



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AWAKEN SUMMER IMAGINATION

**OLD BRIDGE BRANCH**  
YMCA of Western Monmouth County

Annual Maintenance Shutdown  
September 4-9

**SUMMER 2018**  
June 25 - September 2

Registration: June 11, 8am

**CLOSED July 4 & September 3**

Old Bridge members may register for Freehold Branch classes in person June 18.





# FOBY TRYOUTS

FOBY swim team is a year-round competitive swim program for young men and women ages 6-18 years old. Age for the fall & winter season is determined by the child's age as of December 1st 2018. Children who "age up" on or before 12/1/2018 must try out for the next age group. For example, a child who swims as an 8 year old during the summer will have to try out as a 9 year old if their birthday is on or before 12/1/2018. All swimmers will be required to complete a tryout registration form at the time of arrival. For more information, contact Robert Bartus, ext. 102 or [rbartus@ymcanj.org](mailto:rbartus@ymcanj.org).

## Tuesday 07/10 @ Old Bridge Y

8/Under – 4:30-5:15pm; 9/10 – 5:15-6pm  
11/12 – 6-6:45pm; 13/Over – 6:45-7:30pm

## Tuesday 07/24 @ Freehold Y

8/Under – 4:30-5:15pm; 9/10 – 5:15-6pm  
11/12 – 6-6:45pm; 13/Over – 6:45-7:30pm

## Sunday 08/12 @ Freehold Y

8/Under – 12-12:45pm; 9/10 – 12:45-1:30pm  
11/12 – 1:30-2:15pm; 13/Over – 2:15-3pm

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

## OUTDOOR SWIM CLUB

at the Freehold Y

**FREE** for FAC members

June 25-September 3

Adult & Kiddie Swimming Pools

Snack Bar

Special Events & More!



## NEW! Travel Camp at the Old Bridge YMCA

Open for all children entering 3-10!

Our new 8-week, 3-day program will take our campers on fun, exciting, and educational trips all over our great state of New Jersey!

With a different trip each week, there is no better option for summer camp this year!



June 26-August 16

Tuesday-Thursday

\$350 per week

Cost Includes: Access to all trips, transportation, supervision, complimentary extended care, curbside morning drop-off and afternoon pick-up, and more!

Contact Ken Cardullo, Camp Director, for more information Register online <http://ymcaofwmc.campbrainregistration.com>

## SUMMER CAMP 2018 Pre-K - Gr. 8

Our Summer Camp Program consists of daily swim instruction and recreational swim, sports instruction, special events, games, arts & crafts, science and much more. CIT program for 14 & 15 year olds available. Register today.



### Options/Pricing

	FULL DAY 9:30am-4:30pm	HALF DAY 9:30am-1:30pm
5 Days	\$268 per week	\$164 per week
4 Days	\$236 per week	\$153 per week
3 Days	\$194 per week	\$132 per week
2 Days	\$143 per week	\$101 per week
1 Day	\$99 per week	\$55 per week

**Extended Care:** 7:00am to 9:30am and/or 4:30pm to 6:30pm  
\$10 ea. per day or \$15 per day for both AM and PM

**Lunch Option:** \$6 per day, catered and includes bottle of water and snack

**10 WEEKS  
OF CAMP!  
JUNE 25-  
AUG 31**

**\$150 non refundable deposit per child due at Registration. Register Online at <https://ymcaofwmc.campbrainregistration.com>**  
Valid membership is required through the camp session.

# STRONG SWIMMERS CONFIDENT KIDS

ALL NEW SWIM LESSON PROGRAMS



## FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

No classes July 4

For over 160 years, the Y has been the nation's leader in teaching people of all ages to swim, so they can stay safe around water and enjoy the pleasures and health benefits of aquatic environments. At the Y, swimming is a life skill that could save a life and will benefit students for a lifetime. Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration.



### A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



### B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

### SWIM LESSON PRICES

	Wednesday FAC PRO (9 wks.)		Mon, Tue, Thu-Sat. FAC PRO (10 wks.)	
30 Min.	\$90	\$106	\$100	\$118
45 Min.	\$106	\$124	\$118	\$138



### 1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



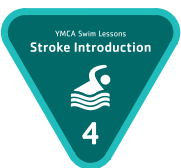
### 2 / WATER MOVEMENT

In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



### 3 / WATER STAMINA

In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.



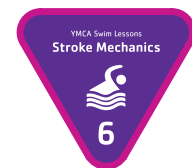
### 4 / STROKE INTRODUCTION

Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



### 5 / STROKE DEVELOPMENT

Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



### 6 / STROKE MECHANICS

In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## SWIM STARTERS PARENT/CHILD (6-36 months)

Lessons are 30 min. in length.



### WATER DISCOVERY & EXPLORATION COMBO

Tuesday 9:30



### WATER DISCOVERY

Children develop comfort in the water and swim readiness skills while parents learn about water safety & drowning prevention.

Saturday 11:00



### WATER EXPLORATION

Swimmers are ready to start exploring body positions, breath control and fundamental aquatic skills.

Saturday 10:30

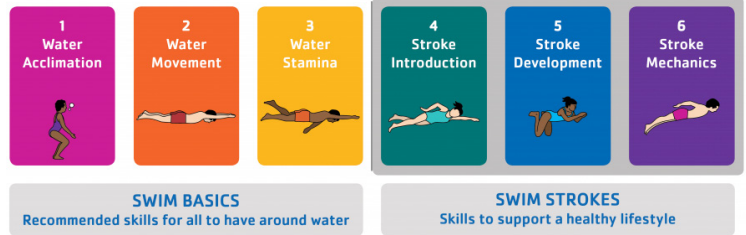
- We reserve the right to move children to a different level based on ability.
- Same swim instructors are not guaranteed.

- 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.

No classes July 4



## SWIM BASICS - PRESCHOOL

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



### WATER ACCLIMATION

This class is for the beginner swimmer, who has little or no water experience, to become adjusted and comfortable in the water.

Monday 9:00, 4:00, 5:45  
Tuesday 9:00, 4:00  
Wednesday 9:00, 4:00  
Friday 5:00  
Sat. 8:30, 9:00, 9:30, 10:00



### WATER MOVEMENT

Swimmers should be comfortable with their face in the water and be able to swim 15-20 ft. on their front independently (with flotation)

Monday 4:00  
Tuesday 9:00, 4:00  
Wednesday 4:00  
Friday 9:00  
Sat. 8:30, 9:00, 9:30, 10:00



### WATER STAMINA

Swimmers must be able to swim, float, swim for 5 yds.

Monday 4:00  
Wednesday 4:00  
Friday 9:30  
Saturday 8:30, 9:30

### JELLYFISH PARENT/CHILD CLASS

For children reluctant to take swim lessons without parent/guardian. Parent and instructor will work together towards transitioning child to Water Acclimation level.  
Saturday 10:30, 11:30

## SWIM STROKES - PRESCHOOL



### STROKE INTRODUCTION

Swimmers should be able to swim 15 yds. on the front and back. Swimmers will build endurance and be introduced to butterfly and breaststroke kicks.

Tuesday 4:00  
Wednesday 5:45  
Saturday 9:00



### STROKE DEVELOPMENT

Swimmers must be able to swim 25 yds. each of freestyle and backstroke and will be introduced to butterfly and breaststroke and build endurance

Saturday 10:00

### SWIM LESSON PRICES

	Wednesday FAC PRO (9 wks.)		Mon, Tue, Thu-Sat. FAC PRO (10 wks.)	
30 Min.	\$90	\$106	\$100	\$118
45 Min.	\$106	\$124	\$118	\$138

## SWIM BASICS - YOUTH 6-13 YRS. at time of registration. Lessons are 30 min. in length.



### WATER ACCLIMATION

Participants will learn swim, float, swim-sequencing front glide, roll, back float, roll, front glide. Perform jump, turn, and grab the wall, and proper breath control.

Monday 9:30, 4:30  
Tuesday 4:30, 5:45  
Wednesday 4:30  
Friday 4:00  
Saturday 8:30, 9:00, 9:30, 10:00



### WATER MOVEMENT

Swimmers should be comfortable with their face in the water and be able to move through the water 15-20ft independently.

Monday 4:30  
Tuesday 4:30, 5:45  
Wednesday 4:30  
Friday 4:30  
Saturday 8:30, 9:00, 9:30, 10:00



### WATER STAMINA

Swimmers can swim, float, swim at least 15 yds.

Monday 4:30  
Tuesday 4:30  
Wednesday 9:30, 4:30  
Saturday 8:30, 9:00, 9:30, 10:00

## SWIM STROKES - YOUTH Lessons are 45 min. in length.



### STROKE INTRODUCTION

Swimmers must be able to swim, float, swim 25 yds. and will work towards swimming proficient freestyle and backstroke for 25 yds. and be introduced to butterfly kicks.

Monday 5:00, 5:45  
Tuesday 5:00  
Wednesday 5:00  
Saturday 8:30, 9:15, 10:00



### STROKE DEVELOPMENT

Swimmers must be able to swim 50 yds. freestyle and backstroke continuously and will work on endurance and stroke technique and learn all competitive strokes.

Monday 5:00  
Tuesday 5:00  
Wednesday 5:00  
Thursday 6:00  
Saturday 8:30, 10:00



### STROKE MECHANICS

Swimmers should be able to swim 100 yds. freestyle and backstroke continuously and with proper technique and be able to swim 25 yds. butterfly and breaststroke. The emphasis will be on refining stroke technique in all competitive strokes and building endurance.

Monday 5:00  
Tuesday 5:00  
Wednesday 5:00  
Thursday 6:00  
Saturday 9:15

If you have been out of swim lessons 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.

- Ratio for Water Acclimation-Preschool is 4:1
- Ratio for Swim Basics & Strokes-Preschool is 6:1
- Ratio for Swim Basics & Stroke-Youth is 8:1
- 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.

# S.A.W. SAFETY AROUND WATER

## Annual Learn to Swim Week JUNE 25-JUNE 28

**NON MEMBER COMMUNITY OUTREACH**



Designed to offer children who are **NON SWIMMERS** the opportunity to learn to swim, become more safety conscious, and prevent accidents around water environments.

**\$20 per child**

Four 40-minute lessons

**ONLY 1 SESSION PER CHILD**

Session 1: 4:00-4:40pm (3-5 YRS.)

Session 2: 4:45-5:25pm (6-13 YRS.)

Session 3: 5:30-6:10pm (3-5 YRS.)

Session 4: 6:15-6:55pm (6-13 YRS.)

PRE-REGISTRATION IS REQUIRED AND ON A FIRST COME, FIRST-SERVED BASIS.  
For more information, contact Bridgid Rothenberg at 732.727.0704 ext. 315  
**NON MEMBERS ONLY.**



### 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, OR CANNOT STAND IN THE SHALLOW END OF THE POOL, AN ADULT 18 YEARS OR OLDER MUST BE IN THE WATER WITHIN ARMS REACH AT ALL TIMES.**

**Please visit [www.ymcanj.org/swim](http://www.ymcanj.org/swim) to view our YOUTH SWIM TEST POLICY**

#### 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.



## FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

No classes July 4

#### 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](mailto: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 \$130 PRO \$148

This class is for the student has achieved the Stroke Mechanics 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 \$100 PRO \$118

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. Student to Teacher ratio will not exceed 3:1.

Thursday 4:00-4:30

Thursday 4:30-5:00

Saturday 12:00-12:30



#### CLASS CANCELLATION POLICY

In the event that classes are canceled due to inclement weather, make-up classes will be offered on Friday evening **ONLY**. Credits/Refunds will no longer be given for canceled classes.

# FOR YOUTH DEVELOPMENT

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## YOUTH PROGRAMS

(Min. of 6 participants required, unless otherwise specified.)

### GAME TIME

FAC \$56 PRO \$76

(9 weeks. No class 7/4)

Class strictly for those who just want to play ball! Get buckets as well as exercise, in this SCRIMMAGE ONLY program. With referees, scoreboards, as well as some coaching advice; this class is perfect for those looking to find extra playing time. Parent volunteers welcome!

Wednesday 5:00-6:00pm (7-9 YRS.)

Wednesday 6:00-7:00pm (10-13 YRS.)

### INSTRUCTIONAL BASKETBALL

Introductory basketball classes geared for beginners. Learn the basics of basketball, while exercising and having fun!

Friday 4:30-5:15 (5-6 YRS.)

FAC \$57 PRO \$81

5:15-6:00 (7-9 YRS.)

FAC \$57 PRO \$81

6:00-7:00 (10-13 YRS.)

FAC \$62 PRO \$85

### SHE GOT GAME

FAC \$57 PRO \$81

This class is for our girls who love to hoop. Girls will learn the basics in basketball which include shooting, passing, dribbling, defensive and offensive moves, and so much more. The class will include fun basketball drills and games. Participants will also learn the importance of teamwork and playing together.

Thursday

5:00-5:45pm (7-9 YRS.)

5:45-6:30pm (10-13 YRS.)

### JUNIOR FITNESS (10-12 YRS)

\$65 Tuesday or Thursday

Club meets once 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 10-12) will be able to use the Fitness Center without parental supervision. Mon. through Fri. 3-5pm AND Sat. & Sun. from 12-2pm.

## ADULT FITNESS & WELLNESS

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

### BUILD ME A FITNESS PROGRAM

\$30 one-time fee

For a one-time fee, you will have the opportunity to meet with one of our skilled personal trainers to discuss your fitness goals. Our trainers will assess your physical ability, and design a custom workout plan to help accomplish your goals. Trainers will also review your personalized plan and demonstrate exercises. By appointment only.

### 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.)

\$118

**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

\$118

Class focus is on continuing development of all 4 strokes, starts and turns.

Saturday 7:30-8:15am

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

#### COUPLES PERSONAL TRAINING

1x - \$70

5x - \$300

10x - \$520

#### BOXING TRAINING

6 one hour sessions = \$195

#### YOGA TRAINING

6 one hour sessions = \$195

#### ADULT PERSONAL TRAINING

(18/over)

1 session - \$45

5 sessions - \$185

10 sessions - \$320

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

#### YOUTH PERSONAL TRAINING

(under 18)

3 for \$85



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 Werneiwski, ext. 310 or [bwerneiwski@ymcanj.org](mailto:bwerneiwski@ymcanj.org)

# ALWAYS HERE FOR YOU!

## ADMINISTRATION

### John Worley

Interim Pres./CEO

[jworley@ymcanj.org](mailto:jworley@ymcanj.org) Ext. 113

### Denise Bucciero

Branch Executive Director

[dbucciero@ymcanj.org](mailto:dbucciero@ymcanj.org) Ext. 307

## AQUATICS

### Bridgid Rothenberg

Assistant Aquatics Director

[brothenberg@ymcanj.org](mailto:brothenberg@ymcanj.org) Ext. 315

### John Foster

Director of Aquatic Safety

& Pool Operations

[jfoster@ymcanj.org](mailto:jfoster@ymcanj.org) Ext. 304

## HEALTHY LIVING

### Brenda Werneiswkei

Healthy Living Director

[bwerneiswkei@ymcanj.org](mailto:bwerneiswkei@ymcanj.org) Ext. 310

### Lisa McGovern

Assistant Healthy Living Director

[lmcgovern@ymcanj.org](mailto:lmcgovern@ymcanj.org) Ext. 301

## PROGRAMS

### Kenneth Cardullo

Program/Camp Director

[kcardullo@ymcanj.org](mailto:kcardullo@ymcanj.org) Ext. 305

## MEMBER SERVICES

### Michael Hertz

Asst. Membership Director

[mhertz@ymcanj.org](mailto:mhertz@ymcanj.org) Ext. 303

### Carol Perrotta

Membership Director

[cperrotta@ymcanj.org](mailto:cperrotta@ymcanj.org) Ext. 302

## Old Bridge YMCA

1 Mannino Park Drive

Old Bridge, NJ 08857

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

Phone: (732) 727-0704

Fax: (732) 727-0708

**Closed July 4 & September 3**

### FALL 1 SESSION

September 10-October 28

Registration: August 20, 8 am

### TRY THE Y DAYS:

Open to the Community

Sun, Aug. 12 - 8:00a-1:00p

Sat, Oct. 13 - 8:00a-1:00p

Sun, Dec. 9 - 1:00-6:00p

### OPEN PICKLEBALL



Mon. 10:30-12:30pm (Full Gym)

Tue. & Thur. 10-12:30pm (Full Gym)

Sat. 8:30-10am (Half Gym)

### BOOKCLUB SOCIAL



12:30-1:30pm

Meets 1st Thursday of the month

**FREE**, registration required.

### EAST COAST DIVING CLASSES

For more information, contact Bill Cleary at East Coast Diving for information and registration, (732) 591-9374, [ECDCsplash@eastcoastdivingcenter.com](mailto:ECDCsplash@eastcoastdivingcenter.com)

### PROGRAM CREDIT/REFUND/MAKE-UP POLICY

No refunds will be issued after sessions begin. Credits will only be given if the student is unable to participate in their program due to a serious injury or illness that causes them to miss three (3) or more consecutive classes during a session. Credit requests must be accompanied by a doctor's note, and submitted to the director prior to the end of the session in which you are requesting a credit. Credits will be posted to your account and must be used within one year. Make-up classes will be offered with a doctor's note during regular class times, subject to available space, and cannot be guaranteed.

When you donate to the Y, you make our community better and the "us" who live in them stronger.

# US...

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ANNUAL CAMPAIGN  
Donate online at [www.ymcanj.org](http://www.ymcanj.org)

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@OldBridgeYMCA

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