



EXPLORE MORE

YMCA of Western Monmouth County
OLD BRIDGE BRANCH

SPRING 1 2019

February 18 – April 21

Registration starts Feb. 4, 8am



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



OLD BRIDGE DAY CAMP

Ages 4– 15 yrs. old

June 24 – August 30

TRAVEL
CAMP
Gr. 3-10



The Old Bridge Y provides a safe and loving environment for each and every child. We are committed to developing your child's intellectual, social, emotional and physical growth, in a fun camp atmosphere.

Our camping experience is one of wonder and exploration. Camp programs are packed with activities that fill summer days and offer independence and adventure!



- Curbside drop off
- We offer 10 weeks with flexible days
- Extended care & lunch are available
- Weekly Trips
- Daily Instructional & Recreational Swimming
- Sports Instruction



- Games
- Arts & Crafts
- Science
- Weekly Themes
- Special Events & More!



TRAVEL CAMP



ELLIS ISLAND • MADAME TUSSAUDS • CIRCUS PLACE
FIREBALL MOUNTAIN & MANY MORE!



Available Tuesday through Friday for children in Gr 3-10. Each day will be a new adventure as the children travel to someplace fun and educational! See calendar and registration packet for trips and more information. **Only 40 spots per week available.**

For more information and pricing, visit ymcanj.org/bestsummerever

CONTACTS:

Ken Cardullo, Program & Camp Dir.
ext. 305, or kcardullo@ymcanj.org

Kyle Cappelli, Program & Camp Coor.
ext. 317, or kcappelli@ymcanj.org

UPCOMING EVENTS



READ ACROSS AMERICA

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

Dr. Seuss-themed activities in our Kids Club.



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!



MARDI GRAS ZUMBA PARTY

Tue., March 5, 8:30pm



MARCH MAYHEM FITNESS CLASS

Wed., March 20, 9:30-11:00am

Basketball, Bosu, and Stability Balls



EASTER BUNNY EGGS-TRAVAGANZA

Fri., April 12, 7:00-9:00pm

Meet the Easter Bunny, color eggs & more.
\$8 per child. Registration required by April 5.



Save the Date!

HEALTHY KIDS DAY

Sat., April 27

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



PEACE, LOVE, AND PARTY

Sat., May 18, 7:00-10:00pm

Dress in your best 70's outfit for music, dancing, snacks, desserts and beverages
\$20 per person, registration required by May 10.





FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

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.

SWIM STARTERS PARENT/CHILD (6-36 months)

Lessons are 30 min. in length.



WATER DISCOVERY & EXPLORATION COMBO

Tuesday 10:15



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.
- Children under the age of 3 or not toilet trained must wear a swim diaper.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

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 10:00, 4:15, 6:00
 Tuesday 4:15, 4:45
 Wednesday 6:00
 Friday 4:15
 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 4:15
 Tuesday 4:15, 4:45, 6:00
 Friday 10:00
 Sat. 8:30, 9:00, 9:30, 10:00



WATER STAMINA

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

Wednesday 4:15, 6:00
 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

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.

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.

Mon, Wed 4:45
 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

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

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 4:45
 Tuesday 4:45, 6:00
 Wed, Fri 4:45
 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 4:15, 6:00
 Tuesday 4:15
 Wednesday 4:15, 6:00
 Saturday 8:30, 9:00, 9:30, 10:00



WATER STAMINA

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

Monday 4:45
 Wednesday 4:15, 4:45
 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 5:15, 6:00
 Tuesday 5:15
 Wednesday 5:15
 Friday 6:00
 Saturday 8:30, 9:15, 10:00, 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.

Monday 5:15
 Tuesday 5:15, 6:00
 Wednesday 5:15
 Thursday 6:00
 Saturday 8:30, 10:00
 Friday 5:15



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 5:15
 Tuesday 5:15
 Wednesday 5:15
 Thursday 6:00
 Saturday 9:15, 11:00

- 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.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

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 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 \$117 PRO \$133

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 \$90 PRO \$106

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. 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

CHALLENGER COMPETITIVE STROKE (6+ YRS.)

FAC \$117 PRO \$133

For Special Olympics competitive swimmers.

Must be registered with Special Olympics

New Jersey to register for class.

Friday 5:00-6:00



**Special
Olympics**
New Jersey

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.



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.

CLASS CANCELLATION POLICY

If classes are canceled due to inclement weather, make-up classes will be offered on Friday evening ONLY. Credits/Refunds will not be given for canceled classes.

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.

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.

PRIVATE BASKETBALL LESSONS (7-17 YRS.)

\$80 for four 30 min. lessons

One-on-one private training lessons with our qualified coaches.

YOUTH PROGRAMS

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

PRESCHOOL SOCCER

FAC \$41 PRO \$57

Preschool soccer is an instruction class that teaches basic soccer skills, as well as teamwork and participation in a fun, non-competitive environment.

Tuesday 4:30-5:00pm (4-5 YRS.)

SPORTACULAR (7-10 YRS)

FAC \$51 PRO \$72

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

Monday 5:30-6:15



CELTIC CARDIO (4-12 YRS)

FAC \$51 PRO \$72

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. Held in Studio A.

Monday 4:45-5:30pm (4-7 YRS)

5:30-6:15pm (8-12 YRS)

BOX FOR KIDS (9-13 YRS)

FAC & PRO \$72

REQUIRES 5 MIN.

Making fitness fun! Our full-body boxing workout will change your child's body, clear their mind, and engage their spirit. Choose one class time. Class held in Studio B.

Tuesday or Thursday 4:00-5:00pm

NEW! GAGA (7-13 YRS)

FAC \$51 PRO \$72

Fast paced, high-energy sport played in an octagonal pit. Using a soft foam ball, the game combines the skills of dodging, striking, running and jumping. Everyone gets a serious workout.

Tuesday 5:00-5:45

GAME TIME (8-13 YRS.)

FAC \$66 PRO \$90

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 those looking to find extra playing time. Parent volunteers welcome!

Wednesday 5:00-6:00

NEW! UTA MARTIAL ARTS

Have fun while building confidence, discipline, respect and self-control through exciting and energetic martial arts lessons. Uniform and belt included!

Saturdays:

10:00-10:30 (3-5 YRS.)

FAC \$41 PRO \$57

10:30-11:15 (6-9 YRS.)

FAC \$51 PRO \$72

11:15-12:15 (10-13 YRS.)

FAC \$66 PRO \$90



YOUTH TRACK CLUB

(4th-8th Gr.) FAC \$66 PRO \$90



Led by professional runner and OBHS graduate, **Travis Mahoney!**

Introduce your child to the world's oldest sport and develop a passion for running. Perfect for all athletes as we will work to improve endurance, agility, and speed. Workout at Lombardi Field track (Carl Sandburg Middle School) and the Y.

Thursday 6:00-7:00

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



JUNIOR FITNESS (10-12 YRS)

\$65 Tuesday or Thursday, 4:00-5:00

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. *Will be able to use the Fitness Center without parental supervision. Mon. through Fri. 3-5pm AND Sat. & Sun. from 12- 2pm.

REQUIRES 5 MIN. PARTICIPANTS

KIDS FIT (6-9 YRS.)

REQUIRES 5 MIN. PARTICIPANTS

\$68

Perfect fit for younger kids to stay active. Class features fitness, games and challenges designed for all ages.

Wednesday 5:00-5:45

NEW! ZUMBA KIDS (6-9 YRS)

REQUIRES 5 MIN. PARTICIPANTS

FAC & PRO \$72

Rockin', high-energy dance parties packed with kid-friendly routines. We break down steps, add games, activities, and cultural exploration elements into the class structure.

Monday 4:30-5:15pm

INSTRUCTIONAL BASKETBALL

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

5-6 YRS. FAC \$51 PRO \$72

Friday 4:30-5:15

7-9 YRS. FAC \$51 PRO \$72

Friday 5:15-6:00

10-13 YRS. FAC \$66 PRO \$90

Friday 6:00-7:00

SHE GOT GAME (8-13 YRS)

FAC \$51 PRO \$72

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.

Thursday 5:00-5:45pm

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 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.)

\$106

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

\$106

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

Saturday 7:30-8:15am

EAST COAST DIVING CENTER CLASSES

(contact: Bill Cleary 732.591.9374)

Discover Scuba

Fridays March 1, 8, 15, 22, 30, 6:00-9:00pm

Refresher Classroom only March 15 & 22

AMERICAN RED CROSS LIFEGUARD CERTIFICATION

PRE LIFEGUARD TRAINING (15+ YRS.)

Members \$40 Non-Members \$50

(Recommended prior to taking full ARC Lifeguarding certification course.)

Fee paid for

pre-lifeguard training will be credited toward ARC Lifeguard Course fee. For swimmers interested in entering the American Red Cross Certification class. Will cover swim endurance training, basic rescues and lifeguard drills.

- Sunday, February 24, 12:00pm-2:00pm

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

(Pre Lifeguard Training recommended)

Members \$300 Non-Members \$350

NO REFUNDS 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.

- Sundays, March 3, 10, 17, 24, 31, 12:00pm-5:00pm
- April: 5th, 4-9pm; 6th, 10am-7pm, 7th, 8am-4pm (reg. by 3/15)

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.**

- Sat., March 2, 9am-7pm (reg. by 2/20)
- Sat., April 19, 9am-7pm (reg. by 4/5)



YOGA WORKSHOP

March 23, 1:30-3:00pm

Members FREE Non-members \$15

Explore both energetic and yin yoga asanas with joy and play. Then move into the heart of yoga with Pranayama/breath practice, reflection meditation. Leave feeling open and refreshed on all levels.

WEIGH 2 GO CHALLENGE

March 21-April 21

Lose 1-2 pounds per week or total 2% body fat loss over 30 days and win prizes!

Prizes: 1st Place - Personal Training Session, 2nd Place - Sweatshirt, 3rd Place - Food journal & ear buds



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



TRAIN LIKE A GOLDEN GLOVES BOXER! \$199/6 sessions

Personal focus on footwork, sparring and technique.

COUPLES PERSONAL TRAINING

1x - \$80

5x - \$320

10x - \$550

YOGA TRAINING

6 one-hour sessions = \$195

ADULT (18+) PERSONAL TRAINING

1 session - \$50

5 sessions - \$200

10 sessions - \$350

YOUTH PERSONAL TRAINING

(under 18)

3 for \$110

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

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: Brenda Werneisksi, ext. 310 or bwerneisksi@ymcanj.org.

