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

NorthPennYMCA.org

NORTH PENN YMCA

Fall II

PROGRAM GUIDE

October 26 - December 20

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

PROGRAM REGISTRATION DATES:
Early Full Family Registration: October 12
Open Registration: October 19

TO REGISTER FOR A PROGRAM: Visit our Indian Valley or Lansdale branch in person or sign up online: NorthPennYMCA.org.

5 EASY WAYS TO BECOME A Y MEMBER

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

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

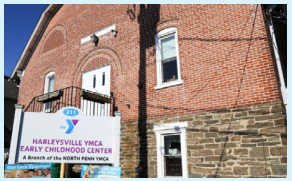
LOCATIONS:



Indian Valley Branch
890 Maple Avenue, Harleysville, PA 19438 | 215.723.3569
Click here for hours and amenities



Lansdale Branch
608 E. Main Street, Lansdale, PA 19446
215.368.1601
Click here for hours and amenities



Harleysville Early Childhood Center
311 Alumni Avenue, Harleysville, PA 19438 | 215.256.0767
Click here for hours and amenities



EARLY LEARNING AT THE Y
DAY CARE, PRE-K, PRESCHOOL

- Part-time or full-time options
- Ages 6 weeks to 5 years

Enroll Today!

COMING BLACK FRIDAY TO CYBER MONDAY:

A FEAST OF DEALS

SPECIAL OFFERS ON

- GIFT CERTIFICATES
- MEMBERSHIP
- SPORTS SIMULATORS
- AND MORE!

NorthPennYMCA.org

JOIN OUR TEAM!

Roles in aquatics, child care, and more!

FOR THE LOVE OF PETS!

Bring a pet food/treat item in October to help support local shelters and receive:

NON-MEMBERS

$0 Join Fee

MEMBERS

Entry to win: $100 Hand & Stone Massage gift card + $100 PetSmart gift card



BRING YOUR DONATION TO THE MEMBERSHIP DESK TO PARTICIPATE

FITNESS



We offer state-of-the-art wellness centers and exercise studios focused on the health and wellbeing of each of our members. Our wellness centers are open and spacious during our operating hours with no reservation required.

GROUP EXERCISE

Most group exercise classes are included with full membership including LesMills™, Silver Sneakers™ and more.
Please visit NorthPennYMCA.org/schedules for schedules.

PERSONAL TRAINING

Our team of certified personal trainers is available to help you reach your health and wellness goals at a time that meets your schedule. One-on-one customized training is perfect for individuals new to fitness as well as those seeking to take their fitness to another level. Small group training also available. To learn more click here.

GYMNASIUM

Our gymnasiums at our Lansdale and Indian Valley branches are available for open gym, basketball and pickleball. To view our gymnasium schedules, visit NorthPennYMCA.org/schedules

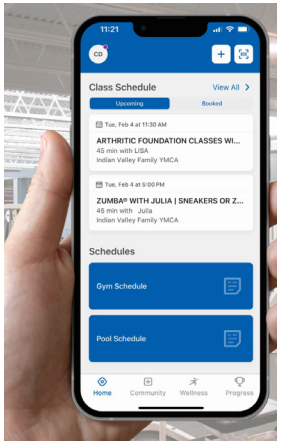
PICKLEBALL



Pickleball is offered year-round at our Lansdale and Indian Valley branches. Programs include youth pickleball clinics, adult pickleball lessons for beginner through advanced level players, and open, recreational time. Registration required. **Learn more**

SMARTPHONE APP

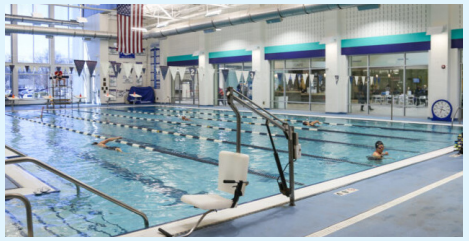
Our app includes a "find a class" feature, access to schedules, and important links. Keep track of your workouts and participate in member challenges. Turn on notifications, and you'll receive push notifications when there is important information and closures.



HOW TO INSTALL:

1. Visit your app store.
2. Search for "North Penn YMCA"
3. Download to your phone
4. Use your personal information to create an account

AQUATICS



In addition to our aquatics and swim programs, we offer lap swim, open/family swim, and aquatic group exercise classes. Within our two branches we have four indoor pools:

Indian Valley Pool: Six lane, 25 yard lap pool utilized for lap swim and aquatics group exercise classes, and swim lessons.

Lansdale Lap/Recreational Pool: Six lane, 25 yard pool scheduled daily for lapswim, swim team practices, open recreational use and water walking.

Lansdale Martin Pool: This recreational pool with slide and water features is scheduled for open recreational time as well as aquatics group exercise classes.

Lansdale Deming Pool: Four lane, 25 yard pool scheduled daily for swim lessons, classes and open swim times.

For pool schedules, visit: NorthPennYMCA.org/schedules.

STAY & PLAY

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

Indian Valley Stay & Play Hours

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

Lansdale Stay & Play Hours

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



NEED AN INDOOR FACILITY FOR YOUR GROUP/TEAM?

We have spaces in our facilities for a variety of group activities including:
• Gym rentals for basketball, hockey, soccer and more available at both branches. Climbing wall party rentals are also now available! (Lansdale branch only)
• Pool rentals for swim teams, water volleyball, etc. (Lansdale branch only)
Lansdale branch rentals: call 215.368.1601
Indian Valley branch rentals: contact Chelse Burton 215.723.3569 ext 152, chelseb@NorthPennYMCA.org or Sangeeta Kharbanda 215.723.3569 ext 111, sangeetak@NorthPennYMCA.org



EZONE

Gaming Center • Golf Simulators • Virtual Sports



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 - Fall II 2026

Session Dates: Fall II | October 26 to December 20

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

								Program Fees		
Aquatic Fitness Programs	**Description**	**Ages**	**Location**	**Instructor**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**
Silver Sneakers Splash: Aerobics	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
Silver Sneakers Splash: Water Walkers	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	7:00 AM	7:45 AM	$0	$0	n/a
					Thurs	7:00 AM	7:45 AM	$0		
Aqua Aerobics	Cardiovascular fitness shallow water aquatic aerobic class choreographed to music that increase strength and cardiovascular endurance and tones, tightens and trims your body. The class includes the use of resistance.	16+			Tues	10:00 AM	10:45 AM	$0	$0	n/a
					Tues	7:00 PM	7:45 PM	$0	$0	n/a
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
Aqua Zumba/Aerobics	Alternating weeks of Aqua Zumba and Water Aerobics	16+			Wed	7:00 PM	7:45 PM	$0	$0	n/a

								Program Fees		
Certification Courses	**Description**	**Ages**	**Location**	**Dates**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**
American Red Cross Adult/Pediatric First Aid/CPR/AED Blended Learn Course	American Red Cross Adult/Pediatric First Aid/CPR/AED Blended Learn Course	14-99 yrs		11/7	Sat	10:00 AM	12:00 PM	$75	$75 Full Member $45 Staff Member	$90
				11/19	Thur	6:00 PM	8:00 PM	$75	$75 Full Member $45 Staff Member	$90
				12/5	Sat	10:00 AM	12:00 PM	$75	$75 Full Member $45 Staff Member	$90
				12/17	Thur	6:00 PM	8:00 PM	$75	$75 Full Member $45 Staff Member	$90

Aquatics Programs

Indian Valley Branch - Fall II 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		12/5/26	Saturday 12/5	8:30 AM	5:30 PM	$150	$150	$150

Adult/Teen Swim Lessons	Description	Ages	Location		Days	Start Time	End Time	Full Family	Full Member	Program Member
Swim Lessons Adult|Teen Beginner	Learn to swim. Class is for beginners learning to swim their first length of the pool.	13-99 yrs	Indian Valley	NA	Wed	6:15 PM	7:00 PM	$120	$120	$168
Swim Lessons Adult|Teen Advanced	Stroke Development. Class is for advanced swimmers learning to perfect their technique as well as learn multiple new strokes.	13-99 yrs	Indian Valley	NA	Thur	7:00 PM	7:45 PM	$120	$120	$168

								Program Fees		
Adaptive Swim Programs	**Description**	**Ages**	**Location**	**Instructor**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**
Adaptive Swim Lessons	Adaptive Swim lessons for 3 yrs+ are one-on-one swim lessons for children with mild physical and mental conditions. To register, please email johnathanw@northpennymca.org.	3 + yrs	Indian Valley	NA	Mon	4:00 PM	4:30 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Mon	4:30 PM	5:00 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Mon	5:00 PM	5:30 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Mon	5:30 PM	6:00 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Mon	6:00 PM	6:30 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Mon	6:30 PM	7:00 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Fri	4:00 PM	4:30 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Fri	4:30 PM	5:00 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Fri	5:00 PM	5:30 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Fri	5:30 PM	6:00 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Fri	6:00 PM	6:30 PM	$135	$155	$155
		3 + yrs	Indian Valley	NA	Fri	6:30 PM	7:00 PM	$135	$155	$155

								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	**Parent/Child Swim Lesson:** This class introduces infants and toddlers to the aquatic environment. FOCUS SKILLS: Blow bubbles on surface (assisted), Front tow chin in water (assisted), water exit – parent and child together, Water entry – parent and child together, Back float assisted head on parent shoulder, Roll over in water (assisted), Front float chin in water (assisted), Back tow head on parent shoulder (assisted), Wall grab (assisted)	6 mth-3 yrs	Indian Valley	NA	Sat	9:50 AM	10:20 AM	$96	$96	$144
				NA	Sat	11:15 AM	11:45 AM	$96	$96	$144

Aquatics Programs

Indian Valley Branch - Fall II 2026

Swim Lessons 3-5 yrs	Description	Ages	Location	Instructor	Days	Start Time	End Time	Program Fees		
								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	9:50	10:20 AM	$96	$96	$144
				NA	Sat	10:30 AM	11:00 AM	$96	$96	$144
Level 2 - Water Movement - Ages 3-5	For the beginning swimmer and simply builds on basic skills of Level 1 with the goal of improving the most basic skills and safety around the water. FOCUS SKILLS: Blowing bubbles with face submerged and out the nose, Back float for a longer period of time with the goal of being unassisted, Front glide with improving body position and less assistance, Kicking on stomach and back improving quality and distance, Rolling over in the water, Jumping in from the side of the pool on teacher cue with less assistance and completely submerging. Children should already be comfortable going underwater and blowing bubbles before enrolling.	3-5 yrs	Indian Valley	NA	Tues	5:00 PM	5:30 PM	$96	$96	$144
				NA	Tues	5:35 PM	6:05 PM	$96	$96	$144
				NA	Wed	5:35 PM	6:05 PM	$96	$96	$144
				NA	Thur	5:35 PM	6:05 PM	$96	$96	$144
				NA	Sat	9:55 AM	10:25 AM	$96	$96	$144
				NA	Sat	9:50 AM	10:20 AM	$96	$96	$144
				NA	Sat	11:05 AM	11:35 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	5:35 PM	6:05 PM	$96	$96	$144
				NA	Sat	9:50 AM	10:20 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/dophin 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	5:50 PM	6:20 PM	$96	$96	$144

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	5:50 PM	6:35 PM	$120	$120	$168

Aquatics Programs

Indian Valley Branch - Fall II 2026

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	11:40 PM	12:25 PM	$120	$120	$168
				NA	Tue	6:10 PM	6:55 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	Wed	5:00 PM	5:45 PM	$120	$120	$168
				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
Level 4 - Stroke Introduction - Ages 6-12	Designed to introduce the basic stroke techniques for the front crawl. FOCUS SKILLS: Drills building to being able to swim 25 yds front crawl with rotary breathing. Diving in from knees on teacher cue in deep water, Tread water with quality kick and arms for 1 min and exit pool. Children are expected to know how to kick on their front, back, and side before enrolling in this level.	6-12 yrs	Indian Valley	NA	Wed	5:00 PM	5:45 PM	$120	$120	$168
				NA	Sat	9:00 AM	9:45 AM	$120	$120	$168
				NA	Sat	10:25 AM	11:10 AM	$120	$120	$168
				NA	Sat	10:25 AM	11:10 PM	$120	$120	$168
				NA	Sat	11:15 AM	12:00 PM	$120	$120	$168
				NA	Thur	6:10 PM	6:55 PM	$120	$120	$168
				N/A	Tue	6:10 PM	6:55 PM	$120	$120	$168
Level 5 - Stroke Development - Ages 6-12	Designed to introduce backstroke . FOCUS SKILLS: Freestyle, bent-arm recovery, 25 yd., Backstroke, 25 yd., Dive, kneeling/standing. Children are expected to be able to swim 25 yards front crawl before enrolling in this level.	6-12 yrs	Indian Valley	NA	Sat	9:00 AM	9:45 AM	$120	$120	$168
				NA	Sat	10:25 AM	11:10 AM	$120	$120	$168
				NA	Sat	12:05 PM	12:50 PM	$120	$120	$168
				NA	Thur	6:15 PM	7:00 PM	$120	$120	$168
Level 6 - Stroke Development-Ages 6-12	This level focuses on teaching the short-axis strokes Breaststroke and Butterfly, building endurance for 25y swims of each. FOCUS SKILLS: . Standing Dive. Breaststroke, with open turn, 50 yd., Butterfly, 25 yd. Children are expected to be able to swim 25 yards front crawl and backstroke before enrolling in this level.	6-12 yrs		NA	Sat	9:00 AM	9:45 AM	$120	$120	$168
				NA	Sat	11:50 AM	12:35 PM	$120	$120	$168
				NA	Fri	7:00 PM	7:45 PM	$120	$120	$168
				NA	Mon	7:00 PM	7:45 PM	$120	$120	$168

Aquatics Programs

Indian Valley Branch - Fall II 2026

							Program Fees		
Swim Lessons: Private/Semi Private	**Description**	**Ages**	**Location**	**Registration Information**	**Session Info**		**Full Family**	**Full Member**	**Program Member**
Swim Lessons-Private	AGE 4+ YRS - Private or Semi-Private swim lessons are scheduled as four, half-hour swim lessons for any participant	4-99 yrs	Indian Valley	Prior to registration/payment, participants must contact the Aquatics Director. Private and Semi-Private swim lessons are scheduled based on participant and instructor availability. Please stop in to fill out a request form or email iv. swimlessons@northpennymca.org	Times and days are arranged with the Aquatics Director		$135	$135	$155
Swim Lessons-Semi Private	AGE 4+ YRS - Private or Semi-Private swim lessons are scheduled as four, half-hour swim lessons for any participant	4-99 yrs	Indian Valley				$110	$110	$135

								Program Fees		
Pre-Team/Competitive Swim Instruction	**Description**	**Ages**	**Location**	**Instructor**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**
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			1	4:45 PM	6:00 PM	$152	$152	$200

Aquatics Program — Lansdale Branch - Fall II 2026

Session Dates: Fall II | October 26 to December 20

Contact Cindy Ginnetti-Leahy with questions at 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 warn 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 Cindylea@northpennymca.org or call 215-368-1601 ext 210.		Lansdale	Non-Staff Class	Wa			$75	$75	$90	$90
Lifeguard Certification American Red Cross	LIFEGUARD – CERTIFICATION, AMERICAN RED CROSS BLENDED LEARNING: This course is a Blended Learning course combining online training with in-person hands-on training. You must attend all 3 in-person classes. For more information please contact our Director, Cindy Leahy, at cindylea@northpennymca.org or 215-368-1601 ext 210	15+ yrs	Lansdale	Full Course: 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	**Parent/Child Swim Lesson:** This class introduces infants and toddlers to the aquatic environment. FOCUS SKILLS: Blow bubbles on surface (assisted), Front tow chin in water (assisted), water exit – parent and child together, Water entry – parent and child together, Back float assisted head on parent shoulder, Roll over in water (assisted), Front float chin in water (assisted), Back tow head on parent shoulder (assisted), Wall grab	6mo-18mo	Lansdale		Sat	9:30 AM	10:00 AM	$96	$96	$144	N/A
Water Exploration B	**Parent/Child Swim Lesson:** This class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. (No Prerequisites) FOCUS SKILLS: Blow bubbles mouth and nose submerged (assisted), Front tow and blow bubbles (assisted), Water exit child (assisted), Water entry child (assisted), Back float assisted head on parent chest, Roll over in water (assisted), Front float and blow bubbles (assisted), Back tow head on parent chest (assisted), Wall grab and monkey crawl along edge (assisted)	18mo-3yrs	Lansdale		Sat	10:15 AM	10:45 AM	$96	$96	$144	N/A
		18mo-3yrs	Lansdale		Sat	11:00 AM	11:30 AM	$96	$96	$144	N/A

								Program Fees			
Swim Lessons 3-5 yrs	**Description**	**Ages**	**Location**	**Class Specific Info**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Level 1 - Water Acclimation	Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process. FOCUS SKILLS: Blowing bubbles out mouth, Back float & front glide assisted, Kicking on stomach and back assisted, Rolling over in water, Jumping in from side of pool on teacher cue with assistance	3-5 yrs	Deming Pool		Mon	5:45 PM	6:15 PM	$96	$96	$144	N/A
		3-5 yrs	Deming Pool		Mon	5:00 PM	5:30 PM	$96	$96	$144	N/A
		3-5 yrs	Deming Pool		Wed	5:45 PM	6:15 PM	$96	$96	$144	N/A
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	$96	$96	$144	N/A
		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

Level 3 - Water Stamina	Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke). FOCUS SKILLS: Drills building to being able to swim 15 yds front crawl with rotary breathing, Drills building to being able to swim 15 yds backstroke, Introduce Breaststroke kick, Introduce Butterfly/dolphin kick, Diving in from knees on teacher cue in deep water, Tread water with quality kick and arms for 1 min and exit pool	3-5 yrs	Deming Pool		Wed	5:00 PM	5:30 PM	$96	$96	$144	N/A
		3-5 yrs	Deming Pool		Sat	11:00 AM	11:30 AM	$96	$96	$144	N/A
Level 4 - Stroke Introduction	Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke). FOCUS SKILLS: Drills building to being able to swim 15 yds front crawl with rotary breathing, Drills building to being able to swim 15 yds backstroke, Introduce Breaststroke kick, Introduce Butterfly/dolphin kick, Diving in from knees on teacher cue in deep water, Tread water with quality kick and arms for 1 min and exit pool	3-5 yrs	Martin Pool		Sat	11:45 AM	12:15 AM	$96	$96	$144	N/A

								Program Fees			
Swim Lessons 6-12 yrs	**Description**	**Ages**	**Location**	**Class Specific Info**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Level 1 - Water Acclimation	Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process. FOCUS SKILLS: Blowing bubbles out mouth, Back float & front glide assisted, Kicking on stomach and back assisted, Rolling over in water, Jumping in from side of pool on teacher cue with assistance	6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	$120	$120	$168	N/A
Level 2 - Water Movement	For the beginning swimmer and simply builds on basic skills of Level 1 with the goal of improving the most basic skills and safety around the water. FOCUS SKILLS: Blowing bubbles with face submerged and out nose, >Back float for a longer period of time with goal of being unassisted, Front glide with improving body position and less assistance, Kicking on stomach and back improving quality and distance, Rolling over in water, Beginning to learn to tread water 10 seconds and exit pool, Jumping in from side of pool on teacher cue with less assistance and completely submerging	6-12 yrs	Deming Pool		Tues	5:00 PM	5:45 PM	$120	$120	$168	N/A
		6-12 yrs	Deming Pool		Sat	10:30 AM	11:15 AM	$120	$120	$168	N/A
Level 3 - Water Stamina	Designed to move the beginning swimmer to more independence in the water applying the basics covered in Levels 1 & 2 but being done without assistance and with better mechanics overall. FOCUS SKILLS: >Improving body position and kicks working toward front & back crawls, Front glide adding rotational breathing, Kicking on stomach and back assisted, Jumping in deeper water on teacher cue and submerging, Treading water for 1 minute and exiting pool<	6-12 yrs	Deming Pool		Thurs	6:00 PM	6:45 PM	$120	$120	$168	N/A
		6-12 yrs	Deming Pool		Thurs	5:00 PM	5:45 PM	$120	$120	$168	N/A
		6-12 yrs	Deming Pool		Sat	11:30 AM	12:15 PM	$120	$120	$168	N/A
Level 4 - Stroke Introduction	Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke). FOCUS SKILLS: Drills building to being able to swim 15 yds front crawl with rotary breathing, Drills building to being able to swim 15 yds backstroke, Introduce Breaststroke kick, Introduce Butterfly/dolphin kick, Diving in from knees on teacher cue in deep water, Tread water with quality kick and arms for 1 min and exit pool	6-12 yrs	Deming Pool		Tues	5:00 PM	5:45 PM	$120	$120	$168	N/A
		6-12 yrs	Deming Pool		Thurs	5:00 PM	5:45 PM	$120	$120	$168	N/A
		6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	$120	$120	$168	N/A
Level 5 - Stroke Development	Designed to start refining freestyle and backstroke and introduce breaststroke and butterfly. FOCUS SKILLS: Endurance, any stroke or combination of strokes for 50 yds, Freestyle, bent-arm recovery, 25 yd., Backstroke, 25 yd., Dive, kneeling, standing, Resting stroke, sidestroke, 25 yd., Tread water, scissor & whip kick, 2 mins., Beginning Breaststroke, 25 yd., Beginning Butterfly, simultaneous arm action & kick, 15	6-12 yrs	Deming Pool		Sat	10:30 AM	11:15 AM	$120	$120	$168	N/A
		6-12 yrs	Deming Pool		Tues	6:00 PM	6:45 PM	$120	$120	$168	N/A
Level 6 -Stroke Mechanics	This level further refines stroke technique on all major competitive strokes and begins to teach flip turns as well as expecting students to swim longer distances. FOCUS SKILLS: Endurance, any stroke or combination of strokes, 150 yd., Front crawl, 50 yds and begin working on flip turn. Backstroke 50 yds & begin working on flip turn, Dive, standing,										

	Resting stroke, elementary backstroke or sidestroke, 50 yd.Tread water, retrieve object off bottom, tread 1 min, Breaststroke, with open turn, 50 yd, Butterfly, 25 yd.	6-12 yrs	Deming Pool		Thurs	6:00 PM	6:45 PM	$120	$120	$168	N/A

								Program Fees			
Swim Lessons: Private/Semi Private	**Description**	**Ages**	**Location**	**Class Specific Info**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Swim Lessons-Private	Private swim lessons are scheduled in four, half-hour swim lessons for any participants 4+. Prior to registration/payment, participants must contact the Aquatics Department. Private and semi-private swim lessons are scheduled based on participant and instructor availability. Please call Cindy 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			
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. **TRY-OUTS**: Aug 27, 5:00-7:00 pm, Sept 12, 1:00-3:00 pm, Sept 17, 5:00-7:00 pm. **Registration fees:** 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. **Gator Parent Meeting:** 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 - Fall II 2026

Session Dates: Fall II | October 26 to December 20

Contact Brandon Reese, brandonr@northpennymca.org

							Program Fees			
Parent/Tot Programs	**Description**	**Age**	**Location**	**Day**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Preschooler Yoga	Through stories and games, kids will burn energy and learn basic yoga poses and breathing. A parent and child class.	2.5-5 yrs	Gym A	Wed	10:00 AM	10:30 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

							Program Fees			
Youth Sports Programs	**Description**	**Age**	**Location**	**Days**	**Start Time**	**End Time**	**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
Family Fun Night	Join us for an exciting 8-week series filled with themed games, sports, obstacle courses, relays, challenges, and family-friendly activities designed for children ages 4–12 and their parents or guardians. Each week features a new adventure that encourages teamwork, laughter, and lasting memories.	4-12 yrs	Gym A & B	Fri	6:00 PM	8:00 PM	$55	$55	$120	$180
Little Laxers	This program introduces young athletes to the exciting game of lacrosse. Participants will learn fundamental skills including scooping, passing, catching, cradling, and shooting. No previous lacrosse experience is required.	7-12 yrs	Gym B	Tues	6:30 PM	7:15 PM	$55	$55	$120	$150
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 a fun and upbeat way to introduce your child to a variety of sports. During their interaction, they will also learn values such as respect, sharing, teamwork, and socialization.	4-6 yrs	Gym B	Wed	5:00 PM	5:45 PM	$0	$0	$100	

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

							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 Lessons (Beginner)	Pickleball is a sport that is sweeping the nation and now you can learn the fundamentals in step-by-step lessons right here at the Indian Valley YMCA. This combination of table tennis, badminton, and tennis will get you up and moving and having fun! Registration is REQUIRED at the Membership Desk.	25+ yrs	Beginner Gym A & B	Tues	12:00 PM	1:30 PM	$55	$55	$120	$180
Pickleball Lessons (Advance)	Pickleball is a sport that is sweeping the nation and now you can learn the fundamentals in step-by-step lessons right here at the Indian Valley YMCA. This combination of table tennis, badminton, and tennis will get you up and moving and having fun! Registration is REQUIRED at the Membership Desk.	25+ yrs	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.	10-15 yrs	Gym B	Wed	6:00 PM	7:00 PM	$55	$55	$120	$180
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	Wed	7:00 AM	9:00 AM				
		16+ yrs	Gym A & B	Tues	1:30 PM	3:00 PM				
		16+ yrs	Gym A & B	Thurs	1:30 PM	3:00 PM				

		16+ yrs	Gym A & B	Tues	7:30 PM	9:00 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	9:15 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
Basketball Intermediate	Designed for players who have a solid understanding of the game's fundamentals and are ready to take their skills to the next level. Participants will focus on advanced ball handling, shooting, passing, defensive techniques, footwork, and game strategy through skill-building drills and live game play. This class helps athletes improve their confidence, basketball IQ, and overall performance in a fun, positive, and challenging environment.	8-12 yrs	Gym A	Wed	5:15 PM	6:15 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 - Fall II | 2026

Session Dates: Fall II | October 26 to December 20

Contact Timothy James: TimothyJ@northpennymca.org

Youth Sports Program	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Dodgeball Youth Program A	Join our **free** dodgeball class and have a blast while staying active! This high-energy game helps kids build agility, coordination, and teamwork in a fun and supportive environment. Players will develop skills like throwing accuracy, quick reflexes, and strategic thinking as they dodge and aim for their targets. Whether your child is a beginner or a seasoned player, they'll enjoy friendly competition and exciting challenges each week. The class runs for 8 weeks, giving kids plenty of time to learn, grow, and have a great time!	5-8 yrs	Lansdale 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 **free** dodgeball class! This exciting and competitive game helps kids improve agility, hand-eye coordination, and teamwork while having a blast. No prior skills are needed—everyone can jump in, learn the game, and enjoy friendly competition. Players will develop quick reflexes, throwing accuracy, and strategic thinking in a supportive and energetic environment. The class runs for 8 weeks, giving kids plenty of time to build skills, confidence, and lasting friendships!	9-13 yrs	Lansdale Gym A	Wed	6:00 PM	6:45 PM	$0	$0	$120	
Swiftee Soccer Level 1	Learn to play soccer and work on the craft of footwork. The indoor 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 Twice a week on Tuesday evenings ans Saturday Mornings. (Athletes must wear cleats and bring their own ball to outdoor practices on Saturdays)	5-8yrs	Lansdale Gym A & Penndale Middle School	TUE & SAT	5:00:00 PM/ 9:30 AM	5:45 PM/ 10:30 AM	$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 Twice a week on Tuesday evenings and Saturday mornings. (Athletes must wear cleats and bring their own ball to outdoor practices on Saturdays)	9-12 yrs	Lansdale Gym A & Penndale Middle School	TUE & SAT	6:00:00 PM/ 10:30 AM	6:45 PM/ 11:30 AM	$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 Gym A	Thurs	5:30 PM	6:15 PM	$55	$55	$120	
		9-12 yrs	Lansdale Gym A	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. **Free** program for Members!	5-12 yrs	Lansdale Gym A	Mon	5:00 PM	5:45 PM	$0	$0	$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 program teaches the fundamentals of running, catching, and throwing while also focusing on teamwork and strategy. 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. Games are on Saturdays at 11:30am to 1:00 pm at Penndale Middle School, so be sure to register and get ready for an exciting season!	6-7 yrs	Penndale Middle School	Sat	11:30 AM	1:00 PM	$95	$95	$120	$0
		8-9 yrs	Penndale Middle School	Sat	11:30 AM	1:00 PM	$95	$95	$120	$0
		10-12 yrs	Penndale Middle School	Sat	11:30 AM	1:00 PM	$95	$95	$120	$0

Sports Programs — Lansdale Branch - Fall II | 2026

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	Meg Gym	Tues	7:15 PM	8:00 PM	$0	$0	$120	$120
Teen Volleyball- Open Play	Our Open 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 Open 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
Youth Boot Camp	Our youth bootcamp (ages 8-17) is a fast-paced group fitness class that combines strength training, cardio, and bodyweight movements into a single high-intensity session. Some sessions will include information about proper athletic nutrition, Stretching, and Mindfulness	8-17 yrs	Lansdale Gym A	Thursday & Sat	Thurs 5:30p Sat 10:45a	Thurs 6:30p Sat 11:30a	$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	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 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. **Please note these sessions are geared towards players with intermediate skill and can be quite competetitive. A general knowledge of the rules as well as some prior playing experience is strongly reccomended** 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				

Sports Programs

Lansdale Branch - Fall II | 2026

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
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	Fri	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	Fri	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	6:00 PM	6:45 PM	$95	$95	$120	$0
		9-12 yrs	Lansdale Gym A	SAT	9:00 AM	10:00 AM	$95	$95	$120	$0
Basketball Open Play (Age 25+)	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+	Lansdale MEG Gym B	Mon	8:00 PM	10:00 PM	$0	$0	$85	NA
			Lansdale Gym A	Tues	8:30 PM	10:00 PM	$0	$0	$85	NA
			Lansdale Gym A	Sat	12:00 PM	2:00 PM	$0	$0	$85	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			Mon	10:00 AM	12:00 PM	$0	$0	$85	NA
				Tues	12:30 PM	2:30 PM	$0	$0	$85	NA

		7+ yrs	Lansdale Gym A	Wed	10:00 AM	12:00 PM	$0	$0	$85	NA
				Thurs	12:30 PM	2:30 PM	$0	$0	$85	NA
				Thurs	8:00 PM	10:00 PM	$0	$0	$85	NA
				Fri	10:00 AM	12:00 PM	$0	$0	$85	NA

Ninja Zone Programs — Lansdale Branch - Fall 1 | 2026

Session Dates: Fall 1 | Aug 31 to Oct 25

Contact Timothy James: TimothyJ@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 particpants 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 ecourages 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	Sat	11:00 AM	9:45 AM	$110	$110	$170	n/a
Lil' Ninja	Lil' Ninja classes are the building blocks of athleticism in preschoolers. 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	Mon	6:00 PM	6:45 PM	$110	$110	$170	n/a
		3yr-5yr	Ninja Zone	Tues	6:00 AM	6:45 PM	$110	$110	$170	n/a
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	6yr-10yr	Ninja Zone	Mon	7:00 PM	7:45 PM	$110	$110	$170	n/a
		6yr-10yr	Ninja Zone	Wed	7:00 PM	7:45 PM	$110	$110	$170	n/a
Open Ninja Time	For currently enrolled Ninjas. This is a Free Open Ninja Time and requires a wristband from the Membership Desk.	3-10 yr	Ninja Zone	Sat	12:00 PM	12:45 PM	$0	$0	$0	n/a

Gymnastics - Dance - Martial Arts Programs — Indian Valley Branch - Fall II 2026

Session Dates: Fall II | October 26 to December 20

Contact Brandon Reese with questions at brandonr@northpennYMCA.org

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

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

Gymnastics & Martial Arts Programs — Lansdale Branch - Fall II 2026

Session Dates: Fall II | October 26 to December 20

Contact Timothy James with questions at TimothyJ@NorthPennYMCA.org

Gymnastic Programs	Description		Location	Class Info	Days	Start Time	End Time	Program Fees: Full Family	Full Member	Program Member	Non-Member Fee
Gymnastics | Level 1	Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. We build skills and confidence through dance, tumbling, balance, and strength training.	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

Martial Arts Programs	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Tae Kwon Do	Korean martial art that translates to 'The Way of the Hand and Foot'. It is an unarmed system of self-defense that promotes physical and mental conditioning through exercise and self-discipline. Challenging and engaging but in a safe and fun environment. Helps students develop strength, stamina, and flexibility through a variety of exercises and training drills. Training and work gradually lead toward advancement through the various ranks. Taught at this Y for over 20 years by Y instructors– all of whom started their training here.	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	$45	$45	$50	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

Gymnastics & Martial Arts Programs — Lansdale Branch - Fall II 2026

95	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! Enhance Your Well-Being Boost your flexibility, sharpen your focus, and build strength in a supportive yet challenging environment. Master Self-Defense Skills Equip yourself with valuable self-defense techniques that could one day make a difference for you and those around you. Learn from the Best Our experienced senior instructors bring years of expertise and passion to every class, ensuring top-quality guidance. Achieve Your Goals Set personal milestones, foster self-discipline, and advance your skills as you work toward higher ranks and greater confidence. 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!	18+	New Studio	Adult all ages/skill	FRI	6:00:00 PM	7:00:00 PM	$55	$55	$95	95

Specialty Programs and Events — Indian Valley Branch - Fall II 2026

Session Dates: Fall II | October 26 to December 20

Contact Dominique Lanza with questions at dominiquel@northpennymca.org

								Program Fees			
AOA Committees	**Description**	**Age**	**Location**	**Class Info**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
AOA Advisory Committee Indian Valley	AOA Advisory Committee Meetings are held at the Indian Valley Branch to discuss and plan exciting events and activities for our Active Older Adult (AOA) members. Join us to share your ideas and help shape our upcoming programs! For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	55+ yrs	Indian Valley	11/04/2026	Wed	1:00 PM		$0	$0	$0	$0
		55+ yrs	Indian Valley	12/2/2026	Wed	1:00 PM		$0	$0	$0	$0

Specialty Seminars, Classes, Clubs	**Description**	**Age**	**Location**	**Class Info**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Book Club	AOA Advisory Committee Meetings are held at the Indian Valley Branch to discuss and plan exciting events and activities for our Active Older Adult (AOA) members. Join us to share your ideas and help shape our upcoming programs! For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	18+ yrs	Peter Becker Cafe	2nd Fri of month	Fri	12:30 PM	2:00 PM	$0	$0	$0	$0
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 WendyM@NorthPennYMCA.org	2+	RPM Room	See RPM Room Schedule for Open Availablitiy				$0	$0	N/A	N/A
Arthritis Foundation Exercise Program Healthy Steps In Motion- Learn To Reduce The Risk Of Falling	LEARN NEW EXERCISES, BUILD STRENGTH, AND IMPROVE YOUR BALANCE! Eight 1-hour workshop sessions: Exercise Basics / Strength Training / Gait / Goal Setting Space is limited, please register at the Membership Desk.	55+	Indian Valley LINKO Studio	10/13/2026-12/8/2026 No Class on Nov 3rd Election Day	Tue	11:30 AM	12:30 PM	$0	$0	$55	$110
Special Events	**Description**	**Age**	**Location**	**Class Info**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Friendsgiving-Gift of Friendships!	Come and gather together for a tasty fest, enjoyed amongst friends. We will supply the quiches and hot and cold beverages will be served. Everyone brings a tasty dish to share and enjoy together. Register at the Membership Desk by Nov. 16th. For more information contact Dominique Lanza at 215-723-3569 ext. 119 or dominiquel@northpennymca.org		Indian Valley	11/19/2026	Thur	12:00 PM	1:30 PM	$7	$7	$7	$7
Holiday Luncheon-Celebrating the Season Together	Get in the Holiday Spirit with our annual Holiday Luncheon celebration. We supply the turkey and we ask you to bring the sides and desserts. Please register and sign up for your side or dessert at the Membership desk. Enjoy lunch, drinks, music, games and live entertainment. Enjoy a holiday show with some very special entertainers for our lunch guests and the HUGS pre-school class. There may even be an appearance by Santa. Don't miss the fun! Please reserve your seat by Dec 14th. For more information contact Dominique Lanza at 215-723-3569 ext. 119 or dominiquel@northpennymca.org		Indian Valley	12/17/2026	Thur	12:00 PM	1:30 PM	$7	$7	$7	$7

Specialty Programs & Events — Lansdale Branch - Fall II 2026

Session Dates: Fall II | October 26 to December 20

								Program Fees			
PAL- Police Athletic League	**Description**	**Age**	**Location**	**Class Info**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
PAL | Police Athletic League	The North Penn PAL program is a free youth crime prevention initiative that utilizes educational, athletic, and recreational activities to create trust and understanding between police officers in the community and youth. Kids ages 8-18 are invited to join in on PAL programs - for FREE! Make sure to 'Like" North Penn PAL on Facebook to stay up-to-date on all of the upcoming events!	8-18 yrs	Lansdale	No Online Registration Required				$0	$0	$0	$0

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

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
Special Event	**Description**	**Age**	**Location**	**Class Info**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
AOA Christmas Luncheon William Penn Inn	Celebrate the season with AOA friends. Enjoy a Christmas Lunch.	55+	William Penn Inn	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information to reserve a seat	11/18/26	12 noon	2:00 PM	Pay on own	Pay on Own	Pay on Own	N/A
Sight and Sound - Joshua Bus Trip	Enjoy a day at the Sight and Sound Theatre in Lancaster PA for the performance of Joshua	55+	Lancaster PA	Contact Alison Paster alisonp@northpennymca.org or 215 368 1601 X 207 for information to reserve a seat	12/16/2026	1230pm	930pm	$158	$158	$158	N/A

Fitness Programs — Indian Valley Branch - Fall II 2026

Session Dates: Fall II | October 26 to December 20

Contact Dominique Lanza with questions at dominiquel@northpennymca.org

Fitness/Wellness- Youth	Description	Age	Location	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 DominiqueL@NorthPennYMCA.org.	12-14 yrs	Indian Valley				$0	$0	$0	
Youth Power & Agility Training-Wellness Center Kids Zone	Get ready for something **NEW** this session—our **Youth Power & Agility Training clas**s is designed just for **ages 10–12**! This high-energy program packs in exciting functional exercises like **tire flipping, battle ropes, push sledding, agility ladders**, and more. Kids will build strength, speed, and confidence while also learning proper form for weightlifting using mock dumbbells—setting a strong foundation for the future. Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	10-12 yrs	Indian Valley	Wed	5:00 PM	6:00 PM	$0	$0	$65	
FIT KIDS -"Junior Fit Club" Wellness Center Kids Zone	Get ready for fun and fitness! This fun and energetic class introduces kids aged 7-9 to the fundamentals of safe and exciting exercises that build strength, coordination, and confidence. Through age-appropriate workouts and games, kids learn the basics of fitness while having a blast. This class is perfect for building healthy habits and staying active!" Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	7-9 yrs	Indian Valley	Mon	6:00 PM	6:45 PM	$0	$0	$65	
		7-9 yrs	Indian Valley	Wed	6:00 PM	6:45 PM	$0	$0	$65	
Family Fitness Boxing (Ages 8+) Gym B	Glove up and get ready for a knockout family workout! Join Instructor Pete—who brings over 20 years of boxing experience—for a fun, high-energy class designed for families to train together. You'll learn real boxing tips and techniques while taking on dynamic warm-ups, boxing rounds, partner drills, mitt work, and more. This unique class is the perfect way to build strength, boost confidence, and share an unforgettable fitness experience with your family. No experience needed—just bring your energy and be ready to punch, move, and have fun! Bring your gloves if you have them. Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	8+	Indian Valley	Thu	5:30 PM	6:30 PM	$60	$60	$80	$120
Youth Cardio Drumming Class Ages 7-15 yrs	Grab your drumsticks and get ready to rock! Youth Cardio Drumming combines upbeat music, fun rhythms, and high-energy moves to improve coordination, agility, endurance, and teamwork. With all equipment provided, kids can stay active, burn off energy, and enjoy a fun, supportive workout with friends—no musical or fitness experience needed!	7-9 yrs	Indian Valley	Tue	4:00 PM	4:45 PM	$0	$0	$60	
		10-15 yrs	Indian Valley	Thu	4:00 PM	4:45 PM	$0	$0	$60	

Homeschool Fitness Programs	Description	Age	Location	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. **Membership Required.** Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	5-12	Indian Valley	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)

Program Fees

Fitness Programs

Indian Valley Branch - Fall II 2026

Fitness/Wellness- Adult	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member Reciprocity Guest Member
PowerHER Hour- **TRX- Circuit Class** RPM Studio	Ladies, get ready to challenge your entire body in this high-energy TRX Circuit designed with women in mind! Flow through a dynamic series of suspension exercises that build total-body strength, improve balance, and ignite your core. This empowering workout blends resistance, cardio, and functional training to boost endurance and sculpt lean, feminine muscle. All fitness levels are welcome—adjust the intensity to suit your pace and feel strong, confident, and unstoppable! Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	16+	Indian Valley	Tue	6:30:00 PM	7:30 PM	$80	$80	$120	$160
Fitness Boxing for Adults (16+) Gym B	Step into the ring (no experience required!) and unleash your inner fighter in this high-energy fitness boxing class. Led by Instructor Pete—who brings over 20 years of boxing expertise—you'll sharpen your skills with real boxing tips while powering through dynamic warm-ups, boxing rounds, partner drills, mitt work, and more. This class is the perfect mix of cardio, strength, and technique to help you build endurance, relieve stress, and feel stronger with every punch. Get ready for an empowering, sweat-dripping workout that packs a serious punch! Bring your gloves if you have them. Register at the Membership Desk. For more information, please contact Dominique Lanza at DominiqueL@NorthPennYMCA.org.	16+	Gym B	Mon	5:30 PM	6:30 PM	$80	$80	$120	$160

Personal Training		Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member
Personal Training: 1 SESSION 30 MIN		12+ yrs	Indian Valley				$40	$40	$0
Personal Training: 4 SESSION 1 HR		12+ yrs	Indian Valley				$208	$208	$0
Personal Training: 4 SESSION 30 MIN		12+ yrs	Indian Valley				$150	$150	$0
Personal Training: 8 SESSION 1 HR		12+ yrs	Indian Valley				$384	$384	$0
Personal Training: 8 SESSION 30 MIN		12+ yrs	Indian Valley				$266	$266	$0
Personal Training: 12 SESSION 1HR		12+ yrs	Indian Valley				$540	$540	$0
Personal Training: 12 SESSION 30 MIN		12+ yrs	Indian Valley				$358	$358	$0

							Program Fees			
Personal Training Specials	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member
Personal Training Special-**"Happy FITmas"** The Perfect Gift for the Holidays!	Personal Training Special Starting December 11th - December 23nd Indian Valley and Lansdale Locations Members Only Special is for both 30-minute and 60-minute sessions: 4 Personal Training sessions, get One Free 8 Personal Training sessions, get Two Free 12 Personal Training sessions, get Four Free See pricing above. Personal Training Sessions can be purchased at Membership desk. Any questions contact DominiqueL@NorthPennYMCA.org (Indian Valley) or TimothyJ@NorthPennYMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.	12+ yrs	Indina Valley				See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing	

Fitness Programs — Lansdale Branch - Fall II 2026

Session Dates: Fall II | October 26 to December 20

Contact: maryanneg@northpennymca.org

							Program Fees			
Fitness/Wellness- Youth	**Description**	**Age**	**Location**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Rockwall Climbing Youth Lessons	Youth Rockwall Climbing Lessons are progressive 8-week lessons designed to help build strength, agility and confidence. Sign ups Open Week of August 16th. **Fall 1 Session Begins week of August 31st & Ends week of October 25th.**	5-12 years	Wellness Center	Thursdays	7:15 PM	8:15 PM	$55	$55	$95	$95
Youth Strength and Conditioning	YMCA Youth Strengh and conditioning will feature: Instruction on proper usage of an strength machines, introduction to cardio equipment, introduction to Bodyweight excercises, information on establishing healthy lifestyle habits, & sport specific training programs specifc for some of the major sports (Soccer, Basketball, Baseball, Track and Field, and football)	12-14 yrs	Wellness Center	Tues & Thurs	5:00 PM	6:00 PM	$0	$0	$0	$0

							Program Fees			
Fitness/Wellness- Adult	**Description**	**Age**	**Location**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Tabata Boxing	Combine boxing techniques with challenging cardio and you will receive a great workout. Due to limited supplies, Bring Your Own gloves is recommended. **Due to limited space, this class currently maxes out at 20 participants and is on a first come, first serve basis.**	16+ yrs	New Studio	Mondays	5:15 PM	6:15 PM	$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				$450	$450	$450	NA

Personal Training	**Description**	**Age**	**Location**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Personal Training: 1 SESSION 1 HR	Personal training is available for individuals who would like one on one sessions with our certified personal trainers. An experienced trainer will guide you through your workout and answer any questions you might have concerning your program. Your sessions include a personal exercise program, fitness testing, and large amounts of motivation. **ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.**	12+ yrs	Lansdale				$55	$55	NA	
Personal Training: 1 SESSION 30 MIN		12+ yrs	Lansdale				$40	$40	NA	
Personal Training: 4 SESSION 1 HR		12+ yrs	Lansdale				$208	$208	NA	
Personal Training: 4 SESSION 30 MIN		12+ yrs	Lansdale				$150	$150	$120	
Personal Training: 8 SESSION 1 HR		12+ yrs	Lansdale				$384	$384	NA	
Personal Training: 8 SESSION 30 MIN		12+ yrs	Lansdale				$266	$266	NA	
Personal Training: 12 SESSION 1HR		12+ yrs	Lansdale				$540	$540	NA	
Personal Training: 12 SESSION 30 MIN		12+ yrs	Lansdale				$358	$358	NA	

Fitness Programs

Lansdale Branch - Fall II 2026

							Program Fees			
Personal Training Specials	**Description**	**Age**	**Location**	**Days**	**Start Time**	**End Time**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Personal Training Special-**"Happy FITmas"** The Perfect Gift for the Holidays!	Personal Training Special Starting December 11th - December 23nd Indian Valley and Lansdale Locations Members Only Special is for both 30-minute and 60-minute sessions: 4 Personal Training sessions, get One Free 8 Personal Training sessions, get Two Free 12 Personal Training sessions, get Four Free See pricing above. Personal Training Sessions can be purchased at Membership desk. Any questions contact DominiqueL@NorthPennYMCA.org (Indian Valley) or TimothyJ@NorthPennYMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.	12+ yrs	Indina Valley				See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing	

EZone & Simulators — Lansdale Branch - Fall II 2026

Session Dates: Fall II | October 26 to December 20

Contact Alison Paster with questions at allisonp@northpennymca.org

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

							Program Fees			
Ezone programs	Description	Age	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Minecraft Monday	Join us for fun, easy, and family-friendly mini-events on our YMCA Minecraft Server. Players will work together to complete challenges and think creatively. Great for kids and families! For questions or to register, please email NorthPennYMCA.org/EZONE	7+	EGaming Session	November 2, 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 NorthPennYMCA.org/EZONE	7+	EGaming Session	December7,2026	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	November 16, 2026	5:00 PM	8:00 PM	$0	$0	$0	$10
Golf League	Play on State of the Art Golf Simulators and Enjoy Challenging Courses. League Details include, 9 Holes each week on a new PGA Course, includes 1.5 hours of simulator time each week, 2-person teams, Stroke play format, Golfers may play alone or with their teammates and make reservations once a week to compete. Starts 10/27/2026 to 12/20/2026	18+	Golf League	10/27-12/20/26	By Appointment	By Appointment	$160	$160	$160	$160

Community and Family

Indian Valley Branch - Fall II 2026

Session Dates: Fall II | October 26 to December 20

Contact Sangeeta Kharbanda at SangeetaK@NorthPennYMCA.org

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

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

Community & Family

Lansdale Branch - Fall II 2026

Session Dates: Fall II | October 26 to December 20

				Program Fees			
Facility and Space Rentals	**Description**	**Location**	**Duration**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
Facility Rentals	NEED AN INDOOR FACILITY FOR YOUR GROUP/TEAM? We have spaces in our facility for a variety of group activities including: • Gym rentals for basketball, hockey, soccer and more available at both branches. • Climbing wall party rentals are also now available! (Landale Branch Only) **Lansdale Branch Rentals:Timothy James 2153681601 X 216 TimothyJ@northpennymca.org**	Lansdale	Per 1 Hour	Starts at 100	Starts at 100	Starts at 100	Starts at 200
EGaming Rentals	EGaming Room rentals for gaming, computer seminars, tech seminars, etc. (Includes projector, large screen tvs, 8 gaming computers, XBox, Nintendo Switch) **Lansdale Branch Rentals:** contact Alison Paster - 215.368.1601 ext. 207 or email: alisonp@northpennymca.org (Lansdale Branch Only)	Lansdale	Per 1 Hour	$100	$100	$100	Starts at 200
Pool Rentals	Pool rentals for swim teams, water volleyball, etc. (Lansdale Branch Only) Lansdale Branch Rentals: contact Cindy Leahy- 215.368.1601, ext. 210 or email: cindylea@NorthPennYMCA.org)	Lansdale	Per 1 Hour	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing
Class Room Rentals	Classroom rentals for seminars, testing, small events, education, etc **Lansdale Branch Rentals:** contact Alison Paster 215 368 1601 X 207 alisonp@northpennymca.org	Lansdale	Per 1 Hour	$100	$100	$100	Starts at 200

				Program Fees			
Parties	**Description**	**Location**	**Duration**	**Full Family**	**Full Member**	**Program Member**	**Non-Member Fee**
EZone Party	HOST YOUR PARTY AT THE EZONE! Looking for a cool venue to host your next party? Throw your party in our EZone. What's Included? • 1 Hour in Simulators and 1 Hour in EGaming Room • 20 Child Max in EGaming Room • $5 Per Additional Child up to 25 Children • Party Hosts to help with set up/clean up and festivities **Lansdale Branch Rentals:** contact Alison Paster - 215.368.1601 ext. 207 or email: alisonp@northpennymca.org	Lansdale	2 Hours	$450	$450	$475	$500

Community & Family

Lansdale Branch - Fall II 2026

Gymnastics Party	TUMBLE ON YOUR SPECIAL DAY! Now hosting gymnastics Birthday Parties. What's Included? * 1 Hour of Gymnastics in our Gym/1 Hour in Party Room * 15 Child Max * $5 Per Additional Child up to 25 Children * Party Host to help with set up/clean up and festivities * Paper products & table covers **Lansdale Branch Rentals**: contact Timothy James 215 3681601 X 216 TimothyJ@northpennymca.org	Lansdale	2 Hours	$450	$450	$475	$500
Pool Party	Splash Party! Now hosting Pool Parties. What's Included? * 1 Hour in the Pool/1 Hour in Party Room * 15 Child Max * $5 Per Additional Child up to 25 Children * Party Host to help with set up/clean up and festivities * Paper Products & Table Covers **Lansdale Branch Rentals:** contact Cindy Leahy- 215.368.1601 or email: cindylea@NorthPennYMCA.org	Lansdale	2 Hours	$450	$450	$475	$500