



NORTH PENN YMCA

WINTER

PROGRAM GUIDE

December 30 - February 23

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

NorthPennYMCA.org

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

PROGRAM REGISTRATION DATES:

Early Full Family Registration: December 16

Open Registration: December 23

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.

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



AFFORDABLE CHILD CARE FOR ALL AGES

North Penn YMCA offers affordable, quality day care, preschool, pre-k and before and after school programs in the North Penn, Indian Valley, and Perkiomen Valley communities.

Now enrolling infants through kindergarten.

Learn more at NorthPennYMCA.org/Child-Care

\$0 JOIN FEE NOW THROUGH JAN 31!



Join Online at NorthPennYMCA.org

**NEW YEAR, NO JOIN FEE –
START YOUR Y JOURNEY NOW**

Join the North Penn YMCA between December 3 and January 31 and pay no join fee! Start your journey toward health, wellness, and community without any upfront costs.

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 branch and Indian Valley branch. Programs include one-day events, pickleball lessons for beginner through advanced level players, and open, recreational time. Registration required. [Learn more](#)

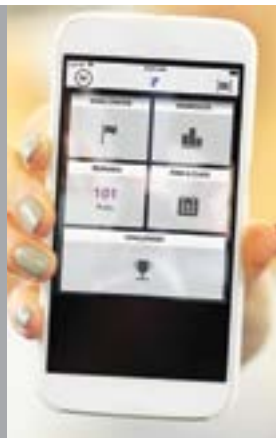


SMARTPHONE APP

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, and swim lessons.

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 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-11:00 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, birthday parties, etc available at both branches
- Lansdale branch rentals: call 215.368.1601

Indian Valley branch rentals: contact Chelse Burton 215.723.3569 ext 152, chelseb@NorthPennYMCA.org or Sangeeta Kharbanda 215.723.3569 ext 111, sangeetak@NorthPennYMCA.org



AT OUR LANSDALE BRANCH

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



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



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

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

Aquatics Programs

Indian Valley Branch - Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

Contact Vince Serianni with questions at iv.aquatics.dir@northpennmca.org

Aquatic Fitness Programs	Description	Ages	Instructor	Days	Start Time	End Time	Program Fees		
							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
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+		Wed	6:00 AM	6:45 AM	\$0	\$0	n/a
				Mon	8:00 AM	8:45 AM	\$0	\$0	n/a
Aqua Aerobics	Cardiovascular fitness shallow water aquatic aerobic class choreographed to music that increase strength and cardiovascular endurance and tones, tightens and trims your body. The class includes the use of resistance.	16+		Tues	10:00 AM	10:45 AM	\$0	\$0	n/a
				Tues	7:00 PM	7:45 PM	\$0	\$0	n/a
				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

Certification Courses	Description	Ages	Dates	Days	Start Time	End Time	Program Fees		
							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		Jan 11, 2025	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
			Jan 23, 2025	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
			February 8, 2025	Sat	10:00 AM	12:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90

Aquatics Programs

Indian Valley Branch - Winter 2025

		14-99 yrs	Feb 20, 2025	Thur	6:00 PM	8:00 PM	\$75	\$75 Full Member \$45 Staff Member	\$90
Lifeguard Learning Class/Blended - American Red Cross Certification	LIFEGUARD – CERTIFICATION, AMERICAN RED CROSS BLENDED LEARNING: This course is a Blended Learning course combining online training with in-person hands-on training. You must attend all 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	Feb. 2, 9, 16	Sun	9:30 AM	5:00 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	Jan. 5 & 12	Sunday	10:00 AM	3:30 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
		13-99 yrs	NA	Thur	7:00 PM	7:45 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		
Adaptive Swim Programs	Description	Ages	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 iv.aquatics.dir@northpennymca.org.	3 + yrs	NA	Mon	4:00 PM	4:30 PM	\$100	\$100	\$120
		3 + yrs	NA	Mon	4:30 PM	5:00 PM	\$100	\$100	\$120
		3 + yrs	NA	Mon	5:00 PM	5:30 PM	\$100	\$100	\$120
		3 + yrs	NA	Mon	5:30 PM	6:00 PM	\$100	\$100	\$120
		3 + yrs	NA	Mon	6:00 PM	6:30 PM	\$100	\$100	\$120
		3 + yrs	NA	Mon	6:30 PM	7:00 PM	\$100	\$100	\$120
		3 + yrs	NA	Fri	4:00 PM	4:30 PM	\$100	\$100	\$120
		3 + yrs	NA	Fri	4:30 PM	5:00 PM	\$100	\$100	\$120
		3 + yrs	NA	Fri	5:00 PM	5:30 PM	\$100	\$100	\$120
		3 + yrs	NA	Fri	5:30 PM	6:00 PM	\$100	\$100	\$120
3 + yrs	NA	Fri	6:00 PM	6:30 PM	\$100	\$100	\$120		
3 + yrs	NA	Fri	6:30 PM	7:00 PM	\$100	\$100	\$120		

Aquatics Programs

Indian Valley Branch - Winter 2025

							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	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	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
			NA	Sat	10:45 AM	11:15 AM	\$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	9:45 AM	10:15 AM	\$75	\$75	\$125
			NA	Sat	10:15 AM	10:45 AM	\$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	\$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	3-5 yrs							

Aquatics Programs

Indian Valley Branch - Winter 2025

	<p>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.</p>		NA	Wed	6:00 PM	6:30 PM	\$75	\$75	\$125
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							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 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.	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	Tue	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

Aquatics Programs

Indian Valley Branch - Winter 2025

			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	Thur	6:15 PM	7:00 PM	\$95	\$95	\$145
			NA	Sat	9:00 AM	9:45 AM	\$95	\$95	\$145
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	12:00 PM	12:45 PM	\$95	\$95	\$145
			NA	Mon	7:00 PM	7:45 PM	\$95	\$95	\$145
			NA	Fri	7:00 PM	7:45 PM	\$95	\$95	\$145
			NA	Sat	9:00 AM	9:45 AM	\$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	\$135	\$135	\$185
		8-18 yrs		Thur	4:45 PM	6:00 PM	\$135	\$135	\$185

Aquatics Program

Lansdale Branch - Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

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	Full Family	Full Member	Program Member	Non-Member Fee
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	Lansdale's Martin Pool		Mon	9:00 AM	9:45 AM	\$0	\$0	NA	NA
		55+ yrs	Lansdale's Martin Pool		Wed	9:00 AM	9:45 AM	\$0	\$0	NA	NA
Hydro Power	Shallow water high energy aqua aerobics choreographed to music that increases cardiovascular endurance and tones, tightens and trims your body. Swimming ability is not required.	16+ yrs	Lansdale's Martin Pool		Friday	9:00 AM	9:45 AM	\$0	\$0	NA	NA
Deep Water Aerobics	Deep water exercise class focusing on abs, thighs, and buttocks. Takes the impact off your joints. A great way to tone your body in warm water. Swim/jog belts are provided.	16+ yrs	Lansdale's Deming Pool		Tuesday	9:00 AM	9:45 AM	\$0	\$0	NA	NA
		16+ yrs	Lansdale's Deming Pool		Thursday	9:00 AM	9:45 AM	\$0	\$0	NA	NA
Low Impact Aqua Exercise	Recommended for people with arthritis, limited movement, or high stress levels. Shallow water stress free movements.	16+ yrs	Lansdale's Deming Pool		Mon	11:45 AM	12:30 PM	\$0	\$0	NA	NA
		16+ yrs	Lansdale's Deming Pool		Friday	11:45 AM	12:30 PM	\$0	\$0	NA	NA
Aqua Barre	Using low-impact dance moves to strengthen the lower body and improve stability mixed with yoga gives flexibility and balance to the work out.	16+ yrs	Lansdale's Martin Pool		Tuesday	10:15 AM	11:00 AM	\$0	\$0	NA	NA
		16+ yrs	Lansdale's Martin Pool		Thursday	10:15 AM	11:00 AM	\$0	\$0	NA	NA
Volley Ball	Water volley ball. Recreational competitive play . Teams formed each week. Exercise and fun.	18+ yrs	Lansdale's Deming Pool		Tuesday	12:00 PM	1:30 PM	\$0	\$0	NA	NA
		18+ yrs	Lansdale's Deming Pool		Thursday	12:00 PM	1:30 PM	\$0	\$0	NA	NA
Synchronized Swimming	Any skill level in synchronized swimming. Must know how to swim and tread water. Great way to exercise, tones your body, adds flexibility, and strengthens muscles.	16+ yrs	Lansdale's Deming Pool		Friday	10:00 AM	11:00 AM	\$0	\$0	NA	NA

Certification Courses	Description	Ages	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee

Aquatics Program

Lansdale Branch - Winter 2025

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 4 in-person classes. For more information please contact our Director, Cindy Leahy, at cindylea@northpennymca.org or 215-368-1601 ext 210	15+ yrs	Lansdale	Full Course Jan 4, 11, 18, 25	Sat	12:00 PM	6:00 PM	\$300	\$300	\$325	\$325	
		15+ yrs	Lansdale	Full Course Feb 1, 8, 15, 22	Sat	12:00 PM	6:00 PM	\$300	\$300	\$325	\$325	
		15+ yrs	Lansdale	Full Course March 1, 8, 15, 22	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 Blended Learning 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 cindylea@northpennymca.org or 215-368-1601 ext 210	15+ yrs	Lansdale	Recert Course SAT, Jan 18, 25	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150	
		15+ yrs	Lansdale	Recert Course SAT, Feb 15, 22	Sat	12:00 PM	6:00 PM	\$150	\$150	\$150	\$150	
		15+ yrs	Lansdale	Recert course SAT, March 15, 22	Sat	12:00 PM	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	\$95	\$95	\$145	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 float	6mo-18mo	Lansdale		Sat	9:30 AM	10:00 AM	\$75	\$75	\$125	N/A

Aquatics Program

Lansdale Branch - Winter 2025

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									
		18mo-3yrs	Lansdale			Sat	10:15 AM	10:45 AM	\$75	\$75	\$125	N/A
		18mo-3yrs	Lansdale			Sat	11:00 AM	11:30 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
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	11:45 AM	12:00 PM	\$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

Aquatics Program

Lansdale Branch - Winter 2025

Level 4 - Stroke Introduction												
		3-5 yrs	Martin Pool		Sat	11:45 AM	12:15 AM	\$75	\$75	\$125	N/A	

Swim Lessons 6-12 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	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 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	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	10:30 AM	11:15 AM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Thurs	6:00 PM	6:45 PM	\$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	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	6-12 yrs	Deming Pool		Thurs	9:30 AM	10:15 AM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Sat	5:00 PM	5:45 PM	\$95	\$95	\$145	N/A
		6-12 yrs	Deming Pool		Tues	5:00 PM	5:45 PM	\$95	\$95	\$145	N/A

Aquatics Program

Lansdale Branch - Winter 2025

Gators Swim Team Fall/Winter Season Our 2024-2025 Season is in full swing and promises to be another incredible season! Come out and support the swim team at our home meets: Nov 9th, Jan 4th, Jan 19th Gators' Luau, and Feb 1st & 2nd Penndale Long Distance Race. OUR TEAM MOTTO: = Gators A = Acceptance T = Teamwork O = Opportunity R = Respect S = Sportsmanship	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 - Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

Contact Alex LaRosa with questions at AlexL@northpennymca.org

Parent/Tot Programs	Description	Age	Location	Day	Start Time	End Time	Program Fees			
							Full Family	Full Member	Program Member	Non-Member Fee
Have a Ball Class	A fun and interactive class for toddlers to play and interact with other children using balls, beanbags, and other play equipment. Parents are required to stay with their children and engage in the activities.	15 mo-3 yrs	Gym A	Mon	9:15 AM	10:00 AM	\$0	\$0	\$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	\$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 day of badminton. Nets supplied. This is one class with two days to play.	7+ yrs	Gym B	Sat	12:00 PM	2:00 PM	\$0	\$0	\$85	
			Gym B	Sun	11:30 AM	1:30 PM	\$0	\$0	\$85	
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.	7-11 yrs	Gym B	Thur	5:30 PM	6:15 PM	\$55	\$55	\$120	\$180
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 B	Thur	6:30 PM	7:15 PM	\$0	\$0	\$120	
Flag Football	This class is designed to give your child a taste of organized football. It will concentrate on developing the core fundamentals needed for the game of Flag Football. Kids will learn basic skills with an emphasis on fun. (Indoor)	6-9 yrs	Gym A	Thur	5:30 PM	6:15 PM	\$55	\$55	\$120	\$180
Soccer Skillz	Come play the number one sport in the world. This program is for beginners and focuses on building stamina and coordination in young children while teaching them soccer fundamentals. Our coaches stress the importance of teamwork and strategy in weekly gameplay. The class atmosphere is light and fun! (Indoor)	5-8 yrs	Gym A	Wed	4:45 PM	5:30 PM	\$55	\$55	\$120	

Sports Programs

Indian Valley Branch - Winter 2025

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.	5-8 yrs	Gym B	Tues	5:30 PM	6:15 PM	\$0	\$0	\$100	\$180
Sports Frenzy	From Dodgeball to Soccer. Capture the Flag or Freeze Tag. Sports Frenzy gives your child the opportunity to play a different game or sport every week. During this fun class, they will also learn values such as respect, sharing, teamwork, and socialization.	9-12 yrs	Gym B	Tues	6:30 PM	7:15 PM	\$45	\$45	\$100	\$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	7:30 PM	8:45 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
Open Play Pickleball	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	\$50	\$100
		16+ yrs	Gym A & B	Mon	7:00 AM	8:30 AM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Tues	7:00 AM	8:30 AM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Wed	7:00 AM	8:30 AM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Thurs	7:00 AM	8:30 AM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Mon	1:30 PM	3:00 PM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A ONLY	Wed	1:30 PM	3:00 PM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Tues	1:30 PM	3:00 PM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Th	1:30 PM	3:00 PM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Tues	7:30 PM	9:00 PM	\$0	\$0	\$50	\$100
		16+ yrs	Gym A & B	Fri	7:30 PM	9:00 PM	\$0	\$0	\$50	\$100
Pickleball Lessons	Pickleball is a sport that is sweeping the nation and now you can learn the fundamentals in step-by-step lessons right here at the Indian Valley	25+ yrs	Beginner Gym A & B	Tues	12:00 PM	1:30 PM	\$55	\$55	\$120	\$200

Sports Programs

Indian Valley Branch - Winter 2025

	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	Wed	5:45 PM	7:15 PM	\$55	\$55	\$120	\$200
		25+ yrs	Intermediate/ Advanced Gym A & B	Thurs	12:00 PM	1:30 PM	\$55	\$55	\$120	\$200

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

Sports Programs

Lansdale Branch - Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

Contact Curtis Gerzevske at CurtisG@NorthPennYMCA.org

Youth Sports Program	Description	Age	Location	Class Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Dodgeball Youth Program A	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. This class is program A because of the 5-8 age group	5-8 yrs	Lansdale Meg Gym		Tue	6:30 PM	7:15 PM	\$0	\$0	\$120	\$0
Dodgeball Youth Program B	Join our Winter Youth Dodgeball Program from December 30 to February 23, where kids will have a blast while improving their agility, teamwork, and throwing skills. It's a fun and active way to stay engaged and make new friends this winter! This class will meet once a week on Wednesday from 6:30-7:15. This class is program B because of the 9-12 age group.	9-12 yrs	Lansdale Meg Gym		Tue	TUE 5:30:00 PM	TUE 6:15:00 PM	\$0	\$0	\$120	
SPORTS OF ALL SORTS	Is your child doing so many different activities it's making your head spin? If so, we have the perfect class to put all the things your child likes into one fun program! The sports blitz program will include programs such as wiffleball, flag football, soccer, dodgeball, basketball, and more. The kids in the program will be able to decide what sports they wish to play that day. This program runs once a week on Saturday's from 12-1:15pm in the Meg gym.	9-12 yrs	Lansdale Meg Gym	Each week the members and the staff will decide on a sports to learn and play that day. Each week they will learn a new sport and that will be added on top of the first sport they played so we can play multiple matches in one class.	Sat	12:00 PM	1:15 PM	\$55	\$55	\$120	\$0
Teen Volleyball	We're offering teen volleyball for free if you want to practice your game or learn from other participants in the class. Teens can sign up and enjoy weekly pickup-style games in a competitive, fun environment. No experience is necessary. An instructor will be present to set up the equipment and answer any questions. Bring your own equipment and a positive attitude! The class takes place once a week on Tuesday from 3:30-5pm.	12-17 yrs	Lansdale Meg Gym	An employee will only be present to set up the net. This class is for recreational purposes and is not intended to be a program taught by an instructor.	Tue	3:30 PM	5:00 PM	\$0	\$0	\$85	\$0
Flag Football Skills and Drills	The foundation of YMCA Flag Football is more than just learning the fundamentals of running, catching, throwing, and the basics of offensive and defensive formations. It's about being a part of a team and, most importantly, having fun. With fewer players on the field, there's more engagement and a faster speed of play. Games are quick and competitive and every drive counts. There will be two age groups. Please register appropriately. The class meets once a week for ages 5-8 on Thursday at 5:30 for an hour and the program for ages 9-12 is after that class and starts at 6:30pm. The class goes for 8 weeks.	5-8 yrs	Lansdale Meg Gym	Instructional/games	Thurs	5:30 PM	6:30 PM	\$55	\$55	\$120	\$0
		9-12 yrs	Lansdale Meg Gym	Instructional/games	Thurs	6:30 PM	7:30 PM	\$55	\$55	\$120	\$0
Introduction to Wiffleball	Are you looking to learn how to hit homeruns and meet new friends with a similar interest? Look no further than our NEW wiffleball program we are testing for the winter 2024 session. The foundation of YMCA Wiffleball is more than just learning the fundamentals of running, catching, throwing, hitting, and the basics of offensive and defensive. It's about being a part of a team and, most importantly, having fun. This program is for any skill level if they just want to practice their game or learn a new skill. This program is about improvement each class and having fun while they learn. The class is for children 9-12 years old and goes for 8 weeks.	9-12 yrs	Lansdale Meg Gym	Instructional/games	Thurs	Th 7:30 PM	Th 8:30 PM	\$0	\$0	\$120	\$0
Swiftee Soccer Winter Level 1 Lansdale	Don't let your soccer skills get cold this winter. Join our indoor soccer league. Ideal for players with some soccer experience, our practice drills and indoor game play will keep you fresh for the spring. Level 1 is designed for beginners to amateur players, focusing on the fundamentals of the game. Our Winter Youth Soccer Program runs from December 30 to February 23 and will take place in the Meg Gym on Tuesday from 5:30-6:15PM	5-12 yrs	Lansdale Meg gym	If the child has never participated in a soccer program before at the YMCA, they must sign up in level 1 and our soccer instructor will decide if they should graduate to level 2 or stay at level 1.	WED	WED 6:30:00 PM	WED 7:15:00 PM	\$55	\$55	\$120	\$0
Swiftee Soccer Indoor Level 2 Lansdale	The students will concentrate on competitive game play in Level 2. Coaches will teach offensive and defensive strategies, formations and transitions, pacing and teamwork. Our Winter Youth Soccer Program runs from December 30 to February 23, offering two levels to suit different skill sets. Level 2 is for kids with game experience, emphasizing advanced techniques and teamwork. Join us for a fun and educational experience that helps players improve their skills and love for the game! The class takes place once a week on Wednesday from 5:30-6:15PM.	5-12 yrs	Lansdale Meg Gym	If the child has never participated in a soccer program before at the YMCA, they must sign up in level 1 and our soccer instructor will decide if they should graduate to level 2 or stay at level 1.	WED	WED 5:30PM	WED 6:15PM	\$55	\$55	\$120	\$0
Volleyball Adult	Join our free 18+ Volleyball program from December 30 to February 23, where you can improve your skills, stay fit, and enjoy the thrill of the game in a fun, welcoming environment. Perfect for players of all experience levels! Nets supplied.	18+ yrs	Lansdale Meg Gym	This is not a competition class, it is casual and there is not a staff member refereeing games.	Wed	7:45 PM	10:00 PM	\$0	\$0	\$85	\$0

Sports Programs

Lansdale Branch - Winter 2025

Indoor Badminton	Badminton is back! Join our Winter Adult Badminton Program from December 30 to February 23, where you can improve your skills, stay active, and enjoy friendly competition in a fun and supportive environment. Perfect for all skill levels! The program will be happening in the Meg gym once a week on Monday's from 8-10pm, and a volleyball net will be set up so you can play in a temperature controlled environment. Other equipment including the rackets and shuttle are not provided. This class will take place once a week on Monday from 8-10PM.	18+ yrs	Lansdale Meg Gym	This is not a competition class, it is casual and there is not a staff member refereeing games.	Mon	8:00 PM	10:00 PM	\$55.00	\$55.00	\$95.00	\$0
Pickleball Programs	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Pickleball	Stay active this winter with our free Pickleball program for ages 16+ from December 30 to February 23. Whether you're a beginner or seasoned player, join us for fun, fitness, and friendly competition! Bring your own equipment. Nets are provided. No experience required.	16+ yrs	Lansdale		Tues, Thurs, Fri	12:00 PM	1:30 PM	\$0	\$0	\$120	\$0
Basketball Programs	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Basketball FUN AND FUNDAMENTALS	The Fun and Fundamentals class at the ymca is designed as an introduction to basketball. Our coaches teach the fundamental skills using exciting drills and game situations in a friendly atmosphere. The time you play depends on the age. Ages 5-8 will come in once a week on Saturday at 9am. Ages 9-12 will come in once a week Saturday at 10AM.	5-8 yrs	Lansdale Meg Gym		Sat	9:00 AM	9:45 AM	\$55	\$55	\$120	
		9-12 yrs	Lansdale Meg Gym		Sat	10:00 AM	10:45 AM	\$55	\$55	\$120	

Gymnastics - Dance - Martial Arts Programs

Indian Valley Branch - Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

Contact Alex LaRosa with questions at AlexL@northpennymca.org

Gymnastic Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Tiny Gymnastics	Get your roll on at the Y. Tiny Gymnastics is a program designed to give younger children time on the mats. Focusing on rolling, and improving coordination and balance, our Tiny Gymnastics program will expose children to all the fun and potential of gymnastics. Classes are held in Gym A.	3-5 yrs	Gym A		Tues	4:30 PM	5:15 PM	\$55	\$55	\$120	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.	5-12 yrs	Gym A		Tues	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 as they learn to use their own personalities to perform. Must be able to do a cartwheel.	5-12 yrs	Gym A		Tues	6:30 PM	7:15 PM	\$55	\$55	\$120	n/a
Gymnastics Level 3 POP-UP	LEVEL 3 FOR 3 WEEKS! For experienced gymnasts, try this new program out! If it's a hit, it will be back!! Gymnastics is an excellent way for children to maintain natural flexibility, develop coordination, and increase strength. An exciting activity for all, your child will tumble 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, front hand springs, must have gone through some sort of Level 2 program, or be a STRONG Level 2 gymnast.	5-12 yrs	Gym A		Thur 1/2 1/9 1/16	6:30 PM	7:15 PM	\$40	\$40	\$90	\$140

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

Gymnastics - Dance - Martial Arts Programs

Indian Valley Branch - Winter 2025

Empowerment Starts Here: Women's Self-Defense Classes	Enhance your confidence and safety with our women's self-defense classes, perfect for mothers and daughters or groups of girlfriends. These engaging sessions offer practical skills and a supportive environment where you can learn together and strengthen your bonds. Led by experienced instructors, our classes are designed to empower participants of all ages, fostering both personal safety and group solidarity. Join us to connect, learn, and grow stronger—enroll today and take charge of your personal security with those who matter most!	13 yrs +	Indian Valley-Dance Studio	Four sessions	Wed 1/8 1/15 1/22 1/29	7:00 PM	8:30 PM	\$55	\$55	\$100	\$160
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Program Fees											
Dance Programs	Description	Age	Location	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Ballet	Experience the joy of dance! These dance classes will teach technique, balance, pose, and flexibility. Children will have fun while developing confidence in themselves and the ability to encourage their peers. Register at the Membership Desk.	5-7 yrs	Indian Valley		Tues	4:00 PM	4:45 PM	\$55	\$55	\$120	n/a

Gymnastics & Martial Arts Programs

Lansdale Branch | Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

Contact Curtis Gerzevske at CurtisG@NorthPennYMCA.org

Gymnastic Programs	Description	Location	Class Info	Days	Start Time	End Time	Program Fees				
							Full Family	Full Member	Program Member	Non-Member Fee	
Tiny Gymnastics	Get your roll on at the Y. Tiny Gymnastics is a program designed to give younger children time on the mats. 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	AGES 3-5	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.										
		5-12 yrs	Lansdale	AGES 5-12	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 as they learn to use their own personalities to perform. Must be able to do a cartwheel and bridge walk over to graduate to level 3.										
		5-12 yrs	Lansdale	AGES 5-12	Fri	5:00 PM	6:30 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 and cartwheel. Students in Level 3 meet two days a week.										
		5-12 yrs	Lansdale	AGES 5-12	Mon, Fri	MON: 6:15 PM; FRI: 6:30	MON: 7:45PM FRI: 8:00PM	\$95	\$95	\$200	n/a

Gymnastics & Martial Arts Programs

Lansdale Branch | Winter 2025

								Program Fees			
Martial Arts Programs	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Capoeira for Youth	A Brazilian art that combines music, dance, martial arts, acrobatics, and spirituality. Capoeira can be used as a self-defense art or as a way to maintain spirituality and promote intercultural understanding. Favoring movement over fixed stances, the practitioner's body will learn to flow with the "Ginga", the rocking step that is the center point of capoeira. As the student's skill evolves and their body learns to flow, acrobatic maneuvers involving hands on the ground and inverted kicks can be explored. Practiced as a dance, the student's coordination will improve through the rhythm of movement, and the wide range of motion will increase the strength and flexibility of any practitioner. Families will enjoy taking capoeira together as the music makes this martial practice feel like a fun dance party. Our Brazilian instructor comes to us with over fifteen years of experience to introduce our Y members to this exhilarating art and help us explore our potential. Only At The Lansdale Branch!	8-12 yrs	Lansdale		Wed	7:15 PM	8:15 PM	\$55	\$55	\$120	n/a
		5-7 yrs	Lansdale		Fri	5:00 PM	5:45 PM	\$55	\$55	\$120	n/a
Tae Kwon Do	Korean martial art that translates to 'The Way of the Hand and Foot'. It is an unarmed system of self-defense that promotes physical and mental conditioning through exercise and self-discipline. Challenging and engaging but in a safe and fun environment. Helps students develop strength, stamina, and flexibility through a variety of exercises and training drills. Training and work gradually lead toward advancement through the various ranks. Taught at this Y for over 20 years by Y instructors- all of whom started their training here.	4+ yrs	Lansdale	Beginner 7-12 yrs old	Mon, Wed	MO 6:30 PM WD 6:45 PM	MO 7:30 PM WD 7:45 PM	\$95	\$95	\$200	n/a
		4+ yrs	Lansdale	All Ages Belted/ Promoted All Adults	Mon, Wed	MO 7:30 PM WD 7:45 PM	MO 8:30 PM WD 8:45 PM	\$95	\$95	\$200	n/a
		4+ yrs	Lansdale	Biddy	Wed	6:15 PM	6:45 PM	\$95	\$95	\$200	n/a
		4+ yrs	Lansdale	Black Belt, Black Belt Prep, Advanced	Fri	6:00 PM	7:00 PM	\$95	\$95	\$200	n/a

Special Programs & Events

Indian Valley Branch - Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

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!	55+ yrs	Indian Valley	1/3/2025	Fri	1:00 PM		\$0	\$0	\$0	\$0
		55+ yrs	Indian Valley	2/7/2025	Fri	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	Join the discussion as we discuss our favorite books! Get ready to dive into a friendly discussion and a chance to make new friends. This program is for members only.	18+ yrs	Peter Becker Cafe	2nd Fri of month	Fri	12:30 PM	2:00 PM	\$0	\$0	\$0	\$0
Arthritis Foundation Program	AFEP (The Arthritis Foundation Exercise Program) is designed for people with arthritis who want to safely increase their physical activity levels. The program may also benefit people with other chronic health conditions who want to be more active.	55+	Indian Valley Linko Room	Arrive 10 mins before class	Tue Fri	12:15 PM 11:30 AM	1:00 PM 12:15 PM	\$0	\$0	\$240 or \$10 Drop in Fee	\$20 Drop in fee
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 Dance Studio		Wed	11:00 AM	12:00 PM	\$0	\$0		
Nutritional Information Pop-Up- "Happy Healthy New Year!"	Join us as Registered Dietician Barbara MacFarland from Stonewell Nutrition, LLC, provides valuable insights into making healthier food choices. She'll explore popular diets—the good and the bad—share tips for smart snacking, and guide you through the nitty-gritty of reading food labels. Barbara will also highlight key foods to incorporate into your daily routine and those to avoid. Don't miss this engaging and informative session to enhance your nutrition knowledge!	18+	RPM Room	01/09/2025	Thu	12:30 PM	2:30 PM				
Special Events	Description	Age	Location	Class Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
Dance 50+	Get your groove on at our 50+ Dance! Enjoy an evening of music, laughter, and dancing in a fun and friendly atmosphere. It's the perfect chance to get moving, and meet new people. Whether you're a pro or just love to move, this event is all about having a great time. Come join us and dance the night away!	50+	Indian Valley	2/8/2025	SA	7:00:00 PM (Doors open at 6:30 PM)	10:00 PM	\$12 per person at the BACK DOOR	\$12 per person at the BACK DOOR	\$12 per person at the BACK DOOR	\$12 per person at the BACK DOOR
"Love Your Neighbor" Food Drive-The Friends of the Family Readiness Group	"The Family Readiness Group (FRG) is a unit-based program that helps service members and their families prepare for deployments, adjust to challenges, and support each other. The Friends of the FRG is a volunteer-run nonprofit supporting local Reservist and National Guard families. This food drive will be hosted at our Indian Valley branch and drop off boxes will be at each entrance. Donations will be sorted and delivered to The Friends of the FRG on Valentine's day! Please visit our branch or call for details of items needed.		Indian Valley	1/27/2024-2/10/2024				\$0	\$0	\$0	\$0

Special Programs & Events

Indian Valley Branch - Winter 2025

AOA Valentine Pizza Dance Party	Valentine Pizza Dance Party! Join us for a fun event filled with delicious pizza, toe-tapping tunes, and delightful company. Embrace the spirit of love and friendship as we share laughter, dance, and savor the flavors of pizza together. A celebration where every slice tells a story, and every dance step is a journey through time. Let's create cherished memories together! We supply the pizza and we ask you to bring the sides and desserts. Please register and sign up for your side or dessert at the Membership desk. Don't miss the fun! Please reserve your seat by Feb 12th. For more information contact Dominique Lanza at 215-723-3569 ext. 119 or dominiquel@northpennymca.org		Indian Valley	2/13/2024	Thu	12:00 PM	2:00 PM	\$7	\$7	\$5	\$5
AOA Special Line Dancing Event	Get ready to kick up your heels and join the excitement at our upcoming Line Dancing Event! Whether you're a seasoned dancer or a first-timer, this lively gathering is perfect for all skill levels. Our talented dance instructor will lead you through a series of energetic line dances, ensuring a fantastic time for everyone on the dance floor. No partner required - just bring your enthusiasm and get ready to groove to a mix of country, pop, and other toe-tapping tunes.		Linko Room	1/09 1/16 1/23 1/30	Thu	11:15 AM	12:15 PM	\$28	\$28	N/A	N/A
Pickleball Tournament - 3.0 & Below Division	Sunday is for Pickleball! Come out and enjoy a full Pickleball Tournament. There are two separate tournaments: Level 3.0 & below from 9:00 AM to 1:00 PM and Level 3.0-4.0 from 1:00 PM to 5:00 PM. This will be a luck of the draw tournament, so register individually and you will be with a different partner every match. Refreshments on site. Do you have what it takes to be a Champion?	All ages	Indian Valley	1/19/25	Sun	9:00 AM	1:00 PM	\$30	\$30	\$30	\$45
Pickleball Tournament - 3.0 to 4.0 Division	Sunday is for Pickleball! Come out and enjoy a full Pickleball Tournament. There are two separate tournaments: Level 3.0 & below from 9:00 AM to 1:00 PM and Level 3.0-4.0 from 1:00 PM to 5:00 PM. This will be a luck of the draw tournament, so register individually and you will be with a different partner every match. Refreshments on site. Do you have what it takes to be a Champion?	All ages	Indian Valley	1/19/25	Sun	1:00 PM	5:00 PM	\$30	\$30	\$30	\$45
Parent's Night Out	Enjoy a night out while your children enjoy games, crafts and more at our Y. Led by our experienced HUGS staff, know that your child will be safe while you are enjoying a night out. A snack will be provided (please bring a cup). Your child must be registered at the membership desk by February 7th prior to the event. Spots are limited. Please contact Chrissy Tressler at 215-723-9364 or chrissyt@northpennymca.org	2 months-9 years	Indian Valley	2/7/2025	Fri	6:00 PM	9:00 PM	1st child \$40 Additional Children \$30	1st child \$40 Additional Children \$30	1st child \$40 Additional Children \$30	1st child \$40 Additional Children \$30
Mommy Market	Join us for our semi-annual Mommy Market on 3/22/2025 from 9 AM-12 PM. Vendors will be selling gently used clothes, toys and so much more. All proceeds benefit our annual campaign. Vendor prices: \$15 for a space with a table or \$10 for space only registration is required. \$1 donation for shoppers, no registration required. Please contact Chrissy Tressler at 215-723-9364 or chrissyt@northpennymca.org	All ages	Indian Valley	3/22/25	Sat	9:00 AM	12:00 PM	\$10 per Space \$15 with Table	\$10 per Space \$15 with Table	\$10 per Space \$15 with Table	\$10 per Space \$15 with Table

Special Programs & Events

Indian Valley Branch - Winter 2025

<p>Family Sweetheart Dance</p>	<p>(Open to all family member dynamics)</p> <p>INDIAN VALLEY FAMILY YMCA Bring your sweetheart to dance and have fun. Come dressed to impress for dancing, face painting and games. Hot dogs, snacks and light refreshments will be served. Carnations and Confetti Balloon Sticks for sale All proceeds benefit North Penn YMCA's Annual Gifts Campaign.</p> <p>Ages Approximately 3 - 10 Registration at the Membership Desk or by phone, online registration for Members only.</p> <p>For more information contact Dominique Lanza at 215-723-3569 ext. 119 or dominiquei@northpennymca.org</p>	<p>3-10 years</p>	<p>Indian Valley</p>	<p>2/15/2025</p>	<p>Sat</p>	<p>6:00 PM</p>	<p>8:00 PM</p>	<p>\$25 per Couple (One Adult/One Child)</p> <p>\$5 for each additional child</p> <p>Additional "Couples" are \$25 each</p>	<p>\$25 per Couple (One Adult/One Child)</p> <p>\$5 for each additional child</p> <p>Additional "Couples" are \$25 each</p>	<p>\$25 per Couple (One Adult/One Child)</p> <p>\$5 for each additional child</p> <p>Additional "Couples" are \$25 each</p>	<p>\$25 per Couple (One Adult/One Child)</p> <p>\$5 for each additional child</p> <p>Additional "Couples" are \$25 each</p>
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Specialty Programs & Events

Lansdale Branch | Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

Contact Curtis Gerzevske at CurtisG@NorthPennYMCA.org

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

Specialty Seminars, Classes and Clubs	Description	Age	Location	Class 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, Earlinton 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	Program Fees			
								Full Family	Full Member	Program Member	Non-Member Fee
Mommy Market	December 7, 2024: We are looking for vendors who would like to set up a table and sell their new & gently used goods. Space for each Vendor will be 10 feet x 10 feet at a cost of \$25. Must reserve space in advance, and multiple spaces can be purchased. Tables and chairs are available for an additional \$10. The Y will advertise the event in our facility, on our website, social media and road signage. Set up will begin at 7:30 am, and must be completed by 8:45 am. No Exceptions! Please return this form with payment to Bella Carlo at the Lansdale Area Family YMCA, 608 East Main St. Lansdale, PA. 19446. Please make checks payable to North Penn YMCA.	All Ages	Lansdale Branch	December 7, 2024	Saturday	9:00 AM	12:00 PM	Space:\$25 Table & Chairs \$10.00	Space:\$25 Table & Chairs \$10.00	Space:\$25 Table & Chairs \$10.00	Space:\$25 Table & Chairs \$10.00

Fitness Programs

Indian Valley Branch - Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

Contact Dominique Lanza with questions at dominiquel@northpennymca.org

Fitness/Wellness- Youth	Description	Age	Days	Start Time	End Time	Program Fees				
						Full Family	Full Member	Program Member	Non Member	Guest 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				\$0	\$0	\$0		
FIT KIDS-"Junior Fit Club"	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.	7-10 yrs	Mon	6:00 PM	6:45 PM	\$0	\$0	\$65		
		7-10 yrs	Wed	6:00 PM	6:45 PM	\$0	\$0	\$65		
Zumba® for Kids	Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music. Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness. For more information, please contact Wendy McLaughlin at WendyM@NorthPennYMCA.org.	7-11 yrs	Mon	5:00 PM	5:45 PM	\$55	\$55	\$120		

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

Pickleball Strength & Conditioning Semi-Private Lessons	Description	Age	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non Member	Guest Member
Group of 4 (12 Sessions 1 hour) Pricing for EACH Member	Power-up Your Pickleball Game! This focused program is designed to improve your agility, strength, and endurance on the court. Led by a certified trainer, you'll work on key exercises to enhance your performance and help prevent injuries. Get ready to play stronger and smarter! Our Semi-Private Lessons can have anywhere from 2-4 clients. Trainer will guide participants to ensure that their fitness goals can be achieved. ALL PERSONAL TRAINING SESSIONS EXPIRE ONE YEAR AFTER THE DATE OF PURCHASE.	16+ yrs				\$240	\$240	\$260	\$280	\$280
Group of 3 (12 Sessions 1 hour) Pricing for EACH Member		16+ yrs				\$320	\$320	\$340	\$360	\$360
Group of 2 (12 Sessions 1 hour) Pricing for EACH Member		16+ yrs				\$480	\$480	\$500	\$520	\$520
Group of 4 (8 Sessions 1 hour) Pricing for EACH Member		16+ yrs				\$165	\$165	\$185	\$205	\$205
Group of 3 (8 Sessions 1 hour) Pricing for EACH Member		16+ yrs				\$220	\$220	\$240	\$260	\$260
Group of 2 (8 Sessions 1 hour) Pricing for EACH Member		16+ yrs				\$330	\$330	\$350	\$370	\$370

Fitness Programs

Indian Valley Branch - Winter 2025

<p>PowerHER Hour- Women's Weight Lifting Class</p>	<p>Join a women-focused strength training class designed to teach proper techniques across a variety of methods. With personalized guidance, you'll learn how to optimize your workouts for maximum results. This empowering class will boost your confidence while ensuring you perform exercises safely and effectively.</p>	21+	Mon	6:00 PM	7:00 PM	\$80	\$80	\$100	\$120	\$120
<p>HeartStrong</p>	<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+				\$450	\$450	\$450		

Fitness Programs

Lansdale Branch - Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

Contact David Stauffer with questions at davids@northpennymca.org

							Program Fees			
Fitness/Wellness- Youth	Description	Age	Location	Days	Start Time	End Time	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
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	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	\$0	
Personal Training: 1 SESSION 30 MIN		12+ yrs	Lansdale				\$40	\$40	\$0	
Personal Training: 4 SESSION 1 HR		12+ yrs	Lansdale				\$208	\$208	\$0	
Personal Training: 4 SESSION 30 MIN		12+ yrs	Lansdale				\$150	\$150	\$120	
Personal Training: 8 SESSION 1 HR		12+ yrs	Lansdale				\$384	\$384	\$0	
Personal Training: 8 SESSION 30 MIN		12+ yrs	Lansdale				\$266	\$266	\$0	
Personal Training: 12 SESSION 1HR		12+ yrs	Lansdale				\$540	\$540	\$0	
Personal Training: 12 SESSION 30 MIN		12+ yrs	Lansdale				\$358	\$358	\$0	
Fitness Program Specials	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	

EZone & Simulators

Lansdale Branch - Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

Contact Alison Paster with questions at allisonp@northpennymca.org

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

EZONE

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

Ezone programs	Description	Age	Class Specific Info	Days	Start Time	End Time	Full Family	Full Member	Program Member	Non-Member Fee
YMCA Golf Academy	Golf lessons for adults and kids. For more information please contact Alison at alisonp@NorthPennYMCA.org .	18+	Private Golf Lesson	By Appointment	By Appointment	By Appointment	\$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 NorthPennYMCA.org/EZONE	7+	EGaming Session	1/27/2025	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 NorthPennYMCA.org/EZONE	7+	EGaming Session	January 13, 2025	4:00 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	February 2, 2025	4:00 PM	8:00 PM	\$0	\$0	\$0	\$10
Winter Golf League 8 Weeks	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 January 7, 2025 - March 1, 2024.	18+	Golf League	By Appointment	By Appointment	By Appointment	\$150	\$150	\$150	\$150

Community and Family

Indian Valley Branch | Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

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

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 Indian Valley Branch Rentals: contact Sangeeta Kharbanda - 215.723.3569 ext. 111 or email: sangeetak@NorthPennYMCA.org	Indian Valley	Saturday	1:00:00 PM	3:00:00 PM	\$450	\$450	\$475	\$500
		Indian Valley	Sunday	11:00 AM	1:00 PM	\$450	\$450	\$475	\$500
Sports/Gym Parties	Party Package Includes · 1 Hour Sport/Gym Time · 1 Hour Party Room · Pricing Includes 15 Children · Additional Children are \$5 each Indian Valley Branch Rentals: contact Sangeeta Kharbanda - 215.723.3569 ext. 111 or email: sangeetak@NorthPennYMCA.org	Indian Valley	Saturday	1:00:00 PM	3:00:00 PM	\$450	\$450	\$475	\$500
		Indian Valley	Sunday	11:30 AM	1:30 PM	\$450	\$450	\$475	\$500

Community & Family

Lansdale Branch | Winter 2025

Session Dates: Winter | Dec 30 to Feb 23

				Program Fees			
Facility and Space Rentals	Description	Location	Duration	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"> Gym rentals for basketball, hockey, soccer and more available at both branches. Climbing wall party rentals are also now available! (Lansdale Branch Only) <p>Lansdale Branch Rentals: 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>Lansdale Branch Rentals: 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>Lansdale Branch Rentals: 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>Lansdale Branch Rentals: contact Bob Varga - 215.268.1601 or email: bobv@NorthPennYMCA.org</p>	Lansdale	Per 1 Hour	\$40	\$40	\$45	\$45

				Program Fees			
Parties	Description	Location	Duration	Full Family	Full Member	Program Member	Non-Member Fee
EZone Party	<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"> 1 Hour in Simulators and 1 Hour in EGaming Room 20 Child Max in EGaming Room \$5 Per Additional Child up to 25 Children 1 Hour in Party Room Party Host to help with set up/clean up and festivities Paper Products and table covers <p>Lansdale Branch Rentals: 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 | Winter 2025

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