



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# LIFE CHANGING EXPERIENCES

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**FREEHOLD BRANCH**  
YMCA of Western Monmouth County

**SPRING 1**



**JOIN TODAY**

**Feb. 29 – May 1, 2016**

**Registration:**

**FAC Members February 15th, 8 am**  
**PRO Members February 22nd, 8 am**

The YMCA of Western Monmouth County  
Presents

# PORTS OF CALL

## Gala Celebration

Saturday - March 12, 2016  
Battleground Country Club




**NOW ON SALE**

# 50/50 RAFFLE

1st Prize - 35% of winning share up to \$17,500.00  
2nd Prize - 10% of winning share up to \$5,000.00  
3rd Prize - 5% of winning share up to \$2,500.00  
50% of winning share up to \$25,000.00

**Benefiting the YCares  
Financial Assistance Program**  
**ONLY 500 TICKETS TO BE SOLD**  
Limited Raffle: If all tickets are sold,  
potential prizes are listed as shown.  
**Winner need not be present at the drawing.**  
Drawing to be held March 12, 10:00pm  
**\$100.00 Donation**



## FAMILY PAINT NIGHT

Friday, March 11, 2016  
7-9pm

To register call Kathy at  
732-462-0464, ext. 154  
Register by February 28th.



## AMERICAN GIRL MOVIE NIGHT

Members \$15 Non-Members \$20

Saturday, April 2, 2016  
6:00-8:00 pm  
at the Freehold YMCA

Please bring your American Girl Doll  
to watch "Grace Stirs Up Success"  
on our big movie screen.  
Snacks will be provided.

To register call Jodi at 732-462-0464, ext. 116


## Celebrating 20 Year Members

Friday, March 18th  
2:00 to 4:00pm in the gymnasium  
Music and dancing

RSVP to Kathy at 732-462-0464, ext. 154.  
Refreshments will be provided

## THE READING CAFE BOOK CLUB

Meets the 2nd Friday of  
each month in lobby alcove.



**FREE to our members**

Book Selections are:  
*Aging as Spiritual Practice* by Lewis Richmond  
*In the Unlikely Event* by Judy Blume

## SPRING EGG HUNT

Sunday, March 6th  
9:00-11:00am  
\$5 Members/Non-Members

Contact Jodi, ext. 116,  
for information or to reserve a spot.



**Come meet  
Peter Cotton Tail!**

**FUN • CRAFTS**

## PRETTY PRINCESS MOMMY & ME TEA PARTY



Sunday, March 6, 2016  
2:00-3:30pm

Dress as your favorite princess and decorate cookies,  
create a princess craft, play games and enjoy tea with mommy.  
Cost: \$15

To register call Ashley at 732-462-0464, ext. 114

# TOGETHER WE ALL GET STRONGER

We believe that lasting personal and social change can only come about when we all work together, side-by-side.



# MEMBERSHIP INFORMATION

**CONTACT:** Larry Levine, Director of Member Services, ext. 134, llevine@ymcanj.org

## FACILITY MEMBERSHIP

**NO CONTRACTS. NO PENALTIES FOR CANCELLATIONS.**

Your Facility Membership entitles you to the following amenities:

- **NEW!** 2 for 1 All Access. Facility members have full access to both Freehold and Old Bridge Y branches, including class registration
- **FREE** Unlimited Fitness Classes
- **FREE** Spinning Classes with Keiser Spin Bikes
- **FREE** Towel Service
- **FREE** Babysitting
- **FREE** Racquetball, Pickle Ball, Aikido
- **FREE** Summer Swim Club Membership
- **FREE** Aquatic Fitness Classes
- **FREE** WIFI
- Complimentary Coffee Café
- 3 Heated Indoor Pools, 2 Outdoor Pools
- 75 Piece Cardio/Fitness Equipment
- 15 Station Cybex with FitLinxx technology
- Personal Training Room
- Free Weights
- Separate Adult/Family/Child Locker Rooms
- Whirlpool, Steam Room, Sauna
- Climate Controlled Indoor Track
- Climate Controlled Full Court Basketball Gymnasium
- Climbing Wall
- Sand Volleyball Court

(Please see facility age requirements on next page)

## TWO METHODS OF PAYMENT

1. **Monthly Payment:** Easy electronic bank or credit card draft provides you with continuous membership privileges as long as you want, through payment of a low monthly fee with no interest charges.
2. **Annual Payment:** We accept Visa, Master Card, American Express, Discover, cash or check for any membership paid in full.

## FACILITY MEMBERSHIP FEES

TYPE	MONTHLY FEE
Family*	\$90.00
2 Person Adult (30-61 YRS.)	\$87.00
2 Person Senior (62+ YRS.)	\$76.00
Adult (30-61 YRS.)	\$57.00
Senior (62+ YRS.)	\$42.00
Young Adult (18-29 YRS.)	\$35.00
Teen (14-17 YRS.)	\$27.00
Youth (0-13 YRS.)	\$20.00

**NEW!**  
**"Lite" Membership**  
 Valid for Mon, Wed, Fri workouts  
 12:00-2:30pm Only  
**\$20/month!**

\***FAMILY MEMBERSHIP** consists of 2 adults and dependent children under the age of 23 who are full time students living in the same household.

**Note:** As members age into the next membership type, the monthly draft amount will be adjusted accordingly.

## YOUTH PROGRAM MEMBERSHIP

The Program Membership option is perfect for kids ages 0-13 who only want to take classes. It does not include towel service or use of the facility and its amenities. Program membership fees are non-refundable.

### YOUTH PROGRAM MEMBERSHIP FEES

TYPE	ANNUAL FEE
Youth (0-13 YRS.)	\$ 73.00 per year
Multi-Youth Family (Two or more children 0-13 YRS.)	\$ 145.00 per year

## Download our New Y App



View fitness schedule by day, class and instructor, pool schedules, programs and events. Get push notifications for weather-related facility changes, cancelled classes, pool closings, etc. Available for iOS & Android. **Search YMCA of Western Monmouth**

## MEMBERSHIP DISCOUNTS

Clergy, first aid, active military, police and fire personnel are entitled to a 10% discount on monthly facility membership only, with presentation of proper ID. Only one discount given per membership.

## YCARES FINANCIAL ASSISTANCE

YCares is a confidential financial assistance program that helps those needing support to participate in YMCA programs and services. Our annual Strong Kids Campaign and special events fund the YCares Financial assistance program.

## ANNUAL CAMPAIGN

Each year YMCAs across the country embark the Annual Support Campaign to support the YCares Financial Assistance Program. To support this cause, the YMCA of Western Monmouth County has designated May as our "Month of Caring". The funds raised through this campaign will enable us to continue to provide quality programs and services to those who cannot afford to pay our board approved fees through our YCares Financial Assistance Program. We welcome donations year round and ask you to please consider a contribution to this very worthwhile cause.

# FOR YOUR INFORMATION

## MEMBERSHIP CARDS

Membership cards are not transferable. If a card is lost, a \$5.00 fee will be charged to replace it. Membership cards **MUST** be scanned upon entering the facility.

## FACILITY AGE REQUIREMENTS

- GYM** 2-8 YRS. with parent.  
9 YRS. without parent.
- TRACK** 5-8 YRS. are permitted with parent. Children 9+ YRS. are permitted without a parent.
- POOL** See Youth Water Safety Policy Page 3.
- ADULT SPA** 18 YRS. + (Cobb Pool)
- OPEN SPA** All children under 9 must be accompanied by an adult (Cobb Pool)
- COED WELLNESS CENTER**  
14 YRS. with an introduction by an instructor.
- YOUTH WELLNESS CENTER**  
9-13 YRS. old.
- RACQUETBALL COURTS**  
Under 14 YRS. must be accompanied by a parent.
- ADULT LOCKER ROOMS**  
18+ YRS.

## LOCKER ROOMS

Adult Locker Rooms are for Facility Members ages 18 & over. Lockers are for daily use only. Please bring your own lock for securing your belongings and remove this each day. The YMCA is not responsible for any lost or stolen items. **Children ages 7 and older must use gender specific boys or girls locker rooms. Family changing rooms are also available.**

Lockers are available for annual rental for an additional fee in the Men's and Women's Adult Locker Rooms.

Courtesy Lockers, located in the lobby, are the perfect place to safeguard your keys, wallet or cell phone while you enjoy your visit.

## CONDUCT CODE

All individuals are accepted into YMCA activities, programs and facilities based on their agreement to abide by the rules and regulations of the association. Anyone who does not abide by the rules or who behaves in an inappropriate manner may be suspended, or expelled upon approval of the YMCA Executive Staff.

## GUEST PASSES

Guest passes may be purchased by any facility member to bring a friend as a courtesy. A proper I.D. will be required. Guests must be accompanied by a member. Limit 1 guest per member.

## GUEST FEES:

Adults (30-61 YRS.)	\$15
Young Adults (18-29 YRS.)	\$12
Seniors (62+ YRS.)	\$10
Youth (14-17 YRS.)	\$9
Youth (0-13 YRS.)	\$7

## EMERGENCY CLOSINGS

When the YMCA is closed due to inclement weather, an emergency, a delayed opening or an early closing, please refer to our website for updated information.

## EMERGENCY PHONE

In the event of an emergency and our phones become disabled, we can be reached at 732-803-9983.

## YMCA GIFT CARDS ARE GREAT FOR ANY OCCASION

Available at the YMCA. A perfect year round gift idea for birthdays, holidays, etc. Visit our Welcome Desk for more information.

## PROGRAM CANCELLATION & CHANGES

The YMCA reserves the right to cancel a class and to make schedule changes and fee changes when necessary.

## RETURN CHECK FEE

Returned checks and returned membership or child care drafts will incur a \$25 "return fee".

## SWITCHING CLASSES

After a member has registered for a specific class and wishes to switch classes, a \$10 processing fee will be charged. If the switch is due to an aquatic class promotion, there will be no charge.

## CREDITS/REFUNDS

No refunds will be issued after classes start. Credits will be issued after classes start only when accompanied by a doctor's note. The YMCA reserves the right to cancel programs and credits will be issued accordingly. If credit is requested prior to the start of a class, full credit will be given toward a later program. Credits may be used toward programs, membership or merchandise. Credits are valid for one year from date of issue. Please allow 3 weeks for credits or refunds to be processed.

**New Members come and meet the staff and ask questions.**

Tuesday, March 8, 7pm

Thursday, March 24, 11am

Tuesday, April 5, 7pm

Thursday, April 21, 11am

## KIDS CLUB BABYSITTING (Ages 6 weeks - 11 years)

Due to the overwhelming popularity, babysitting is on a first come first served basis. Spaces are limited.

**FREE FOR FACILITY MEMBERS.**

**FOR PROGRAM MEMBERS:**

Babysitting Coupons \$6.00 each  
Sheets of 8 Coupons \$45.00

## HOURS:

M-F 8:00am-2:00pm, 4:00pm-8:15pm

Sat/Sun 8:00am-1:00pm

Maximum Capacity: 25 Children

**PARENTS MUST BE UTILIZING THE YMCA FACILITIES AND/OR PROGRAMS WHILE THEIR CHILDREN USE THE SERVICE. LIMIT: 2 HOURS**

The YMCA reserves the right to cancel babysitting during certain hours. This will be based on demand and usage.





**FOR YOUTH DEVELOPMENT**  
Nurturing the potential of every child and teen.

# WHERE SUMMER HAPPENS

YMCA of Western Monmouth County

## SUMMER CAMPS

### CAMP TOPANEMUS Jun. 27-Aug. 26



- Traditional Day Camps
- Specialty Camps
- Excellent Swim Instruction
- Optional Transportation
- AM & PM Extended Care
- 3, 4, 5 days per week
- Choice of electives

**OPEN HOUSE DATES**  
Sat, Mar 12, 10:00-12:30pm  
Sat, Apr 16, 10:00-12:30pm  
Sat, May 21, 10:00-12:30pm  
Tues, Jun 7, 5:30-7:00pm

380 Monmouth Rd., Millstone, NJ • 732-294-7727 • [www.ymcanj.org](http://www.ymcanj.org)

### FREEHOLD BRANCH DAY CAMPS Jun. 20-Aug. 26

**SWIM/MULTI  
SPORT CAMP**  
Ages 6-14

**JUNIOR KIDDIE KAMP**  
Ages 2-3

**KIDDIE KAMP**  
Ages 3-5  
**NEW!** New Hours,  
Lower Rates,  
Creative Cooking Program  
& Lunch Options Available



**OPEN HOUSE DATES**  
Wed., Feb. 24  
3:00-5:00pm  
Sun., Mar. 6  
12:00-2:00pm  
Tues., Apr. 12  
4:00-6:00pm

**Many Options to Choose From!**

470 East Freehold Rd., Freehold, NJ 07728 • 732-462-0464 • [www.ymcanj.org](http://www.ymcanj.org)

### OLD BRIDGE Y DAY CAMP Jun. 20-Aug. 26

Ages 4 to 15 Years

Full & Half Day Options

1, 2, 3, 4, or 5 Day Sessions and Lunch Option available  
AM & PM Extended Care

**NEW!** CIT Program, 14-15 yrs. old

**NEW!** Weekly trip to Camp Topanemus, 7-13 yrs. old

- Swim Lessons
- Recreational Swim
- Fitness Fun
- Sports/Games
- Weekly Themes
- Science/Nature
- Arts & Crafts
- and so much more!



1 Mannino Park Drive, Old Bridge, NJ 08857 • 732-727-0704 • [www.ymcanj.org](http://www.ymcanj.org)

# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## CHILD CARE ENRICHMENT CENTER

State Licensed State-of-the-Art Facility

2015-2016 School Year



**PHILOSOPHY** You're entrusting us to care for this most important person in your life. We believe that during a child's formative years, nothing is more important than experiencing a wide variety of enriching activities in a warm, safe and loving environment. Our state licensed childcare program has been carefully designed to provide your child with the best possible learning opportunities. We are committed to developing each individual child's physical, social, intellectual and emotional growth.

**REFER A FRIEND**  
and receive a \$75 credit  
towards tuition.  
Contact Ashley, ext. 114  
or Robin, ext. 103  
for details.

### CLASSROOMS

Year-round September – August  
Full Day 7:00 am–6:30 pm  
Half Day 5 hours or less • 15% sibling discount

Register by  
May 31 and  
receive 10% off  
your first month's  
tuition!

All classes will enjoy using four brand new, state-of-the-art  
Mac Laptops with age-appropriate software to  
engage learning and enhance computer skills.

#### INFANTS

(6 WKS.-15 MTHS.)

Our INFANT room provides individualized attention in a "home away from home" environment that is safe, clean and secure. Warm, nurturing YMCA staff works with you to create a partnership in caring for your very special baby.

#### WADDLERS (15-27 MTHS.)

Our WADDLERS room provides a comfortable, nurturing and stimulating environment for our young toddlers to transition from the individual schedules of the infant room, to a loosely structured, flexible setting. Our Waddlers program has all the comforts of the infant room while encouraging individual growth, curiosity and independence.

#### TODDLERS (27 MTHS.-3 YRS.)

Our TODDLER room provides a world of hands-on learning and play. Through a structured, yet flexible routine, children are encouraged to explore, try new things, and make new friends. Your child is introduced to feeding, dressing and potty-training. Students in this room also enjoy learning a variety of sign language skills.

#### PRESCHOOL (3-4 YRS.)

Planned around weekly themes, our PRESCHOOL program emphasizes age-appropriate, hands-on projects, activities and learning centers. As a reinforcement to our curriculum, children will be introduced to lessons on the computer. To enhance your child's gross motor skills, gym time, fitness class, swimming lessons, music class and outdoor play are part of our program.

#### PRE-K (4-5 YRS.)

Our PRE-K class is a readiness program designed to give your child the foundation necessary for a successful transition to kindergarten. We offer a curriculum that expands upon the fundamentals while incorporating skills necessary for future academic achievement. The students will continue to enjoy music, gym time, fitness class, swimming lessons and outdoor play.

	2 DAY		3 DAY		4 DAY		5 DAY	
	HALF	FULL	HALF	FULL	HALF	FULL	HALF	FULL
INFANTS	\$610	\$810	\$695	\$910	\$750	\$1010	\$850	\$1110
WADDLERS	\$560	\$760	\$650	\$860	\$735	\$985	\$810	\$1070
TODDLERS	\$510	\$710	\$600	\$835	\$700	\$960	\$785	\$1035
PRESCHOOL	\$410	\$525	\$520	\$695	\$620	\$860	\$710	\$935
PRE-K	\$410	\$525	\$520	\$695	\$620	\$860	\$710	\$935

**Our Spanish Language Adventure Program has been incorporated into our curriculum.**

We know now that studying a second language offers surprising benefits to children. Research has demonstrated improved ability to communicate, better cognitive development, richer cultural awareness and gives them a competitive edge in future endeavors.

For questions or to schedule a tour please call Ashley Yurcin Ext. 114 or Robin Harrington Ext. 103

# FOR YOUTH DEVELOPMENT

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## PRESCHOOL CLASSES

### MUNCHKINS ON THE MOVE

(12-24 MTHS. w/parent)

FAC \$65 PRO \$80

Movement Education class designed to enhance the natural curiosity of the young child. Aided by their parents, toddlers learn educational songs and develop a variety of motor skills.

Tuesday 9:30-10:15am

Friday 10:30-11:15am

### GYM & SWIM

FAC \$85 PRO \$100

Well-rounded age appropriate movement education program. Children will be escorted to the Instructional Pool for swimming instruction.

2 YRS. with parent

Friday 9:30-11:00am

3-5 YRS.

Tuesday 11:00am-12:30pm

Friday 12:30-2:00pm

### KIDDIE KAPERS

(2-3 YRS. with parent)

FAC \$85 PRO \$100

Enhance large and fine motor skills in a fun-filled environment including gym activities and a variety of craft projects. Please bring a snack!

Wednesday 10:30am-12:00pm

### PRE-SCHOOL TAEKWONDO

(3-5 YRS.)

FAC \$70 PRO \$85

Traditional program designed to enhance fitness while teaching basic skills and developing discipline, confidence and self esteem.

Saturday 9:30-10:15am

### MINI MACS (3-5 YRS.)

FAC \$65 PRO \$80

Children will explore technology by utilizing our brand new Mac laptops and discovering fun and educational websites.

Tuesday 2:00-2:45pm



Contact Ashley Yurcisin, ext. 114  
or Robin Harrington, ext. 103.

## BECAUSE LEARNING DOESN'T STOP AFTER SCHOOL SCHOOL AGE CHILD CARE



### State Licensed School Age Child Care:

**HOURS:** AM hours from 7:00 am until school begins. Call for PM hours for your school district. Program closed on snow days.

**LOCATION:** Held in elementary schools in Freehold Township, Freehold Boro, Manalapan and Millstone.

**REGISTRATION:** Registration packets are available at the YMCA.

Applications are accepted year-round. Please allow 3 business days for processing.

**TUITION:** Tuition is paid via automatic bank draft. Half days are included! Fees are based on the school calendar of 183 days divided into 10 equal monthly payments.

Call Helene, ext. 155 for info.

### KIDS DAY OUT

March 28th - April 1st  
Members \$60/day  
Non Members: \$70/day

Registration packets  
are available at the Y  
and online.

# FOR YOUTH DEVELOPMENT

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## AQUATICS

**CONTACT:** Leah Salto, Aquatic Director, Ext. 170  
Gerard England, Program Director, Ext. 148  
Jayne Pappalardo, Aquatic Director, Ext. 121  
Allison Luttrell, Program Coordinator, Ext. 178

### PARENT/CHILD PRESCHOOL SWIM LESSONS

Lessons are 30 min. in length. (All held in Instr. Pool unless otherwise noted)

- To adjust parent/child to water
- To develop the ability to enter/exit water
- To develop the child's breath control, balance and locomotion
- To enjoy the group environment and network with other parents
- To understand the issues of health and safety for parent and child around water

### SHRIMP & KIPPER (6-18 MTHS.)

This program introduces children to the world of swimming. Through song, games & fun, parent and child will be introduced to water adjustment and swimming. All infants must wear rubber pants or "swim-pants."

Monday, Thur. 10:30  
Saturday 9:45

### INIA & PERCH (1½-3 YRS.)

With parent, children are introduced to swimming skills. Skills introduced are kicking, paddling, floating and fun. Songs and games assist the learning process.

Monday 11:00  
Tue., Thu. 10:00  
Wed. 10:30  
Saturday 10:15

### JELLYFISH (2½-5 YRS.)

For children who are reluctant to take swim lessons without a parent or guardian. Spend quality time and share in the experience of learning to swim. Parent or guardian will work with a swim instructor teaching the child to work towards our Pike lessons. Including putting face in water, swim without assistance and being safe in and around water.

Thursday 11:00  
Friday 11:30  
Saturday 10:45

### PRESCHOOL SWIM LESSONS (3-5 YRS. at time of registration) Lessons are 30 min. in length.

#### PIKE

(all in Instr. Pool)

This class is for the reluctant or fearful child who has no experience in a swim program.

Goals:

- To understand basic pool rules.
- To know personal safety and basic boating safety.
- To adjust to group situations and explore the environment.
- To put face in water and comfortably submerge.
- To paddle 10 yards front and back with floatation device and 5 feet without.
- To jump in the pool and return to the side with assistance.

Monday 10:00, 4:00, 5:45  
Tuesday 9:30, 11:30, 4:30, 5:45  
Wednesday 10:00, 3:45, 6:15, 6:45  
Thursday 9:30, 4:15, 6:00  
Friday 9:30, 1:00, 4:00  
Saturday 8:15, 8:45, 11:15

#### EEL

(all in Instr. Pool)

The child must be comfortable with their face in the water, submerging under the water, be able to paddle 10 yards front with a floatation device and 5 feet without. This class is taught with a floatation device.

Goals:

- To understand basic pool rules.
- To practice personal safety and basic boating safety.
- To paddle 5 yards with a bubble performing rhythmic breathing.
- To paddle 5 yards front and back without a bubble.
- To jump in without a float and return to the side without assistance.

Monday 9:30, 4:30, 5:45  
Tuesday 11:00, 4:00, 6:15  
Wednesday 9:30, 6:15, 6:45  
Thursday 11:30, 3:45, 6:00  
Friday 10:00, 1:30, 3:30, 4:00  
Saturday 8:15, 9:15, 11:45

### SWIM LESSON PRICES

	FAC	PRO
30 min.	\$76	\$90
45 min.	\$90	\$105
Pre Team	\$100	\$115

#### RAY

(D=Dittmar Pool, I=Instr. Pool)

Child must be able to swim 5 yards on the front with rhythmic breathing and do rudimentary backstroke. This class is taught without a floatation device.

Goals:

- To do rhythmic breathing on the front and backstroke for 15 yards.
- To know 4 diving safety rules and recognize dangerous diving situations.
- To perform a standing dive from the side of the pool.
- To perform basic reaching rescue from the side of the pool.
- To tread water for 10 seconds.
- To practice personal safety and basic boating safety.

Monday 6:15 I  
Tuesday 10:30 I  
Wednesday 5:45 I  
Thursday 10:30 D, 5:30 I  
Friday 4:30 I  
Saturday 9:00 D

#### STARFISH

(D=Dittmar Pool, I=Instr. Pool)

Child must be able to swim 15 yards on the front with rudimentary side breathing and do basic backstroke. This class is taught without a floatation device.

Goals:

- To do rotary breathing for 15 yards.
- To do a somersault.
- To dive from side of the pool.
- To tread water for 10 seconds.
- To practice personal safety and basic boating safety.

Monday 6:15 I  
Wednesday 5:45 I  
Thursday 5:30 I  
Friday 4:30 I  
Saturday 9:00 D



# FOR YOUTH DEVELOPMENT

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## YOUTH BEGINNER SWIM LESSONS

6+ YRS. at time or registration. Lessons are 45 min. in length.

Pool Key: D=Dittmar / I=Instructional

### POLLIWOG (6-12 YRS.)

Beginning level for 6-12 years old, students in this class may wear a floatation device.

Goals:

- To know pool and class rules.
- To swim 5 yards of freestyle without floatation with rhythmic breathing.
- To swim 5 yards of backstroke without floatation.
- To front and back float for 10 seconds.
- To know the basics of water safety and basic boating safety.

Monday 6:45 I

Tuesday 5:00 I

Wednesday 4:15 I, 5:00 I

Thursday 6:30 I

Friday 5:00 I

Sat 9:30 D, 10:15 D, 11:00 D, 12:15 I

### SWIMMING NOTES

If you have been out of swim lessons for a session or you're not sure which level to register your child? Email Jodi at [jpelano@ymcanj.org](mailto:jpelano@ymcanj.org).

Children under the age of 3 and any child not toilet trained must wear a swim diaper as well as plastic pants with tight fitting elastic at the waist and legs.

**Class Level:** Please be careful in selecting your child's swim level class. Class changes may not be possible once the session begins since classes fill quickly.

**Minimum Enrollment:** Classes that do not meet a minimum enrollment will be cancelled and you will be offered an alternate class if available.

**Waiting List:** A waiting list is kept when there is not enough class availability. We work very hard to add classes to provide space for our members.

Please sit quietly during lessons. If you have a question or concern, please do not speak to instructors during lessons. Email Jodi at [jpelano@ymcanj.org](mailto:jpelano@ymcanj.org).

We reserve the right to move children to a different level.

### GUPPY (6+ YRS.)

To enter the class the child must swim 5 yards with rhythmic breathing without a floatation belt and 5 yards of backstroke without a belt. This class is taught without the use of a floatation device.

Goals:

- To swim 25 yards of front crawl with rudimentary breathing and 25 yards of backstroke.
- To perform a standing dive from the side of the pool and jump from the starting block.
- To tread water for one minute.
- To perform basic reaching and throwing water rescues.
- To practice personal safety and basic boating safety.
- To choose a lifejacket, put it on and swim 25 yards on the front and back.

Monday 5:00 I

Tuesday 4:15 D, 6:45 I

Wednesday 4:15 D

Thursday 4:15 D, 7:15 I

Friday 4:15 D, 5:45 I

Saturday 9:30 D, 10:15 D, 11:00 D, 1:00 I

### MINNOW (6+ YRS.)

The child must swim 25 yards of front crawl with rudimentary rotary breathing and 25 yards of backstroke, and be able to dive off of the side of the pool.

Goals:

- To swim 25 yards of front crawl with bilateral breathing and 25 yards of backstroke.
- To dive off of the side of the pool.
- To perform butterfly kick for 15 yards.
- To perform a surface dive.
- To swim 25 yards rudimentary breaststroke
- To perform water rescues.
- To tread water for 1 minute.
- To practice personal safety and basic boating safety.
- To choose a lifejacket, put it on and swim 25 yards on the front and back.

Tue, Wed, Thu, Fri 4:15 D

Saturday 9:30 D, 10:15 D, 11:00 D

### YOUTH WATER SAFETY: POLICIES AND PROCEDURES

As a leading non-profit organization focused on youth development, healthy living and social responsibility, the Freehold YMCA strives to provide a safe environment for children and their families. Research shows that 75% of beginner-swimmer drowning injuries happen in the shallow end of the pool. Therefore, we will be performing MANDATORY swim tests for all children (members and guests) under the age of 14.

#### WHAT ARE THE AGE GUIDELINES FOR CHILDREN?

- Ages 9 and under: A parent or guardian, 18 years or older, must be on the pool deck AT ALL TIMES.
- IF ANY CHILD REQUIRES A FLOTATION DEVICE, AN ADULT 18 YEARS OR OLDER MUST BE IN THE WATER WITHIN ARMS REACH AT ALL TIMES.

#### SWIM TEST POLICY

All swimmers under the age of 14 must complete a swim test before being allowed access to the swimming pool.

The swim test consists of:

- Jumping into the deep end of the pool
- Treading water for 30 seconds
- Swimming the length of the deep end

\*All swim tests will be administered by a certified lifeguard and it is at their discretion whether or not child passes or fails.\*

#### SWIM BAND POLICIES

##### RED BAND (UNABLE TO PASS SWIM TEST)

- Swimmers who do not meet the height requirement, must stay in the SHALLOW END pool area.
- If child requires a flotation device, he or she must be accompanied by an adult 18 years or older in the water at all times. (Children that do not have an adult 18 years or older in the water will not be permitted to swim.)

##### YELLOW BAND (UNABLE TO PASS SWIM TEST)

- Swimmers must stay in the SHALLOW END pool area.
- This is for children that are unable to pass the swim test, but do NOT require a flotation device to swim.

##### GREEN BAND (ABLE TO PASS SWIM TEST)

- Swimmers are able to swim in all accessible pool areas.

**CONTACT:** Leah Salto, Aquatic Director, Ext. 170  
Gerard England, Program Director, Ext. 148  
Jayne Pappalardo, Aquatic Director, Ext. 121  
Allison Luttrell, Program Coordinator, Ext. 178

# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

**CONTACT:** Leah Salto, Aquatic Director, Ext. 170, Gerard England, Program Director, Ext. 148,  
Jayne Pappalardo, Aquatic Director, Ext. 121, Allison Luttrell, Program Coordinator, Ext. 178

## YOUTH INTERMEDIATE & ADVANCED SWIM LESSONS (6+ YRS.)

Lessons are 45 min. in length. **All are held in Dittmar Pool**

### FISH (6+ YRS.)

The child must swim 25 yards with bilateral breathing and 25 yards of backstroke, dive off of the side, and do rudimentary breast stroke and butterfly.

Goals:

- To swim 50 yards of front and back crawl with open turns.
- To swim 50 yards of breaststroke.
- To kick 15 yards of butterfly.
- To perform a rudimentary flip turn and to work on a competitive dive from starting block.
- To understand basic first aid.
- To perform advanced water rescues.
- To tread water for 3 minutes.

Tuesday 4:15  
Wednesday 4:15  
Thursday 4:15  
Friday 4:15  
Saturday 9:30, 10:15, 11:00

### FLYING FISH (6+ YRS.)

The child must swim 50 yards of front and back crawl with open turns, swim 50 yards of breaststroke and kick 15 yards of butterfly.

Goals:

- To swim 100 yards of front and back crawl and to perform a flip turn.
- To swim 100 yards of breaststroke and swim 25 yards of butterfly.
- To work on a competitive dive.
- To understand backyard pool safety.
- To tread water for 5 minutes and treat cramps in the water.

Tue, Wed, Thu, Fri 4:15  
Saturday 9:30, 10:15, 11:00

### SHARK (6+ YRS.)

The child must swim 100 yards front and back crawl, perform a flip turn, swim 100 yards of breaststroke and 25 yards of butterfly.

Goals:

- To swim 100 yards of front and back crawl with flip turns, 100 yards of breaststroke and 50 yards of butterfly maintaining good technique.
- To perform starts and turns for all 4 competitive strokes.
- To perform the Help position for 5 minutes, and to understand how to treat heat and cold disorders and how to perform an ice rescue.

Tue, Wed, Thu, Fri 4:15  
Saturday 9:30, 10:15, 11:00

### YASNAC (Ages 13 and up) Instr. Pool

Young adults special needs aqua cardio class. A weekly shallow water class with activities such as aqua zumba, kickboxing, calisthenics and fun. NO FEE for Facility Members.

Friday 6:30-7:30

### PRE-TEAM

Monday FAC \$100 PRO \$115

This class is for the student who can perform the Flying Fish and Shark goals and is interested in preparing for competitive swimming. The course will focus on the continuing development of all 45 competitive strokes, starts, turns and competitive training techniques.

Monday 4:00-5:00  
Saturday 11:45-12:45

## SWIM LESSON PRICES

	FAC	PRO
30 min.	\$76	\$90
45 min.	\$90	\$105
Pre Team	\$100	\$115

## PRIVATE SWIM LESSONS

(5+ YRS.)

30 min. lesson

**\$35 Private \$55 Semi-Private**

Must have membership. Please email name of swimmer, age, level, days available with 3 optional time requests. Please note times are only scheduled when instructors and pool space are available. Contact lsalto@ymcanj.org.



## MAKE-UP POLICY:

Make ups for swim lessons will be offered only if space is available. Credits or refunds will not be offered if a make up class is not available. Make ups must be completed within the same session. To schedule a make up email lsalto@ymcanj.org and include child's name and the day/time/name of class enrolled in. We only offer make ups in week 3, 4, 5, 6 and 7. Some classes need extra attention and may not accommodate a make up. We appreciate your understanding and cooperation. All credits or refunds must be accompanied by a doctors note.

## POOL INCLEMENT WEATHER POLICY



At the Freehold Y the safety of members, program participants and staff is our highest priority. Therefore, in the event of thunder & lightning, pool activity will be suspended and the pool and pool deck will be evacuated until 30 minutes after the last sign of thunder & lightning.

# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## Y COMPETITIVE AQUATICS SPRING CLINIC

April 18—June 17

### TRYOUTS FOR NEW-FOBY SWIMMERS

#### Freehold

March 22  
8 & under 5:00pm  
9 & 10 5:30pm  
11/12+ 6:15pm  
13+ 7:00pm  
March 23  
13+ 5:00pm  
11/12 5:45pm  
9/10 6:30pm  
8 & under 7:00pm

#### Old Bridge

March 24  
8 & under 5:00pm  
9/10 5:30pm  
11/12 6:15pm  
13+ 7:00pm  
March 25  
13+ 5:00pm  
11/12 5:45pm  
9/10 6:30pm  
8 & under 7:00pm

#### Freehold Branch

Mon. 6:00-7:00pm  
Fri. 5:00-5:45pm

Mon. 5:00-6:00pm  
Fri. 5:45-7:00pm

Wed. 5:00-6:15pm  
Fri. 7:00-8:00pm

Tues. 6:15-7:30pm  
Thurs. 6:15-7:30pm

Tues. 5:00-6:15pm  
Thurs. 5:00-6:15pm

Tues. 7:30-9:00pm  
Wed. 6:15-7:45pm  
Fri. 8:00-9:15pm

Mon. 7:00-9:00pm  
Thurs. 7:30-9:15pm

**RED GROUP**  
\$194  
**ORANGE GROUP**  
\$227  
**GREEN GROUP**  
\$227  
**WHITE GROUP**  
\$272  
**BLUE GROUP**  
\$272  
**BLACK GROUP**  
\$324  
**GOLD/SILVER**  
\$348

#### Old Bridge Branch

Tue. 4:15-5:00pm  
Thurs. 4:15-5:15pm

Tue. 5:00-6:15pm  
Thurs. 6:15-7:15pm

Tues. 6:15-7:30pm  
Thurs. 5:15-6:15pm

Mon./Wed./Fri.  
5:30-6:45pm

Mon./Wed./Fri.  
4:15-5:30pm

Mon. 6:45-8:15pm  
Thurs. 7:15-8:45pm

Tues. 7:30-9:15pm  
Wed. 6:45-8:45pm  
Fri. 6:45-8:45pm

For further information, contact: Steve Smith,  
ssmith@ymcanj.org or Heather Grieb, hgrieb@ymcanj.org



## DON'T MISS HEALTHY KIDS DAY!

Saturday, April 16th, 10am-2pm  
at Camp Topanemus

Open to the community



## FRESH FUTURE

Weight Management Program for Children & Adolescents by a Board Certified Physician.

Meet Dr. Jill Sharon who has been helping children achieve their weight goals for the past 10 years.

**Dr. Sharon will be at  
the Freehold YMCA on  
Feb. 22, 9:00 - 11:00 am and  
Feb. 23, 4:00 - 6:00 pm**

732-409-1446





# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## SPORTS

### AIKIDO (16+ YRS.)

Free for Facility Members

Tuesdays or Thursdays 7:30-9:30pm

### OPEN PICKLE BALL

Free for Facility Members

½ Gym

Monday 8:00am-10:00am

Tues, Thurs, Fri 8:00am-1:00pm

Wed 10:30am-1:00pm



### BIDDIE BASKETBALL (3-4 YRS.)

FAC \$35 PRO \$49

Learn basic basketball skills - shooting, dribbling and passing as well as teamwork.

Tues. 4:15-5:00pm

Wed. 3:15-4:00pm

### BIDDIE SOCCER (3-4 YRS.)

FAC \$35 PRO \$49

Learn soccer fundamentals - kicking, passing and teamwork.

Tues. 3:30-4:15pm

Thurs. 3:15-4:00pm

### KIDDIE BASKETBALL (5-6 YRS.)

FAC \$39 PRO \$53

Learn the fundamentals of the game. Emphasis on ball handling and teamwork.

Wed. 4:00-5:00pm

### KIDDIE SOCCER (5-6 YRS.)

FAC \$39 PRO \$53

Learn and develop your soccer skills and ball handling.

Thurs. 5:00-6:00pm

### YOUTH BASKETBALL (7-9 YRS.)

FAC \$39 PRO \$53

Develop and enhance your skills and teamwork.

Wed. 6:00-7:00pm

### YOUTH SELF DEFENSE KARATE & SAFETY AWARENESS (5-15 YRS.)

Only \$8 per lesson - pay as you go!

Classes are Saturdays

Call 732-396-3371 or visit our website for further information.

### PRIVATE BASKETBALL INSTRUCTION

\$35 per lesson

Players will work on shooting form, ball-handling, footwork and much more. Workouts are customized to each player to target specific areas for improvement. Contact Gerard England, program director at ext. 148 for more information.

### NEW!

### YOUTH WELLNESS CENTER

(9-13 YRS.)

Specially designed cardio equipment for kids ages 9-13 yrs. old.



Mon.-Fri. 4:00-8:00pm

Sat. & Sun. 9:30am-1:30pm

Parents must remain in the building at all times, 1 hour limit.

### NEW CLASSES!

### YOUTH DODGEBALL

(7-12 YRS.)

FAC \$39 PRO \$53

Students will be learning and participating in several variations of the classic dodgeball. Safe, foam balls will be used, stressing agility, accuracy and speed. Students will be engaged and exercising while having fun and learning basic skills such as throwing and catching.

Tuesday 5:00-6:00pm

Wednesday 5:00-6:00pm

### KIDDIE TEE BALL

(5-6 YRS.)

FAC \$39 PRO \$53

Introduction to tee ball. Learn and develop the basic skills and teamwork.

Wednesday 5:15-6:15pm

### YOUTH VOLLEYBALL

FAC \$39 PRO \$53

Instruction will focus on the development of skills in passing, setting, hitting and serving. Players will improve their court awareness by learning the basic concepts of running an offense and defense. Players will be exposed to individual drills as well as team play.

Tuesday 6:00-7:00pm

Thursday 6:00-7:00pm



### FREE! Introduction to Dance Korner:

Thursday, Feb. 25 at 3:00 (21 MTHS./2/3 YRS.) and 3:30 (4/5 YRS.) in Studio 2. Contact Ashley, ext. 114 or Robin, ext. 103 for information.

5%  
Discount  
for Y  
Members

### NEW! BABY BALLET

(2.5-3 YRS.)

\$95

A unique introductory program designed to enhance rhythm skills and coordination.

Thursday 3:00-3:30  
Studio 2

### NEW! BABY JAZZ

(4-5 YRS.)

\$95

An introduction to jazz movements that are appropriate for this age level.

Thursday 3:30-4:00  
Studio 2

### NEW! HIP HOP BOP

(5-7 YRS.)

\$117

Dance Korner is bringing the exciting world of dance to your child at the Y.

Thursday 4:00-4:45  
Studio 1



## FITNESS CLASSES ARE FREE TO FACILITY MEMBERS

Fitness classes are on a first come, first serve basis. No registration is necessary. Please come to class 15 minutes early and sign in. Please bring water bottles to class.

Please visit our website for the most current class schedule. Copies also available at the Welcome Desk.

## YOGA, SPIRITUAL & PERSONAL ENHANCEMENT

CLASSES ARE RATED ON AN INTENSITY LEVEL OF 1 TO 5. 1 BEING THE LEAST INTENSE.

### BEGINNER TAI-CHI 1

Learn the basic moves and gentle flowing positions of Tai-Chi.

### BODY AND MIND WORKOUT 2

Learn the perfect exercises to develop balance and breathing techniques, feelings of health, strength and well being while increasing the body's energy (CHI). Let us help you feel healthy and lift your spirits.

### BEGINNER YOGA 1

Geared towards the beginner or anyone looking to refine their practice. You will move slowly & mindfully with the focus on breath and alignment. May include props such as straps, blocks and the wall.

### HATHA YOGA 2

Introduces Yoga stretching exercises designed to strengthen, relax and revitalize the mind, body and spirit. Various poses and breathing techniques are practiced. This class is suitable for beginner and intermediate students. **Please bring sticky mat to class.**

### MAT PILATES 4

A series of mat exercises using Pilates techniques, improve strength, breathing, flexibility and balance. The perfect compliment to all forms of exercise. **Please bring sticky mat to class.**

### BEGINNER MAT PILATES 5

Gentle stretching using Pilates techniques. Core strengthening and muscle stabilizing through a series of controlled movements. **Please bring a sticky mat to class.**

### MEDITATION 1

Always wanted to try meditation but don't know how? Join us as we explore a variety of relaxation & nice meditation techniques. Leave class feeling clear, calm and centered.

### TAI-CHI 2

The ancient art of Tai-Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve health. Tai-Chi promotes mental clarity and a healthy body, assists with balance and helps with circulation.

### YOGA 3

This class explores asana alignment, vinyasa flow, proper breathing and deep relaxation. Build core strength, flexibility and balance of mind and body. **Please bring sticky mat to class.**

### YOGA FOR SENIORS 2

A Yoga class that allows participants to do poses on either the floor or a chair and focuses on improving flexibility and coordination, easing joint stiffness and balance for fall prevention. Practice gentle breathing exercises aimed at reducing tension, lowering heart rate and blood pressure.

### YOGA-FLOW 4

This class will build strength, flexibility and balance in body, mind and spirit. Poses are linked with the breath to create a synchronized flow. Suitable for all levels. **Please bring sticky mat to class.**

## SPIN CLASSES

Bikes available on first-come, first-served basis. Water bottles & towels are mandatory. FAC Members are free. No registration necessary. Unlimited Classes.

### ADVANCED SPIN

### FAMILY SPIN RACE PACE

### SPIN 101 - BEGIN SPIN

Learn proper bike set-up and perfect riding techniques while getting a great cardio workout.

### SPIN RACE & PACE

A challenging group cycling class. Highly motivational. This class is designed to burn calories and get you moving.

## SPECIAL EVENTS

### ST. PATRICK'S DAY March 17th

Spinning Green 10:15-11:00 am  
Wear green and receive a free gift

### CROSS OVER TO SPRING April 3rd

Crossfire outside, weather permitting  
8:30-9:30am

### CINCO DE MAYO, May 5th ZUMBA

10:15-11:15am

## PERSONAL TRAINING AT ITS BEST!

The time is right for you to do what is best for you! Personal Training at the YMCA is affordable and easy to get started. Your own personal trainer will help you do what you've always wanted to do.

### STICK TO IT AND GET RESULTS!

The YMCA of Western Monmouth County offers Personal Training to get you into the shape you've always wanted. Our "Personal Fitness Coaches" are certified and ready to work with you. Includes a complete Fitness Evaluation to determine the best program to help you reach your fitness goals.

### 4 Sessions - \$185

Sessions last 45-75 minutes  
Sessions are good for one year from date of purchase. Each member must purchase their own package.

Contact  
Ginny Kowalski,  
Fitness Director  
at 462-0464  
ext. 140



# HEALTH & FITNESS

## FITNESS CLASSES ARE FREE TO FACILITY MEMBERS

Fitness classes are on a first come, first serve basis. No registration is necessary. Please come to class 15 minutes early and sign in. Please bring water bottles to class.

### BARRE 3

Barre is a fun and innovative, ballet/pilates-inspired workout designed to tone, sculpt and reshape your body while increasing flexibility and improving balance. Barre exercises rely mainly upon one's bodyweight for resistance, are low-impact, and the moves challenge your core stability and balance. This class is appropriate for all ages and fitness levels.

### BEGINNER ZUMBA 2

High energy motivating music and unique moves make for a dance theme workout. Zumba is a feel happy Latin based workout that is great for both the body and the mind.

### BODY JAM 4

Serious body toning with and without weights. Great workout for lower and upper body.

### BODY SCULPTING 4

Develop muscle strength and endurance while accentuating overall muscle tone. Various resistance equipment used.

### BOOMER BASICS 2

A gentle yet challenging class for participants looking to start or maintain a fitness regime. Aerobics, strength training, flexibility and abs. Perfect for the beginner or returning exerciser.

### BOXING BOOT CAMP 4

This high-intensity class uses boxing equipment and drills to bring your fitness to its next level.

### BOOT CAMP BODY BOXING 3

Experience different aerobic movements that will elevate your heart rate while using equipment to sculpt and strengthen your muscles.

### BOOT CAMP ABS 4

High intensity ab workout to build and sculpt those hard to train core muscles.

### BOOT CAMP BLAST 4

This high intensity class uses different aerobic movements that will elevate your heart rate while using equipment to sculpt and strengthen your muscles.

### BOOT CAMP FOR TEENS 2 (10-14 YRS.)

This class is formatted to blend strength and stamina training. Class includes light-weights, calisthenics, resistance bands, agility and more.

### BOXING 4

An hour circuit class alternating heavy bag, mitt punching and floor work. Learn technique, gain strength and endurance and get your muscles burning. Great cardio workout. **Bring gloves and/or hand wraps to class.**

### CROSSFIRE 5

Constantly varied functional movements performed at a High Intensity that keeps your heart rate elevated for the entire hour. Class is limited to 15 participants in order for the instructors to coach, spot and teach safely.

### DANCE FITNESS 3

A lively and rhythmic aerobic workout designed to burn calories and improve muscle tone as you dance to music from around the world. Music changes every session.

### DRUMS FOR WELLNESS 2

Seated cognitive thinking class using drum stick patterns. Develop coordination and concentration all while having fun.

### GUTTS & BUTTS 3

Serious toning for those trouble spots - plus upper body work for total body.

### HIGH INTENSITY INTERVAL TRAINING 5

Come train with the champ for some heart pumping, pulse pounding, 60 minutes worth of fat melting, muscle building, sweat popping fun. No excuses.

### INSANITY 5

For participants willing to work hard, drip sweat and ignore that voice saying "this is too hard". This is total body conditioning at its best!

### JOY AEROBICS 2

Come join us for an hour of exercise and dance choreographed to music.

### LET'S GET STARTED 2

A basic exercise class - low impact combining cardio and muscle toning. Great for beginners.

### RESIST-A-BALL 3

Class is designed to teach stabilization and exercise techniques using the resist-a-ball.

### SATURDAY STEP 4

One and a half explosive hours of serious Step Training followed by body sculpting.

### SILVERSNEAKERS 1

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

### SILVERSNEAKERS II CARDIO CIRCUIT 2

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 and ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

### SPECIAL NEEDS ZUMBA 2

Special Needs Young Adults Join the Party! Familiar songs. Easy to follow dance steps and fun.

### STRENGTH TRAINING 3

Strength training for upper and lower body giving special attention to the problem areas.

### STEP-N-SWEAT 3

Step Aerobics at its best! One hour of step taught by step certified instructors.

CLASSES ARE RATED ON AN INTENSITY LEVEL OF 1 TO 5. 1 BEING THE LEAST INTENSE.

### STEP FUSION 5

A great cross-training class that combines step segments with toning exercises to get your body guessing and keep your workout interesting.

### TEEN CONDITIONING 2 (10-14 YRS.)

A super-fun fitness class with sports moves and conditioning exercises.

### TOTAL BODY CONDITIONING 4

Serious body toning with and without weights. Great workout for lower and upper body.

### KICKBOXING 4

Try this cardiovascular challenge complete with sports specific warm-up, bouts of intense intervals, easy to follow combinations, kickboxing specific strength/endurance training. Great workout!

### WARRIOR WORKOUT 4

Warrior Workout is a hard core resistance training using super sets to blast the fat and define the muscles.

### ZUMBA 4

Zumba is a Latin Dance inspired cardio workout. High energy motivating music and unique moves make for a dance theme workout. Burn calories and have fun!

### ZUMBA TONE 3

Zumba music and moves fused with strength training and body sculpting techniques. A calorie-burning blend of rhythms we love and toning we need!

### ZUMBARRE

Zumba is a dance and aerobic workout that combines a motivating fusion of Latin and international as well as 30 min of Barre incorporates fundamental principles of yoga, pilates, isometrics, cardio, and strength training utilizing a ballet barre as a prop for stability.

### BEGIN YOGA 1

Geared towards the beginner, or anyone looking to refine their practice. You will move slowly & mindfully with the focus on breath & alignment. Class may include props such as straps, blocks and the wall.

## FITNESS CLASS PUNCH CARDS

**\$40 for 10 visits.**

Valid for 1 month from date of purchase for group fitness classes only. Does not include babysitting service or full use of facility and/or equipment.

# FOR HEALTHY LIVING

Improving the nation's health and well-being.

**CONTACT:** Leah Salto, Aquatic Director, Ext. 170, Gerard England, Program Director, Ext. 148,  
Jayne Pappalardo, Aquatic Director, Ext. 121, Allison Luttrell, Program Coordinator, Ext. 178

## ADULT LESSONS:

**Joint Effort, Swimnastics, Aqua Zumba,  
Deep Water Workout**  
**FREE**

### AQUA ZUMBA

Class held in shallow end. A high energy dance themed water exercise class.

### JOINT EFFORT

Aquatic exercise program especially designed to help improve muscle strength and flexibility with the aid of the water's buoyancy. Class held in the Cobb Pool. Be our guest and try one class. Call ext. 178.

### SWIMNASTICS

Class held in both shallow and deep end. Low impact aerobic class to improve strength and flexibility through aerobic conditioning.

### DEEP WATER WORKOUT

A high intensity low impact class held mostly in deep water. Must be comfortable with a floatation belt.

### ADULT BEGINNER

**M, W, Sat \$90**

Designed for the adult who has little knowledge of swimming. Content includes water adjustment and basic skill of swimming.

### ADULT INTERMEDIATE

**M, W, Sat \$90**

Designed for the individual who needs work on front crawl, elementary backstroke, back crawl and sidestroke. Endurance swimming, diving and personal safety will be covered. Must be comfortable in the deep end.

## C-Cobb / D-Dittmar / I-Instructional

### MONDAY

Time	Class	Location
8:00-9:00	Joint Effort	C
9:15-10:00	Swimnastics	D
10:15-11:00	Deep Water Workout	D
11:30-12:30	Joint Effort	C
12:30-1:30	Joint Effort	C
7:30-8:15pm	Adult Beginner	I

### TUESDAY

Time	Class	Location
8:45-9:30	Swimnastics	D
9:30-10:15	Aqua Zumba	D

### WEDNESDAY

Time	Class	Location
8:00-9:00	Joint Effort	C
8:30-9:15	Aqua Zumba	D
9:15-10:00	Swimnastics	D
10:15-11:00	Deep Water Workout	D
11:00-11:45	Adult Beginner	I
11:45-12:30	Adult Intermediate	D
11:30-12:30	Joint Effort	C
12:30-1:30	Joint Effort	C
7:30-8:15pm	Adult Beginner	I
7:30-8:15pm	Adult Intermediate	I

### THURSDAY

Time	Class	Location
8:45-9:30	Swimnastics	D
9:30-10:15	Aqua Zumba	D

### FRIDAY

Time	Class	Location
8:00-9:00	Joint Effort	C
9:15-10:00	Swimnastics	D
10:15-11:00	Deep Water Workout	D
11:30-12:30	Joint Effort	C
12:30-1:30	Joint Effort	C

### SATURDAY

Time	Class	Location
7:30-8:15	Adult Beginner	I

## POOL & SWIM CLASS INFORMATION

So as not to disrupt classes, we ask that everyone please wait to enter the pool until their scheduled class begins. We appreciate your cooperation and understanding in our effort to improve upon the quality of our programs. Thank You!

**Lifeguards are on duty for your safety. Please listen to their directions and follow posted safety rules for the enjoyment of all.**

**FAMILY OPEN SWIM** - See Youth Water Safety Policy & Procedures, Page 2.

**YOUTH LAP LANE** - All swimmers must be continuously swimming laps.

**FAMILY SWIM** - For parents and children.

**ADULT SPA** - For adults 18+

**OPEN SPA** - All children need to be accompanied by an adult in the spa.

## RED CROSS LIFEGUARD TRAINING

Pre-Test: April 3rd-12-1pm

Class: April 3, 1pm-6pm

April 10, 12-6pm Water Skills

April 17, 12-6pm CPR (Recert Day 1)

April 24, 12-6pm Water Skills (Recert Day 2)

May 1, 1-6pm LG Final

Fee \$300

FAC Membership 2 months,

14-17 year olds \$80; 18-29 year olds \$90

Must attend all classes

## RED CROSS LIFEGUARD RECERTIFICATION CLASS

Class: April 17 & 24

\$150

No Membership Needed. Must attend all classes.

# ALWAYS HERE FOR YOU!

## ADMINISTRATION

### Cynthia Joy

President/CEO  
cjoy@ymcanj.org Ext. 113

### Michele Born

Director of Endowment  
mborn@ymcanj.org Ext. 125

### Elaine Geiger

V.P. of Childcare and Camp  
egeiger@ymcanj.org Ext. 123

### Sharon Halpin

V.P. of HR and Risk Management  
shalpin@ymcanj.org Ext. 112

### Carol Larres

V.P. of Finance  
clarres@ymcanj.org Ext. 127

### Halla Auyeung

Finance Director  
hauyeung@ymcanj.org Ext. 145

## FREEHOLD BRANCH

### Jodi Pelano

Branch Executive Director  
jpelano@ymcanj.org Ext. 116

## Aquatics

### Gerard England

Program Director  
genland@ymcanj.org Ext. 148

### Leah Salto

Director of Instructional Aquatics  
lsalto@ymcanj.org Ext. 170

### Jayne Pappalardo

Aquatic Director  
jpappalardo@ymcanj.org Ext. 121

### Allison Luttrell

Program Coordinator  
aluttrell@ymcanj.org Ext. 178

### Heather Grieb

FOBY Coach  
hgrieb@ymcanj.org Ext. 119

### Steve Smith

FOBY Coach  
ssmith@ymcanj.org Ext. 117

## Child Care

### Ashley Yurcisin

Child Care Director  
ayurcisin@ymcanj.org Ext. 114

### Megan McVay

Asst. School Age Childcare Director  
mmcay@ymcanj.org Ext. 138

## Health & Wellness

### Ginny Kowalski

Health and Wellness Director  
gkowalski@ymcanj.org Ext. 140

## Member Services

### Larry Levine

Director of Member Services  
llevine@ymcanj.org Ext. 134

## YMCA of Western Monmouth County

470 East Freehold Road  
Freehold, NJ 07728

Phone: (732) 462-0464

Fax: (732) 462-0255

[www.ymcanj.org](http://www.ymcanj.org)

### Hours of Operation:

Mon., Wed., Fri. 5:00am-10:30pm

Tue., Thur. 5:00am-10:00pm

Sat. 6:00am-7:00pm

Sun. 8:00am-6:00pm

**March 27, Easter, Closed**  
**March 28-April 2, No Youth Classes**  
**Modified Fitness/Water Fitness Schedule**

**The basketball gym will be closed**  
**April 22-May 9 for floor resurfacing.**

**Spring 2 Session:**  
**May 2-June 19**  
**Registration: FAC members April 18**  
**PRO members April 25**

**We sincerely thank our  
sponsors for their support!**

**Encon Mechanical Corp.**  
**Spire Group, CPA's & Consultants**  
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