring your enthusiasm and get ready to groove to a mix of country, pop, and other toe-tapping tunes.		Indian Valley Linko Studio	4/09 4/16 4/23 4/30	Thu	11:15 AM	12:15 PM	\$0	\$0	N/A	N/A
Master Gardener Presentation	Do you enjoy gardening? Learn the tips for creating beautiful planters and containers to accent your patio or porch. Presented by Montgomery County Master Gardener, Leigh Kieser. <b>Containers/Small Space Gardening:</b> - Small Spaces and Places with Big Results - Tiny But Mighty - Great for HOA, community gardens, apartments and communal spaces.		Indian Valley	05/21/2026	TH	11:30 AM		\$7.00	\$7.00	\$5.00	\$5.00

Group Ex Specialty Classes/Programs	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Les Mills™ Virtual FULL ACCESS Exclusively at the Indian Valley Family YMCA	We're excited to announce that members at the Indian Valley Branch now have full access to the Les Mills™ Virtual Suite—offering a wide range of formats beyond just cycle classes!  This includes nearly the entire Les Mills™ library (excluding BodyStep™, Tone™, BodyJam™, and a few others), all available in-studio at your convenience.  Plus, we've expanded access to Born to Move™ virtual programming—designed to keep kids active, engaged, and building healthy habits for ages 2-16.  There's something for everyone—any age, any fitness level!  For more information contact Wendy McLaughlin at <a href="mailto:WendyM@NorthPennYMCA.org">WendyM@NorthPennYMCA.org</a>	2+	RPM Room	See RPM Room Schedule for Open Availability				\$0	\$0	N/A	N/A
Arthritis Foundation Exercise Program	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.  AFEP helps participants: • Improve functional ability, confidence, mobility, self-care, muscle strength, and coordination • Reduce fatigue, pain, and stiffness  Join us for 11 weeks of guided movement, education, and support—designed to help you stay active, capable, and confident in your daily life.  Please register at Membership desk, class size is limited. For more information contact Wendy McLaughlin at <a href="mailto:WendyM@NorthPennYMCA.org">WendyM@NorthPennYMCA.org</a>	60+	Linko Studio	May 12, 2026 at 11:30 am runs through July 2	Tue	11:30 AM	12:30 PM	\$0	\$0	\$55	\$110

# Special Programs & Events

# Indian Valley Branch - Spring II 2026

Special Events	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Wellness & More Expo	Discover a diverse array of practices, products, and experts dedicated to nurturing your mind, body, and soul at our Wellness and More Expo! From health professionals to nutrition and alternative therapies, explore the latest trends to elevate every aspect of your life. Join us for a transformative experience that will leave you feeling inspired, empowered, and ready to embrace a healthier, happier you."		Indian Valley HALLWAYS	5/13/2026	Wed	9:00 AM	12:00 PM	\$0	\$0	\$0	\$0
Fitness Walk National Senior Health and Fitness Day	Join us at Franconia Park for our annual Fitness Walk National Senior Health and Fitness Day. This annual celebration of fitness for older adults occurs nationwide with over 100,000 people at more than 1,000 locations. These adults will participate in events with the common goal of promoting health and fitness for mature adults. The Indian Valley Family YMCA will celebrate National Senior Fitness Day with a Fitness Walk at Franconia Park, followed by a picnic lunch. The fee includes lunch. We want to thank our special guest, James Kerr whose topic will be, "It's Never Too Late." We will meet at the Franconia Park Pavilion, Allentown Entrance. Register at the Membership Desk at the Y.		Indian Valley	5/27/2026	WD	11:00 AM		\$10.00	\$10.00	\$10.00	\$10.00
Wine Pairing Event	Our Summer Wine Pairing event will be held at the Pub at Arbour Square on Thursday, June 11th from 6:00-8:00 pm. Kristin Kraft will be presenting wine paired with appetizers for our Indian Valley Family YMCA, hosted by Arbour Square. Kristin is the Chairman of the Board of the Perkiomen Valley Chapter of the American Wine Society and an AWS-certified winetasting judge. Seating is limited so register early. MUST Register in advance at the Indian Valley Branch YMCA by June 2nd. The event include a tasting of 7 wines and 7 hors d'oeuvres.	21+ yrs	Indian Valley	6/11/2026	TH	6:00 PM	8:00 PM	\$30.00	\$30.00	\$30.00	\$30.00

# Specialty Programs & Events

# Lansdale Branch | I Spring I 2026

Session Dates: Spring II - Apr 20 to June 14

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 Firday of every month at 9:00 am. Members and non-members can join us for fun and exciting socializing at Earl Bowl Lanes, 390 Morwood Road, Earlington PA. \$9.00 for three games and \$2.75 for shoes. No registration is required.	21+ yrs	Lansdale		Fri	9:00 AM		\$0	\$0	\$0	\$0
History Lectures	Join Lansdale resident and community volunteer David Nejako for weekly history discussions at the Lansdale branch. Each week will be a new topic. No registration is required. Members and nonmembers are welcome.		Lansdale		Fri	11:45 AM	12:45 PM	\$0	\$0	\$0	\$0
Rock Stars Program: Join the Band	Join the band as the Lansdale YMCA and George's Music partner up to present an experience for the ages. Band members will meet once a week at the Lansdale YMCA and receive professional instruction from a George's Music band leader in preparation for a live concert at a professional venue. No experience is necessary. Only offered to Y-members. Day and times are determined as bands are assembled. Program membership is required at the cost of \$50.		Lansdale	Registration through George's Music 12 week program				\$0	\$0	\$0	\$0
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
Panache Resturant AOA Social Dinner	Join us for a social dinner and fun evening. Enjoy great food and company	50+	602 Skipback Pike Blue Bell Pa 19422	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information on times	04/29/2026	5:00 PM	7:00 PM	Pay on Own	Pay on Own	Pay on Own	Pay on Own
Joseph Ambler Inn AOA Social Dinner	Enjoy the newly renovated Joseph Ambler Inn for fun and great food.	50+	1005 Horsham Road North Wales 19454	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information on times	05/20/2026	5:00 PM	7:00 PM	Pay on Own	Pay on Own	Pay on Own	Pay on Own
Terrain Cafe AOA Social Dinner	Relax in the peaceful surroundings of Terrian Cafe . Enjoy great food and company	50+	2100 Lower State Road Suite 200 Doylestown PA	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information on times	06/10/2026	5:00 PM	7:00 PM	Pay on Own	Pay on Own	Pay on Own	Pay on Own

# Specialty Programs & Events

# Lansdale Branch | I Spring I 2026

Mount Hope Flavorfest Wine Event- Bus Trip	Travel to Mount Hope Winery to enjoy Flavorfest. This event features many pennsylvania wineries for a sampling of delicious food and wine. Join us for a fun event.	50+	Mount Hope Winery	Contact Alison Paster alisonp@northpennym ca.org or 215 368 1601 X 207 for information on times	05/23/2026	930am	730pm	\$85	\$85	\$85	N/A
Sail 250 Maryland and Airshow Baltimore -Bus Trip	Celebrate all things maritime and aviation. Fleet flights and festivals.	50+	Baltimore Maryland	Contact Alison Paster alisonp@northpennym ca.org or 215 368 1601 X 207 for information on times	06/28/2026	7:00 AM	10:00 PM	\$80	\$80	\$80	N/A

# Fitness Programs

# Indian Valley Branch - Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

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

Fitness/Wellness- Youth	Description	Age	Days	Start Time	End Time	Program Fees			
						Full Family	Full Member	Program Member	Non Member
Teen Fitness Orientation 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 <a href="mailto:Dominiquel@NorthPennYMCA.org">Dominiquel@NorthPennYMCA.org</a> .	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 <a href="mailto:Dominiquel@NorthPennYMCA.org">Dominiquel@NorthPennYMCA.org</a> .	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 <b>NEW</b> this session—our <b>Youth Power &amp; Agility Training class</b> is designed just for <b>ages 10–13!</b> This high-energy program packs in exciting functional exercises like <b>tire flipping, battle ropes, push sledding, agility ladders</b> , 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 <a href="mailto:Dominiquel@NorthPennYMCA.org">Dominiquel@NorthPennYMCA.org</a> .	10-13 yrs	Wed	5:00 PM	6:00 PM	\$60	\$60	\$80	\$120
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 <a href="mailto:Dominiquel@NorthPennYMCA.org">Dominiquel@NorthPennYMCA.org</a> .	8+	Thu	5:30 PM	6:30 PM	\$60	\$60	\$80	\$120

Homeschool Fitness Programs	Description	Age	Days	Start Time	End Time	Program Fees			
						Full Family	Full Member	Program Member	Non Member
Homeschool PE Class (Ages 5–12) Gym A	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. <b>Membership Required.</b> Register at the Membership Desk. For more information, please contact Dominique Lanza at <a href="mailto:Dominiquel@NorthPennYMCA.org">Dominiquel@NorthPennYMCA.org</a> .	5-12	Mon	10:00 AM	11:00 AM	\$60 (50% Off Additional Siblings)	\$60 (50% Off Additional Siblings)	\$80 (50% Off Additional Siblings)	\$120 (NO Sibling discount allowed)

# Fitness Programs

# Indian Valley Branch - Spring II 2026

<b>Homeschool "Youth Performance Training"</b> Wellness Center Kids Zone	Get ready for something NEW this session—our Youth Performance 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 <a href="mailto:DominiqueL@NorthPennyMCA.org">DominiqueL@NorthPennyMCA.org</a> .	10-13 yrs	Fri	10:30 AM	11:30 AM	\$60 (50% Off Additional Siblings)	\$60 (50% Off Additional Siblings)	\$80 (50% Off Additional Siblings)	\$120 (NO Sibling discount allowed)
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							Program Fees			
Fitness/Wellness- Adult	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member Reciprocity Guest Member	
PowerHER Hour- <b>TRX- Circuit Class</b> 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 <a href="mailto:DominiqueL@NorthPennyMCA.org">DominiqueL@NorthPennyMCA.org</a> .	16+	Tue	6:00:00 PM	7:00 PM	\$80	\$80	\$120	\$160	
Fitness Boxing for Adults (16+) Gym B	Step into the ring (no experience required!) and unleash your inner fighter in this high-energy fitness boxing class. Led by Instructor Pete—who brings over 20 years of boxing expertise—you'll sharpen your skills with real boxing tips while powering through dynamic warm-ups, boxing rounds, partner drills, mitt work, and more. This class is the perfect mix of cardio, strength, and technique to help you build endurance, relieve stress, and feel stronger with every punch. Get ready for an empowering, sweat-dripping workout that packs a serious punch! Bring your gloves if you have them. Register at the Membership Desk. For more information, please contact Dominique Lanza at <a href="mailto:DominiqueL@NorthPennyMCA.org">DominiqueL@NorthPennyMCA.org</a> .	16+	Mon	5:30 PM	6:30 PM	\$80	\$80	\$120	\$160	

							Program Fees			
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 <a href="mailto:DominiqueL@NorthPennyMCA.org">DominiqueL@NorthPennyMCA.org</a> .	12+				\$450	\$450	\$450		

							Program Fees			
Personal Training	Description	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	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		

# Fitness Programs

# Indian Valley Branch - Spring II 2026

Personal Training: 4 SESSION 30 MIN	fitness testing, and large amounts of motivation. ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.	12+ yrs				\$150	\$150	\$0	
Personal Training: 8 SESSION 1 HR		12+ yrs				\$384	\$384	\$0	
Personal Training: 8 SESSION 30 MIN		12+ yrs				\$266	\$266	\$0	
Personal Training: 12 SESSION 1HR		12+ yrs				\$540	\$540	\$0	
Personal Training: 12 SESSION 30 MIN		12+ yrs				\$358	\$358	\$0	

Personal Training Specials	Description	Age	Days	Start Time	End Time	Program Fees			
						Full Family	Full Member	Program Member	Non Member
Personal Training Special: MOM STRONG	Starting May 3rd – May 10th, treat "Mom" to something special just for her! Four 30-minute sessions for \$130 or Four 60-minute sessions for \$170 Personal Training Sessions can be purchased at the Membership desk. Any questions, contact DominiqueL@NorthPennYMCA.org (Indian Valley) or MaryAnneG@NorthPennYMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE. Indian Valley and Lansdale Location Members Only Special	12+ yrs		5/3/2026	5/10/2026	\$0	\$0	\$0	

# Fitness Programs

# Lansdale Branch - Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

Contact: [maryanneg@northpennymca.org](mailto:maryanneg@northpennymca.org)

Fitness/Wellness- Youth	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							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. <b>Sign up Now for 4-week detailed lessons.</b> Sign up: <b>Starting week April 19th, Ending week of May 16th OR Starting week of May 17th, Ending week of June 13th.</b>	5-12 years	Lansdale	Tuesdays Session 1	7:30 PM	8:30 PM	\$55	\$55	\$95	\$95
		5-12 years	Lansdale	Tuesdays Session 2	7:30 PM	8:30 PM	\$55	\$55	\$95	\$95
		5-12 years	Lansdale	Thursday Session 1	6:00 PM	7:00 PM	\$55	\$55	\$95	\$95
		5-12 years	Lansdale	Thursday Session 2	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 <b>4-week course</b> teaches safety while building confidence and teamwork. <b>One Adult must be with each child under age 7.</b> Sign up: <b>Starting week of April 19th, Ending May 16th OR week Starting May 17th, Ending week of June 13th.</b>	7+	Lansdale	Thursday Session 1	7:00 PM	8:00 PM	\$55	\$55	\$95	\$95
		7+	Lansdale	Thursday Session 2	7:00 PM	8:00 PM	\$55	\$55	\$95	\$95

Fitness/Wellness- Adult	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							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, as supplies are limited. All levels. <b>Due to limited equipment and space, this class currently maxes out at 16 participants and is on a first come, first serve basis.</b>	16+ yrs	Impact Zone	SUNDAYS	11:15 AM		\$0	\$0	\$35	\$10
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

Personal Training	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							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. <b>ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.</b>	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	

# Fitness Programs

# Lansdale Branch - Spring II 2026

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

Personal Training Specials	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Personal Training Special: MOM STRONG	Starting May 3rd – May 10th, treat “Mom” to something special just for her! Four 30-minute sessions for \$130 or Four 60-minute sessions for \$170 Personal Training Sessions can be purchased at the Membership desk. Any questions, contact DominiqueL@NorthPennyMCA.org (Indian Valley) or MaryAnneG@NorthPennyMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE. Indian Valley and Lansdale Location Members Only Special	12+ yrs	Lansdale/ Indian Valley		5/3/2026	5/10/2026	\$0	\$0	\$0	

# EZone & Simulators

# Lansdale Branch - Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

Contact Alison Paster with questions at [allisonp@northpennymca.org](mailto:allisonp@northpennymca.org)

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

## EZONE

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

Ezone programs	Description	Age	Class Specific Info	Days	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
YMCA Golf Academy	Golf lessons for adults and kids. For more information please contact Alison at <a href="mailto:alisonp@NorthPennYMCA.org">alisonp@NorthPennYMCA.org</a> .	18+	Private Golf Lesson	By Appointment	By Appointment	By Appointment	\$25 per hour	\$25 per hour	\$25 per hour	\$25 per hour
Minecraft Monday	Join us for fun, easy, and family-friendly mini-events on our YMCA Minecraft Server. Players will work together to complete challenges and think creatively. Great for kids and families! For questions or to register, please email <a href="mailto:NorthPennYMCA.org/EZONE">NorthPennYMCA.org/EZONE</a>	7+	EGaming Session	June 1, 2026	5:00 PM	8:00 PM	\$0	\$0	\$0	\$10
Mario Monday	It's time to gear up! We will be hosting various Nintendo games and challenges for the whole family to enjoy. From Mario Kart to Mario Party, join us to compete alongside friends and family and be the leader of Mario games. For questions or to register please email <a href="mailto:NorthPennYMCA.org/EZONE">NorthPennYMCA.org/EZONE</a>	7+	EGaming Session	April 27, 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	June 8, 2026	5:00 PM	8:00 PM	\$0	\$0	\$0	\$10

# EZone & Simulators

# Lansdale Branch - Spring II 2026

Family Fun Night-Open House Ezone	Enjoy the Egaming room and sport simulators for a night of family fun. Prizes and refreshments	7+	Ezone	April 13, 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

# Community and Family

# Indian Valley Branch | Spring II 2026

Session Dates: Spring II - Apr 20 to June 14

Contact Sangeeta Kharbanda at [SangeetaK@NorthPennYMCA.org](mailto:SangeetaK@NorthPennYMCA.org)

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

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

# Community & Family

# Lansdale Branch | Spring II 2026

**Session Dates: Spring II - Apr 20 to June 14**

Facility and Space Rentals	Description	Location	Duration	Program Fees			
				Full Family	Full Member	Program Member	Non-Member Fee
Facility Rentals	<p>NEED AN INDOOR FACILITY FOR YOUR GROUP/TEAM? We have spaces in our facility for a variety of group activities including:</p> <ul style="list-style-type: none"> <li>• Gym rentals for basketball, hockey, soccer and more available at both branches.</li> <li>• Climbing wall party rentals are also now available! (Lansdale Branch Only)</li> </ul> <p><b>Lansdale Branch Rentals:</b> contact Bob Varga - 215.368.1601 or email: bobv@NorthPennYMCA.org</p>	Lansdale	Per 1 Hour	\$65	\$65	\$75	\$75
EGaming Rentals	<p>EGaming Room rentals for gaming, computer seminars, tech seminars, etc. (Includes projector, large screen tvs, 8 gaming computers, XBox, Nintendo Switch)</p> <p><b>Lansdale Branch Rentals:</b> contact Alison Paster - 215.368.1601 ext. 207 or email: alisonp@northpennymca.org (Lansdale Branch Only)</p>	Lansdale	Per 1 Hour	\$90	\$90	\$100	\$100
Pool Rentals	<p>Pool rentals for swim teams, water volleyball, etc. (Lansdale Branch Only)</p> <p>Lansdale Branch Rentals: contact Cindy Leahy- 215.368.1601, ext. 210 or email: cindylea@NorthPennYMCA.org)</p>	Lansdale	Per 1 Hour	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing
Class Room Rentals	<p>Classroom rentals for seminars, testing, small events, education, etc</p> <p><b>Lansdale Branch Rentals:</b> contact Bob Varga - 215.368.1601 or email: bobv@NorthPennYMCA.org</p>	Lansdale	Per 1 Hour	\$40	\$40	\$45	\$45

Parties	Description	Location	Duration	Program Fees			
				Full Family	Full Member	Program Member	Non-Member Fee
EZone Party	<p>HOST YOUR PARTY AT THE EZONE! Looking for a cool venue to host your next party? Throw your party in our EZone.</p> <p>What's Included?</p> <ul style="list-style-type: none"> <li>• 1 Hour in Simulators and 1 Hour in EGaming Room</li> <li>• 20 Child Max in EGaming Room</li> <li>• \$5 Per Additional Child up to 25 Children</li> <li>• 1 Hour in Party Room</li> <li>• Party Host to help with set up/clean up and festivities</li> <li>• Paper Products and table covers</li> </ul> <p><b>Lansdale Branch Rentals:</b> contact Alison Paster - 215.368.1601 ext. 207 or email: alisonp@northpennymca.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500

# Community & Family

# Lansdale Branch | Spring II 2026

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