

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

[NorthPennYMCA.org](http://NorthPennYMCA.org)



NORTH PENN YMCA

# Summer

## PROGRAM GUIDE

June 15 - August 23

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: June 1  
Open Registration: June 8

**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.

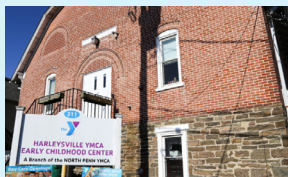
## LOCATIONS:



**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 FOR EVERY STAGE

Day Care, Preschool, Summer Camp,  
and Before/After School Care!

[Enroll Today!](#)

From infants to school-age children!



**NEW YOUTH PROGRAM!**

**NINJAZONE**



NinjaZone is a fusion of obstacle course training, gymnastics, parkour, and character-building. Offered at our Lansdale branch.

**BABY NINJA:** Ages 1-3 years

**LIL NINJA:** Ages 3-5 years

**SCHOOL AGE NINJA:** Ages 5-10 years

[LEARN MORE](#)



**DON'T MISS OUT ON  
SUMMER CAMP  
ADVENTURE AWAITS!  
REGISTER NOW**

**THE**  
*'Best Summer  
Ever'*  
**PLACE**

## 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)

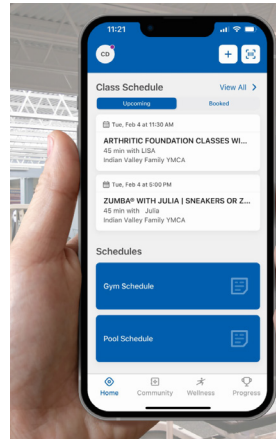
## PICKLEBALL

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.



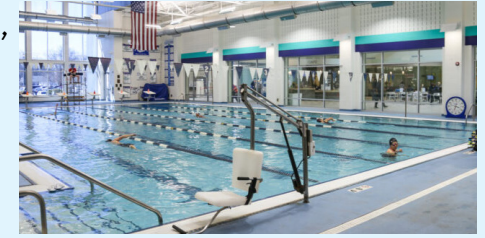
## HOW TO INSTALL:

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

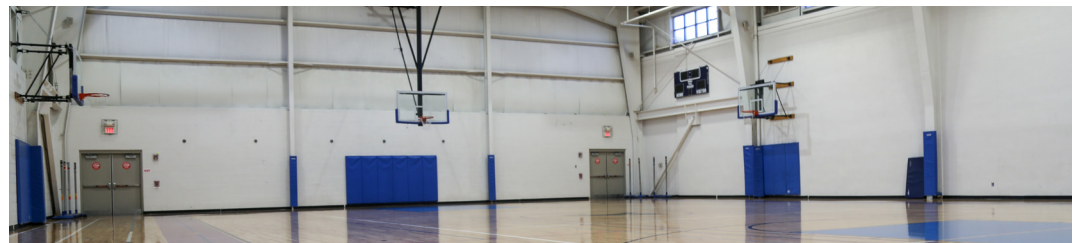
Stay & Play Babysitting services are provided to members while they work out or utilize our facility, additional information at [NorthPennYMCA.org/child-care/stay-and-play](https://NorthPennYMCA.org/child-care/stay-and-play).

## 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



# EZONE

Gaming Center • Golf Simulators • Virtual Sports





# Aquatics Programs

# Indian Valley Branch - Summer 2026

Lifeguard Recertification Courses American Red Cross Classes	Lifeguard Blended Review Course American Red Cross. You will be asked to show your current certification to the instructor. For more information please contact Johnathan White at johnathanw@northpennymca.org, #215-723-3569 ext. 121	16 and older									
				August 16th	Sunday	8:30 AM	6:30 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	

								Program Fees		
Adaptive Swim Programs	Description	Ages	Location	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
Adaptive Swim Programs Do Not Run in the Summer	No Summer Adaptive Classes are offered									

								Program Fees		
Swim Lessons 6 month- 3 yrs	Description	Ages	Location	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
Water Discovery A	<b>Parent/Child Swim Lesson:</b> This class introduces infants and toddlers to the aquatic environment. FOCUS SKILLS: Blow bubbles on surface (assisted), Front tow chin in water (assisted), water exit – parent and child together, Water entry – parent and child together, Back float assisted head on parent shoulder, Roll over in water (assisted), Front float chin in water (assisted), Back tow head on parent shoulder (assisted), Wall grab (assisted)	6 mth-3 yrs	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,	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

# Aquatics Programs

# Indian Valley Branch - Summer 2026

	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.			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

								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	6-12 yrs	Indian Valley	NA	Wed	5:00 PM	5:45 PM	\$120	\$120	\$168



# Aquatics Programs

# Indian Valley Branch - Summer 2026

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	

Pre-Team/Competitive Swim Instruction	Description	Ages	Location	Instructor	Days	Start Time	End Time	Program Fees		
								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 - Summer 2026

Session Dates: Summer | June 15 to Aug 23

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: June 13, 15, 16	Sat	11:00 AM	7:00 PM	\$300	\$300	\$325	\$325
		15+ yrs	Lansdale	Full Course: October 10, 17, 24	Sat	11:00 AM	7:00 PM	\$300	\$300	\$325	\$325

		15+ yrs	Lansdale	Full Course: November 7, 14, 22	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: October 25	Sun	8:00 AM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert Course: November 15	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
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	\$96	\$96	\$144	N/A



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

**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

**Program Fees**

Swim Team	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Fall Tune Up	<b>FALL TUNE UPS-Off-Season Training and Gearing up for the 2026-2027 Swim Team Season:</b> Full Member \$140.00/ Program Member \$175.00 / 2025-26 Fall/Winter Gators \$105.00 / Non Member \$190.00  <b>Session 1:</b> July 27 – August 19 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced** 6:00-7:00 pm – New to Swim Team/Intermediates July 28 – August 20 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced**		Lansdale	Session 1: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
		Lansdale	Session 1: New to Swim Team/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	

	5:00-6:00 pm – Upper Intermediate/Advanced** 6:00-7:00 pm – New to Swim Team/Intermediates <b>**Previous Gators</b>	Lansdale	Session 1: New to Swim Team/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190
Fall Tune Up	<b>FALL TUNE UPS-Off-Season Training and Gearing up for the 2026-2027 Swim Team Season:</b> Full Member \$140.00 / Program Member \$175.00 / 2025-26 Fall/Winter Gators \$105.00 / Non Member \$190.00  <b>Session 2:</b> August 24 – Sept 16 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced** 6:00-7:00 pm – New to Swim Team/Intermediates August 25 – Sept 17 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced** 6:00-7:00 pm – New to Swim Team/Intermediates <b>**Previous Gators</b>	Lansdale	Session 2: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 PM	\$140	\$140	\$175	\$190
		Lansdale	Session 2: New to Swim Team/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: New to Swim Team/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$140	\$140	\$175	\$190

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-2026-2027 SEASON All new to the Gators MUST attend one tryout in order to determine eligibility for the team. <b>TRY-OUTS:</b> Aug 27, 5:00-7:00 pm, Sept 12, 1:00-3:00 pm, Sept 17, 5:00-7:00 pm. <b>Registration fees:</b> 10 and Under (\$340.00); 11 and up (\$365.00). Practices begin Sept 21st. Coaches have the final say to move swimmers into different levels. <b>Gator Parent Meeting:</b> Sept 24, 6-7 pm.	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 - Summer 2026

Session Dates: Summer | June 15 to Aug 23

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

No Parent/Tot Programs in the summer.

Youth Sports Programs	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
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

Adult Sports Programs	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							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	

Pickleball Programs	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							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. All participants may attend as many days and times as they choose at either branch. Full Members- no charge, Program members- \$85 per session, Non Members to pay \$10 daily drop in fee	16+ yrs	Gym B ONLY	Sat	10:00 AM	12:00	\$0 One time fee per session for all time slots	\$0 One time fee per session for all time slots	\$85 One time fee per session for all time slots	
		16+ yrs	Gym A & B	Mon	7:00 AM	9:00 AM				
		16+ yrs	Gym A & B	Tues	7:00 AM	9:00 AM				
		16+ yrs	Gym A & B	Wed	7:00 AM	9:00 AM				
		16+ yrs	Gym A & B	Thurs	7:00 AM	9:00 AM				
		16+ yrs	Gym A & B	Mon	1:30 PM	3:00 PM				
		16+ yrs	Gym A ONLY	Wed	1:30 PM	3:00 PM				
		16+ yrs	Gym A & B	Tues	1:30 PM	3:00 PM				
16+ yrs	Gym A & B	Th	1:30 PM	3:00 PM						

16+ yrs	Gym A & B	Tues	7:30 PM	9:00 PM
16+ yrs	Gym A & B	Fri	7:30 PM	8:45 PM

**Program Fees**

Basketball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball Open Play	Enjoy exercise and fun. Games are recreational and designed to provide exercise and a good time. Running is required for this program. All participants may attend as many days and times as they choose at either branch. Full Members- no charge, Program members- \$85 per session, Non Members to pay \$10 daily drop in fee	18-30 yrs	Gym A & B	Sat	2:15 PM	3:45 PM	\$0 One time fee per session for all time slots	\$0 One time fee per session for all time slots	\$85 One time fee per session for all time slots	
		25-60 yrs	Gym A & B	Thurs	7:30 PM	9:30 PM				
		25-60 yrs	Gym A & B	Sat	7:00 AM	10:00 AM				
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

**Program Fees**

Badminton Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Badminton Open Play	Bring your own equipment for a fun day of badminton. Nets supplied. All participants may attend as many days and times as they choose at either branch. Full Members- no charge, Program members- \$85 per session, Non Members to pay \$10 daily drop in fee	7+ yrs	Gym B	Sat	12:00 PM	2:00 PM	\$0 One time fee per session for all time slots	\$0 One time fee per session for all time slots	\$85 One time fee per session for all time slots	
			Gym B	Sun	11:30 AM	1:30 PM				

# Sports Programs

# Lansdale Branch - Summer | 2026

Session Dates: Summer | June 15 to Aug 23

Contact Maryann Gallagher: [MaryanneG@northpennymca.org](mailto:MaryanneG@northpennymca.org)

Parent/Tot Classes	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Bitty Tumble Time	YMCA Tumble Time is a playful movement class for ages 2–5 that introduces very basic gymnastics skills through guided play. Children explore simple rolling, jumping, balancing, and climbing activities using safe, age-appropriate equipment. The focus is on building early coordination, strength, and confidence in a fun, supportive environment.	1-5yrs	Lansdale Gym A	Mon	9:00 AM	10:00 AM	\$55	\$55	\$120	n/a
Bitty Soccer	Give your child a fun first step into soccer with YMCA Bitty Soccer! Designed for ages 2–5, this program uses games, movement, and simple drills to introduce kicking, dribbling, and teamwork. Kids build coordination, confidence, and social skills in a positive, non-competitive environment where every child can succeed. No experience needed—just come ready to play!	2-5yrs	Lansdale Gym A	Tues	9:00 AM	10:00 AM	\$55	\$55	\$120	n/a
Bitty Preschool yoga	Our Preschool Yoga program introduces ages 2–5 to movement, mindfulness, and fun through simple poses, music, and imaginative play. Children build strength, balance, and coordination while learning basic breathing and relaxation skills in a supportive, non-competitive environment. No experience needed!	2-5yrs	Lansdale Gym A	Thurs	9:00 AM	10:00 AM	\$55	\$55	\$120	n/a

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 <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 Gym A	Wed	5:00 PM	5:45 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 Gym A	Wed	6:00 PM	6:45 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	Lansdale Gym A	TUE/SAT	5:00pm   10am	5:45p   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	Lansdale Gym A	TUE/SAT	6:00pm   11am	6:45p   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 B	Thurs	5:30 PM	6:15 PM	\$55	\$55	\$120	
		7-12 yrs	Lansdale Meg Gym B	Thurs	6:15 PM	7:00 PM	\$55	\$55	\$120	
Youth Indoor Kickball Program	The Lansdale YMCA Youth Kickball Program introduces kids ages 5-12 to the fun and fundamentals of kickball in a supportive, energetic environment. Participants build teamwork, coordination, and sportsmanship through age-appropriate games and skill development. The program emphasizes active play, confidence, and having fun while staying healthy and engaged. <b>Free</b> program for Members!	5-12 yrs	Lansdale Gym A	Mon	5:00 PM	5:45 PM	\$0	\$0	\$120	\$0

# Sports Programs

# Lansdale Branch - Summer | 2026

Teen Sports Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Teen Basketball	Our Teen Basketball Program (ages 13–17) offers a fun, supportive environment for players of all skill levels to learn and compete. Participants build fundamentals like dribbling, shooting, and teamwork through structured practices and organized games. Focused on skill development, sportsmanship, and confidence, this program helps teens stay active, make friends, and enjoy the game.	13-17 yrs	Lansdale Gym A	Tues	7:00 PM	8:00 PM	\$0	\$0	\$120	\$120
Teen Volleyball	Our Teen Volleyball Program (ages 13–17) provides a fun and supportive environment for players of all skill levels to learn and grow. Participants develop fundamentals such as serving, passing, setting, and teamwork through structured practices and organized play. With a focus on skill development, sportsmanship, and confidence, this program helps teens stay active, build friendships, and enjoy the game.	13-17 yrs	Lansdale Gym A	Wed	7:00 PM	8:00 PM	\$0	\$0	\$120	\$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	Lansdale Gym A	Wed	8:00 PM	10:00 PM	\$0	\$0	\$120	\$0
Pickleball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member
Pickleball Open Play	Bring your own equipment and enjoy competitive games of Pickleball. Nets are provided. 16+ YEARS OLD. All participants may attend as many days and times as they choose at either branch. Full Members- no charge, Program members- \$85 per session, Non Members to pay \$10 daily drop in fee	16+ yrs	Lansdale Gym A	Mon	5:00 AM	7:00 AM	\$0 One time fee per session for all time slots	\$0 One time fee per session for all time slots	\$85 One time fee per session for all time slots	n/a
				Mon	12:30 PM	2:30 PM				
				Mon	8:00 PM	10:00 PM				
				Tues	7:00 AM	9:00 AM				
				Tues	10:00 AM	12:00 PM				
				Wed	5:00 AM	7:00 AM				
				Wed	12:30 PM	2:30 PM				
				Thurs	7:00 AM	9:00 AM				
				Thurs	10:00 AM	12:00 PM				
				Fri	5:00 AM	7:00 AM				
				Fri	12:30 PM	2:30 PM				
				Sat	7:00 AM	9:00 AM				
Teen Pickleball	YMCA Teen Pickleball is a fun, fast-paced program for ages 13–17 that introduces and builds on the fundamentals of pickleball. Participants develop skills such as serving, rallying, shot placement, and game strategy through drills and gameplay. The program emphasizes fitness, friendly competition, teamwork, and sportsmanship in a supportive environment for all experience levels. Nets are provided; participants should bring their own paddles and balls.	13-17 yrs	Lansdale Gym A	Mon	7:00 PM	8:00 PM	\$0	\$0	\$120	\$0

# Sports Programs

# Lansdale Branch - Summer | 2026

Youth Pickleball	YMCA Youth Pickleball is a fun, introductory program for ages 5–12 that teaches the basics of one of the fastest-growing sports. Players learn simple skills like grip, paddle control, serving, and rallying through engaging drills and games. The focus is on coordination, movement, teamwork, and sportsmanship in a positive, supportive environment where all skill levels are welcome. Nets are provided; participants should bring their own paddles and balls.	5-12 yrs	Lansdale Gym A	Thurs	5:00 PM	5:45 PM	\$0	\$0	\$120	\$0
Family Pickleball	Bring the whole family out for fun on the court! This program is designed for players of all ages and skill levels to learn and enjoy the game of pickleball together. Participants will practice basic skills, play friendly games, and stay active in a welcoming, family-friendly environment. Nets are provided; participants should bring their own paddles and balls.	All Ages	Lansdale Gym A	Thurs	6:00 PM	8:00 PM	\$0	\$0	\$120	\$0

Basketball Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball 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 Gym A	SAT	10:00 AM	10:45 AM	\$55	\$55	\$120	NA
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 Gym A	MON   SAT	6PM   9AM	7:00PM   10:00AM	\$95	\$95	\$120	\$0
Basketball Open Play (Age 25-60 years)	Enjoy exercise and fun. Games are recreational and designed to provide exercise and a good time. Running is required for this program. All participants may attend as many days and times as they choose at either branch. Full Members- no charge, Program members- \$85 per session, Non Members to pay \$10 daily drop in fee	25-60 yrs	Lansdale MEG Gym B	Mon	8:00 PM	10:00 PM	\$0.00	\$0.00	\$85.00	NA
			Lansdale Gym A	Tues	8:00 PM	10:00 PM	\$0.00	\$0.00	\$85.00	NA
			Lansdale Gym A	Sat	12:00 PM	2:00 PM	\$0.00	\$0.00	\$85.00	NA

Badminton Program	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Badminton Open Play	Bring your own equipment for a fun day of badminton. Nets supplied. All participants may attend as many days and times as they choose at either branch. Full Members- no charge, Program members- \$85 per session, Non Members to pay \$10 daily drop in fee	7+ yrs	Lansdale Gym A	Mon	10:00 AM	12:00 PM	\$0.00	\$0.00	\$85.00	NA
				Tues	12:30 PM	2:30 PM	\$0.00	\$0.00	\$85.00	NA
				Wed	10:00 AM	12:00 PM	\$0.00	\$0.00	\$85.00	NA
				Thurs	12:30 PM	2:30 PM	\$0.00	\$0.00	\$85.00	NA
				Thurs	8:00 PM	10:00 PM	\$0.00	\$0.00	\$85.00	NA
				Fri	10:00 AM	12:00 PM	\$0.00	\$0.00	\$85.00	NA

# Ninja Zone Programs

# Lansdale Branch - Summer | 2026

**Session Dates: July 1-August 23, 2026**

**Contact Mae Gallagher: [MaryanneG@northpennymca.org](mailto:MaryanneG@northpennymca.org)**

Ninja Zone is a fusion obstacle course training, gymnastics, parkour, and charter building program.

Each Ninja class's goals include learning confidence, trying new(and sometimes hard) things, listening to the coach, and understanding respect for self and others.

All Ninja participants are required to wear their Ninja Uniform (level-specific headband and shirt) to each class. This not only promotes a team and peer bond but also encourages self responsibility, the last line of the Ninja Zone mantra. Participant Uniform Fee \$25

Ninja Zone Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Baby Ninja	Listening skills, fundamental movement, coordination, fine & gross motor skill development, body awareness, and our Ninja Zone character building component. If you are looking for an activity to do together while watching your line one(s) grow, connect, gain confident and have fun, this is a great class for you and your child!	12mo-3yr	Ninja Zone	Wed	9:00 AM	9:45 AM	\$110.00	\$110.00	\$170.00	n/a
		12mo-3yr	Ninja Zone	Fri	9:00 AM	9:45 AM	\$110.00	\$110.00	\$170.00	n/a

## Coming in Fall I Session

Lil' Ninja	Lil' Ninja classes are the building blocks of athleticism in npreschoolers. Classes include the development of coordination and confidence, all while having fun and leaning awesome ninja moves. Empower your child's full potential: increase coordination, improve confidence, have fun, foster relationships, build self-independence	3yr-5yr	Ninja Zone							
School Age Ninja	Children learn a combination of flips, rolls, jumps and kicks. Strength & agility are tested through obstacle courses and various training techniques. A progressive level system evaluates and advances children in their skill and knowledge of core values as described in the NinjaZone creed. Children advance and learn at their own pace	5yr-10yr	Ninja Zone							

# Gymnastics - Dance - Martial Arts Programs

# Indian Valley Branch - Summer 2026

Session Dates: Summer | June 15 to Aug 23

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
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 +	Dance Studio	6/18 6/25 7/02 7/09	Thu	7:15 PM	8:45 PM	\$45	\$45	\$100	n/a

# Gymnastics & Martial Arts Programs

# Lansdale Branch | Summer 2026

Session Dates: Summer | June 15 to Aug 23

Contact Mary Anne Gallagher with questions at [maryanneg@northpennymca.org](mailto: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	
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		Tues	5:30 PM	6:15 PM	\$55	\$55	\$120	n/a	
Gymnastics   Level 1	Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. We build skills and confidence through dance, tumbling, balance, and strength training.	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.	ages 5-12 meg gym		Mon	6:30 PM	7:15 PM	\$55	\$55	\$120	n/a	
Gymnastics   Level 3	This class is for gymnasts ready to advance their skills on vault, bars, beam, and floor while building strength, flexibility, and technique in a fun, supportive environment. Participants should be able to perform a back walkover independently prior to enrollment. Instructor approval or previous experience may be required.	ages 5-12 meg gym		Tues	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	Meg GYM		WED	6:15 PM	7:15 PM	\$55	\$55	\$120	n/a
		5-7 yrs	Meg GYM		WED	5:30 PM	6:15 PM	\$55	\$55	\$120	n/a

# Gymnastics & Martial Arts Programs

# Lansdale Branch | Summer 2026

Tae Kwon Do	<p>Korean martial art that translates to 'The Way of the Hand and Foot'. It is an unarmed system of self-defense that promotes physical and mental conditioning through exercise and self-discipline. Challenging and engaging but in a safe and fun environment. Helps students develop strength, stamina, and flexibility through a variety of exercises and training drills. Training and work gradually lead toward advancement through the various ranks. Taught at this Y for over 20 years by Y instructors- all of whom started their training here.</p>	4+ yrs	Lansdale-New Studio  MEG gym	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-New Studio  MEG gym	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- MEG gym	Biddy	WED	6:15 PM	6:45 PM	\$95	\$95	\$200	n/a
		4+ yrs	Lansdale- New Studio	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+	New Studio	Adult all ages/skill	SAT.	9:00:00 AM	10:00:00 AM	\$95	\$95	\$200	n/a

# Special Programs & Events

# Indian Valley Branch - Summer 2026

Session Dates: Summer | June 15 to Aug 23

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	July No Meeting	Wed	1:00 PM		\$0	\$0	\$0	\$0
		55+ yrs	Indian Valley	8/5/2026	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

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: <ul style="list-style-type: none"> <li>• Improve functional ability, confidence, mobility, self-care, muscle strength, and coordination</li> <li>• Reduce fatigue, pain, and stiffness</li> </ul> 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 21st	Tue	11:30 AM	12:30 PM	\$0	\$0	\$55	\$110
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Special Events	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Back to School Drive	The Indian Valley YMCA is partnering up with Keystone Opportunity Center to help provide essential supplies to students in need to make a positive impact on their education.		Indian Valley	TBA				\$0	\$0	\$0	\$0

# Special Programs & Events

# Indian Valley Branch - Summer 2026

<p>Mommy Market</p>	<p>Join us for our annual fall Mommy Market on September 12th from 9 AM-12 PM. Vendors will be selling gently used clothes, toys and so much more. All proceeds benefit our annual campaign. Vendor prices: \$15 for a space with a table or \$10 for space only registration is required. \$1 donation for shoppers, no registration required. Please contact Chrissy Tressler at 215-723-9364 or <a href="mailto:chrissy@northpennymca.org">chrissy@northpennymca.org</a></p>	<p>All Ages</p>	<p>Indian Valley Parking Lot</p>	<p>9/12/26</p>	<p>Sat</p>	<p>9:00 AM</p>	<p>12:00 PM</p>	<p>\$10 per Space \$15 with Table</p>	<p>\$10 per Space \$15 with Table</p>	<p>\$10 per Space \$15 with Table</p>	<p>\$10 per Space \$15 with Table</p>
<p>Holiday Craft Bazaar</p>	<p>Join us for our Annual Holiday Bazaar! Discover unique handmade gifts, local artisan crafts, and delicious seasonal treats. Enjoy festive music and activities for the whole family while supporting local vendors. Don't miss the chance to get into the holiday spirit—mark your calendars and come celebrate with us! Vendor prices: \$45 for a space with a table or \$40 for a space only. Please contact Chrissy Tressler at 215-723-9364 or <a href="mailto:chrissy@northpennymca.org">chrissy@northpennymca.org</a></p>	<p>All ages</p>	<p>Indian Valley</p>	<p>11/7/26</p>	<p>Sat</p>	<p>10:00 AM</p>	<p>2:00 PM</p>	<p>\$40 per Space Only \$45 with Table</p>	<p>\$40 per Space Only \$45 with Table</p>	<p>\$40 per Space Only \$45 with Table</p>	<p>\$40 per Space Only \$45 with Table</p>

# Specialty Programs & Events

# Lansdale Branch | Summer 2026

Session Dates: Summer | June 15 to Aug 23

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
Cape May Dolphin Cruise- Bus Trip	Dolphin Watch Cruise and Free time at Washington Street Mall for Lunch	50+	Cape May NJ via Bus	Jul	July 10, 2026	645am	745pm	\$110	\$110	\$110	N/A
Washington House AOA Social Dinner	Join us for a social dinner and fun evening. Enjoy great food and company	50+	136 N. Main Street, Sellersville PA 18960	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information to reserve a seat	07/16/2026	5:00 PM	7:00 PM	Pay on Own	Pay on Own	Pay on Own	N/A
Arpeggio AOA Social Dinner	Enjoy a delicious Italian dinner and fun friends from the YMCA	50+	1101 N Bethlehem Pike Lower Gwynedd PA 19002	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information to reserve a seat	08/05/2026	5:00 PM	7:00 PM	Pay on own	Pay on own	Pay on own	N/A

Sight and Sound Theatres Joshua- Bus Trip	Experience one of the most redemptive stories of the Bible as it comes to life this brand new original stage production.	50+	Sight and Sound - Bus Trip	Contact Alison Paster alisonp@northpennym ca.org or 215 368 1601 X 207 for information to reserve a seat	08/20/2026	1230	930pm	\$158	\$158	\$158	N/A
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# Fitness Programs

# Indian Valley Branch - Summer

Session Dates: Summer | June 15 to Aug 23

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
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

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

Personal Training	Description	Age	Days	Start Time	End Time	Program Fees		
						Full Family	Full Member	Program Member
Personal Training: 1 SESSION 1 HR	Personal training is available for individuals who would like one on one sessions with our certified personal trainers. An experienced trainer will guide you through your workout and answer any questions you might have concerning your program. Your sessions include a personal exercise program, fitness testing, and large amounts of motivation. ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.	12+ yrs				\$55	\$55	\$0
Personal Training: 1 SESSION 30 MIN		12+ yrs				\$40	\$40	\$0
Personal Training: 4 SESSION 1 HR		12+ yrs				\$208	\$208	\$0
Personal Training: 4 SESSION 30 MIN		12+ yrs				\$150	\$150	\$0
Personal Training: 8 SESSION 1 HR		12+ yrs				\$384	\$384	\$0
Personal Training: 8 SESSION 30 MIN		12+ yrs				\$266	\$266	\$0
Personal Training: 12 SESSION 1HR		12+ yrs				\$540	\$540	\$0
Personal Training: 12 SESSION 30 MIN		12+ yrs				\$358	\$358	\$0

Personal Training Specials	Description	Age	Days	Start Time	End Time	Program Fees		
						Full Family	Full Member	Program Member
Personal Training Special-"In-shape For Summer!"	Personal Training Special Starting June 15th-June 29th 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 <a href="mailto:DominiqueL@NorthPennYMCA.org">DominiqueL@NorthPennYMCA.org</a> (Indian Valley) or <a href="mailto:MaryanneG@NorthPennYMCA.org">MaryanneG@NorthPennYMCA.org</a> (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.	12+ yrs		June 29th	June 29th	See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing

er 2026

Non Member

Non-Member Fee

Non Member Reciprocity Guest Member

Non Member

# Fitness Programs

# Lansdale Branch - Summer 2026

Session Dates: Summer | June 15 to Aug 23

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 8-week sessions designed to help build strength, agility and confidence. <b>Sign up Now for 8-week detailed lessons, with an additional two weeks free!</b> Sign ups open June 1st. Session begins week of June 15th, Ending week of August 23rd.	5-12 years	Lansdale- (Wellness)	Thurs	7:15 PM	8:15 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
Tabata Boxing	Combine boxing techniques with challenging cardio and you will receive a great workout. Bring gloves and wraps, as supplies are limited. <b>Due to limited equipment and space, this class currently maxes out at 20 participants and is on a first come, first serve basis.</b>	16+ yrs	New Studio	SUNDAYS	11:15 AM	12:15	\$0	\$0	\$35	\$10

Fitness/Wellness- Specialty Programs	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							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	
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	

Program Fees

# Fitness Programs

# Lansdale Branch - Summer 2026

Personal Training Specials	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Personal Training Special-"In-shape For Summer!"	<p>Personal Training Special Starting June 15th-June 29th Indian Valley and Lansdale Locations Members Only</p> <p>Special is for both 30-minute and 60-minute sessions: 4 Personal Training sessions, get One Free 8 Personal Training sessions, get Two Free 12 Personal Training sessions, get Four Free</p> <p>See pricing above. Personal Training Sessions can be purchased at Membership desk.</p> <p>Any questions contact DominiqueL@NorthPennYMCA.org (Indian Valley) or MaryanneG@NorthPennYMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.</p>	12+ yrs	Indiana Valley		June 29th	June 29th	See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing	

# EZone & Simulators

# Lansdale Branch - Summer 2026

Session Dates: Summer | June 15 to Aug 23

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

Simulators	Description	Days	Start Time	End Time	Duration	Non Peak Mon-Fri	Peak, Sat & Sun
Our virtual sports and golf simulators are for individuals age 18 and older. Younger players are welcome with parental supervision. Open to members and non members! Come enjoy our brand new virtual simulator suites with access to virtual sports including golf, soccer, hockey, bowling and family fun games! All experience levels are welcome in our simulator spaces. The TruGolf simulators are state of the art and feature E6 Connect technology and access to over 100 of the best courses in the country (including Pebble Beach and Oakmont)!	Mon-Sun	9:00 AM	10:00 AM	1hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	
	Mon-Sun	10:00 AM	11:00 AM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	
	Mon-Sun	11:00 AM	12:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	
	Mon-Sun	12:00 PM	1:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	
	Mon-Sat	1:00 PM	2:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	
	Mon-Sat	2:00 PM	3:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 5-8 people	\$50 per hour 1-4 people \$70 per hour 5-8 people	
	Mon-Sat	3:00 PM	4:00 PM	1 hour	\$40 per hour 1-4 people \$60 per hour 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 <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	July 13, 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	June22,2026	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	August3, 2026	5:00 PM	8:00 PM	\$0	\$0	\$0	\$10

# EZone & Simulators

# Lansdale Branch - Summer 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	July 27, 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 | Summer 2026

Session Dates: Summer | June 15 to Aug 23

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 | Summer 2026

**Session Dates: Summer | June 15 to Aug 23**

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: Mae Gallagher 2153681601 X 216 maryanneg@northpennymca.org</b></p>	Lansdale	Per 1 Hour	Starts at 100	Starts at 100	Starts at 100	Starts at 200
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	\$100	\$100	\$100	Starts at 200
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 Alison Paster 215 368 1601 X 207 alisonp@northpennymca.org</p>	Lansdale	Per 1 Hour	\$100	\$100	\$100	Starts at 200

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>• Party Hosts to help with set up/clean up and festivities</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 | Summer 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 Mae Gallagher 215 3681601            X 216 maryanneg@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>