JOIN THE Y
JOIN A COMMUNITY

SPRING I 2016
February 29–April 24
Member Registration:
Begins Monday, February 15
Non-Member Registration:
Begins Monday, February 22

CENTRAL BUCKS FAMILY YMCA
Dear Friends,

As we celebrate our 50th year of serving the Doylestown Community, we want to recognize and thank all of the members, volunteers, employees, donors, and friends who helped to make our Y what it is today – a vibrant, welcoming place where people come to improve their health, learn new skills, and belong to a caring community.

To the 10s of 1000s of people who have come through our doors as members, we thank you for giving life and personality to our building, and for providing us with the best reason to be here – you.

To the multitude of volunteers who have given countless hours of their time and talents, we thank you for providing strategic direction and strong leadership.

To the 1000s of donors who bestowed financial gifts through the years, we thank you for helping us to keep our doors open to everyone, regardless of their ability to pay.

To the host of employees who shared their skills, joy and enthusiasm, we thank you for teaching and caring for our members.

It was not the efforts of one individual or a group of individuals who built our Y into what it is today, but the work of all who have been a part of it and the community that supported it.

From the committed group of volunteers who in 1963 set out to bring a Y to our community by collecting 1000 signatures on a petition, to the first member who dribbled a basketball in our gym, to the donor who gave the first gift to our annual campaign, to members of today’s Strategic Planning Committee who are working to set our course for the next 50 years – our Y is a reflection of them all.

Thank you!

Zane Moore, president & CEO
Teams are forming now around the Y to raise charitable donations in support of the Y’s community impact programs. Learn about these programs below.

On Saturday May 7, these teams will come together at the 21st Annual Y Run and Celebration to be held on the campus of Delaware Valley University.

JOIN A TEAM OR REGISTER as an individual now at:
give.cbfymca.org/yrun2016

• 1 Mile Fun Run | 5 PM
• 5K Race | 5:30 PM
• 5K Strength Walk | 5:45 PM

A Kids Corral will be available if you wish to run the 1 mile with your children and the 5K on your own. Strollers are welcome on all three courses. A post-race party will be held on the lawn with food, fun and music.

Set your own personal goal for this year’s Y Run and help to build a better you, a better community, and a better us!

COMMUNITY IMPACT PROGRAMS

DIABETES PREVENTION | Classes forming now!
One out of three U.S. adults has pre-diabetes but only 11% know they have it. Our lifestyle modification program offers 16-weekly sessions followed by 8 monthly maintenance sessions. A 16-week family membership is included. Begins in February. Contact Angela Oprendek x1184 or aoprendek@cbfymca.org

EMPOWER U
8-week program for girls in grades 9–12. Session begins in March. Designed by young women, for young women to enhance self-image. Contact Brooke Volpe, x3010 or bvolpe@cbfymca.org.

SEVENTH GRADE MEMBERSHIP INITIATIVE
Free membership for all 7th graders in the community to support and encourage youth to live healthy lifestyles and make responsible choices. Contact Melissa Lollar x1117 or mlollar@cbfymca.org.

2ND GRADE SWIM INITIATIVE
Free program that helps to ensure children are water safe by the time they graduate 2nd grade. See page 8 for more details about the upcoming Spring session. Contact Ashely Coticchio, x1409 or acoticchio@cbfymca.org

THRIVE CANCER WELLNESS PROGRAM
12-week program of personal training designed to improve strength, cardiovascular fitness and flexibility. Participants and their families receive 12-weeks of membership. Programs start in January and May. Contact Angela Oprendek, x1184 or aoprendek@cbfymca.org.

VETERANS PROGRAM
8-week program for veterans who are looking to get back to a healthier lifestyle. Program includes access to the facility and guidance from Y staff and trainers. Participants receive a free 6-month membership after successful completion of the program. Contact Lisa Schwartzter, x1155 or lschwartzter@cbfymca.org

LIVING ACTIVE | Classes forming now!
8-week program for older adults to come together in spirit, mind and body. Group activities include games, guest speakers, support from Looking Ahead, Inc and brown bag lunches. Participant and their spouses receive a free 8-week membership. Program starting Wednesday, March 2, 12-2 PM in the Teen Center. Contact Lisa Schwartzter, x1155 or lschwartzter@cbfymca.org.

UPCOMING SESSIONS
SPRING II | APRIL 25–JUNE19
SUMMER I | JUNE 20–JULY 24
When you join the Y, you belong to a place where:

- Parents find a safe, positive environment for children to learn good values, social skills and behaviors.
- Families come together to have fun and spend quality time with each other.
- Children and teens play, develop skills, learn who they are and are accepted.
- Adults connect with friends, pursue interests and learn how to live healthier.
- Communities thrive because neighbors support each other and give back.
YOU JOIN A COMMUNITY

AS A Y MEMBER
YOU BENEFIT
from these COMPLIMENTARY programs:

- Our New Member Challenge and Journey programs help you set and reach your goals.
- Over 160 adult programs each week give you variety and options to meet your schedule
- Over 25 youth and family programs so you can be active and have fun together
- Teen classes, events and clubs providing a safe place for your teens to hangout
- Child Watch services while you work out

YOU have ACCESS to:

- 17 acre campus with playground, picnic pavilion, outdoor courts and plenty of green space
- Fitness Center and 4 studios
- 2 indoor pools
- Gymnasium
- Teen Center and skate park
- Chambers 19 café and social areas
- Use of other Ys in Pennsylvania and across the country

JOIN OUR COMMUNITY TODAY!
MEMBERSHIP

CONTACT KATIE CRAIL
x1128 or ccrail@cbfymca.org

MEMBERSHIP & PROGRAM REGISTRATION
Register in-person or online at any time at cbfymca.org. If you wish to speak with a Welcome Center Representative, call or visit during the following hours:
Mon-Fri | 8:30 AM–8:30 PM Sat & Sun | 9:00 AM–5:00 PM

GUEST FEES
Must complete a guest waiver. Guests not accompanied by a member must have a picture taken; allow up to 15 minutes for completion.
Youth 0-14 yrs $7 with member $10 without
Adult 15 yrs+ $15 with member $18 without
Family $25 with member $28 without
Special 6 visits for $60.

MEMBERSHIP HANDBOOK
You can find additional information about your membership, and our policies and procedures in our Member Handbook available online at www.cbfymca.org.

2016 MEMBERSHIP TYPES

<table>
<thead>
<tr>
<th></th>
<th>MONTHLY DRAFT</th>
<th>JOINING FEE*</th>
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<tbody>
<tr>
<td>YOUTH</td>
<td>Through 12 yrs of age</td>
<td>$24</td>
</tr>
<tr>
<td>TEEN</td>
<td>13 to 18 yrs of age</td>
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</tr>
<tr>
<td>YOUNG ADULT</td>
<td>19 to 23 yrs of age</td>
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<tr>
<td>ABILITY MEMBERSHIP</td>
<td>For those requiring a caregiver; application required; all ages</td>
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<tr>
<td>ADULT</td>
<td>24 to 64 yrs of age</td>
<td>$68</td>
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<tr>
<td>TWO ADULTS</td>
<td>Two adults 18 yrs+ living in the same household</td>
<td>$105</td>
</tr>
<tr>
<td>ONE ADULT &amp; DEPENDENTS</td>
<td>One adult 18 yrs+ and dependent children under the age of 23 living in the same household</td>
<td>$106</td>
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<tr>
<td>TWO ADULTS &amp; DEPENDENTS</td>
<td>Two adult 18 yrs+ and dependent children under the age of 23 living in the same household</td>
<td>$121</td>
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<tr>
<td>ACTIVE OLDER ADULT</td>
<td>65 yrs+</td>
<td>$53</td>
</tr>
<tr>
<td>TWO ACTIVE OLDER ADULTS</td>
<td>Two adults, both 65 yrs+ living in the same household</td>
<td>$88</td>
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* Joining fees support equipment, building preservation, and routine maintenance. Memberships lapsing more than 30 days are assessed the joining fee.

Credits & Refunds: 30 day notice required for termination in person at the Welcome Center. All other changes, freezes and downgrades require at least 6 days notice before your draft date. No retroactive changes allowed.

Please choose classes carefully. Refund or credit for ANY program will only be considered with a doctors note or if the class is cancelled by the Y.

FACILITY HOURS

» Monday–Thursday | 5:00 AM–10:30 PM
» Friday | 5:00 AM–9:00 PM
» Saturday | 6:30 AM–6:00 PM
» Sunday | 6:30 AM–6:00 PM
» Closed Easter | March 27
*Pools, sauna and hot tub close 15 minutes prior to facility

CHILD WATCH FREE WITH MEMBERSHIP

HOURS OF OPERATION:

» Monday–Thursday | 8:30 AM–2:00 PM & 4:00 PM–8:00 PM
» Friday | 8:30 AM–2:00 PM
» Saturday | 8:00 AM–1:00 PM
» Sunday | 9:30 AM–1:00 PM

CHILDWATCH | Ages 3 months to 12 yrs | Non-Member $5/visit

KidCheck® A secure children’s check-in system that enhances our security system and simplifies the check-in process. Go to go.kidcheck.com to register your free account information.

SITTER SERVICE
Beginning at age 3 mths | Offered during Child Watch hours. Available to those who need a sitter for errands, appointments, shopping, outings or personal time. Must register at the Welcome Center in-person at time of drop off.
One child | Member $21 | Non-Member $26
Two children | Member $29 | Non-Member $39
Family plan | Member $32 | Non-Member $42

PARENT’S NIGHT OUT
Fridays | Mar 11 & 25 | Apr 15 & 29 | 5:30–9:00 PM
Includes craft, dinner, snack and a movie. Parents are welcome to bring children in PJs. Includes craft for children over 3 years.
One child | Member $25 | Non-Member $31
Two children | $36 Member | $42 Non-Member
Three children | $42 Member | $48 Non-Member

FINANCIAL ASSISTANCE

CONTACT CATHERINE REFICE
x1139 or crefice@cbfymca.org

Our mission is to serve the people of the community. We believe that the Y is for everyone and we offer financial assistance to those who may need a temporary helping hand. No one will be turned away because of their inability to pay, subject to the availability of funds.

APPLICATION
Financial Assistance applications can be found on our website at www.cbfymca.org/fa or pick one up at the Welcome Center.
Submit the application and required support documentation to the Welcome Center, fax to 215.348.3084, or mail to Central Bucks Family YMCA, Attn: Financial Assistance, 2500 Lower State Road, Doylestown, PA 18901.

Allow at least 3 weeks for processing. You will receive a letter by mail notifying you of your qualifying status.
Visit our website to view our financial assistance guidelines. www.cbfymca.org/fa
AT THE Y AND IN THE COMMUNITY

MEMBER APPRECIATION DAYS
We love our members and will celebrate you each month with complimentary refreshments and give-aways. Enjoy these tokens of our gratitude for your membership!

FAMILY POOL PALOOZA
SAT | FEB 27 | 6:00-9:30 PM
After hours family event includes open swim with slide, a movie in the gym (so bring your PJs and a blanket)! Pizza and refreshments will be sold during event. FREE to the community. Registration required.

PARENT POSITIVE SERIES
RESILIENT KIDS:
Building your stress busting tool kit
SAT | MAR 12 | 1:00-4:00 PM | TEEN CENTER
Students will engage in fun, creative activities designed to help them take back control when things don’t go their way. Michelle Grossman, CBSD graduate, mother, meteorologist and on air guest on NBC 10 and QVC shares how being resilient helped her succeed. Parents, grandparents and caregivers are invited to join us for a panel discussion on the same topic. Panelist include Amy O’Neill, licensed adolescent behavioral therapist; Jennifer Horan, Student Support Therapist for CBDS, and Dr. Marion Mass, pediatrician. Space is limited and pre-registration is required. www.cbfymca.org/register-online

RAISING KIDS TO THRIVE:
Balancing Love with Expectations and Protection with Trust
WED | APRIL 13 | 7 PM | LENAPE MIDDLE SCHOOL
Dr. Ken Ginsberg offers an overview of strategies to build resilience and promote the kind of traits that lead to children becoming happy, healthy adults. For more info or to register go to www.cbsd.org/parentpositive.

SURVIVE UR DRIVE
For new licensed or permitted drivers. Hands on interactive simulation of drinking and driving and distracted driving. Useful information and panel discussion with emergency personnel, legal experts and families impacted by distracted driving accidents. Individuals interested in attending April event should email rmauer@cbfymca.org.

REGISTRATION FOR THE BUCKS 5K SERIES IS NOW OPEN. SEE WHAT’S NEW IN 2016!
The Bucks 5k Series kicks off Saturday March 19 with the Blaze of Glory 5k in Plumsteadville and culminates June 4 with the Chalfont Challenge! Go to bucks5kseries.com to register for one or all of the 7 races in the series and check out what’s new for 2016 – including the YRUN 5k and fun run’s new date and location, Sat May 7 on the beautiful campus of Delaware Valley University.

FREE 2nd Grade Swim Initiative
As part of the Y’s 2nd Grade Swim Initiative, aimed to help all children know how to be water safe by the time they graduate from 2nd grade, we provide FREE water safety testing to all 2nd grade students. Those who do not pass receive FREE water safety skill lessons and a free one month youth membership.

Water Safety Testing Days
Sunday, April 10 | 6:00-7:00 PM OR
Saturday, April 16 | 12:30-1:30 PM
Pre-registration Required | FREE to the community

DOYLESTOWN
SPECIAL EVENTS  | 7
THE Y IN THE COMMUNITY VOLUNTEERS MAKE A DIFFERENCE

Looking to make a difference in the community, connect with others, improve your skill set, or satisfy a school requirement? Consider volunteering at the Y. We have a wide variety of opportunities serving Y programs and events as well as partnering with other organizations serving our community at large. Help with youth sports and programs, ability programming, administration, special events and so much more.

Join our TOGETHERHOOD™ team in special community projects such as Bucks Knocks Out Hunger, Hope of the Harvest Garden and making personal care bags for the Bucks County Housing Group. Our volunteers are out in force making a difference every day and we invite you to join us.

Please contact Lisa Ganzer at lganzer@cbfymca.org for more information.

THANK YOU PROGRAM CORPORATE SPONSORS

COMMUNITY PILLAR

MERCK
ABILITY PROGRAMS

VISIONARY SPONSORS

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MARVIC SUPPLY COMPANY, INC.
PENN COLOR A WORLD OF COLOR
UNIVEST BANKING | INSURANCE | INVESTMENTS

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CARR & DUFF EST. 1890 100 YEARS OF EXCELLENCE
Beneficial
FOX CHASE CANCER CENTER
TEMPLE HEALTH

CHAMPION SPONSORS

Chambers 19 CAFE
Fox Rothschild LLP
BCS
United Way of Bucks County
NATIONAL PENN
Penn Community Bank
Bucks County Tennis Club

INVESTOR SPONSORS

Atlantic Aquatic Engineering | Antheil, Maslow & MacMinn, LLP | Monument Bank | Penn Community Bank
Our program focuses on active, participatory learning that emphasizes teaching and learning through independent choice and interaction with the environment. We help children excel in language and cognitive learning, we promote independence, curiosity, decision-making, cooperation, persistence, creativity, and problem solving. Spanish, dance, music, art, nature & gardening, tumbling, and physical education.

Half Day | 8:30 AM–12:30 PM
Full day | 8:30 AM–3:30 PM
Extended Day | 8:30 AM–6:00 PM
Early Care Option | 7:30 AM–8:30 AM

Visit www.cbfymca.org/preschool for tuition fees.

WE ARE AN EQUAL OPPORTUNITY CARE PROVIDER.

CONTACT JASMINE CRAIG
215.348.4214 or jcraig@cbfymca.org
to schedule a tour or for information.

MANY SCHEDULE OPTIONS | FREE YOUTH YMCA MEMBERSHIP | FINANCIAL ASSISTANCE AVAILABLE see pg 6

Located at Lenape Valley Church, 321 Butler Ave., New Britain

PARTY RENTALS
Did you know you can rent the Teen Center? Come celebrate any occasion with us: baby shower, graduation party, teen birthday, family reunion, wedding shower, and so much more.

PREMIUM TEEN CENTER RENTAL
Member $85/hour | Non-Member $160/hour

PRICE OF RENTAL INCLUDES:
• Host to assist with party needs • Tables • Chairs
• Kitchen (sink, refrigerator, stove, oven, and microwave)
• Air Hockey • TV • Xbox 360 • Wii U
• State of the Art Sound System • Video Games
• Bathrooms

SPLASH-N-BASH/SPORTS PARTIES
Member $250 | Non-Member $325

Price of Rental Includes:
• Slide down the huge water slide and enjoy the water park elements
• Includes a host, lifeguard, invitations and private party room
• Sports Parties/Fun& Games Parties include an instructor & host
AQUATICS
SWIM LESSONS

CONTACT ASHLEY COTICCHIO
x1409 or acoticchio@cbfyymca.org

We serve the community as a resource in aquatic education and water safety through student-centered swim instruction. Children learn and practice new swim skills that last a lifetime. Swimmers become more comfortable and secure around water as we emphasize water safety.

SWIM LESSONS

DESIGNED TO MEET YOUR PERSONAL NEEDS

30-MINUTE LESSONS AVAILABLE DURING THESE TIME BLOCKS

Please contact Ashley to schedule/confirm lesson day and time.

TUESDAY 9:00 AM-1:45 PM; 3:30-8:00 PM
WEDNESDAY 10:30 AM-12:30 PM | 3:30-8:00 PM
FRIDAY 10:00 AM-2:00 PM
SATURDAY 11:30 AM-1:00 PM
SUNDAY 9:00 AM-2:00 PM

Lessons expire 6 weeks after date of the first lesson. Times above based on availability.

PRIVATE LESSONS
Four 30-minute Sessions | 1:1 Ratio Instructor/Student
Member $118 | Non-Member $192

SEMI PRIVATE LESSONS
Four 30-minute Sessions | 2:1 Ratio Instructor/Student
Member $86* | Non-Member $141*

*Prices are per participant. Participant must bring one friend to form group.

PARENT & CHILD
Member $98 | Non-Member $161
SHRIMP, KIPPER & INIA | SKI
6 to 18 mths | Gain confidence in and around water with water acclimation through games, activities and songs. Ratio 1:12
PERCH
19 to 36 mths | Further their water acclimation as they are introduced to beginning swim and water safety skills. Ratio 1:10
PERCH PLUS
2 1/2 to 5 yrs | Establish comfort and confidence in the water through the introduction of beginning swimming and water safety skills. Ratio 1:8

PRE-SCHOOL
Member $108/$95* | Non-Member $178/$156*

*Pro-rated cost due to NO LESSONS on Sun, Mar 27 for Easter

PIKE I | BEGINNER LEVEL I
3 to 5 yrs | Focus on water adjustment, kicking, blowing bubbles and paddling with assistance. Must be willing to voluntarily separate from parent. Typically wears 3 bubbles at start of the session. Ratio 1:4

PIKE II | BEGINNER LEVEL II
3 to 5 yrs | Must be voluntarily submerging their head underwater and swimming without instructor assistance at least 5 feet with 2 bubbles. Ratio 1:5

EEL I | INTERMEDIATE LEVEL I
3 to 5 yrs | Must be able to swim without instructor assistance at least 10 feet on their front and back with 1 bubble while blowing bubbles. Ratio 1:5

EEL II | INTERMEDIATE LEVEL II
3 to 5 yrs | Must be able to swim without instructor assistance or flotation at least 15 feet on their front, while blowing bubbles, and on their back. Ratio 1:5

RAY | ADVANCED LEVEL
3 to 5 yrs | Must be able to swim without instructor assistance or flotation at least 20 feet of front crawl with rhythmic breathing and backstroke. Ratio 1:6

DOYLESTOWN

SWIM TO SAVE
Swim in 3 consecutive sessions and earn $15 towards the next session. Do another 3 sessions, get another $15!

MINNOW | INTERMEDIATE LEVEL
6 to 12 yrs | Must be able to swim 25 yards on front (with overarm recovery and rotary breathing), back and side. Ratio 1:7

FISH/FLYING FISH | ADVANCED LEVEL
6 to 12 yrs | Must be able to swim 25 meters of freestyle with rotary breathing, backstroke with consistent kick, and rudimentary breaststroke. Ratio 1:8

Ask about our FREE 2nd Grade Swim Initiative. See page 7.

SWIM EVALUATIONS
Unsure of what level? No problem! Contact Ashley to schedule a FREE swim evaluation.

EXPERIENCE THE DIFFERENCE!
PRIVATE AND SEMI PRIVATE SWIM LESSONS

DESIGNED TO MEET YOUR PERSONAL NEEDS

30-MINUTE LESSONS AVAILABLE DURING THESE TIME BLOCKS

Please contact Ashley to schedule/confirm lesson day and time.

TUESDAY 9:00 AM-1:45 PM; 3:30-8:00 PM
WEDNESDAY 10:30 AM-12:30 PM | 3:30-8:00 PM
FRIDAY 10:00 AM-2:00 PM
SATURDAY 11:30 AM-1:00 PM
SUNDAY 9:00 AM-2:00 PM

DOYLESTOWN

NEW Reward Program!
### GROUP SWIM LESSON SCHEDULE

**Classes for 6 months to 5 years**  
**Classes for 6 to 12 years**

<table>
<thead>
<tr>
<th>DAY</th>
<th>POOL</th>
<th>TIME</th>
<th>AGE GROUP</th>
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<tr>
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<td>10:45-11:20 AM</td>
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<td>3-5 yrs</td>
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<td>PERCH</td>
<td>3:30-4:10 AM</td>
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<td>FRIDAY</td>
<td>PIKE I</td>
<td>1:45-2:25 PM</td>
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<td>PERCH PLUS</td>
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<td>SATURDAY</td>
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<td>10:00-10:40 AM</td>
<td>3-5 yrs</td>
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LP – Lap Pool  | WP – Waterpark Pool

For the most current schedules look online or pick up a printed schedule at the Welcome Center.

Join our Aquatics Group on Facebook! Go to www.facebook.com/groups/1512677222280456/

**DOYLESTOWN**
**AMERICAN RED CROSS TRAINING**
Areas premiere lifeguard training center, running classes year-round.

**CONTACT NICOLE BANDURA**
x1183 or nbandura@cbfymca.org

**RED CROSS LIFEGUARDING**
Prerequisite | 15 yrs+, strong swimming skills | Completed first day of class
• Swim 300 meters; breaststroke, freestyle or both
• Tread water for 2 minutes without hands
• Swim 25 meters, retrieve a 10 lb brick, climb out of the pool
Course includes CPR for the Professional Rescuer/ AED, Bloodborne Pathogens, Standard First Aid. Successful completion involves both written and practical examinations.

**Mar 7-11  |  4:00-9:00 PM**
**Apr 4-8  |  4:00-9:00 PM**
**Apr 23, 24, 31, May 1  |  9:00 AM-5:00 PM**
**May 7, 8, 14, 15  |  9:00 AM-5:00 PM**

Member $260  |  Non-Member $280

**RED CROSS LIFEGUARDING RECERTIFICATION**
Apr 16 and 17  |  May 14 and 15  |  9:00 AM-5:00 PM

Member $140  |  Non-Member $150

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**COMPETITIVE SWIM TEAM DOLPHINS**
Our Dolphins Swim Team is a YMCA and USA Swimming sanctioned team with a mission to develop good swimmers and great kids. Our swimmers achieve success at all levels of competition. We provide the foundation for our athletes to excel based on their talent, skills and level of commitment. Swimmers also have the option to swim at the USA Swimming level in the Mid-Atlantic Division with meets held regionally.

**VISIT cbfymcadolphins.org for practice schedule.**

**CURRENT SEASON RUNS THROUGH MARCH 31, 2016.**

**TEAM** | **AGES** | **Dec 1 - Mar 31 Drafts**
--- | --- | ---
MINI | Aqua & Purple | 6-8 yrs | $86
CADET | PREP Blue & Green | 9-12 yrs | $92
CADET | PREP Orange | 10-12 yrs | $113
JUNIOR | SENIOR | 13-21 yrs | $119

$50 Registration Fee includes team cap, shirt and YMCA sanction dues. Optional US Swimmer Registration of $70 for Cadet level and above.

**SPRING SEASON BEGINS APRIL 18 TO JUNE 17**

**CONTACT TIM TO REGISTER FOR A SPRING SWIM SEASON EVALUATION DATE:**
- Thurs, Mar 24 | 2:00 & 7:15 PM
- Mon, Mar 28 | 1:00 & 3:00 & 6:15 PM
- Thurs, Mar 31 | 7:15 PM

**INTRAMURAL SWIM TEAM | DOLPHINS CLUB**
One month program for children who may not want to compete or do not have the time to commit to a year-round swim team. Purpose is to build stroke efficiency and endurance. Your child must be able to swim at least 25 meters freestyle with rotary breathing, 25 meters of backstroke and have knowledge of breaststroke and butterfly.

**Practice 3 times per week**
Member $80 | Non-Member $105

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**LIFEGUARD TRAINING**

**DOLPHINS SWIM TEAM**
CONTACT TIM RYAN
x1149 or tryan@cbfymca.org
We offer opportunities for every level of swimmer and every schedule. Our intramural team allows swimmers to register in one month intervals and train without competing at meets. Our competitive team requires a seasonal commitment and offers almost daily training opportunities for swimmers to choose from as well as dual, invitational, district and state championship, and Junior Olympic level meets.

**DOYLESTOWN**

**PRIVATE SWIM COACH PRICING**

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<th>Sessions</th>
<th>Member</th>
<th>Non-Member</th>
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## AQUATICS CLASSES

Water shoes suggested | 12 yrs+  
Member $0 | Non-Member $80 (members do not need to register).

### AQUA AEROBICS
A low-impact aerobic workout designed to work every major muscle group. The water’s buoyancy decreases stress on hips, knees, ankles and feet.

### AQUA CIRCUIT
This combination of cardio and strength training combines circuit training principles and the latest aquatic equipment with water-based fitness. Progress through a series of stations for a total-body workout.

### AQUA DANCE
Aqua Dance embraces the rhythms and movements of a variety of upbeat styles creating endless possibilities for fun and energizing workouts!

### AQUA WALK FIT | NEW!
Enjoy a variety of activities for aerobic exercise as well as activities to target range of motion, strength, endurance, and balance, ability to swim not necessary.

### AQUA ZUMBA
Make a splash by adding a low-impact, high-energy aquatic exercise to your fitness routine. Blends the Zumba Philosophy with water resistance.

### DEEP WATER CARDIO
This challenging class incorporates high-intensity, non-impact strength and cardiovascular movements to provide one of the best forms of exercise. Participants must be comfortable in deep water.

### ARTHRITIS AQUATICS
Endorsed by the Arthritis Foundation | For all ages with Arthritis, Fibromyalgia and other rheumatic related conditions. The Arthritis Foundation and Y promote physical activity to reduce pain and disability.

**FIBROMYALGIA** and other rheumatic related conditions. The Arthritis Foundation and Y promote physical activity to reduce pain and disability.

**ARTHRITIS AQUATICS**
Endorsed by the Arthritis Foundation | For all ages with Arthritis, Fibromyalgia and other rheumatic related conditions. The Arthritis Foundation and Y promote physical activity to reduce pain and disability. Experienced and certified instructors, accessible steps, hydraulic chair lift available.

### DEEP WATER CARDIO
High intensity workout in both the shallow and deep water to music, emphasizing cardio and strengthening arms, legs and core.

### AQUA WALKING & AQUA JOGGING
Informal self-led workouts with others. See full pool schedule online or at the Welcome Center for available times and locations.

### ADULT GROUP SWIM LESSONS

**BEGINNER**
Basic swimming and water safety skills taught in a relaxed environment. For adults who have never had swimming lessons or who are uncomfortable in the water.

- 18 yrs+ | Wed 9:00-9:45 AM | Wed 8:00-8:40 PM
- Member $108 | Non-Member $178

**INTERMEDIATE**
Front and back crawl, in addition to increasing overall strength in the water. For adults who are acquainted with and comfortable in water looking to learn a more structured and efficient stroke.

- 18 yrs+ | Mon 7:30-8:10 PM | Wed 9:45-10:25 AM
- Member $108 | Non-Member $178

### MASTERS SWIM CLUB

**CONTACT TIM RYAN**
x1149 or tryan@cbfymca.org

18 yrs+ | Workout excitement for health seekers through advanced swimmers. As a sanctioned USMS team, all participants have the opportunity to individually enter into Master’s meets.

- Member $0 | Non-Member $90
- Additional informal uncoached workouts:  
  - Mon 9:00 AM | Wed 5:15 AM & 9:00 AM

### ADULT SWIM CLINIC | NEW!
The adult swim clinic is for adults who are already lap swimmers and want to improve their endurance and increase their distance swimming. It is ideal for swimmers who want to participate in a Triathlon or Master’s program. Lead by a certified USA swim coach.

- Tue 11:00-11:45 AM
- Member $108 | Non-Member $178

### AQUATICS GROUP EXERCISE

**GENTLE AQUA AEROBICS**
This low impact class focuses on using the resistance of the water to help increase flexibility, range of motion, balance and posture in shallow and deep water.

**H2O TIDAL WAVE**
High intensity workout in both the shallow and deep water to music, emphasizing cardio and strengthening arms, legs and core.

### DOYLESTOWN

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**MASTERS SWIM CLUB**

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18 yrs+ | Workout excitement for health seekers through advanced swimmers. As a sanctioned USMS team, all participants have the opportunity to individually enter into Master’s meets.

- Member $0 | Non-Member $90
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- Tue 11:00-11:45 AM
- Member $108 | Non-Member $178

Members are welcome to lap swim at Log College Middle School in Warminster during scheduled times. See page 30 for schedule.

**AQUA WALKING & AQUA JOGGING**
Informal self-led workouts with others. See full pool schedule online or at the Welcome Center for available times and locations.

- LP = Lap Pool
- WP = Waterpark Pool

**ADULT AQUATICS** | 13

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For the most current schedule look online or pick up a printed schedule at the Welcome Center.
DOYLESTOWN

YOUTH SPORTS LEAGUES

CONTACT ANDREW YANNARELLA
x1176 or ayannarella@cbfymca.org

CHEETAHS TRACK CLUB | CBFYMCA & DEL VAL UNIVERSITY
MAR 19–May 14
Member $115
Non-Member $175
Grades 3-8 | Practice Mon & Wed between 5PM & 7PM and Sat between 10AM & noon
As a USATF sanctioned team, we will participate in one USATF meet and host a team meet at the end of the season.
*Not required to attend all 3 days.

CHEETAHS JUNIOR TRACK CLUB
Mar 19–May 14 | Member $90 | Non-Member $155
Grades K-2
Practice Mon between 5-7pm & Sat between 10 AM & noon
Team will host a team meet at the end of the season.

SPRING SOCCER | CB WEST FIELDS
SAT | APR 16–JUN 11 | Member $87 | Non-Member $145
SKILL NIGHTS HELD ON MONDAY EVENINGS
3 to 5 year olds | Play 10:00–11:00 AM
To 6 year olds – Play for one hour between 9:00 AM and 1:00 PM. Schedule will rotate.

SPRING T-BALL | CB WEST FIELDS
SAT | APR 16–JUN 11 | Member $87 | Non-Member $145
SKILL NIGHTS HELD ON WEDNESDAY EVENINGS
3 to 5 year olds | Play for 90 minutes between 12:00 PM and 3:00 PM. Schedule will rotate.

COACH PITCH BASEBALL | CB WEST FIELDS
SAT | APR 9–JUN 4 | Member $87 | Non-Member $145
SKILL NIGHTS HELD ON WEDNESDAY EVENINGS
6 to 8 year olds | Play for 90 minutes between 12:00 PM and 3:00 PM.

NFL FLAG FOOTBALL | CB WEST FIELDS
SATURDAYS | APR 16–JUN 11 | Member $102 | Non-Member $165
SKILL NIGHTS HELD ON THURSDAY EVENINGS
8 to 12 year olds – Play 1:30–3:00 PM

SPRING VOLLEYBALL LEAGUE | GYM B
SATURDAYS | APR 16–JUN 11 | Member $82 | Non-Member $140
8 to 12 year olds – Play 10:30 AM–12:00 PM

SUMMER BASKETBALL
SATURDAYS | JUL 7 – AUG 4 | Member $51 | Non-Member $88
4 to 5 yrs | Thu | 6:00–7:00 PM | gym A/B
6 to 7 yrs | Thu | 7:00–8:00 PM | gym A/B
8 to 9 yrs | Thu | 6:00–7:00 PM | outdoor courts
10 to 12 yrs | Thu | 7:00–8:00 PM | outdoor courts

ALL PLAYERS ARE MOST VALUABLE AT THE Y!

IN OUR YOUTH SPORTS PROGRAMS, YOUR CHILD WILL:
DEVELOP SKILLS | LEARN GOOD SPORTSMANSHIP | PRACTICE TEAMWORK

DOES YOUR CHILD JUST WANT TO PLAY AND HAVE FUN?

REGISTER TODAY!

Sponsored by
Bucks County Orthodontics
Todd M. Welsh, DMD
SPORTS CLASSES

Member $85 | Non-Member $125

ARCHERY | INSTRUCTIONAL
8 to 12 yrs | Learn terminology, technique, history and safety. Maximum of 6 participants per class.

BASEBALL | INSTRUCTIONAL
5 to 7 yrs | Focus on fundamental skills to prepare for the spring season.

BASKETBALL | INSTRUCTIONAL
4 to 6 yrs | 5 to 7 yrs | 8 to 12 yrs | Fundamental skills and game play.

SPRING SPORTS MIX
3 to 4 yrs | 4 to 6 yrs | Class alternates between baseball and soccer.

TENNIS | INSTRUCTIONAL
4 to 6 yrs | Learn basics and improve hand-eye coordination. Players must bring their own tennis racquet to class.

Y SOCCER ACADEMY
7 to 9 yrs | Skill development instructed by Melissa Lollar.

PRESCHOOL SPORTS | 3 TO 4 YRS
KINDER SPORTS | 4 TO 6 YRS
Develop skills in basketball, football, soccer, hockey and t-ball/baseball.

Y BASKETBALL ACADEMY
7 to 9 yrs | 10–12 yrs | Skill development instructed by Andrew Yannarella. Member $100 | Non-Member $150

TENNIS AT DOYLESTOWN TENNIS CLUB
6 to 17 yrs | Mar 5–Apr 23 | Saturdays 1:30–2:30 PM
Solid foundation for tennis. Grouped by age and ability. Member $165 | Non-Member $200

SOCCER | INSTRUCTIONAL
3 to 4 yrs | Instructional | Develop skills and teamwork. Game play included.

LEARN LACROSSE
4 to 6 yrs | 8 to 12 yrs | An introduction to the fastest sport on two feet. Bring your own stick or use one from the Y.

MARTIAL ARTS

CONTACT JENNEFER PURSELL
at jpursell@cbfymca.org

KARATE
JKA STYLE SHOTOKAN KARATE
UNIFORMS CAN BE ORDERED FIRST TWO WEEKS OF THE SESSION.

DRAGON WARRIORZ
4 to 7 yrs | Basic techniques mixed with interactive games and exercises to develop self-esteem and confidence. Member $85 | Non-Member $125

CLASSES BELOW INCLUDE MEMBERSHIP TO THE AJKA-I

TIGERS KARATE
7 to 12 yrs | All belts | Kid Friendly atmosphere. Smooth transition to Youth Karate.
1 x per week | Member $96 | Non-Member $163
Unlimited classes per week | Member $152 Non-Member $258

YOUTH KARATE
7 to 12 yrs | All belts | Children train with adults providing even more disciplined atmosphere than our Tiger’s Karate.
1 x per week | Member $112 Non-Member $191
Unlimited classes per week | Member $192 Non-Member $326

ADULT KARATE
12 yrs+ | Enjoy the benefits of increased flexibility, balance, strength and character development.
1 x per week | Member $112 Non-Member $191
Unlimited classes per week | Member $192 Non-Member $326

PRIVATE KARATE LESSONS
7 yrs+ | Private or semi-private lesson(s) with certified instructors. Contact Jennefer Pursell at jpursell@cbfymca.org

TUESDAY

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AIKIDO

CONTACT ANDREW YANNARELLA
x1176 or ayannarella@cbfymca.org

7 yrs+ | Studio C/D | Fridays 7:00–8:30 PM | Japanese art of unarmed self-defense uses attacker’s force against them. Encourages discipline and a nonviolent attitude. Under 10 must be with a participating adult.
Member $112 | Non-Member $191
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**DANCE | GYMNASICS | FAMILY CLASSES**

**DANCE**
Member $85 | Non-Member $125

**TUESDAY**
- TINY TUMBLERS 9:30-10:10 AM Gym A
- KINDER GYMERS 10:20-11:00 AM Gym A
- KINDER GYMERS 1:45-2:25 PM Gym A
- INT. GYM 4:30-5:10 PM Gym A
- BEGINNER GYM 5:15-5:55 PM Gym A

**THURSDAY**
- TINY TUMBLERS 1:45-2:25 PM Gym A
- BEGINNER GYM 4:30-5:10 PM Gym A
- INT. GYM 5:15-5:55 PM Gym A
- KINDER GYMERS 6:00-6:40 PM Gym A
- ADVANCED GYM 6:00-6:40 PM Gym A

**FRIDAY**
- TINY TUMBLERS 10:20-11:00 AM Gym A
- BEGINNER GYM 10:20-11:00 AM Gym A
- CLASS SAMPLER 10:20-11:00 AM Gym A
- TUMBLING TOGETHER 9:30-10:10 AM Gym A

**MONDAY**
- LIVE Y’ERS 9:30-10:10 AM Gym A
- GYM KIDS 10:20-11:00 AM Teen Center

**TUESDAY**
- MUSICAL MUNCHKINS 10:20-11:00 AM Gym A

**WEDNESDAY**
- LIVE Y’ERS 9:30-10:10 AM Gym A

**THURSDAY**
- GYM KIDS 10:20-11:00 AM Gym A

**FRIDAY**
- CLASS SAMPLER 10:20-11:00 AM Gym A

**DOYLESTOWN**

**Y GYMNASICS**
Progressive by age and skill level
Member $85 | Non-Member $125

**FAMILY CLASSES**
Member $75 | Non-Member $110

**GYM KIDS**
2 to 4 yrs | Allows your active child to burn off some energy with a combination of sports and tumbling.

**LIVE Y’ERS**
18 mths to 3 yrs | Tumbling, circle time, music and games. Concentrates on balance, coordination, basic locomotor skills and social interaction.

**TUMBLING TOGETHER**
2 to 4 yrs | Have fun together learning fundamental tumbling skills. Children introduced to the bar, balance beam and rings.

**CONTACT MELISSA LOLLAR**
x1117 or mlollar@cbfymca.org

**PETITE FEET**
3 to 4 yrs | Discover child’s ability, interest and direction for ballet. Challenges basic motor skill development and coordination.

**INTRODUCTION TO BALLET & TAP**
3 to 4 yrs | Foundation of ballet and tap. Learn basic ballet and tap steps and movements. Tap shoes and ballet slippers required.

**BALLET**
4 to 6 yrs | Emphasizes the development of ballet skills with a focus on body placement, alignment, strength and technique.

**HIP HOP**
6 to 12 yrs | Learn the fundamentals of Hip Hop as an expressive urban street art.

**MODERN DANCE | NEW**
6 to 12 yrs | Emphasizes the development of ballet skills with a focus on body placement, alignment, strength and technique.

Join us for this session and Spring II performance session that will lead to our Spring Dance Recital.

**TINY TUMBLERS**
3 to 4 yrs | Learn fundamental tumbling skills.

**KINDERGYMERS**
4 to 5 yrs | Develop techniques and progress to independent tumbling.

**BEGINNER GYMNASICS**
5 to 6 yrs | Introduction to advanced skills on Gym Kids Circuit.

**INTERMEDIATE GYMNASICS**
6 to 8 yrs | Independent tumbling applied on Gym Kids circuit.

**ADVANCED GYMNASICS**
8 to 11 yrs | Prerequisite: Intermediate and instructor approval.

**MUSICAL MUNCHKINS**
1 to 3 yrs | Sing, dance, play and explore music with your child. Through movement and play caregivers and children learn to feel the steady beat, create, and respond to a variety of music styles, and play with music concepts like high/low, fast/slow and more!

**CLASS SAMPLER**
1 to 3 yrs | Explore your child’s interests with a variety of fun activities. Includes tumbling, sports, singing and parachute time.
YOUTH CLASSES | REGISTRATION REQUIRED

**MONDAY**
- **PRE-TEEN DODGEBALL** 6:00-6:45 PM
  - Gym A

**TUESDAY**
- **JUMP, RUN, TUMBLE** 12:00-1:45 PM
  - Gym A
- **Y PLAY** 1:00-1:30 PM
  - 4-6 yrs | Gym B

**WEDNESDAY**
- **PAPER ART** 9:30-10:00 AM
  - Clubhouse
- **ELEMENTARY ART** 11:00-11:40 AM
  - Clubhouse
- **GAZA & GAMES** 5:30-6:30 PM
  - Gym/Outdoor Courts (Mar 16)

**THURSDAY**
- **Y PLAY** 9:30-10:00 AM
  - Gym A
- **LEARNING TOGETHER** 10:20-11:00 AM
  - Teen Center
- **BABY SOCIAL** 11:10-12:00 PM
  - Gym A

**FRIDAY**
- **FAMILY YOGA** 4:30-5:15 PM
  - Studio A
- **POWER PLAY** 6:00-6:40 PM
  - 6-12 yrs | Studio A

**SUNDAY**
- **POWER PLAY** 5:00-5:40 PM
  - 6-12 yrs | Studio A

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CONTACT ANDREW YANNARELLA
x1176 or ayannarella@cbfymca.org

**PRE-TEEN DODGEBALL**
8 to 12 yrs | Burn off energy with this fast-paced and engaging game.

**BABY SOCIAL**
Parent/Child 6 months to 18 months | A time for babies to interact with the environment around them in a group setting.

**JUMP, RUN, TUMBLE FUN**
All ages | Play on our indoor gymnastic equipment playground. Great place to let out some energy. Parent required to stay with children.

**KIDS MOVE & GROOVE**
6 to 12 yrs | Kids learn to move and groove to the music. Simple easy steps to get heart rates up while having fun.

**Y PLAY**
4 to 6 yrs | 6 to 12 yrs | Keep kids active. Emphasizes activity through sports and active games.

**PICK UP SPORTS**
8 to 12 yrs | Play a different sport each week.

**POWER PLAY**
4 to 8 yrs | 6 to 12 years | Have fun using a variety of equipment to increase heart rate. Physically challenging but highly fun!

**KIDS YOGA**
6 to 12 yrs | Focus on learning breathing techniques to help calm and center. Poses and games to help with balance, strength and flexibility.

**FAMILY YOGA**
Beg-Adv | 5 yrs+ with a parent or caregiver (required)

**GAGA & GAMES | NEW**
6 to 12 yrs | Played in gym then moves to outdoor courts on March 16.

**LEARNING TOGETHER**
All Ages | Families take part in educational games and activities together that emphasize science, math and literature.

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**DOYLESTOWN**

**YOUTH ARTS & HUMANITIES**
INCLUDED WITH MEMBERSHIP unless noted

**CREATIVE DRAWING**
6 to 12 yrs | Participants complete different drawing assignments and create their own masterpieces.

**DRAWING II**
9 to 12 yrs | Building on fundamental concepts of drawing to explore different styles including realism, surrealism, abstract and cartooning.

**PAPER ART**
3 to 5 yrs | Explore the world of art through drawing, collage and crafting with paper.

**ELEMENTARY ART**
Wed | 11-11:40 AM, Clubhouse
6 to 12 yrs | An introduction to different types of art each week.

**COOKING**
Tue | 5:00-5:40 PM | Teen Center
8 to 12 yrs | Learn new recipes, plan menus and get a new outlook on healthy cooking and eating.
Member $85 | Non-Member $125

**PAINTING**
Thurs | 6:10-6:50 PM | Clubhouse
6 to 12 yrs | Introduction to styles, techniques and painting medium.
Member $30 | Non-Member $45

**MANIPULATIVE ART**
Wed | 10:10-10:40 AM | Clubhouse
3 to 5 yrs | Dig in and get creative with your hands! Sculpting, building, weaving and more!
Member $40 | Non-Member $60
TEEN LEADERS| FREE PROGRAM
Grades 7 to 12 | Thurs thru June 9 | 5:00-7:00 PM
Helps teens grow as individuals in a positive, fun atmosphere. Community service based program with opportunity to volunteer and collaborate with peers on different service projects. Every meeting includes fun physical and leadership activities. Pizza available for $1 a slice.

TEEN EVENTS
Friday, March 18 | Rebounderz | 7:00-10:00 PM | $29

PRE-TEEN NIGHT
Mar 4 and 18 | Apr 1 and 15
Grades 4 to 6 | Teen Center | 7:00-10:00 PM
Registration required. Kinect, board games and dance party. Staff take participants to pool and gym. Must be signed-in and out by adult.
Member $10 | Non-Member $15 (includes pizza and drink).

TEEN CLASSES

ARCHERY | FREE PROGRAM
Learn terminology, technique, history and safety.

BABYSITTER TRAINING
8 weeks | 11 to 14 yrs | Thu 6:00-7:00 PM | Gene Smith Community Room
Learn essential babysitting skills. Curriculum includes babysitting as a business, behavior management and first aid skills. Certification through Safe Sitter.
Member $70 | Non-Member $125

TEEN DRAGON BOAT | NEW!
13 to 18 yrs | Includes practices, paddle and vest use, professional coach, one race in September at Core Creek Park.
Member & Non-Member $120

TEEN YOGA AND MEDITATION | FREE PROGRAM
Tues | 3:00-4:00 PM | Teen Center
Uses yoga, breathing practices, reflective discussion, gently guided mindfulness-based meditations to help settle a busy mind; teach skills to handle emotions and stressful thoughts; and improve focus and attention.

TEEN PROGRAMS

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>THURSDAY</th>
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<tbody>
<tr>
<td>HOMEWORK HELP</td>
<td>3:00-4:00 PM</td>
<td>Gene Smith Community Room</td>
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<tr>
<td>HOMEWORK HELP</td>
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<tr>
<td>ARCHERY</td>
<td>4:00-5:00 PM</td>
<td>Camp Pavilion</td>
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<tr>
<td>YOGA &amp; MEDITATION</td>
<td>3:00-4:00 PM</td>
<td>Teen Center</td>
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<tr>
<td>TEEN LEADERS</td>
<td>5:00-7:00 PM</td>
<td>Teen Center</td>
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<tr>
<td>DODGEBALL</td>
<td>7:00-8:00 PM</td>
<td>Gymnasium A</td>
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SKATEPARK REOPENS APRIL 2016
FREE MEMBERSHIP SEVENTH GRADE INITIATIVE

Central Bucks Family YMCA is pleased to offer seventh grade students free membership to support and encourage youth to live healthy lifestyles and make responsible choices.

Free Membership for all 7th graders in our community through August 31, 2016. Teens can activate membership for the 2015-2016 school year now.

TRADITIONAL HOLIDAY CAMP
Send your child to the Y for their best day off ever! Kids will enjoy fun activities such as art, music, sports, games and swimming.

MARCH 24 | 25 | 28
8:00 AM-12:00 PM | $20
12:00 PM-5:15 PM | $25
8:00 AM-5:15 PM | $40

MARCH 24 | 25 | 28 (3 DAY OPTION)
8:00 AM-12:00 PM | $54
12:00 PM-5:15 PM | $68
8:00 AM-5:15 PM | $110

APRIL 22
8:00 AM-12:00 PM | $20
12:00 PM-5:15 PM | $25
8:00 AM-5:15 PM | $40

ADVENTURE GUIDES

CONTACT JAY DEPUE
x1143 or jdepue@cbfymca.org

September through June | Grades K-7
Dads & sons | Dads & daughters

Make the most of the growing years with the Y’s Adventure programs that are both challenging and fun. Dads and children share tribe meetings, games, camp-outs, parties, crafts, special events and more.

Registration required for participation in events. Child must be member to receive member rate
Member $0 | Non-Member First Child $70
Each additional Non-Member Child $35
Additional fees for trips/events.

HOLIDAY CAMP | 7TH GRADE INITIATIVE | ADVENTURE GUIDES | 19
DOYLESTOWN SUMMER CAMP

2016 REGISTRATION NOW OPEN!
www.cbfymca.org/camp
Download our 2016 brochure, parent handbook, and leadership information. Financial Assistance available, see pg 6

NEW FOR SUMMER 2016!
• Preschool Swimming
• Afternoon Indoor Specialty Options
• New Field Trips
• Afternoon Camper choice and Play
• New Adventure Camp Themes
• Late Care Curb Side Pickup
• More Flexible C.I.T. Option
• Less Registration Paperwork
• Call the Camp Pavilion Directly
• New Sports Camps

CONTACT MELISSA LOLLAR
x1117 or mlollar@cbfymca.org

TRADITIONAL | SPORTS | SPECIALTY | TEEN
FULL-DAY | HALF-DAY | 3-DAY | SPECIAL NEEDS

FEATURED CAMPS

COOKING
3rd–7th Grade
This camp allows campers to practice the basics of cooking and baking with an emphasis on the importance of eating right! All recipes will be hands on and kid-friendly so no experience is required and all materials are provided. This camp will be led by Sarah Rose Fetter, current NYU Nutrition & Dietetics major.

GUITAR
3rd–7th Grade
Campers will learn the fundamentals of how to play the guitar. They will explore playing chords, melodies, and riffs through fun songs of all different styles. They will also play music games, learn about famous bands and guitarists, and have tons of fun! This camp is led by guitar and vocal instructor, Sean Kelly. *GUITAR REQUIRED*

TRACK & FIELD
3rd–7th Grade
Campers explore different events and set challenging goals for themselves. Participants have the ability to focus on a specific event like sprinting, distance, long jump, triple jump, hurdles or shot put. This camp is led by Pennridge HS Women’s Track Coach Bill Smith, who has worked at the Y for 42 years.

REGISTER AT THE WELCOME CENTER OR AT WWW.CBFYMCA.ORG/CAMP

Mr. Sean
Ms. Sarah
Mr. Bill
ADAPTED ACTIVITIES

ACHIEVE
9 to 14 yrs | Sun | 11:00 AM-12:30 PM | Teen Center | promotes connection, character development and interpersonal skills through activities and play. Work hand-in-hand with same-age, typical peers (buddies), mentors and an Ability instructor to learn and practice core skills. Students must be able to communicate with peer buddy, and do not require behavior interventions. Member $80 | Non-Member $140

CLUB AFTER 2
Grades 7-12 | 2:30-5:00 PM | Clubhouse | An after school program designed for special needs students. Join this friendly, supportive group for daily themed activities, adapted for the participants, including local outings (walking), swimming, games, sports, exercise, volunteer work at the Y, and crafts. Leaders participate in all activities, encouraging children to join. Teaches cooperation, socialization skills, helpfulness, and utilizes community based instruction.

ABILITY TEEN NIGHTS
13 to 19 yrs | Mar 11, 25, Apr 8, 22 | 7:00-9:30 PM | A night of fun with music, games, and swimming. Offered the 2nd and 4th Friday. Member $5 | Non-Member $10

SEEKERS
18 yrs to Adult | Mon & Wed | 4:00-7:00 PM | Teen Center | An evening full of fun, physical activity, and socializing. Activities include Zumba, swimming, basketball, dancing and much more. For adults with developmental disabilities. Ratio 1:15

1 night | Member $85 | Non-Member $120
2 nights | Member $150 | Non-Member $225

ADAPTED AQUATICS

Adapted Aquatics programs are offered in two formats:

TIER 1 | 1:4 ratio for Ability Participants only.
TIER 2 | 1:2 ratio mainstream with Ability instructor in typical class, up to 6 other students and an Aquatics instructor.

ABILITY | Member $108 | Non-Member $178

PROGRAM DESCRIPTIONS CAN BE FOUND ON PAGE 10.

ADAPTED KARATE

DRAGON WARRIORZ
5 to 8 yrs | Mainstream | Join typical peers in learning the skills and self discipline associated with Karate through games and skill practice. Participants interact with same age peers in an inclusive setting. Ratio 1:2
Tue or Thu or Sat | Member $96 | Non-Member $163

TIGERS KARATE
7 to 13 yrs | Mainstream | Join typical peers in learning the skills and self discipline associated with Karate. Participants interact with same age peers in an inclusive setting. Ratio 1:2

Unlimited classes per week | Member $152 | Non-Member $258

PRIVATE LESSONS
Available for aquatics, fitness and karate. A certified instructor provides individualized instruction to meet your individual goals.

Lesson are available in packages of 4-20 beginning at $118
Please contact Meghan Halberstadt, X1136.
ADULT PROGRAMS

CONTACT ANDREW YANNARELLA
x1176 or ayannarella@cbfymca.org

BASKETBALL LEAGUES
Member $55 | Non-Member $100

OVER 35 4-4 BASKETBALL
New Season begins in April
Monday | 7:00-10:30 PM
Wednesday | 8:00-10:30 PM
Four on four cross court games.
Competitive and fun.
Referee fees paid each game.

OPEN LEAGUE 4-4 BASKETBALL
New Season begins in May
Sundays | 18 yrs+ | 6:00-9:00 PM
Four on four cross court. Competitive & fun.
Referee fees paid each game.

FULL COURT 5-5 BASKETBALL | NEW!
New Season begins in May
Sundays | 18 yrs+ | 4:00-6:00 PM

DOYLESTOWN

OPEN LEAGUES

PICKLEBALL
Outdoor leagues coming this Spring.

VOLLEYBALL
18 yrs+ | Gym A/B | April 3–May 22
Member $20 | Non-Member $40

ADVANCED VOLLEYBALL
Fri | 8:00-10:00 PM
Sun | 11:00 AM–1:00 PM

INTERMEDIATE VOLLEYBALL
Fri | 8:00-10:00 PM
Sun | 1:00 PM–3:00 PM

MYZONE® LET THE MYZONE® WEARABLE HELP YOU MEET YOUR GOALS!
Purchase for only $68 at the Welcome Center!
- Connects with smartphones
- Compete in Y challenges, earn badges and win stuff!
- Challenge a friend
- Track your effort to measure your RESULTS.

CONTACT LISA SCHWARTZER
x1155 or lschwartz@cbfymca.org

Y RUNNING CLUB
Mon 7:00 PM | Sat 8:00 AM | Meet in the main lobby
CHILD WATCH IS AVAILABLE WHILE YOU TRAIN
Continue to work towards your running goals. Goal setting, planning and weekly running plans, accountability and camaraderie. Light or reflective gear required for night runs.
Session starts Feb 29, 2016
1x week | Member $45 | Non-Member $76
2x week | Member $64 | Non-Member $108

Club participants may choose to run the following races as a group.
- PHILADELPHIA BROAD STREET (MAY 7)
- PHILADELPHIA PHILLY 10K
- ROCK N ROLL HALF (OCT 31)
- PHILADELPHIA HALF MARATHON (NOVEMBER 20–22)

Y-KNOTS DRAGON BOAT TEAM
CONTACT JOSH TYLER
jtyler@cbfymca.org

Registration Fee: $195
Practices, Team Shirt, Coaching Fees (Paddles and Vests provided)
Includes: (2) Races:
- PADDLE FOR PINK (JUNE) AT MERCER COUNTY PARK, NJ
- BLAZING DRAGONS RACE (SEPTEMBER) AT CORE CREEK PARK, NEWTOWN, PA.
PERSONAL & SMALL GROUP TRAINING

CONTACT LISA SCHWARTZER
x1155 or lschwartz@cbfymca.org

3 REASONS PERSONAL TRAINING IS RIGHT FOR YOU
• Our trainers give you the one-on-one attention you need to MEET YOUR GOALS.
• They will MOTIVATE YOU and HOLD YOU ACCOUNTABLE.
• And, keep you on track so you GET MORE DONE IN LESS TIME.

JOIN THE PT CLUB AND START SAVING!
Club prices are lower than package pricing and billed monthly. Receive “PT Times newsletter” which includes healthy recipes, exercise of the month, blogs regarding nutrition, etc. Carry over unused sessions from one month to the next (maximum of 10)

<table>
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<th>Per Month</th>
<th>30 Minute</th>
<th>45 Minute</th>
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<td>2 sessions</td>
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<tr>
<td>Per Session</td>
<td>$27</td>
<td>$41</td>
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NEW TO THE Y? TAKE ADVANTAGE OF OUR PERSONAL TRAINING PROMO
Get (6) 30 minute training sessions for $125
Available to new personal training clients and members
One-on-one and semi private training available.

KATHERINE AND DAVID
David and I have struggled with weight our entire adult lives and have tried every crash diet. In 2011, we joined the Y and eventually lost about 35 lbs each by using the fitness center regularly. In 2013, we began personal training with Vicki Ansari and lost over 75 lbs each. She was integral in our success and taught us how to exercise, gave us never ending encouragement and kept us honest when it came to dieting and working out. Then, after having my second child, I used the 21 Days Challenge to propel my weight loss and get back on track to a healthier lifestyle.
Thank you CBFYMA! -Katherine Broadhead

SMALL GROUP TRAINING
16 yrs+ | Reap the benefits of personal training in a group setting. Bring a friend to support and encourage you, or make a new one while training together. Class size is limited.

KETTLEBELL
Kettlebells burn calories at a fast rate. Targets all of the major muscle groups delivering a full body workout.

STRENGTH CONDITION
Focus on building strength through weight lifting and building speed and conditioning in your muscles and heart.

TRX FUSION
Specialized training develops strength, balance, flexibility and core stability simultaneously.

Fees are month to month
1x week Member  $48
2x week Member  $94
3x week Member  $132

SCHEDULE CHANGES

MONDAY
STRENGTH CONDITION 5:30-6:25 AM
Kevin | Studio A

WEDNESDAY
STRENGTH CONDITION 5:30-6:25 AM
Lisa S | Teen Center

THURSDAY
RIP TRAINING 9:30-10:25 AM
Lisa S | Teen Center

SATURDAY
KETTLEBELL 11:05 AM-12:00 PM
Megan | Gym B

STRENGTH CONDITION 6:00-6:55 AM
Lisa S | Teen Center

KETTLEBELL 9:00-9:55 AM
Lisa W | Gym B

TUESDAY
TRX FUSION 10:00-10:55 AM
Lisa S | Gym B

THURSDAY
TRX FUSION 6:00-6:55 PM
Anna | Fitness Center

FRIDAY
KETTLEBELL 12:00-12:45 PM
Angela | Studio B

SUNDAY
SCHEDULE CHANGES
8:00-8:55 AM
Staff | Gym B

TRX 12:00-12:45 PM
Angela | Studio B

STRENGTH CONDITION 7:00-7:55 PM
Anna | Studio B

KETTLEBELL 5:10-5:55 PM
Megan | Studio B

STRENGTH CONDITION 6:00-6:55 AM
Kevin | Gym B

NOTE SCHEDULE CHANGES
NEW TO THE Y? TAKE ADVANTAGE OF OUR PERSONAL TRAINING PROMO
Get (6) 30 minute training sessions for $125
Available to new personal training clients and members
One-on-one and semi private training available.
ACTIVE OLDER ADULT COMMUNITY

CONTACT TRISH FEINTHEL
x1159 or tfeinthel@cbfymca.org

AOA NEW MEMBER MEET & GREETS
Join us as new and experienced active older adult members come together for tea and light refreshments to build community and have fun! Please feel free to bring a snack to share.
Fridays | Feb 19 & Mar 18 | 9:00 AM
Gene Smith Community Room

GAMES CLUB
Join the Games Club to play old favorites (cards, chess & checkers) and learn to play new games (Mahjong) with a great group of people. Meet new friends or hang out with buddies.
Friday | 10:00 AM-2:00 PM in the Clubhouse

LIVING ACTIVE
Classing Forming Now!
8-week program for adults (ages 60+)
to come together in spirit, mind and body. Group activities include games, guest speakers, support from Looking Ahead, Inc and brown bag lunches. Participant and their spouses receive a free 8-week membership.
Program starting Wednesday, March 2, 12:00-2:00 PM in the Teen Center.
Contact Lisa Schwartz, x1155 or lschwartz@cbfymca.org.

MY WISHES WORKSHOP
LOOKING AHEAD
ADVANCE CARE PLANNING
FREE and open to all!
Looking Ahead walks you through a process that safeguards your future healthcare choices while guiding your loved ones when they must make some of life’s hardest decisions on your behalf. Take this first step toward understanding and documenting your wishes.
Wed, March 30 | Wed, May 4
12:00-2:00 PM | Teen Center
CONTACT VALERIE TANNER
x1140 or vtanner@cbfymca.org

INCLUDED WITH MEMBERSHIP
SCHEDULE FOUND ONLINE AND AT THE Y
Meet the Instructors online under cbfymca.org/instructors

BARRE
Beg-Adv | Set to a blend of fun, energetic contemporary and classical music, incorporates an upper body workout with light weights, a sculpting abs portion, and a combination of high-intensity sequences of thigh, seat and core exercises at the barre. Feel invigorated, challenged, and inspired.

BODYCOMBAT™
Beg-Adv | LES MILLS™ program. Energetic program inspired by martial arts that draws from Karate, boxing, Taekwondo, Tai Chi and Muay Thai. New launch, music & choreography every three months.

BODYPUMP™
Beg-Adv | LES MILLS™ program. Challenges all major muscle groups with squats, presses, lifts and curls. New launches every three months.

BOOTCAMP
Beg-Adv | Challenge both the cardiovascular system and larger muscles of body with efficient compound movements.

BURST & BARRE
Beg-Adv | This class combines the traditional benefits of Barre with burst of cardio exercises to give you the ultimate workout for your heart and muscles.

BURST & STRENGTH
Beg-Adv | This 30 minute interval-based class is designed to burn fat, build muscle, and increase your endurance. Both high and low impact options are given.

CARDIO STEP
Beg-Adv | This class combines resistance training with a complete cardiovascular workout, keeping your heart rate elevated and your muscles warm.

INTERVAL TRAINING/HIIT
Int-Adv | Improve your cardio fitness and strength with this total body workout. High intensity interval training (HIIT) boosts metabolism and burns calories. Modifications offered to accomodate all levels.

FIT AND DEFINE
Beg-Int | All the Fitness Training you need – This hi lo cardio workout and Strength Training will get your heart pounding and define your body.

POUND™
Beg-Adv | Fuses full-body cardio interval training and conditioning with drumming to provide a challenging, heart-pumping workout that gives you the permission to rock using lightly weighted exercise drumsticks, Ripstix.

SIT AND BE FIT
Beg | Formerly Forever Fit | Improve muscle strength, cardio fitness, bone density and balance. For older adults or those new to exercise. Most exercises are done seated.

STRENGTH & CONDITIONING
Beg-Adv | Increase stamina, strength, and flexibility with the use of free weights, bands, balls and other fitness equipment.

STRENGTH & CARDIO BLAST
Beg-Adv | Improve your strength and cardio fitness with a total body workout. Boost your metabolism and burn calories while having a blast!

STRENGTH & STRETCH
Beg-Adv | The perfect compliment to your cardiovascular workouts. Strength training and stretching combined in order to develop muscle tone with overall mind/body balance.

CARDIO CIRCUIT
Beg-Adv | Move from station to station in timed cardio and strength intervals. Each interval is completed at members pace and ability.

ZUMBA®

ZUMBA® TONING
Beg-Adv | For those who love Zumba with an extra emphasis on toning and sculpting to define those muscles with the use of light weights.

ZUMBA® GOLD
Beg-Adv | Modifies the moves and pacing of regular Zumba to suit the needs of the active older participant and those just starting a fit and healthy lifestyle.

SPIN CLASSES
Beg-Adv | For a positive class experience, please register for your spinning class of choice up to 2 days in advance by calling the Welcome Center, x0. Spin bike reservations are held for 5 minutes after the start time of class.

ALL TERRAIN SPIN
Beg-Adv | Enjoy terrains including flats, sprints, climbs, jumps and recovery.

BEGINNER SPIN
Beg-Adv | New to spinning? Learn bike set up, proper form and basic spinning techniques. Class moves at a slower pace. All levels are welcome.

STRENGTH SPIN
Beg-Adv | Involves steady, consistent pedaling with heavy resistance. Promotes muscular and cardiovascular development.

BURST RIDES | SPINNING
Beg-Adv | Our instructors will take you on journeys that include endurance rides, hills, climbs, intervals etc. all while jamming out to their favorite music. This 30 minute ride will leave you feeling empowered!
YOGA, MAT PILATES  
TAI CHI

FREE CLASSES

INCLUDED WITH MEMBERSHIP
SCHEDULE FOUND ONLINE AND AT THE Y

CHAIR YOGA
All levels | A gentle style of yoga practiced in a chair, or standing using the chair for support. Great practice for everyone, as it deepens flexibility, strengthens personal body awareness, and incorporates yoga breathing exercises.

GENTLE YOGA
All levels | Designed for those new to Yoga or returning after injuries. Movement and postures at a slower pace and with more modifications.

HATHA YOGA
Beg-Adv | Focus on a variety of traditional yoga poses, standing and seated. Increase strength, flexibility and posture.

MAT PILATES

MEDITATION
All levels | In a group setting, explore the basics of meditation practices from chanting, pranayama (breath work) and guided visualizations to learn the art of mindfulness.

PILATES STRENGTH FUSION
Beg-Adv | A Pilates based workout focusing on core strength, flexibility and total body conditioning fused with a perfect mix of cardio and body sculpting exercises designed to make you sweat!

TAI CHI CHUAN
Beg-Adv | Traditional Yang Style | Chinese art. Muscles strengthened, blood circulation regulated, spirit stimulated, and the body refreshed. Promotes balance, digestion and increased internal energy. *For Cancer Survivors, contact Angela Oprendek, x1184 or aoprendek@cbfymca.org.

VINYASA YOGA
Int-Adv | Synchronize the breath with a progressive series of postures – produces internal heat and a purifying sweat that detoxifies. Improved circulation, flexibility, strength, and a calm mind.

YOGA
Beg-Adv | Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility. 
Int-Adv | More challenging practice – form and alignment emphasized.

CLASSES WITH LOW ATTENDANCE MAY BE CANCELLED.

CONTACT US | STAFF

<table>
<thead>
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<th>QUESTIONS ABOUT...</th>
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<td>ACTIVE OLDER ADULT PROGRAMS</td>
<td>Trish Feinthel</td>
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<tr>
<td>ABILITY PROGRAMS (Special Needs)</td>
<td>Meghan Halberstadt</td>
</tr>
<tr>
<td>ADVENTURE GUIDES FAMILY PROGRAMS</td>
<td>Jay DePue</td>
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BOARD OF DIRECTORS | TRUSTEES

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DOYLESTOWN

CLASSES WITH LOW ATTENDANCE MAY BE CANCELLED.
As a “Y Without Walls,” we only offer fee based programming. You pay a fee for the programs in which you participate. To meet our commitment to Warminster Township, we offer RESIDENT PRICING for Warminster residents, Central Bucks Family YMCA members and students/families of Centennial School District.

Central Bucks Family YMCA is pleased to offer programming to residents of Warminster, Centennial School District and surrounding communities through our “Y Without Walls”. Headquartered in the Warminster Recreation Building, we offer programs in several locations including:

Log College Middle School  
730 Norristown Road  
Warminster, PA 18974

Warminster Recreation Building (WREC)  
and Community Park  
1100 Veterans Way  
Warminster, PA 18974

McDonald Elementary School  
666 Reeves Lane  
Warminster, PA 18974

William Tennent High School  
333 Centennial Road  
Warminster, PA 18974

You can reach a member of our staff, or our Senior Director, Kevin Crail, at the WREC at 267.317.1355 or at kcrail@cbfymca.org. Financial Assistance available, see page 6.

HOW TO REGISTER
1. **Online** anytime at www.cbfymca.org/warminster. When prompted to select membership type, choose “Warminster Twp.”
2. **In-person** at the Warminster Recreation Building | Mon-Thu, 9:30 AM-12:00 PM and 4:00-7:00 PM.
3. **In-person** at Central Bucks Family YMCA Welcome Center, 2500 Lower State Road, Doylestown, PA 18901

CONTACT KEVIN CRAIL  
267-317-1355 or kcrail@cbfymca.org

CONTACT VALERIE TANNER  
267-317-1355 or vtanner@cbfymca.org

ADULT ACTIVITIES

**CERAMICS | MCDONALD ELEMENTARY SCHOOL**  
Explore the fundamentals of ceramics and qualities and properties of clay to include basic forming and hand building techniques; introduction to the potter’s wheel, glazing and decorating techniques and clay sculptures.  
Mon | 7:00-9:00 PM  
Resident $75 | Non-resident $85

**ADULT LINE DANCING | WREC**  
Instructors teach participants easy-to-follow specific line and western steps to the beat and accompaniment of good ol’ country music.  
Couples or singles invited.  
Thurs & Fri | 7:00-8:00 PM  
Resident $65 | Non-resident $75

**ADULT VOLLEYBALL | WILLIAM TENNET HS**  
Not for beginners. Skilled player evaluated by PIAA coaches and ranked for play on the first evening into A & B players. Must wear appropriate attire and court shoes. Program limited to 26 players.  
18+ | Wed | 7:30-9:30 PM  
Resident $50 | Non-resident $75

**Y RUNNING GROUP | WREC**  
18+ | Sat | 8:00-9:00 AM  
Want to run 13.1 miles Or just get going and want to have fun doing it? Join our club for companionship and accountability. Group members will train for the Wildwood Half Marathon or 5K in May. A weekly yoga and kick boxing class is included in your registration.  
Resident $65 | Non-resident $75

YOUTH & TEEN PROGRAMS

**PERSONAL TRAINING | WREC**  
Call for information  
30 Minute Session. Free first goal setting meeting.  
Resident $37 | Non-resident $47

**TEEN PERSONAL TRAINING | WREC**  
Call for information  
30 Minute Session. Free first goal setting meeting.  
Resident $37 | Non-resident $47

**BEGINNER 5K CLUB | WREC**  
14+ yrs | Sat | 9:00-10:00 AM  
Wanting to get out there and finish a 5k? We have a group for you. This group will start as walk/run and build up. You set your goals and we help you achieve them. Train to run the YMCA 5k in May and the Wildwood 5k in May. A weekly yoga and kick boxing class is included in your registration.  
Resident $65 | Non-resident $75

Please choose classes carefully. Refund or credit for ANY program will only be considered with a doctors note or if the class is cancelled by the Y.
YOUTH & TEEN PROGRAMS

YOUNG REMBRANDTS | PRE-SCHOOL | WREC
4 to 6 yrs | Sat | 9:00-9:45 AM
Students will learn shape recognition as they create a colorful masterpiece using circles, triangles, and squares. Drawing a chilly eskimo will provide a fun lesson on texture and portraits. Aliens, a firetruck and a ton more entertainment awaits your promising artist.
Resident $100 | Non-resident $110

YOUNG REMBRANDTS | ELEMENTARY | WREC
7 to 14 yrs | Sat | 10:00-11:00 AM
Artists will advance techniques in color pencil, marker and Sharpie. A fast food still life, emoticons and the statue of liberty will provide a lot of fun and many artistic challenges. Students will emulate master artist Andy Warhol, create their own skateboard graphic and much more.
Resident $100 | Non-resident $110

YOUNG REMBRANDTS | CARTOON | WREC
8 to 14 yrs | Sat | 11:15-12:15 PM
Artists will be drawing sea creatures, snowman characters and funny penguin jokes. They will also learn to incorporate sound and action onto paper, taking any masterpiece to a new level. Does your child have a great sense of humor? They will love this class.
Resident $100 | Non-resident $110

SUPER HERO TRAINING | WREC
4 to 6 yrs | Wed | 1:15-2:00 PM
Children work on exercising their imagination as well as improving their cardio and strength conditioning. Designed to get kids excited about exercising. Learn about a new super hero each week and participate in relays, games, and activities focused on the specific abilities of each hero.
Resident $65 | Non-resident $75

HOCKEY SKILLS | WREC
5 to 8 yrs | Tue | 4:30-5:10 PM
Pass, Shoot and GOAL! Youth have fun while learning the game of hockey. Skills and drills included and game play.
Resident $65 | Non-resident $75

PRINCESS DANCE PARTY | WREC
3 to 6 yrs | Sat | 11:10 AM-12:00 PM
Children will begin to learn applications of the skills they are being taught. Also good class for families to participate in together! For more info www.warminstershotokan.com
Resident $65 | Non-resident $75

FOOTBALL SKILLS | COMMUNITY PARK
6 to 8 yrs | Tue | 4:30-5:20 PM
Students work on refining their stances, punching, blocking, and kicking.
Resident $65 | Non-resident $75

PETITE FEET | WREC
Discover child’s ability, interest and direction for ballet. Challenges basic motor skill development and coordination.
Fri | 9:30-10:10 AM | 3 to 4 yrs
Resident $65 | Non-resident $75

TUTORING | WREC
Because each child’s learning needs are unique, the Y offers one hour of, one-on-one tutoring per week in grades K-5. Tutoring is available in math, reading, English, and study skills. Please call 267-317-1355.
Tutoring taught by a certified teacher.
Resident $30 per hour | Non-Resident $40 per hour

JEDI TRAINING ACADEMY | WREC
Is your Padawan ready to meet the challenge of our Jedi training academy? Train as a Jedi as we will work on a variety of skills including light saber techniques, designing space ships and droids and more. Our final day will include a graduation celebration featuring some galactic treats. May the fun be with you!
Resident $65 | Non-Resident $75
3 to 5 yrs | Mon | 4:30-5:10 PM
6 to 8 yrs | Fri | 4:30-5:10 PM

SUPER SPORTS | COMMUNITY PARK
5 to 8 yrs | Wed | 4:30-5:10 PM
Resident $65 | Non-Resident $75

LACROSSE CLUB | COMMUNITY PARK
6 to 12 yrs | Sat | 9:30-10:30 AM
Want to learn Lacrosse? Join us in the new exciting club. Techniques are taught in a fun safe enviroment.
Resident $65 | Non-Resident $75

HOCKEY LEAGUE | COMMUNITY PARK
6 to 12 yrs | Sat | 10:30-11:30 AM
Skills and Drills followed by game play. Team will be formed based on enrollment. Volunteer Coaches needed. Starts March 5th
Resident $65 | Non-Resident $75

GIRLS ONLY FLAG FOOTBALL LEAGUE | COMMUNITY PARK
6 to 12 yrs | Sat | 11:00 AM-12:30 PM
Ready, Set, Hike! Join this brand new program that is for girls only. Team will be made and emphasis placed on skills and drills. Practice and game play on Saturdays from 10-11:30am. All players receive a shirt and end of season medal. Volunteer coaches needed! The action starts April 2.
Resident $65 | Non-Resident $75

WARMINSTER SHOTOKAN KARATE | WREC
5+ yrs | Sat | 9:00-10:30 AM
BEGINNERS CLASS: We begin with about 15-20 minutes of stretching. Class covers basic movements, kata (forms), and basic sparring techniques. Students work on refining their stances, punching, blocking, and kicking. Students will begin to learn applications of the skills they are being taught. Also good class for families to participate in together! For more info www.warminstershotokan.com
Resident $65 | Non-Resident $75
Private lessons also available | Contact Kevin Crail at kcrail@cbfymca.org

TEEN ACTIVITIES

BABYSITTER TRAINING | WREC
11 to 14 yrs | 4 week sessions | Mon | 6:00-8:00 PM
Learn essential babysitting skills. Curriculum includes babysitting as a business, behavior management and first aid skills. Certification through Safe-Sitter. Materials included.
Resident $75 | Non-resident $85

TEEN LEADERS | LOG COLLEGE
12-18 yrs | Thurs 7:00-8:00 PM
Teens come together from the community to talk about current issues and learn leadership. Community service opportunities will be available. Free Program

YOUTH HIP HOP | WREC
6 to 10 yrs | Fri | 6:00-6:45 PM
Learn the new moves in the fun and exciting dance class. Great class for the active youth.
Resident $65 | Non-resident $75

SPRING TRACK CLUB | COMMUNITY PARK
5 to 12 yrs | Sat | 10:00-11:00 AM
Youth stay active while participating in various events of track and field, Track Club Jr 5-8 year | Track Club 9-12
Resident $65 | Non-resident $75
AQUATICS & SWIM LESSONS

LOG COLLEGE MIDDLE SCHOOL
We serve the community as a resource in aquatic education and water safety through student-centered swim instruction. Children learn and practice new swim skills that last a lifetime. Swimmers become more comfortable and secure around water as we emphasize water safety.

Tuesdays (8 weeks) Resident $64 | Non-Resident $84
Thursdays (7 weeks) Resident $56 | Non-Resident $76
see PAGE 30 for days and times

For your child’s comfort, we recommend wearing a wet suit shirt. The Log College pool temperature is kept between 80 and 84 degrees.

PRESCHOOL
PIKE I | BEGINNER LEVEL I
3 to 5 yrs | Focus on water adjustment, kicking, blowing bubbles and paddling with assistance. Must be willing to voluntarily separate from parent. Typically wears 3 bubbles at start of the session. Ratio 1:4

PIKE II | BEGINNER LEVEL II
3 to 5 yrs | Must be voluntarily submerging their head underwater and swimming without instructor assistance at least 5 feet with 2 bubbles. Ratio 1:5

EEL I | INTERMEDIATE LEVEL I
3 to 5 yrs | Must be able to swim without instructor assistance at least 10 feet on their front and back with 1 bubble while blowing bubbles. Ratio 1:5

EEL II | INTERMEDIATE LEVEL II
3 to 5 yrs | Must be able to swim without instructor assistance or flotation at least 15 feet on their front, while blowing bubbles, and on their back. Ratio 1:5

YOUTH
POLLWOG | BEGINNER LEVEL I
6 to 12 yrs | Focus on water acclimation, self-confidence, and beginning swimming skills on their front, back and side. Encouraged and taught how to voluntarily submerge while standing and swimming. Ratio 1:5

GUPPY | BEGINNER LEVEL II
6 to 12 yrs | Must be able to swim on front, back and side at least 25 yards with a flotation device and 20 feet without. Ratio 1:6

MINNOW | INTERMEDIATE LEVEL
6 to 12 years | Must be able to swim 25 yards on front (with overarm recovery and rhythmic breathing), back and side. Ratio 1:7

FISH/FLYING FISH | ADVANCED LEVEL
6 to 12 years | Must be able to swim 25 meters of freestyle with rotary breathing, backstroke with consistent kick, and rudimentary breaststroke. Ratio 1:8.

ADULT
BEGINNER 18 YRS+
Basic swimming and water safety skills taught in a relaxed environment. For adults who have never had swimming lessons or who are uncomfortable in the water.

INTERMEDIATE 18 YRS+
Front crawl, back crawl, and sidestroke will be covered, in addition to increasing overall strength in the water. For adults who are acquainted with and comfortable in water looking to learn a more structured and efficient stroke.

LAP SWIMMING
Resident $40 | Non-resident $60
OPEN SWIM
All ages | Children must be accompanied by an adult unless approved by the lifeguard.
Tue & Thu | 6:00-8:15 PM

LAP SWIM
All ages | Must demonstrate ability to successfully swim the length of the pool.
Tue | 6:00-8:15 PM
Thu | 7:30-8:15 PM

PRIVATE & SEMI PRIVATE
Contact Kevin Crail for times and to schedule lessons at 267.317.1355 or kcrail@cbfymca.org. Lessons expire 6 weeks after date of the first lesson.

PRIVATE
Four 30-minute Sessions 1:1 Ratio
Instructor/Student, Resident $118 | Non-Resident $192

SEMI PRIVATE
Four 30-minute Sessions 2:1 Ratio
Instructor/Student, Resident $86* | Non-Resident $141*
*Prices are per participant. Participant must bring 1 friend to form group.

CONTACT KATIE CONWAY
267-317-1355 or kconway@cbfymca.org

AQUATICS | SWIM LESSONS | 29
**SWIM LESSONS | LOG COLLEGE**

**TUESDAYS (8 WEEKS)**  
Member $64 | Non-member $84

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<td>PIKE I</td>
<td>3-5 yrs</td>
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<td>PIKE I</td>
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<td>7:30-8:10 PM</td>
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<td>6:00-6:40 PM</td>
<td>PIKE II</td>
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<td>OPEN SWIM</td>
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**LIFEGUARD CERTIFICATION COURSE**

March 1–24 | Tues & Thurs 6:00–9:00 PM  
Prerequisite | 15 yrs+, strong swimming skills. Course includes CPR for the Professional Rescuer/AED, Bloodborne Pathogens, Emergency Oxygen Administration and Standard First Aid. Resident $290 | Non-resident $335

**SUMMER CAMPS**

**DAY OFF CAMPS**

CONTACT KEVIN CRAIL  
267-317-1355 or kcrail@cbfymca.org

February 12 and 15  
8:00-5:30 PM or 8:00-12 PM options  
$50 per day

Held at the WREC building at 1100 Veterans Way Games, Art, Outside Sports and activities.  
www.cbfymca.org/warminster

**SUMMER CAMPS**

CONTACT PAIGE COOPER OR KEVIN CRAIL  
pcooper@cbfymca.org or kcrail@cbfymca.org

School-aged camp programs are available for youth in grades Pre K-grade 7. Weekly schedule include arts and crafts, music, sports & games, daily swimming, weekly events, and more. Events on Thursdays and trips every Friday. Swimming at Log College, half-day options and four locations available.

Financial Assistance Available, see page 6.

Warminster Y Camp @ Log College and Willowdale  
REGISTRATION OPEN!

www.cbfymca.org/warminster  
to download our 2016 Camp Brochure

**NEW THIS SUMMER**

3–Day Adventure Camp Options and New Themes

- Sports and Specialty Camps  
- Swim Camp
- Dodgeball  
- Family Nights
- Lacrosse  
- Dance Camps
- Archery  
- Photography
- Jedi Training  
- Special Needs

**OPEN HOUSE**

TUES | FEB 23 | 6–8 PM  
LOG COLLEGE MIDDLE SCHOOL

Connect with us on Facebook

www.facebook.com/groups/866209240081049/
GROUP EXERCISE (12 Yrs+)

CONTACT VALERIE TANNER
215.348.8131 x1140 or vtanner@cbfymca.org

Register by Feb 28 and SAVE!
1 Class Per Week | Resident $46 | Non-Resident $56
Unlimited Classes | Resident $92 | Non-Resident $102

Rates Beginning Feb 29
1 Class Per Week | Resident $48 | Non-Resident $58
Unlimited Classes | Resident $96 | Non-Resident $106

Drop in Fee $8 Per Class

Unlimited classes allows you to participate in as many group exercise and yoga classes as you want; plus you can choose the classes that fit your changing schedule!

All fitness levels welcome!
Meet the Instructors online under cbfymca.org/instructors

WARMINSTER WREC CENTER

BALL BLAST
Strengthen your entire body using Stability and Yoga balls. Go BALListic with this total body conditioning and cardio class.

BARRE
Set to a blend of fun, energetic contemporary and classical music, an upper body workout with light weights, a sculpting abs portion, and a combination of high-intensity sequences of thigh, seat and core exercises at the barre.

KICKBOXING
An action packed workout that combines a series of punching and kicking combinations that improve strength, muscle tone and endurance.

POUND™
Fuses full-body cardio interval training and conditioning with drumming to provide a challenging, heart-pumping workout that gives you the permission to rock using lightly weighted exercise drumsticks, Ripstix.

STRETCH & BALANCE
Increase balance and flexibility with the use of free weights, bands, balls and other fitness equipment.

STRENGTH & CARDIO BLAST
Improve your strength and cardio fitness with this total body workout. Boost your metabolism and burn calories while having a blast!

ZUMBA®
Dance fitness to Latin music. Includes salsa, merengue, cumbia and reggaeton. Calorie-burning, heart racing, muscle pumping movements that tone and sculpt.

ZUMBA GOLD®
Modifies the moves and pacing of regular Zumba to suit the needs of the active older participant and those just starting a fit and healthy lifestyle.

ZUMBA STEP
Looking to strengthen and tone your legs and glutes? Step right up. Increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

GENTLE YOGA
Beg-Adv | All levels | Designed for those new to Yoga or returning after injuries. Movements and postures at a slower pace and with more modifications.

YOGA
Beg-Adv | Fosters body awareness and dynamic balance while improving joint stability, core strength and flexibility.

TAI CHI CHUAN

GROUP EXERCISE CLASSES | WARMINSTER WREC CENTER

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<td>ZUMBA GOLD 9:30-10:25 AM Melinda</td>
<td>STRETCH &amp; BALANCE 9:30-10:15 AM Melinda</td>
<td>ZUMBA GOLD 9:30-10:25 AM Melinda</td>
<td>STRETCH &amp; BALANCE 9:30-10:15 AM Julie</td>
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<td>STRENGTH &amp; CARDIO BLAST 5:15-6:05 PM Nicole</td>
<td>ZUMBA 5:15-6:10 PM Maria</td>
<td>KICKBOXING 5:10-5:55 PM Nicole</td>
<td>POUND 5:15-6:00 PM Char</td>
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<tr>
<td>POUND 6:10-6:55 PM Nicole</td>
<td>BARRE 6:15-7:00 PM Maria</td>
<td>ZUMBA 6:00-6:45 PM Nicole</td>
<td>ZUMBA STEP 6:05-7:00 PM Jeannine</td>
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<tr>
<td>YOGA/TAI CHI 7:00-8:00 PM Sandy</td>
<td>KICKBOXING 7:05-7:55 PM Stacey</td>
<td>YOGA 7:00-7:55 PM Sandy</td>
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OPEN HOUSE
FEBRUARY 29–MARCH 3
Come give us a try before you sign up!

CLASSES WITH LOW ATTENDANCE MAY BE CANCELLED.
MISSION: Central Bucks Family YMCA is a charitable nonprofit organization whose purpose is to improve the quality of community life. The Y strengthens the spirit, mind and body of its members. We build character by promoting the values of caring, respect, honesty and responsibility. (Financial Assistance Available, see page 6).