



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Upper Bucks YMCA
401 Fairview Avenue
Quakertown PA 18951

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
LEHIGH VALLEY PA
PERMIT NO. 121

MISSION:
To put Christian principles, including honesty, caring, respect and responsibility, into practice through programs that build healthy spirit, mind and body for all.

MARK YOUR CALENDAR!

CHRISTMAS AT THE Y

Sponsored by State Farm Insurance, Bob Witmer
Photos with Santa, Little Shopper's Shop, Balloon
Animals by Meri the Elf

Date: Saturday, December 3
Time: 10:00 am - 1:00 pm

A GIFT TO THE COMMUNITY

Thinking about trying the Y? We're giving you a FREE week of membership! Workout, use the gym and pool during open times. If you decide to join, we'll waive the setup fee!

Date: December 26 - 31

NEW YEARS AT NOON

Ring in the New Year a few hours early with a family-friendly celebration. Make your own hats and noisemakers, dance and countdown to Noon. Celebration is topped off with a juice box toast to the New Year.

Ages: 3+ (12/under must be accompanied by adult)
Date: Saturday, December 31 (18671)
Time: 10:30 am-12:30 pm

Fee: Full Member \$8
Program Member \$10
Non Member \$15

HEALTH AND WELL BEING WEEKEND

Member Appreciation

Members, join us as we celebrate Healthy Living, Youth Development and Social Responsibility!

Date: January 6-8, 2012

13TH ANNUAL DADDY/DAUGHTER VALENTINE'S DANCE (17534)

Daddies and their little girls can enjoy an afternoon of dancing, games, crafts and fun with refreshments and a gift for each girl (included with admission fee). Keepsake sweetheart photos for \$5 and raffle tickets also available at the event for \$1/ticket or your child's arm length for \$5 (Cash Only). Please sign up early, limited spaces are available. Register in person or online.

Ages: Girls, 4-10 years
Date: Sunday February 12, 2012 (19162)
Time: 1:00 - 4:00 pm

Fee: Full Member \$18 per couple
Program Member \$20 per couple
Non Member \$22 per couple

Registration deadline: January 23, 2012 or until sold out.

RED CROSS BLOOD DRIVE

Date: Tuesday, February 14
Time: 1:00-7:00 pm

Would you like to save three lives today? If you answered yes, than sign up to donate blood. You'll be glad you did!



THANKS TO OUR COMMUNITY PARTNERS:

Cowan Associates, Inc.

Lewis Brothers Builders

Quakertown Health Venture

Hutchinson, Gillahan & Freeh

State Farm Insurance, Bob Witmer

Want to learn how you can be a partner and have your business banner displayed in our gymnasium?
Contact Pat Edwards at pat.edwards@ubymca.org.



NEW! SCHOOL AGE CHILD CARE NOW AT FAIRVIEW AVENUE! SEE PAGE 4 WINTER 2012

PROGRAM & EVENTS GUIDE

WINTER SESSION

January 2 - February 25

Full Members begin registration IMMEDIATELY!

Program Members begin registration December 12

Non Members begin registration December 19

Youth sport league registrations begin immediately for everyone.

Thank you readers of The Intelligencer for voting our Gymnastics Center as "One of the Best of Bucks Mont 2011"!



UPPER BUCKS YMCA

401 Fairview Avenue | Quakertown, PA 18951
215-536-YMCA (9622) | Fax 215-538-2592

Visit us on the web at www.ubymca.org
Online Registration Is Available!
Get more information about the Y!
www.ubymca.org



MEMBERSHIP INFORMATION

When signing up for classes as a Full or Program Member, your membership must be current. If your membership expires during the class session, you will be reminded to renew.

BUILDING AMENITIES
Gymnasium & Locker Rooms (including Family Locker Rooms)
Wellness & Gymnastics Centers
Auxiliary Gym and Spinning® Studio
Pool (competition and family pool with giant slide and other water features)
Recreation Center (pool table, ping pong, foosball, Wii)
Kids Korner Babysitting Room
School Age Child Care Center

FULL PRIVILEGE MEMBERSHIP

A full privilege membership allows an individual or family full usage of the facilities (including fitness center and pool) as well as participation in all YMCA programs at the best rates.

Membership Description	Down*	Cost
Youth/Birth to 18	\$102	\$26
College/Fulltime student	\$122	\$36
Adult/Age 18 & over	\$132	\$41
Senior Adult/Age 62 or older	\$122	\$36
Military/First Responders Adult Fulltime Military Personal showing ID	\$122	\$36
Family (2 Adults and all dependents up to age 26 residing in same household)	\$207	\$66
Senior Couple One individual is 62 or older	\$187	\$56
Military/First Responders Family Fulltime Military Personal showing ID and 2 Adults and all dependents up to age 26 residing in the same household	\$187	\$56

*Set-up Fee plus 2 months of membership

AUTO-PAY PLAN LOCK-IN MEMBERSHIP:

No rate increase guarantee for 2 years!** Payments are deducted monthly from your checking account, statement savings, Visa or MasterCard, beginning two months after enrollment.

Deductions are continuous until cancelled with a 30-day written notice. Current members interested in changing to the Auto-Pay Plan pay for two months until automatic withdrawal begins. **If the membership is cancelled within the 2 year period the rate will be lost. In order to re-join a set up fee will apply and the membership will be locked in at the current rate. Please visit the Welcome Center or contact Member Services for payment methods.

BANK SERVICE CHARGE

Any credit card, check or membership dues draft declined or not honored by the bank, for any reason, will result in a \$25 YMCA service charge for each time it is not honored.

PROGRAM MEMBERSHIP

This membership allows individuals to participate in YMCA programs at reduced rates. No privileges are included for use of facility.

Membership	Annual Fee
Youth	\$50
Adult	\$125

MEMBERSHIP CARDS

All members will have their photo taken and a membership card issued to them. For security and facility usage purposes membership cards must be scanned upon admittance to the Upper Bucks YMCA. Members entering without scanning their card must present a form of identification and sign in at the Welcome Center. The Upper Bucks YMCA reserves the right to deny facility access to members who habitually do not scan their membership cards. A replacement card is available for a fee.

NON-MEMBER Y USE

Non-members using the Y facilities either during a program or entering as a guest are required to show identification and sign in at the Welcome Center.

MILITARY MEMBERSHIPS

Free Full Privilege Family Memberships are available to families of deployed National Guard and Reserves; relocated spouse of deployed active duty personnel; and active duty assigned to independent duty locations. Call Allyson Fox, Membership Development Director, at 215-536-YMCA (9622), ext. 106 to participate in this program.

MILITARY AND COMMUNITY FIRST RESPONDER MEMBERSHIPS

Special reduced rates available for active duty military members and community first responders (fire, police, EMT, 911 call center operators, etc.) and their families. Please see rates noted in the fee section under Military/First Responders.

DAILY GUEST FEES

Each guest fee is good for two visits to the Y. Up to two guest fees, purchased within the month, may be used toward the purchase of an annual full privilege membership. Some restrictions may apply.

Youth	FREE (ages 0-4)
Youth	\$10 (ages 5-17)
Adult	\$15
Family	\$40 (2 adults/2 children)

HOURS OF OPERATION
Quakertown Fairview Avenue Building
M-Th 5:30 am – 10:00 pm
F 5:30 am – 8:30 pm
Sa-Su 7:15 am – 6:00 pm

PARTIES/LOCK-INS

Think of the Upper Bucks YMCA for your next private function. Scouts, church and school groups, birthday parties, bridal or baby showers, corporate functions. Call 215-536-YMCA (9622) or email ymcaparties@ubymca.org for information.

VOLUNTEER OPPORTUNITIES

The Y offers a wonderful opportunity to become involved, make a difference and feel good about yourself! Pick up an application or call 215-536-YMCA (9622).

SECURITY

Our building and parking lot are equipped with security cameras. However, please do not leave valuables in your car while visiting. Additionally, lockers are available for the convenience of our members and guests. Please remember to bring a lock while you are at the Y. The Y is not responsible for lost or stolen items.

FINANCIAL ASSISTANCE

The Upper Bucks YMCA is committed to the communities we serve. That is why we promise to fulfill the 150+ year YMCA tradition of never turning anyone away due to gender, creed, ethnicity or financial need to those who qualify. If you or your family would like to apply, please fill out a financial assistance application available at the Welcome Center or online at www.ubymca.org.

HOLIDAY CLOSINGS

Christmas Eve Saturday December 24, 2011 – Closes at 1:00 PM
 Christmas Day Sunday December 25, 2011
 New Years Day Sunday January 1, 2012

HEALTH INSURANCE

Our Y participates in the Independence Blue Cross Fitness Select program. Please contact a Healthy Lifestyles representative at 800/275-2583 for more information. National Covered Fitness Benefit Program includes: Sterling, Pacificare, UPMC, Geisinger, WellCare, Touchstone, Independence Blue Cross, Highmark and more. Members must provide their insurance card at the Welcome Center to verify eligibility and be enrolled. Health & Wellness Affinity Program includes: AARP, CDPHP, AvMED, WEA TRUST, CAREINGTON, and Blue Cross and Blue Shield Benefit Program. Members of this program are provided a waiver of the initial set up fee.

REFUNDS AND CREDITS

Programs: Make-ups will be set in place for a cancelled class during the session. If a make-up can not be arranged by the Y, then credit will be issued. No program fee refunds will be processed unless a class is cancelled by the Y. Otherwise, credit will be issued. Any person who registers, pays and cancels, will receive credit, through a director, minus a \$10.00 processing fee. All credits are valid for one year after issue date. Class change requests made at least two weeks prior to the session start date will be accommodated if space is available. Class change requests made within two weeks of the session start date will be accommodated if space is available for a \$5 processing fee. Membership: fees are refundable within the first 30 days of membership for approved medical reasons or relocation from service area only. Set-up fees are non-refundable.

SILVER SNEAKERS

We are a Healthways SilverSneakers Fitness Program™ participant. Eligible seniors receive a Full Privilege Senior Membership at no cost. Please call 215-536-YMCA (9622) for more details.



PRIVACY POLICY

The Y does not sell/provide membership or program lists. Expired membership applications are shredded.

PHOTO POLICY

Classes and events are occasionally photographed for promotional purposes. Anyone wishing to be excluded should inform the photographer. Video recorders, cameras, or any other visual recording devices are not allowed within the Y without permission of the executive director.

SMOKING

Smoking is not permitted in Upper Bucks YMCA building or on property.

INCLEMENT WEATHER POLICY

Watch Channel 69 (WFMZ) or log on to wfmz.com for building delays or closings. Regarding YMCA classes, when the Quakertown School District has a delay or cancellation, Quakertown building classes will begin at 11:00 am. When conditions worsen throughout the day, watch/listen for announcements on the above tv/internet site. Information will also be distributed via email (for members who have provided us with an email address), our website (www.ubymca.org) and Facebook page.

MANAGEMENT STAFF

Executive Director – Pat Edwards
 Administrative Assistant – Tammy Dunning
 Aquatics Director – Ben Mihalko
 Arts & Humanities Coordinator – Amanda Arkans
 Childcare Director – Sandi Robb
 Controller – Roe Horn
 Gymnastics Director – Janine Brown
 Health & Wellness Director – Megan Gelsebach
 Marketing Director – Sherri Werner
 Membership Development Director – Allyson Fox
 Sports Director – Joshua Gossler

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BABYSITTING

KIDS KORNER BABYSITTING -

Located at the YMCA on Fairview Avenue, this program is for children 6 weeks - 12 years of age. Parents using the Y facilities or participating in a program must use the Y babysitting room for supervision of their children. Minimum age is 6 weeks. **FREE for full privilege adult members' children for two hours per day, per child. There will be a per hour, per child charge for time over two hours.** Children cannot be left unattended at any time. Youth 15 and under must be accompanied by an adult when not in an organized activity. Parents must be using the Y or participating in a Y program to use this service.
 M - Sa 8:45 am - 1:00 pm
 M - Th 4:30 pm - 8:30 pm
NEW EXTENDED HOURS! Su - 10:00am - 2:00pm

RECREATION CENTER

Room donated by Dennis & Mary Helf
 Pool - Foosball - Ping Pong - Wii - Board Games
 The Recreation Center is available to Full and Program Members only. Access may be limited for programs and events. (Non members who pay a guest fee may also use the center, with a valid receipt).



CHILD CARE

We are an equal opportunity care provider and offer financial assistance for those who qualify. If your family would like to apply, please fill out a financial assistance application available at the Welcome Center or on our website at www.ubymca.org. For rates and to schedule a tour, please contact Sandi Robb, Childcare Director at 215-536-YMCA (9622) ext. 130 or sandi.robb@ubymca.org.

SCHOOL AGE CHILDCARE

Serving Quakertown School District
 Keystone Stars participant
 Care provided before and after
 Kindergarten and Elementary School
 School's Out Days available
 Transportation provided

Ages: Kindergarten - 5th grade
 Time: M - F 6:15 am-6:00 pm

We are excited to have our school age program at our Fairview Avenue facility, which allows us to offer more benefits like swimming and activities in our gymnasium.

School's Out Days:

January 2 (19129)
 February 20 (19130)
 March 19 (19131)
 April 5 (19132)
 April 9 (19133)
 April 24 (19134)

School Age Child Care Closings:

January 16, February 17, April 6 and May 28

PRE-KINDERGARTEN CARE

Keystone Stars Participant
 A childcare and enrichment program for 4 and 5 year olds who miss the cut-off for kindergarten. This high quality program is designed to help children excel and prepare themselves for kindergarten. Swimming, gym classes, and two snacks are provided. This program runs the full year and follows the Quakertown Community School District calendar during the school year.

Ages: 4-5 years
 Time: 6:15 am-6:00 pm
 Location: The Y, 401 Fairview Ave., Quakertown

PRESCHOOL GYMNASTICS

KINDERGYM

Instructional beginner gymnastics classes for preschool boys and girls on all apparatuses.

Fee:	Full Member	\$68
	Program Member	\$83
	Non Member	\$133

Ages:	4 - 6 years	
Time:	M 10:30-11:30 am	(18951)
	Tu 10:30-11:30 am	(18950)
	Tu 5:30-6:30 pm	(18952)
	Sa 9:15-10:15 am	(18953)

KINDERGYM JR.

Ages:	3 - 4 years	
Time:	Tu 11:30 am-12:30 pm	(18954)
	Tu 5:30-6:30 pm	(18955)
	Sa 9:15-10:15 am	(18956)

TUMBLIN' TIGERS

Boys only preschool gymnastics class for high energy kids.

Ages:	3-5 years	
Time:	M 11:30 am-12:30 pm	(18933)
	Tu 11:30 am - 12:30 pm	(18934)
	Th 11:00 am - 12:00 pm	(18932)
Fee:	Full Member	\$55
	Program Member	\$75
	Non Member	\$125

PARENT / TODDLER GYMNASTICS

Organized play time with parent and child on some of our gymnastics equipment.

Fee:	Full Member	\$48
	Program Member	\$68
	Non Member	\$118

LITTLE ROLLERS

Ages:	12-24 months	
Time:	Th 10:00-10:45 am	(18957)
	F 10:00-10:45 am	(18959)

TINY TUMBLERS

Ages:	24-36 months	
Time:	Th 9:15-10:00 am	(18960)
	F 9:15-10:00 am	(18958)

NEW! BOUNCING BUDDIES

Open gym time on our gymnastics mat for toddlers and their parent or guardian.

Fee:	Full Member	\$48
	Program Member	\$68
	Non Member	\$118

Ages:	18 - 36 months	
Time:	Sa 8:30 - 9:15 am	(18964)

ARTS & HUMANITIES PRESCHOOL

In cooperation with the Katie Stauffer Memorial Arts Center (www.katiestauffer.org)

PRESCHOOL ART STUDIO

Preschoolers will explore crafts using natural materials. Upbeat experienced teachers will show how fun it is to play with art. Make your own finger paints and play dough and other exciting hands on projects.

Ages:	3-5 years	
Time:	M 9:30 - 10:15 am	(18977)
Fee:	Full Member	\$51
	Program Member	\$66
	Non Member	\$88



CREATIVE DANCE AND MOVEMENT

Children learn fun and creative ways of moving their bodies to music. Includes an introduction to yoga, ballet and other types of dance.

Ages:	4-6 years	
Time:	W 9:30-10:15 am	(18980)
Fee:	Full Member	\$51
	Program Member	\$66
	Non Member	\$88



ARTS & HUMANITIES

In cooperation with the Katie Stauffer Memorial Arts Center (www.katiestauffer.org)

SCHOOL AGE

NEW! ART EXPLORATION

See adult class listing for description.

Ages: 13 and up
Time: Th 7:00-8:00pm

WINTER BREAK ART STUDIO

Spend winter break at the Y! Enjoy an art class, snack and swim time. Sign up for one, two or three days. Parents pick their children up at Noon at the pool and get them changed to come home.

Ages: 5 - 12 years
Time: 9:00a m to 12:00 pm
Dates: Tuesday, December 27 (18656)
Wednesday, December 28 (18657)
Thursday, December 29 (18658)
Fee: Full Member \$22
Program Member \$30
Non Member \$40

S.O.A.R. DAYS (School's Out Art and Recreation)

No school? Looking for a great way to spend your morning? Try the Y's new S.O.A.R. Days. Your child will enjoy a creative art class, snack and swim time. Parents should pick their children up at Noon at the pool and get them changed to come home.

Ages: 5 - 12 years
Time: 9:00 am to 12:00 pm
Dates: Monday, January 2 (18967)
Monday, January 16 (18968)
Friday, February 17 (18966)
Monday, February 20 (18965)
Fee: Full Member \$22
Program Member \$30
Non Member \$40

NEW! KIDS' QUICK START PAINTING

Explore different paints and techniques in a messy, fun class!

Ages: 6-11 years
Time: Sa 9:15-10:15 am (19139)
Fee: Full Member \$67
Program Member \$82
Non Member \$104



PARENT & TOT/FAMILY

NEW! PARENT/TOT SIGN LANGUAGE

Get your young child started with strong communication skills and expand their language development through Sign Language.

Ages: 6 months to 3 years (with parent)
Time: Th 10:30-11:00am (19138)
Fee: Full Member \$35
Program Member \$50
Non Member \$72

PARENT/TOT ART STUDIO

For your youngest artists, this art class is designed to enhance your toddler's fine motor skills and understanding of shapes and colors.

Ages: 1-3 years (with parent)
Time: M 10:30-11:00 am (18993)
Fee: Full Member \$35
Program Member \$50
Non Member \$72

PARENT/TOT CREATIVE DANCE AND MOVEMENT

Children learn fun and creative ways of moving their bodies to music. Includes an introduction to yoga, ballet and other dances.

Ages: 18 months to 3 years (with parent)
Time: W 10:30-11:00am (18984)
Fee: Full Member \$35
Program Member \$50
Non Member \$72

FAMILY FRIDAYS

Looking for a night out with the family? Look no further than Family Fridays at the Y! Each month, a different activity gives your family a chance to spend some quality time together.

Ages: All
Fee: Full Member \$2 per person
Program Member \$3 per person
Non Member \$5 per person

Healthy Eating and Green Living

Want your family to eat healthier? Trying to create a greener household? Bring the family for a night of healthy living ideas.

Date: Friday, January 6 (19137)
Time: 6:00-8:00 pm

National Bird Feeding Month

Using tools from the National Bird Feeding Society, families will make bird feeders and learn about their backyard birds.

Date: Friday, February 24 (18988)
Time: 6:00-8:00 pm

PARENT/TOT TUNEFUL TOTS

Preschoolers use musical instruments to play rhythms, sing songs, recognize tonal patterns, move and groove to music and hear poetry while developing language and literacy skills.

Ages: 6 months - 3 years (with parent)
Time: Tu 10:30-11:00am (18978)
Fee: Full Member \$35
Program Member \$50
Non Member \$72

the Y
YMCA

FOR YOUTH DEVELOPMENT
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FOR SOCIAL RESPONSIBILITY

MAKE A WISH - YOUR PARTY CAN HAPPEN HERE!

Party Ideas:

- Music & Song
- Arts & Crafts
- Kids Korner
- Tumble Time
- Sports
- Traditional Swimming
- Recreation Center

Pick up a brochure and start planning your event today!

ADULT

BOOK CLUB

This winter, Y Book Club is rediscovering a classic novel and pairing it with a modern novel inspired by the classic. Class participants are responsible for acquiring and reading the chosen material.

Time: W 7:00-8:30 pm
Fee: Full Member FREE
Program Member \$2
Non Member \$5

Jane Eyre By Charlotte Bronte

Date: Wednesday, January 18 (18974)

Wide Sargasso Sea By Jean Rhys

Date: Wednesday, February 15 (18975)

NEW! ART EXPLORATION

Looking to express your creativity? Maybe learn some art history? Then this class is for you. Explore different mediums, learn about artists from different time periods and more.

Ages: 13 and up
Time: Th 7:00-8:00pm
Fee: Full Member \$64
Program Member \$80
Non Member \$104

COMMUNITY EDUCATION PROGRAMS

AMERICAN RED CROSS CPR/AED

In this course you will be trained in the American Red Cross CPR (including Adult, Child and Infant), conscious and unconscious choking and the AED for Adults and Children as well as multiple barrier devices.

Date: January 28 (19127)
Time: 10:00 am
Fee: Full Member \$65
Program Member \$80
Non Member \$100
Min/Max Participants: 5/12

AMERICAN RED CROSS STANDARD FIRST AID

This course is taught through the American Red Cross and covers medical emergencies, bandaging and splinting.

Date: February 25 (19128)
Time: 10:00 am
Fee: Full Member \$65
Program Member \$80
Non Member \$100



Check our Fall Program Guide for AMERICAN RED CROSS LIFEGUARD and AMERICAN RED CROSS LIFEGUARD RECERTIFICATION

Course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries.

Pre-requisites:

- Minimum age is 15. If under the age of 18, participant must have parental consent to take this course.
- Pass the following swim test:
- Swim 300 yards continuously using front crawl with rhythmic breathing and breaststroke. Retrieve a 10lb object from 7-10 fee, swim 20 yards and exit pool in 1 minute, 40 seconds.

PROGRESSIVE GYMNASTICS (LEVELS 1 – 4)



Thank you readers of The Intelligencer for voting our Gymnastics Center as "One of the Best of Bucks Mont 2011"!

Gymnastics Lesson Fees (unless otherwise listed)

Full Member	\$78
Program Member	\$93
Non Member	\$143

Become a program member for \$50 a year and save on classes every eight weeks!

LEVEL 1

For the beginner gymnast or child with no gymnastic experience.

Ages:	5 years and older
Time:	M 9:30–10:30 am (18935)
	M 4:45–5:45 pm (18936)
	Tu 9:30–10:30 am (18961)
	Tu 4:45–5:45 pm (18937)
	W 5:45–6:45 pm (18938)
	Sa 10:15–11:15 am (18939)

LEVEL 2

For the gymnast who has completed or tested out of Level 1.

Ages:	6 years and older
Time:	M 4:45–5:45 pm (18940)
	Tu 4:45–5:45 pm (18941)
	W 4:45–5:45 pm (18942)
	Sa 11:15 am–12:15 pm (18943)

LEVEL 3

For the gymnast who completed or tested out of Levels 1 & 2.

Ages:	6 years and older
Time:	M 4:45–5:45 pm (18944)
	W 4:45–5:45 pm (18945)
	Sa 11:15 am–12:15 pm (18946)

LEVEL 4

For the gymnast who completed/tested out of Levels 1,2, and 3.

Ages:	6 years and older
Time:	W 4:45–5:45 pm (18947)
	Sa 11:15 am–12:15 pm (18948)

GYMNASTICS TEAM

Are you interested in more information on our Level 4-9 competitive Gymnastics team program? Please contact Janine Brown, Gymnastics Director at 215-536-YMCA (9622) ext 116.

ADVANCED CLASS

This two-hour class is for the gymnast would like more time to work on their skills. Children must be a level 3 or higher to register for this class.

Ages:	6 years and older
Time:	Th 5:00–7:00 pm (18949)
	Sa 12:30 – 2:30 pm (18963)
Fee:	Full Member \$126
	Program Member \$151
	Non Member \$201

TEEN TUMBLE

Focus on floor work, tumbling skills and use of the Tumble Trak.

Ages:	13 to 18 years
Time:	Th 4:45–5:15 pm (18962)
Fee:	Full Member \$68
	Program Member \$83
	Non Member \$133



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FORWARD ROLLS TO FRONT FLIPS

Thanks for voting our Gymnastics Center as "One of the Best of Bucks Mont 2011"!

A gymnastics center full of everything your child needs to grow from beginner to team:

- Air conditioned/heated center
- Full competition size spring floor
- Two Reflex Competition Balance Beams (six recreational beams)
- Two competition AAI bar sets
- Tumble Trac®
- Two vaulting stations

Providing gymnastics instruction to the community since 1984.

UPPER BUCKS YMCA
401 Fairview Avenue
Quakertown
215-536-YMCA(9622)
www.ubymca.org

FINANCIAL ASSISTANCE AVAILABLE



YOUTH SPORTS & ACTIVITIES

Y sports are based on the concept that fair play is at the heart of competition and everyone should have an equal opportunity to compete. The Y also believes that its sports programs can help participants grow personally, clarify values, improve relationships, appreciate diversity, develop leadership skills and have fun.

Youth sports league registrations begin immediately for everyone. Please sign up online at www.ubymca.org, by phone 215-536-YMCA (9622), or in person. Volunteer coaching is always needed and is a great way to get involved with your children. Contact Joshua Gossler at 215-536-YMCA (9622) ext.114 or josh.gossler@ubymca.org if interested.

SPORTS SAMPLER

This is an opportunity to experience some of the youth sports the Y has to offer: soccer, basketball, t-ball, floor hockey and more!

Ages:	3-5 years
Time:	M 9:15-10:15 am (18911)
Ages:	4-7 years
Time:	Tue 5:30-6:30 pm (18918)
Ages:	3-5 years
Time:	Th 9:00-10:00 am (18907)
Age:	4-7 years
Time:	Th 5:30-6:30 pm (18927)
Fee:	Full Member \$35
	Program Member \$50
	Non Member \$65

DODGEBALL

Ages:	6-14 years
Time:	Fri 6:00-7:30 pm (18912)
Fee:	Full Member \$40
	Program Member \$60
	Non Member \$80

BASKETBALL LEAGUE

Ages:	4-6 years
Time:	M 5:15-6:15 pm (18914)
Ages:	7-10 years
Time:	M 6:15-7:15 pm (18915)
Fee:	Full Member \$45
	Program Member \$70
	Non Member \$90

FLOOR HOCKEY LEAGUE

Ages:	6-9 years
Time:	Sa 10:00 am – 11:00 am (18922)
Ages:	10-13 years
Time:	Sa 11:00 am – 12:00 pm (18916)
Fee:	Full Member \$45
	Program Member \$70
	Non Member \$90

Shin guards are required for class

KARATE

Build attention span, self-confidence and self-discipline through Karate. Classes are offered for beginner, intermediate and advanced levels. Learn basic kicks, blocks and strikes as well as self-defense techniques that are designed to work with the natural movements of your body.

Ages:	6 years – Adult
Time:	Sa 11 am – 12 pm Advanced (18917)
	Sa 12:00– 1:00 pm Intermediate (18910)
	Sa 1:00–2:00 pm Beginner (18909)
	M 7:30 – 8:30 pm Beginner (18921)
	W 6:30 – 7:30 pm Intermediate (18919)
	W 7:30– 8:30 pm Advanced (18908)
	F 7:00–8:00 pm Adult Beginner (18924)
Fee:	Full Member \$60
	Program Member \$80
	Non Member \$105

TEEN EXTREME

Want to get in shape, but not old enough for the gym. Work on the fundamentals of speed, strength, and the importance of proper stretching. Be involved in a variety of competition style games including dodgeball, basketball and floor hockey. Each day, you will have the opportunity to complete homework and have social time.

Ages:	Grades 6–8
Time:	M – Th 2:00–5:00 pm (18913)
Fee:	Full Member \$10
	Program Member \$15
	Non Member \$25



FITNESS & AEROBICS

WELLNESS CENTER

Open to men, women and youth 13 years of age and older (with recommendation of fitness staff), this center includes state of the art Cybex selectorized circuit equipment, free weights and a variety of cardiovascular equipment. **13 and 14 year olds MUST be accompanied by an adult (21 or older) and must also go through an orientation before using the equipment.**

All adult full privilege members are strongly encouraged to learn the safe and effective use of the Wellness Center equipment. FREE orientations on the equipment are available to all full privilege members. Schedule appointments at Welcome Center. Learn the components of a proper fitness program, proper technique and the operation of the equipment.

BODY FAT READINGS

Have your body composition measured and discover your estimated fat percentage. Bio-analogic assessments are done by appointment only and must be taken before your workout.

Fee:	Full Member	\$2*
	Program Member	\$7
	Non Member	\$12

*Full Members receive a free Body Fat test on their membership renewal date.

PERSONAL TRAINING

Having trouble staying committed to your exercise program? A personal trainer will keep you motivated and make sure that you are using proper form, positioning, and breathing techniques which maximize results and minimize injury. Available by appointment only. Cancellation Policy: 24 hours notice or you will be charged for the session. Please call the Welcome Center, 215-536-YMCA (9622), for fees.

Ages: 13 years and up

ADULT AEROBIC CLASSES

Trying to lose weight, build muscle, strengthen your heart and lungs, or a combination of all three? Sign up for a variety of classes and have fun at the same time! All participants must register at welcome center for aerobic classes, regardless of membership type.

Ages: 14 years and up

Fee:	Full Member	Free
	Program Member	30 minute class \$10 45 minute class \$15 60 minute class \$20
	Non Member	30 minute class \$30 45 minute class \$40 60 minute class \$50

ABS +

This class combines essential core-stability training with exercises to strengthen your abs and back.

BODY SCULPTING

A 60 minute non-aerobic, challenging strength workout aimed at muscle toning for the entire body using various forms of resistance.

POWER STEP

A high energy class for those who like variety! Step, double step, toning and sculpt are all offered. The class will consist of 30-35 minutes of cardio work on the step, followed by body conditioning. You will get a great workout while learning choreographed moves.



NEW! BODYPUMP™

This is the original barbell class that strengthens your entire body. The 60-minute workout challenges all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Like all the LES MILLS™ programs, a new BODYPUMP™ class is released every three months with new music and choreography. Free to Full Members ONLY. Space will be limited, so be sure to sign up!

BOOT CAMP

A great workout through athletic drills and endurance training.

BUTT & GUT

It's all in the name! You will tighten your abs, lift your rear, and firm your legs in this muscle conditioning class.

INSTRUCTOR'S CHOICE

A total body workout, full of variety, that will please step class or aerobic dance enthusiasts.

ON THE BALL

This class uses a stability ball to help tone and strengthen your entire body. Bring a ball if you have one.

PILATES

Tone and strengthen entire body with a 60 minute non-cardio class that emphasizes trunk stabilization, balance, posture and breathing.

Fee:	Full Member	\$15
	Program Member	\$27
	Non Member	\$55

RUNNING CLASS

This class is for those that want to run with a group to push themselves to the next level and possibly tune up for spring races. Please dress for the weather.

Fee:	Full Member	\$15
	Program Member	\$27
	Non Member	\$55

SPIN/RUN

This class is for those of you wanting more from a spin class!

Fee:	Full Member	\$25
	Program Member	\$35
	Non Member	\$50

STEP EXPRESS

A 30 minute high energy class designed to get your heart pumping!

SWEAT & SCULPT EXPRESS

This 30 minute class is designed to get your heart pumping and your muscles toned.

POWER YOGA

This class will test your endurance, strength, and flexibility. You will leave with a total body workout. Get ready to sweat and see how difficult standing still can be!

Fee:	Full Member	\$46
	Program Member	\$62
	Non Member	\$78

YOGILATES

Yogilates combines pilates movements for a strong core and flat belly with yoga stretches for flexibility, strength and stress reduction. It is an effective workout fusing two disciplines that complement each other well. Building strength through your torso with pilates may help you avoid injury and perform yoga postures with maximum benefit.

Fee:	Full Member	\$46
	Program Member	\$62
	Non Member	\$78

ZUMBA

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms, and resistance training, are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

Fee:	Full Member	\$15
	Program Member	\$27
	Non Member	\$55

NEW! ZUMBA GOLD

Zumba® Gold was designed for the active older adult, the true beginner, and/or people who are not used to exercising, or people who may be limited physically. Zumba Gold is done at a much lower intensity. The same great Latin styles of music and dance are used and just as fun as the regular Zumba classes. Zumba® Gold classes strives to improve our balance, strength, flexibility and most importantly, the heart.

Fee:	Full Member	\$15
	Program Member	\$27
	Non Member	\$55



See aerobic schedule for SilverSneakers class times

SILVERSNEAKERS® - Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVERSNEAKERS® - Cardio Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with non-impact aerobic choreography. A chair is used for support, stretching, and relaxation exercises.

SILVERSNEAKERS® - YogaStretch

YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

SILVERSNEAKERS®- SilverSplash®

Activate your aqua exercise urge for variety! SilverSplash offers lots of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

SPINNING/GROUP CYCLING

These classes will focus on strengthening the legs while increasing cardiovascular performance. You will race the flats, climb the huge mountains, and sprint downhill all while building power, endurance and muscle! Sign up early – space is limited. If you miss more than two classes in an eight week session, your spot will be given to someone on the waitlist. Please let your instructor know if you are a beginner.

SPINNING/GROUP CYCLING FEES: (Members only)

Full Member	Free
Program Member	\$20

FITNESS SCHEDULE

*Beginner | **Intermediate | ***Advanced | GYM – Main Gymnasium | AUX – Auxiliary Gym | SPIN – Spinning® Studio

(Subject to change without notice)

DAY	TIME	CLASS	CODE	LOCATION	INSTRUCTOR
MONDAY	**6:00-6:45am	Spinning	(19023)	SPIN	Lesia
	*9:15-10:15 am	Pilates	(19036)	AUX	Pam
	** 9:30-10:30 am	Spinning	(19024)	SPIN	Kristen
	*10:30- 11:00 am	Butt and Gut	(19020)	AUX	Christy
	*10:30-11:30 pm	SilverSneaker MSROM	(19019)	GYM	Megan
	**12:00-1:00 pm	BODYPUMP™	(19012)	GYM	Megan
	*5:30-6:00 pm	Sweat & Sculpt Express	(19015)	AUX	Tracy
	**6:15-7:15 pm	Pilates	(19008)	AUX	Leslie
	* 6:15-7:00 pm	Spinning	(19025)	SPIN	Maryann
	** 7:30-8:30 pm	BODYPUMP™	(18997)	GYM	Lesia
TUESDAY	** 6:00-6:45 am	Spinning	(19026)	SPIN	Tony
	*9:00 am-10:00am	SilverSneakers YogaStretch	(19031)	AUX	Karen M
	**9:30-10:30 am	Instructor's Choice	(19006)	GYM	Megan
	*10:30-11:00 am	Abs+	(19001)	GYM	Megan
	*11:30-12:30pm	ZUMBA Gold	(18998)	AUX	Madelyn
	*5:30-6:15 pm	Boot Camp	(19004)	AUX	Janna
	*6:30 7:30 pm	Instructor's Choice	(19013)	AUX	Tracy
	*6:45-7:45 pm	Yogilates	(19159)	SPIN	Steph
	** 7:00-8:00 pm	MEN'S ONLY BODYPUMP™	(19040)	GYM	Josh
WEDNESDAY	*9:30-10:30am	Running class	(18999)	outside	Megan
	**9:30-10:30 am	Spinning	(19027)	SPIN	Jen
	* 9:30-10:00 am	Butt and Gut	(19005)	AUX	Christy
	*10:30-11:30 am	SilverSneakers MSROM	(19021)	AUX	Karen M
	*10:30-11:30 am	ZUMBA	(19034)	GYM	Karen S
	**5:30 – 6:30 pm	BODYPUMP™	(19010)	GYM	Megan
	**6:15-7:15 pm	Spinning	(19028)	SPIN	Lesia
	**7:30-8:30 pm	Power Yoga	(19011)	SPIN	Susan
THURSDAY	**6:00-6:45 am	Spinning	(19029)	SPIN	Larry
	*9:15-10:15 am	On The Ball	(19007)	AUX	Pam
	*9:30-10:15 am	Spinning	(19032)	SPIN	Maryann
	**10:00-11:00 am	BODYPUMP™	(19035)	GYM	Megan
	*11:30-12:15 pm	SilverSneakers SilverSplash	(19000)	POOL	Megan
	*5:30- 6:30 pm	ZUMBA	(19016)	AUX	Madelyn
	*6:30-7:15 pm	Butt and Gut	(19158)	SPIN	Leslie
	**7:15-8:15 pm	Power Step	(19038)	AUX	Lesia
FRIDAY	** 9:15-10:15 am	Pilates	(19009)	AUX	Christy
	**9:30-10:30 am	Body Sculpting	(19003)	GYM	Megan
	**9:30-11:00 am	Spin/Run	(19037)	SPIN	Kristen
	*10:30 -11:00 am	Abs+	(19002)	AUX	Megan
	**11:30-12:30pm	SilverSneakers Cardio Circuit	(19022)	AUX	Megan
	*6:00-7:00 pm	ZUMBA	(19017)	AUX	Kate
SATURDAY	*7:45-8:15 am	Step Express	(19135)	GYM	Lesia
	**8:30- 9:30 am	BODYPUMP™	(18996)	GYM	Lesia
	*9:30-10:15 am	Spinning	(19030)	SPIN	Maryann
	**9:45 – 10:45 am	BODYPUMP™	(19014)	AUX	Megan
SUNDAY	*12:30-1:30 pm	ZUMBA	(19018)	GYM	Karen S/Kate

TEEN & ADULT PROGRAMS/SPORTS

ADULT OPEN HOCKEY

Ages:	16 and Up	
Time:	W 7:00-9:00 pm	(18920)
Fee:	Full Member	\$10
	Program Member	\$15
	Non Member	\$20

ADULT HOCKEY LEAGUE

Competitive, 4 on 4 league for adults with officials and rules to provide the fast-paced action of hockey. Sign-up as a team or individually and be placed on a team. Teams consist of 10 people, including a goalie. Any questions, contact Joshua Gossler, Sports Director, 215-536-YMCA (9622) x114, josh.gossler@ubymca.org. Includes shirt and ref fee.

Ages:	16 and Up	
Time:	Su 8:00 am-3:00 pm	(18926)
Fee:	Full Member	\$45
	Program Member	\$70
	Non Member	\$90

RECREATION VOLLEYBALL

Ages: 13 & up Elites
Time: M 8:15 – 10:00 pm (19136)
If there are no participants for volleyball by 8:30 p.m., the gym will be open for basketball.

Fee:	Full Member	Free
	Program Member	\$20
	Non Member	\$40

BASKETBALL

Basketball court is available for open play when not in use. Please call Welcome Center at 215-536-YMCA (9622).

OPEN COURT BASKETBALL RULES

1. If more than 10 players, play half court.
2. For children's safety, please do not take children to the gym area during adult recreation times.
3. No food or drinks with the exception of water, are allowed on the courts at any time.
4. Any violation of the code of conduct will be grounds for immediate dismissal from building; and may cost you your membership.
5. Please be responsible and courteous so all players may have an enjoyable place to play safely.
6. NO dunking.

FREE LECTURES

Date: February 7: "Sleep Apnea –What you need to know"
February 21: "Eating a Gluten Free Diet"
Time: Tu 7:00-8:00 pm
Fee: Member FREE
Non Member \$2 per lecture
Lecturer: Denise Minkoff, CRT/RRT, a licensed respiratory therapist by the State Board of Osteopathic Medicine, is also a Wellness Instructor at the Y.



AQUATICS

LEARN TO SWIM AT THE Y – WE OFFER LESSONS FOR ALL AGES AND ABILITIES

YMCA of the USA Swimming Program is a progressive style program in which each level builds upon the preceding one. Classes include swimming skills, water safety and aquatic games. Most children begin with beginner level swim lessons. Entry into any level does not imply automatic transfer to the next skill level for the following session. Each child learns comfort in the water and swimming skills at their own pace. Attention Parents: In order to ensure children are placed in the correct level, we offer swim evaluations. Please call 215-536-YMCA (9622) ext. 125 to schedule a time.

Swim Lesson Fees (unless otherwise listed)

Full Member	\$53
Program Member	\$88
Non Member	\$135

Become a program member for \$50 a year and save on classes every eight weeks!

PARENT AND CHILD SWIM LESSONS

(Shrimp, Kippers, Inia and Perch)

The primary objective is to get both the parent and child comfortable in the water. The child will become aware of the differences between moving through water and on dry land, while the parent will become aware of how to teach their child to be safer in and around the water. Classes are designed to allow the child to have fun in the water while the parent guides them to learn aquatic skills. The child will be exposed to songs that use basic movements in the water such as kicking, arm strokes and breath control.

Ages:	6 – 36 months	
Time:	Tu 10:00 – 10:30 am	(19089)
	Tu 7:00 – 7:30 pm	(19090)
	Sa 9:00 – 9:30 am	(19059)

PRESCHOOL SWIM LESSONS

Learn the fundamentals of swimming with emphasis on personal safety, strength, endurance and coordination in the water.
Ages: 3 – 6 years, prior to 1st grade

PIKE WITH PARENT

This class is for children who are not quite ready for swim classes without a parent in the water with them. It is designed to get children comfortable in the water and transition them into group lessons without their parent.

Time:	W 10:00 – 10:30 am	(19056)
	Th 7:00 – 7:30 pm	(19084)
	Sa 9:30 – 10:00 am	(19083)

AQUATICS CONTINUED

PIKE

Beginner level emphasizes water adjustment, safety and swimming readiness. To progress out of this level a swimmer must have an efficient kick with toes pointed as well as other water skills.

Time:	M 1:00 – 1:45 pm	(19064)
	M 7:00 – 7:45 pm	(19085)
	Tu 10:30 – 11:15 am	(19061)
	Tu 5:30 – 6:15 pm	(19087)
	W 10:30 – 11:15 am	(19063)
	Th 1:00 – 1:45 pm	(19065)
	Th 6:15 – 7:00 pm	(19086)
	F 10:30 – 11:15 am	(19067)
	Sa 9:15 – 10:00 am	(19068)
	Sa 10:00 – 10:45 am	(19071)
	Sa 10:45 – 11:30 am	(19072)

EEL

Children put together swimming skills: reaching, pulling and kicking. Swimmers in this level can begin with wearing three or less bubbles.

Time:	M 1:45 – 2:30 pm	(19062)
	M 7:00 – 7:45 pm	(19088)
	Tu 5:30 – 6:15 pm	(19118)
	Tu 6:15 – 7:00 pm	(19119)
	W 10:30 – 11:15 am	(19120)
	Th 1:45 – 2:30 pm	(19121)
	Th 5:30 – 6:15 pm	(19122)
	F 10:30 – 11:15 am	(19123)
	Sa 10:00 – 10:45 am	(19124)
	Sa 10:45 – 11:30 am	(19042)
	Sa 11:30 – 12:15 pm	(19043)

RAY

For this class, swimmers must swim 25 feet without a floatation device. Children will swim lengths of the pool with and without bubbles. The main focus will be on freestyle technique and rotary breathing. The competitive strokes are taught.

Time:	M 1:00 – 1:45 pm	(19060)
	M 5:30 – 6:15 pm	(19066)
	Tu 10:30 – 11:15 am	(19073)
	Th 5:30 – 6:15 pm	(19125)
	Th 6:15 – 7:00 pm	(19057)
	Sa 9:15 – 10:00 am	(19058)
	Sa 10:00 – 10:45 am	(19091)
	Sa 10:45 – 11:30 am	(19092)

STARFISH

For this class, swimmers must swim a length of the pool without a bubble. This level will emphasize the main competitive strokes.

Time:	M 1:45 – 2:30 pm	(19093)
	M 6:15 – 7:00 pm	(19094)
	Th 5:30 – 6:15 pm	(19095)
	Sa 11:30 am – 12:15 pm	(19096)



YOUTH SWIM LESSONS

The youth program provides children with the opportunity to learn water skills and water safety.

Ages: 6–15 years, 1st grade and up

POLLIWOG

This is the beginner level for the elementary school child. Swimmers will learn how to reach, pull and kick.

Time:	M 6:15 – 7:00 pm	(19097)
	Tu 7:00 – 7:45 pm	(19098)
	Th 6:15 – 7:00 pm	(19099)
	Sa 10:45 – 11:30 am	(19100)
	Sa 11:30 am – 12:15 pm	(19074)

GUPPY

To enter this level, child must swim one half of the length of the pool without a floatation device, and have no fear of deep water or putting their face in the water. Front and back crawl will be taught.

Time:	M 5:30 – 6:15 pm	(19075)
	M 6:15 – 7:00 pm	(19076)
	Tu 6:15 – 7:00 pm	(19077)
	Th 5:30 – 6:15 pm	(19078)
	Sa 10:00 – 10:45 am	(19104)
	Sa 11:30 am – 12:15 pm	(19105)

MINNOW

An efficient front crawl with rotary breathing is needed to register for this level. Backstroke will be emphasized as well as endurance and technique of all strokes.

Time:	M 5:30 – 6:15 pm	(19106)
	Tu 6:15 – 7:00 pm	(19107)
	Th 7:00 – 7:45 pm	(19108)
	Sa 10:00 – 10:45 am	(19109)

NEW! FISH

To enter this level your child must be able to swim 50 yards of both the backstroke and front crawl without rest. Breast stroke and endurance will be the main emphasis.

Time:	Tu 7:00 – 7:45 pm	(19110)
	Sa 10:45 – 11:30 am	(19111)

PORPOISE (Flying Fish and Shark)

To enter this level, the swimmer must be able to swim 50 yards of front crawl, back crawl and breast stroke. Butterfly and fundamentals of competitive swimming are emphasized in this level.

Time:	Th 7:00 – 7:45 pm	(19112)
	Sa 11:30 – 12:15 pm	(19069)

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

Available for all ages. Semi-private lessons are for two participants with one instructor. Competitive private lessons are for those experienced swimmers looking to refine their strokes. Private lessons are available to Full and Program Members only. Prices reflect an 8-week session of 30 minute lessons. Please call 215-536-YMCA(9622) x125.

Private Lessons

Fee:	Full Member	\$180
	Program Member	\$250

Semi-Private Lessons (must have 2 in lesson)

Fee:	Full Member	\$115 per person
	Program Member	\$150 per person

SPECIAL NEEDS SWIM LESSONS

Each student is required to have a parent/aide in the water with them during the lessons. Class sizes are limited.

Ages:	3 years and up	
Time:	Sa 12:15 – 1:00 pm	(19070)
Fee:	Full Member	\$68
	Program Member	\$95
	Non Member	\$140

ADULT SWIM CONDITIONING

This class, taught by an experienced coach, will introduce triathlon swimming skills and help participants prepare and train for a triathlon swimming event. Participants must be able to swim 100 continuous yards of freestyle. Get a great workout while swimming laps, building endurance and increasing strength.

Ages:	16 and up	
Time:	M 10:30 – 11:30 am	(19079)
	W 7:30 – 8:30 pm	(19080)
	Th 10:30 – 11:30 am	(19081)
Fee:	Full Member	\$40
	Program Member	\$80
	Non Member	\$100

WATER FITNESS CLASSES

Water provides a liquid weight machine that offers resistance work in functional ranges of motion for daily living, while the support of buoyancy cushions impact against joints. Workouts are designed for swimmers and non-swimmers alike.

Age:	14 years and up	
Time:	See schedule below	
Fee:	Full Member	FREE*
	Program Member	\$30
	Non Member	\$60

*Full members required to register for classes as space is limited.

AQUA-FIT

Hydra-exercise, aerobic routines and toning. Non-swimming exercise program designed to promote cardiovascular fitness as well as tone muscles.

Time:	M 9:00 – 9:45 am	(19113)
	Tu 9:45 – 10:30 am	(19114)
	W 9:00 – 9:45 am	(19115)
	Th 9:45 – 10:30 am	(19116)
	F 9:00 – 9:45 am	(19117)

AQUATICISE

Water resistance movements tone muscles, increase coordination and flexibility, improve posture and build endurance.

Time:	M 7:45 – 8:30 pm	(19101)
	Tu 7:45 – 8:30 pm	(19102)
	W 7:40 – 8:30 pm	(19103)
	Th 7:45 – 8:30 pm	(19082)

DEEP WATER CHALLENGE

High intensity with no impact.

Time:	M 9:45 – 10:30 am	(19044)
	W 9:45 – 10:30 am	(19045)
	F 9:45 – 10:30 am	(19046)

FIT n' FUN

Gentle low-impact aerobics designed for older men and women.

Time:	M 9:45 – 10:30 am	(19047)
	W 9:45 – 10:30 am	(19051)
	F 9:45 – 10:30 am	(19052)

INTO DEEP

Class participants use floatation belts to suspend themselves in the water for a great workout without any pressure on sensitive joints.

Time:	M 9:00 – 9:45 am	(19048)
	W 9:00 – 9:45 am	(19049)
	F 9:00 – 9:45 am	(19050)

SILVER SPLASH

See Fitness and Aerobics page for description.

Time:	Th 11:30 am – 12:30 pm	(19000)
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WATER WALKING

Take a walk in the water! This full-body aerobic workout is low on impact but high on muscle building.

Time:	Tu 9:00 – 9:45 am	(19054)
	W 5:30 – 6:15 pm	(19055)
	Th 9:00 – 9:45 am	(19053)

POOL SCHEDULE IS AVAILABLE ONLINE AT WWW.UBYMCA.ORG AND AT THE Y

OPEN FAMILY SWIM

The recreation-side of pool is open for swimmers of all ages to enjoy including the new serpentine slide* and water-play features! Children 12/under must be accompanied by adult family member.

*Note: slide and water features will not operate during certain times; hours vary. To use slide, swimmers must be at least 48" tall.

LAP SWIM

The Y will provide at least one lap lane throughout the day for use by lap swimmers, except during special events.

ADULT SWIM

The entire pool is open for our adult swimmers ages 18 and over. Slide is not open during this time. Adult swimmers are also invited to use the lap lane that will be available throughout the day as well as swimming during any open swim times with swimmers of all ages. Ages: 18 and up

SPECIAL POPULATIONS

All participants must bring an aide to help in both the locker room and pool if needed. Group homes are required to bring aides.

Time:	Sa 1:00 – 2:00 pm
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