TURN OVER A NEW LEAF

OLD BRIDGE BRANCH
YMCA of Western Monmouth County

FALL 1 2016
September 6–October 30

Registration: August 8, 8 am
FAC members may register for Freehold Branch classes in person August 15

ANNUAL MAINTENANCE SHUTDOWN:
August 29–September 5. Reopen September 6, 5am
MONSTER MASH BASH
Friday, Oct. 21, 7:00-9:00PM
Halloween costume dance party!
Bring a pumpkin to decorate.

Members Only.
Registration required
by October 14.

GREAT PUMPKIN WORKOUT
Wed., Oct. 26, 9:30-11:00am

SPOOKY SPIN
Thu., Oct. 27, 6:30-8:00pm

ZUMBA ZOMBIE
Thu., Oct. 27, 7:30-9:00pm

BRING YOUR DOG TO THE Y*
FREEHOLD Y OUTDOOR SWIM CLUB SPECIAL EVENT!

Sat., September 10
10:00am – 12:00pm

Have your dog swim in our outdoor pool
and socialize with fellow furry friends.

Dress up your pup and be entered into
our raffle for a chance to win prizes!

Veterinarian Dr. Greg Jewel from Town and
Country Veterinary, Jersey Shore Animal
Foundation and more vendors will be
attending.

For more info or to register, contact:
Kathy Vignola
732-462-0464 ext. 154
or kvignola@ymcanj.org
www.ymcanj.org

*Pre registration and proof of vaccination required.
**OUR MISSION**
To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

**OUR CAUSE**
At the Y, strengthening communities is our cause. We believe that lasting personal and social change can only come about when we all work together to invest in our kids, our health and our neighbors. That’s why we focus our work in three areas: youth development, healthy living and social responsibility.

**Current Membership Rates**

<table>
<thead>
<tr>
<th>Type</th>
<th>Monthly</th>
<th>Yearly</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>$74</td>
<td>$888</td>
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<tr>
<td>2-Person</td>
<td>$71</td>
<td>$852</td>
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<tr>
<td>2-Person Senior</td>
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<td>$756</td>
</tr>
<tr>
<td>Adult</td>
<td>$47</td>
<td>$564</td>
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<tr>
<td>Young Adult (18-29 YRS)</td>
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<td>$360</td>
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<tr>
<td>Senior</td>
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<td>$444</td>
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<tr>
<td>Teen (14-17 YRS)</td>
<td>$17</td>
<td>$204</td>
</tr>
<tr>
<td>Youth (0-13 YRS)</td>
<td>$15</td>
<td>$180</td>
</tr>
</tbody>
</table>

**Notes:**  
- Family = 2 Adults + their children in household up to 23 yrs.  
- Senior – age 62+  
- Persons on membership must share residence.

**PROGRAM MEMBERSHIP – YOUTH (0-13 YRS)**

<table>
<thead>
<tr>
<th>Type</th>
<th>Yearly</th>
<th>Summer Camp</th>
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<tbody>
<tr>
<td>Old Bridge Resident</td>
<td>$60.00</td>
<td>$25.00</td>
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<tr>
<td>Middlesex County Resident</td>
<td>$67.00</td>
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<tr>
<td>Non-Resident</td>
<td>$71.00</td>
<td>$35.00</td>
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**HOURS OF OPERATION**

Mon.-Fri.
5:00am to 10:00pm
Saturday
6:00am to 7:00pm
Sunday
8:00am to 6:00pm

**EMERGENCY CLOSINGS**
When the YMCA is closed due to inclement weather, an emergency, a delayed opening or closing call the Y at 732-727-0704, for the latest information.

**EMERGENCY PHONE:** In the event of an emergency and the YMCA phones become disabled, we can be reached at 732-598-3810.

**FACILITY AGE REQUIREMENTS**

Though we encourage parents and guardians to accompany their children to the Y, children ages 9-12 years old may be in the building without parental supervision with a signed Parent Statement of Understanding on file.

**GYM**
2-8 years old with parent, 9 years old without parent.  
No children under 2 years old are permitted.

**POOL**
See Youth Water Safety Policy, Page 2.

**LOCKER ROOMS**
Opposite sex children ages 6 and older may not accompany a parent in the Adult Locker Room. Family Changing Room must be used.

**ADULT SPA, STEAMROOM & SAUNA**
18 years old and older.

**COED WELLNESS CENTER**
13 years old with an introduction by an instructor.

**YOUTH WELLNESS CENTER**
9-12 years old with a staff member present.

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.

All swimmers with hair longer than the jaw line must wear a swim cap.

**CONDUCT CODE**
Photos may NOT be taken with any cellphones, cameras, or smart devices without the approval or consent of staff or members. Violators will be subject to membership termination.

All individuals are accepted into Y activities, programs & 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.

**PERSONAL ARTICLES**
The Y is not responsible for any personal articles brought to the facility. For your convenience, courtesy cell phone lockers are available to safeguard your belongings. Please see the Welcome Desk for a key.
PROGRAM CANCELLATION & CHANGES
The Y reserves the right to cancel a class and to make schedule changes and fee changes when necessary. Classes may be cancelled or combined due to low enrollment.

SWITCHING CLASSES
After a member has registered for a specific class and wishes to switch classes, please contact the program director for approval of the switch. Limit 1 change per session.

CREDITS/REFUNDS
No refunds will be issued after classes start. Credits will be issued for youth sports and fitness classes after classes start only when accompanied by a doctor’s note dated within the current session. The Y reserves the right to cancel programs, credits or refunds 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.

ON-LINE REGISTRATION POLICY
You must be an active member to register on-line. Registration begins at 8:00am on-line and in the building the day of registration. On-line registration ends the day before classes begin. Registration for Freehold classes must be done in person.

RETURNED CHECK FEE
Returned checks and returned membership drafts will incur a $25 service charge.

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.

GUEST PASSES
Guest passes may only be purchased by facility members ages 18 and older to bring in a person as their guest. Only one guest per member is permitted. They must remain with their guest throughout their visit.

GUEST FEES:

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Adults</td>
<td>$12</td>
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<tr>
<td>Youth (under 18)</td>
<td>$7</td>
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<tr>
<td>Senior/College</td>
<td>$9</td>
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MEMBERSHIP CANCELLATION & SUSPENSION POLICY
Facility members may freeze their membership one time during the calendar year. Requests to freeze or cancel membership must be made either in writing, by letter or email to the Membership Director, or by filling out a Freeze/Cancellation Form at the Front Desk. ALL REQUESTS MUST BE RECEIVED BY THE 20th OF THE MONTH IN ORDER FOR CHARGES NOT TO BE APPLIED FOR THE NEXT MONTH.

KIDS CLUB BABYSITTING  PEANUT FREE
The Y of Old Bridge offers FREE babysitting of children ages 6 wks. to 9 yrs. old for Facility Members while you are utilizing Y facilities and/or programs. First come, first serve basis and limited to two hours per day.

KIDS CLUB HOURS  (Max Capacity: 25 Children)
Mon–Fri: 9:00am–1:00pm & 4:00pm–8:30pm
Saturday & Sunday: 8:30am–12:30pm

SWIM LESSON MAKE UP POLICY
Make up swim lessons for medical absences will be offered during regular swim lesson times subject to available space and are not guaranteed. Please note that a doctor’s note must be provided. Credits will no longer be offered. Make up must be completed within the same session. Please call Bridgid Rothenberg, ext. 315, to schedule an appointment.

MAKE UP CLASSES
We do not offer make up classes for missed youth sports and fitness classes. If a class is missed because of illness, a credit for the missed class will be given with a doctor’s note.

YOUTH WATER SAFETY: POLICIES AND PROCEDURES
As a leading non-profit organization focused on youth development, healthy living and social responsibility, the Old Bridge 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 life-gaurd 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.

POOL INCLEMENT WEATHER POLICY
At the Old Bridge 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.
AQUATICS

The Y is the nation’s #1 swim instructor because progressive swim lessons are taught by caring, skilled staff who use a guided-discovery teaching approach in a positive environment. All kids learn to swim at their own pace and progress to the next level once they have mastered the current level. Please visit www.ymcanj.org, Old Bridge, Aquatics, to read our Parent’s Guide to YMCA Swim Lessons and our Pool Rules.

SWIM LESSON PRICES

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tues.-Sat.</th>
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<tr>
<td>FAC</td>
<td>PRO</td>
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<tr>
<td>30 Min.</td>
<td>$69</td>
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<td>(Parent Child, Preschool &amp; Youth Beginner)</td>
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<tr>
<td>45 Min.</td>
<td>$80</td>
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<tr>
<td>(Youth Intermediate &amp; Advanced)</td>
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PARENT CHILD SWIM LESSONS

Lessons are 30 minutes in length

- To adjust parent and child to the water.
- To develop the ability to enter and exit the pool safely.
- 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 the water.

In order to move to the next level, the child must be comfortable with their ability to:

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

Goals:

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

No classes September 5

PRESCHOOL SWIM LESSONS

(3–5 YRS. at time of registration)
Lessons are 30 minutes in length

PIKE (3–5 YRS.)

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 basic boating safety.
- To put face in water and comfortably submerge.
- To paddle 10 yards front and back with floatation and 5 feet without.
- To jump in the pool and return to the side with assistance.

Ray (3–5 YRS.)

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.

Goals:

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

No classes September 5

Ray (3–5 YRS.)

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.

Goals:

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

No classes September 5

JELLYFISH (3–5 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.

Goals:

- To understand basic pool rules.
- To know personal safety and basic boating safety.
- To adjust to group situations and basic boating safety.
- To put face in water and comfortably submerge.
- 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.

No classes September 5

STARFISH (3–5 YRS.)

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.

Goals:

- To understand basic pool rules.
- To know personal safety and basic boating safety.
- To adjust to group situations and basic boating safety.
- To put face in water and comfortably submerge.
- 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.

No classes September 5

For a session or you’re not sure which level to register your child?
Schedule an evaluation by contacting Bridgid Rothenberg, Asst. Aquatics Director, ext. 315.

(732) 727-0704  www.ymcanj.org

• Preschool & Beginner Swim Student/Teacher ratio is 6:1
• We reserve the right to move children to a different level based on ability.
• Same swim instructors are not guaranteed.
• Please observe your child in the bleacher area or behind the white railing, not on pool deck.
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

YOUTH BEGINNER SWIM LESSONS
(6+ YRS. at time of registration)
Lessons are 30 min. in length.

POLLIWOG (6-12 YRS.)
(See Teen Beginner/Polliwog 2, for Ages 12+)
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 4:45
Tuesday 4:45, 6:00
Wednesday 4:45
Friday 4:15
Saturday 9:00, 9:30, 10:00

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

YOUTH INTERMEDIATE & ADVANCED SWIM LESSONS
(6+ YRS. at time of registration.)
Lessons are 45 minutes in length

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.
Monday 5:15, 6:00
Tuesday 5:15
Wednesday 5:15, 6:00
Saturday 8:30, 9:15, 10:00

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 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.
Monday 5:15
Tuesday 5:15
Wednesday 5:15
Saturday 9:15

No classes September 5

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.
Monday 5:15
Wednesday 5:15
Saturday 8:30, 10:00

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.
Tuesday 5:15
Thursday 6:00
Saturday 9:15

SWIM LESSON PRICES

<table>
<thead>
<tr>
<th></th>
<th>Mon.</th>
<th>Tues.-Sat.</th>
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</thead>
<tbody>
<tr>
<td>FAC PRO</td>
<td></td>
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<tr>
<td>(7 weeks)</td>
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<td>(8 weeks)</td>
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<tr>
<td>30 Min.</td>
<td>$69</td>
<td>$78</td>
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<tr>
<td>$80</td>
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<td>$92</td>
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<tr>
<td>(Parent Child, Preschool &amp; Youth Beginner)</td>
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<tr>
<td>45 Min.</td>
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<td>$94</td>
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<tr>
<td>$92</td>
<td></td>
<td>$108</td>
</tr>
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</tbody>
</table>

• Preschool & Beginner Swim Student/Teacher ratio is 6:1
• Same swim instructors are not guaranteed.
• Please observe instructors in the bleacher area or behind the white railing, not on pool deck.

(732) 727-0704 www.ymcanj.org
PRIVATE SWIM LESSONS (5+ YRS.)
Private: $140/4 lessons
Semi-Private: $220/4 lessons
FAC members only.
Contact Bridgid Rothenberg, ext. 315 or brothenberg@ymcanj.org before purchasing lessons.
Private half-hour, one-on-one swim lessons. Children 5+, adults & teens from beginners to advanced stroke development.

COMPETITIVE STROKE (6–18 YRS.)
FAC $102  PRO $116
This class is for the student who can perform the Shark goals and is interested in preparing for competitive swimming. The course will focus on the continuing development of all 4 competitive strokes, starts, turns, and competitive training techniques.
Thursday 5:00–6:00
Saturday 11:00–12:00

CHALLENGER SWIM LESSONS
FAC $78  PRO $92
Children with special needs will have the opportunity to explore the water as a therapeutic medium to strengthen muscles, normalize muscle tone, provide sensory input, stretch tight muscles, body in space awareness and more. There is 1 instructor for 3 students. Caretaker/parent may need to be in the pool with the student. Limit one class per session.
Thursday 4:00–4:30
Thursday 4:30–5:00

FREE!
Facility Members only, registration required

INTRO TO SYNCHRONIZED SWIMMING (6–18 YRS.)
For students who have completed Fish level goals. Learn the basics of synchronized swimming including strokes and transitions, sculling, figures, and putting together a routine. Improve strength and agility in the water while being introduced to a unique and beautiful sport. Class held in the deep end. Participants must be comfortable treading water for an extended period of time.
Beginners
Thursdays
6:45pm–7:45pm

FOBY TRYOUTS
Wed., Aug. 17th @ Freehold
LATE tryouts for New Swimmers
5:00–5:30: 8/Unders
5:30–6:00: 9/10s
6:00–6:30: 11/12s
6:30–7:00: 13/Os

Thurs., Aug. 18th @ Old Bridge
LATE tryouts for New Swimmers
5:00–5:30: 8/Unders
5:30–6:00: 9/10s
6:00–6:30: 11/12s
6:30–7:00: 13/Os
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

SPORTS & FITNESS
The Y youth sports programs teach children skills needed for various athletic activities, as well as stress that there is more involved than just playing a game. Under the supervision and guidance of our sports staff and volunteers, children will learn new skills and the importance of teamwork. Children participate in organized games, where everyone gets an equal chance to play and grow! (Min. of 6 participants required, unless otherwise specified.)

INSTRUCTIONAL BASKETBALL
Enhance gross motor movement; develop hand eye coordination and a sense of teamwork through learning the skills of basketball.
Friday 4:30-5:15 (5-6 YRS.)
FAC $46    PRO $65
Friday 5:15-6:00 (7-9 YRS.)
FAC $46    PRO $65
Friday 6:00-7:00 (10-13 YRS.)
FAC $50    PRO $68

PRIVATE BASKETBALL (7-13 YRS.)
$80 for 4 lessons
(must be purchased in blocks of 4)
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 Ken Cardullo, Program Director, at ext. 305 for more information.

ADVANCED BASKETBALL
(7-13 YRS.)
FAC $50    PRO $68
Take your game to the next level! This class is designed for the child who is serious about basketball and wants to learn the fundamentals of the game. We will focus on dribbling, shooting, passing and most importantly, teamwork. Participants will take part in drills to help improve on skills in all areas of the game. Must register in person and tryout required. Contact Ken Cardullo, ext. 305.
Wednesday 5:00-6:00 (7-9 YRS.)
Wednesday 6:00-7:00 (10-13 YRS.)

NEW! INDOOR PLAYGROUND
(1-3 YRS.)
Monday 5:00-6:00
FAC: $50, PRO $68

Y-ROOKIES (4-5 YRS.)
Monday 4:15-5:00
FAC: $46, PRO $65

SOCCER
Tuesday 4:30-5:15 (5-7 yrs)
5:15-6:00 (8-10 yrs)
FAC: $46, PRO $65

JOIN THE LEADERS CLUB
The Y is counting on you to lead the way in our community!
The goal of Leaders Club is to promote and enhance the personal growth and skill development of youth in Grades 6-12. Leaders Club will provide opportunities for leadership training, personal growth, service to others and social development.
Begins Sept. 8
Members & Non members are welcome!
Weekly Meetings:
Thursdays, 5:30pm
For more information, contact:
Ken Cardullo, Program Director ext. 305,
or kcardullo@ymcanj.org
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

ZUMBA FOR KIDS
FAC $46  Pro $65
Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.
Monday 4:30 (4–7 YRS.)
Monday 5:15 (9–12 YRS.)

JUNIOR FITNESS CLUB (10–13 YRS.)
$74 FAC ONLY
(Fitness class included)
Club meets 2X a week. Tween’s will learn how to follow Fitness Center rules and procedures, how to stretch before and after a workout, how to exercise properly on the treadmills, bikes, and how to move around and workout safely.
**At the end of the 8 week session each child receives a special lanyard which he or she must wear when using the Fitness Center.
**After completion, Tweens (ages 10–13) will be able to use the Fitness Center without parental supervision, Mon. through Fri. 3–5pm AND Sat. & Sun. from 12–2pm.
Tues. & Thu. 4:00–5:00 or Mon. & Fri.

YOUTH WELLNESS CENTER (8–12 YRS.)
Closed July 18–Sept. 5. Reopens Sept. 6
Specially designed cardio equipment for kids.
Tue & Thu 4:00–7:00pm
Sat. 10am–12pm
Parents must remain in the building at all times. 1 hour limit.

BIRTHDAY PARTIES (5+ YRS)
FAC $275.00  PRO $300.00
Saturdays 2–4pm in the gym
Choice of: Soccer, Basketball, Hockey, Kickball, T-ball, Flag Football, Relay Races, and Obstacle Courses and much more. (Max. 30 children).
Includes: T-shirt for birthday boy/girl, paper products, Sundae Bar and assorted juices, Party “Pro” to set up and help run the party. Bring your own cake.
Contact: Brenda Werneiwskei, ext 310 or email bwerneiwskei@ymcanj.org

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

Dance Korner
For more info, visit www.dancekorneronline.com or call Mrs. Janet at 732-679-5400

Dance Korner at the Y
$117 (45 min. class)
PRE BALLET/TAP (3–4 YRS.)
Tuesday 5:00
Saturday 9:45
HIP HOP BOP (5–7 YRS.)
Tuesday 5:00

www.ymcanj.org
FOR HEALTHY LIVING
Improving the nation’s health and well-being.

ADULT FITNESS & WELLNESS
Check out our website for the most up-to-date fitness schedules, special events, special classes etc.

ADULT MEN’S BASKETBALL LEAGUE (18+ YRS.)
$800 per team • 10 games + playoffs
10 max (1 reserve) players Games on Sundays
Registration deadline September 18
Season Begins: October 2

OPEN PICKLEBALL
Mon. & Tues. 10am-12pm (Full Gym)
Thurs. 10:30-12pm (Half Gym)
Sat. 8:30-10am (Half Gym)

BOOKCLUB
12:30-1:30pm
Meets 1st Thurs. of the month
FREE, registration required.

ADULT AQUATICS
Please visit our website to view our schedule and description of Water Fitness classes.

PRIVATE SWIM LESSONS/
AQUATIC PERSONAL TRAINING
30 mins. FAC members only
Private: $140/4 lessons
Semi-Private: $220/4 lessons
Contact Bridgid Rothenberg, ext. 315, before purchasing lessons.
Private half-hour, one-on-one swim lessons. Children 5+, adults & teens from beginners to advanced stroke development. Times vary based on pool availability.

ADULT SWIM LESSON (14+ YRS.)
$92
Beginner: For the fearful or inexperienced swimmer.
Saturday 7:30-8:15am
Intermediate: For the swimmer who is comfortable in deep water and can swim the length of the pool.
Saturday 7:30-8:15am

ADULT ADVANCED/STROKE DEVELOPMENT CLASS
$92
Class focus is on continuing development of all 4 strokes, starts and turns.
Saturday 7:30-8:15am

MS ONE-STEP PROGRAM
September 13–November 18
One Step is a 12-week, 24-session course geared toward adults that have been medically diagnosed with Multiple Sclerosis. The goal of One Step is to provide safe, therapeutic exercise that addresses the issues of fatigue, walking, weakness and depression and empowers participants with emotional support through facilitated conversation in a controlled environment. One Step curriculum is supported by the National MS Society of New Jersey. First time One Step participants receive a FREE Facility Membership for the duration of the program. Thereafter, we offer a 10% discount on membership to continue with the next One Step session.

Monday and Wednesday
5:00pm – 6:00pm
Tuesday and Thursday
12:30pm – 1:30pm

PERSONAL TRAINING SESSIONS
(dryland & aquatic)
1x=$45 5x=$185 10x=$320

COUPLES PERSONAL TRAINING
1x=$70 5x=$300 10x=$520

YOUTH PERSONAL TRAINING
3=$85

No Refunds
24-hour cancellation policy
(See Personal Training Agreement)

If at anytime you are unfamiliar with the use of any of our equipment, please do not hesitate to ask a staff member for assistance. Classes, times and instructors are subject to change and/or cancellation, due to instructor availability, room availability, or low attendance (average lower than 6 participants)

For more information, contact: Brenda Werneiwskei, ext. 310 or bwerneiwskei@ymcanj.org

(732) 727-0704 www.ymcanj.org
FOR SOCIAL RESPONSIBILITY
Giving back and providing support to our neighbors.

MEMBERSHIP DISCOUNTS
Active military, clergy, first aid, police and fire personnel are entitled to a 10% discount on membership only with presentation of proper I.D. Only one discount given per membership. Discounts do not apply to enrollment fee. Due to capacity restrictions, the Y of Old Bridge is unable to participate in any insurance company membership promotions.

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.

RED CROSS CERTIFICATION CLASSES

PRE LIFEGUARD TRAINING (15+ YRS.)
(Recommended prior to taking full ARC Lifeguarding certification course.)
Members $36  Non-Members $50
For swimmers interested in entering the American Red Cross Certification class. Will cover swim endurance training, basic rescues and lifeguard drills.
Sunday, September 11  12:00pm–2:00pm

AMERICAN RED CROSS
LIFEGUARDING/FIRST AID/CPR/AED 2 yr. Cert.
(Pre Lifeguard Training recommended)
Members $260  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.
Sundays, Sept. 18, 25, Oct. 2, 9, 16 12:00pm-5:00pm

EAST COAST DIVING CLASSES
For more information, contact Bill Cleary at East Coast Diving for information and registration, (732) 591-9374, ECDCsplash@eastcoastdivingcenter.com

DISCOVER SCUBA
Friday, October 21, 6:00pm

NEW!
MEMBER REFERRAL PROGRAM
Invite your family and friends to join the Y and receive a free month of membership when they reach 90 days of active membership! Download online or pick up a Referral Card at the Welcome Desk today!

(732) 727-0704  www.ymcanj.org
ALWAYS HERE FOR YOU!

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FALL 2 SESSION
October 31–December 23
Registration: October 17, 8 am
*Old Bridge FAC members may register for Freehold classes in person beginning October 24 (*online registration not available)

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

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