



RIVER CROSSING YMCA

LATE FALL PROGRAM GUIDE

Suburban North | Nov 1–Dec 23, 2025

Welcome to River Crossing YMCA's late fall 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.

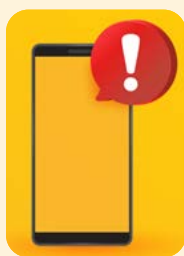
IT PAYS TO BELONG.

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

PROGRAM REGISTRATION DATES

- **Family Members: October 22** (online, phone or in-person)
- **Member: October 24** (online, phone or in-person)
- **Non-member: October 27** (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 our team 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

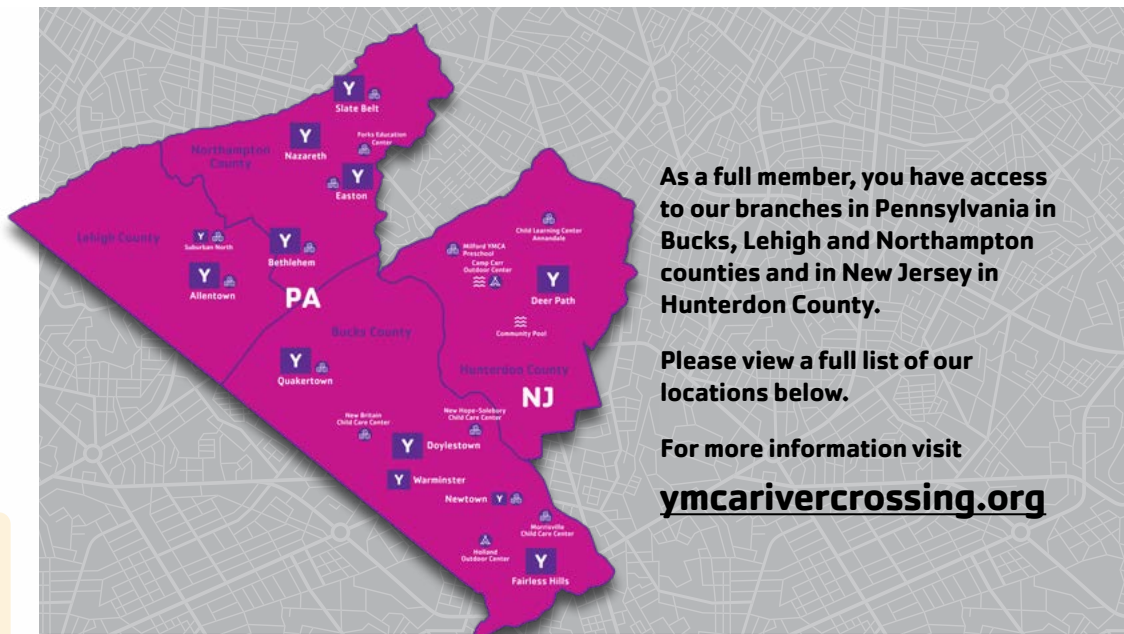
At the Y, we believe in making a positive impact on individuals and families in need. Financial assistance is available for membership, programs and child care through an application process. For full information and application details [click here or scan the QR code.](#)



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

HOLIDAYS

In observance of holidays, the Y will be closed on 11/27 and 12/25, and will close at 1 PM on 12/24, 12/31 and 1/1.



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

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.



We are pleased to provide online access to group exercise classes and family and youth programs through our virtual platform, Y Wellness 24/7. Included with your membership, our virtual platform Y Wellness 24/7 is your solution to wellness conveniently available anytime, anywhere! Experience over 75+ weekly live group exercise classes and 1,000s of classes on demand including yoga, meditation, family and youth programming, sports performance training, HIIT, strength training, Pilates, chronic disease prevention, nutrition and more!

[Scan the QR code or click here to access Y Wellness 24/7](#)



FALL PROGRAMS

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](#).

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
Tue & Thurs | 5-7 PM
Sat & Sun | 2-5 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.](#)

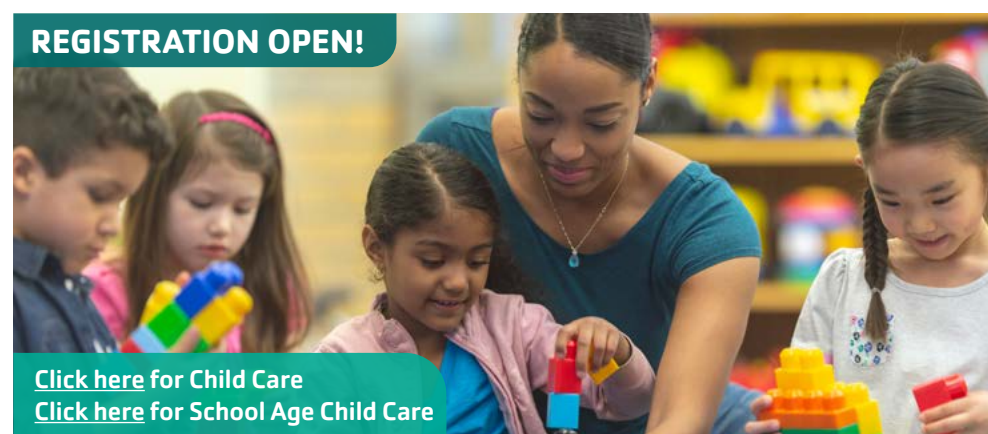


STAY & PLAY

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.](#)

REGISTRATION OPEN!



[Click here for Child Care](#)
[Click here for School Age Child Care](#)

Special Holiday Member Benefit: November 26-30

Members can bring family and friends to the Y for free, does not count against five annual guest passes. If a guest joins, you will receive \$30 in Y Bucks. The Y will be closed Thursday, November 27 for Thanksgiving.

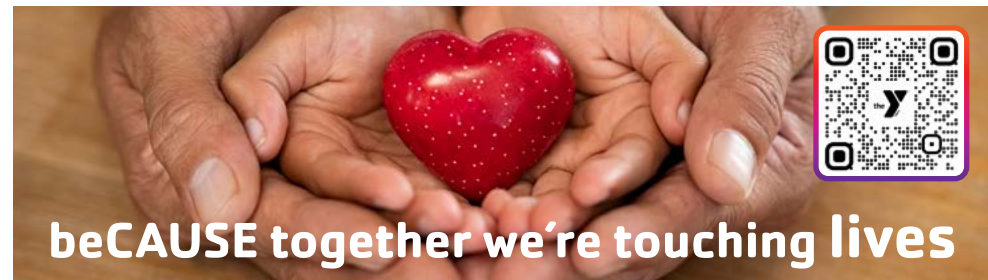
Visit ymcarivercrossing.org for more information!

Holiday Gift Certificates

Give the gift of choice this holiday season with a Y gift certificate! Perfect for family, friends, teachers and coworkers, it's a simple, thoughtful way to share joy. Redeemable for programs, memberships, training, lessons or camp, it's the gift that fits everyone!

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 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:

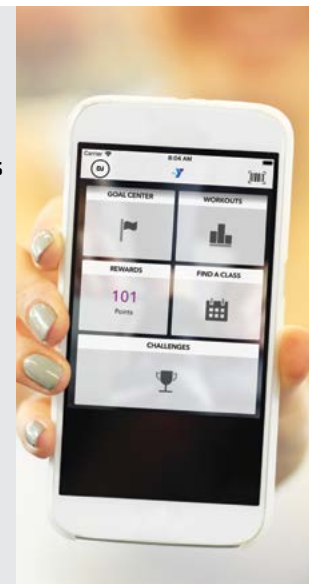
1. Visit your app store.
2. Search for "River Crossing YMCA"
3. Download to your phone
4. Use your personal information to create an account



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.



SPORTS & ARTS

Suburban North | Late Fall

YOUTH SPORTS

Questions? Contact Kevon Allen at kallen@ymcarivercrossing.org

Youth Sports Classes	Member MONTHLY	Non-member MONTHLY	Age	Day	Time	Location
Karate - All Levels Tang Soo Do karate curriculum. Learn the traditional art of self defense, and enjoy the benefits of increased flexibility, balance, strength and character development.	\$46	\$76	6 yrs+	Mon & Wed	6:30-7:10 PM	Studio 2

ARTS & HUMANITIES

Questions? Contact Kevon Allen at kallen@ymcarivercrossing.org

STEAM Programs	Member MONTHLY	Non-member MONTHLY	Age	Day	Time	Location
Future Builders Think out-of-the-box to solve problems using aerodynamics, clean energy and structural design.	\$43	\$71	5-8 yrs	Thu	6-6:40 PM	Community Room

All YMCA River Crossing wellness programs and personal training packages are available for ages 12 years and older unless otherwise noted.

WELLNESS TOOLS & PROGRAMS

30 Visit Challenge: Holiday Edition

Don't let the holidays sideline your goals! From November 1, 2025, to January 2, 2026, join the 30 Visit Challenge: Holiday Edition by visiting the Y 30 times in 9 weeks.

WIN AS YOU GO!

Collect 3 prizes in 9 weeks! Hit milestones at 10, 20, and 30 visits to earn prizes and prioritize your wellness through the busiest time of the year.

Each visit brings you closer to a reward.

Scan in at the Welcome Center, then place a sticker on your row of the poster to track your progress.

Open to members of all ages!

Sat, Nov 1, 2025 - Fri Jan 2, 2026

Member - \$0

Sleigh the Season Challenge

Stay strong and sleigh your goals through the holidays! This 6-week challenge is all about maintaining your progress and keeping your weight within 3 pounds while enjoying the season's celebrations. Join for just \$15, and you'll be entered for a chance to win one of fifteen \$50 gift cards. Keep the holidays merry—without losing your momentum!

Registration Details:

\$15 to join, members only

Registration opens November 1, 2025

Register through Daxko under Wellness Tools & Programs

Mon, Nov 24 2025 - Mon Jan 25, 2026

Member \$15

Non-Member - NA

Program Details:

Weigh in on the scale at your branch with a Health and Wellness team member

First weigh in the week of 11/17 - 11/23, challenge officially begins Monday, 11/24 *First weigh in must be completed by 11/24 to qualify

Final weigh in week of 1/2 - 1/9/25

Stay within 3 pounds or less of your initial weight for a chance to win. You can lose more than 3 pounds to still qualify!

PERSONAL TRAINING

Questions? Contact fitnessinquiries@ymcarivercrossing.org

Personal Training & Myzone Holiday Promo

**Member
FLAT FEE**

**Non-member
FLAT FEE**

Personal Training & Myzone MZ-3 Holiday Promo - Beginning November 18

Personal Training sessions must be used by January 31, 2026

Give the gift of health this holiday season. Personal training and Myzone MZ-3 heart rate monitors make the perfect gift for you or a loved one! For only \$99 you can get two (2) 30-minute personal training sessions and a Myzone MZ-3 belt, making the perfect gift for the fitness enthusiast in your life. Myzone MZ-3 belts are available to all River Crossing YMCA members. Join the River Crossing YMCA Myzone Tribe for more community, connection, and accountability!

\$99

N/A

Personal Training Club

MONTHLY RATES

MEMBER

MEMBER

MEMBER

Join the PT Club and get one-on-one time with a personal fitness trainer who can help you 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. Fees run as a continual draft on the 1st of the month with no need to reregister each month.

Monthly Package Options

30 minutes

45 minutes

60 minutes

(4) Sessions (1 per week)

\$104

\$152

\$199

(8) Sessions (2 per week)

\$208

\$303

\$398

(12) Sessions (3 per week)

\$313

\$455

\$597

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

Personal Training

Personal Training Packages

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

ONE TIME FEE	MEMBER	NON-MEMBER	MEMBER	NON-MEMBER	MEMBER	NON-MEMBER
Package Options	30 minutes		45 minutes		60 minutes	
(5) Sessions	\$150	\$248	\$214	\$353	\$278	\$459
(10) Sessions	\$278	\$459	\$403	\$665	\$530	\$875

First Time Personal Training Client Promotion

Special pricing for first time clients. All sessions must be used within 60 days of purchase.

(3) Sessions - 45 minutes	\$95	--				
---------------------------	------	----	--	--	--	--

Partner Training

Partner Training Packages

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!

ONE TIME FEE / PRICING IS PER PERSON	MEMBER	NON-MEMBER	MEMBER	NON-MEMBER
Package Options	45 minutes		60 minutes	
(5) Sessions	\$133	\$219	\$173	\$285
(10) Sessions	\$232	\$383	\$309	\$510

Team Training

Team Training Packages

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

4 People

5 People

ONE TIME FEE / PRICING IS PER PERSON	MEMBER	NON-MEMBER	MEMBER	NON-MEMBER
Package Options	45 minutes		60 minutes	
(5) Sessions	\$69	\$114	\$87	\$144
(10) Sessions	\$122	\$201	\$156	\$257
(5) Sessions	\$58	\$96	\$78	\$129
(10) Sessions	\$99	\$163	\$139	\$229
(5) Sessions	\$48	\$79	\$69	\$114
(10) Sessions	\$82	\$135	\$122	\$201

FAMILY & COMMUNITY

All Branches | Fall

AMERICAN RED CROSS CLASSES

Questions? Contact Anahita Mir
at amir@ymcarivercrossing.org

Please visit website for full details on all American Red Cross

Lifeguarding Training with Deep Water (Blended Full Course)

Members \$340 / Non-members \$390

15 yrs+ for all branch locations :e at all class dates is required to complete certification

Bethlehem

October **Fri Oct 17** (5 PM-9 PM) - **Sun Oct 19** (9 AM-6 PM) - **Sun Oct 26** (9 AM-6 PM)

Deer Path

October **Sat Oct 11** (9 AM-5 PM) - **Sun Oct 12** (9 AM-5 PM) - **Sun Oct 19** (9 AM-5 PM)

November **Sat Nov 15** (9 AM-5 PM) - **Sun Nov 16** (9 AM-5 PM) - **Sun Nov 23** (9 AM-5 PM)

Doylestown

September **Fri Sep 26** (4-9 PM) - **Sat Sep 27** (9 AM-6 PM) - **Sun Sep 28** (9 AM-6 PM)

November **Fri Nov 7** (4-9 PM) - **Sat Nov 8** (9 AM-6 PM) - **Sun Nov 9** (9 AM-6 PM)

Fairless Hills

October **Fri Oct 17** (5-9 PM) - **Sat Oct 18** (9 AM-6 PM) - **Sun Oct 19** (9 AM-6 PM)

November **Fri Nov 7** (5-9 PM) - **Sat Nov 8** (9 AM-6 PM) - **Sat Nov 15** (9 AM-6 PM)

December **Fri Dec 5** (5-9 PM) - **Sat Dec 6** (9 AM-6 PM) - **Sun Dec 7** (9 AM-6 PM)

Quakertown

October **Fri Oct 10** (4-9 PM) - **Sat Oct 11** (9 AM-6 PM) - **Sun Oct 12** (9 AM-6 PM)

October **Fri Oct 24** (4-9 PM) - **Sat Oct 25** (9 AM-6 PM) - **Sun Oct 26** (9 AM-6 PM)

November **Fri Nov 21** (4-9 PM) - **Sat Nov 22** (9 AM-6 PM) - **Sun Nov 23** (9 AM-6 PM)

December **Fri Dec 12** (4-9 PM) - **Sat Dec 13** (9 AM-6 PM) - **Sun Dec 14** (9 AM-6 PM)

Lifeguarding Instructor Recertification Training (Blended Full Course)

Members \$180 / Non-members \$210

17 yrs+ for all branch locations

All classes 9 AM-6 PM unless noted otherwise

Doylestown

Saturday Sat Aug 16

Saturday Sat Oct 18

Saturday Sat Nov 1

Babysitter's Training with Pediatric First Aid/CPR/AED (Blended Full Course)

Members \$115 / Non-members \$150

12 yrs+ for all branch locations

All classes 9:30 AM-3:30 PM unless noted otherwise

Doylestown

Thursday Thu Aug 21

Saturday Sat Sep 13

Saturday Sat Oct 4

Saturday Sat Nov 15

Saturday Sun Dec 7

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

Members \$115 / Non-members \$150

15 yrs+ for all branch locations

Bethlehem

Sat Aug 16 (11 AM-2 PM) Sun Oct 12 (10 AM-1 PM)

Sun Sep 7 (10 AM-1 PM) Mon Oct 20 (5 PM-8 PM)

Fri Sep 26 (5 PM-8 PM) Sun Nov 9 (10 AM-1 PM)

Sun Sep 28 (10 AM-1 PM) Sun Nov 16 (10 AM-1 PM)

Deer Path

Sat Sep 13 (11 AM-2 PM) Tue Nov 11 (10 AM-1 PM)

Mon Oct 13 (3:30 PM-6:30 PM) Sat Dec 13 (1 Pm-4 PM)

Doylestown

Sun Aug 17 (10 AM-1 PM)	Tue Sep 23 (5:15-8:15 PM)	Tue Nov 4 (5:15-8:15 PM)	Sun Dec 7 (10 AM-1 PM)
Tue Aug 19 (5:15 PM-8:15 PM)	Tue Oct 7 (5:15-8:15 PM)	Sun Nov 9 (10 AM-1 PM)	Tue Dec 9 (5:15-8:15 PM)
Tue Sep 9 (5:15-8:15 PM)	Tue Oct 14 (5:15-8:15 PM)	Tue Nov 11 (5:15-8:15 PM)	Tue Dec 16 (5:15-8:15 PM)
Sun Sep 14 (10 AM-1 PM)	Sun Oct 25 (10 AM-1 PM)	Tue Nov 18 (5:15-8:15 PM)	
Tue Sep 16 (5:15-8:15 PM)	Tue Oct 28 (5:15-8:15 PM)	Tue Dec 2 (5:15-8:15 PM)	

Easton

Sat Aug 23 (11 AM-2 PM)	Sat Oct 18 (10 AM-1 PM)	Sat Dec 6 (10 AM-1 PM)
Sat Aug 30 (11 AM-2 PM)	Sun Oct 26 (10 AM-1 PM)	
Sat Sep 6 (10 AM-1 PM)	Sat Nov 8 (10 AM-1 PM)	
Sat Sep 27 (10 AM-1 PM)		

Fairless Hills

Sun Aug 17 (11 AM-2 PM)	Fri Sep 12 (5 PM-8 PM)	Sun Oct 12 (10 AM-1 PM)	Sun Nov 16 (10 AM-1 PM)
Fri Aug 22 (5 PM-8 PM)	Sun Sep 14 (10 AM-1 PM)	Sun Oct 19 (10 AM-1 PM)	Sun Dec 7 (10 AM-1 PM)
Sun Aug 24 (11 AM-2 PM)	Sun Sep 28 (10 AM-1 PM)	Sun Nov 2 (10 AM-1 PM)	Sun Dec 14 (10 AM-1 PM)
Sun Sep 7 (10 AM-1 PM)	Sun Oct 5 (10 AM-1 PM)	Sun Nov 9 (10 AM-1 PM)	Sun Dec 21 (10 AM-1 PM)

Round Valley

Sat Aug 16 (1 PM-4 PM)	Mon Nov 17 (5 PM-8 PM)
Thu Sep 25 (4 PM-7 PM)	Fri Dec 19 (5 PM-8 PM)
Sat Oct 18 (12 PM-3 PM)	

Quakertown

Sat Aug 9 (10 AM-1 PM)	Wed Sep 17 (6:30-9:30 PM)	Wed Oct 15 (6:30-9:30 PM)	Wed Dec 10 (6:30-9:30 PM)
Wed Aug 13 (6:30-9:30 PM)	Sun Sep 21 (10 AM-1 PM)	Wed Nov 12 (6:30-9:30 PM)	Sun Dec 14 (10 AM-1 PM)
Sat Aug 23 (10 AM-1 PM)	Sun Oct 5 (10 AM-1 PM)	Sun Nov 16 (10 AM-1 PM)	

FAMILY & COMMUNITY

Suburban North | Fall

PARTIES & RENTALS

Celebrate your child's next birthday with a Y Party!

Choose from Traditional Party or Nerf Party. Included in every party is, one hour in the gymnasium, followed by one hour in a party room.

[Visit our website for all of our party options](#)

Available Saturday & Sunday

Prices start at \$200

FAMILY & COMMUNITY

Visit our website for upcoming events: ymcarivercrossing.org/events

Contact Kevon Allen with questions
at kallen@ymcarivercrossing.org