

RIVER CROSSING YMCA SUMMER CROSSING YMCA SUMMER CROSSING YMCA

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

AY 24

AY 24!

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

Deer Path | Summer

PRIVATE SWIM LESSONS

Questions? Contact Jen Storz at jstorz@ymcarivercrossing.org

| Private Swim Lessons | | Age | Day | Time | Member FLAT FEE | Non-member FLAT FEE | Location |
|--------------------------------|-----------------------|--------|-----|---------------------|--------------------|------------------------|----------|
| Private Swim Lessons | (4) 30-minute lessons | 3 yrs+ | | | \$162 | \$267 | |
| 1:1 Ratio Student / Instructor | (8) 30-minute lessons | 3 yrs+ | | | \$319 | \$526 | |
| Semi-Private Swim Lessons | (4) 30-minute lessons | 3 yrs+ | Pr | icing is per person | \$121 | \$200 | |
| 2:1 Ratio Student / Instructor | (8) 30-minute lessons | 3 yrs+ | Pr | icing is per person | \$237 | \$391 | |

GROUP SWIM LESSONS

Questions? Contact Christie Stymiest at cstymiest@ymcarivercrossing.org, 908.483.4927

| Please select your child's level based on their age and ability. Contact Christie Stymiest to set up an appoinment | t for a free eval | uation or: | | View our S | Swim Lesson sel | <u>ector here</u> |
|--|-------------------|------------|---------------|-------------------|-----------------------|----------------------|
| Parent & Child Swim Lessons | Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location |
| A / Water Discovery | | | | All I | essons are located | d in the Deer Path F |
| ntroduces infants and toddlers to the aquatic environment and encourages them to enjoy themselves while earning about the water with a parent/caretaker whom they trust. Parents practice the important survival skill | 6-18 mos | Tue | 9:15-9:55 AM | \$94 | \$155 | |
| of teaching their child to roll from front to back and float. | 6-18 mos | Thu | 9:15-9:55 AM | \$94 | \$155 | |
| | 6-18 mos | Tue & Thu | 9:15-9:55 AM | \$188 | \$310 | |
| | 6-18 mos | Sat | 9-9:40 AM | \$94 | \$155 | |
| | 6-18 mos | Sat | 9:50-10:30 AM | \$94 | \$155 | |
| | 6-18 mos | Sun | 9-9:40 AM | \$94 | \$155 | |
| | 6-18 mos | Sun | 9:50-10:30 AM | \$94 | \$155 | |
| / Water Exploration | | | | | | |
| | 6-18 mos | Tue | 9:15-9:55 AM | \$94 | \$155 | |
| arents work with their toddlers to learn fundamental safety and pre-swimming skills like floating, blowing ubbles, paddle stroke and kicking. Skills are taught in the context of repetitive songs, fun activities and drills | 6-18 mos | Thu | 9:15-9:55 AM | \$94 | \$155 | |
| which reinforce physical learning and encourage positive interaction. | 6-18 mos | Tue & Thu | 9:15-9:55 AM | \$188 | \$310 | |
| | 6-18 mos | Sat | 9-9:40 AM | \$94 | \$155 | |
| | 6-18 mos | Sat | 9:50-10:30 AM | \$94 | \$155 | |
| | 6-18 mos | Sun | 9-9:40 AM | \$94 | \$155 | |
| | 6-18 mos | Sun | 9:50-10:30 AM | \$94 | \$155 | |

| Preschool Swim Lessons | Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location |
|---|---------|-----|-------------------|--|-----------------------|------------------------|
| 1 / Water Acclimation | | | | All | lessons are locate | d in the Deer Path Poo |
| 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 | 10-10:40 AM | MONTHLY MONTHLY All lessons are local 0-10:40 AM \$94 \$155 30-4:10 PM \$94 \$155 4:20-5 PM \$94 \$155 1-11:40 AM \$94 \$155 4:20-5 PM \$94 \$155 30-4:10 PM \$94 \$155 7-7:40 PM \$94 \$155 7-7:40 PM \$94 \$155 1-11:40 AM \$94 \$155 30-4:10 PM \$94 \$155 30-4:10 PM \$94 \$155 4:20-5 PM \$94 \$155 30-4:10 PM \$94 \$155 4:20-5 PM \$94 \$155 9-9:40 AM \$94 \$155 0-10:30 AM \$94 \$155 0-11:20 AM \$94 \$155 0-10:30 AM \$94 \$155 0-10:30 AM \$94 \$155 0-10:30 AM \$94 \$155 0-10:40 AM \$94 \$155 30-4:10 PM <td>\$155</td> <td></td> | \$155 | |
| become comfortable with underwater exploration and learn now to safely exit the water if they fail in. | 3-5 yrs | Mon | 3:30-4:10 PM | \$94 | \$155 | |
| | 3-5 yrs | Mon | 4:20-5 PM | \$94 | \$155 | |
| | 3-5 yrs | Tue | 11-11:40 AM | MONTHLY MONTHLY All lessons are loc 0 AM \$94 \$155 0 PM \$94 \$155 0 AM \$94 \$155 <td>\$155</td> <td></td> | \$155 | |
| | 3-5 yrs | Tue | 3:30-4:10 PM | \$94 | \$155 | |
| | 3-5 yrs | Tue | 4:20-5 PM | \$94 | \$155 | |
| | 3-5 yrs | Tue | 7-7:40 PM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 9:15-9:55 AM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 11-11:40 AM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 3:30-4:10 PM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 4:20-5 PM | \$94 | \$155 | |
| | 3-5 yrs | Thu | 3:30-4:10 PM | \$94 | \$155 | |
| | 3-5 yrs | Thu | 4:20-5 PM | \$94 | \$155 | |
| | 3-5 yrs | Sat | 9-9:40 AM | \$94 | \$155 | |
| | 3-5 yrs | Sat | 9:50-10:30 AM | \$94 | \$155 | |
| | 3-5 yrs | Sat | 10:40-11:20 AM | \$94 | \$155 | |
| | 3-5 yrs | Sat | 11:30 AM-12:10 PM | \$94 | \$155 | |
| | 3-5 yrs | Sun | 9-9:40 AM | \$94 | \$155 | |
| | 3-5 yrs | Sun | 9:50-10:30 AM | \$94 | \$155 | |
| | 3-5 yrs | Sun | 10:40-11:20 AM | \$94 | \$155 | |
| | 3-5 yrs | Sun | 11:30 AM-12:10 PM | \$94 | \$155 | |
| 2 / Water Movement | | | | | : | |
| 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 | 3-5 yrs | Mon | 10-10:40 AM | \$94 | \$155 | |
| exiting the water should they fall in. | 3-5 yrs | Mon | 3:30-4:10 PM | \$94 | \$155 | |
| | 3-5 yrs | Mon | 4:20-5 PM | \$94 | \$155 | |
| | 3-5 yrs | Tue | 11-11:40 AM | \$94 | \$155 | |
| | 3-5 yrs | Tue | 3:30-4:10 PM | \$94 | \$155 | |
| | 3-5 yrs | Tue | 4:20-5 PM | \$94 | \$155 | |
| | 3-5 yrs | Tue | 7-7:40 PM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 9:15 - 9:55 AM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 11-11:40 AM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 3:30-4:10 PM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 4:20-5 PM | \$94 | \$155 | |
| | 3-5 yrs | Thu | 3:30-4:10 PM | \$94 | \$155 | |
| | 3-5 yrs | Thu | 4:20-5 PM | \$94 | \$155 | |
| | 3-5 yrs | Sat | 9-9:40 AM | \$94 | \$155 | |

| School Age Swim Lessons | Age | Day | Time | MONTHLY | MONTHLY essons are located | Location |
|--|---------|-----|----------------|---------|---|----------|
| chool Ago Swim Lossons | | | | Member | Non-member | |
| | 3-5 yrs | Sun | 10:40-11:20 AM | \$94 | \$155 | |
| | 3-5 yrs | Sun | 9-9:40 AM | \$94 | \$155 | |
| | 3-5 yrs | Sat | 10:40-11:20 AM | \$94 | \$155 | |
| | 3-5 yrs | Sat | 9-9:40 AM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 4:20-5 PM | \$94 | \$155 | |
| roduced. | 3-5 yrs | Tue | 7-7:40PM | \$94 | \$155 | |
| / Stroke Introduction udents develop stroke technique in front and back crawl and are introduced to breaststroke and butterfly .k. Water safety is reinforced through treading water and elementary backstroke. Sitting dives are | 3-5 yrs | Tue | 4:20-5 PM | \$94 | \$155 \$155 | |
| | 3-5 yrs | Sun | 10:40-11:20 AM | \$94 | \$155 | |
| | 3-5 yrs | Sun | 9-9:40 AM | \$94 | \$155 | |
| | 3-5 yrs | Sat | 10:40-11:20 AM | \$94 | \$155 | |
| | 3-5 yrs | Sat | 9-9:40 AM | \$94 | \$155 | |
| | 3-5 yrs | Thu | 4:20-5 PM | \$94 | \$155 | |
| | 3-5 yrs | Thu | 4-4:40 PM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 4:20-5 PM | \$94 | \$155 | |
| | 3-5 yrs | Wed | 4-4:40 PM | \$94 | \$155 | |
| | 3-5 yrs | Tue | 7-7:50 PM | \$94 | \$155 | |
| | 3-5 yrs | Tue | 4:20-5 PM | \$94 | \$155 | |
| ught. | 3-5 yrs | Mon | 4:20-5 PM | \$94 | \$155 | |
| / Water Stamina tudents continue to learn personal water safety skills and learn to swim to safety from a longer distance using swim/float/swim sequence. Rhythmic breathing and the purposeful integration of arm and leg movements are | 3-5 yrs | Mon | 3:30-4:10 PM | \$94 | \$155 | |
| | 3-5 yrs | Sun | 10:40-11:20 AM | \$94 | \$155 | |
| | 3-5 yrs | Sun | 9:50-10:30 AM | \$94 | \$155 | |
| | 3-5 yrs | Sun | 9-9:40 AM | \$94 | \$155 | |
| | 3-5 yrs | Sat | 10:40-11:20 AM | \$94 | \$155 | |
| 2 / Water Movement | 3-5 yrs | Sat | 9:50-10:30 AM | \$94 | \$155 | |

1 / Water Acclimation

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.

\$94 \$155 6-12 yrs Mon 3:30-4:10 PM 6-12 yrs Mon 4:20-5 PM \$94 \$155 6-12 yrs Tue 3:30-4:10 PM \$94 \$155 6-12 yrs Tue 4:20-5 PM \$94 \$155 6-12 yrs Tue 7-7:40 PM \$94 \$155 6-12 yrs Wed 3:30-4:10 PM \$94 \$155 6-12 yrs Wed 4:20-5 PM \$94 \$155

| 1 / Water Acclimation | 6-12 yrs | Thu | 3:30-4:10 PM | \$94 | \$155 |
|--|----------|-----|-------------------|------|-------|
| | 6-12 yrs | Thu | 4:20-5 PM | \$94 | \$155 |
| | 6-12 yrs | Sat | 9-9:40 AM | \$94 | \$155 |
| | 6-12 yrs | Sat | 9:50-10:30 AM | \$94 | \$155 |
| | 6-12 yrs | Sat | 10:40-11:20 AM | \$94 | \$155 |
| | 6-12 yrs | Sat | 11:30 AM-12:10 PM | \$94 | \$155 |
| | 6-12 yrs | Sun | 9-9:40 AM | \$94 | \$155 |
| | 6-12 yrs | Sun | 9:50-10:30 AM | \$94 | \$155 |
| | 6-12 yrs | Sun | 10:40-11:20 AM | \$94 | \$155 |
| | 6-12 yrs | Sun | 11:30 AM-12:10 PM | \$94 | \$155 |
| 2 / Water Movement | | | | | |
| 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 | 6-12 yrs | Mon | 3:30-4:10 PM | \$94 | \$155 |
| exiting the water should they fall in. | 6-12 yrs | Mon | 4:20-5 PM | \$94 | \$155 |
| | 6-12 yrs | Tue | 3:30-4:10 PM | \$94 | \$155 |
| | 6-12 yrs | Tue | 4:20-5 PM | \$94 | \$155 |
| | 6-12 yrs | Tue | 7-7:40 PM | \$94 | \$155 |
| | 6-12 yrs | Wed | 4:20-5 PM | \$94 | \$155 |
| | 6-12 yrs | Thu | 4:20-5 PM | \$94 | \$155 |
| | 6-12 yrs | Sat | 9-9:40 AM | \$94 | \$155 |
| | 6-12 yrs | Sat | 9:50-10:30 AM | \$94 | \$155 |
| | 6-12 yrs | Sat | 10:40-11:20 AM | \$94 | \$155 |
| | 6-12 yrs | Sun | 9-9:40 AM | \$94 | \$155 |
| | 6-12 yrs | Sun | 9:50-10:30 AM | \$94 | \$155 |
| | 6-12 yrs | Sun | 10:40-11:20 AM | \$94 | \$155 |

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.

| 6-12 yrs | Mon | 3:30-4:10 PM | \$94 | \$155 |
|----------|-----|---------------|------|-------|
| 6-12 yrs | Mon | 4:20-5 PM | \$94 | \$155 |
| 6-12 yrs | Tue | 3:30-4:10 PM | \$94 | \$155 |
| 6-12 yrs | Tue | 4:20-5 PM | \$94 | \$155 |
| 6-12 yrs | Tue | 7-7:40 PM | \$94 | \$155 |
| 6-12 yrs | Wed | 3:30-4:10 PM | \$94 | \$155 |
| 6-12 yrs | Wed | 4:20-5 PM | \$94 | \$155 |
| 6-12 yrs | Thu | 3:30-4:10 PM | \$94 | \$155 |
| 6-12 yrs | Thu | 4:20-5 PM | \$94 | \$155 |
| 6-12 yrs | Sat | 9-9:40 AM | \$94 | \$155 |
| 6-12 yrs | Sat | 9:50-10:30 AM | \$94 | \$155 |

| | 6-12 yrs | Sat | 10:40-11:20 AM | \$94 | \$155 | |
|--|----------|-----------|-------------------|-------|-------|--|
| | 6-12 yrs | Sat | 11:30 AM-12:10 PM | \$94 | \$155 | |
| | 6-12 yrs | Sun | 9-9:40 AM | \$94 | \$155 | |
| | 6-12 yrs | Sun | 9:50-10:30 AM | \$94 | \$155 | |
| | 6-12 yrs | Sun | 10:40-11:20 AM | \$94 | \$155 | |
| | 6-12 yrs | Sun | 11:30 AM-12:10 PM | \$94 | \$155 | |
| | | | | | | |
| roke and butterfly ing is introduced. | 6-12 yrs | Mon | 3:30-4:10 PM | \$94 | \$155 | |
| ing is introduced. | 6-12 yrs | Mon | 4:20-5 PM | \$94 | \$155 | |
| | 6-12 yrs | Tue | 3:30-4:10 PM | \$94 | \$155 | |
| | 6-12 yrs | Tue | 4:20-5 PM | \$94 | \$155 | |
| | 6-12 yrs | Tue | 7-7:40 PM | \$94 | \$155 | |
| | 6-12 yrs | Wed | 3:30-4:10 PM | \$94 | \$155 | |
| | 6-12 yrs | Wed | 4:20-5 PM | \$94 | \$155 | |
| | 6-12 yrs | Thu | 3:30-4:10 PM | \$94 | \$155 | |
| | 6-12 yrs | Thu | 4:20-5 PM | \$94 | \$155 | |
| | 6-12 yrs | Sat | 9-9:40 AM | \$94 | \$155 | |
| | 6-12 yrs | Sat | 9:50-10:30 AM | \$94 | \$155 | |
| | 6-12 yrs | Sat | 10:40-11:20 AM | \$94 | \$155 | |
| | 6-12 yrs | Sat | 11:30 AM-12:10 PM | \$94 | \$155 | |
| | 6-12 yrs | Sun | 9-9:40 AM | \$94 | \$155 | |
| | 6-12 yrs | Sun | 9:50-10:30 AM | \$94 | \$155 | |
| | 6-12 yrs | Sun | 10:40-11:20 AM | \$94 | \$155 | |
| | 6-12 yrs | Sun | 11:30 AM-12:10 PM | \$94 | \$155 | |
| | | | | | | |
| nd starts and turns. ough treading, water | 6-12 yrs | Mon | 3:30-4:10 PM | \$94 | \$155 | |
| ough treating, water | 6-12 yrs | Mon | 4:20-5 PM | \$94 | \$155 | |
| | 6-12 yrs | Tue | 3:30-4:10 PM | \$94 | \$155 | |
| | 6-12 yrs | Tue | 7-7:40 PM | \$94 | \$155 | |
| | 6-12 yrs | Wed | 3:30-4:10 PM | \$94 | \$155 | |
| | 6-12 yrs | Wed | 5-5:40 PM | \$94 | \$155 | |
| | 6-12 yrs | Thu | 3:30-4:10 PM | \$94 | \$155 | |
| | 6-12 yrs | Thu | 4:20-5 PM | \$94 | \$155 | |
| | 6-12 yrs | Tue & Thu | 3:30-4:10 PM | \$188 | \$310 | |
| | 6-12 yrs | Mon & Wed | 3:30-4:10 PM | \$188 | \$310 | |
| | 6-12 yrs | Sat | 10:40-11:20 AM | \$94 | \$155 | |
| | | | | | | |

4 / Stroke Introduction

Students develop stroke technique in front and back crawl and are introduced to breaststroke and butterfly kick. Water safety is reinforced through treading water and elementary backstroke. Diving is introduced.

5 / Stroke Development

Students perfect rotary breathing and backstroke while learning breaststroke, butterfly and starts and turns. Emphasis is on improving technique and endurance. Personal water safety continues through treading, water and sidestroke.

| 5 / Stroke Development | 6-12 yrs | Sat | 11:30 AM-12:10 PM | \$94 | \$155 |
|---|----------|-----------|-------------------|-------|-------|
| | 6-12 yrs | Sun | 10:40-11:20 AM | \$94 | \$155 |
| | 6-12 yrs | Sun | 11:30 AM-12:10 PM | \$94 | \$155 |
| 5 / Stroke Mechanics | | | | | • |
| tudents learn butterfly while continuing to develop technique and endurance while refining breaststroke, back nd front crawl and diving. Flip turns and diving from the block are introduced as they learn about competitive | 6-12 yrs | Mon | 3:30-4:10 PM | \$94 | \$155 |
| wimming. | 6-12 yrs | Mon | 4:20-5 PM | \$94 | \$155 |
| | 6-12 yrs | Tue | 3:30-4:10 PM | \$94 | \$155 |
| | 6-12 yrs | Tue | 7-7:40 PM | \$94 | \$155 |
| | 6-12 yrs | Wed | 3:30-4:10 PM | \$94 | \$155 |
| | 6-12 yrs | Wed | 5-5:40 PM | \$94 | \$155 |
| | 6-12 yrs | Thu | 3:30-4:10 PM | \$94 | \$155 |
| | 6-12 yrs | Thu | 4:20-5 PM | \$94 | \$155 |
| | 6-12 yrs | Tue & Thu | 3:30-4:10 PM | \$188 | \$310 |
| | 6-12 yrs | Mon & Wed | 3:30-4:10 PM | \$188 | \$310 |
| | 6-12 yrs | Sat | 10:40-11:20 AM | \$94 | \$155 |
| | 6-12 yrs | Sat | 11:30 AM-12:10 PM | \$94 | \$155 |
| | 6-12 yrs | Sun | 10:40-11:20 AM | \$94 | \$155 |
| | 6-12 yrs | Sun | 11:30 AM-12:10 PM | \$94 | \$155 |

| | Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location |
|---------------------------|---|---|---|--|---|---|
| | | | | All I | essons are locate | ed in the Deer Path Pool |
| Teen - 1-3 / Swim Basics | 12-17 yrs | Sat | 12:15-12:55 PM | \$94 | \$155 | |
| Teen - 1-3 / Swim Basics | 12-17 yrs | Sun | 12:15-12:55 PM | \$94 | \$155 | |
| Adult - 1-3 / Swim Basics | 18 yrs+ | Sat | 12:15-12:55 PM | \$94 | \$155 | |
| Adult - 1-3 / Swim Basics | 18 yrs+ | Sun | 12:15-12:55 PM | \$94 | \$155 | |
| | Teen - 1-3 / Swim Basics Adult - 1-3 / Swim Basics | Teen - 1-3 / Swim Basics 12-17 yrs Teen - 1-3 / Swim Basics 12-17 yrs Adult - 1-3 / Swim Basics 18 yrs+ | Teen - 1-3 / Swim Basics 12-17 yrs Sat Teen - 1-3 / Swim Basics 12-17 yrs Sun Adult - 1-3 / Swim Basics 18 yrs+ Sat | Teen - 1-3 / Swim Basics 12-17 yrs Sat 12:15-12:55 PM Teen - 1-3 / Swim Basics 12-17 yrs Sun 12:15-12:55 PM Adult - 1-3 / Swim Basics 18 yrs+ Sat 12:15-12:55 PM | Age Day Time MONTHLY Image: Age 12-17 yrs Sat 12:15-12:55 PM \$94 Image: Age 12-17 yrs Sun 12:15-12:55 PM \$94 Adult - 1-3 / Swim Basics 18 yrs + Sat 12:15-12:55 PM \$94 | Age Day Time MONTHLY MONTHLY All lessons are locate Teen - 1-3 / Swim Basics 12-17 yrs Sat 12:15-12:55 PM \$94 \$155 Teen - 1-3 / Swim Basics 12-17 yrs Sun 12:15-12:55 PM \$94 \$155 Adult - 1-3 / Swim Basics 18 yrs+ Sat 12:15-12:55 PM \$94 \$155 |

| SWIM TEAM | Questions? Contact Lou Petto at Ipetto@ymcarivercrossing.org |
|-----------|---|
| | |

| SUBPLAYS SWITT LEAT | |
|---|--------------|
| Stingrays Swim Team Age Day Time MONTHLY MO | HLY Location |

Stingrays is a year-round competitive swim team offering high-quality, professional, coaching and technique instruction for ages 6 to 18 years. Our team competes in both YMCA and USA Swim meets. The goal of our team is to provide every member an opportunity to improve swimming skills and achieve success at his or her level of ability from the novice swimmer and beyond while instilling the YMCA core values.

All of our coaches, as members of the American Swimming Coaches Association, have access to the most comprehensive trainings and certification programs for youth coaches of any sport in the United States. They provide assurances that the time children spend in swimming will be quality time. To schedule a tryout or for more information contact: Competitive Aquatics Director, Jamie Sobel, 908.483.4928, jsobel@ymcabhc.org.

| Competitive Team | | | September-February | April-May | June-July | 2024-2025 Total Fee |
|------------------|------------------|---|--------------------|-----------|-----------|---------------------|
| | Little Stingrays | \$162 | \$116 | \$104 | \$1,409 | |
| | Junior 1 | Fees are charged monthly on the 1st | \$188 | \$129 | \$129 | \$1,644 |
| | Junior 2 | | \$200 | \$200 | \$180 | \$1,955 |
| | Pre Senior ac | according to the following fee schedule: | \$213 | \$212 | \$195 | \$2,094 |
| | | | \$259 | \$246 | \$230 | \$2,507 |
| | | | \$303 | \$259 | \$246 | \$2,831 |

| | | Member Non-member FLAT FEE FLAT FEE Location |
|---------------------------|-----------------------|---|
| Stingrays Private Lessons | (1) 30-minute lessons | \$39 n/a |
| | (2) 30-minute lessons | \$77 n/a |
| | (4) 30-minute lessons | \$154 n/a |

| Stroke & Turn - Swim Clinic | Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location | |
|---|--|-----|---------------|-------------------|-----------------------|----------|--|
| Stroke & Turn Clinic | Prerequisite: Students must have completed level 6 swim lessons or set up an evalu | | | | | | |
| Participants focus on stroke technique and distance. Open turns, flip turns, and diving starts are introduced. Age appropriate games, drills, and activities encourage practice which builds endurance and technical proficiency while learning about competitive swimming. 1:8 ratio (Not part of Competitive Swim Team) | 6-12 yrs | Sun | 12:15-1:15 PM | \$100 | \$165 | Lap Pool | |

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) - Sun Jun 8 (9 AM-6 PM) | | | Lobby at WC |
| June (2) | Fri Jun 27 (4-9 PM) - Sat Jun 28 | 3 (9 AM-6 PM) - Sun Jun 29 (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 | 13 (9 AM-6 | PM) | | | |
| June | Fri Jun 13 (4-9 PM) - Sat Jun 14 (9 A | Fri Jun 13 (4-9 PM) - Sat Jun 14 (9 AM-6 PM) - Sun Jun 15 (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/A | ED with Administering Emergency O | xygen (Blen | ded Full Cou | rse) | | |
|---|-----------------------------------|--------------------|--------------|------|--|--|

| 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 | (5:15 PM-8: | 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 |
| ri 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 | 1) |
| 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 |
| Ved 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 | 8 (6:30-9:30 | 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) | | | |

SPORTS & ARTS

Deer Path | Summer

| | | | | | | Questions? Contac |
|--|----------|-----|-------------------|-------------------|-----------------------|---------------------------|
| YOUTH SPORTS | | | | | jt | attle@ymcarivercrossing.c |
| Youth Sports Classes | Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location |
| Basketball | | | | | | |
| A basketball skill development program designed to teach and strengthen fundamental techniques, including dribbling, shooting, passing, and defense, while building confidence and game awareness. | 5-8 yrs | Mon | 5:15-5:55 PM | \$46 | \$76 | 1/2 Gymnasium |
| Relay Racers | | | | | | |
| Kids will participate in a variety of fun relay races each class! Races may include challenges, fitness, and sports. | 5-7 yrs | Thu | 4:45-5:25 PM | \$46 | \$76 | Outside Fields |
| Summer Obstacle Ninja | | | | | | |
| Summer Fun Ninjas: Train like a true ninja with challenging obstacle courses to run, jump, crawl, and climb through. | 3-5 yrs | Sun | 10:10-10:50 AM | \$46 | \$76 | Gymnasium |
| | 6-10 yrs | Sun | 11-11:40 AM | \$46 | \$76 | Gymnasium |
| Karate & Martial Arts | | | | Member | Non-member | |
| Karale & Martial Arts | Age | Day | Time | MONTHLY | MONTHLY | Location |
| Kids Karate - Beginner | | | Question | ns? Contact J | ack Atwell at ja | twell@ymcarivercrossing.o |
| Elements of balance, coordination and agility will be taught. Basic Karate techniques will be introduced. | 5-6 yrs | Sat | 9-9:45 AM | \$46 | \$76 | Gymnasium |
| Youth Martial Arts - Beginner (White Belts) | | | | | | |
| Get your body and mind active! Beginner students will learn the basic blocks, kicks, forms, strikes and self- defense in the Isshinryu style of Karate. Students will develop self-confidence, self-control and respect for themselves and others. | 7-14 yrs | Sat | 10-11 AM | \$69 | \$114 | Gymnasium |
| Youth Martial Arts - Intermediate (Yellow, Orange, & Green Belts) | | | | | · | |
| Advanced students continue their journey in Isshinryu Karate with techniques and self-defense strategies. Develop stamina, mental focus and camaraderie with fellow students. Controlled sparring introduced. | 7-14 yrs | Sat | 11:15 AM-12:30 PM | \$86 | \$142 | Gymnasium |
| Black Belt/Brown Belt Martial Arts | | | | | - | |
| Learn advanced techniques and concepts. Students will pursue an in depth analysis of kata, sparring and self- defense, as well as the mental and spiritual aspects that will help them move forward. | 10 yrs+ | Sat | 12:45-2:15 PM | \$76 | \$125 | Gymnasium |
| Adult Martial Arts | | | | | | |
| Traditional Martial Arts class taught in a comfortable environment. Attain mental and physical growth. Learn to defend yourself, relieve stress and have fun. | 15 yrs+ | Mon | 7-8:30 PM | \$76 | \$125 | Gymnasium |
| Free Member Classes | Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location |
| | | | | | | |
| Summer Run & Tumble Fun | | | | | | |

| ARTS & HUMANITIES | | | | | jl | Questions? Contac battle@ymcarivercrossing.or |
|--|------------------|-----------------|----------------------------------|--------------------|------------------------|--|
| Dance | Age | Day | Time | Member MONTHLY | Non-member MONTHLY | Location |
| Appropriate Dance attire required. Pre Ballet/Ballet: Girls-leotard (any style/color), tights, ballet slippers (canvas or leather); Boys-dance pants/ | shorts, t-shirt, | ballet slippers | (canvas or leather). Tap: | any style ta | o shoes. | |
| Petite Feet | | | | | | |
| A wonderful introduction to the joy of dance! Children will march, jump, and twirl as they learn ballet using props, imagery, and games. Children will develop grace and coordination in a fun, nurturing environment. Child must be able to separate from parent. | 3-4 yrs | Thu | 4:30-5:10 PM | \$46 | \$76 | Multi-Purpose Room |
| Ballet 1 / Tap | | | | | | |
| The perfect combination class for 4 to 6 year olds - Ballet promotes coordination, balance, and grace while tap develops a sense of rhythm, timing, and musicality. An exciting introduction to dance! | 4-6 yrs | Tue | 5:30-6:30 PM | \$69 | \$114 | Multi-Purpose Room |
| Beginner Tap | | | | | | |
| Discover the joy of tap dance in this beginner class! Students will develop an understanding of basic, fundamental tap vocabulary, technique, and rhythms. | 18 yrs+ | Thu | 5:30-6:30 PM | \$69 | \$114 | Fitness Studio |
| Intermediate Tap | | | | | | |
| For students who have good knowledge of all tap vocabulary. Students will be introduced to more advanced concepts in musicality and more complex combinations | 18 yrs+ | Tue | 7-8 PM | \$69 | \$114 | Fitness Studio |
| | | | | | | |
| PICKLEBALL | | | | | jl | Questions? Contac battle@ymcarivercrossing.o |
| Adult & Teen Pickleball | Age | Day | Time | Member FLAT FEE | Non-member FLAT FEE | Location |
| View our website for a full list of group play times available to members: | Pickleball | Schedule - | All Branches | | | |

| Beginner Pickleball Clinic (continues through June 11) | | | | | | |
|---|---------|-----|----------------|------|------|---------------|
| If you have never played pickleball or recently started, this is the clinic for you. Join the fastest growing sport in the country! Clinics cover basic stroke production and technique, scoring, court positioning and basic strategy. Each clinic will have 6 participants and 1 instructor. Select the Wednesday that works for you! | 18 yrs+ | Wed | 10:30 AM-12 PM | \$27 | \$45 | Indoor Courts |
| | | | | | | |

FAMILY & COMMUNITY

free of charge for up to two hours per day to Adult, Adult Couple, Family 1 and Family 2 membership type categories.

Deer Path | Summer

Mon-Thu 4-7:30 PM

Sat 8-12:30 PM

| FAMILY & YOUTH | | | | | | | ons? Contact Jayden Batt ttle@ymcarivercrossing.c |
|---|---------------|--------------|---------------|------------------------------|--------------------|--------------------------------|---|
| Parent's Night Out | | Age | Day | Time | Member FLAT FEE | Non-member FLAT FEE | Location |
| Parent's Night Out (PNO) | | 3 mos-12 yrs | Fri | 5:30-9 PM | Pricing li | isted below | Stay & Play |
| Kids enjoy a fun evening at the Y and parents can enjoy a night out! Includes games, a craft, pizza, snacks, and a movie. Registration for two or three children pricing must be completed over the phone or in person to receive the reduced rate. (Member rate available to children with a youth or family membership) | | (1) child | | | \$31 | \$51 | |
| | y membership) | (2) children | (requires pho | ne / in-person registration) | \$43 | \$71 | |
| Spring 2025 Summer 2025 | | (3) children | (requires pho | ne / in-person registration) | \$51 | \$84 | |
| May 9, May 23 June 6, July 11, Aug | ust 8 | Each additio | nal child | | \$8 | \$13 | |
| | | | | | | | |
| STAY & PLAY | | | | | | | tions? Contact Lisa Buckl (ley@ymcarivercrossing.o |
| Member Use - Open Hours | | | | Visit our branch web | site for m | ore detailed in | formation |
| Children 3 months through 12 years can play and have fun in Stay & Play while yo free of charge for up to two hours per day to Adult. Adult Couple, Family 1 and Far | | | provided | 3 mos-12 yrs | | 8:30-11:30 AM Thu 4-7:30 PM | Fri 8:30-11:30 Sat 8-12:30 |

| Sitter Service | Member FLAT FEE | Non-member FLAT FEE | | Member FLAT FEE | Non-member FLAT FEE | Location |
|--|-----------------------------|------------------------|------------------------------|--------------------|------------------------|-------------|
| Aember Use during Open Hours | 90 minutes Purchase Options | | tes Purchase Options 3 hours | | ours | Stay & Play |
| for ages 3 months through 12 years - Offered during Stay & Play hours to those who need to leave | \$18 | \$29 | (1) Child | \$29 | \$47 | |
| he Y campus for errands, appointments, shopping, etc. Registration required prior to drop-off. | \$23 | \$38 | (2) Children | \$34 | \$56 | |
| | \$28 | \$47 | (3) Children | \$39 | \$65 | |
| | \$5 | \$9 | each additional child | \$5 | \$9 | |

WELLNESS

Deer Path | Summer

Questions? Contact Chloe Ghirardi at cghirardi@ymcarivercrossing.org

WELLNESS TOOLS & PROGRAMS

| Stay Well Coaching | | | Member FLAT FEE | Non-member FLAT FEE |
|--|----------|----------------------------|--------------------|------------------------|
| Stay Well Coaching (12 yrs+) | | Package Options | Pricing is | per person |
| Let River Crossing YMCA guide you on your health and wellness journey with Stay Well Coaching! 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, nutrition coaching, stress reduction, fitness, accountability, and support. | 3 people | 60 minutes - (10) Sessions | \$209 | \$346 |
| | 4 people | 60 minutes - (10) Sessions | \$187 | \$309 |
| | 5 people | 60 minutes - (10) Sessions | \$165 | \$273 |
| | | | · · · | <u> </u> |

| InBody Scan | | | | Member FLAT FEE | Non-member FLAT FEE |
|--|---------|---|--------------------------|--------------------|------------------------|
| Members receive a complimentary InBody scan with fitness consultation every 3 months with their YMCA membership. Additional scans may be purchased at \$25 per scan. | 12 yrs+ | Free every 3 months for YMCA members, with consulation | Additional available at: | \$25 | \$40 |

PERSONAL TRAINING

| Personal Training Club | | | Member MONTHLY | Non-member MONTHLY |
|---|------------|------------------------------|--------------------|------------------------|
| Personal Training Club (12 yrs+) | | Package Options | | |
| Join the PT Club and get one-on-one time with a personal fitness trainer who can help you to meet | 30 minutes | (4) per Month / 1x per Week | \$110 | n/a |
| your goals or get started on your fitness journey. 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 | | (8) per Month / 2x per Week | \$221 | n/a |
| the beginning of each month with no additonal need to register each month. | | (12) per Month / 3x per Week | \$331 | n/a |
| | 45 minutes | (4) per Month / 1x per Week | \$179 | n/a |
| | | (8) per Month / 2x per Week | \$357 | n/a |
| | | (12) per Month / 3x per Week | \$536 | n/a |
| | 60 minutes | (4) per Month / 1x per Week | \$244 | n/a |
| | | (8) per Month / 2x per Week | \$487 | n/a |
| | | (12) per Month / 3x per Week | \$731 | n/a |
| Personal Training | | | Member FLAT FEE | Non-member FLAT FEE |

| Personal Training Packages (12 yrs+) | | Package Options | | |
|--|------------|-----------------|-------|-------|
| One-on-one time with a personal fitness trainer who can help you to meet your goals or get started | 30 minutes | (5) Sessions | \$160 | \$264 |
| on your fitness journey. | | (10) Sessions | \$298 | \$491 |

| | | 45 minutes | (5) Sessions | \$243 | \$400 |
|--|---|--|--|--|---|
| | | | (10) Sessions | \$463 | \$764 |
| | | 60 minutes | (5) Sessions | \$325 | \$537 |
| | | | (10) Sessions | \$628 | \$1,037 |
| First Time Client Promotion | | | | | |
| Special pricing for first time personal training clients. sessions must be used within 60 days of purchase. | Three 45-minute introductory sessions. All | 45 minutes | (3) Sessions | \$125 | n/a |
| Partner Training | | | | Member FLAT FEE | Non-membe FLAT FEE |
| Partner Training Packages (12 yrs+) | | | Package Options | Pricing is | per person |
| There's no better way to stay motivated than to train | | 45 minutes | (5) Sessions | \$149 | \$246 |
| to train, side-by-side with a Personal Trainer and stay | on target! | | (10) Sessions | \$265 | \$437 |
| | | 60 minutes | (5) Sessions | \$193 | \$318 |
| | | | (10) Sessions | \$353 | \$582 |
| | | | | | |
| | | | | | |
| Team Training | | | | Member FLAT FEE | Non-membe FLAT FEE |
| Team Training Team Training Packages (12 yrs+) | | | Package Options | FLAT FEE | |
| Team Training Packages (12 yrs+) There's no better way to stay motivated than to train | 3 People | 45 minutes | Package Options (5) Sessions | FLAT FEE | FLAT FEE |
| Team Training Packages (12 yrs+) There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay | 3 People Pricing is per person | 45 minutes | | FLAT FEE Pricing is | FLAT FEE |
| Team Training Packages (12 yrs+) There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay | • | 45 minutes 60 minutes | (5) Sessions | FLAT FEE Pricing is \$88 | FLAT FEE per person \$146 |
| Team Training Packages (12 yrs+) There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay | • | | (5) Sessions (10) Sessions | FLAT FEE Pricing is , \$88 \$154 | FLAT FEEper person\$146\$255 |
| Team Training Packages (12 yrs+) | • | | (5) Sessions (10) Sessions (5) Sessions | FLAT FEE Pricing is , \$88 \$154 \$116 | FLAT FEE per person \$146 \$255 \$191 |
| Team Training Packages (12 yrs+) There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay | Pricing is per person | 60 minutes | (5) Sessions (10) Sessions (5) Sessions (10) Sessions | FLAT FEE Pricing is , \$88 \$154 \$116 \$209 | FLAT FEE per person \$146 \$255 \$191 \$346 |
| Team Training Packages (12 yrs+) There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay | Pricing is per person 4 People | 60 minutes | (5) Sessions (10) Sessions (5) Sessions (10) Sessions (5) Sessions | FLAT FEE Pricing is j \$88 \$154 \$116 \$209 \$77 | FLAT FEE per person \$146 \$255 \$191 \$346 \$127 |
| Team Training Packages (12 yrs+) There's no better way to stay motivated than to train with a friend. Partner Training allows you both to crain, side-by-side with a Personal Trainer and stay | Pricing is per person 4 People | 60 minutes 45 minutes | (5) Sessions (10) Sessions (5) Sessions (10) Sessions (5) Sessions (10) Sessions (10) Sessions | FLAT FEE Pricing is j \$88 \$154 \$116 \$209 \$77 \$132 | FLAT FEE per person \$146 \$255 \$191 \$346 \$127 \$218 |
| Team Training Packages (12 yrs+) There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay | Pricing is per person 4 People | 60 minutes 45 minutes | (5) Sessions (10) Sessions (5) Sessions (10) Sessions (5) Sessions (10) Sessions (10) Sessions (5) Sessions | FLAT FEE Pricing is \$88 \$154 \$116 \$209 \$77 \$132 \$105 | FLAT FEE per person \$146 \$255 \$191 \$346 \$127 \$218 \$173 |
| Team Training Packages (12 yrs+) There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay | Pricing is per person 4 People Pricing is per person | 60 minutes 45 minutes 60 minutes | (5) Sessions (10) Sessions (5) Sessions (10) Sessions (5) Sessions (10) Sessions (10) Sessions (10) Sessions (10) Sessions | FLAT FEE Pricing is j \$88 \$154 \$116 \$209 \$77 \$132 \$105 \$187 | FLAT FEE per person \$146 \$255 \$191 \$346 \$127 \$218 \$173 \$309 |
| Team Training Packages (12 yrs+) There's no better way to stay motivated than to train with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay | Pricing is per person 4 People Pricing is per person 5 People | 60 minutes 45 minutes 60 minutes | (5) Sessions (10) Sessions (5) Sessions (10) Sessions (5) Sessions (10) Sessions (5) Sessions (5) Sessions (10) Sessions (5) Sessions (5) Sessions | FLAT FEE Pricing is \$88 \$154 \$116 \$209 \$77 \$132 \$105 \$187 \$66 | FLAT FEE per person \$146 \$255 \$191 \$346 \$127 \$218 \$173 \$309 \$109 |

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 S | | Deer Path | Saturday | 5-7 PM | \$406 | \$507 |
| school celebrations, church groups and more! Please see pool policies for important safety information. 25 guests maximum. 15 min swim testing, 1 hr pool celebration, 15 min changing time and 30 min party room. 3-4 lifeguards. Ages 4 yrs+. | | Doylestown | Saturday | 6-8 PM | \$406 | \$507 |
| | | 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 | Warminster | Saturday | 2:30-4:30 PM | \$309 | \$399 |
| gymnastics, parkour and martial arts moves. All parties will also include a NinjaZone coach to assist in running games and obstacles. | | 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 |

| | | 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 | 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 rentals after 6 PM: | | \$108 | \$108 |
| | Outdoor Basketball Courts | Doylestown | Sat / Sun | 12-5 PM | \$27 | \$41 |
| | Gymnasium | Quakertown | Contact for availability | | \$108 | \$129 |
| | Auxiliary Gymnasium | Quakertown | Contact 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 Weekends 12-2 PM | | \$108 | \$189 |
| Holland Pool Rental | After Hours Only - Seasonal, Mid-June thru August | | 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