

# 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**

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JNE 21

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

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

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

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

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





Scan or click here to view program registration information online

#### **GYMNASIUM**

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

#### **AOUATICS**

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

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

#### SWIM LESSONS

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





#### **DOYLESTOWN SKATEPARK HOURS**

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

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

Click here for more information.

#### METRO ESPORTS GAMING LOUNGE HOURS

Warminster Lounge

Tues, Thurs | 5-7 PM

Mon, Wed, Fri | 3-7 PM

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

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





#### **STAY & PLAY**

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

Click here for more information.



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



#### **REGISTRATION OPEN!**

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



Camp Carr RV Campground

Reservations are now open for the

season! Secure your spot today for

a getaway filled with relaxation and

Annandale, NJ

#### **Member Referral Program**

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



### beCAUSE together we're touching lives



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

SCAN THE QR CODE OR CLICK HERE TO LEARN MORE!

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



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



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

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

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

Our app includes a "find a class" feature, electronic access to schedules and links to our reservation system and virtual wellness platform. Keep track of your workouts and participate in member challenges. Turn on notifications, and you'll receive push notifications when there is important information and closures.

#### **HOW TO INSTALL:**

- 1. Visit your app store.
- 2. Search for "River Crossing YMCA"
- 3. Download to your phone
- 4. Use your personal information to create an account







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





# METRO ESPORTS SUMMER 2025

Summer camp registration available, and opportunities for party rentals!



### EVERY WEEK FORTNITE FRIDAY

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

Every Friday | 5:00 PM

### THE STORM - FORTNITE

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

Every Monday | 5:00 PM



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



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

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





#### **TECHU CAMP**

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

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



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

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

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

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



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

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

Saturday, August 23 | 10:00 AM



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

#### **ESPORTS CAMP**

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

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



# IMPORTANT!

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



### PARTY RENTALS

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

Visit metroesports.gg for more info

# AQUATICS

# Nazareth | Summer

### PRIVATE SWIM LESSONS

Questions? Contact Jen Storz at jstorz@ymcarivercrossing.org

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

### **GROUP SWIM LESSONS**

Questions? Contact Vanessa Rex at vrex@ymcarivercrossing.org

Please select your child's level based on their age and ability. Contact our aquatics team to set up an appoinment for a free evaluation or: <u>View our Swim Lesson</u>					Swim Lesson s	selector here	
Parent & Child Swim Lessons	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location	
A / Water Discovery				All	lessons are loca	ted in the Nazareth Pool	
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.	6-18 mos	Sun	9:40-10:20 AM	\$66	\$109		

Preschool Swim Lessons	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
1 / Water Acclimation				All	lessons are loca	ated in the Nazareth Pool
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	Wed	5-5:40 PM	\$66	\$109	
become connortable with underwater exploration and learn now to safely exit the water in they fair in.	3-5 yrs	Sun	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.	3-5 yrs	Wed	5:40-6:20 PM	\$66	\$109	
3 / Water Stamina						
Students continue to learn personal water safety skills and learn to swim to safety from a longer distance using a swim/float/swim sequence. Rhythmic breathing and the purposeful integration of arm and leg movements are	3-5 yrs	Wed	6:20-7 PM	\$66	\$109	
taught.	3-5 yrs	Sun	9-9:40 AM	\$66	\$109	

School Age Swim Lessons	Age	Day	Time	Member MONTHLY	Non-member MONTHLY	Location
1 / Water Acclimation				All	lessons are locat	ed in the Nazareth Pool
Students are taught pre-swimming and personal water safety skills including front and back float as they become comfortable with underwater exploration and learn how to safely exit the water if they fall in.	6-12 yrs	Wed	5:40-6:20 PM	\$66	\$109	
2 / Water Movement						
Students focus on body position and control, directional change and forward movement in the water while continuing to learn personal water safety skills including paddle stroke, floating, treading water and safely exiting the water should they fall in.	6-12 yrs	Wed	6:20-7 PM	\$66	\$109	
3 / Water Stamina						
Students continue to learn personal water safety skills and learn to swim to safety from a longer distance using a swim/float/swim sequence. Rhythmic breathing and the purposeful integration of arm and leg movements are	6-12 yrs	Wed	6:20-7 PM	\$66	\$109	
taught.	6-12 yrs	Sun	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. Diving is introduced.	6-12 yrs	Sun	10:20-11 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	Sun	11-11:40 AM	\$66	\$109	

### **FAMILY & COMMUNITY**

# All Branches | Summer

### AMERICAN RED CROSS CLASSES

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

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

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

#### Lifeguarding Recertification Training

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

Contact Anahita Mir at amir@ymcarivercrossing.org

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

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

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

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

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

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

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

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

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

ED with Administering Emergency O	 		

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

# **FAMILY & COMMUNITY**

# Nazareth | Summer

FAMILY & YOUTH						? Contact Vanessa Pe ce@ymcarivercrossin
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 m	emberships.	Only one membe	r of the family needs	to register	r.	
Home Run to Summer Welcome in Summer with your Favorite Baseball team gear, & enjoy some ball game snacks.	All Ages	Fri 6/20	5:30-7 PM	\$0	n/a	
Stars & Stripes Bring your favorite summer cookout dish potluck	All Ages	Fri 7/18	11 AM-12 PM	\$0	n/a	
End of Summer Bash					1	
Movie in the Pool bring your own floaty, & Enjoy summer snacks	All Ages	Fri 8/29	5:30-7 PM	\$0	n/a	
Parent's Night Out	Age	Day	Time	Member FLAT FEE	Non-member FLAT FEE	Location
Parent's Night Out (PNO)	3-12 yrs	Fri	5:30-9 PM	Pricing li	sted 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	(1) child			\$31	\$51	
completed over the phone or in person to receive the reduced rate. (Member rate available to children with a youth or family membership)	(2) children (requires phone / in-person registration)			\$43	\$71	
*Child must be able to use the restroom	(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		

### STAY & PLAY

Questions? Contact Vanessa Pearce at vpearce@ymcarivercrossing.org

 Member Use - Open Hours
 Visit our branch website for more detailed information

 Children 3 months through 12 years can play and have fun in Stay & Play while you workout or utilize the facility. Stay & Play is provided<br/>free of charge for up to two hours per day to Adult, Adult Couple, Family 1 and Family 2 membership type categories.
 3months - 12 yrs
 Mon-Thu 8:30-11:30 AM<br/>Mon-Thu 4-7:30 PM
 Fri 8:30-11:30 AM<br/>Sat 8:30 AM-12:30 PM

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

### WELLNESS

# Nazareth | Summer

### PERSONAL TRAINING

Questions? Contact Chloe Ghirardi at cghirardi@ymcarivercrossing.org

Personal Training Club			Member MONTHLY	Non-memb 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	\$99	n/a
your goals or get started on your fitness journey.		(8) per Month / 2x per Week	\$198	n/a
Club prices are lower than package pricing, clients may carry over one unused session per month, and the monthly draft is automatically taken out at the beginning of each month with no additonal		(12) per Month / 3x per Week	\$298	n/a
need to register each month.	45 minutes	(4) per Month / 1x per Week	\$144	n/a
There is a three month minimum commitment in order to receive the discounted pricing.		(8) per Month / 2x per Week	\$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-mem FLAT FE
		Package Options		
Personal Training Packages (12 Vrs+)				
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	30 minutes	(5) Sessions	\$143	\$236
	30 minutes		\$143 \$265	\$236 \$437
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started	30 minutes 45 minutes	(5) Sessions		
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started		(5) Sessions (10) Sessions	\$265	\$437
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started		(5) Sessions (10) Sessions (5) Sessions	\$265 \$204	\$437 \$337
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started	45 minutes	(5) Sessions (10) Sessions (5) Sessions (10) Sessions	\$265 \$204 \$384	\$437 \$337 \$633
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started	45 minutes	(5) Sessions (10) Sessions (5) Sessions (10) Sessions (5) Sessions	\$265 \$204 \$384 \$265	\$437 \$337 \$633 \$437
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey.	45 minutes	(5) Sessions (10) Sessions (5) Sessions (10) Sessions (5) Sessions	\$265 \$204 \$384 \$265	\$437 \$337 \$633 \$437
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey. 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 60 minutes	<ul> <li>(5) Sessions</li> <li>(10) Sessions</li> <li>(5) Sessions</li> <li>(10) Sessions</li> <li>(5) Sessions</li> <li>(10) Sessions</li> <li>(10) Sessions</li> </ul>	\$265 \$204 \$384 \$265 \$505 \$90	\$437 \$337 \$633 \$437 \$833 N/A
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey. 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 60 minutes	<ul> <li>(5) Sessions</li> <li>(10) Sessions</li> <li>(5) Sessions</li> <li>(10) Sessions</li> <li>(5) Sessions</li> <li>(10) Sessions</li> <li>(10) Sessions</li> </ul>	\$265 \$204 \$384 \$265 \$505	\$437 \$337 \$633 \$437 \$833 N/A Non-memb
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey. First Time Client Promotion Special pricing for first time personal training clients. Three 45-minute introductory sessions. All	45 minutes 60 minutes	<ul> <li>(5) Sessions</li> <li>(10) Sessions</li> <li>(5) Sessions</li> <li>(10) Sessions</li> <li>(5) Sessions</li> <li>(10) Sessions</li> <li>(10) Sessions</li> </ul>	\$265 \$204 \$384 \$265 \$505 \$90 <u>Member FLAT FEE</u>	\$437 \$337 \$633 \$437 \$833
One-on-one time with a personal fitness trainer who can help you to meet your goals or get started on your fitness journey. 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. Partner Training	45 minutes 60 minutes	(5) Sessions (10) Sessions (5) Sessions (10) Sessions (5) Sessions (10) Sessions (3) Sessions	\$265 \$204 \$384 \$265 \$505 \$90 <u>Member FLAT FEE</u>	\$437 \$337 \$633 \$437 \$833 N/A N/A Non-memb

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	3 People	45 minutes	(5) Sessions	\$66	\$109
with a friend. Partner Training allows you both to train, side-by-side with a Personal Trainer and stay	Pricing is per person		(10) Sessions	\$116	\$191
on target!		60 minutes	(5) Sessions	\$83	\$136
			(10) Sessions	\$149	\$246
	4 People	45 minutes	(5) Sessions	\$55	\$91
	Pricing is per person		(10) Sessions	\$94	\$155
		60 minutes	(5) Sessions	\$74	\$121
<b>5 People</b> Pricing is per person			(10) Sessions	\$132	\$218
	5 People	45 minutes	(5) Sessions	\$46	\$76
	Pricing is per person		(10) Sessions	\$78	\$128
	60 minutes	(5) Sessions	\$66	\$109	
		(10) Sessions	\$116	\$191	