



**RIVER CROSSING YMCA**

# **SUMMER**

## **PROGRAM GUIDE**

**Bethlehem | Jun 9–Aug 24, 2025**

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

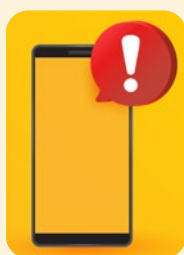
### IT PAYS TO BELONG.

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.](#)

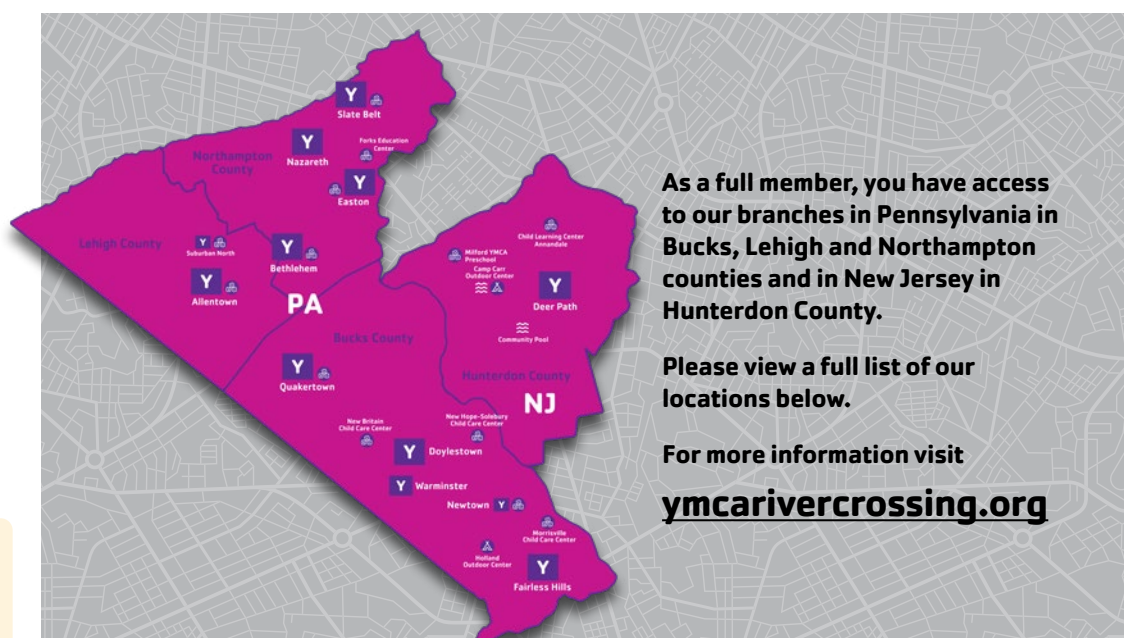


**UPCOMING EVENTS AT THE Y!** [Click here to learn more.](#)



### KIDS TRIATHLON: August 10, 6:30-11:45 AM

Youth ages 3-15 are invited to compete in a triathlon designed for their age group. [Click here to register.](#)



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](http://ymcarivercrossing.org)

### 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

### 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

### Quakertown

401 Fairview Avenue  
Quakertown, 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  
Catasauqua, 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.](#)



## FITNESS CONSULTATIONS

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 [click here](#) or scan the QR code.



## GROUP EXERCISE

Group exercise classes are included free with membership. [Click here](#) for schedules and reservations.

## 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](#).

## AQUATICS

Available at Bethlehem, Deer Path, Doylestown, Easton, Fairless Hills, Nazareth, Quakertown, 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

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

**Warminster Lounge**  
Mon, Wed, Fri | 3-7 PM  
Tues, Thurs | 5-7 PM  
Sat & Sun | 9 AM-12 PM

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



**Teamwork • Leadership • Safety • Inclusion**  
[Click here for more information.](#)

## 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.](#)



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## GROUP EXERCISE

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OPENS  
MON  
JUNE 16!

## CAMP CARR OUTDOOR POOL

Mon-Thurs: 6-8 PM; Fri: 5-8 PM; Sat & Sun: 12-7 PM

OPENS  
SAT  
MAY 24!

## EASTON EDDYSIDE POOL

Mon-Fri: 12-7 PM; Open on even numbered days only

OPENS  
SAT  
MAY 24!

## EASTON HEIL POOL

Mon-Fri: 12-7 PM; Open on odd numbered days only

OPENS  
MON  
JUNE 21!

## HOLLAND OUTDOOR CENTER

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

OPENS  
SAT  
MAY 24!

## SOLECO POOL, MANAGED BY RIVER CROSSING YMCA

Mon-Sun: 12-8 PM



Scan or [click here](#) to view program registration information online



## 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 Annandale, NJ

Reservations are now open for the season! Secure your spot today for a getaway filled with relaxation and adventure. Open April 1–October 31.

[Click here to make your reservation.](#)

**Don't miss out,  
SUMMER CAMPS  
are filling fast!**  
[Click here to register.](#)



### 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 us.®**

**Enjoy a career with a future and the opportunity to make a lasting difference in the lives of those around you.**

- 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 [ymcarivercrossing.org/hr](https://ymcarivercrossing.org/hr) 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 Android users or  
[click here](#) to download.**



**Scan to download our app  
for iPhone users or  
[click here](#) to download.**



Available on the  
**App Store**

GET IT ON  
**Google Play**



# METRO ESPORTS

## SUMMER 2025

Summer camp registration available, and opportunities for party rentals!



### EVERY WEEK

#### FORTNITE FRIDAY

AT DOYLESTOWN

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

AT FAIRLESS HILLS

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

Every Monday | 5:00 PM

### IMPORTANT!

ALL LOCATIONS

Hours are changing for all locations to accommodate 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](https://metroesports.gg) for more info

### DOYLESTOWN

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 activities, and guided free play across a variety of games.

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



### 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 activities, 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

### FAIRLESS HILLS

MON - FRI: 4:30 PM to 7:00 PM  
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



#### 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



# AQUATICS

# Bethlehem | Summer

## PRIVATE SWIM LESSONS

Questions? Contact Jen Storz  
at [jstorz@ymcarivercrossing.org](mailto:jstorz@ymcarivercrossing.org)

Private Swim Lessons		Age		Member FLAT FEE	Non-member FLAT FEE	Location
<b>Private Swim Lessons</b> <i>1:1 Ratio Student / Instructor</i>	(4) 30-minute lessons	3 yrs+		\$141	\$233	Bethlehem Pool
	(8) 30-minute lessons	3 yrs+		\$277	\$457	Bethlehem Pool
<b>Semi-Private Swim Lessons</b> <i>2:1 Ratio Student / Instructor</i>	(4) 30-minute lessons	3 yrs+	<i>Pricing is per person</i>	\$97	\$160	Bethlehem Pool
	(8) 30-minute lessons	3 yrs+	<i>Pricing is per person</i>	\$191	\$315	Bethlehem Pool

## GROUP SWIM LESSONS

Questions? Contact Vanessa Rex  
at [vrax@ymcarivercrossing.org](mailto:vrax@ymcarivercrossing.org)

Please select your child's level based on their age and ability. Contact Vanessa Rex to set up an appointment for a free evaluation or:

[View our Swim Lesson selector here](#)

Parent & Child Swim Lessons				Member MONTHLY	Non-member MONTHLY	Location
<b>A / Water Discovery</b> Introduces infants and toddlers to the aquatic environment and encourages them to enjoy themselves while learning about the water with a parent/caretaker whom they trust. Parents practice the important survival skill of teaching their child to roll from front to back and float.				<i>All lessons are located in the Bethlehem Pool</i>		
6-18 mos		Sat	10:20-11 AM	\$66	\$109	
<b>B / Water Exploration</b> Parents work with their toddlers to learn fundamental safety and pre-swimming skills like floating, blowing bubbles, paddle stroke and kicking. Skills are taught in the context of repetitive songs, fun activities and drills which reinforce physical learning and encourage positive interaction.						
19 mos-4 yrs		Sat	11-11:40 AM	\$66	\$109	

Preschool Swim Lessons				Member MONTHLY	Non-member MONTHLY	Location
<b>1 / Water Acclimation</b> 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.				<i>All lessons are located in the Bethlehem Pool</i>		
3-5 yrs		Thu	4:30-5:10 PM	\$66	\$109	
3-5 yrs		Sat	9-9:40 AM	\$66	\$109	
<b>2 / Water Movement</b> 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.						
3-5 yrs		Thu	4:30-5:10 PM	\$66	\$109	
3-5 yrs		Sat	9-9:40 AM	\$66	\$109	
<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 sequence. Rhythmic breathing and the purposeful integration of arm and leg movements are taught.						
3-5 yrs		Tue	4:45-5:25 PM	\$66	\$109	
3-5 yrs		Sat	9-9:40 AM	\$66	\$109	

**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. Sitting dives are introduced.

3-5 yrs	Tue	4:45-5:25 PM	\$66	\$109
3-5 yrs	Sat	9-9:40 AM	\$66	\$109

**School Age Swim Lessons**

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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**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.

*All lessons are located in the Bethlehem Pool*

6-12 yrs	Thu	5:10-5:50 PM	\$66	\$109
6-12 yrs	Sat	9:40-10:20 AM	\$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 water safety skills including paddle stroke, floating, treading water and safely exiting the water should they fall in.

6-12 yrs	Thu	5:10-5:50 PM	\$66	\$109
6-12 yrs	Sat	9:40-10:20 AM	\$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.

6-12 yrs	Tue	5:25-6:05 PM	\$66	\$109
6-12 yrs	Sat	9:40-10:20 AM	\$66	\$109

**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.

6-12 yrs	Tue	5:25-6:05 PM	\$66	\$109
6-12 yrs	Sat	9:40-10:20 AM	\$66	\$109

**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.

6-12 yrs	Sat	10:20-11 AM	\$66	\$109
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**6 / Stroke Mechanics**

Students learn butterfly while continuing to develop technique and endurance while refining breaststroke, back and front crawl and diving. Flip turns and diving from the block are introduced as they learn about competitive swimming.

6-12 yrs	Sat	10:20-11 AM	\$66	\$109
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**Teen & Adult Swim Lessons**

Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
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**Teen & Adult Swim Lessons**

Students learn personal water safety and achieve basic swimming competency by learning benchmark skills.

*All lessons are located in the Bethlehem Pool*

<b>Teen - 1-3 / Swim Basics</b>	12-17 yrs	Tue	4:45-5:25 PM	\$66	\$109
<b>Adult - 1-3 / Swim Basics</b>	18 yrs+	Sat	11-11:40 AM	\$66	\$109

# FAMILY & COMMUNITY

# All Branches | Summer

## AMERICAN RED CROSS CLASSES

Contact Anahita Mir at  
amir@ymcarivercrossing.org

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 required to complete certification		15 yrs+ for all branch locations				\$340	\$390	Listed below
Bethlehem								
April	Sat Apr 26 (10 AM-7 PM) - Sun Apr 27 (10 AM-6:30 PM) - Fri May 2 (5-9 PM)							CE Room
May	Fri May 23 (5-9 PM) - Sat May 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 Apr 6 (9 AM-5 PM) - Sat Apr 12 (9 AM-5 PM)							Pool Deck
May	Sat May 17 (9 AM-5 PM) - Sun 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 May 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 (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 AM-6 PM) - Sun Apr 6 (9 AM-6 PM)							Lobby at WC
May	Fri May 23 (4-9 PM) - Sat May 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 AM-6 PM) - Sun Jun 8 (9 AM-6 PM)							Lobby at WC
June (2)	Fri Jun 27 (4-9 PM) - Sat Jun 28 (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+ for 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



<b>Doylestown</b>	May 10		Sat	9 AM-6 PM			Lobby at WC
	June 21		Sat	9 AM-6 PM			Lobby at WC
<b>Fairless Hills</b>	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
<b>Quakertown</b>	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
<b>Bethlehem</b>	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 required to complete certification		17 yrs+ for all branch locations			\$415	\$475	Gene Smith Conf Rm
<b>Doylestown</b>							
April	Fri Apr 11 (4-9 PM) - Sat Apr 12 (9 AM-6 PM) - Sun Apr 13 (9 AM-6 PM)						
June	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
<b>Doylestown</b>	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
	August 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
<b>Bethlehem</b>		<b>15 yrs+ for all classes</b>			\$115	\$140	Teen Center/SEFA ROOM
Wed Apr 2 (10:30 AM-1:30 PM)	Fri May 16 (5-8 PM)						
Sat Apr 26 (10:30 AM-1:30 PM)							
<b>Deer Path</b>		<b>15 yrs+ for all classes</b>			\$115	\$140	CE Room
Sat May 3 (11 AM-2 PM)							
<b>Doylestown</b>		<b>15 yrs+ for all classes</b>			\$115	\$140	Teen Center
Tue 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-8:15 PM)			
Tue 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)						
Tue May 27 (5:15 PM-8:15 PM)							
<b>Easton</b>		<b>15 yrs+ for all classes</b>			\$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)						
<b>Fairless Hills</b>		<b>15 yrs+ for all classes</b>			\$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)			
Sun May 18 (11 AM-2 PM)	Sun Jun 29 (11 AM-2 PM)						
Sun May 25 (11 AM-2 PM)							
<b>Round Valley</b>		<b>15 yrs+ for all classes</b>			\$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)						
Wed Apr 30 (5:30 PM-8:30 PM)							
<b>Quakertown</b>		<b>15 yrs+ for all classes</b>			\$115	\$140	Upstairs/CC Room
Wed 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)			
Sun Apr 13 (10 AM-12:30 PM)	Wed May 7 (6:30-9:30 PM)	Wed Jul 9 (6:30-9:30 PM)					



## AQUATIC PROGRAMS

Questions? Contact us at  
solecopool@ymcarivercrossing.org

## Private Swim Lessons

**Private Swim Lessons (3 yrs+)**      **(4) 30-minute lessons** (one-on-one with an instructor)      **RCYMCA Memberships - \$140**      **Summer Swim Only / Non-members - \$150**

## Group Swim Lessons

[View our Swim Lesson selector here](#)

Please select your child's level based on their age and ability. Contact us at solecopool@ymcarivercrossing.org to set up an appointment for a free evaluation.

**Accelerated Swim Lessons**      **4 days/week for 2 weeks (8 lessons total)**      **RCYMCA Memberships - \$120**      **Summer Swim Only / Non-members - \$135**

## Session (1) - Jun 16-Jun 26

## Preschool 3-5 yrs

1 / Water Acclimation	Mon-Thu	9-9:40 AM
2 & 3 / Water Stamina & Movement	Mon-Thu	9-9:40 AM
2 & 3 / Water Stamina & Movement	Mon-Thu	9:45-10:25 AM

## School Age 6-12 yrs

1 / Water Acclimation	Mon-Thu	9:45-10:25 AM
2 & 3 / Water Stamina & Movement	Mon-Thu	9-9:40 AM
4 / Stroke Introduction	Mon-Thu	9:45-10:25 AM

## Session (2) - Jun 30-Jul 10

## Preschool 3-5 yrs

1 / Water Acclimation	Mon-Thu	9:45-10:25 AM
2 & 3 / Water Stamina & Movement	Mon-Thu	9-9:40 AM
2 & 3 / Water Stamina & Movement	Mon-Thu	9:45-10:25 AM

## School Age 6-12 yrs

2 & 3 / Water Stamina & Movement	Mon-Thu	9-9:40 AM
4 / Stroke Introduction	Mon-Thu	9-9:40 AM
5 & 6 / Stroke Development & Mechanics	Mon-Thu	9:45-10:25 AM

## Session (3) - Jul 14-Jul 24

## Preschool 3-5 yrs

1 / Water Acclimation	Mon-Thu	9-9:40 AM
2 & 3 / Water Stamina & Movement	Mon-Thu	9-9:40 AM
4 / Stroke Introduction	Mon-Thu	9:45-10:25 AM

## School Age 6-12 yrs

1 / Water Acclimation	Mon-Thu	9:45-10:25 AM
2 & 3 / Water Stamina & Movement	Mon-Thu	9-9:40 AM
4 / Stroke Introduction	Mon-Thu	9:45-10:25 AM

## Session (4) - Jul 28-Aug 7

## Preschool 3-5 yrs

1 / Water Acclimation	Mon-Thu	9-9:40 AM
2 & 3 / Water Stamina & Movement	Mon-Thu	9-9:40 AM
2 & 3 / Water Stamina & Movement	Mon-Thu	9:45-10:25 AM

## School Age 6-12 yrs

2 & 3 / Water Stamina & Movement	Mon-Thu	9:45-10:25 AM
4 / Stroke Introduction	Mon-Thu	9:45-10:25 AM
5 & 6 / Stroke Development & Mechanics	Mon-Thu	9-9:40 AM

<b>Accelerated Swim Lessons</b>	<b>4 days/week for 2 weeks (8 lessons total)</b>	<b>RCYMCA Memberships - \$120</b>	<b>Summer Swim Only / Non-members - \$135</b>
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#### Session (5) - Aug 11-Aug 21

Preschool 3-5 yrs			School Age 6-12 yrs		
1 / Water Acclimation	Mon-Thu	9-9:40 AM	1 / Water Acclimation	Mon-Thu	9:45-10:25 AM
2 & 3 / Water Stamina & Movement	Mon-Thu	9:45-10:25 AM	2 & 3 / Water Stamina & Movement	Mon-Thu	9-9:40 AM
4 / Stroke Introduction	Mon-Thu	9-9:40 AM	4 / Stroke Introduction	Mon-Thu	9:45-10:25 AM

<b>Weekly Swim</b>	<b>1 day/week for 4 weeks (4 lessons total)</b>	<b>RCYMCA Memberships - \$60</b>	<b>Summer Swim Only / Non-members - \$75</b>
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#### Wed PM Session (1) - Jun 18, Jun 25, Jul 2, Jul 9

Preschool 3-5 yrs			School Age 6-12 yrs		
1 / Water Acclimation	Wed	5-5:40 PM	1 / Water Acclimation	Wed	5:45-6:25 PM
2 & 3 / Water Stamina & Movement	Wed	5-5:40 PM	2 & 3 / Water Stamina & Movement	Wed	5-5:40 PM
2 & 3 / Water Stamina & Movement	Wed	5:45-6:25 PM	4 / Stroke Introduction	Wed	5:45-6:25 PM

#### Wed PM Session (2) - Jul 16, Jul 23, Jul 30, Aug 6

Preschool 3-5 yrs			School Age 6-12 yrs		
1 / Water Acclimation	Wed	5:45-6:25 PM	2 & 3 / Water Stamina & Movement	Wed	5-5:40 PM
2 & 3 / Water Stamina & Movement	Wed	5-5:40 PM	4 / Stroke Introduction	Wed	5-5:40 PM
2 & 3 / Water Stamina & Movement	Wed	5:45-6:25 PM	5 & 6 / Stroke Development & Mechanics	Wed	5:45-6:25 PM

#### Sat AM Session (1) - Jun 21, Jun 28, Jul 5, Jul 12

Parent & Child 6 mos-4 yrs			Preschool 3-5 yrs			School Age 6-12 yrs		
A & B / Water Discovery & Exploration	Sat	9-9:40 AM	1 / Water Acclimation	Sat	9:45-10:25 AM	1 / Water Acclimation	Sat	9:45-10:25 AM
			2 & 3 / Water Stamina & Movement	Sat	9-9:40 AM	2 & 3 / Water Stamina & Movement	Sat	9:45-10:25 AM
						4 / Stroke Introduction	Sat	9-9:40 AM

#### Sat AM Session (2) - Jul 19, Jul 26, Aug 2, Aug 9

Parent & Child 6 mos-4 yrs			Preschool 3-5 yrs			School Age 6-12 yrs		
A & B / Water Discovery & Exploration	Sat	9:45-10:25 AM	1 / Water Acclimation	Sat	9-9:40 AM	2 & 3 / Water Stamina & Movement	Sat	9:45-10:25 AM
			4 / Stroke Introduction	Sat	9-9:40 AM	2 & 3 / Water Stamina & Movement	Sat	9-9:40 AM
						5 & 6 / Stroke Development & Mechanics	Sat	9:45-10:25 AM

## Stingrays Swim Team

<b>Stingrays Swim Team</b>	<b>RCYMCA Memberships - \$140</b>	<b>Summer Swim Only - \$140</b>
SOLECO Swim Team is part of the Suburban Swim League.	8 yrs & under	11-12 yrs
<i>Days and times to be announced.</i>	9-10 yrs	13-14 yrs



SPORTS & ARTS				Bethlehem   Summer				
YOUTH SPORTS						Contact Erika Proctor with questions at erikaproctor@ymcarivercrossing.org		
Summer Youth Leagues		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location	
<b>Summer Basketball</b> Fun and instructive beginner basketball league. Class time is split between instruction/practice and scrimmaging.		June 9 to July 28	7-9 yrs	Mon	6-7 PM	\$84	\$139	Gymnasium
		June 10 to July 29	10-12 yrs	Tues	5-6 PM	\$84	\$139	Gymnasium
Youth Sports Classes		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location	
<b>Basketball</b> Skill development program focusing on the fundamental skills of basketball. Ages 6-12 years are Level 1 - Wednesdays at 5:15 PM, and Level 2 - Wednesdays at 6 PM.		3-5 yrs	Mon	5:15-5:55 PM	\$43	\$71	Auxiliary Gym	
		6-12 yrs	Wed	5:15-5:55 PM	\$43	\$71	Saxton Gym	
		6-12 yrs	Wed	6-6:40 PM	\$43	\$71	Saxton Gym	
<b>Soccer</b> Learn the basics of soccer, like dribbling, passing and striking. Participants will build confidence and develop skills in a fun environment.		6-12 yrs	Thu	5-5:40 PM	\$43	\$71	Saxton Gym	
<b>NERF Academy</b> Create NERF course for every class and team up to win games like capture the flag and more. We provide NERF blasters, ammo and obstacles.		6-12 yrs	Thu	5:45-6:25 PM	\$43	\$71	Auxiliary Gym	
		Age			Member FLAT FEE	Non-member FLAT FEE	Location	
<b>Private Coaching</b> Choose between basketball, football, baseball, softball, and soccer. All lessons are 30 minutes. Please complete a request form at our Welcome Center.			<b>Package Options:</b>					
		6-12 yrs	(1) 30-minute session			\$30	\$45	Gym/Wellness/Training
		6-12 yrs	(6) 30-minute sessions			\$150	n/a	Gym/Wellness/Training
Gymnastics & Tumbling		Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location	
<b>Gymnastics</b> For the beginner gymnast with no formal gymnastics training. Beginner gymnasts will use beam, mats, and springboard in learning the basics of gymnastics.		6-12 yrs	Thu	6:20-7 PM	\$43	\$71	Court #2	
<b>Kindergym</b> Instructional preschool gymnastics classes. Children will use all pieces of apparatus; beam, floor and tumble trak. Evaluations will occur every other month to monitor progress. This is a child independent class and parents observe from the hallway.		3-5 yrs	Fri	5-5:40 PM	\$43	\$71	Court #2	

Free Member Classes						
	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Kickball</b>						
Play a variety of different rules each game. Ball caught off the wall is out, run the bases backwards, etc.	6-11 yrs	Tue	4:15-5 PM	\$0	n/a	Saxton Gym
<b>Basketball</b>						
Play pick-up games and work on skills with other teen members.	11-14 yrs	Fri	4:30-5:10 PM	\$0	n/a	Saxton Gym
ARTS & HUMANITIES						
<b>Dance</b>						
	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Ballet 1</b>						
Emphasizes the development of age appropriate ballet positions and steps with a focus on imagery to make learning fun.	3-5 yrs	Fri	5:40-6:20 PM	\$43	\$71	Court #2
<b>Art</b>						
	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Mixed Arts</b>						
For students who are predisposed to art fundamentals. Explore drawing styles and painting skills as well as unique materials, concepts and processes using ink, paint, clay and more.	6-12 yrs	Mon	6:30-7:10 PM	\$43	\$71	Niven School Age Room
ADULT & TEEN SPORTS						
<b>Teen Sports</b>						
	Age			Member FLAT FEE	Non-member FLAT FEE	Location
<b>Private Coaching</b>		<b>Package Options:</b>				
Choose between basketball, football, baseball, softball, and soccer. All lessons are 30 minutes. Please complete a request form at our Welcome Center.	13-18 yrs	(1) 30-minute session		\$30	\$45	Gym/Wellness/Training
	13-18 yrs	(6) 30-minute sessions		\$150	n/a	Gym/Wellness/Training
<b>Adult Sports</b>						
	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
<b>Men's Basketball</b>						
Pick-up style format.	25 yrs+	Mon, Wed, Fri	11 AM-1 PM	\$0	\$16	Saxton Gym



# Bethlehem | Summer

Questions? Contact Erika Proctor  
at [erikaproctor@ymcarivercrossing.org](mailto:erikaproctor@ymcarivercrossing.org)

Family Events		Age	Date	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Join us for Fun Family Friday! Each Friday one of our branches will host a free activity for our family memberships. Only one member of the family needs to register.							
Can You Dig It? Garden Club							
Spring has sprung! Dig deep in our garden bed by helping us start planting for our garden. And you may find some prehistoric surprised while digging!		All Ages	Fri 5/23	5:30-7:30 PM	\$0	n/a	Backyard Garden
Parent's Night Out		Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Parent's Night Out (PNO)		5-12 yrs	Fri	5:30-9 PM	Pricing listed below		Stay & Play
Kids enjoy a fun evening at the Y and parents can enjoy a night out! All children will enjoy a night of 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	
		(2) children (requires phone / in-person registration)			\$43	\$71	
		(3) children (requires phone / in-person registration)			\$51	\$84	
Summer 2025 - Fri 6/6 - Fri 7/11 - Fri 8/8		Each additional child			\$8	\$13	

## PERSONAL TRAINING

Questions? Contact Chloe Ghirardi  
at [cghirardi@ymcarivercrossing.org](mailto:cghirardi@ymcarivercrossing.org)

## Personal Training Club

Member  
MONTHLY

Non-member  
MONTHLY

**Personal Training Club** (12 yrs+)

Join the PT Club and get one-on-one time with a personal fitness trainer who can help you to meet 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 the beginning of each month with no additional need to register each month.

*There is a three month minimum commitment in order to receive the discounted pricing.*

**30 minutes****Package Options**

(4) per Month / 1x per Week

\$99

n/a

(8) per Month / 2x per Week

\$198

n/a

(12) per Month / 3x per Week

\$298

n/a

**45 minutes**

(4) per Month / 1x per Week

\$144

n/a

(8) per Month / 2x per Week

\$289

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-member  
FLAT FEE

**Personal Training Packages** (12 yrs+)

One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.

**30 minutes****Package Options**

(5) Sessions

\$143

\$236

(10) Sessions

\$265

\$437

**45 minutes**

(5) Sessions

\$204

\$337

(10) Sessions

\$384

\$633

**60 minutes**

(5) Sessions

\$265

\$437

(10) Sessions

\$505

\$833

**First Time Client Promotion**

Special pricing for first time personal training clients. Three 45-minute introductory sessions. All sessions must be used within 60 days of purchase.

**45 minutes**

(3) Sessions

\$90

N/A

## Partner Training

Member  
FLAT FEE

Non-member  
FLAT FEE

**Partner 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 on target!

**45 minutes****Package Options***Pricing is per person*

(5) Sessions

\$127

\$209

(10) Sessions

\$221

\$364

Partner Training Packages (12 yrs+)	60 minutes	(5) Sessions	\$165	\$273
		(10) Sessions	\$294	\$485

Team Training

Member  
FLAT FEE

Non-member  
FLAT FEE

Team Training Packages (12 yrs+)		Package Options		Pricing is per person	
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 on target!	3 People	45 minutes	(5) Sessions	\$66	\$109
			(10) Sessions	\$116	\$191
	60 minutes	(5) Sessions	\$83	\$136	
		(10) Sessions	\$149	\$246	
	4 People	45 minutes	(5) Sessions	\$55	\$91
			(10) Sessions	\$94	\$155
	60 minutes	(5) Sessions	\$74	\$121	
		(10) Sessions	\$132	\$218	
5 People	45 minutes	(5) Sessions	\$46	\$76	
		(10) Sessions	\$78	\$128	
60 minutes	(5) Sessions	\$66	\$109		
	(10) Sessions	\$116	\$191		