



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# EXPLORE MORE

YMCA of Western Monmouth County  
**FREEHOLD BRANCH**

**SPRING 1 2019**  
**February 18 – April 21**

**Registration starts Feb. 4, 8am**



Freehold members may register for Old Bridge Branch classes in person starting Feb. 11.



# SUMMER CAMPS



Our locations may look different, but all of our summer camps offer:

- Red Cross Certified Swim Instructors & Lifeguards
- Allergy-Aware Staff & Facilities
- Low Camper-to-Counselor Ratio
- Daily Instructional & Rec. Swimming
- Flexible Scheduling
- Full, Half & Extended Day Options

## MY Y SUMMER CAMP 3-5 yrs. old

**June 24 - August 23**

The perfect age-appropriate camp for your young children! Led by our dedicated Child Care Enrichment professionals, your children will be surrounded by caring, nurturing staff that model the Y's core values of **caring, honesty, respect, and responsibility.**

- Swim Lessons
- Arts & Crafts
- Free Swim
- Gym Time
- Sports
- Musical Madness
- Science/STEM
- FUNtrition
- Messy Play
- Special Events

Contact: Katie Rouse, ext. 114,  
or [krouse@ymcanj.org](mailto:krouse@ymcanj.org)

For more information and pricing for all camps, visit:  
[ymcanj.org/bestsummerever](http://ymcanj.org/bestsummerever)

## FREEHOLD DAY CAMP 5-15 yrs. old

**ALL  
NEW!**

- \* NEW CAMP DIRECTOR!
- \* NEW GAMES & ACTIVITIES!
- \* NEW TRIPS FOR GR. 3-8!

Choose 2-5 days & up to 10 weeks!  
**June 24 - August 30**

Just the right amount of fun activities, swimming and sports for your child in a safe, nurturing environment.

Sports Instruction • Gaga Pit • Arts & Crafts  
Weekly Themes • Special Events  
Color Wars • Talent Show  
Counselor-in-Training Program

Contact: Ken Cardullo, ext. 110,  
or [kcardullo@ymcanj.org](mailto:kcardullo@ymcanj.org)

Choose  
2-5  
Days

## CAMP TOPANEMUS

380 Monmouth Rd., Millstone, NJ

**Gr. K-10**

**June 24 - August 23**

Choose  
3-5  
Days

Located on over 50 beautiful acres, Camp Topanemus provides a traditional day camp experience that helps children and teens grow in spirit, mind and body.

Floor Hockey • Archery • Zip Line • Climbing Wall  
Pool Slide • Splash Park • Travel Camp  
Weekly Themes • Outdoor Pools • Cookouts  
Color Wars • Talent Show • Weekly Trips  
Leader-in-Training Program



### OPEN HOUSE DATES

9:30am-12pm: March 9, April 13, May 4, May 19  
5:30-7pm: June 5

Contact: Camp Office at 732.294.7727,  
or [topanemus@ymcanj.org](mailto:topanemus@ymcanj.org)

## UPCOMING EVENTS



### KIDS NIGHT OUT

Fri., February 15, 6-9pm

Movie and pajama party! *Hotel Transylvania 3*  
\$10 per child



### READ ACROSS AMERICA

Fri., March 1, 9am-12pm & 5-8pm

Dr. Seuss-themed activities in our Kids Club.



March is National Nutrition Month

### FOOD FACT vs. FICTION

Tue., March 19, 10am

Join CentraState Registered Dietitian, Caryn Alter, MS Rd, FAND, to get the scoop of what's fact and what's fluff.



### ST. PATRICK'S DAY LUCKY COIN CONTEST

March 1 – 17

Guess the correct amount of coins in the pot of gold for your chance to win a Y sweatshirt!



### EASTER EGGS-TRAVAGANZA

Fri., April 12, 6:30-8:30pm

Egg hunt, crafts & more!  
\$8 per child, registration required by Apr. 6



April is Parkinson's Awareness Month

### CENTRASTATE HEALTHCARE PARKINSON'S INFORMATION TABLE

Wed., April 17, 10:00am



Save the Date!

### HEALTHY KIDS DAY

Sat., April 27

The Y's national initiative to improve the health and well-being of kids.



# FOR YOUTH DEVELOPMENT

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.



**KIDS DAY OUT!**  
April 22-26

Applications available online or in Child Care office.

**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.

# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.



## 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
	(9 wks.)	
30 Min.	\$90	\$106
45 Min.	\$106	\$124



### 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



# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

## 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.

Thursday 11:30 (Cobb)  
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  
Wed 5:00  
Thurs 5:30, 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
	(9 wks.)	
30 Min.	\$90	\$106
45 Min.	\$106	\$124

## 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  
Wed 5:30  
Thurs 6:30  
Fri 4:30  
Sat 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.

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



### 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

# FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.



## 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.

Tue, Wed, Thurs 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

### ADAPTIVE SWIM CLASS

For students with physical or intellectual disabilities. The class will focus on skill progression as outlined in the Special Olympics NJ Aquatics Coaching Guide led by Freehold YMCA Marlins Special Olympics swim team head coach, Tina Duda along with other staff and volunteers. Monday 6:30-7:00



SWIM LESSON PRICES		
	FAC	PRO
	(9 wks.)	
30 Min.	\$90	\$106
45 Min.	\$106	\$124

### 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

### COMPETITIVE STROKE (6-18 YRS)

FAC \$117 PRO \$133

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



### 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 [jfoster@ymcanj.org](mailto:jfoster@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.**

### 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)

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 2, Thursdays.

Thursday

3:45-4:15pm (4-7 YRS)

FAC \$41 PRO \$57

4:15-5:00pm (8-12 YRS)

FAC \$51 PRO \$72



### PRE-SCHOOL TAEKWONDO (3-5 YRS.)

FAC \$51 PRO \$72

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 \$41 PRO \$57

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 \$41 PRO \$57

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

### 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 \$66 PRO \$90

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!



Tuesday 5:00-6:00 (Studio 1)

### 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 \$51 PRO \$72



### NEW CLASS FOR 10-13 YRS.

Friday 6:00-7:00

FAC \$66 PRO \$90

### PARENT/CHILD BASKETBALL (3 & 4 YRS)

FAC \$41 PRO \$57

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 \$51 PRO \$72

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

Wednesday 5:30-6:15



### SHE GOT GAME (8-13 YRS.)

FAC \$51 PRO \$72

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. Registration is ongoing. For more information, contact **Kidsafe Karate 800-850-0800**.



**NEW!**

### FREEHOLD FENCING ACADEMY (7 YRS - ADULT)

Step outside your comfort zone and learn all about fencing! This brand-new program, led by professional and world-class fencers, promotes the safety and technique of the classical Olympic sport. All equipment will be provided. Space is limited; beginner and advanced students welcome.

Tuesday 4:45-5:45 (18+ YRS.)

Wednesday 4:30-5:15 (7-12 YRS.), 5:15-6:00 (13-17 YRS.)

FAC \$66

FAC \$51 PRO \$72

## 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 John Foster, ext.207, 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

### ADULT SWIM LESSON (14+ YRS.) \$106

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

### AMERICAN RED CROSS LIFEGUARD CERTIFICATION

**NOREFUNDS ONCE CLASS STARTS - NO EXCEPTIONS!**

### LIFEGUARDING/FIRST AID/ CPR/AED 2 yr. Cert.

Members \$300 Non-Members \$350

**NOREFUNDS 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. **Minimum 3 participants required for class to run.**

**In-person registration required by Feb. 4.**

Pre-test: Friday February 8, 5:30-6:30pm

Friday Feb. 22, 4:00-9:00pm

Saturday Feb. 23 11:00am-7:00pm

Sunday Feb. 24 10:00am-6:00pm

**In-person registration required by Mar. 2.**

Pre-test: Sunday March 10, 2:00-3:00pm

Sunday Mar. 24, 10:00am-6:00pm

Saturday Mar. 30, 10:00am-6:00pm

Sunday Mar. 31, 10:00am-6:00pm

### LIFEGUARD RECERTIFICATION (15+ YRS.)

Members \$150 Non-Members \$175 (Must show proof of current ARC Lifeguard Cert.)

2-yr. certification Lifeguarding, CPR/AED for the professional rescuer, standard first aid. **Minimum 3 participants required for class to run.**

•Monday, February 18, 9:00am-6:00pm (In-person registration required by Feb. 4.)

•Sunday, April 14, 10:00am-6:00pm (In-person registration required by Apr. 6.)



### MARCH MADNESS FITNESS CHALLENGE

March 1-31

Sign up in the Wellness Center and pick up a calendar with different fitness activities. The more activities you complete, the more points you receive. Prizes for the top 3 winners!

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



### COUPLES TRAINING

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

10x - \$550

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.

### ADULT PERSONAL TRAINING

(18/over)

1 session - \$50

5 sessions - \$200

10 sessions - \$350

### YOUTH PERSONAL TRAINING

(under 18)

3 for \$110

**SPRING SPECIAL!**  
**Buy 2**  
**sessions**  
**for \$80**

**March 21**  
**to**  
**Apr. 4**

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](mailto:jwone@ymcanj.org).

## ADMINISTRATION

### Jennifer Dunn

Interim Chief Operating Officer  
[jdunn@cymca.org](mailto:jdunn@cymca.org) Ext. 113

### Sharon Halpin

V.P. of Human Resources  
[shalpin@ymcanj.org](mailto:shalpin@ymcanj.org) Ext. 112

### Carol Larres

V.P. of Finance  
[clarres@ymcanj.org](mailto:clarres@ymcanj.org) Ext. 127

### Elaine Geiger

V.P. of Childcare and Camp  
[egeiger@ymcanj.org](mailto:egeiger@ymcanj.org) Ext. 123

### Lorna Rifkin

Marketing & Communications Director  
[lrifkin@ymcanj.org](mailto:lrifkin@ymcanj.org) Ext. 132

### Halla Auyeung

Finance Director  
[hauyeung@ymcanj.org](mailto:hauyeung@ymcanj.org) Ext. 145

### Michele Born

Director of Endowment  
[mborn@ymcanj.org](mailto:mborn@ymcanj.org) Ext. 125

## FREEHOLD BRANCH

### Denise Bucciero

Interim Branch Executive Director  
[dbucciero@ymcanj.org](mailto:dbucciero@ymcanj.org) Ext. 116

## Membership

### Tia Hopkins

Regional Membership Director  
[thopkins@ymcanj.org](mailto:thopkins@ymcanj.org), Ext. 121

## Aquatics

### Kristen Blum

Aquatics Director  
[kblum@ymcanj.org](mailto:kblum@ymcanj.org) Ext. 178

### John Foster

Aquatics Director  
[jfoster@ymcanj.org](mailto:jfoster@ymcanj.org) Ext. 207

### Robert Bartus

Director of Competitive Aquatics  
[rbartus@ymcanj.org](mailto:rbartus@ymcanj.org) Ext. 102

### Brian Henningsen

Assistant Dir. of Competitive Aquatics  
[bhenningsen@ymcanj.org](mailto:bhenningsen@ymcanj.org) Ext. 117

## Programs & Camp

### Ken Cardullo

Program & Camp Director  
[kcardullo@ymcanj.org](mailto:kcardullo@ymcanj.org) Ext. 110

### Kyle Cappelli

Program & Camp Coordinator  
[kcappelli@ymcanj.org](mailto:kcappelli@ymcanj.org) Ext. 317

## Fitness

### Jackie Wone

Healthy Living Director  
[jwone@ymcanj.org](mailto:jwone@ymcanj.org) Ext. 140

## Child Care

### Bill Engelhardt

School Age Child Care Program Director  
[bengelhardt@ymcanj.org](mailto:bengelhardt@ymcanj.org) Ext. 153

### Katie Rouse

Child Care Director  
[krouse@ymcanj.org](mailto:krouse@ymcanj.org) Ext. 114

### Megan McVay

Asst. School Age Childcare Director  
[mmcvay@ymcanj.org](mailto:mmcvay@ymcanj.org) Ext. 138

### Shani Love

School Age Child Care Field Coordinator  
[slove@ymcanj.org](mailto:slove@ymcanj.org) Ext. 143

## YMCA of Western Monmouth County

470 East Freehold Road  
Freehold, NJ 07728  
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 2019 SESSION

April 29-June 30

Registration: April 15, 8am

### OPEN PICKLE BALL

Free for Facility Members

To view the schedule of open court times, visit Freehold Y Gymnasium Schedule at [ymcanj.org](http://ymcanj.org)



**ELITE**  
Tutoring Academy



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](http://www.elitetutoringacademy.com)

### We sincerely thank our sponsors for their support!

Encon Mechanical Corp.  
Nova Services Group  
OGP Architects, LLP

Amboy Bank  
OceanFirst Bank  
Manning Caliendo & Thomson



Like us  
@YofWMC



Follow us  
@theYWMC



Follow us  
@yofwmc



Review us