



YMCA of Bucks and Hunterdon Counties

SPRING

PROGRAM GUIDE

Deer Path | Mar 1 – Jun 9, 2024

Welcome to YMCA of Bucks and Hunterdon Counties' spring 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:** February 14 (online, phone or in-person)
- **Member:** February 16 (online, phone or in-person)
- **Non-member:** February 19 (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

SCAN THE QR CODE or [click here](#) to sign up for alerts!

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 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.](#)



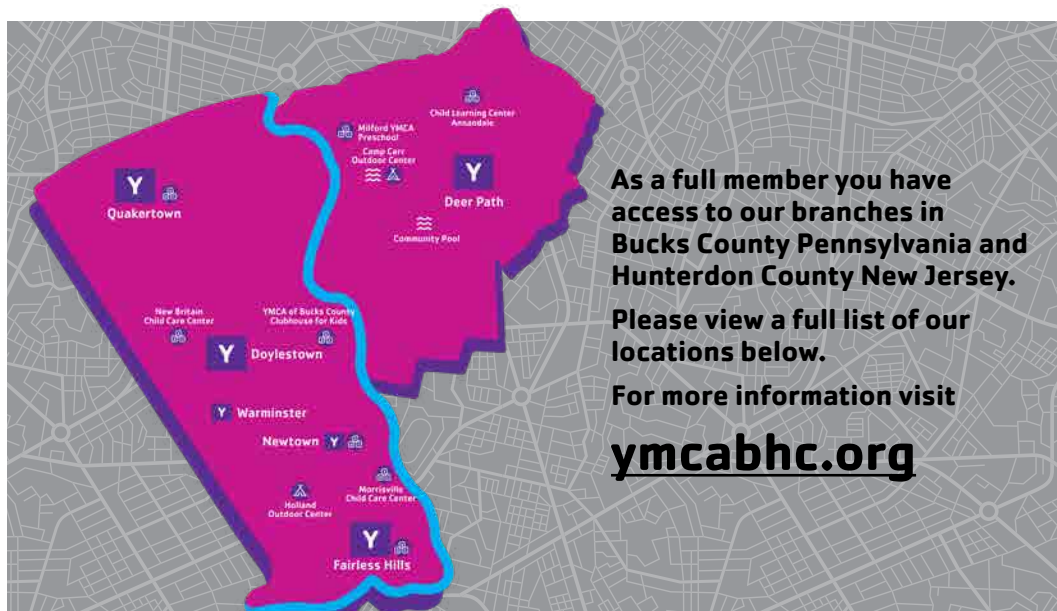
Financial Assistance



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.](#)

HOLIDAYS

In observance of holidays, the Y will be closed on 3/31 for Easter and 5/27 for Memorial Day. There will be a break in programming 3/29-3/31.



As a full member you have access to our branches in Bucks County Pennsylvania and Hunterdon County New Jersey.

Please view a full list of our locations below.

For more information visit

ymcabhc.org



Deer Path – Hunterdon County

144 West Woodschurch Rd., Flemington, NJ
908.782.1030

[Click here](#) for hours and amenities



Doylestown – Bucks County

2500 Lower State Road, Doylestown, PA
215.348.8131

[Click here](#) for hours and amenities



Fairless Hills – Bucks County

601 S. Oxford Valley Road, Fairless Hills, PA
215.949.3400

[Click here](#) for hours and amenities



Newtown – Bucks County

190 S. Sycamore Street, Newtown, PA
215.579.6200

[Click here](#) for hours and amenities



Quakertown – Bucks County

401 Fairview Avenue, Quakertown, PA
215.536.9622

[Click here](#) for hours and amenities



Warminster – Bucks County

624 York Road, Warminster, PA
267.387.9622

[Click here](#) for hours and amenities

FITNESS

We offer state-of-the-art wellness centers and 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 and selectorized strength machines and free weight and functional training equipment.

GROUP EXERCISE

Group exercise classes are available virtually and in-person. Reservations are only required for aquatic group exercise classes. [Click here](#) for schedules and reservations.

FITNESS TRAINING

Training is available one-on-one, with a partner, or in a team setting of three or more participants, outdoors or indoors at any of our branch locations or virtually anywhere you are!

[Book an appointment for an InBody Wellness Scan](#)

For questions, prices, or to book a training package [click here](#) or scan the QR code to the right.



Fitness Equipment Orientations

Fitness Equipment Orientations will acclimate you with the Wellness Center, teaching you how to use the equipment safely and effectively, review everything you need to know to set you up for success, and also give you a familiar face you can go to for help if you need it.

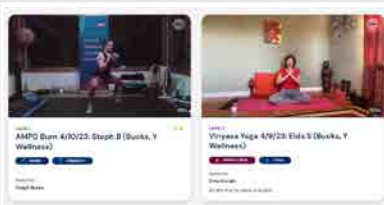
[Click here to register](#)

[Click here to watch our fitness orientation video](#)

[Questions? Click here.](#)



We are pleased to provide online access to group exercise classes and family and youth programs through our virtual platform, Y Wellness 24/7. This platform provides live and on-demand group exercise, sports and play programs. The platform also includes access to 75+ live classes each week and more than 10,000 Y-specific, on-demand classes in training, mindfulness, nutrition, stress management, and more.



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



Discover the perfect venue for your next event at YMCA's Doylestown, Fairless Hills, Flemington, Quakertown, and Warminster branches. From birthday parties to special occasions, we offer flexible and affordable party rentals. [Click Here for information](#)

GYMNASIUM

Hunterdon County: Deer Path

Bucks County: Doylestown, Fairless Hills and Quakertown

Our gymnasiums are available for open gym, basketball and pickleball.

To view our gymnasium schedules, [click here](#).

AQUATICS

[Click here for Aquatics:](#) Deer Path, Doylestown, Fairless Hills, Quakertown and Warminster

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



Y Wellness
MY WAY

Y Wellness My Way – Let's Get Started, is a personalized, four week wellness program that helps to keep you accountable while connecting you with others. With the support of fitness professionals, you will learn how to set and reach your goals over a four week period. Get ready to experience results!

Next program launches the week of April 8

Registration opens in March. [Click here to learn more!](#)



DOYLESTOWN SKATEPARK

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. Please check our website for the latest information.

[Click here for more information.](#)

METRO ESPORTS GAMING LOUNGE

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 2-5 PM

[Click here for more information.](#)



Teamwork • Leadership • Safety • Inclusion

STAY & PLAY HOURS

[Click here for more information.](#)

Deer Path-Hunterdon County

Mon-Fri 8:30-11:30 AM and Mon-Thurs 4-7:30 PM; Sat 8-11 AM

Doylestown-Bucks County

Mon-Thurs 8:30 AM-1 PM; 4-8 PM; Fri 8:30 AM-1 PM; Sat 8 AM-1 PM; Sun 9:30 AM-1 PM

Fairless Hills-Bucks County

Mon-Thurs 8:30 AM-11:30 AM; 4:30-7:30 PM; Fri 8:30 AM-11:30 AM; Sat 8:30 AM-12 PM

Quakertown-Bucks County

Mon-Sat 8:30 AM-12:30 PM; Mon-Thurs 5-7:30 PM



Child Care and School Age Child Care Registration Opens April 1.

[Click here for Child Care](#)

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



Summer camp registration now open!

[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.



SCAN THE QR CODE OR [CLICK
HERE 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!

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 at ymcabhc.org/hr and in person at the Welcome Center at one of our branches!

SMARTPHONE 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 "bucks & hunterdon ymcas" using the "&"
3. Download to your phone
4. Use your personal information to create an account



Download our app
for Android users



Download our app
for iPhone users



Available on the
App Store

GET IT ON
Google Play

METRO ESPORTS Early Spring



DOYLESTOWN & WARMINSTER BRANCHES (FAIRLESS HILLS COMING SOON!)

Now offering flight simulators, racing simulators, and VR! The Metro Esports gaming lounge and technology-based education center offers open access gaming for members and the community of all ages in addition to classes, leagues, and more!

MINECRAFT MONDAYS

Each Week, Metro will be hosting Minecraft Monday, FREE for YMCA members! Each Monday, join us for fun, easy, and family friendly mini-events on our YMCA Minecraft Server. Players will work together to complete challenges, think creatively, and earn points. Great for kids and families!

@DOYLESTOWN YMCA

NEW METRO MADNESS

Introducing Metro Madness, every Wednesday from 3pm-6pm! Stop by for as little or as long as you'd like to play your favorite games, or explore new ones, and race to earn points and climb the leaderboards. No matter if you're a fan of Fortnite or Overwatch or Minecraft, everyone can compete in their favorite titles and earn points at the same rate as others. Everyone is on an equal playing field at the YMCA's Metro Madness Weekly!

@DOYLESTOWN YMCA

FRIDAY NIGHT SERIES

Join us down in the Metro Game Lounge each and every Friday at 4pm for esports tournaments! Players of all ages and skill levels are welcome. Each week will feature a different esports title and format, including Fortnite, Madden, Overwatch, NBA2k, Smash Ultimate, and others. Join with a team or register as a free agent to be matched with other players.

@DOYLESTOWN YMCA

NEW ROBLOX RUMBLE

Ready to win some Robux?! Roblox Rumble is a weekly, fun-filled, and competitive Roblox event held every Saturday at the Warminster YMCA. This open event allows participants to drop in at any time during the event hours to compete in various Roblox challenges. Weekly themes such as speedrunning, obstacle courses (obbys), battle royales, and team-based games rotate to keep the experience fun and exciting!

@WARMINSTER YMCA

Roblox Tech Adventures

Join us for an exciting journey through the world of Roblox! Our 6 week program, designed for kids in grades 2-7, offers a unique blend of fun and learning every Saturday. Participants will dive into the vibrant universe of Roblox, engaging in diverse activities that spark creativity, encourage teamwork, and introduce them to exciting tech pathways like coding and graphic design. Each week brings a new theme and challenge, allowing kids to develop valuable skills in problem-solving, digital literacy, and collaboration.

@DOYLESTOWN YMCA SATURDAYS
MARCH 16TH - APRIL 20TH 11:30 AM - 1:00 PM

BIRTHDAY RENTALS

Book your birthday party with Metro Esports at the Doylestown YMCA and Warminster YMCA. We offer Fortnite and Minecraft themed parties!



Esports Day Off School Camp

Metro Esports offers seasonal day off school camp for esports. Make the most of a school-free day by exploring the world of esports with friends. Transform your day off into an adventure of creativity, collaboration, and exciting games! Metro offers seasonal day off school camp, providing activities and supervision for kids when schools are closed.

@WARMINSTER YMCA
MONDAY, MARCH 25TH

8:00AM - 5:00 PM

Specialty Day off School Camp Build-a-PC

Join us for a fun day-off school camp, and learn how to build your very own gaming computer! Our Build a PC Day Camp will show kids the different parts of a computer, how they work together, and how to put it all together to make a gaming PC. Kids will also get to play games on the computers they build. And to top it all off, they'll have a blast with a special computer-building simulator game and a casual gaming tournament at the Metro Esports day camp.

@Doylestown YMCA
Tuesday, April 23rd

9:00 AM - 5:00 PM

METRO COIN

Metro Coin Chapter 3 is here! Earn and spend your coins on a variety of new prizes and educational courses today!

OPEN LOUNGE HOURS

DOYLESTOWN

MON - FRI: 2:30 PM - 9:00 PM
SAT - SUN: 2:00 PM - 6:00 PM

WARMINSTER *NEW HOURS*

MON, WED AND FRI 3:00 PM - 7:00 PM
TUES AND THURS 5:00 PM - 7:00 PM
SAT - SUN 2:00 PM - 5:00 PM

PRIVATE SWIM LESSONS

To arrange lessons, contact Christie Stymiest
at cstymiest@ymcabhc.org, 908.483.4927

Private Swim Lessons		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Private Swim Lessons: 1:1 Ratio Student / Instructor	(4) 30-minute lessons	3 yrs+					\$146	\$182
	(8) 30-minute lessons	3 yrs+					\$288	\$360
Semi-Private Swim Lessons: 2:1 Ratio Student / Instructor	(4) 45-minute lessons	3 yrs+				Pricing is per person	\$121	\$151
	(8) 45-minute lessons	3 yrs+				Pricing is per person	\$239	\$299

GROUP SWIM LESSONS

Questions? Contact Flora Mannino at fmannino@ymcabhc.org, 908.483.4924
or Christie Stymiest at cstymiest@ymcabhc.org, 908.483.4927

Parent & Child Swim Lessons		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
<i>Parent & Child Swim Levels - All classes are combined</i>								
Water Discovery & Exploration: 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.	6 mos-3 yrs	Pool	Wed	11:00 AM	11:40 AM		\$84	\$139
	6 mos-3 yrs	Pool	Thu	9:15 AM	9:55 AM		\$84	\$139
	6 mos-3 yrs	Pool	Fri	10:00 AM	10:40 AM		\$84	\$139
	6 mos-3 yrs	Pool	Sat	9:00 AM	9:40 AM		\$84	\$139
	6 mos-3 yrs	Pool	Sat	9:50 AM	10:30 AM		\$84	\$139
	6 mos-3 yrs	Pool	Sun	9:00 AM	9:40 AM		\$84	\$139
	6 mos-3 yrs	Pool	Sun	9:50 AM	10:30 AM		\$84	\$139

Individual class levels may be full - a two month waitlist registration is available.

Stingrays Swim Academy - Preschool		Age	Swim Levels Offered	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Please select your child's level based on their age and ability. Not sure which lesson your child should sign up for?				View our Swim Lesson selector here				
Level 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.	3-5 yrs	1-4	Tue	4:00 PM	4:40 PM		\$84	\$139
	3-5 yrs	1-3	Tue	4:50 PM	5:30 PM		\$84	\$139
	3-5 yrs	1-3	Tue	7:05 PM	7:45 PM		\$84	\$139
Level 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	1-4	Wed	4:00 PM	4:40 PM		\$84	\$139
	3-5 yrs	1-3	Wed	4:50 PM	5:30 PM		\$84	\$139
	3-5 yrs	1-4	Thu	4:00 PM	4:40 PM		\$84	\$139
Level 3 / Water Stamina: Students continue to learn personal water safety skills and learn to swim to safety from a longer distance using a swim/float/swim sequence. Rhythmic breathing and the purposeful integration of arm and leg movements are taught.	3-5 yrs	1-3	Thu	4:50 PM	5:30 PM		\$84	\$139
	3-5 yrs	1-2	Fri	9:15 AM	9:55 AM		\$84	\$139
	3-5 yrs	1-3	Fri	4:00 PM	4:40 PM		\$84	\$139
Level 4 / Stroke Introduction:	3-5 yrs	1-2	Fri	4:50 PM	5:30 PM		\$84	\$139

Level 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	1-4	Sat	9:00 AM	9:40 AM	\$84	\$139
3-5 yrs	1-4	Sat	9:50 AM	10:30 AM	\$84	\$139
3-5 yrs	1-4	Sat	11:30 AM	12:10 PM	\$84	\$139
3-5 yrs	1-4	Sat	10:40 AM	11:20 AM	\$84	\$139
3-5 yrs	1-4	Sun	9:00 AM	9:40 AM	\$84	\$139
3-5 yrs	1-4	Sun	9:50 AM	10:30 AM	\$84	\$139
3-5 yrs	1-4	Sun	11:30 AM	12:10 PM	\$84	\$139
3-5 yrs	1-4	Sun	10:40 AM	11:20 AM	\$84	\$139

Stingrays Swim Academy - School Age

	Age	Swim Levels Offered	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Please select your child’s level based on their age and ability. Not sure which lesson your child should sign up for?			View our Swim Lesson selector here				
Level 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.	6-12 yrs	1-5	Tue	4:00 PM	4:40 PM	\$84	\$139
	6-12 yrs	1-4	Tue	4:50 PM	5:30 PM	\$84	\$139
Level 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	1-6	Tue	7:05 PM	7:45 PM	\$84	\$139
	6-12 yrs	1-5	Wed	4:00 PM	4:40 PM	\$84	\$139
Level 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	1-4	Wed	4:50 PM	5:30 PM	\$84	\$139
	6-12 yrs	1-5	Thu	4:00 PM	4:40 PM	\$84	\$139
Level 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	1-5	Thu	4:50 PM	5:30 PM	\$84	\$139
	6-12 yrs	1-5	Fri	4:00 PM	4:40 PM	\$84	\$139
Level 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	1-4	Fri	4:50 PM	5:30 PM	\$84	\$139
	6-12 yrs	1-5	Sat	9:00 AM	9:40 AM	\$84	\$139
Level 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	1-4	Sat	9:50 AM	10:30 AM	\$84	\$139
	6-12 yrs	1-6	Sat	10:40 AM	11:20 AM	\$84	\$139
	6-12 yrs	4-6	Sat	11:30 AM	12:10 PM	\$84	\$139
	6-12 yrs	1-3	Sat	11:30 AM	12:10 PM	\$84	\$139
	6-12 yrs	1-5	Sun	9:00 AM	9:40 AM	\$84	\$139
	6-12 yrs	1-4	Sun	9:50 AM	10:30 AM	\$84	\$139
	6-12 yrs	1-6	Sun	10:40 AM	11:20 AM	\$84	\$139
	6-12 yrs	1-5	Sun	11:30 AM	12:10 PM	\$84	\$139

Tween & Teen Aquatics

	Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Tween & Teen - Swim Basics: Nonswimmers and beginner swimmers become comfortable with underwater submersion as they learn personal water safety and survival skills including floating, paddle stroke and safely exiting the water in the event they fall in.	11-17 yrs	Pool	Sat	11:30 AM	12:10 PM	\$84	\$139

Tween & Teen - 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.	11-17 yrs	Pool	Sun	11:30 AM	12:10 PM	\$84	\$139
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Competitive Clinic: Designed for swimmers who have passed Youth Level 5 and want to learn about competitive swimming while refining their technique in all four competitive strokes. Starts, turns and finishes are taught.	11-17 yrs	Pool	Tue	4:00 PM	4:40 PM	\$84	\$139
	11-17 yrs	Pool	Sat	11:30 AM	12:10 PM	\$84	\$139
	11-17 yrs	Pool	Sun	11:30 AM	12:10 PM	\$84	\$139

Power Swim: Designed for students who have swim team experience and want the challenge of twice weekly workouts to improve technique, endurance and fitness levels. Great for staying in shape between sport seasons.	11-17 yrs	Pool	Tue	4:00 PM	4:40 PM	\$84	\$139
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Adult Swim Lessons		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Adult Beginner	Designed for non-swimmers. Floating, treading and water safety are taught.	18 yrs+	Pool	Sat	12:15 PM	12:55 PM	\$84	\$139
Adult Intermediate	Basics of front crawl and backstroke are taught. Breaststroke is introduced.	18 yrs+	Pool	Sun	8:15 AM	8:55 AM	\$84	\$139

SWIM TEAM

Contact Jamie Sobel with questions at jsobel@ymcabhc.org or 908.483.4928

Stingrays Swim Team

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.

		FALL/WINTER (Sep-Feb)	SPRING (Apr-May)	SUMMER (Jun-Jul)	2023-2024 Total Fee
Stingrays Competitive Team	Little Stingrays	\$154	\$110	\$99	\$1,342
	Junior 1	\$179	\$123	\$123	\$1,568
	Junior 2	\$190	\$190	\$171	\$1,862
	Junior 3	\$203	\$202	\$186	\$1,995
	Senior 2	\$247	\$234	\$219	\$2,385
	Senior 1B	\$247	\$234	\$219	\$2,385
	Senior 1A	\$289	\$247	\$234	\$2,697

Fees are charged monthly on the 1st according to the following fee schedule:

		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Stingrays Private Lessons	(1) 30-minute lessons						\$35	n/a
	(2) 30-minute lessons						\$66	n/a
	(4) 30-minute lessons						\$128	n/a

COMMUNITY AQUATIC PROGRAMS

Contact Flora Mannino with questions at
fmannino@ymcabhc.org or 908.483.4924

Community Programs		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member Monthly Fee
Silver Otter Senior Swim Club: We all know it's better to work-out with our friends! Club members meet three times a week to swim, water walk, exercise, make new friends or connect with old ones. Swimming or exercising in water has been shown to improve circulation and flexibility, ease joint and back pain and improve mood and cognitive ability. Members will have access to water belts, swim barbells, kickboards and pool noodles.		62 yrs+	Pool	Tue / Thu / Fri	11:30 AM	1:00 PM	\$0	\$37
Special Olympics Swim Team: Mentally and physically challenged swimmers of all ages and levels are invited to join the Special Olympics Area 4 Swim Team. Athletes must be able to participate in a group and swim two lengths of the pool. To learn more go to: www.ymcabhc.org/community-family/ability-programs		8 yrs+	Pool	Mon Sun	2 PM 5:00 PM	4:45 PM 6:00 PM	\$0	\$0

AMERICAN RED CROSS CLASSES

Contact Flora Mannino with questions at
fmannino@ymcabhc.org or 908.483.4924

Lifeguard Training (Blended Learning)		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Certification includes Lifeguarding, First Aid & CPR/AED for the Professional Rescuer. Attendance is required for all days in order to gain certification. Classes being offered are Blended Learning, which requires online course work and studying, PRIOR to the first in-person classroom session. Please provide a valid e-mail so the instructor can communicate with you prior to the start of class.								
Course 3	March 2 and 3, 2024	15 yrs+	Deer Path	Sat & Sun	9:00 AM	7:00 PM	\$325	\$375
Course 4	April 13 and 14, 2024	15 yrs+	Deer Path	Sat & Sun	9:00 AM	7:00 PM	\$325	\$375
Course 5	May 18 and 19, 2024	15 yrs+	Deer Path	Sat & Sun	9:00 AM	7:00 PM	\$325	\$375
Course 6	June 8 and 9, 2024	15 yrs+	Deer Path	Sat & Sun	9:00 AM	7:00 PM	\$325	\$375

Lifeguard Training Recertification		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Includes pre-test, skill review and written and practical final test. Bring CPR mask. Re-certifies Red Cross Lifeguard, First Aid, CPR, O2 and AED for 2 years. Please complete the Blended Learning portion of the Red Cross Lifeguard course to review all videos and practice tests prior to attending. Link to review will be sent upon registration.								
Course 3	March 3, 2024	15 yrs+	Deer Path	Sun	10:00 AM	7:00 PM	\$135	\$165
Course 4	April 14, 2024	15 yrs+	Deer Path	Sun	10:00 AM	7:00 PM	\$135	\$165
Course 5	May 19, 2024	15 yrs+	Deer Path	Sun	10:00 AM	7:00 PM	\$135	\$165
Course 6	June 9, 2024	15 yrs+	Deer Path	Sun	10:00 AM	7:00 PM	\$135	\$165

CPR/AED & First Aid trainings are also available - view listings under Community & Family / American Red Cross Classes

SPORTS & ARTS

Deer Path | Spring

YOUTH SPORTS

Questions? Contact Jacob Gleason at jgleason@ymcabhc.org

Youth Leagues		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Postseason Basketball	Wrap up Junior Sixers with a 4-week postseason program. Session runs from March 6- March 27. Program will build upon already developed skills and include more game play and fun activites to wrap up the season.	4-7 yrs	Gymnasium	Wed	5:30 PM	6:30 PM	\$45	\$74
		8-12 yrs	Gymnasium	Wed	6:30 PM	7:30 PM	\$45	\$74
Spring Soccer	Spring session runs from April 6 - June 1. Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All players receive a jersey.	4-5 yrs	Deer Path Fields	Sat	9:45 AM	10:45 AM	\$67	\$108
		6-8 yrs		Sat	11:00 AM	12:00 PM	\$67	\$108
Spring T-Ball	Spring session runs from April 6 - June 1. Teams meet for one hour on Saturdays. Time is split between skill building and gameplay. All participants receive a uniform and a hat.	4-5 yrs	Deer Path Baseball Fields	Sat	11:00 AM	12:00 PM	\$72	\$113
Youth Sports & Enrichment		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Obstacle Ninja	Run through an obstacle course like a ninja! Train to do just that with strength and conditioning exercises, daily challenges, and ninja courses.	1.5-4 yrs	Gymnasium	Fri	9:40 AM	10:20 AM	\$42	\$69
		1.5-3 yrs	Gymnasium	Sun	9:15 AM	9:55 AM	\$42	\$69
		4-6 yrs	Gymnasium	Sun	10:10 AM	10:50 AM	\$42	\$69
		7-10 yrs	Gymnasium	Sun	11:00 AM	11:40 AM	\$42	\$69
Ultimate Sports	Rotate through different ultimate games. Games include NERF games, Obstacle courses, Dodgeball, Capture the Flag and more. Each class focuses on different skills used in gameplay.	8-12 yrs	Gymnasium or Fields	Mon	4:40 PM	5:20 PM	\$42	\$69
Volleyball Clinic	Teaches the basics of volleyball - Session runs from April 10- May 29. Each clinic will focus on development of a different skill, teaching athletes how to bump, set, spike, serve and block, with time to practice thru gameplay.	8-10 yrs	Gym	Wed	5:15 PM	6:15 PM	\$63	\$103
		11-14 yrs	Gym	Wed	6:30 PM	7:30 PM	\$63	\$103
Parent & Child		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Bubbles, Bounce & Gym	Gym is transformed into a play area with bubbles and activities designed to support skill development. Bouncing, climbing, sliding, and movement, complimented by music, craft option, and snack. Children ages 1.5-3 must have parent/guardian present.	1.5-5 yrs	Gymnasium	Mon	9:50 AM	10:30 AM	\$42	\$69
Free Member Classes		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Jump, Run, Tumble Fun	Play on our indoor gymnastic equipment playground. Great place to let out energy. Parents are required to stay with children.	0-5 yrs	Gymnasium	Wed	9:50 AM	10:30 AM	\$0	n/a

Karate & Martial Arts		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Contact Jack Atwell with questions at jatwell@ymcabhc.org								
Kids Karate: Beginner	Elements of balance, coordination and agility will be taught. Basic Karate techniques will be introduced.	5-6 yrs	Gymnasium	Sat	9:00 AM	9:45 AM	\$35	\$57
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	Gymnasium	Sat	10:00 AM	11:00 AM	\$46	\$76
Youth Martial Arts: Intermediate (Yellow, Orange, & Green Belts)	Advanced students will 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	Gymnasium	Sat	11:15 AM	12:15 PM	\$46	\$76
Black Belt/Brown Belt Martial Arts	This is the time to 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+	Gymnasium	Sat	12:30 PM	2:00 PM	\$67	\$111
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+	Gymnasium	Mon	7:00 PM	8:30 PM	\$67	\$111

ARTS & HUMANITIES

Contact Jill Dextraze with questions at jdextraze@ymcabhc.org

Dance		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
<i>Appropriate Dance attire required.</i> 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 tap 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.	3-4 yrs	MPR	Thu	4:30 PM	5:10 PM	\$42	\$69
		3-4 yrs	MPR	Sat	10:50 AM	11:30 AM	\$42	\$69
Ballet I/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!	Gray classes are full at time of publication, but may re-open based on availability.						
		4-6 yrs	MPR	Tue	5:30 PM	6:30 PM	\$53	\$87
		4-6 yrs	MPR	Sat	11:45 AM	12:45 PM	\$53	\$87
Ballet II & III/Tap	This combination of ballet and tap dance will further develop the dance skills learned at the previous level. Focus will be on technique and strength. Tap basics will be expanded.	7 yrs+	MPR	Thu	5:30 PM	6:30 PM	\$53	\$87
		7 yrs+	MPR	Sat	1:00 PM	2:00 PM	\$53	\$87
Absolute Beginner Tap	For those who have been looking for a chance to try out Tap for the first time. Geared toward the beginner dancer, we will cover the basic technical vocabulary, rhythms and music concepts used in tap dance in a friendly environment. Wear comfortable cloths and tap shoes.	Open	Fitness Studio	Mon	6:45 PM	7:45 PM	\$53	\$87

Adult Tap I	Basic beginner is perfect if you're brand new to tap dance or are returning after a long hiatus. We will focus on basic vocabulary and technique.	18 yrs+	Fitness Studio	Mon	5:30 PM	6:30 PM	\$53	\$87
Adult Tap II	For those comfortable with basic technique steps like shuffles, flaps, cramp rolls, and paradiddles. We will focus on clarity in your technique, musicality, and combination steps like Buffalo, Maxi Ford and Time Steps.	18 yrs+	Fitness Studio	Tue	7:00 PM	8:00 PM	\$53	\$87
Adult Tap III	For those with their technical vocabulary down. We will work on longer phrases, faster footwork and start trick steps like pullbacks and wings.	18 yrs+	Fitness Studio	Thu	6:45 PM	7:45 PM	\$53	\$87

Art Classes		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Mixed Arts	Learn different styles of art using a variety of fun techniques. Projects will include watercolors, paint, markers, pastels, & more!	5-10 Yrs	Conference Room	Tue	5:30 PM	6:10 PM	\$42	\$69

ADULT & TEEN SPORTS

Questions? Contact Jacob Gleason at jgleason@ymcabhc.org

Teen Sports		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Ultimate Sports	Rotate through different ultimate games. Games include NERF games, Obstacle courses, Dodgeball, Capture the Flag and more. Each class focuses on different skills used in gameplay.	12-14 yrs	Gymnasium or Fields	Mon	4:40 PM	5:20 PM	\$42	\$69
Teen Basketball League	Join our Friday Night Teen Basketball League to test your skills in a fun, competitive environment. YMCA staff will referee games and record stats. Teams will compete in a 6-week regular season followed by playoffs. Sign up as an individual or request to play with friends. League runs from April 5- May 24.	7th-8th Grade	TBA	Fri	6:00 PM	8:00 PM	\$53	\$87

Adult Pickleball		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
View our website for a full list of group play times available to members:		Pickleball Schedule - All Branches						
Beginner Pickleball	Learn the basics of pickleball and get used to the game! Our instructors have plenty of experience playing and are great to work with to get your skills to the highest level!	18 yrs+	Gymnasium	Wed	11:00 AM	12:00 PM	\$45	\$74

Adult Sports & Recreation		Age	Location	Day	Start Time	End Time	Member MONTHLY	Non-member MONTHLY
Open Game Room:	Friendly competition for adults of all ages. Open tables will be provided for games such as Mahjong, Cards, Dominoes, and more. Bring Your Own Games! Table spots will be a first come, first serve basis.	18 yrs+	Varies	Tue & Fri	12:30 PM	3:30 PM	\$0	\$37
Adult Volleyball	Group plays on Sundays from 12:00-2:00 PM. Program is run in a pick-up format with players divided into teams when they arrive.	18 yrs+	Gymnasium	Sun	12:00 PM	2:00 PM	\$0	n/a

COMMUNITY & FAMILY

Hunterdon Branches | Spring

FAMILY & TEEN

Questions? Contact Jacob Gleason at
jgleason@ymcabhc.org

Teen Programs

Model United Nations:

Model UN introduces students to the operation and structure of the United Nations while providing an opportunity to actively learn about world cultures and debate issues of international importance through weekly meetings. The program culminates in a three day conference at the Hershey Lodge and Conference Center at which students from New Jersey, Pennsylvania and Delaware, New York and Connecticut work together to produce and debate solutions to these issues. Clubs are held at North Hunterdon and Voorhees High Schools and Readington and JP Case Middle Schools. Students from other districts can contact Len Yacullo at lyacullo@ymcabhc.org for more information.

Day Off School Camp

Day Off School Camp

Seasonal day off school camp, providing activities and supervision for kids when schools are closed.

Friday, March 29

Monday, April 1

Tuesday, April 2

Wednesday, April 3

Thursday, April 4

Friday, April 5

Tuesday, June 11

Age

Location

Day

Start Time

End Time

Member
FLAT FEE

Non-member
FLAT FEE

Age

Location

Day

Start Time

End Time

Member
FLAT FEE

Non-member
FLAT FEE

5-12 yrs

5-12 yrs

5-12 yrs

5-12 yrs

5-12 yrs

5-12 yrs

5-12 yrs

Gymnasium

Fri

Mon

Tue

Wed

Thu

Fri

Tue

7:30 AM

7:30 AM

7:30 AM

7:30 AM

7:30 AM

7:30 AM

7:30 AM

5:30 PM

5:30 PM

5:30 PM

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5:30 PM

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5:30 PM

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\$78

\$78

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\$78

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\$78

\$78

PARENT'S NIGHT OUT

Questions? Contact Jacob Gleason at
jgleason@ymcabhc.org

Deer Path Parent's Night Out (PNO)

Mark your calendar, PNO is held monthly on the second and fourth Friday of each month with a different theme!

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

(2) children *(requires phone or in person registration)*

(3) children *(requires phone or in person registration)*

\$29

\$41

\$48

\$49

\$68

\$80

Parent's Night Out

Friday, March 22

3 mos-12 yrs

Fri

5:30 PM

9:00 PM

Pricing listed above

STAY & PLAY

Contact Pamela Gardinsky with questions
at pgardinsky@ymcabhc.org

Member Use - Open Hours

While you workout or utilize the facility, your children 8 weeks through 13 years old can play and have fun in Stay & Play. FREE to members (children of adult members and youth members). Visit the Stay & Play page on www.ymcabhc.org for detailed information. Non-members may utilize Stay & Play for \$3 per child per visit.

8 wks-
13 yrs

Deer
Path

Mon-Thu 8:30-11:30 AM
Mon-Thu 4:00-7:30 PM
Fri 8:30-11:30 AM
Sat 8:00-11:00 AM

AMERICAN RED CROSS CLASSES at ROUND VALLEY

Contact Jeanne Imholz with questions at
jimholz@ymcabhc.org

Lay Responder CPR/AED & First Aid		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
American Red Cross Class. All classes include Adult, Child, Infant CPR/AED/First Aid 2 Year Certification. Classes are subject to change based on enrollment. Confirmation via email sent the week before class. Classes are non-refundable. 17 yrs or older.								
Lay Responder CPR/AED & First Aid Certification	March 16th	17 yrs+	Round Valley	Sat	11:00 AM	3:30 PM	\$115	\$140
	April 20th	17 yrs+		Sat	11:00 AM	3:30 PM	\$115	\$140

Lifeguard trainings are also available - view listings under Deer Path Aquatics / American Red Cross Classes

YOUTH & FAMILY

Camp Carr | Spring

FAMILY & TEEN

Questions? Contact Andy Cogen at acogen@ymcabhc.org

Family Events

Family Camp Out:

Come camp out along the South Branch of the Raritan River. Enjoy the Camp Carr facility. Bring your tent, or RV camper or just come out for the day. It will be a weekend packed with fun. Family scavenger hunt, candle making, archery, s'mores, games, fishing, and more. You will have the opportunity to enjoy camping at our beautiful camp property in Clinton Township.

One Day Overnight

Fri, May 19 4:00 PM to Sat, May 20 4:00 PM
Includes Saturday activities

Two Days Overnight

Fri, May 19 4:00 PM to Sun, May 21 10:00 AM
Enjoy the full experience

Saturday Only

Sat, May 20 9:00 AM-4:00 PM
Come Saturday when all the camping fun happens!

All Ages - Camp Carr

Full details coming soon!

Teen Programs

Teen Night

Come out to Camp Carr for an evening of fun! Grab some slices of pizza, socialize, and play some kickball, dodgeball, and more!

Age

Location

Day

Start Time

End Time

Member
FLAT FEE

Non-member
FLAT FEE

12-15 yrs

Camp Carr

Fri 5/31

7:00 PM

9:00 PM

\$10

\$15

YOUTH SPORTS

Questions? Contact Andy Cogen
at acogen@ymcabhc.org

Youth Sports & Enrichment

Beginner Archery:

April 20-May 11 (4 weeks)

Learn Archery with a certified USA Archery Coach. This program will introduce students to the basics of archery while developing strong problem-solving skills, increasing focus and determination, learning goal setting, and building confidence. Students will enjoy fun challenges that will culminate in an end-of-class exhibition.

7-11 yrs

Camp Carr

Sat

11:00 AM

1:00 PM

\$85

\$136

Archery Tag:

April 20-May 11 (4 weeks)

Archery Tag is a unique, fast-paced team sport played by launching foam-tipped arrows at the opposing team. Players will be introduced to the basic mechanics of launching arrows prior to play. Player are provided with protective gear including, face masks and eye protection.

9-14 yrs

Camp Carr

Sat

1:30 PM

2:30 PM

\$45

\$74

Parent & Child

Outdoor Ninja Champions:

April 20-May 11 (4 weeks)

Come and enjoy the outdoors in this fun energetic program that combines athletic skills with fun challenges. Parents are welcome to participate. Each week the ninja course will be assembled to challenge all abilities. Climb over it, under it or around it. There is a challenge for everyone. Run for speed, run to succeed or just come out and enjoy watching your child embrace their inner ninja. There will be daily challenges and awards.

4-6 yrs

Camp Carr

Sat

2:30 PM

3:10 PM

\$42

\$69

ARTS & HUMANITIES

Questions? Contact Andy Cogen
at acogen@ymcabhc.org

Art Classes		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Art in Nature: April 18-May 23 (6 weeks)	Experience art through nature. Students will learn different mediums of art using a variety of fun techniques that have a nature focus. Projects will include watercolors, and acrylic painting, pastels, clay & more!	5-10 yrs	Camp Carr Pavilion	Thu	5:30 PM	6:10 PM	\$63	\$95

ADULT PROGRAMS

Questions? Contact Andy Cogen
at acogen@ymcabhc.org

Adult Recreation		Age	Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Cornhole Fun Tournament: Sunday, May 19	Come out to scenic Camp Carr to enjoy some low-stress games of cornhole! Much like bowling or mini-golf, you don't have to be a pro to have fun playing this classic game. Join us for some friendly competition while taking in the nature scenery, listening to some good music, and tossing some bags!	17 yrs+	Camp Carr	Sun	10:00 AM	1:00 PM	\$15	\$24

COMMUNITY & FAMILY

All Branches | Spring

For questions or inquiries on availability, contact:

Camp Carr - Andy Cogen, acogen@ymcabhc.org

Doylestown, Fairless Hills, Holland, Deer Path & Warminster -
Valerie Tanner, vtanner@ymcabhc.org & Hannah Keller, Hkeller@ymcbhc.org

Quakertown - Becky Musselman, bmusselman@ymcabhc.org

PARTIES

After Hours Splash 'N Bash

After Hours Splash 'N Bash Party

This party is EXCLUSIVE and held after-hours on Saturdays. Great option for boy scouts/girl scouts, school celebrations, church groups and more! Please see pool policies for important safety 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+.

**Warminster Branch party time may be adjusted if the facility is closing later.*

Branch Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Deer Path	Saturdays	5:00 PM	7:00 PM	\$386	\$483
Doylestown	Saturdays	6:00 PM	8:00 PM	\$386	\$483
Fairless Hills	Saturdays	5:00 PM	7:00 PM	\$386	\$483
Quakertown	Saturdays	5:00 PM	7:00 PM	\$386	\$483
Warminster	Saturdays	2:30 PM	4:30 PM	\$308	\$385
Additional hour at all branches:				\$165	\$165

Esports Parties

Love gaming? Celebrate your birthday at our new gaming lounge! Guests enjoy all lounge amenities and party space for food and cake. Ages 7 yrs+

Esports Party during Open Lounge Hours: Shared Space with Community

Two Hour Party
Monday-Friday 4:30 PM-6:30 PM
Saturday and Sunday 3:30 PM-5:30 PM
Saturday After Hours 6:00-8:00 PM

Doylestown	YMCA Members & Esports Members:	\$365
Doylestown	Non-members:	\$450
Doylestown	Additional hour:	\$160

Esports After Hours Party:

Saturdays 6:00 PM-8:00 PM

Doylestown	YMCA Members & Esports Members:	\$499
Doylestown	Non-members:	\$595
Doylestown	Additional hour:	\$160

Esports Party during Open Lounge Hours: Shared Space with Community

Two Hour Party
Mon, Tue, Wed 5:00 PM-7:00 PM
Saturday 11:00 AM-1:00 PM
Sunday 12:00 PM-2:00 PM; 2:30-4:30 PM

Warminster	YMCA Members & Esports Members:	\$299
Warminster	Non-members:	\$384
Warminster	Additional hour:	\$160

Skatepark Party	Branch Location	Day	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
Skatepark Party						
Available seasonally upon request, during shared hours with community members.	Doylestown	Saturdays	3:30 PM	5:30 PM	\$308	\$385

RENTALS

After Hours Full Facility Rental					Member FLAT FEE	Non-member FLAT FEE			
Branch Location					Day	Start Time	End Time		
After Hours Full Facility Rentals									
Pool, gymnasium, locker rooms, studios.									
Deer Path					Saturdays / Sundays	7:00 PM	10:00 PM	\$773	\$1,004
Doylestown						6:00 PM	9:00 PM	\$773	\$1,004
Fairless Hills						5:00 PM	8:00 PM	\$773	\$1,004
Quakertown						5:00 PM	8:00 PM	\$773	\$1,004
					Additional hour at all branches:			\$258	\$258
					Individual instructors available at an hourly rate:			\$30/hr	\$30/hr

Facility Space Rentals					Member RENTAL FEE	Non-member RENTAL FEE	
		Branch Location	Day	Available Hours			
Individual Space Rentals at hourly rates	Teen Center / Pavilions	Doylestown	Sat / Sun	2:00 PM-9:30 PM	\$74	\$151	
			Additional fee for rentals after 6:00 PM:			\$103	\$103
	Outdoor Basketball Courts	Doylestown	Sat / Sun	12:00 PM-5:00 PM	\$26/hr	\$38/hr	
	Gymnasium	Quakertown	Contact for availability			\$103/hr	\$103/hr
	Auxiliary Gymnasium	Quakertown	Contact for availability			\$77/hr	\$97/hr
	Pool / Aquatic Center - After Hours Only	Warminster	Sat / Sun	12:30 PM-2:30 PM	\$308	\$385	
			Additional hour:			\$165	\$165
		Individual instructors available for swim lessons at an hourly rate:			\$15/hr	\$15/hr	
	Studio	Warminster	After Hours or Weekends 12:00 PM-2:00 PM			\$103/hr	\$180/hr
Holland Pool Rental	After Hours Only - Seasonal, Mid-June thru August		Saturdays	5:00 PM	7:00 PM	\$299	\$361
		Additional hour:				\$165	

Hunterdon County Seasonal Rentals					Member RENTAL FEE	Non-member RENTAL FEE
Day					Available Hours	
Camp Carr Rental						
A campground that operates April-October.					Email Andy Cogen at acogen@ymcabhc.org for availability and pricing	

PERSONAL TRAINING

Contact Nicole Martorella with questions
at nmartorella@ymcabhc.org

Personal Training Club		Age	Member MONTHLY	Non-member MONTHLY
Personal Training Club: 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. <i>There is a three month minimum commitment in order to receive the discounted pricing.</i>	30-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$105	N/A
	30-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$210	N/A
	30-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$315	N/A
	45-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$170	N/A
	45-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$340	N/A
	45-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$510	N/A
	60-min Sessions: (4) per Month / 1x per Week	12 yrs+	\$232	N/A
	60-min Sessions: (8) per Month / 2x per Week	12 yrs+	\$464	N/A
	60-min Sessions: (12) per Month / 3x per Week	12 yrs+	\$696	N/A

Personal Training		Age	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
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.	30-min Personal Training: (5) Sessions	12 yrs+			\$152	\$251
	30-min Personal Training: (10) Sessions	12 yrs+			\$284	\$468
	45-min Personal Training: (5) Sessions	12 yrs+			\$231	\$381
	45-min Personal Training: (10) Sessions	12 yrs+			\$441	\$728
	60-min Personal Training: (5) Sessions	12 yrs+			\$310	\$511
	60-min Personal Training: (10) Sessions	12 yrs+			\$599	\$988
First Time Client Promotion: (3) 45-minute Sessions	Special pricing for first time personal training clients. Three 45-minute introductory sessions. All sessions must be used within 60 days of purchase.	12 yrs+			\$125	N/A

Partner Training		Age	Start Time	End Time	Member FLAT FEE	Non-member FLAT FEE
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!	45-min Partner Training: (5) Sessions	12 yrs+	Pricing is per person		\$142	\$234
	45-min Partner Training: (10) Sessions	12 yrs+	Pricing is per person		\$252	\$416
	60-min Partner Training: (5) Sessions	12 yrs+	Pricing is per person		\$184	\$303
	60-min Partner Training: (10) Sessions	12 yrs+	Pricing is per person		\$336	\$554

Team Training				Member FLAT FEE	Non-member FLAT FEE
		Age			
Team Training Packages: Work with any of our motivating and experienced trainers in a TEAM setting of three to five participants. Perfect for neighbors, friends, school teams, etc. Teams will also be created by Y professional staff, giving you the greatest price value in personal training savings!	3 People 45-min: (5) Sessions	12 yrs+	Pricing is per person	\$84	\$139
	3 People 45-min: (10) Sessions	12 yrs+	Pricing is per person	\$147	\$243
	3 People 60-min: (5) Sessions	12 yrs+	Pricing is per person	\$110	\$182
	3 People 60-min: (10) Sessions	12 yrs+	Pricing is per person	\$200	\$329
	4 People 45-min: (5) Sessions	12 yrs+	Pricing is per person	\$74	\$121
	4 People 45-min: (10) Sessions	12 yrs+	Pricing is per person	\$126	\$208
	4 People 60-min: (5) Sessions	12 yrs+	Pricing is per person	\$100	\$165
	4 People 60-min: (10) Sessions	12 yrs+	Pricing is per person	\$179	\$295
	5+ People 45-min: (5) Sessions	12 yrs+	Pricing is per person	\$63	\$104
	5+ People 45-min: (10) Sessions	12 yrs+	Pricing is per person	\$105	\$173
	5+ People 60-min: (5) Sessions	12 yrs+	Pricing is per person	\$89	\$147
	5+ People 60-min: (10) Sessions	12 yrs+	Pricing is per person	\$158	\$260

WELLNESS TOOLS & PROGRAMS

Contact Andrea Brown with questions
at agbrown@ymcabhc.org.

Y Wellness My Way - Let's Get Started			Member FLAT FEE	Non-member FLAT FEE
			Age	
Spring - Meets Mondays starting April 15 - May 6. Y Wellness My Way - Let's Get Started, is a personalized, four week wellness program that helps to keep you accountable while connecting you with others. With the support of fitness professionals, you will learn how to set and reach your goals over a four week period. Get ready to experience results!				
Y Wellness My Way - Let's Get Started	Monday, April 15 - May 6, 2024, 5:30 - 6:30PM	18 yrs+	Free	N/A
	October 7 - November 1, 2024	18 yrs+	Free	N/A

Renew You			Age	Day	Member FLAT FEE	Non-member FLAT FEE
Are you struggling with stubborn fat, low energy, joint pain, thinning skin, mood swings, or brain fog? These are some of the unpleasant symptoms of aging and changing hormones. Renew You is a habit-based, hormone optimizing program designed specifically for women over 40 looking to lose weight and improve their health. This 8 week program is held virtually 12PM or 7PM on Mondays.						
8 Weeks 8 Habits: Renew You	Apr 8-May 27:	Registration closes Thursday 4/4 at midnight	40 yrs+	Mon	\$360	\$504
	Oct 21-Dec 9:	Registration closes Thursday 10/17 at midnight	40 yrs+	Mon	\$360	\$504