



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



GROWING STRONGER TOGETHER

YMCA of Western Monmouth County
FREEHOLD BRANCH

JANUARY

New Member Special!

**SOLUTION TO
RESOLUTIONS**

(see next page)

WINTER 2019

January 2–February 17

(See inside cover for Holiday Hours)

Registration begins:

Dec. 3, 8am

NEW KIDS CLUB POLICIES EFFECTIVE FEBRUARY 1, 2019 (see inside cover)

Freehold members may register for Old Bridge Branch classes in person starting Dec. 10.

FREE

(\$150 Value)

SOLUTION TO RESOLUTIONS

12-Week Program for New Members

January 1-April 15

January

1

Join the Y!

New program designed specifically for a new year and new you! Join by January 31 and receive your own wellness coach. You'll be matched with one of our personal trainers and receive a complimentary fitness assessment and Wellness Journal. Your coach will continue to meet with you weekly to discuss your progress, adjust your workout, and answer all your questions.

UPCOMING EVENTS



GO RED

Fri., February 2, 10:30am

Wear red for women's heart health and join Morrissa for Weigh Hard Workout in Studio 2.



FEBRUARY – AMERICAN HEART MONTH

Wed., February 13, 9:00-11:00am

Blood pressure and glucose screening in lobby by Centrastate Healthcare.



ZUMBA VALENTINES DAY DANCE PARTY

Thur., February 14, 10:30am

HOLIDAY HOURS

3:00pm Closing

December 24, December 31

CLOSED

December 25

Open 9am-3pm

January 1



NEW KIDS CLUB POLICIES EFFECTIVE FEBRUARY 1, 2019!

Please note the following:

- New age limit: 9 years old max.
- Sitters **WILL NO LONGER** change children's diapers. Should there be need for a diaper change, a sitter will come find you in the area you indicate at check in.
- Kids Club is available for Facility members only.

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Nurturing the potential of every child and teen.

CHILD CARE ENRICHMENT CENTER



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.

CLASSROOMS

Year-round September - August
Hours of Operation 7:00 am-6:30 pm
Full & Half Day Options Available • 10% sibling discount

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

STATE OF THE ART SMART BOARD!

IPADS FOR EACH CLASSROOM!

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 membership 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. **Must be FULLY potty-trained.**

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.



For questions or to schedule a tour please call Katie Rouse Ext. 114

SCHOOL AGE CHILD CARE

BECAUSE LEARNING DOESN'T STOP AFTER SCHOOL

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.

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AQUATICS

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 aquatics 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

	FAC	PRO
	(7 wks.)	
30 Min.	\$70	\$83
45 Min.	\$83	\$97



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.

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 & 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.

RED BAND (UNABLE TO PASS SWIM TEST) • Swimmers who do not meet the height requirement, must stay in the SHALLOW END pool area.

• If child requires a flotation device, he or she must be accompanied by an adult 18 years or older in the water at all times. (Children that do not have an adult 18 years or older in the water will not be permitted to swim.)

YELLOW BAND (UNABLE TO PASS SWIM TEST) • Swimmers must stay in the SHALLOW END pool area.

• This is for children that are unable to pass the swim test, but do NOT require a flotation device to swim.

GREEN BAND (ABLE TO PASS SWIM TEST) Swimmers are able to swim in all accessible pool areas



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SWIM STARTERS PARENT/CHILD (6-36 months)

Lessons are 30 min. in length and held in Instr. Pool.



WATER DISCOVERY & EXPLORATION COMBO

Children develop comfort in the water and swim readiness skills while parents learn about water safety. Swimmers are ready to start exploring body positions, breath control and fundamental aquatic skills.

Mon, Thu 11:30 (Dittmar)
Saturday 10:45 (Instr.)

- We reserve the right to move children to a different level based on ability.
- We reserve the right to move lessons to a different pool if necessary.
- Same swim instructors are not guaranteed.
- Please observe your child in the bleacher area or behind the white railing, not on pool deck.
- Children under the age of 3 and any child not toilet trained must wear a swim diaper.

SWIM BASICS – PRESCHOOL (3-5 YRS. at time of registration)

Lessons are 30 min. in length. Mon.-Fri. morning classes are held in Dittmar; evening classes are in Cobb. Sat. classes held in Instr. Pool unless noted with a (D) for Dittmar Pool.



WATER ACCLIMATION

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

Tues 4:30
Wed 5:30
Thurs 10:00
Fri 6:00
Sat 8:45, 10:15



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)

Mon 10:30, 5:00
Tues 4:00, 5:00
Thurs 6:00
Fri 5:00
Sat 8:15, 9:15, 11:15



WATER STAMINA

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

Mon 10:00
Tue 5:30
Wed 5:00
Fri 4:00
Sat 9:00 (D), 11:45

SWIM STROKES – PRESCHOOL (3-5 YRS. at time of registration)



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.

Mon 5:30
Tue 6:00
Thurs 4:00
Sat 9:00 (D)

SWIM LESSON PRICES		
	FAC	PRO
	(7 wks.)	
30 Min.	\$70	\$83
45 Min.	\$83	\$97

SWIM BASICS – YOUTH (6+ YRS. at time of registration)

Lessons are 30 min. in length. Mon.-Fri. classes are in Cobb. Sat. classes held in Instr. Pool unless noted with a (D) for Dittmar Pool.



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.

Tues 5:00
Thurs 6:30
Fri 4:30
Sat 10:00 (D)



WATER MOVEMENT

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

Mon 6:00
Tues 5:30
Thurs 5:30
Fri 5:30
Sat 9:45, 10:30 (D)



WATER STAMINA

All are in Dittmar Pool
Swimmers can swim, float, swim at least 15 yds.

Tues 4:00, 4:30
Thurs 4:30
Fri 4:00, 4:30
Sat 9:30, 11:00

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SWIM STROKES – YOUTH (6+ YRS. at time of registration)

Lessons are 45 min. in length. **All are held in Dittmar Pool.**



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.

Wed, Thurs, Fri 4:15

Sat 9:30, 10:15, 11:00



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.

Tues, Wed, Thurs, Fri 4:15

Sat 9:30, 10:15, 11:00



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.

Wed, Thurs 4:15

Sat 9:30, 10:15, 11:00

SWIM LESSON PRICES

	FAC	PRO
	(7 wks.)	
30 Min.	\$70	\$83
45 Min.	\$83	\$97

YASNAC (13+ YRS.) Instr. Pool

Young adults' special needs aqua cardio class. A weekly shallow water class with activities such as AquaZumba, kickboxing, calisthenics and fun. NO FEE for Facility Members.

Wednesday 6:00-7:00

PRIVATE SWIM LESSONS (5+ YRS.)

30 min. lesson

Must be purchased in package of 4.

Private \$140.00

Semi-private (max of 3 people) \$220

Facility Membership required. 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 kblum@ymcanj.org.

POOL INCLEMENT WEATHER POLICY

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.

CLASS CANCELLATION POLICY

In the event that classes are canceled due to inclement weather, makeup classes will be offered during a regular scheduled class. **Credits/Refunds will not be given for canceled classes.**

COMPETITIVE STROKE (6-18 YRS)

FAC \$91 PRO \$104

This class is for swimmers who have completed Stroke Development and Stroke Mechanics and are interested in preparing 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



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.

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 Kristen Blum, Aquatics Director, ext. 178.

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

YOUTH PROGRAMS

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

NEW!

CELTIC CARDIO (4-12 YRS)

FAC \$40 PRO \$56

Combines the two best aspects of Irish dancing – burning calories and having fun! Includes stretching, learning dance segments, and raising your heart rate while kicking up your heels to the sounds of Irish jigs and reels. Led by Old Bridge-based Fitzgerald School of Irish Dance, children will learn group dancing which pairs students up in groups of four's and eight's and has them dancing Reels and Jig. Held in Studio 1.

Wednesday 4:00-4:45pm (4-7 YRS)
4:45-5:30pm (8-12 YRS)



INSTRUCTIONAL BASKETBALL

Learn the basics of basketball, while exercising and having fun!

Friday
4:30-5:15 (5-6 YRS.)
5:15-6:00 (7-9 YRS.)
FAC \$40 PRO \$56



NEW!

PARENT/CHILD BASKETBALL (3 & 4 YRS)

FAC \$27 PRO \$38

What better way for your child to learn a new sport than with you! With leadership from one of our expert coaches, your child will work on the basics of dribbling, shooting, and teamwork. This class will give you a multitude of new drills to work on with your child at home!

Monday 5:00-5:30

SPORTACULAR (9-13 YRS.)

FAC \$40 PRO \$56

From basketball to soccer, and volleyball to lacrosse, your child will experience everything the sports world has to offer.

Wednesday 5:30-6:15



VOLLEYBALL 101 (9-13 YRS.)

FAC \$44 PRO \$60

Develop fundamental skills, including serves, setting, bumps, passing, rotations and rules of the game.

Monday 6:30-7:30

PRE-SCHOOL TAEKWONDO (3-5 YRS.)

FAC \$40 PRO \$56

Traditional program designed to enhance fitness while teaching basic skills and developing discipline, confidence and self-esteem.

Saturday 9:30-10:15am

Y ROOKIES (3-5 YRS)

FAC \$27 PRO \$38

A pre-competitive instructional program to teach fundamentals, rules teamwork, sportsmanship, strengthen individual motor skills and enhance self esteem. Your child will be introduced to a variety of sports in a fun and nurturing environment.

Tuesday 4:15-4:45pm

PRESCHOOL SOCCER (3-5 YRS)

FAC \$27 PRO \$38

This instructional class is designed to teach the basics of soccer and to also build upon the skills already acquired such as dribbling, coordination, shooting and much more.

Tuesday 3:45-4:15



SHE GOT GAME (8-13 YRS.)

FAC \$40 PRO \$56

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 5:15-6:00



NEW! TWEEN BOOT CAMP (10-12 YRS.)

\$68.00 FAC Members Only

Military fun-style circuit fitness training! The program combines cardio and strength training in one session. Activities include circuits, strength & flexibility stations using their own body weight, obstacle courses, ball games and more!

Wednesdays 4:30-5:15pm



SELF DEFENSE AND SAFETY AWARENESS (5-11 YRS.) MEMBERSHIP REQUIRED

\$145, includes 13 Lessons + test and registration fee.

The Kidsafe program is designed to enhance self-esteem, self-discipline & safety awareness! Students are placed into classes according to age and ability. A black belt instructor teaches beginner, intermediate, and advanced techniques for self-defense only! Self-discipline and defense, rather than aggressiveness are emphasized throughout the course. The dangers of bullying and how to deal with peer pressure are an important part of our program.

Saturdays, January 19 – April 6

New, Returning students & Yellow Belts 5-8 YRS.

11:00am-12:00pm

New, Returning students & Yellow Belts 9-14 YRS.

12:10-1:00pm

Yellow Belts 5-8 YRS.

1:10 - 2:00pm



Orange & Purple Belts 11-16 YRS.

2:00 - 3:00pm

Blue/Green Belts 11-16 YRS.

3:00 - 4:00pm

Brown/Black Belts

4:00 - 5:00pm

JUNIOR FITNESS CLUB (10-12 YRS.)

REQUIRES MIN. OF 5 PARTICIPANTS

\$65 FAC Members Only

Thur. 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.



NEW!

ANIMATION 101 (10-16 YRS.)

FAC \$40 PRO \$56

This course will teach the fundamentals of animation, while allowing children to be creative and original. Working with StikBots and new app technology, students will use their program time to create their very own short films!

Monday 5:30-6:15



ADULT FITNESS & WELLNESS

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

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 Kristen Blum, ext.178, before Private half-hour, one-on-one swim lessons. Children 5+, adults & teens from beginners to advanced stroke development. Times vary based on pool

ADULT SWIM LESSON (14+ YRS.)

\$83

Beginner

For the fearful or inexperienced swimmer.

Sat. 7:30-8:15am,

Mon. 9:15-10:00am

Tue. 6:30-7:15pm

Intermediate

Sat. 8:15-9:00am



NOW HIRING!

Year round, part-time, certified lifeguards needed! Various days/times available. Salary based on experience. **FREE membership with employment.**

Contact:
Kristin Blum
Ext. 178, or
klum@ymcanj.org

AMERICAN RED CROSS LIFEGUARD CERTIFICATION

NOREFUNDS ONCE CLASS STARTS - NO EXCEPTIONS!

LIFEGUARD RECERTIFICATION (15+ YRS.)

Members \$150 Non-Members \$175

Must show proof of current ARC Lifeguard Cert.

Fee paid for pre-lifeguard training will be credited toward ARC Lifeguard Course fee.

2-yr. certification Lifeguarding, CPR/AED for the professional rescuer, standard first aid.

Must attend all classes:

Pre-test Jan. 13, 10:30am, followed by class 10:30am-6:00pm

In-person registration required by Jan. 6. Minimum 3 participants required for class to run.



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

COUPLES TRAINING

1x - \$80 | 5x - \$320
10x - \$550

ADULT PERSONAL TRAINING

(18/over)

1 session - \$50

5 sessions - \$200

10 sessions - \$350

YOUTH PERSONAL TRAINING

(under 18)

3 for \$110



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.

If at any time 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: Jackie Wone, ext. 140 or jwone@ymcanj.org.

ALWAYS HERE FOR YOU!

ADMINISTRATION

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YMCA of Western Monmouth County

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Phone: (732) 462-0464
Fax: (732) 462-0255

Hours of Operation:

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

Spring 1 2019 Session: February 18-April 21
Registration: February 4, 8am

OPEN PICKLE BALL

Free for Facility Members

To view the schedule of open court times, visit Freehold Y Gymnasium Schedule at ymcanj.org



50% off
books
with
code
'FH18'

SAT/ACT Prep Classes @the Y

Call 732.234.6685 for class schedule.

Learn more and register at:

www.elitetutoringacademy.com



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