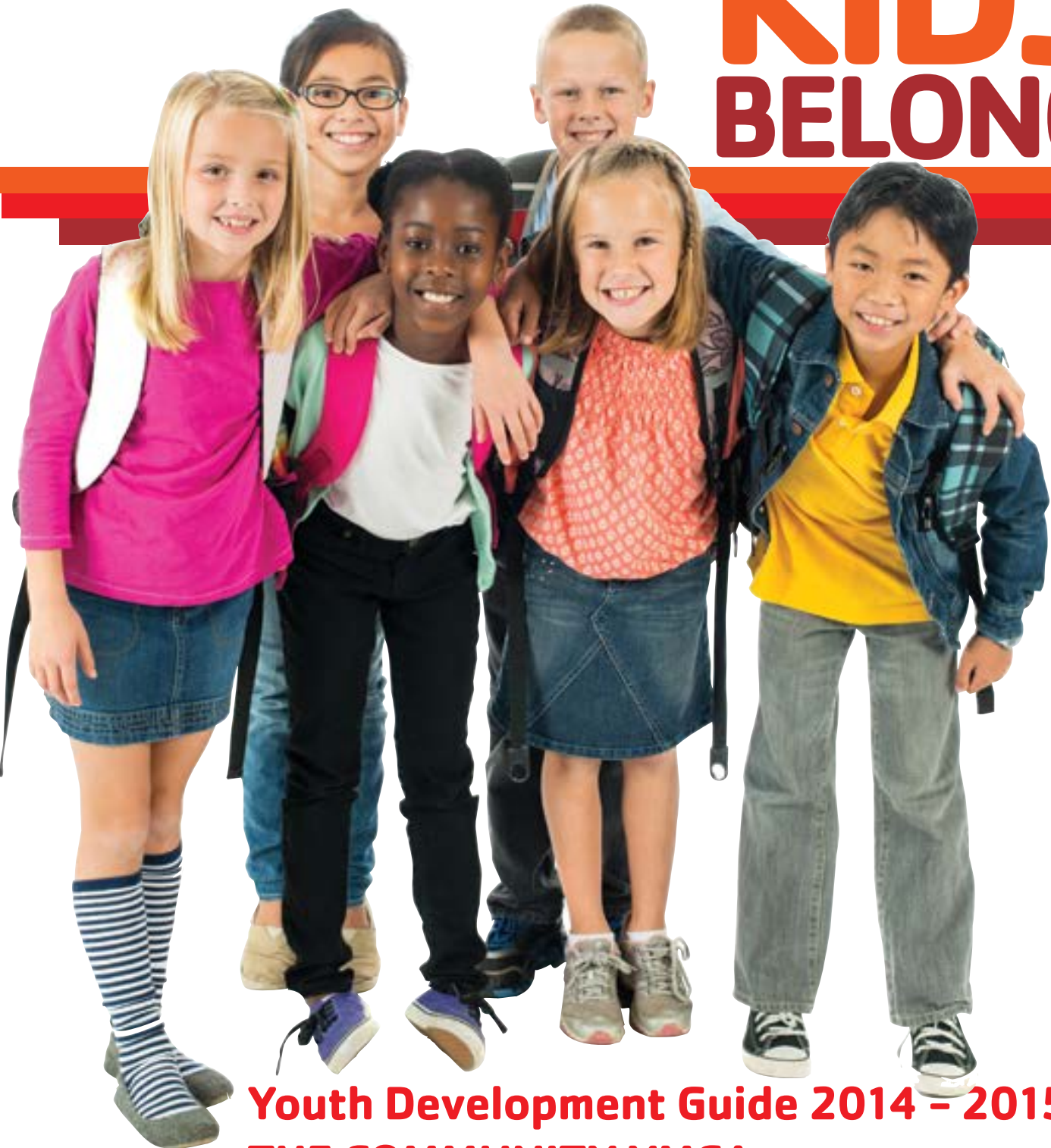




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHERE KIDS BELONG



Youth Development Guide 2014 - 2015
THE COMMUNITY YMCA

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WELCOME

Dear Parents and Caregivers:

As a leading nonprofit for youth development, the Y believes all kids deserve the opportunity to discover who they are and what they can achieve. At The Community YMCA we give kids a strong start in our nurturing child care centers, keep them safe and active after school and in the summer, and instill positive values to prepare them for college and the workforce. The Y believes guidance, encouragement and support along the learning continuum—from early learning to high school graduation and beyond—provide the best chance for our youth to succeed in school and life.

This year, one of the Y's new strategic priorities is to close the achievement gap many children in our area face. Children, especially from low-income families, may start the school year on the same level as their classmates, but during the summer months they often fall behind. This gap becomes wider each successive year, possibly leading to low high school graduation rates, limited job prospects and finally, negative economic impact. Closing this achievement gap is one of the Y's goals. Our team is developing new programs and enhancing existing ones to ensure that all children have the opportunity to achieve their full potential.

The Y also encourages physical activity and healthy habits among the youth in our care. With childhood obesity becoming a nationwide epidemic, our programs include the Healthy U and CATCH curriculum. Healthy U is a partnership with the Horizon Foundation of New Jersey, and engages kids through fun, non-competitive games that keep them moving and teaches them about nutrition. Over the past year, the Healthy U curriculum has expanded beyond our afterschool programs into our preschool settings. Additionally we've helped implement the program curriculum at the Red Bank Charter School and Middletown Public Schools and are working with the Asbury Park School system to introduce the program there.

For over 40 years, parents in Monmouth County have relied on The Community YMCA for our trusted and academically challenging preschool and school-age programs. Through our youth development programs, the Y serves more than 2,000 children every weekday to support parents with a safe and enriching place for their children during these critical hours. Combining play with academics, YMCA afterschool programs promote creativity, a love for learning, social and emotional development and character building, while complementing lessons learned during the school day.

At the Y, we're committed to helping all children learn, grow and thrive. To learn more about our youth and teen programs and how the Y may benefit your family, please do not hesitate to contact us.

We look forward to building a brighter future with you!

Sincerely,



Rhonda Anderson
President & CEO



Rose Mary Mintz
Vice President, Child Achievement

OUR MISSION

To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.

HERE FOR ALL

At the Y, strengthening community is our cause. Every day, the Y works side by side with our neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow and thrive. Financial assistance is available for all Y programs based on need. To apply, or for more information, please give us a call.

CHARACTER DEVELOPMENT

Character development is a method used by the Y to ensure that our programs deliver what we promise in our mission. Through all our activities, events and services, we encourage people to accept and demonstrate positive values. At The Community YMCA, each of our programs demonstrates **Respect** for all people, **Honesty** in our daily interactions, **Responsibility** in our relationships and **Caring** for the well-being of others.



FOR YOUTH DEVELOPMENT

NURTURING THE POTENTIAL OF EVERY CHILD AND TEEN.

The Community YMCA offers a wide range of programs for youth and teens in our communities. Children benefit from half and full day preschool, clubs and enrichment programs, and before/after school care; while older children and teens develop new skills in leadership, academic, and community service programs. Options are also available for youth and family counseling, and swim, sports and wellness programs for youth and teens.

At the Y, we emphasize our commitment to nurturing children so they can reach their full potential. That is why this year, one of our strategic goals is to close the achievement gap that many children, especially from low-income families face. Each year the gap widens for those students who do not get enrichment after school. From our preschool, before and after school programs, to summer learning loss prevention, the Y offers children throughout the year ways to help strengthen and reinforce what they learn in the classrooms. Our preschool programs are academically competitive, while our before and after school programs keep children physically and mentally engaged in a safe, nurturing environment. Our summer camps keep kids active during the summer months, a time which is critical in keeping kids on track for the upcoming school year.

YMCA Youth Development programs are located throughout Monmouth County. See pages 16 and 17 for a list of all of our locations and partner sites with programs to meet the specific needs of you and your family.

YOUTH PROGRAMS INCLUDE:

ACADEMIC PRESCHOOL

Ages 2½ – 5

PRESCHOOL ENRICHMENT PROGRAM

Ages 3 – 5

BEFORE & AFTERSCHOOL CARE

Grades K – 6

SCHOOL BREAK CAMPS

Grades K – 6

Y CLUBS AFTER SCHOOL

Preschool – Grade 6

Y ARTS ENRICHMENT

18 months – Grade 6

SATURDAY ENRICHMENT

Preschool – Grade 6

SUMMER CAMPS

Ages 3 – 15

YOUTH & FAMILY COUNSELING (Including Play Therapy)

YOUTH & TEEN LEADERSHIP

Middle & High School

SWIM, SPORTS & PLAY

Ages 6 months – 18 years

OUR PHILOSOPHY COMMITMENT TO EXCELLENCE

Learning should always be fun—a happy school experience now will start each child down the road to a future of academic success. Our programs are successful because we provide safe, supervised and enriched environments. They offer a variety of program activities featuring academic, recreational, artistic, and fitness-related components to support a child's social, emotional and physical development. We support parents by providing a safe place for their children so they have peace of mind and can work without worry. Our certified teachers and instructors are committed to interacting with each individual child, focusing on their abilities and providing the programs they need so that they are happy and engaged while in our care. The components and character development present in all Y programs make our programs unique. These components include the arts, social skill development, emotional development through the character values of Caring, Honesty, Respect and Responsibility, nutrition and physical activity, along with positive connections with caring adults. Lastly, Y programs help children as young as 2½ develop skills such as emotional well-being, communication, problem solving, negotiation, and critical thinking—all of which start them on the road to future academic success.

OUR STAFF

Our preschool, school age and child care directors are state-approved, early childhood or elementary education teachers, as well as YMCA trained professionals. All preschool head teachers and site supervisors are state certified in early childhood or elementary ed and all teacher aides are trained and qualified by the YMCA national standards. Every Y staff member and volunteer undergoes a thorough criminal background check and fingerprinting process. All staff must also attend quarterly training workshops provided by YMCA professionals and consultants. Our directors, head teachers and site supervisors are CPR, First-Aid and Epi-pen certified.



ACADEMIC PRESCHOOL

DEVELOPING A LOVE OF LEARNING.

My girls love it here. We utilize much of what is learned at home, especially Healthy U. We are told by our older daughter what we can and cannot pack for lunch. We have learned a lot from her about what healthy foods we should be eating. The Y has taught our family to change our habits for a healthy lifestyle.

ACADEMIC PRESCHOOL

For more than 40 years, parents have relied on The Community YMCA for our time-tested, challenging and nurturing preschool programs guided by caring professionals in safe, cheerful and clean facilities.

The Community YMCA's Academic Preschool provides a variety of developmentally appropriate activities through a curriculum that supports academic learning with a variety of strategies and techniques. Our preschool program meets or exceeds state approved early childhood curricula and provides our families with a continuity of academic expectations. Children in our programs develop academically, socially and physically through engaging, academic and age-appropriate activities that truly make learning fun. Children are prepared for kindergarten, not only with academic knowledge, but also with a love for learning.

Extracurricular activities are offered as an optional choice for students (ages 3 - 5) enrolled in our preschool programs. For an additional fee, parents/guardians can choose preschool swim lessons, karate lessons and/or art lessons, just to name a few.

PRESCHOOL ENRICHMENT

The Community YMCA's Preschool Enrichment Program is offered to preschool children enrolled in half-day preschool in Middletown, Hazlet and Matawan districts. Midday busing is provided to transport children to or from their school. Activities reinforce and enrich the district's curriculum.

MELODY HOUNDS

Developed by the award-winning creators of Sesame Street, piloted through The Community YMCA and now offered nationwide, this program is designed to teach children complex musical concepts through age-appropriate songs and rhymes. Melody Hounds differs from other preschool music programs—it's about becoming musical for a lifetime. Soon your child will be singing, dancing, and playing while enhancing his or her music skills. This carefully orchestrated program is also based on the First Steps in Music curriculum developed by Dr. John Feierabend.



MOMMY & ME/ MY BUDDY & ME

The Y's Mommy & Me programs (for children ages 18 months to 2½ years) are offered at our locations in Matawan, Red Bank and Wall. Classes are held one hour a week for ten-week sessions throughout the year. Fun learning activities include: arts & crafts, music & movement, story time, and parent/child swim lessons (swim lessons are offered in Red Bank and Wall only).

PRESCHOOL LOCATIONS:

- > Matawan Children's Achievement Center
- > Gym Jams Nursery School, Matawan,
- > St. Thomas Episcopal Church, Red Bank
- > Monmouth Reform Temple, Tinton Falls



SCHOOL-BASED PROGRAMS

PROVIDING A SAFE PLACE TO GROW.

Y-KIDS BEFORE & AFTERSCHOOL

(Preschool and Grades K – 6)

PARTNERING SCHOOL DISTRICTS:

- > Asbury Park
- > Hazlet++
- > Little Silver
- > Matawan/Aberdeen*++
- > Middletown*++
- > Monmouth Beach
- > Red Bank*++
- > Wall*
- > West Long Branch*

Y-Kids Before and Afterschool is available in select locations to provide parents and guardians with enriching, dependable and safe care for children. AM Care assists parents who must leave before their child's school bus is able to pick him/her up. Parents can drop children off at the AM Care location as early as 7:00 a.m. or 7:45 a.m. (depending on school). Our staff ensures the child's safe arrival to their class. PM Care enables parents to have his/her child cared for in a nurturing environment that provides time for homework assistance mixed with fun and learning activities. All PM Care sites operate until 6:00 p.m. We offer homework assistance, creative enrichment activities, supervised athletic play, informal games, snack time, social opportunities, and much more! Our staff ratio is 1:8 (preschool) and 1:12 (school age). Site supervisors/teachers are YMCA-trained, qualified educators, and certified in CPR/First Aid and Epi-pen.

CLOSING THE ACHIEVEMENT GAP

Most children start their school careers on the same academic level. However, it's been proven that kids from low-income families often start falling behind their peers each summer due to lack of enrichment programs and physical and mental stimulation. By the time they reach high school, the gap widens to culminate in low high school graduation and college attainment rates, limited job prospects and negative economic impact.

The Y is dedicated to closing the academic achievement gap with programs that improve students' educational readiness, engagement and outcomes, while helping them grow emotionally and physically.

We're excited to pilot new programs this school year in Red Bank, Middletown and Matawan, to help ensure that every child has an opportunity to envision and pursue the best possible future.

ENCOURAGING HEALTHY HABITS

Through a state partnership with The Horizon Foundation for New Jersey, all children in YMCA preschool and afterschool programs participate in "Healthy U," a health and physical activity initiative that includes the use of the CATCH curriculum (Coordinated Approach to Children's Health). Healthy U promotes activity through fun, non-competitive fitness games, teaches kids about nutrition, and offers support and healthy living programs for families.

This past year we have expanded our Healthy U curriculum into all our preschool and before and after care services. Additionally the Y has helped implement the program curriculum at the Red Bank Charter School, Middletown Public Schools and is working with the Asbury Park School system to introduce the program there.

* Both before school and afterschool programs available

++ Preschool wrap-around programs are also available (Ages 3 & 4)



SUMMER CAMPS

DISCOVERING SOMETHING NEW.

TRADITIONAL OUTDOOR DAY CAMPS

Y Summer Camps keep kids active and provide opportunities to explore their interests in a safe and fun environment! The Y's traditional Outdoor Day Camps at Camp Arrowhead in Marlboro and Camp Zehnder in Wall Township offer a variety of summer day camp opportunities to support area families with adventurous activities for kids ages 3 - 15. Before and after care is available, in addition to transportation from many convenient Monmouth County locations.

A special feature of our day camps is our Teen Travelers camp, in which campers practice Social Responsibility. In addition to daily trips off campus, campers participate once a week in "Give Back" activities at local senior centers, the FoodBank of Monmouth and Ocean Counties and the Ronald McDonald House.

JOIN US THIS SUMMER!



FOR MORE INFORMATION, CALL:

- > Camp Arrowhead 732.946.4598
- > Camp Zehnder 732.836.9177

SUMMER & SCHOOL BREAK CAMPS

DISCOVERING SOMETHING NEW.

SCHOOL BREAK CAMPS

The Children's Achievement Center in Matawan, Family Health & Wellness Center in Red Bank and Camp Zehnder in Wall run various full day School Break Camps when the public schools are closed. Camps are held over Winter Break, Spring Break and various holidays throughout the school year. Y School Break programs follow the local school district calendars.

Along with our creative enrichment opportunities, supervised athletic play and informal games, daily activities may also include science/wildlife presentations, magic shows, music, local trips and more!

SUMMER DAZE ENRICHMENT CAMP

The Y's Summer Daze Enrichment Camps are a fun way for kids to try a wide variety of activities and make new friends in a safe, climate-controlled environment. Creative camp activities for children in grades K - 6 are offered at our Children's Achievement Center in Matawan. Activities include: science, gardening, karate, cooking, Spanish, yoga, Zumba, arts & crafts, water games, swim, local trips and more!

SUMMER SUNSATATIONS

Summer Sunsatations is a fun and enriching camp experience for preschool children ages 3 - 5 years old (fully toilet trained). The camp features a wide variety of activities such as arts and crafts, outdoor activities, water games and swimming! Our highly trained, certified staff provides your children with a caring and safe environment. Held at St. Thomas Episcopal Church in Red Bank, the camp is a full day, 8 a.m. - 5 p.m., and is offered in one-week sessions.



PRESCHOOL SUMMER CAMPS

The Y's Preschool Summer Program at the Children's Achievement Center in Matawan is a fun and enriching program for children ages 2½ to 5 years old (all must be fully toilet trained and have not yet attended kindergarten). Children are engaged in activities such as story time, arts and crafts, music and movement, learning center activities, socialization, outdoor water adventures and local field trips.

MIDDLETOWN SUMMER ENRICHMENT CAMP

Middletown Summer Enrichment Camp is a fun and stimulating camp experience featuring creative activities from arts & crafts and science, to outdoor fun for children in grades K through 5. Our caring and well-trained staff will highlight the district's elementary literacy initiatives and focus on literacy-based activities that keep campers' minds and bodies energized during time off from school. This half-day program runs Monday through Friday.

GLOW WORM ADVENTURES

Kids will learn, grow and discover the world around us through fun and engaging activities with their parents and/or caregivers. This literacy-based program gives preschool children (ages 4 & 5) high quality, physical, emotional and cognitive experiences. Caregivers will gain the confidence, tools and support they need to encourage summer learning and school readiness.

SUMMER SPECIALTY CAMPS

Summer Specialty Camps are offered at our Family Health & Wellness Center in Red Bank. Red Bank Specialty Camps include:

- > Junior Lifeguarding
- > Safe Sitter® Courses
- > Food and Fun
- > Arts and Music
- > Sports Camps
- > Summer Fun Camp

FOR MORE INFORMATION CALL:

- > School Break Camp/ Matawan 732.566.9266
- > School Break Camp/Red Bank 732.741.2504
- > School Break Camp/Camp Zehnder 732.836.9177
- > Summer Daze Enrichment Camp 732.566.9266
- > Summer Sunsatations/Red Bank 732.741.4111
- > Preschool Summer Camp 732.566.9266
- > Middletown Summer Enrichment Camp 732.566.9266
- > Glow Worm Adventures 732.566.9266
- > Summer Specialty Camp/RedBank 732.741.2504

Y CLUBS & ARTS ENRICHMENT

INSPIRING CREATIVITY FOR ALL AGES.

The Community YMCA is dedicated to enriching lives through the creative arts. Programs are designed to enhance the learning of toddlers and students in preschool – grade 7.

My daughter **LOVED** the Y's pottery class at Camp Zehnder. She was very happy to get 'moving' on Saturday mornings to get to class, and would talk about it the rest of the day because she had **so much fun**. I also loved that she got to use the pottery wheel. What a **great experience** for her!

Y-KIDS AFTERSCHOOL CLUBS

The Y's After School clubs are designed to serve preschool and school age children with safe, flexible and encouraging environments where they can spend out-of-school time gaining proficiencies and new skills, developing friendships and connecting with caring adults.

The Community YMCA hosts a number of After School Enrichment Clubs at the Y's Children's Achievement Center in Matawan. Clubs are run each season and meet one day a week after school. Some creative After School Clubs include:

- > Yoga
- > Cooking
- > Story Book Fun
- > Karate
- > Fashion Design
- > Young at Art
- > Melody Hounds Music Class
- > Wacky Watercolors
- > Little Einsteins
- > And more!

Children may register for and participate in more than one club per session.

ARTS ENRICHMENT Y-CLUBS

Arts Enrichment Y-Clubs are also offered weekly at participating area schools. Clubs meet in a 6-, 7- or 8-week session format after school, for one hour; 70 minutes or 80 minutes beginning at dismissal. Each of the Y's Arts Clubs are programmed by age and grouped for students in grades K – 2, 3 – 5 and 6 – 8. Also, an evening ceramics and teen pottery classes are being offered on Wednesdays at Camp Zehnder in Wall Township.

Some popular Y-Clubs include:

- > Yoga/Zumba
- > Hip Hop Fitness
- > Fashion Design
- > Crazy Concoctions
- > Drama & Theater
- > Cartooning
- > Clay & Sculpture
- > And more!

SATURDAY ENRICHMENT

Arts enrichment and youth swim programs are also available on Saturdays at the Y's Family Health & Wellness Center in Red Bank and YMCA Camp Zehnder in Wall. Programs are offered in Ceramic Pottery (ages 5 and up) and youth swim lessons (ages 6 months and up). Enrichment activities are also available at the Children's Achievement Center in Matawan.

ARTS & MUSIC ENRICHMENT

A variety of youth arts, wellness and music enrichment classes are open to kids ages 18 months and up at the Y's Family Health & Wellness Center in Red Bank. Programs are available each season, one day a week. Special populations programs are also available.

Popular classes include:

- > Picasso Preschoolers
- > Creative Movement
- > Creative Play
- > Food and Fun
- > Tiny Tots, Jr. Rock N' Rollers
- > Lego Creators
- > Young Explorers
- > Beginner Keyboarding
- > Drums & Percussion, Music Jams
- > Private Music Lessons
- > And more!

FOR MORE INFORMATION, PLEASE CALL:

- > Y-Kids Afterschool Clubs 732.566.9266
- > Arts Enrichment Y-Clubs..... 732.671.5505, ext. 123
- > Saturday Enrichment/Red Bank..... 732.741.2504
- > Saturday Enrichment/Camp Zehnder..... 732.836.9177
- > Arts & Music Enrichment 732.741.2504

SWIM, SPORTS & PLAY

BUILDING SKILLS AND SELF-CONFIDENCE.

Just wanted to tell you how happy I am with the **Y's swim program**. My sons have grown tremendously through their lessons with the Y. The instructors are so **enthusiastic, kind and patient** and that translates into the lessons being the highlight of my boys' week. I truly appreciate their accountability too, as I am updated after each lesson about the skills that were taught.

YOUTH AQUATICS

At the Y, we are known for our outstanding aquatics programs for youth and teens. We offer a wide range of swim programs throughout the year at the Red Bank Family Health & Wellness Center and Camp Zehnder in Wall. Programs include:

- > Youth Swim Lessons
- > Parent-Child Classes
- > Preschool Swim
- > Competitive Swim Team
- > Water Safety Classes
- > Programs for Children with Special Needs
- > Backyard Pool Program

Y swim programs can help prepare your child for a safe summer and build their skills and self-confidence!

PROGRESSIVE SWIM LESSONS

- Ages 6 months to 17 years
- Follows the National Y Swim Program using a progression of sessions based on accomplishing a certain skill set for each level.

PRIVATE SWIM LESSONS

- Ages 3 to adult
- Private half-hour one-on-one swim lessons. A perfect option for family or friends who want their children in the same class with a maximum of four participants.

BACKYARD POOL PROGRAM

- Ages 6 months and up
- Y swim instructors bring swim lessons right to your own pool; offered during the summer months, or year-round for indoor pools.

COMPETITIVE SWIM TEAM

- Ages 7 and up
- The Community YMCA's competitive swim team, the Aquarockets, competes at a national level and has produced a number of record setting swimmers. Practices are held at both Red Bank and Wall locations.

LIFEGUARD CERTIFICATION COURSES

- Ages 15 and up
- Become a certified lifeguard and be prepared to compete for some of the highest paying jobs in the area.

JUNIOR LIFEGUARDS

- Ages 11-14
- Learn what it takes to be a lifeguard through swim drills, mentoring and training.



PLEASE CALL THE FOLLOWING FOR MORE INFORMATION ABOUT:
> Youth Aquatics 732.741.2504, ext. 211

SWIM, SPORTS & PLAY

DEVELOPING STRONG MINDS AND BODIES.

The Y offers a wide variety of active, creative wellness programs for toddlers, youth, tweens and teens at the Red Bank Family Health & Wellness Center. All year long there is something for every age and interest from karate and sports to creative play and yoga.

CREATIVE MOVEMENT

Ages 8 months – 2 ½ years with parent/adult
Jump, stretch, dance and laugh in a fun-filled class.

JR. Y-ROOKIES & Y ROOKIES

Ages pre-K – Grade 3
Non-competitive sports and gym program to encourage teamwork and self-esteem.

YBL (YOUTH BASKETBALL LEAGUE)

Grades K – 5
Instructional program emphasizing fundamentals, team play and fun.

SUPERHEROES

Ages 3 – 6
Action-packed sports and character development.

YOUTH TEE-BALL 1 AND 2

Ages 4 – 6
Non-competitive program to assist kids' progress in baseball or softball from beginner to advanced.

BASKETBALL BOOT CAMP

Ages 5 – 7
The focus will be on basketball skills and drills to help participants improve in all aspects of the game.

YOGA

Ages 5 – 13
Kids will learn yoga techniques to help deal with stress, relax and sleep better.

FOOD & FUN

Ages 3 – 6
Kids learn healthy eating and physical activity habits in this fun and engaging hands-on class.

FIT KIDS AND TWEENS BOOT CAMP

Ages 6 – 13
Kids and tweens will become physically fit in a positive atmosphere.

CREATIVE PLAY

Ages 18 months – 2 ½ years with parent/adult
Hands-on, educational art-based programs. Explore paint, glue, collage and play dough.

LEGO CREATORS

Ages 5 – 10
Build and imagine while working on team and individual projects.

Y CHOICES

Ages 14 – 18
Get globally connected in the unique club that offers opportunities to become leaders.

SAFE SITTER®

Ages 11 and up
The Y is a registered teaching site that offers comprehensive babysitting training programs.



SPECIAL POPULATIONS

FITNESS FOR SPECIAL POPULATIONS

Ages 11 and up
Focus on all around fitness, coordination improvement, attention and self-esteem.

SPECIAL POPULATION FAMILY NIGHTS

Open to all.
Games, activities, movies, swimming and more. Every second Saturday, 5 – 7 p.m.

HEALTHY KIDS MEMBERSHIP

One of many programs the Y offers as part of its commitment to give children and families the opportunity to improve their health and well-being is the Healthy Kids Membership. This no-cost membership provides all Red Bank youth pre-K through 8th grade access to the Y and family activities.

To sign up for this membership, Red Bank families may stop by the Y anytime with a copy of their child's report card, progress report or placement letter. Parents must also bring their license or bill to serve as proof of address.



PLEASE CALL FOR MORE INFORMATION ABOUT:

> Red Bank Family Health & Wellness Center 732.741.2504

YOUTH & FAMILY COUNSELING

HEALING IN TIMES OF NEED.

We **lost our home** in Superstorm Sandy. My family went from living in my car, to hotels, to several rentals, even a trailer. In the summer of 2013, I found the **Bayshore Family Success Center**. Without the Y, I don't know where I'd be.

COUNSELING & SOCIAL SERVICES

Since 1974, The Community YMCA has been helping families in Monmouth County and throughout the state of New Jersey through our Counseling & Social Services. We offer a variety of programs for youth and families to support them through difficult situations and times of transition. Programs are designed to meet the needs of the community and provide safe, confidential services which strengthen family life and individual growth. Our team of caring and certified Y professionals are licensed to serve as counselors to youth and families, specializing in Social Work, Clinical Counseling, and Alcohol and Drug Counseling.

BAYSHORE FAMILY SUCCESS CENTER

Located at the Henry Hudson Trail Activity Center, 945 State Hwy 36, Leonardo, the Bayshore Family Success Center is a community-based, family-centered neighborhood gathering place where any community resident can go for family support, information and services.

Bayshore Family Success Center provides:

- > Parent-child activities such as movie nights, bingo, and toddler tea time
- > A connection for information, referrals, resources and locally-based services
- > Assistance to community members affected by Superstorm Sandy
- > Access to child, maternal and family health information
- > Economic self-reliance and employment related services
- > Housing related services
- > Parent education
- > Life skills training and family goal setting

OUTREACH SERVICES DIVISION OF CHILDREN'S SYSTEM OF CARE SERVICES

- > Intensive In-Community Services (IIC)
- > Family Stabilization and Support (FSS)
- > Independent Life Skills Services
- > Behavioral Assistance Services (BA)
- > Mentoring Services
- > Parent Coach Services

The Y is here to assist your family.

CHILD PROTECTION & PERMANENCY

- > Child Visitation
- > Family Engagement
- > Family Preservation Services (FPS)
- > Foster Care Support
- > Family Support Program (FSP)
- > Family Care Program
 - > Mentors
 - > Parent Coaches
- > Therapeutic Visitation



OUTPATIENT SERVICES

Available in Freehold, Long Branch, Keyport and Matawan. Two new locations have been added in Ocean County—Little Egg Harbor Township and Manahawkin—with support from Ocean Partnership for Children.

CHILDREN'S SERVICES

- > Play Therapy (ages 3 - 12)
- > Counseling for Adolescents (13 - 18)

MENTAL HEALTH SERVICES FOR TEENS & ADULTS

- > Anxiety
- > Depression
- > Relationship Issues
- > Bereavement
- > Anger Management
- > Parent Support
- > Adolescent DBT

SUBSTANCE ABUSE SERVICES FOR TEENS & ADULTS

- > Complete Drug and Alcohol Evaluations
- > Medication Evaluation & Monitoring (Counseling Clients Only)
- > Intensive Outpatient Programs
- > Intervention Services
- > Treatment for Codependency & Related Issues
- > COSA (Children of Substance Abusers) Services
- > Employee Assistance
- > Intoxicated Driver Services
- > Urine Monitoring
- > Early Intervention
- > Drug Court Services

PLEASE CALL THE FOLLOWING FOR MORE INFORMATION ABOUT:

- > Outreach Services/Eatontown 732.544.4544
- > Outpatient Services/Matawan 732.290.9040
- > Bayshore Family Success Center 732.497.3811

TEEN LEADERSHIP

BUILDING STRONG YOUNG LEADERS.

MODEL UNITED NATIONS (MODEL UN)

The Model United Nations program affords high school students the opportunity to research and debate issues of international importance. Each year, our Model UN Club has the privilege of debating other teams on selected issues. Students gain an appreciation of international affairs and cultural differences in this program. The Community YMCA's Model UN program culminates at the YMCA Model United Nations Conference, held in January in Hershey, PA.

TEEN ACHIEVERS

The Community YMCA Teen Achievers program is open to middle and high school students ages 12 – 17. Groups meet locally at a school and/or community center. The program provides participating teens with mentoring, assistance with college readiness and support for a successful school-to-work transition. Students are provided an opportunity to connect with fellow peers and adults who care about their success, participate in skill building workshops and seminars, experience Career Days and visits to local colleges for campus tours. The Achievers program also offers a paid internship program for those who qualify.



ACADEMIC/CAREER DEVELOPMENT & WORK PLACEMENT PROGRAM

This program serves as a platform for career exploration, life skills training and character development. Students earn income for 300 hours of work in a Y facility and have the opportunity to work closely with YMCA mentors, a diverse array of professionals and embark on trips. As part of their work agreement, students are encouraged to participate in community service projects, monthly job readiness workshops, and other Y events.

NETWORK FOR TEACHING ENTREPRENEURSHIP (NFTE)

NEFTE brings learning to life through fun and experiential projects. This introduction to business building, provides students the opportunity to develop an entrepreneurial mindset. Students explore project-based lessons such as the Buying and Selling Event, The Innovation Challenge and community walks.

YOUTH & GOVERNMENT

The YMCA's Youth & Government program affords high school students the opportunity to write their own legislative bill. Our program participants will spend one weekend per year with other teen teams from throughout New Jersey to debate and secure passage of their proposed bill in the actual New Jersey Senate/ House Chambers in Trenton.



GIRLS CIRCLE

ONE CIRCLE FOUNDATION PROGRAM

Girls Circle encourages the development of strength, courage, confidence, honesty and communication skills in girls, ages 12 – 18. The goal of the program is to enhance each girl's abilities so she is able to take full advantage of her talents, academic interests, career pursuits, and potential for healthy relationships.

Y YOUTH BOYS COUNCIL

ONE CIRCLE FOUNDATION PROGRAM

This is a strengths-based group approach to promote boys' and young men's safe and healthy passage through pre-teen and adolescent years. In this structured environment, boys and young men gain vital opportunities to address masculine definitions and behaviors to build their capacities to find their innate value and create good lives—individually and collectively! Groups of six to ten boys of similar age and development meet weekly for eight to ten weeks or more, depending on the capacity of the setting.

PLEASE CALL THE FOLLOWING FOR MORE INFORMATION ABOUT:

- > Teen Leadership 732.671.5505
- > Girls Circle 732.671.5505, ext. 116
- > Y Youth Boys Council 732.671.5505, ext. 116

The Achievers program teaches you how to **push yourself, make realistic goals** for life, then gives you the tools to achieve those goals. It was **an experience that supported me** emotionally and financially.



Y PROGRAMS BY LOCATION

PARTNERING SCHOOL & COMMUNITY LOCATIONS:

| | Preschool (1/2 day) | Preschool (Full Day) | Before School Care | After School Care | School Break Camp | Saturday Enrichment | Y Arts & Clubs | Summer Camp | Preschool Enrichment | Mommy & Me | Teen Program | Counseling Programs | Swim Lessons |
|--|------------------------|-------------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------|----------------|-------------------------|---------------|-----------------|------------------------|-----------------|
| ASBURY PARK | | | | | | | | | | | | | |
| ASBURY PARK HIGH SCHOOL | | | | | | | | | | | • | | |
| ASBURY PARK MIDDLE SCHOOL | | | | | | | | | | | • | | |
| BARACK OBAMA ELEMENTARY SCHOOL | | | | | | | • | | | | | | |
| BRADLEY ELEMENTARY SCHOOL | | | | • | | | • | | | | | | |
| THURGOOD MARSHALL ELEMENTARY SCHOOL | | | | | | | • | | | | | | |
| EATONTOWN | | | | | | | | | | | | | |
| MEMORIAL MIDDLE SCHOOL | | | | | | | | | | | • | | |
| FREEHOLD | | | | | | | | | | | | | |
| BIOTECHNOLOGY HIGH SCHOOL | | | | | | | | | | | • | | |
| NEW HOPE AGENCY | | | | | | | | | | | | • | |
| PARK AVENUE ELEMENTARY SCHOOL | | | | | | | | | | | | • | |
| YMCA OF WESTERN MONMOUTH COUNTY | | | | | | | | | | | | • | |
| HAZLET | | | | | | | | | | | | | |
| SYCAMORE DRIVE EARLY CHILDHOOD LEARNING CENTER | | | | | | | | | • | | | | |
| HOLMDEL | | | | | | | | | | | | | |
| HOLMDEL HIGH SCHOOL | | | | | | | | | | | | • | |
| SATZ SCHOOL | | | | | | | | | | | • | • | |
| KEANSBURG | | | | | | | | | | | | | |
| FIRST UNITED METHODIST CHURCH | | | | | | | | | | | | • | |
| JOSEPH R. BOLGER MIDDLE SCHOOL | | | | | | | • | | | | • | | |
| KEYPORT | | | | | | | | | | | | | |
| ST. JOSEPH'S SCHOOL | | | | | | | | | | | | • | |
| LAKEWOOD | | | | | | | | | | | | | |
| LAKEWOOD HIGH SCHOOL | | | | | | | | | | | • | | |
| LITTLE EGG HARBOR | | | | | | | | | | | | | |
| LIGHTHOUSE ALLIANCE COMMUNITY CHURCH | | | | | | | | | | | | • | |
| LITTLE SILVER | | | | | | | | | | | | | |
| MARKHAM PLACE SCHOOL | | | | • | | | | | | | | | |
| POINT ROAD SCHOOL | | | | • | | | • | | | | | | |
| RED BANK REGIONAL HIGH SCHOOL | | | | | | | | | | | • | | |
| LONG BRANCH | | | | | | | | | | | | | |
| ANASTASIA ELEMENTARY SCHOOL | | | | | | | | | | | | • | |
| AUDREY CLARK ELEMENTARY SCHOOL | | | | | | | | | | | | • | |
| GEORGE L. CATRAMBONE ELEMENTARY SCHOOL | | | | | | | | | | | | • | |
| GREGORY ELEMENTARY SCHOOL | | | | | | | | | | | | • | |
| LONG BRANCH COMMUNITY CENTER | | | | | | | | | | | | • | |
| LONG BRANCH HIGH SCHOOL | | | | | | | | | | | • | • | |
| LONG BRANCH MIDDLE SCHOOL | | | | | | | | | | | • | • | |
| MORRIS AVENUE ELEMENTARY SCHOOL | | | | | | | | | | | | • | |
| MANAHAWKIN | | | | | | | | | | | | | |
| HOLY SPIRIT LUTHERAN CHURCH | | | | | | | | | | | | • | |
| MARLBORO | | | | | | | | | | | | | |
| YMCA CAMP ARROWHEAD | | | | | | | | • | | | | | |
| COLLIER HIGH SCHOOL | | | | | | | | | | | • | | |
| MATAWAN/ABERDEEN | | | | | | | | | | | | | |
| CAMBRIDGE PARK SCHOOL | | | • | • | | | | | • | | | | |
| YMCA CHILDREN'S ACHIEVEMENT CENTER | • | • | • | • | • | • | • | • | • | • | • | • | • |
| CLIFFWOOD ELEMENTARY SCHOOL | | | • | • | • | | | | | | | • | |
| YMCA COUNSELING OUTPATIENT OFFICE | | | | | | | | | | | | • | |
| LLOYD ROAD ELEMENTARY SCHOOL | | | • | • | • | | | | | | | | |
| MATAWAN AVENUE MIDDLE SCHOOL | | | • | • | • | | | | | | | | |
| RAVINE DRIVE ELEMENTARY SCHOOL | | | • | • | • | | | | | | | | |
| STRATHMORE ELEMENTARY SCHOOL | | | • | • | • | | | | | | | | |

| | Preschool (1/2 day) | Preschool (Full Day) | Before School Care | After School Care | School Break Camp | Saturday Enrichment | Y Arts & Clubs | Summer Camp | Preschool Enrichment | Mommy & Me | Teen Program | Counseling Programs | Swim Lessons |
|-----------------------------------|------------------------|-------------------------|--------------------------|-------------------------|-------------------------|------------------------|-------------------|----------------|-------------------------|---------------|-----------------|------------------------|-----------------|
| MIDDLETOWN | | | | | | | | | | | | | |
| BAYSHORE FAMILY SUCCESS CENTER | | | | | | | | | | | | | |
| BAYSHORE MIDDLE SCHOOL | | | | | | | | | | | | | |
| BAYVIEW ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| FAIRVIEW ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| HARMONY ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| LEONARDO ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| LINCROFT ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| MATER DEI HIGH SCHOOL | | | | | | | | | | | | | |
| MIDDLETOWN HIGH SCHOOL NORTH | | | | | | | | | | | | | |
| MIDDLETOWN HIGH SCHOOL SOUTH | | | | | | | | | | | | | |
| NAVESINK ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| NEW MONMOUTH ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| NUT SWAMP ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| OCEAN AVENUE ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| PORT MONMOUTH ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| RIVER PLAZA ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| THOMPSON MIDDLE SCHOOL | | | | | | | | | | | | | |
| THORNE MIDDLE SCHOOL | | | | | | | | | | | | | |
| VILLAGE ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| MONMOUTH BEACH | | | | | | | | | | | | | |
| MONMOUTH BEACH ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| NEPTUNE | | | | | | | | | | | | | |
| NEPTUNE HIGH SCHOOL | | | | | | | | | | | | | |
| OCEANPORT | | | | | | | | | | | | | |
| MAPLE PLACE SCHOOL | | | | | | | | | | | | | |
| RED BANK | | | | | | | | | | | | | |
| Y FAMILY HEALTH & WELLNESS CENTER | | | | | | | | | | | | | |
| RED BANK CATHOLIC HIGH SCHOOL | | | | | | | | | | | | | |
| RED BANK PRIMARY SCHOOL | | | | | | | | | | | | | |
| ST. JAMES ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| ST. THOMAS EPISCOPAL CHURCH | | | | | | | | | | | | | |
| SHREWSBURY | | | | | | | | | | | | | |
| YMCA ADMINISTRATION BUILDING | | | | | | | | | | | | | |
| SHREWSBURY BOROUGH SCHOOL | | | | | | | | | | | | | |
| TINTON FALLS | | | | | | | | | | | | | |
| MONMOUTH REFORM TEMPLE | | | | | | | | | | | | | |
| OAKWOOD SCHOOL | | | | | | | | | | | | | |
| WALL | | | | | | | | | | | | | |
| YMCA CAMP ZEHNDER | | | | | | | | | | | | | |
| CENTRAL SCHOOL | | | | | | | | | | | | | |
| OLD MILL SCHOOL | | | | | | | | | | | | | |
| WALL INTERMEDIATE SCHOOL | | | | | | | | | | | | | |
| WEST BELMAR SCHOOL | | | | | | | | | | | | | |
| WEST LONG BRANCH | | | | | | | | | | | | | |
| BETTY MCELMON ELEMENTARY SCHOOL | | | | | | | | | | | | | |
| FRANK ANTONIDES MIDDLE SCHOOL | | | | | | | | | | | | | |

For more information on programs and fees, call or stop by one of our locations or visit TheCommunityYMCA.org.

Here for all. Financial assistance is available for all Y programs based on availability of funds.

OUR LOCATIONS

ADMINISTRATIVE OFFICE

170 Patterson Avenue | Shrewsbury, NJ 07702
732.671.5505 | [Facebook](#) /CommunityYMCA
[Twitter](#) /CYMCA_nj | [Instagram](#) /CommunityYMCA
[YouTube](#) /TheCommunityYMCA

ARTS & OUTREACH

170 Patterson Avenue | Shrewsbury, NJ 07702
732.671.5505 | [Facebook](#) /CommunityYMCA

CAMP ARROWHEAD

Outdoor Recreation Center
521 County Road 520
Marlboro, NJ 07746
732.946.4598 | [Facebook](#) /YCampArrowhead

CAMP ZEHNDER

Outdoor Recreation Center and Aquatics Center
3911 Herbertsville Road | Wall, NJ 08724
732.836.9177 | [Facebook](#) /YCampZehnder

CHILDREN'S ACHIEVEMENT CENTER

201 Broad Street | Matawan, NJ 07747
732.566.9266 | [Facebook](#) /YMCAChildAchievement

COUNSELING & SOCIAL SERVICES

Outpatient Office
166 Main Street | Matawan, NJ 07747
732.290.9040 | [Facebook](#) /YMCAcounseling

Outreach Office
613 Hope Road, Bldg. 4, 2nd Floor
Eatontown, NJ 07724
732.544.4544 | [Facebook](#) /YMCAcounseling

Bayshore Family Success Center
Henry Hudson Trail Activity Center
945 State Highway 36 | Leonardo, NJ 07737
732.497.3811 | [Facebook](#) /BayshoreFSC

FAMILY HEALTH & WELLNESS CENTER

166 Maple Avenue | Red Bank, NJ 07701
732.741.2504 | [Facebook](#) /RedBankYMCA



iPhone / iPad App



Droid App



The Community YMCA is a place where kids belong. From preschool to high school, the Y offers a safe environment where kids can learn, stay active, be healthy and become leaders.

The Y is here for all children regardless of background or income. Thanks to our YCares program, financial assistance is available for all Y programs based on availability of funds. The Y is committed to strengthening kids, families and communities.

To apply, or for more information on YCares assistance, please call 732.671.5505.





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



LET'S CONNECT!



TheCommunityYMCA.org



iPhone / iPad App



Droid App