

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.



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

Every dollar donated to the Y has a lasting impact on the people of our community. 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.

The Y. For a better us.

ALWAYS WELCOME IN EVERY COMMUNITY

We want you to take advantage of the Y wherever you live, work or travel. With Nationwide Membership, you have the flexibility to use participating Y facilities across the United States and Puerto Rico at no extra charge. Valid for active, full facility YMCA members only, and nationwide member visitors must use their home Y at **least 50% of the time.** To find a Y in another location, visit www.ymca.net.

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.

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HorizonbFit.com



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FITNESS

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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-F 8:00am-1:00pm, 4:00pm-8:00pm
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** Babysitting
- **FREE** Racquetball, Pickle Ball, Aikido
- **FREE** Outdoor 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
- Access to YMCAs across the country

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 27 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

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.

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

All guests & visitors age 18 and over are required to show a drivers license or non-driver photo ID and have their photo taken in order to enter the facility. No exceptions will be made.

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 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. A responsible adult must remain on the pool deck to supervise any swimmer under 9 years that has passed the swim test or meets the minimum height requirement* 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 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.

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.

The YMCA conducts regular sex offender screenings on all members, participants, and guests. If a sex offender match occurs, the YMCA reserves the right to cancel membership, end program participation, and remove visitation access.

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 with an email address on file to register online. Registration begins at 8:00am on-line and in the building the day of registration. Online registration ends the day that 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.)

SWIM LESSON MAKE UP POLICY

Make ups for illness will be offered during regular lesson times subject to availability. Weather related cancellations will be made up on Fridays, members will be informed on which Friday make ups will be scheduled. Please note that a doctor's note must be provided for medical absences. **Credits will NOT be given.**

Make up must be completed within the same session. Please call Leah Salto, ext. 170, to schedule an appointment.

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OUR FREE
MOBILE APP

