

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.



MEMBERSHIP DISCOUNTS

Active military, clergy, first aid, police and fire personnel are entitled to a 10% discount on monthly facility membership only with presentation of proper I.D. Only one discount given per membership. Special Olympics NJ discount: 50% off regular rate for SONJ athletes.

YCARES FINANCIAL ASSISTANCE

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

ANNUAL GIVING CAMPAIGN

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.

MY Y IS YOUR Y

YMCAs in New Jersey have made it easier for you to access the resources you need to lead a healthy life. As a member of our Y, you now have access to nearly 50 Y locations throughout the state at no additional cost. More choices mean more chances to use your Y membership to its fullest! Some restrictions may apply. Contact your local Y for more information prior to your visit. For more information, please visit New Jersey YMCA State Alliance at www.njymca.org.

ALWAYS HERE FOR YOU!

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YMCA GIFT CARDS ARE GREAT FOR ANY OCCASION!

A perfect year round gift idea...
birthdays, holidays, etc.
Available at our Welcome Desk.

HorizonbFit
HorizonbFit.com



Silver Sneakers
FITNESS

OPTUM™
Fitness Advantage

AARP
United Healthcare's Personalized Wellness Resources



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBERSHIP MEANS MORE

Freehold YMCA

A Branch of YMCA of Western Monmouth County



HOURS OF OPERATION

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

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-Th 8:00am-1:00pm, 4:00pm-8:30pm
Fri 8:00am-1:00pm, 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 HRS
The YMCA reserves the right to cancel babysitting during certain hours. This will be based on demand and usage.

EMERGENCY CLOSINGS

When the YMCA is closed due to inclement weather, an emergency, a delayed opening or closing, call the Y at 732-462-0464 for the latest information.

EMERGENCY PHONE NUMBER: If phones become disabled, we can be reached at 732-803-9983.

www.ymcanj.org

Facility Membership offers the ultimate in membership benefits and privileges. You will enjoy the following programs and services at no charge:

- **FREE** Unlimited Fitness Classes
- **FREE** Water 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** Wi-Fi
- **FREE** Coffee
- 3 Heated Indoor Pools, 2 Outdoor Pools
- 65 Piece Cardio/Fitness Equipment
- 17 Station LifeFitness Strength Equipment
- Free Weights
- Separate Adult/Child Locker Rooms
- Whirlpool, Steam Room, Sauna
- Climate Controlled Indoor Track
- Climbing Wall
- 2 Outdoor Tennis Courts & Sand Volleyball Court
- Children's Playground
- Full Access to the Old Bridge YMCA

MONTHLY FACILITY MEMBERSHIP FEES	
★ Full access to the Old Bridge YMCA, including class registration ★	
Membership Type	Monthly Rate
Family*	\$92.00
2 Person Adult (30-61 YRS.)	\$89.00
2 Person Senior (62+ YRS.)	\$78.00
Adult (30-61 YRS.)	\$58.00
Senior (62+ YRS.)	\$43.00
Young Adult (18-29 YRS.)	\$36.00
Teen (14-17 YRS.)	\$28.00
Youth (0-13 YRS.)	\$21.00

*FAMILY MEMBERSHIP consists of 2 adults and the 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 children ages 0-13 who only want to take classes or register for summer camp. Program membership fees are non-refundable.

\$ 75.00 per year

\$148.00 Multi-Youth
(Two or more children 0-13 YRS.)

LITE MEMBERSHIP \$20 per month

Valid for facility usage Monday, Wednesday and Friday from 12:00 to 2:30 pm ONLY. Does not include All Access, Group or Water Fitness Classes, Babysitting or Reciprocity Privileges.

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!

GUEST PASSES

Guest passes may be purchased by an adult facility member to bring in a person as their guest. They must remain with their guest throughout their visit.

GUEST FEES:

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

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.

TRACK 5-8 years old with parent, 9 years old without parent.

POOL Ages 9 and under: A parent or guardian, 18+ years, must be on the pool deck at all times. If any child requires a flotation device, an adult 18+ must be in the water within arms reach at all times. See 'Swim Test Policy'

ADULT SPA 18+ years old (Cobb Pool)

OPEN SPA Under 9 yrs. Old must be accompanied by parent (Cobb Pool)

COED WELLNESS CENTER

13 years old with an introduction by an instructor.

RACQUETBALL COURTS

Under 14 yrs. old must be accompanied by a parent.

ADULT LOCKER ROOMS 18+ yrs. Old

SWIM TEST POLICY

All children under the age of 14 who wish to swim in the deep end must be tested by a supervisor or director on duty. A colored wristband will be given to the child to identify them as deep-water safe. On subsequent visits the wristband may be obtained from Aquatics staff. The wristband must be worn on every visit to the pool. (SWIM TEST: Jump into deep end, swim in strong manner to safety line without stopping or holding on. Switch directions & swim back to starting point then tread water for 30 sec. without stopping or holding the side or rope. Exit pool by climbing out of side or nearest ladder.)

LOCKER ROOMS

Lockers are for daily use. Bring your own lock and remove each day. The Y is not responsible for any lost or stolen items. Children ages 7+ yrs. must use gender specific boys or girls locker rooms. Family changing rooms are also available.

Lockers available for annual rental for an additional fee in Adult Locker Rooms. Courtesy cell phone lockers located in the lobby.

MEMBERSHIP CARDS

Membership cards are not transferable. If a card is lost, a \$5 fee will be charged to replace it. Membership cards MUST be scanned upon entering the facility.

CODE OF CONDUCT

All individuals are accepted into Y 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.

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.

MEMBERSHIP CANCELLATION & SUSPENSION POLICY

Facility members may freeze their membership at no charge. Requests to freeze or cancel membership must be made either in writing, by letter or email to the Membership Coordinator, 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.

RETURNED CHECK FEE

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

ONLINE REGISTRATION POLICY

You must be a member to register online. Registration begins at 8:00am on-line and in the building the day of registration. Online registration ends the day before classes begin.

PROGRAM CANCELLATION & CHANGES

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

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. (*Youth Sports & Aquatics classes, not Fitness classes.)

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.

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OUR FREE
MOBILE APP**

