the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

STRONGER TOGETHER

The Community YMCA
RED BANK FAMILY YMCA

FALL 1 2019
September 3 – October 27

Member Registration starts
August 19, 8am

Program Participant Registration starts
August 26, 8am

FREE & OPEN
TO THE COMMUNITY
ON LABOR DAY!
SEPTEMBER 2
7am -3pm

POOL CLOSINGS FOR MAINTENANCE

- **BODMAN** POOL WILL BE CLOSED FROM 1PM ON AUG. 17 THROUGH SEP. 2
- **HUBER** POOL WILL BE CLOSED FROM AUG. 18 THROUGH SEP. 2

719-4790-RBY

SHARE THE Y!
WE'RE STRONGER TOGETHER

Receive a **FREE** month when you

REFER-A-FRIEND!*

*Offer valid Sep. 3-30th on referral of new members age 18+ yrs. Free month will be credited after referred member has achieved three consecutive months of active membership.

Join us
OCTOBER 11th
10:00am
for our
Ribbon-Tying Ceremony!

UPCOMING EVENTS

MONTHLY CRAFT
4:00-6:00pm

Sep. 13 & 14: Pencil Topper-Crazy Head Pens
Oct. 10 & 11: Paper Plate Ghost-Spider Web Plate

PARENTS' NIGHT OUT
HEALTHY FAMILY MEMBERSHIP PERK

September 21 and October 19, 6:00-10:00pm
Looking to spend an evening out on the town or just relax at home, but want your child to have fun too? You need a Parents' Night Out! Join us for a one-of-a-kind pajama party. All potty-trained children ages 2-13 are welcome. $15 per child, $10 ea. additional child.

MEAL PLANNING BY SNAP-Ed
Thursday, September 26, 5:30pm
To be held in the Zone. Sign up at the Welcome Center.

MEDICARE 101 by Horizon Blue Cross Blue Shield
Wednesday, October 2, 12-2pm
To be held in the Zone. Sign up at the Welcome Center.

HALLOWEEN BASH
Friday, October 25, Bash 5:00-6:30/Movie @6:30
Come have some Halloween fun at the Y and enjoy the movie Coco to end the night.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

SWIM EVALUATIONS
For new swimmers who are unsure of their level or a swimmer that has taken a break from swimming. This will ensure that every child is placed into the correct class. To schedule a swim evaluation, please contact Caitlin Minnich, Swim Lesson Coordinator at 732.742.2504 ext. 220, or cminnich@cymca.org.

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

MEMBER
30 min. $85 45 min. $112

PROGRAM PARTICIPANT
30 min. $130 45 min. $168

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 MTHS., unless otherwise noted)
Lessons are 30 min. in length.
Children must wear swim diaper.

WATER DISCOVERY
(6-23 months)
This class is designed to introduce children to the aquatic environment while introducing basic water skills and safety.

Saturday 8:30am

WATER EXPLORATION
(18-36 MTHS.)
This class is designed for the child to explore fundamental water skills and safety.

Thursday 5:45
Saturday 9:00am

PARENT & CHILD COMBO (6-36 MTHS.)
This class is designed for child comfort and swim readiness skills, while parents learn about water safety. Swimmers are ready to start exploring body positions, breath control and fundamental aquatic skills.

Tue., Wed., Thu. 10:05
Sunday 9:00

TINY AND TWO (2-3 YRS.)
This class is designed for children who are independent in the water before the age of 3 and will be without parent in the pool. Child must have completed Parent & Child Combo or Water Exploration class or have been swim evaluated to register for this class.

Wednesday 10:40
Saturday 9:30

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SWIM LESSON PRICES

MEMBER
30 min. $85 45 min. $112

PROGRAM PARTICIPANT
30 min. $130 45 min. $168

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

Lessons are 30 min. in length. (*=Evaluation required to register.)

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 10:05, 4:00
Tuesday 5:05
Wednesday 4:35
Thursday 4:35, 5:10
Sat. 9:45, 10:20, 10:55, 11:30
Sunday 9:35

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 5:10
Tuesday 10:40, 5:45
Wednesday 4:00
Thursday 11:15, 4:00, 4:35
Sat. 9:45, 10:20, 10:55, 11:30
Sunday 10:10

WATER STAMINA*

Swimmers must be able to swim, float, swim for 5 yds, as well as front and back glide for 10 feet.

Monday 10:40
Tuesday 4:30
Wednesday 5:10
Thursday 11:15, 4:00
Sat. 9:45, 10:20, 10:55, 11:30
Sunday 10:45

SWIM STROKES – PRESCHOOL

STROKE INTRODUCTION 1*

Swimmers should be able to swim 15 yds. on the front and back, and swim, float, swim for 25 yards. Swimmers will work on freestyle with big arms and eyes in for 25 yards. Butterfly and breaststroke kicks will be introduced.

Tuesday 4:00
Wednesday 5:40
Saturday 9:30

STROKE INTRODUCTION 2*

Swimmers should be able to swim 25 yards freestyle and backstroke. Swimmers will build endurance and will work on butterfly and breaststroke kicks.

Saturday 10:05

PROGRAM CREDIT/ REFUND POLICY

No refunds will be issued after classes begin. Credit will only be given if the enrollee is unable to participate in that program due to a serious injury or illness that will cause 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 Swim Lesson Coordinator 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.

SWIM BASICS – YOUTH

(6-12 YRS. at time of registration)
Lessons are 30 min. in length.

WATER ACCLIMATION / WATER MOVEMENT

This class increases comfort with underwater exploration and encourages forward movement in the water and basic self-rescue skills performed independently.

Monday 4:35
Wednesday 5:45
Thursday 5:10
Saturday 9:30, 11:30

SWIM STROKES – YOUTH

Lessons are 45 min. in length. (*=Evaluation required to register.)

WATER STAMINA*

Swimmers should be able to front and back glide for 10 yards and be able to swim, float, swim for 5 yards.

Monday 4:00
Tuesday 4:50
Wednesday 4:35
Saturday 9:20, 10:40

STROKE INTRODUCTION 1*

Swimmers should be able to swim 15 yards on the front and back and swim, float, swim for 25 yards. Swimmers will work on freestyle with big arms and eyes in for 25 yards. Butterfly and breaststroke kicks will be introduced.

Tuesday 5:25
Wednesday 3:45
Saturday 8:30, 10:05

SWIM STROKES – YOUTH Lessons are 45 min. in length. (*=Evaluation required to register.)

STROKE INTRODUCTION 2*

Swimmers should be able to swim 25 yards freestyle and backstroke. Swimmers will build endurance and will work on butterfly and breaststroke kicks.

Tuesday 4:35
Wednesday 4:00
Saturday 10:10, 12:05

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 4:50
Tuesday 4:00
Wednesday 4:50
Saturday 10:55

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 5:40
Wednesday 5:25
Saturday 11:00

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

If classes are canceled due to inclement weather, credits will be posted to your account and must be used within one year.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

PRIVATE SWIM LESSONS

Children 3+ yrs., teens, adults

One-on-one or two-on-one, 30 min. lessons, for beginners to advanced stroke development. Please contact Caitlin Minnich at 732.741.2504 ext. 220, or cminnich@cymca.org to schedule private swim lessons.

# of Lessons	Member	Program Participant
INDIVIDUAL		
1	$40	$56
4	$135	$190
8	$265	$370
SEMI-PRIVATE		
4	$230	$322
8	$450	$630

SPECIAL POPULATION PRIVATE SWIM LESSONS

Children 3+ yrs., teens, adults

Member 8 lessons, $225

One-on-one, 30 min. lessons designed to get swimmer comfortable in the water and teach water safety skills while having fun. Please contact Caitlin Minnich at 732.741.2504 ext. 220, or cminnich@cymca.org to schedule.

TEEN SWIM LESSONS (11-18 YRS.)

Member $112 Program Participant $168

This 45-minute class is designed to meet individual goals.

Thursday 5:15

COMPETITIVE STROKE (7-18 YRS.)

Member $162 Program Participant $264

(60 min. in length)

This class is for swimmers who have completed Stroke Mechanics and are interested in preparing to swim competitively. Class will focus on continuing development of all 4 competitive strokes, starts, turns and competitive training techniques.

Tuesday 6:15
Wednesday 6:10
Thursday 6:00
Saturday 8:30

HIGH SCHOOL SWIM CLINIC

September 16-November 7

Member $300 Non-Member $405

A fun and exciting learning environment for competitive swimming! The Fall swim clinic is geared towards swimmers who are preparing for their high school swim season. Participants will focus on all 4 competitive strokes, swim techniques, starts and turns.

Monday, Tuesday & Thursday
2:45-4:00pm

To register or for more information, contact Caitlin Minnich, Swim Lesson Coordinator at 732.741.2504, or cminnich@cymca.org.

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The Community YMCA AQUAROCKETS SWIM TEAM

Red Bank YMCA Aquarockets swim team repeated as **National Champions** this summer capturing first place overall at the 2019 YMCA Long Course National Championships. The team also captured both the Men's and Women's National Championships and Head Coach Jack Caucino was named Coach of the Meet.

The Aquarockets team practices at both Red Bank and Camp Zehnder locations and competes in the National YMCA Swimming and Diving and the USA Swimming organizations. Our swimmers range in age from the novice 6-year old to nationally-ranked swimmers in our Senior levels. Tryouts are held three times a year in spring and summer.

For more information please visit our web site at www.aquarockets.com.

YOUTH PROGRAMS

KINDER GYM (AGES 2-4)

HEALTHY FAMILY MEMBERSHIP PERK

FREE TO FAMILY MEMBERSHIPS
MEMBER $50
PROGRAM PARTICIPANT $70

Introduction to motor skills development. Toddlers have fun while developing everyday skills such as running, jumping, catching, throwing and balance. Great opportunity for young toddlers to socialize with others.

Tuesday
9:00-9:45am

SPORTS FUSION (AGES 5-7)

MEMBER $50
PROGRAM PARTICIPANT $70

Non-competitive instruction program designed to teach fundamentals, rules, teamwork and sportsmanship. Combines variety of sports and games while enhancing child's self-esteem.

Tuesday or Thursday
4:15-5:00pm

HOOP SKILLS (AGES 6-13)

Learn the fundamentals of the game while developing ball handling, passing, shooting, offensive skills, and team work.

Wednesday
4:00-4:45pm (6-7 YRS.)
MEMBER $50
PROGRAM PARTICIPANT $70

5:00-6:00pm (8-10 YRS.)
6:00-7:00pm (11-13 YRS.)
MEMBER $55
PROGRAM PARTICIPANT $75

BOOT CAMP (AGES 7-12)

MEMBER $50
PROGRAM PARTICIPANT $70

Focus on improving strength, speed, and agility. Stay active while having fun!

Thursday
5:00-5:45pm

KIDSAFE KARATE (AGES 5-15)

September 21 – December 14
MEMBER $135
PROGRAM PARTICIPANT $165

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 the program.

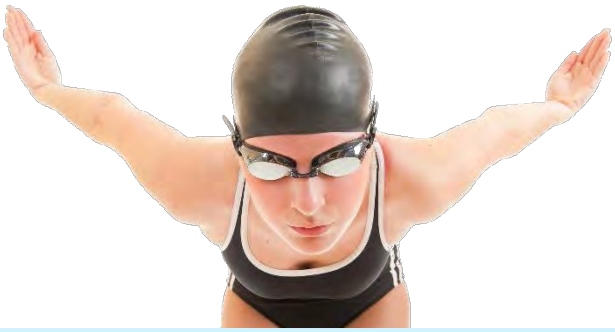
Saturday
10:00-10:40am New Students
10:50-11:30am 2nd White & New Yellow Belts
11:40-12:20pm Advanced Yellow Belts & up

FOR HEALTHY LIVING

Improving the nation's health and well-being.

ADULT FITNESS & WELLNESS

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



ADULT AQUATICS

ADULT SWIM LESSONS (AGES 18+)
MEMBER $112 NON-MEMBER $168

Teen/Adult Beginner
Class is designed to gain comfort and confidence in the water for the non-swimmer. Taught in Huber Pool unless otherwise stated.

Monday 5:45pm
Wednesday 9:15am (Bodman Pool)

Intermediate
Swimmers should be able to swim at least 15 yards independently. Swimmers will work towards their specific goals while refining their stroke technique and building endurance.

Thursday 9:15am
Saturday 8:30am

Y-MASTERS (18+ YRS.)

If you're looking to swim more than just laps, join our Masters Swim Team. Swimmers should have the ability to swim all 4 competitive strokes. The coach will help you on your individual progress and goals while focusing on stroke development and aerobic ability. Swimmers will have the option to compete in Masters meets during the year through the United States Masters Swimming (USMS).

One-Day, 8-week session
7:00-8:30pm Thurs OR Sat
Members: $64
Non-Members: $96

Two-Day, 8-week session
7 p.m. Thurs AND Sat
Members: $87
Non-Members $132

OPEN PICKLE BALL

FREE for Members
Pickle Ball Courts are outdoors in our Sports Complex.

ADULT PICKLEBALL LESSONS

Member $75 Non-Member $100
For any player who is new to the sports but has experience/is familiar with racquet sports. Meets 1x per week for 6 weeks.

Saturday
Beginners 9:00-10:30 Intermediate 11:00-12:30

ADULT VOLLEYBALL

Competitive volleyball league. Tryouts first week in September.
Thursday 7:00-9:30pm

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

ADULT PERSONAL TRAINING
(18/over)
1 session - $65
5 sessions - $300
10 sessions - $540
20 sessions - $950

DUAL PERSONAL TRAINING
(18/over)
1 session - $90
5 sessions - $420
10 sessions - $760
20 sessions - $1330

No refunds, 24-hour cancellation policy.
Sessions last 1 hour and are good for one year from date of purchase. Contact Dean on ext. 219 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: Dean Seda, ext. 219 or dseda@cymca.org.

RED BANK FAMILY YMCA

Katie McAdoo
Executive Director
kmcadoo@cymca.org, ext. 239

Membership

Crystal Rubins
Membership Director
crubins@cymca.org, ext. 237

Terrell Wilson
Member Engagement Director
twilson@cymca.org, ext. 235

Aquatics

Caitlin Minnich
Swim Lesson Coordinator
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Caterina Powell
Aquatics Safety Coordinator
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Jack Caucino
Head of Competitive Swimming
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Joan Truscio
Swim Team Administrator
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Sports, Enrichment & Camp

TJ Trippanera
Associate Sports and Camp Director
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Wellness

Dean Seda
Health and Wellness Director
dseda@cymca.org, ext. 219

Jodi Kondracki
LiveStrong Coordinator
jkondracki@cymca.org, ext.216

Red Bank Family YMCA

166 Maple Avenue
Red Bank, NJ 07701
Phone: 732.741.2504
Fax: 732.842.3396
Email:
membership@cymca.org

Hours of Operation:
(Fall through Spring)
Mon.-Fri. 5am-10pm
Sat. 6am-8pm
Sun. 7am-6pm

FALL 2 SESSION

October 28 – December 22
Member Registration starts Oct. 14
Program Participant Reg. starts Oct. 21

One Y | Stronger Together

THE COMMUNITY YMCA
170 Patterson Avenue | Shrewsbury NJ 07702
CYMCA.org | P. 732.671.5505

YMCA OF WESTERN MONMOUTH COUNTY
470 East Freehold Road | Freehold, NJ 07728
YMCANJ.org | P. 732.462.0464

Here for all.
Financial assistance is offered based on availability of funds.

We're coming together as one YMCA association to strengthen individuals, families and communities throughout greater Monmouth County.

Discover Our One Y: ymcanj.org/strongertogether