

# RIVER CROSSING YMCA SOUMAR CROSSING YMCA SUBJECTION OF THE STATE OF TH

Welcome to River Crossing YMCA's summer program guide. We are pleased to provide clean facilities and safe programs to help you meet vour health and wellness needs now more than ever.

#### **IT PAYS TO BELONG.**

As a member you have a full list of facility amenities and program benefits! Click here to learn more.

#### **PROGRAM REGISTRATION DATES**

- Family Members: Apr 16 (online, phone or in-person)
- Member: Apr 18 (online, phone or in-person)
- Non-member: Apr 21 (online, phone or in-person)

#### **NOT A MEMBER?** Click here to join today!



#### KNOW BEFORE YOU GO. Sign up for text alerts.

Receive notifications about changes, cancellations and closures for branch-specific programs including: building opening delays and closures

- pool closures
- group exercise class changes and cancellations

Sign up for alerts: Click here to sign up.

Having trouble opting in? Or already in the system but need to add new locations? Click here to email Brittney for help.

#### **MONTHLY DRAFTS**

For our regular youth and adult sports and swim programs, arts and enrichment classes, we have transitioned to monthly drafts instead of requiring re-registration for a session with the exception of seasonal programs and leagues. Register for your youth swim, sports or personal training program and we'll continue to bill you monthly until you request to stop! Super convenient and helpful in establishing schedules for your family! Click here to learn more.

### **Financial Assistance**



At the Y, we believe in making a positive impact on individuals and families in need. Financial assistance is available for membership, programs and child care through an application process. For full information and application details click here or scan the QR code.



#### **UPCOMING EVENTS AT THE Y! Click here to learn more.**



KIDS TRIATHLON: August 10, 6:30–11:45 AM Youth ages 3–15 are invited to compete in a triathlon KIDS TRI designed for their age group. Click here to register.





#### Allentown

425 South 15th Street Allentown. PA 18102 **Click here for hours and amenities** 

#### Bethlehem

430 East Broad Street Bethlehem, PA 18018 **Click here for hours and amenities** 

#### Deer Path

144 West Woodschurch Road Flemington, NJ 08822 **Click here for hours and amenities** 

#### Doylestown

2500 Lower State Road Doylestown, PA 18901 Click here for hours and amenities

#### Easton/Phillipsburg

1225 West Lafayette Street Easton, PA 18042 **Click here for hours and amenities** 

#### **Fairless Hills**

601 South Oxford Valley Road Fairless Hills, PA 19030 **Click here for hours and amenities**  As a full member, you have access to our branches in Pennsylvania in **Bucks, Lehigh and Northampton** counties and in New Jersey in Hunterdon County.

Please view a full list of our locations below.

For more information visit

### ymcarivercrossing.org

#### Nazareth

33 South Main Street Nazareth. PA 18064 Click here for hours and amenities

#### Newtown

**190 South Sycamore Street** Newtown, PA 18940 **Click here for hours and amenities** 

#### Ouakertown

401 Fairview Avenue Ouakertown, PA 18951 Click here for hours and amenities

#### Slate Belt

315 West Pennsylvania Avenue Pen Argyl, PA 18072 Click here for hours and amenities

#### Suburban North

880 Walnut Street Catasaugua, PA 18032 **Click here for hours and amenities** 

#### Warminster

624 York Road Warminster, PA 18974 **Click here for hours and amenities** 

#### **FITNESS**

We offer state-of-the-art wellness centers and group exercise studios, focused on the health and wellbeing of each of our members. Our wellness centers are open and spacious and well equipped with a variety of cardio, selectorized strength machines, free weight and functional training equipment.

#### FITNESS EQUIPMENT ORIENTATION

**Fitness Equipment Orientations will acclimate** you with the Wellness Center, teaching you how to use the equipment safely and effectively. Click here to register.



Available free every 90 days, book an appointment with a fitness professional for guidance and support to help you reach your goals. InBody Body Composition Scans are available at select branches.

#### **FITNESS TRAINING**

Experienced trainers will design a program specific for you and help you create sustainable lifestyle changes to meet your health and wellness goals - no matter where you are in your journey. For questions, prices or to book a training package <u>click here</u> or scan the QR code.

#### **GROUP EXERCISE**

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JNE 21

Group exercise classes are included free with membership. Click here for schedules and reservations.

> PENS CAMP CARR OUTDOOR POOL Mon-Thurs: 6-8 PM; Fri: 5-8 PM; Sat & Sun: 12-7 PM JNE 16

> > **EASTON EDDYSIDE POOL** Mon-Fri: 12-7 PM; Open on even numbered days only

> > **EASTON HEIL POOL** Mon-Fri: 12-7 PM; Open on odd numbered days only

HOLLAND OUTDOOR CENTER Mon & Wed: 5-7 PM; Sat & Sun: 12-5 PM





Scan or click here to view program registration information online

#### GYMNASIUM

Available at Bethlehem, Deer Path, Doylestown, Easton, Fairless Hills, Quakertown, Slate Belt and Suburban North. Our gymnasiums are available for open gym, basketball and pickleball. To view our gymnasium schedules click here.

#### **AOUATICS**

Available at Bethlehem, Deer Path, Doylestown, Easton, Fairless Hills, Nazareth, Ouakertown. Slate Belt and Warminster. Click here to learn more.

In addition to our aquatics and swim programs, we offer lap swim, open/family swim, a whirlpool (Deer Path, Doylestown, Easton, Slate Belt) and aquatic group exercise classes. All aquatic exercise classes are available via a reservation system.

#### SWIM LESSONS

Swim instruction is available for all ages, including teens and adults, with options for private and semi-private lessons. Dive into our programs to enhance your swimming skills and confidence today! Click here to learn more.





#### **DOYLESTOWN SKATEPARK HOURS**

Mon-Thurs 4:30-8 PM; Fri 4:30-9 PM Sat & Sun 12-6 PM

Hours and availability are subject to change due to weather conditions.

Click here for more information.

#### METRO ESPORTS GAMING LOUNGE HOURS

Warminster Lounge

Tues, Thurs | 5-7 PM

Mon, Wed, Fri | 3-7 PM

**Doylestown Lounge** Mon-Fri 2:30-9 PM Sat & Sun 2-6 PM

**Fairless Hills Lounge** Mon-Thurs | 3-7 PM Fri | 3-8 PM; Sat & Sun | 2-5 PM





#### **STAY & PLAY**

Child care while you work out! Make the most of your visit while we look after kids aged 3 months to 6th grade. This service is free to members with adult and family memberships, ensuring you can focus on your workout knowing your children are safe and supervised.

Click here for more information.



#### **CHILD CARE and** SCHOOL AGE CHILD CARE



#### **REGISTRATION OPEN!**

**Click here for Child Care** Click here for School Age Child Care



Camp Carr RV Campground

Reservations are now open for the

season! Secure your spot today for

a getaway filled with relaxation and

Annandale, NJ

#### **Member Referral Program**

Current members will receive \$30 in Y Bucks when they refer a friend who joins the Y! Visit the Welcome Center to learn more.



### beCAUSE together we're touching lives



This is a membership about community, caring and **cause!** You are supporting vital community programs in a meaningful way where everyone benefits!

SCAN THE QR CODE OR CLICK HERE TO LEARN MORE!

River Crossing YMCA is the nonprofit charity transforming millions of dollars into moments of impact. Click here to learn more.



### **FIND YOUR** POTENTIAL. FIND YOUR Y. For a better



- Includes FREE YMCA membership & reduced membership and program fees for the family
- FREE virtual wellness platform for the entire family
- Competitive hourly pay rates
- Friendly, caring team environment
- Nurturing employee onboarding program

Apply online at <u>ymcarivercrossing.org/hr</u> or in person at the Welcome Center at one of our branches!

#### **RIVER CROSSING YMCA PHONE APP**

Our app includes a "find a class" feature, electronic access to schedules and links to our reservation system and virtual wellness platform. 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 "River Crossing YMCA"
- 3. Download to your phone
- 4. Use your personal information to create an account







Scan to download our app for iPhone users or click here to download.





# METRO ESPORTS SUMMER 2025

Summer camp registration available, and opportunities for party rentals!



### EVERY WEEK FORTNITE FRIDAY

Every Friday, 5-7 PM at Metro Esports. Compete in modes like Box Fights and Zone Wars to win Metro Coins for gaming gear and merch. Rookie or pro, the competition is fierce!

Every Friday | 5:00 PM

### THE STORM - FORTNITE

Every Monday, battle it out in rotating Fortnite modes as a group or solo player. Win Metro Coins, redeemable for garning gear, merch, and so much more!

Every Monday | 5:00 PM



MON - FRI: 4:30 PM to 8:30 PM SAT - SUN: 2:00 PM to 6:00 PM



GAMING & ESPORTS CAMP Morning camp with exciting challenges, team-based activites, and guided free play across a variety of games.

June 16 to August 29 | Monday to Friday from 9AM to 12PM





#### **TECHU CAMP**

Afternoon camp for young gaming enthusiasts to dive into game creation, media, and tech skill development. Learn to code, build computers, design games, and more!

June 16 to August 29 | Monday to Friday from 1PM to 4PM



WARMINSTER FRI: 4:30 PM to 8:00 PM SAT - SUN: 9:00 AM to 2:00 PM

#### **GAMING & ESPORTS CAMP**

Morning camp with exciting challenges, team-based activites, and guided free play across a variety of games.

June 16 to August 22 | Monday to Friday from 9AM to 4PM



#### GAME ON! INTRO TO GAMING FOR ACTIVE OLDER ADULTS

Specifically for active older adults, an instructional course on the world of gaming. Learn step-by-step instructions and enjoy gaming at your own pace!

Saturday, August 23 | 10:00 AM



**SAT - SUN:** 2:00 PM to 5:00 PM

#### **ESPORTS CAMP**

Full day or half day camp options available. A dynamic camp environment to develop skills, make new friends, and explore the thrilling world of esports and gaming.

#### June 23 to August 29 | Monday to Friday from 9AM to 4PM



# IMPORTANT!

Hours are changing for all locations to accomodate for summer camps! Be sure to check for our new schedule.



# PARTY RENTALS

You can rent a Metro Esports facility for your own birthday party or event! Let your event host guide your party through unique challenges, competitions, and free play for the best birthday a gamer could have.

Visit metroesports.gg for more info

# AQUATICS

# Holland Outdoor Center | Summer

### PRIVATE SWIM LESSONS

Contact Jen Storz with questions at jstorz@ymcarivercrossing.org

Private Swim Lessons		Age	Mem FLAT	
Private Swim Lessons	(4) 30-minute lessons	3 yrs+	\$14	1 \$233
1:1 Ratio Student / Instructor	(8) 30-minute lessons	3 yrs+	\$27	7 \$457
Semi-Private Swim Lessons	(4) 30-minute lessons	3 yrs+	Pricing is per person \$9	' \$160
2:1 Ratio Student / Instructor	(8) 30-minute lessons	3 yrs+	Pricing is per person \$19	1 \$315

### **GROUP SWIM LESSONS**

Contact Mei Brown with questions at mbrown@ymcarivercrossing.org

Please select your child's level based on their age and ability. Contact Mei Brown to set up an appoinment for a free evaluation or:	View our Swim Lesson selector here				
Preschool Swim Lessons	Age	Day	Time	Member MONTHLY	Non-member MONTHLY
1 / Water Acclimation		All	l lessons are located at the	Holland Ou	tdoor Center
Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.	3-5 yrs	Mon	4:45-5:25 PM	\$66	\$109
	3-5 yrs	Wed	4-4:40 PM	\$66	\$109
2 / Water Movement					
Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal		Mon	4-4:40 PM	\$66	\$109
water safety skills including paddle stroke, floating, treading water and safely exiting the water should they fall in.	3-5 yrs	Wed	5:30-6:10 PM	\$66	\$109
3 / Water Stamina					
Students continue to learn personal water safety skills and learn to swim to safety from a longer distance using a swim/float/swim sequence. Rhythmic breathing and the purposeful integration of arm and leg movements are taught.	3-5 yrs	Wed	4:45-5:25 PM	\$66	\$109
School Age Swim Lessons	Age	Day	Start Time	Member MONTHLY	Non-member MONTHLY
	U	•	l lessons are located at the	Holland Ou	
1 / Water Acclimation	6.40				1
Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.	6-12 yrs	Mon	4-4:40 PM	\$66	\$109
					\$109
	6-12 yrs	Wed	4:45-5:25 PM	\$66	\$109
2 / Water Movement	6-12 yrs	Wed	4:45-5:25 PM	\$66	, <b>9109</b>
Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal	6-12 yrs 6-12 yrs	Wed Mon	4:45-5:25 PM 5:30-6:10 PM	\$66 \$66	\$109
				1	
Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal	6-12 yrs	Mon	5:30-6:10 PM	\$66	\$109
Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal water safety skills including paddle stroke, floating, treading water and safely exiting the water should they fall in. <b>3 / Water Stamina</b> Students continue to learn personal water safety skills and learn to swim to safety from a longer distance using a swim/float/swim	6-12 yrs	Mon	5:30-6:10 PM	\$66	\$109
Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal water safety skills including paddle stroke, floating, treading water and safely exiting the water should they fall in. 3 / Water Stamina	6-12 yrs 6-12 yrs	Mon Wed	5:30-6:10 PM 4-4:40 PM	\$66 \$66	\$109 \$109

6-12 yrs

Wed

5:30-6:10 PM

\$66

\$109

# **SPORTS & ARTS**

# All Branches | Summer

### METRO ESPORTS LOUNGE

Questions? Contact metroesports@ymcarivercrossing.org

Gaming Lounge Open Hours	Doylestown	Fairless Hills		Warminster
6 yrs+   Kids 8 and under must be accompanied by chaperone.   Kids 9-11 should have a parent in the building.	Mon-Fri 4:30-8:30 PM Sat-Sun 2-6 PM	Mon-Fri 4:30-7 PM Sat-Sun 2-5 PM	Sat-	Fri 4:30-8 PM Sun 9 AM-2 PM
Esports Lounge Daily Pass	Age		Member	Non-member Drop-In Pass
Daily Drop-In Pass / Friday Night Tournament Pass	б yrs+		n/a	\$10

### ESPORTS EVENTS & PROGRAMS

Questions? Contact metroesports@ymcarivercrossing.org

Doylestown	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE
Fortnite Friday (June 6 to August 29)	All ages	Fri	5-7 PM	\$0	\$10 Drop-in

Think you've mastered Fortnite? Prove it at Fortnite Friday!

Every Friday at Metro Esports, battle it out in rotating Fortnite modes: Elimination Race, Box Fights, Zone Wars, and more. Bring your squad or enter solo and get matched against others to win Metro Coins - redeemable for gaming gear, merch, and so much more at the Metro Shop! Whether you're a rookie or a pro, the competition is fierce, and the prizes are epic!

Stop by any Friday, from 4 to 6 PM to participate! Competition format changes each week.

Gaming & Esports Camp (Half Day AM)	Gr 3-7	Mon-Fri	9 AM-12 PM	\$196	\$275
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This half-day program is perfect for gamers of all skill levels, from beginners to aspiring pros! Campers will face exciting challenges, engage in team-based activities, and guided free play across a variety of their favorite games. Each day also offers structured competitions and tournaments for the featured games of the week. This camp offers short daily lessons and a curriculum that combines teamwork, leadership, game mechanics, sports psychology, and best practices for healthy gaming. Our dedicated staff, top-tier gaming equipment, and an immersive curriculum ensure an unparalleled experience. Parents love the Gaming & Esports Camp for its seamless integration of skill development, personal growth, and the campers' love for gaming.

Jun 16-20 - Roblox	<b>Jul 7-11</b> - Roblox	Aug 4-8 - Minecraft								
Jun 23-27 - Minecraft	Jul 14-18 - Racing Aug 11-15 - Fortnite			<b>23-27</b> - Minecraft <b>Jul 14-18</b> - Racing			Aug 11-15 - Fortnite			
Jun 30-Jul 3 - Racing (no camp of Fri 7/4)	<b>Jul 21-25</b> - Roblox		Aug 18-22 - Mario							
	Jul 28-Aug 1 - Sports		Aug 25-29 - Ca	mper's Favorites						
TechU Camps (Half Day PM)		Gr 3-7	Mon-Fri	1-4 PM	\$216	\$295				

#### TechU Camps (Half Day PM)

This camp invites young game enthusiasts to dive deep into the world of game creation, media, and tech skills. This isn't your typical S.T.E.A.M. camp—each week focuses on a unique theme in the game and tech industry, from coding and computer-building to game design in some of today's most popular platforms, like Roblox, Minecraft, and Unreal Engine. Kids won't just play games; they'll learn to build, design, and even create content around them! Through a mix of hands-on activities, creative projects, and teamwork, campers will gain valuable tech skills, explore potential career paths, and make lasting connections. Be sure to check out each week's theme description to see what exciting new skills await your camper this summer! Whether they're aspiring game developers, content creators, or tech enthusiasts, this camp is designed to help every young gamer turn their passion into a skill.

Jun 16-20 - Roblox Tech Adventures	Jul 7-11 - Fortnite Game Building	Aug 4-8 - Minecraft & Code
Jun 23-27 - Minecraft & Code	Jul 14-18 - YouTube Content Creators	Aug 11-15 - Game Building in Unreal Engine
Jun 30-Jul 3 - YouTube Content Creators (no camp of Fri 7/4)	Jul 21-25 - Roblox Game Design	Aug 18-22 - Esports Academy
	Jul 28-Aug 1 - Build-a-Computer	Aug 25-29 - Camper's Favorites (Esports)

Sensory Friendly Game Time					
An afternoon of gaming designed specifically for Ability students, where everyone can play sensory-friendly casual games in a safe, welcoming space! Enjoy an engaging gaming session where every game is tailored to create a stress-free and welcoming experience. You'll not only get to play but also build valuable friendships while connecting with others who share your love for gaming. This is special time to enjoy and have fun!	All Ages	Sat 7/12	12-2 PM	\$0	\$10 Drop-in
Fairless Hills	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE
The Storm - Fortnite Weekly (June 2 to September 1)	All ages	Mon	5-7 PM	\$0	\$10 Drop-in
Think you've mastered Fortnite? Prove it in The Storm!					

Every Monday at Metro Esports, battle it out in rotating Fortnite modes: Elimination Race, Box Fights, Zone Wars, and more. Bring your squad or enter solo and get matched against others to win Metro Coins - redeemable for gaming gear, merch, and so much more at the Metro Shop! Whether you're a rookie or a pro, the competition is fierce, and the prizes are epic!

#### Stop by any Monday, from 5 to 7 PM to participate! Competition format changes each week.

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Esports Camp	Gr 3-7	Mon-Fri	See times below	\$135	\$190

Join the excitement at our half-day Esports Camp at Fairless Hills! Suitable for students in grades 3-7, this camp offers a unique blend of fun, competition, and learning. Each session focuses on a different game, ensuring a fresh and engaging experience every time. Whether you're a beginner or an aspiring pro, our camp provides a dynamic environment to develop skills, make new friends, and explore the thrilling world of esports and gaming. Sign up now for either our AM or PM sessions and dive into the action.

#### AM Half Day Camps (9 AM-12 PM)

Jun 23-27 - Minecraft	Jul 7-11 - Brawlhalla	Aug 4-8 - Rocket League
Jun 30-Jul 3 - Roblox (no camp of Fri 7/4)	Jul 14-18 - Roblox	Aug 11-15 - Minecraft
	Jul 21-25 - Fall Guys	Aug 18-22 - Smash Ultimate
	Jul 28-Aug 1 - Mario Kart	Aug 25-29 - Camper's Favorites
PM Half Day Camps (1-4 PM)		
Jun 23-27 - Madden	Jul 7-11 - Smash Ultimate	Aug 4-8 - Madden
Jun 30-Jul 3 - Mario Kart (no camp of Fri 7/4)	<b>Jul 14-18</b> - Fall Guys	Aug 11-15 - NBA 2K
	Jul 21-25 - Fortnite	Aug 18-22 - Brawlhalla
	Jul 28-Aug 1 - NBA 2K	Aug 25-29 - Camper's Favorites

Warminster	Age	Day	Start Time	Member FLAT FEE	Non-member FLAT FEE

#### Gaming & Esports Tech Camp

Our full-day esports camp offers an exciting, well-rounded experience for young gamers! Campers will enjoy fun challenges, team-based activities, and supervised free play across their favorite games. Each day includes structured competitions and tournaments based on the week's featured games. Curriculum combines competitive play, physical activity, and creative learning. More than just play, our program enhances strategic communication, teamwork, and confidence in a safe and structured environment. Open to gamers of all skill levels, the camp will leave participants with new skills, friendships, and memories to last a lifetime.

Families can choose full-day or half-day options. Morning sessions will feature brief lessons with insights into game design, coding, and other STEAM themes, giving campers a glimpse into how their favorite games are built and run. Afternoon sessions will feature an activity period where campers participate in gym games, swimming, and more. Campers will enjoy esports activities in both the morning and afternoon.

	Full Day Camp (AM Session & PM Session)	Gr 3-7	Mon-Fri	9 AM-4 PM	\$250	\$350
	Half Day Camp (PM Session Only)	Gr 3-7	Mon-Fri	1-4 PM	\$135	\$189
Camp Week	AM Session	PM Session				
Jun 16-20	Sports Games	Esports & Sports Psychology				
Jun 23-27	Fornite & Smash	Unreal Engine	e: Careers in 3D			

Camp Week	AM Session	PM Session	n			
Jun 30-Jul 3 (no camp Fri 7/4)	Roblox & Fall Guys	Esports Per	formance Training	J		
Jul 7-11	Minecraft & Mario	Minecraft &	Code			
Jul 14-18	Roblox & Fall Guys	Build-a-Con	nputer			
Jul 21-25	Fornite & Smash	Fortnite & L	Inreal Engine			
Jul 28-Aug 1	Sports Games	Cybersecuri	ity			
Aug 4-8	Fornite & Smash	Streaming v	with OBS			
Aug 11-15	Minecraft & Mario	Minecraft A	rt & Tech Adventu	ires		
Aug 18-22	Roblox & Fall Guys	Roblox Gam	ne Design			
Game On! - Intro to Gaming for Active Older Adults Discover the fun and excitement of video games in our "Game Or old-school classics to easy-to-play modern favorites, this program learn step-by-step instructions and enjoy gaming at your own par new world of entertainment and cognitive stimulation. No prior ga	n offers a relaxed and supportive environment where you can ce. Join us for a casual and enjoyable experience, and explore a	45 yrs+	Sat 8/23	10 AM-12 PM	\$0	\$10 Drop-in

### **ESPORTS** Parties

Questions? Contact metroesports@ymcarivercrossing.org

Esports Parties		Member FLAT FEE	Non-member FLAT FEE
	Options Available by Location:		
Doylestown Esports Parties	Open Hours - 15 kids included	\$365	\$450
	After Hours - 25 kids included	\$499	\$595
	Add-on - Doylestown After Hours Rentals - Party Theme:	inc	luded
Fairless Hills Esports Parties	Before Hours - 18 kids included	\$289	\$384
	After Hours - 18 kids included	\$339	\$434
	Add-on - Additional Studio Space added to all Rentals:	\$54	\$54
Warminster Esports Party	Before Hours / Open Hours - 16 kids included	\$289	\$384
	Add-on - Additional Studio Space added to all Rentals:	inc	luded
Add-Ons Available at All Locations	Additional Child	\$10	each
	1 Additional Hour added to Rentals	\$	160

# **WELLNESS**

# Newtown | Summer

(12) 30-minute Sessions

### WELLNESS TOOLS & PROGRAMS

Stay Well Coaching			Member FLAT FEE	Non-member FLAT FEE
Stay Well Coaching (12 yrs+)	3 or more to meet regularly for ten 60 minute ith your group in behavior change techniques, ility, and support.       4 people       60 minutes - (10) Sessions         5 people       60 minutes - (10) Sessions         5 people       60 minutes - (10) Sessions	Pricing is	per person	
Let River Crossing YMCA guide you on your health and wellness journey with Stay Well Coaching!	3 people	60 minutes - (10) Sessions	\$149	\$246
Designed with friends in mind, sign up with a group of 3 or more to meet regularly for ten 60 minute in-person cessions. A Y fitness professional will work with your group in behavior change techniques,	ioaching!       3 people       60 minutes - (10) Sessions         in 60 minute       4 people       60 minutes - (10) Sessions         5 people       60 minutes - (10) Sessions         ated in Doylestown Health	\$132	\$218	
nutrition coaching, stress reduction, fitness, accountability, and support.	5 people	60 minutes - (10) Sessions	\$116	\$191
Heart Strong			Member FLAT FEE	Non-member FLAT FEE
Ages 12 yrs+ - Heart Strong is a unique exercise program specifically for patients who've participated in Doylest cardiac rehabilitation and want to maintain optimal heart and vascular health. A collaboration between Doylestov		6-week Program:	¢415	\$415

cardiac rehabilitation and want to maintain optimal heart and vascular health. A collaboration between Doylestown Health and community gyms, the Heart Strong program keeps patients fit with prescribed exercises from their cardiac rehab team. Participation in the program includes six weeks of full branch access.

### PERSONAL TRAINING

Questions? Contact Chloe Ghirardi at cghirardi@ymcarivercrossing.org

\$415

\$415

Personal Training Club			Member MONTHLY	Non-member MONTHLY
Personal Training Club (12 yrs+)		Package Options		
rsonal Training Club (12 yrs+) In the PT Club and get one-on-one time with a personal fitness trainer who can help you to meet ar goals or get started on your fitness journey. b prices are lower than package pricing, clients may carry over one unused session per month, d the monthly draft is automatically taken out at the beginning of each month with no additonal ed to register each month.	30 minutes	(4) per Month / 1x per Week	\$99	N/A
		(8) per Month / 2x per Week	\$198	N/A
Club prices are lower than package pricing, clients may carry over one unused session per month, and the monthly draft is automatically taken out at the beginning of each month with no additonal		(12) per Month / 3x per Week	\$298	N/A
need to register each month.	45 minutes	(4) per Month / 1x per Week	\$144	N/A
There is a three month minimum commitment in order to receive the discounted pricing.		(8) per Month / 2x per Week	\$99 \$198 \$298	N/A
		(12) per Month / 3x per Week	\$433	N/A
	60 minutes	(4) per Month / 1x per Week	\$190	N/A
		(8) per Month / 2x per Week	\$379	N/A
		(12) per Month / 3x per Week	\$569	N/A

Personal Training				Member FLAT FEE	Non-memb FLAT FEE
Personal Training Packages (12 yrs+)			Package Options		
sonal Training Packages (12 yrs+) -on-one time with a personal fitness trainer who can help you to meet your goals or get s our fitness journey. t Time Client Promotion cial pricing for first time personal training clients. Three 45-minute introductory sessions. ions must be used within 60 days of purchase. ther Training ther Training Packages (12 yrs+) re's no better way to stay motivated than to train with a friend. Partner Training allows yo ain, side-by-side with a Personal Trainer and stay on target! m Training m Training Packages (12 yrs+) re's no better way to stay motivated than to train <b>3 People</b> a friend. Partner Training allows you both to a, side-by-side with a Personal Trainer and stay <i>Pricing is per person</i>	can help you to meet your goals or get started	30 minutes	(5) Sessions	\$143	\$236
n your fitness journey.			(10) Sessions	\$265	\$437
		45 minutes	(5) Sessions	\$204	\$337
			(10) Sessions	\$384	\$633
		60 minutes	(5) Sessions	\$265	\$437
			(10) Sessions	\$505	\$833
irst Time Client Promotion					
pecial pricing for first time personal training clients. essions must be used within 60 days of purchase.	Three 45-minute introductory sessions. All	45 minutes	(3) Sessions	\$90	N/A
Partner Training				Member FI AT FFF	Non-memb FLAT FEE
			Package Options		
	with a friend. Partner Training allows you both	45 minutes	(5) Sessions	-	\$209
		45 minutes	(10) Sessions	\$265 \$204 \$384 \$265 \$505 \$90 <u>Member FLAT FEE</u> <i>Pricing is</i> \$127 \$221 \$165 \$294	\$364
		60 minutes	(5) Sessions		\$273
		oo minutes	(10) Sessions		\$485
				<i>423</i> 1	<b>\$105</b>
Feam Training					Non-memb FLAT FEE
ream Training Packages (12 vrs+)			Package Options	Pricing is	per person
There's no better way to stay motivated than to train	3 People	45 minutes	(5) Sessions	\$66	\$109
vith a friend. Partner Training allows you both to rain, side-by-side with a Personal Trainer and stay	Pricing is per person		(10) Sessions	\$384 \$265 \$505 \$90 Member FLAT FEE ions Pricing is \$127 \$221 \$165 \$294 Member FLAT FEE ions Pricing is \$66 \$116 \$66 \$116 \$83 \$66 \$1149 \$55 \$94 \$149 \$55 \$94 \$149 \$132 \$94	\$191
n target!		60 minutes	(5) Sessions	\$83	\$136
			(10) Sessions	\$149	\$246
	4 People	45 minutes	(5) Sessions	\$55	\$91
	Pricing is per person		(10) Sessions	\$94	\$155
		60 minutes	(5) Sessions	\$74	\$121
			(10) Cossiens	\$132	\$218
			(10) Sessions	410E	
	5 People	45 minutes	(10) Sessions		\$76
	<b>5 People</b> Pricing is per person	45 minutes	. ,	\$46	\$76 \$128
	•	45 minutes 60 minutes	(5) Sessions	\$46 \$78	

# **FAMILY & COMMUNITY**

# All Branches | Summer

### AMERICAN RED CROSS CLASSES

Please visit website for full details on all American Red Cross Classes.

#### Lifeguarding Training with Deep Water (Blended Full Course)

Branch	Class Dates	Age	Member FLAT FEE	Non-member FLAT FEE	Location
Attendance at all class dates is requi	ired to complete certification	15 yrs+ for all branch locations	\$340	\$390	Listed below
Bethlehem					
April	Sat Apr 26 (10 AM-7 PM) - Sun A	Apr 27 (10 AM-6:30 PM) - Fri May 2 (5-9 PM)			CE Room
Мау	Fri May 23 (5-9 PM) - Sat May 2	24 (8 AM-6 PM) - Sun May 25 (9 AM-4:30 PM)			CE Room
Deer Path					
April	Sat Apr 5 (9 AM-5 PM) - Sun Ap	r 6 (9 AM-5 PM) - Sat Apr 12 (9 AM-5 PM)			Pool Deck
Мау	Sat May 17 (9 AM-5 PM) - Sun N	May 18 (9 AM-5 PM) - Sat May 24 (9 AM-5 PM)			Pool Deck
Doylestown					
May (1)	Fri May 2 (4-9 PM) - Sat May 3	(9 AM-6 PM) - Sun May 4 (9 AM-6 PM)			Lobby at WC
May (2)	Fri May 17 (4 PM-9 PM) - Sat Ma	ay 18 (9 AM-6 PM) - Sun May 24 (9 AM-6 PM)			Lobby at WC
July	Fri Jul 11 (4 PM-9 PM) - Sat Jul	12 (9 AM-6 PM) - Sun Jul 13 (9 AM-6 PM)			Lobby at WC
Fairless Hills					
April	Fri Apr 25 (5-8 PM) - Sat Apr 26	5 (8 AM-5:30 PM) - Sat May 3 (8 AM-5:30 PM)			Lobby at WC
Quakertown					
April	Fri Apr 4 (4-9 PM) - Sat Apr 5 (9	9 AM-6 PM) - Sun Apr 6 (9 AM-6 PM)			Lobby at WC
Мау	Fri May 23 (4-9 PM) - Sat May 2	24 (9 AM-6 PM) - Sun May 25 (9 AM-6 PM)			Lobby at WC
June (1)	Fri Jun 6 (4-9 PM) - Sat Jun 7 (9	9 AM-6 PM) - <b>Sun Jun 8</b> (9 AM-6 PM)			Lobby at WC
June (2)	Fri Jun 27 (4-9 PM) - Sat Jun 28	<b>3</b> (9 AM-6 PM) - <b>Sun Jun 29</b> (9 AM-6 PM)			Lobby at WC
July	Fri Jul 25 (4-9 PM) - Sat Jul 26	(9 AM-6 PM) - Sun Jul 27 (9 AM-6 PM)			Lobby at WC

#### Lifeguarding Recertification Training

Branch	Class Dates	Age	Day	Class Time	Member FLAT FEE	Non-member FLAT FEE	Location
		15 yrs+ fo	or all branch	locations	\$175	\$195	Listed below
Deer Path	May 17		Sat	9 AM-6 PM			Pool Deck
	July 20		Sun	9 AM-6 PM			Pool Deck
	August 3		Sun	9 AM-6 PM			Pool Deck

Contact Anahita Mir at amir@ymcarivercrossing.org

Doylestown	May 10	Sat	9 AM-6 PM	Lobby at WC
	June 21	Sat	9 AM-6 PM	Lobby at WC
Fairless Hills	June 15	Sun	9 AM-6 PM	Lobby at WC
	June 29	Sun	9 AM-6 PM	Lobby at WC
	July 19	Sat	9 AM-6 PM	Lobby at WC
Quakertown	April 26	Sat	9 AM-6 PM	Lobby at WC
	May 4	Sun	9 AM-6 PM	Lobby at WC
	July 20	Sun	9 AM-6 PM	Lobby at WC
Bethlehem	May 18	Sun	10 AM-7:30 PM	Looby at WC

#### Lifeguarding Instructor Training (Blended Full Course)

Branch	Class Dates	Age	Day	Class Time	Member FLAT FEE	Non-member FLAT FEE	Location
Attendance at all class dates is require	ed to complete certification	17 yrs+ fo	r all branch	locations	\$415	\$475	Gene Smith Conf Rm
Doylestown							
April	Fri Apr 11 (4-9 PM) - Sat Apr 12 (9 A	M-6 PM) - Sun Apr	<b>13</b> (9 AM-6	PM)			
June	Fri Jun 13 (4-9 PM) - Sat Jun 14 (9 A	M-6 PM) - <b>Sun Jun</b>	<b>15</b> (9 AM-6	PM)			
August	Fri Aug 1 (4-9 PM) - Sat Aug 2 (9 AM-	6 PM) - Sun Aug 3	(9 AM-6 PM	)			

#### Lifeguarding Instructor Recertification Training (Blended Full Course)

Branch	Class Dates	Age	Day	Class Time	Member FLAT FEE	Non-member FLAT FEE	Location
Doylestown	May 12	17 yrs+	Mon	9 AM-6 PM	\$170	\$200	Gene Smith Conf Room
	June 22	17 yrs+	Sun	9 AM-6 PM	\$170	\$200	Gene Smith Conf Room
	July 19	17 yrs+	Sat	9 AM-6 PM	\$170	\$200	Gene Smith Conf Room
	August 9	17 yrs+	Sat	9 AM-6 PM	\$170	\$200	Gene Smith Conf Room
	Augut 16	17 yrs+	Sat	9 AM-6 PM	\$170	\$200	Gene Smith Conf Room

#### CPR/AED for Professional Rescuers with First Aid and Administering Emergency Oxygen (Blended Full Course)

Branch	Class Dates	Age	Day	Class Time	Member FLAT FEE	Non-member FLAT FEE	Location
Class times will be posted as they become available							

#### Basic Life Support / BLS (Blended Full Course)

Branch	Class Dates	Age	Day	Class Time	Member FLAT FEE	Non-member FLAT FEE	Location
Class times will be posted as they become available		15 yrs+	Sun		\$65	\$95	Studio 2

ARC Adult and Pediatric First Aid/CPR/AED with Administering Emergency Oxygen (Blended Full Course)								

Branch		Age	Member FLAT FEE	Non-member FLAT FEE	Location
Bethlehem		15 yrs+ for all classes	\$115	\$140	Teen Center/SEFA ROO
Ned Apr 2 (10:30 AM-1:30 PM)	Fri May 16 (5-8 PM)				
Sat Apr 26 (10:30 AM-1:30 PM)					
Deer Path		15 yrs+ for all classes	\$115	\$140	CE Room
Sat May 3 (11 AM-2 PM)					
Doylestown		15 yrs+ for all classes	\$115	\$140	Teen Center
ue Apr 22 (5:15 PM-8:15 PM)	Tue Jun 3 (5:15 PM-8:15 PM)	Tue Jul 1 (5:15 PM-8:15 PM)	Tue Aug 5 (	5:15 PM-8:1	5 PM)
ue Apr 29 (5:15 PM-8:15 PM)	Tue Jun 10 (5:15 PM-8:15 PM)	Tue Jul 15 (5:15 PM-8:15 PM)	Tue Aug 19	15 PM)	
Sun May 4 (11 AM- 2 PM)	Tue Jun 17 (5:15 PM-8:15 PM)	Tue Jul 29 (5:15 PM-8:15 PM)			
Tue May 6 (5:15 PM-8:15 PM)	Tue Jun 24 (5:15 PM-8:15 PM)				
Гие Мау 27 (5:15 PM-8:15 PM)					
Easton		15 yrs+ for all classes	\$115	\$140	SEFA Room
Fri Apr 18 (5 PM-8 PM)	Mon May 5 (10:30 AM-1:30 PM)				
	Sat May 24 (10:30 AM-1:30 PM)				
Fairless Hills		15 yrs+ for all classes	\$115	\$140	Studio 2
Sun Apr 27 (12 PM-3 PM)	Sun Jun 8 (11 AM-2 PM)	Sun Jul 13 (11 AM-2 PM)	Sun Aug 3 (11 AM-2 PM)		
Sun May 4 (11 AM-2 PM)	Sun Jun 15 (11 AM-2 PM)	Sun Jul 20 (11 AM-2 PM)	Sun Aug 17 (11 AM-2 PM)		
Fri May 9 (5 PM-8 PM)	Sun Jun 22 (11 AM-2 PM)	Sun Jul 27 (11 AM-2 PM)	Sun Aug 24 (11 AM-2 PM)		1)
Sun May 18 (11 AM-2 PM)	Sun Jun 29 (11 AM-2 PM)				
Sun May 25 (11 AM-2 PM)					
Round Valley		15 yrs+ for all classes	\$115	\$140	CE Room
Mon Apr 7 (5:30 PM-8:30 PM)	Mon May 12 (5:15 PM-8:15 PM)				
Fri Apr 18 (3 PM-6 PM)	Thu May 29 (5:30 PM-8:30 PM)				
Ned Apr 30 (5:30 PM-8:30 PM)					
Quakertown		15 yrs+ for all classes	\$115	\$140	Upstairs/CC Room
Ned Apr 9 (6:30-9:30 PM)	Sun May 4 (10 AM-12:30 PM)	Wed Jun 11 (6:30-9:30 PM) Wed Aug 13 (6:30-9:30 PM)			PM)
Sun Apr 13 (10 AM-12:30 PM)	Wed May 7 (6:30-9:30 PM)	Wed Jul 9 (6:30-9:30 PM)			

# **FAMILY & COMMUNITY**

# All Branches | Summer

For questions or inquiries on availability, contact:

Doylestown, Fairless Hills, Holland, Deer Path & Warminster - Hannah Keller, hkeller@ymcarivercrossing.org

Quakertown - Danielle Leatherman, dleatherman@ymcarivercrossing.org

Camp Carr - Andy Cogen, acogen@ymcarivercrossing.org

### PARTIES

After Hours Splash 'N Bash		Branch Location	Day	Time	Member FLAT FEE	Non-member FLAT FEE
After Hours Splash 'N Bash Party						
This party is EXCLUSIVE and held after-hours on Saturdays. Great option for boy scouts/girl scouts, school celebrations, church groups and more! Please see pool policies for important safety		Deer Path	Saturday	5-7 PM	\$406	\$507
information. 25 guests maximum. 15 min swim te	sting, 1 hr pool celebration, 15 min changing time	Doylestown	Saturday	6-8 PM	\$406	\$507
and 30 min party room. 3-4 lifeguards. Ages 4 yrs	5+.	Fairless Hills	Saturday	6-8 PM	\$406	\$507
*Warminster Branch party time may be adjusted if the facility is closing later.		Quakertown	Saturday	5-7 PM	\$406	\$507
		Warminster	Saturday	4:30-6:30 PM	\$323	\$404
			Additional hou	ır at all branches:	\$173	\$173
NinaZone Parties					Member FLAT FEE	Non-member FLAT FEE
Ninis Zono Davin						
NinjaZone Party Join us for a birthday party in Warminster Branch's new NinjaZone space. Where kids can practice gymnastics, parkour and martial arts moves. All parties will also include a NinjaZone coach to assist in running games and obstacles.		Warminster	Saturday	2:30-4:30 PM	\$309	\$399
		Warminster	Sunday	12-2 PM	\$309	\$399
					4000	4000
Esports Parties					Member FLAT FEE	Non-member FLAT FEE
Love gaming? Celebrate your birthday at our new	gaming lounge! Guests enjoy all lounge amenities a	nd party space for food and cake.	Ages 7 yrs+			
Esports Party during Open Lounge Hours	(Shared Space with Community)					
Doylestown Two Hour Party	Monday-Friday 4:30-6:30 PM	Saturday & Sunday 3:30-5:30	РМ		\$365	\$450
Fairless Hills Two Hour Party	Saturday & Sunday 12-2 PM				\$289	\$384
Warminster Two Hour Party	Mon-Wed 5 PM-7 PM	Saturday & Sunday 12-2 PM			\$289	\$384
			Additional hou	ır at all branches:	\$160	\$160
Esports After Hours Party						:
Doylestown	Saturday 6-8 PM				\$499	\$595
Fairless Hills	Saturday 5-7 PM				\$339	\$434
			Additional hou	ır at all branches:	\$160	\$160

	Time	FLAT FEE	FLAT FEE
Saturday	3:30-5:30 PM	\$323	\$404
_	Saturday	Saturday 3:30-5:30 PM	Saturday 3:30-5:30 PM \$323

### RENTALS

After Hours Full Facility Rental	Branch Location	Day	Time	Member FLAT FEE	Non-member FLAT FEE
After Hours Full Facility Rentals					
Pool, gymnasium, locker rooms, studios.	Deer Path		6-9 PM	\$811	\$1,054
	Doylestown	Saturday	6-9 PM	\$811	\$1,054
	Fairless Hills / Sunday	/ Sunday	6-9 PM	\$811	\$1,054
	Quakertown		5-8 PM	\$811	\$1,054
		Additional hour at	all branches:	\$270	\$270

Facility Space Rentals		Branch Location	Day	Available Hours	Member RENTAL FEE	Non-member RENTAL FEE
Individual Space Rentals						
All rates listed are hourly	Teen Center / Pavilions	Doylestown	Sat / Sun	2-9:30 PM	\$78	\$156
			Additional fee for re	\$108	\$108	
	Outdoor Basketball Courts	Doylestown	Sat / Sun	12-5 PM	\$27	\$41
	Gymnasium	Quakertown	Contact for availability		\$108	\$129
	Auxiliary Gymnasium	Quakertown	Conta	ct for availability	\$81	\$101
	Pool / Aquatic Center - After Hours Only	Warminster	Sat / Sun	12:30-2:30 PM	\$323	\$404
				Additional hour:	\$173	\$173
	Studio	Warminster	After Hours or We	eekends 12-2 PM	\$108	\$189
Holland Pool Rental	After Hours Only - Seasonal, Mid-June thru A	ugust	Saturdays	5-7 PM	\$314	\$376
				Additional hour:	\$173	\$173

#### **Hunterdon County Seasonal Rentals**

**Camp Carr Rental** 

A campground that operates April 1-October 31. Facilities include 2 pavilions, field space, an outdoor swimming pool, and trails along the scenic South Branch of the Raritan River.

Email Andy Cogen at acogen@ymcarivercrossing.org for availability and pricing