

NORTH PENN YMCA

# SUMMER

## PROGRAM GUIDE

June 17 - August 25

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

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



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

### PROGRAM REGISTRATION DATES:

**Early Full Family Registration: June 3**

**Open Registration: June 10**

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

### 5 EASY WAYS TO BECOME A Y MEMBER

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

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

### LOCATIONS:



#### Indian Valley Branch

890 Maple Avenue, Harleysville, PA  
19438 | 215.723.3569

[Click here](#) for hours and amenities



#### Lansdale Branch

608 E. Main Street, Lansdale, PA 19446  
215.368.1601

[Click here](#) for hours and amenities



#### Harleysville Early Childhood Center

311 Alumni Avenue, Harleysville, PA  
19438 | 215.256.0767

[Click here](#) for hours and amenities



**Child Care and School Age Child Care  
Registration Now Open.**

[Click here](#) to learn more



**Best Summer Ever  
Limited spaces still available  
Sign up now!**

[NorthPennYMCA.org/summer-camp](http://NorthPennYMCA.org/summer-camp)

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

## PICKLEBALL

Pickleball is offered year-round at our Lansdale Branches and Indian Valley Branches. Programs include one-day events, 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

**Lansdale Lap/Recreational Pool:** Six lane, 25 yard pool scheduled daily for lap swim, 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 group exercise classes and 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](http://NorthPennYMCA.org/schedules).



## STAY & PLAY

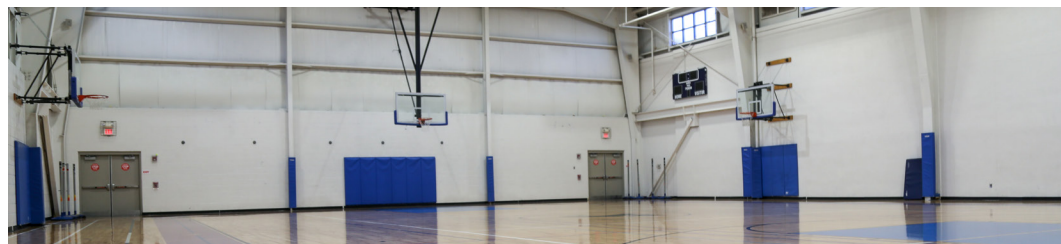
Stay & Play Babysitting services are provided to members while they work out or utilize our facility, additional information at [NorthPennYMCA.org/child-care/stay-and-play](http://NorthPennYMCA.org/child-care/stay-and-play).

### Indian Valley Stay & Play Hours

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

### 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 Ian Dillard 215.723.3569 ext 119,

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

[sangeetak@NorthPennYMCA.org](mailto:sangeetak@NorthPennYMCA.org)



### AT OUR LANSDALE BRANCH

Virtual sports and gaming for all ages and experience levels! This exciting area is open to members and non-members and allows visitors to test their gaming skills and take a swing at virtual golf and virtual sports! This is a safe space for all ages to compete as a team in Esports or at our indoor simulators. This space helps develop important skills that can be applied to all areas of life, including communication, collaboration and problem-solving skills in an individual or team environment..



Our virtual sports and golf simulators are for individuals age 18 and older. Younger players are welcome with parental supervision. Open to members and non-members! Access to virtual sports including golf, soccer, hockey, bowling and family fun games! All experience levels are welcome in our simulator spaces. The TruGolf simulators are state of the art and feature E6 Connect technology and access to over 100 of the best courses in the country (including Pebble Beach and Oakmont) Visit our website for rates and reservations.



The Esports and Gaming Center is for individuals age 7 and older. Younger gamers are welcome with adult supervision. Enjoy popular games and top of the line gaming systems that are designed to create an inclusive gaming experience! Get the competition started by enrolling your middle or high school student in an engaging Esport league. Access to the Gaming Center is included in all North Penn Y family memberships! Visit our website for additional options.

Check out our Ezone birthday party options! Learn more at [NorthPennYMCA.org/ezone](https://NorthPennYMCA.org/ezone).

# Aquatics Programs

# Indian Valley Branch - Summer 2024

Session Dates: Summer | June 17 - Aug 25

Contact Vince Serianni with questions at [iv.aquatics.dir@northpennymca.org](mailto:iv.aquatics.dir@northpennymca.org)

							Program Fees		
Aquatic Fitness Programs	Description	Ages	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
Silver Sneakers Splash	A fun, shallow-water exercise class that uses a signature splash-board to increase movement and intensity options. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.	55+ yrs		Fri	10:00 AM	10:45 AM	\$0	\$0	n/a
Water Walking	Water walking is an instructor-led, low-impact cardio exercise in shallow water that strengthens, tones, and improves range of motion and balance. This class is a great alternative for those who have limited mobility or pain with land-based exercise.	16+ yrs		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	8:00 AM	8:45 AM	\$0		
Aqua Aerobics	Cardiovascular fitness shallow water aquatic aerobic class choreographed to music that increase strength and cardiovascular endurance and tones, tightens and trims your body. The class includes the use of resistance.	16+		Tues	10:00 AM	10:45 AM	\$0	\$0	n/a
				Tues	7:00 PM	7:45 PM	\$0	\$0	n/a
				Wed	10:00 AM	10:45 AM	\$0	\$0	n/a
Liquid Fitness	Shallow water exercise for all skill levels featuring a variety of low to moderate intensity and impact workouts designed to increase strength and improve flexibility, balance and cardiovascular endurance. Swimming ability is not required.	16+		Wed	7:00 PM	7:45 PM	\$0	\$0	n/a
Aqua Stretch and Flex	Low Intensity, low impact shallow water group exercise focusing on stretching, balance, coordination, increasing range of motion and strengthening the lower back with mindful attention to the movements and controlled breathing.	16+		Thurs	7:00 AM	7:45 AM	\$0	\$0	n/a

							Program Fees		
Certification Courses	Description	Ages	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	June 1, 2024	Sat	9:00 AM	11:00 AM	\$80	\$75 Full Member \$45 Staff Member	\$90
			June 29, 2024	Sat	9:00 AM	11:00 AM	\$75	\$75 Full Member \$45 Staff Member	\$90
			August 8, 2024	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90

# Aquatics Programs

# Indian Valley Branch - Summer 2024

Lifeguard Learning Class/Blended - American Red Cross Certification	LIFEGUARD – CERTIFICATION, AMERICAN RED CROSS BLENDED LEARNING: This course is a Blended Learning course combining online training with in-person hands-on training. You must attend all 4 in-person classes. For more information please contact our Director, Vince Serianni at iv.aquatics.dir@northpennymca.org or 215-723-3569 ext 121	15 and older	July 14, 21, 28	Sun	9:00 AM	4:00 PM	\$300	\$300	\$325
		15 and older	August 4, 11, 18	Sun	9:00 AM	4:00 PM	\$300	\$300	\$325
Lifeguard Recertification Courses American Red Cross Classes	Lifeguard blended Review Course American Red Cross. This is a 2 day course and you must attend both classes. You will be asked to show your current certification to the instructor. For more information please contact our Director at iv.aquatics.dir@northpennymca.org, #215-723-3569 ext. 121	17 and older	June 6, 13	Thursday	5:00 PM	9:30 PM	\$150	\$150	\$150
		17 and older	July 11, 18	Thursday	5:00 PM	9:30 PM	\$150	\$150	\$150

							Program Fees		
Adult/Teen Swim Lessons	Description	Ages	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
Swim Lessons Adult Teen Beginner	Learn to swim. Class is for beginners learning to swim their first length of the pool.	13-99 yrs	NA	Wed	6:00 PM	6:45 PM	\$95	\$95	\$145
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	NA	Wed	7:00 PM	7:45 PM	\$95	\$95	\$145

							Program Fees		
Swim Lessons 6 month- 3 yrs	Description	Ages	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
Water Discovery A	<b>Parent/Child Swim Lesson:</b> This class introduces infants and toddlers to the aquatic environment. FOCUS SKILLS: Blow bubbles on surface (assisted), Front tow chin in water (assisted), water exit – parent and child together, Water entry – parent and child together, Back float assisted head on parent shoulder, Roll over in water (assisted), Front float chin in water (assisted), Back tow head on parent shoulder (assisted), Wall grab (assisted)	6 mth-3 yrs	NA	Sat	9:45 AM	10:15 AM	\$75	\$75	\$125
			NA	Sat	11:30 AM	12:00 PM	\$75	\$75	\$125

							Program Fees		
Swim Lessons 3-5 yrs	Description	Ages	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
Level 1 - Water Acclimation - Ages 3-5	Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process. FOCUS SKILLS: Blowing bubbles out mouth, Back float & front glide assisted, Kicking on stomach and back assisted, Rolling over in water, jumping in from side of pool on teacher cue with assistance	3-5 yrs	NA	Tues	5:00 PM	5:30 PM	\$75	\$75	\$125
			NA	Wed	5:00 PM	5:30 PM	\$75	\$75	\$125
			NA	Thurs	5:00 PM	5:30 PM	\$75	\$75	\$125
			NA	Sat	9:45 AM	10:15 AM	\$75	\$75	\$125
			NA	Sat	9:45 AM	10:15 AM	\$75	\$75	\$125

# Aquatics Programs

# Indian Valley Branch - Summer 2024

			NA	Fri	5:00 PM	5:30 PM	\$75	\$75	\$125
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	NA	Tues	5:00 PM	5:30 PM	\$75	\$75	\$125
			NA	Tues	5:30 PM	6:00 PM	\$75	\$75	\$125
			NA	Wed	5:30 PM	6:00 PM	\$75	\$75	\$125
			NA	Thur	5:30 PM	6:00 PM	\$75	\$75	\$125
			NA	Sat	11:15 AM	11:45 AM	\$75	\$75	\$125
			NA	Sat	10:15 AM	10:45 AM	\$75	\$75	\$125
			NA	Sat	10:45 AM	11:15 AM	\$75	\$75	\$125
			NA	Fri	5:30 PM	6:00 PM	\$75	\$75	\$125
			Level 3 - Water Stamina - Ages 3-5	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 side breathing, Front glide adding rotational breathing, Kicking on stomach and back assisted, Jumping in deeper water on teacher cue and submerging. Children are expected to know how to float on their front and back independently before enrolling for this level.	3-5 yrs	NA	Tue	5:30 PM	6:00 PM
NA	Wed	6:00 PM				6:30 PM	\$75	\$75	\$125
NA	Sat	9:45 AM				10:15 AM	\$75	\$75	\$125
NA	Sat	10:15 AM				10:45 AM	\$75	\$75	\$125
NA	Sat	10:45 AM				11:15 AM	\$75	\$75	\$125
Level 4 - Stoke Introduction - Ages 3-5	Designed to introduce the basic stroke techniques for the front and back crawl(freestyle/backstroke). FOCUS SKILLS: Drills building to be able to swim 15 yds front crawl with rotary breathing. Diving in from knees on teacher cue in deep water. Tread water with quality kick and arms for 1 min and exit pool. Introduce Breaststroke kick. Introduce Butterfly/dolphin kick. Children are expected to know how to kick on their front, back, and side before enrolling in this level.	3-5 yrs	NA	Sat	9:45 AM	10:15 AM	\$75	\$75	\$125

							Program Fees		
Swim Lessons 6 -12 yrs	Description	Ages	Instructor	Days	Start Time	End Time	Full Family	Full Member	Program Member
Level 1 - Water Acclimation - Ages 6-12	Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process. FOCUS SKILLS: Blowing bubbles out mouth, Back float & front glide assisted, Kicking on stomach and back assisted, Rolling over in water, jumping in from side of pool on teacher cue with assistance	6-12 yrs	NA	Wed	6:00 PM	6:45 PM	\$95	\$95	\$145
			NA	Sat	10:15 AM	11:00 AM	\$95	\$95	\$145
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	6-12 yrs	NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145
			NA	Sat	11:15 AM	12:00 PM	\$95	\$95	\$145

# Aquatics Programs

# Indian Valley Branch - Summer 2024

	in water, Jumping in from side of pool on teacher cue with less assistance and completely submerging. Childrent should already be comfortable going underwater and blowing bubbles before enrolling.		NA	Tue	6:00 PM	6:45 PM	\$95	\$95	\$145
			NA	Mon	6:00 PM	6:45 PM	\$95	\$95	\$145
Level 3 - Water Stamina - Ages 6-12	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 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	NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145
			NA	Sat	11:15 AM	12:00 PM	\$95	\$95	\$145
			NA	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Wed	5:00 PM	5:45 PM	\$95	\$95	\$145
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	NA	Wed	5:00 PM	5:45 PM	\$95	\$95	\$145
			NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145
			NA	Sat	10:15 AM	11:00 AM	\$95	\$95	\$145
			NA	Sat	11:15 AM	12:00 PM	\$95	\$95	\$145
			NA	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Thur	6:00 PM	6:45 PM	\$95	\$95	\$145
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	NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145
			NA	Sat	10:15 AM	11:00 AM	\$95	\$95	\$145
			NA	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Mon	5:00 PM	5:45 PM	\$95	\$95	\$145
			NA	Thur	6:15 PM	7:00 PM	\$95	\$95	\$145



# Aquatics Programs

# Indian Valley Branch - Summer 2024

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	\$95	\$95	\$145
			NA	Sat	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Mon	6:00 PM	6:45 PM	\$95	\$95	\$145
			NA	Fri	6:00 PM	6:45 PM	\$95	\$95	\$145

							Program Fees		
Swim Lessons: Private/Semi Private	Description	Ages	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	Prior to registration/payment, participants must contact the Aquatics Director. Private and Semi-Private swim lessons are scheduled based on participant and instructor availability. Please stop in to fill out a request form or email iv.aquatics.dir@northpennymca.org.	Times and days are arranged with the Aquatics Director		\$115	\$115	\$135	
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				\$90	\$90	\$115	

							Program Fees		
Pre-Team/Competitive Swim Instruction	Description	Ages	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		Tues	4:45 PM	6:00 PM	\$105	\$105	\$185
		8-18 yrs		Thur	4:45 PM	6:00 PM	\$105	\$105	\$185

# Aquatics Program

# Lansdale Branch - Summer 2024

Session Dates: Summer | June 17 - Aug 25

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

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

Certification Courses	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
	The American Red Cross CPR/AED/1st Aid Certification Course held at the Lansdale Branch is a Blended Learning CPR Course, which is a combination of online and in-person training. The student begins with the online portion and finishes with the hands-on training under the guidance of an American Red Cross Instructor. For all questions or to schedule please contact our Aquatics Director Cindy Leahy at <a href="mailto:cindylea@northpennymca.org">cindylea@northpennymca.org</a> or call 215-368-1601 ext 210.		Lansdale	Non-Staff Class				\$60	\$60	\$60	\$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 4 in-person classes. For more information please contact our Director, Cindy Leahy, at <a href="mailto:cindylea@northpennymca.org">cindylea@northpennymca.org</a> or 215-368-1601 ext 210	15+ yrs	Lansdale	Full Course August 17, 24, 31, Sept 7	Sat	12:00 PM	6:00 PM	\$300	\$300	\$325	\$325
		15+ yrs	Lansdale	Full Course Oct 12, 19, 26, Nov 2	Sat	12:00 PM	6:00 PM	\$300	\$300	\$325	\$325
Lifeguard Recertification Courses American Red Cross Classes	Lifeguard Recertification Course American Red Cross. This is a 2-day course and you must attend both classes. You will be asked to show your current certification to the instructor. For more information please contact our Director, Cindy Leahy, at <a href="mailto:cindylea@northpennymca.org">cindylea@northpennymca.org</a> or 215-368-1601 ext 210	15+ yrs	Lansdale	Recert Course SAT, June 8 & 15	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150
		15+ yrs	Lansdale	Recert course SAT, August 31 & Sept 7	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150

Adult/Teen Swim Lessons	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								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	\$95	\$95	\$145	N/A

# Aquatics Program

# Lansdale Branch - Summer 2024

Swim Lessons 6 month- 3 yrs	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Water Discovery A	<b>Parent/Child Swim Lesson:</b> This class introduces infants and toddlers to the aquatic environment. FOCUS SKILLS: Blow bubbles on surface (assisted), Front tow chin in water (assisted), water exit – parent and child together, Water entry – parent and child together, Back float assisted head on parent shoulder, Roll over in water (assisted), Front float chin in water (assisted), Back tow head on parent shoulder (assisted), Wall grab (assisted)	6mo-18mo	Lansdale		Sat	11:00 AM	11:30 AM	\$75	\$75	\$125	N/A
		6mo-18mo	Lansdale		Sat	9:30 AM	10:00 AM	\$75	\$75	\$125	N/A
Water Exploration B	<b>Parent/Child Swim Lesson:</b> This class focuses on exploring body positions, blowing bubbles, and fundamental safety and aquatic skills. (No Prerequisites) FOCUS SKILLS: Blow bubbles mouth and nose submerged (assisted), Front tow and blow bubbles (assisted), Water exit child (assisted), Water entry child (assisted), Back float assisted head on parent chest, Roll over in water (assisted), Front float and blow bubbles (assisted), Back tow head on parent chest (assisted), Wall grab and monkey crawl along edge (assisted)	18mo-3yrs	Lansdale		Sat	10:15 AM	10:45 AM	\$75	\$75	\$125	N/A

Swim Lessons 3-5 yrs	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								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	\$75	\$75	\$125	N/A
		3-5 yrs	Deming Pool		Mon	5:00 PM	5:30 PM	\$75	\$75	\$125	N/A
		3-5 yrs	Deming Pool		Wed	5:00 PM	5:30 PM	\$75	\$75	\$125	N/A
		3-5 yrs	Deming Pool		Wed	5:45 PM	6:15 PM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	10:15 AM	10:45 AM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	11:30 AM	12:00 PM	\$75	\$75	\$125	N/A

# Aquatics Program

# Lansdale Branch - Summer 2024

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	\$75	\$75	\$125	N/A
		3-5 yrs	Deming Pool		Wed	5:45 PM	6:15 PM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	10:15 AM	10:45 AM	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	9:30 AM	10:00 AM	\$75	\$75	\$125	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	\$75	\$75	\$125	N/A
		3-5 yrs	Martin Pool		Sat	11:00 AM	11:30 AM	\$75	\$75	\$125	N/A
Level 4 - Stroke Introduction		3-5 yrs	Martin Pool		Sat	11:45 AM		\$75	\$75	\$125	N/A

								Program Fees			
Swim Lessons 6-12 yrs	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Level 1 - Water Acclimation	Designed to acclimate the beginning swimmer with no swimming experience to the water and instructional process. FOCUS SKILLS: Blowing bubbles out mouth, Back float & front glide assisted, Kicking on stomach and back assisted, Rolling over in water, Jumping in from side of pool on teacher cue with assistance	6-12 yrs	Deming Pool		Tues	6:00 PM	6:45 PM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	\$95	\$95	\$145	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	6-12 yrs	Deming Pool		Tues	5:00 PM	5:45 PM	\$95	\$95	\$145	N/A

# Aquatics Program

# Lansdale Branch - Summer 2024

	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		Sat	10:30 AM	11:15 AM	\$95	\$95	\$145	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	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Thurs	5:00 PM	5:45 PM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	11:30 AM	12:15 PM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Tues	5:00 PM	5:45 PM	\$95	\$95	\$145	N/A
Level 4 - Stroke Introduction	Designed to introduce the basic stroke techniques for the front and back crawl (freestyle/backstroke). FOCUS SKILLS: Drills building to being able to swim 15 yds front crawl with rotary breathing, Drills building to being able to swim 15 yds backstroke, Introduce Breaststroke kick, Introduce Butterfly/dolphin kick, Diving in from knees on teacher cue in deep water, Tread water with quality kick and arms for 1 min and exit pool	6-12 yrs	Deming Pool		Thurs	5:00 PM	5:45 PM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	9:30 AM	10:15 AM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	11:30 AM	12:15 PM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	10:30 AM	11:15 AM	\$95	\$95	\$145	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		Tues	6:00 PM	6:45 PM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Tues	6:00 PM	6:45 PM	\$95	\$95	\$145	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	\$95	\$95	\$145	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	4+ yrs	Lansdale	SESSION 1: 4 WKS				\$115	\$115	\$135	N/A

# Aquatics Program

# Lansdale Branch - Summer 2024

	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 2: 4 WKS					\$115	\$115	\$135	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					\$90	\$90	\$115	N/A
		4+ yrs	Lansdale	SESSION 2: 4 WKS					\$90	\$90	\$115	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	\$105	\$105	\$185	N/A

								Program Fees			
Swim Team	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Fall Tune Up	FALL TUNE UPS-Off-Season Training and Gearing up for the 2023-2024 Swim Team Season: Full Member \$130.00 / Program Member \$165.00 / Gator \$100.00 / Non Member \$180.00		Lansdale	Session 1: Beginners/Lower Intermediate	MO WD	6:00 PM	7:00 PM	\$130	\$130	\$165	\$180
	Session 1: July 29 – August 21 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners/Intermediates		Lansdale	Session 1: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 PM	\$130	\$130	\$165	\$180
	July 30 – August 22 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners/Intermediates		Lansdale	Session 1: Upper Intermediate/Advanced	TU TH	5:00 PM	6:00 PM	\$130	\$130	\$165	\$180
	<b>*Previous Gators</b>		Lansdale	Session 1: Beginners/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$130	\$130	\$165	\$180
Fall Tune Up	FALL TUNE UPS-Off-Season Training and Gearing up for the 2023-2024 Swim Team Season: Full Member \$130.00 / Program Member \$165.00 / Gator \$100.00 / Non Member \$180.00		Lansdale	Session 2: Beginners/Lower Intermediate	MO WD	6:00 PM	7:00 PM	\$130	\$130	\$165	\$180
	Session 2: August 26 – Sept 18 (Mon/Wed Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners/Intermediates		Lansdale	Session 2: Upper Intermediate/Advanced	MO WD	5:00 PM	6:00 PM	\$130	\$130	\$165	\$180
	August 27 – Sept 19 (Tue/Thu Option) 5:00-6:00 pm – Upper Intermediate/Advanced* 6:00-7:00 pm – Beginners/Intermediates		Lansdale	Session 2: Upper Intermediate/Advanced	TU TH	5:00 PM	6:00 PM	\$130	\$130	\$165	\$180
	<b>*Previous Gators</b>		Lansdale	Session 2: Beginners/Lower Intermediate	TU TH	6:00 PM	7:00 PM	\$130	\$130	\$165	\$180

# Aquatics Program

# Lansdale Branch - Summer 2024

								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-2024-2025 SEASON All new to the Gators MUST attend one try out in order to determine eligibility for the team. <b>TRY-OUTS:</b> Aug 29, 5:00-7:00 pm, Sept 14, 1:00-3:00 pm, Sept 19, 5:00-7:00 pm, <b>OPEN HOUSE:</b> Sept 14th, 1:00-3:00 PM Meet the Coaches and ask any questions you may have about our program. 10 and Under (\$330.00); 11 and up (\$355.00). Practices begin Sept 23rd	10 and under	Lansdale	Gators Fall/Winter Swim Team				\$330	\$330	N/A	N/A
		11-18 yrs	Lansdale	Gators Fall/Winter Swim Team				\$355	\$355	N/A	N/A

# Sports Programs

# Indian Valley Branch - Summer 2024

Session Dates: Summer | June 17 - Aug 25

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

Parent/Tot Programs	Description	Age	Location	Day	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
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.	2-5 yrs	Gym A	Mon	9:15 AM	10:00 AM	\$0	\$0	\$120	
				Thurs	9:30 AM	10:15 AM	\$0	\$0	\$120	

Youth Sports Programs	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Badminton	Bring your own equipment for a fun night of badminton. Nets supplied. This is one class with two days to play.	7+ yrs	Gym B	Sat	12:00 PM	2:00 PM	\$0	\$0	\$85	
			Gym B	Sun	11:30 AM	1:30 PM	\$0	\$0	\$85	
Floor Hockey- Youth	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. Shin guards and helmet required (bike helmet acceptable).	7-11 yrs	Gym B	Thur	5:30 PM	6:15 PM	\$55	\$55	\$120	
Dodgeball Family	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.	6-12 yrs	Gym A	Wed	6:30 PM	7:15 PM	\$0	\$0	\$120	
Family Recess Games	Step into a world where laughter echoed across playgrounds and simple pleasures filled the air. Rediscover the joy of childhood with a collection of nostalgic family recess games that have stood the test of time. From the timeless thrill of games like: kickball ball, flag football, tug of war, freeze tag, obstacle courses, and more! So gather your loved ones, dust off those old rules, and rediscover the joy of unplugged fun with these cherished recess games.	6+ yrs	Gym A & B	Tue	6:30 PM	7:15 PM	\$0	\$0	\$120	

Adult Sports Programs	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Floor Hockey- Adult	Play floor hockey in the gym. Teams are chosen each week and competitive pickup games are played. Plastic blade sticks only! Registration required. Please no checking. Protective gear is required. Wed Nights Drop-In Rate \$10/day	16+ yrs	Gym A ONLY	Mon, Wed, & Fri	12:00 PM	1:30 PM	\$0	\$0	\$85	
		16+ yrs	Gym A & B	Wed	7:30 PM	9:00 PM	\$0	\$0	\$25	



# Sports Programs

# Indian Valley Branch - Summer 2024

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 & Fri	7:30 PM	8:45 PM	\$0	\$0	\$85	
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							Program Fees			
Pickleball Programs - all ages	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Pickleball Programs - all ages	Bring your own equipment and enjoy competitive games of Pickleball. Nets are provided.	16+	Gym A & B	Sat	10:00 AM	12:00	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Mon	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Tues	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Wed	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Thurs	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Mon	1:30 PM	3:00 PM	\$0	\$0	\$50	
		16+ yrs	Gym A ONLY	Wed	1:30 PM	3:00 PM	\$0	\$0	\$50	
		16+ yrs	Gym A ONLY	Tues	1:30 PM	3:00 PM	\$0	\$0	\$25	
		16+ yrs	Gym A ONLY	Th	1:30 PM	3:00 PM	\$0	\$0	\$25	
		16+ yrs	Gym A	Wed	5:30 PM	7:15 PM	\$0	\$0	\$25	
		16+ yrs	Gym B	Wed	6:00 PM	7:15 PM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Tues	7:30 PM	9:00 PM	\$0	\$0	\$25	
16+ yrs	Gym A & B	Fri	7:30 PM	9:00 PM	\$0	\$0	\$25			

							Program Fees			
Basketball - all ages	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball (Age 25-50 years)	Enjoy exercise and fun. Games are recreational and designed to provide exercise and a good time. Running is required for this program.	25-60 yrs	Gym A & B	Thurs	7:30 PM	9:30 PM	\$0	\$0	\$85	
		25-60 yrs	Gym A & B	Sat	7:00 AM	10:00 AM	\$0	\$0	\$85	
Basketball Beginner	Our team will teach children the fundamental skills of basketball using fun and exciting drills. This is a beginner program teaching dribbling, passing and basic techniques.	4-5 yrs	Gym A	Mon	4:30 PM	5:15 PM	\$55	\$55	\$120	
		6-8 yrs	Gym A	Mon	5:30 PM	6:15 PM	\$55	\$55	\$120	
		9-12 yrs	Gym A	Mon	6:30 PM	7:15 PM	\$55	\$55	\$120	
Basketball Intramural League	Our intramural league is for more experienced youth who have gone through our 101 program or another similar program, and who have a good grasp on dribbling, passing and shooting. After enrollment, practices will begin, and players will be observed and placed on to balanced intramural teams. They will stay with their team for the duration of the session, unless the coaches recognize the need for a change. For league play, coaches will focus on the strategies of the game. Players will begin to learn about	6-8 yrs	Gym A	Thurs/Fri	TH 5:30PM; FR 5:30PM	TH 6:15PM; FR 6:15PM	\$95	\$95	\$200	

# Sports Programs

# Indian Valley Branch - Summer 2024

	<p>of the game. Players will begin to learn about zone defences vs one on one coverage. They will learn teamwork and the fundamental offensive strategies of the game. We will stress good sportsmanship and having a good attitude in victory or defeat. The program schedule will be two weeks of practice, then there will be a tournament day where all the teams will compete.</p>	9-12 yrs	Gym A & B	Thurs/Fri	TH 6:15PM; FR 6:15PM	TH 7:15PM; FR 7:15PM	\$95	\$95	\$200	
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# Sports Programs

# Lansdale Branch - Summer 2024

Session Dates: Summer | June 17 - Aug 25

Contact Curtis Gerzeveski at [CurtisG@NorthPennYMCA.org](mailto:CurtisG@NorthPennYMCA.org)

								Program Fees			
Youth Sports Program	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Dodgeball Youth Program	Youth dodgeball is an excellent way for youth to stay in shape while having fun. Kids build hand-eye coordination, increase stamina, sharpen reflexes, and learn teamwork. Besides, dodgeball is just plain fun.	9-12 yrs	Lansdale		Sat	12:00 PM	1:15 PM	\$0	\$0	\$120	\$0
		5-8 yrs	Lansdale		Wed	6:00 PM	6:45 PM	\$0	\$0	\$120	\$0
Swiftee Soccer Skillz N Drillz	You've been asking for it. We're going outside! Come play the number 1 sport in the world. Our focus is 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!	4-5 yrs	Held at Penndale Middle School, front soccer field		Sat	9:00 AM	9:45 AM	\$55	\$55	\$120	\$0
Swiftee Soccer Intramural League	This program is a continuation of our "Skillz N Drillz" program, however, the students will concentrate on competitive game play. Coaches will teach offensive and defensive strategies, formations and transitions, pacing and teamwork. This program is offered in Lansdale and Indian Valley. Lansdale players will meet twice a week. There will be one indoor practice at the Lansdale Branch and one outdoor practice at Penndale Middle School. When possible, the coaches will schedule Saturday matches between Lansdale and Indian Valley forming our North Penn YMCA Intramural League.	6-8 yrs	Lansdale Gym; Held at Penndale Middle school, front soccer field		Tues, Sat	Tue 5:30PM SA 10:00AM	TU 6:15PM; SA 10:45AM	\$95	\$95	\$200	\$0
		9-12 yrs	Lansdale Gym; Held at Penndale Middle school, front soccer field		Tues, Sat	Tue 5:30PM SA 11:00AM	TH 6:15PM; SA 12:00PM	\$95	\$95	\$200	\$0

								Program Fees			
Adult Sports Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Volleyball Adult	Bring your own equipment for a fun night of volleyball. Nets supplied.	15+ yrs	Lansdale		Wed	8:00 PM	10:15 PM	\$0	\$0	\$85	\$0

								Program Fees			
Pickleball Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Pickleball	Bring your own equipment and enjoy competitive games of Pickleball. Nets are provided.	16+ yrs	Lansdale		Tues/Thurs	12:00 PM	1:15 PM	\$0	\$0	\$50	\$0

								Program Fees			
Basketball Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball Youth Level 1	Level 1 is designed as an introduction to basketball. Our coaches teach the fundamental skills using exciting drills and game situations in a friendly atmosphere.	5-8 yrs	Lansdale		Sat	9:00 AM	9:45 AM	\$55	\$55	\$120	
		9-12 yrs	Lansdale		Sat	10:00 AM	10:45 AM	\$55	\$55	\$120	

# Gymnastics - Dance - Martial Arts Programs

# Indian Valley Branch - Summer 2024

Session Dates: Summer | June 17 - Aug 25

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

Gymnastic Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Open Gymnastics	Join us for an explosion of youthful energy and creativity in our open gymnastics class! No instruction, just fun! Let your kids showcase their skills, whether they're practicing cartwheels, perfecting flips, or trying out new tricks, it's all about having a blast and sharing their love for gymnastics with family and friends. Sign up today and watch their confidence soar as they take center stage! A parent/guardian is required to be present.	5-12 yrs	Gym A		Tue	5:30 PM	6:15 PM	\$40	\$40	\$120	n/a
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		Tue	4:30 PM	5:15 PM	\$55	\$55	\$120	n/a

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

Dance Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Ballet	Experience the joy of dance! These dance classes will teach technique, balance, pose, and flexibility. Children will have fun while developing confidence in themselves and the ability to encourage their peers. Register at the Membership Desk.	5-7 yrs	Ballet		Tues	4:00 PM	4:45 PM	\$55	\$55	\$120	n/a

# Gymnastics & Martial Arts Programs

# Lansdale Branch

Session Dates: Summer | June 17 - Aug 25

Contact Curtis Gerzeveski at [CurtisG@NorthPennYMCA.org](mailto:CurtisG@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.	3-5 yrs	Lansdale		Sat	11:00 AM	11:45 AM	\$55	\$55	\$120	n/a
Gymnastics   Level 1	Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. Through dance, tumbling, balance, and strength training, your child's confidence will grow as their skills improve as they learn to use their own personalities to perform. Must be able to do a cartwheel. Students in Level 2 meet two days a week.	5-12 yrs	Lansdale	Level 1 5+ yrs	Thurs	5:30 PM	6:15 PM	\$55	\$55	\$120	n/a
Gymnastics   Level 2A	Get your tumble on at the Y. Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will roll, tumble, crawl, and climb their way into excellent shape while having fun. Through dance, tumbling, balance, and strength training, your child's confidence will grow as their skills improve as they learn to use their own personalities to perform. Must be able to do a cartwheel. Students in Level 2 meet two days a week.	5-12 yrs	Lansdale	Level 1 5+ yrs	Tues	6:30 PM	8:00 PM	\$95	\$95	\$200	n/a
Gymnastics   Level 3	In level 3 Gymnastics, your child will build upon the skills they developed in levels 1 and 2. The focus will be on developing more advanced tumbling skills including back and front handsprings. More advanced students will be encouraged to further advance their abilities. *Must have successfully completed levels 1 & 2 or completed prior gymnastics training. Must be able to do a back walkover. Students in Level 3 meet two days a week.	5-12 yrs	Lansdale	Level 1 5+ yrs	Fri	5:30 PM	7:00 PM	\$95	\$95	\$200	n/a
Gymnastics   Level 4	In gymnastics Level 4, your child will begin to work on tumbling passes and developing their own creative flow. Students will begin working on round-off back handsprings, back tucks, and aerials, in addition to doing more strength training and conditioning. Additionally, there is a level 4X for students who are learning at an accelerated rate. Only Ian Dillard can approve advancement to any of the Level 4 classes.	5-12 yrs	Lansdale		Mon, Fri	7:00 PM	8:30 PM	\$95	\$95	\$200	n/a
Gymnastics   Level 4	In gymnastics Level 4, your child will begin to work on tumbling passes and developing their own creative flow. Students will begin working on round-off back handsprings, back tucks, and aerials, in addition to doing more strength training and conditioning. Additionally, there is a level 4X for students who are learning at an accelerated rate. Only Ian Dillard can approve advancement to any of the Level 4 classes.	5-12 yrs	Lansdale		Mon, Wed	MO 5:30 PM WE 5:30 PM	MO 7:00 PM TH 7:00 PM	\$95	\$95	\$200	n/a

								Program Fees			
Martial Arts Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Capoeira	A Brazilian art that combines music, dance, martial arts, acrobatics, and spirituality. Capoeira can be used as a self-defense art or as a way to maintain spirituality and promote intercultural understanding. Favoring movement	5+ yrs	Lansdale	All Ages 5+ (Families Welcome)	WD	7:15 PM	8:15 PM	\$55	\$55	\$120	n/a
Tae Kwon Do	Korean martial art that translates to 'The Way of the Hand and Foot'. It is an unarmed system of self-defense that promotes physical and mental conditioning through exercise and self-discipline. Challenging and engaging	4+ yrs	Lansdale	Beginner 7-12 yrs old	MO WD	MO 6:30 PM WD 6:45 PM	MO 7:30 PM WD 7:45 PM	\$95	\$95	\$200	n/a

# Gymnastics & Martial Arts Programs

# Lansdale Branch

<p>but in a safe and fun environment. Helps students develop strength, stamina, and flexibility through a variety of exercises and training drills. Training and work gradually lead toward advancement through the various ranks. Taught at this Y for over 20 years by Y instructors- all of whom started their training here.</p>	4+ yrs	Lansdale	All Ages Belted/ Promoted	MO WD	MO 7:30 PM WD 7:45 PM	MO 8:30 PM WD 8:45 PM	\$95	\$95	\$200	n/a
	4+ yrs	Lansdale	Biddy	WD	6:15 PM	6:45 PM	\$95	\$95	\$200	n/a
	4+ yrs	Lansdale	Black Belt, Black Belt Prep,	FR	6:00 PM	7:00 PM	\$95	\$95	\$200	n/a

# Sports Programs

# Indian Valley Branch - Summer 2024

Session Dates: Summer | June 17 - Aug 25

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

Parent/Tot Programs	Description	Age	Location	Day	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
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.	2-5 yrs	Gym A	Mon	9:15 AM	10:00 AM	\$0	\$0	\$120	
				Thurs	9:30 AM	10:15 AM	\$0	\$0	\$120	

Youth Sports Programs	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Badminton	Bring your own equipment for a fun night of badminton. Nets supplied. This is one class with two days to play.	7+ yrs	Gym B	Sat	12:00 PM	2:00 PM	\$0	\$0	\$85	
			Gym B	Sun	11:30 AM	1:30 PM	\$0	\$0	\$85	
Floor Hockey- Youth	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. Shin guards and helmet required (bike helmet acceptable).	7-11 yrs	Gym B	Thur	5:30 PM	6:15 PM	\$55	\$55	\$120	
Dodgeball Family	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	6-12 yrs	Gym A	Wed	6:30 PM	7:15 PM	\$0	\$0	\$120	
Family Recess Games	Step into a world where laughter echoed across playgrounds and simple pleasures filled the air. Rediscover the joy of childhood with a collection of nostalgic family recess games that have stood the test of time. From the timeless thrill of games like: kickball ball, flag football, tug of war, freeze tag, obstacle courses, and more! So gather your loved ones, dust off those old rules, and rediscover the joy of unplugged fun with these cherished recess games.	6+ yrs	Gym A&B	Tue	6:30 PM	7:15 PM	\$0	\$0	\$120	

Adult Sports Programs	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Floor Hockey- Adult	Play floor hockey in the gym. Teams are chosen each week and competitive pickup games are played. Plastic blade sticks only! Registration required. Please no checking. Protective gear is required. Wed Nights Drop-In Rate \$10/day	16+ yrs	Gym A & B	Mon, Wed, & Fri	12:00 PM	1:30 PM	\$0	\$0	\$85	
		16+ yrs	Gym A & B	Wed	7:30 PM	9:00 PM	\$0	\$0	\$25	

# Sports Programs

# Indian Valley Branch - Summer 2024

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 & Fri	7:30 PM	8:45 PM	\$0	\$0	\$85	
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							Program Fees			
Pickleball Programs - all ages	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Pickleball Programs - all ages	Bring your own equipment and enjoy competitive games of Pickleball. Nets are provided.	16+	Gym A&B	Sat	10:00 AM	12:00	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Mon	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Tues	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Wed	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Thurs	7:00 AM	8:30 AM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Mon	1:30 PM	3:00 PM	\$0	\$0	\$50	
		16+ yrs	Gym A & B	Wed	1:30 PM	3:00 PM	\$0	\$0	\$50	
		16+ yrs	Gym A & B	Tues	1:30 PM	3:00 PM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Th	1:30 PM	3:00 PM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Wed	5:30 PM	7:15 PM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Tues	7:30 PM	9:00 PM	\$0	\$0	\$25	
		16+ yrs	Gym A & B	Fri	7:30 PM	9:00 PM	\$0	\$0	\$25	

							Program Fees			
Baskeball - all ages	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball (Age 25-50 years)	Enjoy exercise and fun. Games are recreational and designed to provide exercise and a good time. Running is required for this program.	25-60 yrs	Gym A & B	Thurs	7:30 PM	9:30 PM	\$0	\$0	\$85	
		25-60 yrs	Gym A & B	Sat	7:00 AM	10:00 AM	\$0	\$0	\$85	
Basketball Beginner	Our team will teach children the fundamental skills of basketball using fun and exciting drills. This is a beginner program teaching dribbling, passing and basic techniques.	4-5 yrs	Gym A	Mon	4:30 PM	5:15 PM	\$55	\$55	\$120	
		6-8 yrs	Gym A	Mon	5:30 PM	6:15 PM	\$55	\$55	\$120	
		9-12 yrs	Gym A	Mon	6:30 PM	7:15 PM	\$55	\$55	\$120	
Basketball Intramural League	Our intramural league is for more experienced youth who have gone through our 101 program or another similar program, and who have a good grasp on dribbling, passing and shooting. After enrollment, practices will begin, and players will be observed and placed on to balanced intramural teams. They will stay with their team for the duration of the session, unless the coaches recognize the need for a change. For league play, coaches will focus on the strategies of the game. Practices will begin to learn about	6-8 yrs	Gym A	Thurs/Fri	TH 5:30PM; FR 5:30PM	TH 6:15PM; FR 6:15PM	\$95	\$95	\$200	



# Sports Programs

# Indian Valley Branch - Summer 2024

	<p>of the game. Players will begin to learn about zone defences vs one on one coverage. They will learn teamwork and the fundamental offensive strategies of the game. We will stress good sportsmanship and having a good attitude in victory or defeat. The program schedule will be two weeks of practice, then there will be a tournament day where all the teams will compete.</p>	9-12 yrs	Gym A & B	Thurs/Fri	TH 6:15PM; FR 6:15PM	TH 7:15PM; FR 7:15PM	\$95	\$95	\$200	
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# Specialty Programs & Events

# Lansdale Branch

Session Dates: Summer | June 17 - Aug 25

Contact Curtis Gerzeveski at [CurtisG@NorthPennYMCA.org](mailto:CurtisG@NorthPennYMCA.org)

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

Specialty Seminars, Classes and Clubs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								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
Stem Python Coding Workshop	Sign up and join us for "Behind the Screens" in the EZone, Egaming Center. This is a FREE program that introduces various STEM topics to youth in grades 6th-9th. Open to YMCA full and program members! Students will be using the EZone computers to write code and program thier own projects. They will learn how to use basic to advanced level Python programming skills, as well as learn why coding is such an important skill to learn ! This is a beginner/intermediate level program for grades 6 -9. Contact Bob Varga for more information.	10-16 yrs	Lansdale		Fri	5:00 PM	6:00 PM	\$0	\$0	\$0	\$0

Special Event	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
AOA Topic Talk- Caregiving	Learn how to be a better caregiver	18 and up	Lansdale Ezone	July 9, 2024	Tuesday	11:00 AM	12:00 PM	Free	Free	Free	\$10
AOA Topic Talk- Estate Planning	Experts review best practices in Estate Planning	18 nand up	Lansdale Ezone	8/20/2024	Tuesday	11:00 AM	12:00 PM	Free	Free	Free	\$10
Designer Bag Bingo- Totes for Troops	Designer Bag Bingo Fundraiser. Designers include Coach, Kate Spade, Michael Kors, Dooney & Bourke. BYOB	21 and up	Schwenckfel d Manor	11/08/2024	Friday	6:00 PM	9:00 PM	\$40	\$40	\$40	\$40

# Fitness Programs

# Indian Valley Branch - Summer 2024

**Session Dates: Summer | June 17 - Aug 25**

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

							Program Fees		
Fitness/Wellness- Youth	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member
Teen Fitness Orientation	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.	12-14 yrs	Indian Valley				\$0	\$0	\$0

							Program Fees		
Personal Training	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member
Personal Training: 1 SESSION 1 HR	Personal training is available for individuals who would like one on one sessions with our certified personal trainers. An experienced trainer will guide you through your workout and answer any questions you might have concerning your program. Your sessions include a personal exercise program, fitness testing, and large amounts of motivation. ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.	12+ yrs	Indian Valley				\$53	\$53	\$0
Personal Training: 1 SESSION 30 MIN		12+ yrs	Indian Valley				\$35	\$35	\$0
Personal Training: 4 SESSION 1 HR		12+ yrs	Indian Valley				\$198	\$198	\$0
Personal Training: 4 SESSION 30 MIN		12+ yrs	Indian Valley				\$140	\$140	\$0
Personal Training: 8 SESSION 1 HR		12+ yrs	Indian Valley				\$374	\$374	\$0
Personal Training: 8 SESSION 30 MIN		12+ yrs	Indian Valley				\$256	\$256	\$0
Personal Training: 12 SESSION 1HR		12+ yrs	Indian Valley				\$530	\$530	\$0
Personal Training: 12 SESSION 30 MIN	12+ yrs	Indian Valley				\$348	\$348	\$0	

Fitness Program Specials	Description	Age	Location	Days	Start Time	End Time	Full Member	Program Member	Non-Member Fee
Personal Training Special-"In-shape for Summer"	<p>Personal Training Special Starting June 17th - June 30th Indian Valley and Lansdale Locations Members Only</p> <p>Special is for both 30-minute and 60-minute sessions:                      4 Personal Training sessions, get One Free                      8 Personal Training sessions, get Two Free                      12 Personal Training sessions, get Four Free</p> <p>See pricing above. Personal Training Sessions can be purchased at Membership desk.</p> <p>Any questions contact <a href="mailto:DominiqueL@NorthPennYMCA.org">DominiqueL@NorthPennYMCA.org</a> (Indian Valley) or <a href="mailto:DavidS@NorthPennYMCA.org">DavidS@NorthPennYMCA.org</a> (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.</p>	12+ yrs	Indiana Valley		June 17th	June 30th	See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing
HeartStrong	Heart Strong is a Two Month cardiac rehab and long term maintenance plan that serves graduates of the current Doylestown Health Phase-2 program. Participants receive 2, 30 min one-on-one sessions each week for 8 weeks with a cardiac rehab exercise physiologist. The program includes a free Full Access Membership to both the Lansdale and Indian Valley facilities for the participant for the duration of the two months. A prescription from the the Doylestown Health's Cardiac Rehab Program is required to get started.	12+	Indian Valley				\$450	\$450	\$450

# Fitness Programs

# Lansdale Branch - Summer 2024

Session Dates: Summer | June 17 - Aug 25

Contact David Stauffer with questions at [davids@northpennymca.org](mailto:davids@northpennymca.org)

Fitness/Wellness- Youth	Description	Age	Location	Days	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Climbing Wall	Our climbing wall is a great workout for youth. Improve strength, agility and have fun too! Try the different routes as you get better and stronger. For updated weekly climb times please contact Dave Stauffer at 215.368.1601, ext 216 or Davids@northpennymca.org	7-17 yrs	Lansdale	Thur	6:00 PM	7:00 PM	\$45	\$45	\$75	\$0
Youth Fitness Class	Participants experience a different fun workout each week focusing on developing various motor skills with multiple activities such as youth yoga, obstacle racing, calisthenics, jump rope and much more. It is recommended that participants do not miss more than 2 classes. The class will not run if there are fewer than 4 participants. Located in the Impact Zone.	7-17 yrs	Lansdale	Mon	4:30 PM	5:15 PM	\$0	\$0	\$50	\$0

Fitness/Wellness- Adult	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Cardio Boxing	Combine boxing techniques with challenging cardio and you will receive a great workout. Bring gloves and wrap (limited supply on site). All levels.	16+ yrs	Impact Zone	Sun	11:15 AM		\$0	\$0	\$35	\$0

Personal Training	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member
Personal Training: 1 SESSION 1 HR	Personal training is available for individuals who would like one on one sessions with our certified personal trainers. An experienced trainer will guide you through your workout and answer any questions you might have concerning your program. Your sessions include a personal exercise program, fitness testing, and large amounts of motivation. ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.	12+ yrs	Lansdale				\$53	\$53	\$0
Personal Training: 1 SESSION 30 MIN		12+ yrs	Lansdale				\$35	\$35	\$0
Personal Training: 4 SESSION 1 HR		12+ yrs	Lansdale				\$198	\$198	\$0
Personal Training: 4 SESSION 30 MIN		12+ yrs	Lansdale				\$140	\$140	\$120
Personal Training: 8 SESSION 1 HR		12+ yrs	Lansdale				\$374	\$374	\$0
Personal Training: 8 SESSION 30 MIN		12+ yrs	Lansdale				\$256	\$256	\$0
Personal Training: 12 SESSION 1HR		12+ yrs	Lansdale				\$530	\$530	\$0
Personal Training: 12 SESSION 30 MIN		12+ yrs	Lansdale				\$348	\$348	\$0

# Fitness Programs

# Lansdale Branch - Summer 2024

Fitness Program Specials	Description	Age	Location	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Personal Training Special-"In-shape for Summer"	<p>Personal Training Special Starting June 17th - June 30th Indian Valley and Lansdale Locations Members Only</p> <p>Special is for both 30-minute and 60-minute sessions: 4 Personal Training sessions, get One Free 8 Personal Training sessions, get Two Free 12 Personal Training sessions, get Four Free</p> <p>See pricing above. Personal Training Sessions can be purchased at Membership desk.</p> <p>Any questions contact DominiqueL@NorthPennyMCA.org (Indian Valley) or DavidS@NorthPennyMCA.org (Lansdale) ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.</p>	12+ yrs	Indiana Valley		June 17th	June 30th	See Personal Training Pricing	See Personal Training Pricing	See Personal Training Pricing	
Heart Strong	<p>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.</p>	12+	Lansdale				\$450	\$450	\$450	

# EZone & Simulators

# Lansdale Branch - Summer 2024

Session Dates: Summer | June 17 - Aug 25

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

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

## EZONE

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

Ezone programs	Description	Age	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
YMCA Golf Academy	Golf lessons for adults and kids. For more information please contact Alison at <a href="mailto:alisonp@NorthPennYMCA.org">alisonp@NorthPennYMCA.org</a> .	18+	Private Golf Lesson	By Appointment	By Appointment	By Appointment	\$20 per hour	\$20 per hour	\$20 per hour	\$20 per hour
Minecraft Monday	Join us for fun, easy, and family-friendly mini-events on our YMCA Minecraft Server. Players will work together to complete challenges and think creatively. Great for kids and families! For questions or to register, please email <a href="mailto:NorthPennYMCA.org/EZONE">NorthPennYMCA.org/EZONE</a>	7+	EGaming Session	July 1, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10
Mario Monday	It's time to gear up! We will be hosting various Nintendo games and challenges for the whole family to enjoy. From Mario Kart to Mario Party, join us to compete alongside friends and family and be the leader of Mario games. For questions or to register please email <a href="mailto:NorthPennYMCA.org/EZONE">NorthPennYMCA.org/EZONE</a>	7+	EGaming Session	July 15, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10
Family Fun Event	Parents and their children can play games with each other in the EZone. Refreshments will be served.	7+	Family Fun Event	July 29, 2024	5:00 PM	7:00 PM	\$0	\$0	\$0	\$0
LEGO Night	Open LEGO night! Have fun creating anything LEGO in our EZone! Individual and Group projects. Family friendly activity.	7+	Family Fun Event	August 12, 2024	4:00 PM	8:00 PM	\$0	\$0	\$0	\$0
Chess Lessons for All	Chess lessons are offered for beginners, intermediates, and advanced. Learn to play or sharpen your skills.	7+	Private Chess Lesson	By Appointment	By Appointment	By Appointment	\$20 per hour	\$20 per hour	\$20 per hour	\$20 per hour

# Community and Family

# Indian Valley Branch

Session Dates: Summer | June 17 - Aug 25

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

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

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

# Community & Family

# Lansdale Branch

Session Dates: Summer | June 17 - Aug 25

Facility and Space Rentals	Description	Location	Duration	Program Fees			
				Full Family	Full Member	Program Member	Non-Member Fee
Facility Rentals	<p>NEED AN INDOOR FACILITY FOR YOUR GROUP/TEAM? We have spaces in our facility for a variety of group activities including:</p> <ul style="list-style-type: none"> <li>Gym rentals for basketball, hockey, soccer and more available at both branches.</li> <li>Climbing wall party rentals are also now available! (Lansdale Branch Only)</li> </ul> <p><b>Lansdale Branch Rentals:</b> contact Bob Varga - 215.268.1601 or email: bobv@NorthPennYMCA.org</p>	Lansdale	Per 1 Hour	\$65	\$65	\$75	\$75
EGaming Rentals	<p>EGaming Room rentals for gaming, computer seminars, tech seminars, etc. (Includes projector, large screen tvs, 8 gaming computers, Xbox, Nintendo Switch)</p> <p><b>Lansdale Branch Rentals:</b> contact Alison Paster - 215.268.1601 ext. 207 or email: alisonp@northpennymca.org (Lansdale Branch Only)</p>	Lansdale	Per 1 Hour	\$90	\$90	\$100	\$100
Pool Rentals	<p>Pool rentals for swim teams, water volleyball, etc. (Lansdale Branch Only)</p> <p><b>Lansdale Branch Rentals:</b> contact Bob Varga - 215.268.1601 or email: bobv@NorthPennYMCA.org</p>	Lansdale	Per 1 Hour	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing	Contact Cindy Leahy For Pricing
Class Room Rentals	<p>Classroom rentals for seminars, testing, small events, education, etc</p> <p><b>Lansdale Branch Rentals:</b> contact Bob Varga - 215.268.1601 or email: bobv@NorthPennYMCA.org</p>	Lansdale	Per 1 Hour	\$40	\$40	\$45	\$45

Parties	Description	Location	Duration	Program Fees			
				Full Family	Full Member	Program Member	Non-Member Fee
EZone Party	<p>HOST YOUR PARTY AT THE EZONE! Looking for a cool venue to host your next party? Throw your party in our EZone. What's Included?</p> <ul style="list-style-type: none"> <li>1 Hour in Simulators and 1 Hour in EGaming Room</li> <li>20 Child Max in EGaming Room</li> <li>\$5 Per Additional Child up to 25 Children</li> <li>1 Hour in Party Room</li> <li>Party Host to help with set up/clean up and festivities</li> <li>Paper Products and table covers</li> </ul> <p><b>Lansdale Branch Rentals:</b> contact Alison Paster - 215.268.1601 ext. 207 or email: alisonp@northpennymca.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500



# Community & Family

# Lansdale Branch

Gymnastics Party	<p>TUMBLE ON YOUR SPECIAL DAY!                  Now hosting gymnastics Birthday Parties.                  What's Included?                  * 1 Hour of Gymnastics in our Gym/1 Hour in Party Room                  * 15 Child Max                  * \$5 Per Additional Child up to 25 Children                  * Party Host to help with set up/clean up and festivities                  * Paper products &amp; table covers  <b>Lansdale Branch Rentals:</b> contact Bob Varga - 215.268.1601                  or email: bobv@NorthPennYMCA.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500
Pool Party	<p>Splash Party!                  Now hosting Pool Parties.                  What's Included?                  * 1 Hour in the Pool/1 Hour in Party Room                  * 15 Child Max                  * \$5 Per Additional Child up to 25 Children                  * Party Host to help with set up/clean up and festivities                  * Paper Products &amp; Table Covers  <b>Lansdale Branch Rentals:</b> contact Bob Varga - 215.268.1601                  or email: bobv@NorthPennYMCA.org</p>	Lansdale	2 Hours	\$450	\$450	\$475	\$500