



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FIND WHAT MOVES YOU!

FREEHOLD BRANCH

YMCA of Western Monmouth County

SPRING 1 2017

February 27-April 30

Registration:

FAC Members: February 13, 8am

PRO Members: February 20, 8am

**FAC members may register for Old Bridge
Branch classes in person February 20**

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.



CHILD CARE ENRICHMENT CENTER

State Licensed State-of-the-Art Facility

2016-2017 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
 & receive up to \$150
 credit towards tuition.
 Contact Ashley, ext. 114
 or Robin, ext. 103
 for details.

CLASSROOMS

Year-round September – August
 Hours of Operation 7:00 am-6:30 pm
 Full and Half Day Options Available • 15% sibling discount

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

**BRAND NEW,
 STATE OF
 THE ART
 SMART BOARD!**

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 | \$580 | \$775 | \$670 | \$875 | \$755 | \$1000 | \$830 | \$1085 |
| TODDLERS | \$530 | \$725 | \$620 | \$850 | \$720 | \$975 | \$805 | \$1050 |
| PRESCHOOL | \$430 | \$540 | \$540 | \$710 | \$640 | \$875 | \$730 | \$950 |
| PRE-K | \$430 | \$540 | \$540 | \$710 | \$640 | \$875 | \$730 | \$950 |

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

SCHOOL AGE CHILD CARE

BECAUSE LEARNING DOESN'T STOP AFTER SCHOOL

ENROLL TODAY!

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 or online. Applications are accepted year-round.

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
 April 10-13,
 April 17.
 Applications are available online or at the front desk!



FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

AQUATICS **No Classes April 10-15**

CONTACT:

Leah Salto, Aquatic Director, Ext. 170
Jayne Pappalardo, Aquatic Director, Ext. 121

SWIM LESSON PRICES

8 Week Session

| | FAC | PRO |
|---------|-------|-------|
| 30 Min. | \$80 | \$94 |
| 45 Min. | \$94 | \$110 |
| 60 Min. | \$102 | \$116 |



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 "swimpers."

Monday 9:30
Thursday 11:00
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.

Tuesday 11:30
Friday 11:30
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 11:30
Saturday 10:45, 1:45

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

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

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 5:45 I
Tuesday 9:30 I
Wednesday 5:45 I
Thursday 10:00 I, 6:30 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 5:45 I
Wednesday 5:45 I
Thursday 6:30 I
Saturday 9:00 D

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

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 4:30 I

Tuesday 5:00 I

Wednesday 4:15 I

Thursday 7:00 I

Friday 5:00 I

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

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 6:15 I

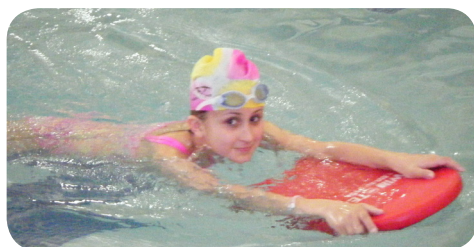
Tuesday 4:15 D, 6:45 I

Wednesday 4:15 D, 5:00 I

Thursday 4:15 D, 7:45 I

Friday 4:15 D, 5:45 I

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



No Classes April 10-15

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. 4:15 D

Friday 4:15 D

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

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 Leah at lsalto@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 Leah at lsalto@ymcanj.org.

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

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.

GREEN BAND (ABLE TO PASS SWIM TEST)

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

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

No Classes April 10-15

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.

Tue, Wed, Thu, Fri 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 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

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

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.

SWIM LESSON PRICES

8 Week Session

| | FAC | PRO |
|---------|-------|-------|
| 30 Min. | \$80 | \$94 |
| 45 Min. | \$94 | \$110 |
| 60 Min. | \$102 | \$116 |

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.

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. Make-ups are not offered on week 1, 2 or the last week of the session. 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.

the Y YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM / MULTI-SPORT CAMP
@Freehold YMCA
Ages 6-15 yrs.
up to 11 weeks!
Jun. 19-Sep. 1

Daily Swim Instruction • Recreational Swim
Sports Instruction: Lacrosse, Kickball, Soccer,
Golf, Basketball, Karate & more • Gaga Pit
Games • Special Events • Weekly Trips
Leadership Training Program

KIDDIE & JUNIOR KIDDIE KAMP
@Freehold YMCA
Ages 2-5 yrs.
Weekly Themes • Special Events
Sports • Music • Arts & Crafts • Climbing Wall
Cooking • Science • Messy Play
Swim Lessons • Rec. Swimming
& More!

up to 9 weeks!
Jun. 26-Aug. 25

CAMP TOPANEMUS
380 Monmouth Rd., Millstone (Rt. 537)
Ages 5-15 yrs. (732)294-7727

Archery • Zip Line • Climbing Wall
Arts & Crafts • Waterslide
Pool Slide • Splash Park
Sports • Trips & More!
SPECIALTY CAMPS: Robotics,
Lego Brixology, Magic
& Travel

BEST SUMMER EVER

REGISTER NOW!

YMCA OF WESTERN MONMOUTH COUNTY
470 East Freehold Rd., Freehold, NJ 07728
(732) 462-0464

www.ymcanj.org

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

PRESCHOOL CLASSES **No Classes April 10-15**

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

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

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!

Tuesday 10:30am-12:00pm

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.: Friday 12:30-2:00pm

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

NEW! CREATIVE COOKING (3-6 YRS.)

FAC \$65 PRO \$80

Children will whip up fun and delicious treats after reading a story in this fun and tasty class. Location: Child Care Center.

Tuesday 5:00-5:45pm

SPORTS

NEW! KIDS RUNNING PROGRAM (6+ YRS.)

FREE Designed to provide a fun, positive environment while developing fitness, self-respect and healthy lifestyles through running. We will also encourage participants to identify their personal running goal and help them set a series of steps to reach it. For registration and start date contact Jodi Pelano, jpelano@ymcanj.org

Tuesday, 6:00

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

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

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

BIDDIE SOCCER (3-4 YRS.)

FAC \$46 PRO \$65

Learn soccer fundamentals - kicking, passing and teamwork.

Tuesday 3:15-4:00pm

KIDDIE SOCCER (5-6 YRS.)

FAC \$50 PRO \$68

Learn and develop your soccer skills and ball handling.

Tuesday 4:00-5:00pm

AIKIDO (16+ YRS.)

In Swim Club. **Free** for Facility Members.

Tuesday 6:30-7:30pm

KIDDIE BASKETBALL (5-6 YRS.)

FAC \$50 PRO \$68

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

Tuesday 5:00-6:00pm

Wednesday 4:30-5:30pm

YOUTH BASKETBALL (7-12 YRS.)

FAC \$50 PRO \$68

Develop and enhance your skills and teamwork.

Tuesday 6:00-7:00pm

Wednesday 5:30-6:30pm

BIDDIE T-BALL

FAC \$46 PRO \$65

This program is designed to get your kids into baseball at a young age! Kids will learn the basic rules and skills of baseball including base running, catching, throwing and hitting.

Wednesday 3:15-4:00

KIDDIE T-BALL

FAC \$50 PRO \$68

A step up from our Biddie T-Ball program. Kids will continue to work on the basics of baseball, as we try to master to art of throwing, catching, and hitting!

Wednesday 4:00-5:00



* 8 week Session *

PRE BALLET (3-4 YRS.) \$95

Tuesdays 3:15-3:45 or

Tuesdays 4:30-5:00

HIP HOP BOP (5-8 YRS.) \$117

Tuesday 5:00-5:45

For class descriptions and attire, visit www.dancekorneronline.com or call Mrs. Janet at 732-679-5400

Contact Jodi, ext. 116 for more information.

TAE KWON DO

Tae Kwon Do works on focus, attention, self-esteem, balance, flexibility, and goal setting.

Thu. 3:15-4:00pm (5-7 YRS.)

FAC \$46 PRO \$65

Thu. 4:00-5:00pm (8-12 YRS.)

FAC \$50 PRO \$68

NEW! OHM BABY TODDLERS

FAC \$85 PRO \$100 (2-5 YRS.)

A class that brings toddlers and their caregivers into the world of yoga from the more energetic life of a toddler. We will do poses together with song and play. Will use the yoga asanas for the adults to find grounding, opening while incorporating the energy and excitement of the toddlers into the practice that is more energetic. Class will close with relaxation and be followed by a swim class. Please bring a soft toy, blanket, swimsuits and towels. Held in Multi-Purpose room.

Friday Swim 9:30-10:00

Yoga 10:15-10:45

BABY YOGA & STORY TIME

(Ages 2-5)

FAC \$65 PRO \$80

Parent/Child yoga class, which includes story time! Class held in Multi-Purpose room.

Friday 10:45-11:30 am

FOBY TRYOUTS

Tryouts at Freehold

Tue., April 4 & Thu., April 13

10 and Under: 5:15-6:00pm

11-14: 6:15-7:00

14 and Over: 7:00-7:30

For more information go to

www.ywmcswimteam.org

Group Fitness classes are FREE for Facility Members. Please visit our website or the Welcome Desk for our most current class schedule and class descriptions.

FOR HEALTHY LIVING

Improving the nation's health and well-being.

No Classes April 10-15

ADULT AQUATICS:

FREE Joint Effort, Swimnastics, Aqua Zumba, Deep Water Workout & Aqua Yoga

ADULT BEGINNER \$92

Monday 7:00pm; Wednesday 11:00am, 7:30pm; Saturday 7:30am

ADULT INTERMEDIATE \$92

Wednesday 11:45am (D), 7:30pm (D)

ADULT AQUA FITNESS

We offer an array of aquatic fitness classes, perfect for all ages and abilities. Classes include: Joint Effort, Swimnastics, Deep Water Workout, Aqua Zumba and Aqua Yoga. Please pick up our new fitness schedule for times and days.

AQUA YOGA

The proven principles of yoga in a water based yoga practice. This water practice helps to make yoga accessible to everyone by modifying the asanas or postures for use in the water. Physically cause less stress on joints and helps to relax our minds in a warm and nurturing environment. No yoga experience necessary.

Thursdays 9:15-10:00am – Cobb Pool

FITNESS CLASSES

NEW! REZIST

FREE - Tuesdays 8:15am-8:45am

NEW! YOGA FOR MEN

FREE - Saturdays 10:30am-11:30am

OPEN PICKLE BALL

Free for Facility Members
½ Gym A

Monday 7:00am-10:00am

Tues, Thurs 7:00am-1:00pm

Wed 7:00am-9:30am/10:30am-1:00pm

Friday 7:00am-3:00pm



PICKLEBALL MADNESS TOURNAMENT

**March 15th at Old Bridge YMCA
March 16th at Freehold YMCA**

Men's, Women's, and Mixed Doubles
Double Elimination Tournament

\$30 per team, \$15 per individual

All proceeds to
YCares Financial
Assistance



JUNIOR BOOTCAMP (9-12 YRS.)

Tuesdays 4:30-5:15pm

YOUTH CIRCUIT (9-12 YRS.)

Thursdays 4:30-5:15pm

AMERICAN RED CROSS LIFEGUARDING/FIRST AID/CPR/AED 2 yr. Cert.

(Pre Lifeguard Training recommended)

Members \$300 Non-Members \$350

NO REFUNDS ONCE CLASS STARTS - NO EXCEPTIONS!

Trains candidates to certify in Red Cross lifeguarding, CPR, First Aid, AED and Oxygen administration. Must be 15 yrs. old before the end of the class and be able to swim 300 yards continuously with a combination of freestyle and breaststroke.

Must attend all classes. No makeups or refunds for missed and/or failed classes.

Pretest: March 5 11am-12 pm

Class Dates (12-6pm) March 5, March 12, March 18, March 19, March 26, April 2

FitHit

\$192

NEW!

8 weeks, 2 sessions per week

These small group training sessions (3-5 people) are carefully designed to burn calories, build lean body mass, burn fat, boost metabolism and most importantly, get results! Each training session includes a variety of different exercises. A 60 minute session consists of strength training, agility drills, boot camp training, cardiovascular exercises, plyometrics and much more!



Register with the front desk and a trainer from our Wellness staff will call to schedule your training sessions.

Days and times available:

Mon., Tue., Wed., Thu.

6AM, 8:30AM, 9:30AM, 7PM

JUNIOR FITNESS CLUB (10-12 YRS.)

FAC Members Only - \$55

Wednesdays 4:15pm-5:00pm

Club meets once a week for 8 weeks. Tweens will learn how to follow Fitness Center rules and procedures, how to use the cardio equipment safely and properly and how to stretch before and after a workout. At the end of the 8 week session, each child will receive a special lanyard which he/she must wear when using the Fitness Center cardio equipment. After completion, Tweens (ages 10-12) will be able to use the Fitness Center without parental supervision, Mon. through Fri. 3-5pm AND Sat. & Sun. from 12-2pm.

FITNESS CLASS PUNCH CARDS

\$40 for 10 visits.

Valid for 1 month from date of purchase for group fitness classes only. Includes a complete fitness evaluation to determine the program best suited to your individual needs.

PERSONAL TRAINING AT ITS BEST! STICK TO IT AND GET RESULTS!

Personal Training
(dryland & aquatic)

1x - \$45

5x - \$185

10x - \$320

Couples Personal Training

1x - \$70

5x - \$300

10x - \$520

Youth Personal Training

3x - \$85

No refunds, 24-hour cancellation policy.

Sessions last 1 hour and are good for one year from date of purchase.

Contact Jackie on Ext. 140 for a complimentary consultation to get started.



ALWAYS HERE FOR YOU!

ADMINISTRATION

Cynthia Joy
President/CEO
cjoy@ymcanj.org Ext. 113

Michele Born
Director of Endowment
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YMCA of Western Monmouth County

470 East Freehold Road
Freehold, NJ 07728
Phone: (732) 462-0464
Fax: (732) 462-0255
www.ymcanj.org

Hours of Operation:

Mon. to Fri. 5:00am-10:00pm
Sat. 6:00am-7:00pm
Sun. 8:00am-6:00pm

Spring 2 Session: May 1-June 25

FAC Registration: April 17 • PRO Members: April 24

Closed April 16 for Easter

SUPER 50 / 50 CASH RAFFLE

BENEFITING YMCA SCHOLARSHIPS & FINANCIAL ASSISTANCE

We're More Than a Gym ~ We're a Cause

ONLY 500 TICKETS TO BE SOLD:

If all tickets sell. Winners receive.

| | |
|----------------------------------|-------------------|
| 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 |

BREAKFAST WITH THE EASTER BUNNY

Saturday, March 25
9:00am-11:00am

Activities Include:
Breakfast with the Easter Bunny
Easter Crafts • Egg Hunt
Photo Ops & Much More!



\$5 per child

Must pre-register
online or in person by
Wed., March 22

YMCA COMMUNITY YARD SALE

Saturday, April 22
(Rain Date April 29)

9:00am-2:00pm

\$25 per table
Must pre-register online or
in-person by Mon., April 17



ST. PATRICK'S DAY SPECIAL

Friday, March 17

Bring a guest dressed in
green and they can come
in for free.



SAVE THE DATE
Saturday, March 11, 2017

Annual Gala

MEN'S BASKETBALL LEAGUE

New season beginning in March

\$600 per team

Cost includes: Refs, jerseys and payoffs
Contact Jodi at ext. 116 for more info

We sincerely thank our sponsors for their support!

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