

# YOUR MEMBER EXPERIENCE

The Y is here to support the health and well-being of all. As a Member, you'll find wellness programs and activities for every age and interest—from quality swim lessons for kids to a wide variety of classes that help adults look and feel their best. Your Y membership includes:

- > Free child watch service with family memberships
- > Member savings on programs and priority registration
- > Free wellness orientation
- > Guest passes for friends and family
- > Your membership is accepted at more than 50 Ys in New Jersey and 2,000 Ys around the country
- > Member appreciation events
- > Wellness seminars
- > Monthly e-newsletter
- > Family events
- > Birthday Parties
- > 2 indoor pools
  - > 6-lane lap swimming (Bodman)
  - > Warm therapeutic 4 ft. pool (Huber)
- > Whirlpool spa
- > Indoor running/walking track
- > Newly added, dedicated cycling studio with brand new bikes, sound and lighting
- > Full gymnasium with SportWall
- > State-of-the-art Wellness Center
- > Stillwell-Larkin Interactive Kids Zone
- > Brand new cardio and strength enhancement equipment
- > Renovated exercise studios
- > Dedicated wellness space for workshops
- > Welcoming lobby with coffee bar and WI-FI
- > Outdoor Sports Center
- > Spacious Child Watch Center
- > Adult locker rooms with amenities
- > Steam Room/Sauna
- > Over 100 free interchangeable group cycling, mind/body, aquatic & land fitness classes

## SHARE YOUR Y

We welcome Members to share their Y experience with friends and family with 6 free guest passes per year for family memberships and 3 free guest passes per year for single memberships.



## GUEST OF MEMBER FEES

Daily Non-Member Affiliated Guest	\$20
Member Guest 18 years and older	\$12
Member Guest under 18 years	\$6

Two guests of members are permitted into the facility at one time. All guests of members 18 years and older must show a valid photo ID. All guests of members under the age of 18 must be accompanied by an adult over the age of 18 at all times. Guests of members may use the facility for up to 2 visits only.

## MORE THAN A MEMBER

In 2018, The YMCA of Greater Monmouth County, a 501(c)3 charitable, non-profit organization, provided \$925,000 in financial assistance and program subsidies for vulnerable **kids** and **families** to access **fitness**, **wellness** and **prevention programs**, **summer camp experiences**, **preschool**, **before and after school care**, **swim safety**, **therapeutic counseling**, **teen development**, **college tours** and **social support**.

## SUPPORT THE ANNUAL CAMPAIGN

Your dues operate our facility. Your gift changes lives.

- > \$50 can keep a child water safe.
- > \$100 can send a teen on a college tour.
- > \$500 can ensure a child is active and safe after school.
- > \$1,000 can send a child to summer camp.
- > \$5,000 helps to create a strong foundation for kids and families.

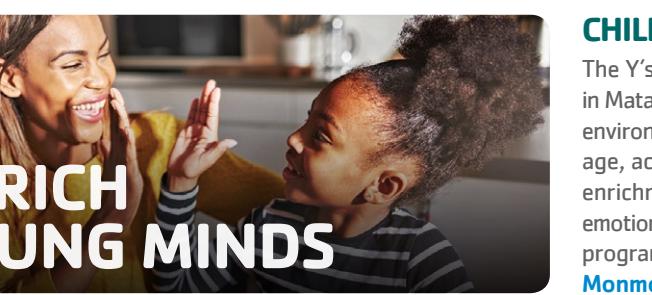
Learn about our giving opportunities and how to support at [YMCA nj.org/donate](http://YMCA nj.org/donate).

## #BeCause Y

We're stronger together. Contact the Welcome Center or visit [YMCA nj.org](http://YMCA nj.org) for more information on financial assistance, or to donate, join or volunteer in support of others.



# THE Y IS HERE FOR GOOD



> Learn more at [YMCA nj.org](http://YMCA nj.org).

## COUNSELING & SOCIAL SERVICES

The Y's **Counseling & Social Services** group has been strengthening children, teens and adults living with depression, substance abuse and many other difficult situations since 1974. We offer a variety of programs designed to meet the ever-changing needs of the community and provide safe, confidential services that strengthen family life and individual growth. Our team of caring and certified Y professionals are licensed to serve as counselors to youth, families and schools, specializing in social work, clinical counseling, alcohol and drug counseling.

## CHILD ACHIEVEMENT | Child Care, Preschool, Before & After Care

The Y's **Child Care Enrichment Center** in Freehold and **Child Achievement Center** in Matawan provide high-quality, educational children's programs in a safe and healthy environment. We offer child care for infants and toddlers beginning at 6 weeks of age, academic preschool, before and after school-age programs, Kindergarten enrichment programs and summer camp programs to support the cognitive, emotional, and social development of children in our communities. Y Child Achievement programs are [serving over 40 schools and community locations throughout Monmouth County](#).

## CAMP TOPANEMUS

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 based on the values of caring, honesty, respect and responsibility. Kids in Gr. K-8 have the opportunity to explore nature, discover new interests, make new friends, be physically active and create memories that last a lifetime.

## CAMP ZEHNDER

Kids 3-15 explore nature, new adventures and their imagination in the great outdoors at this beautiful 140-acre traditional summer day camp with an outdoor aquatics complex, KaBoom! Playground, shade pavilions, soccer fields, basketball court, charming pond and more! Campers enjoy age-appropriate fun like fishing, boating, swimming, arts and enrichment. Visit our open house to see how kids learn, grow and thrive.

## SOCIAL RESPONSIBILITY

Our national **Togetherhood** initiative encourages Y member to support our neighbors through community service projects. Keep an eye on our Togetherhood community board for simple, fun and rewarding ways members may give back through time, talent, skills and resources, and the network of the Y.

## VOLUNTEERING

Learn about our **Annual Campaign** and **Volunteer!** Our members and friends call us **THEIR Y**. We call them **OUR** greatest resource – the **THOUSANDS** of people who work alongside us and support our work to help our neighbors in need.

## ARTS & OUTREACH & CIVIC ENGAGEMENT

**Y Achievers** offers children ages 12-17 mentoring, guidance on preparing for college and support for a successful school-to-work transition. Students connect with peers and adults who care about their success, participate in skill-building workshops and seminars, visit colleges for campus tours. The Y Achievers program also offers a paid internship program to those who qualify.

**Youth and Government:** The YMCA's Youth & Government program affords high school students the opportunity to write their own legislative bill. Students spend one weekend a 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.

**Model UN:** High school students, 7<sup>th</sup> and 8<sup>th</sup> graders come together during the school year to research and debate issues of international importance. Each year our Model UN Club will have the privilege of debating other teams on their selected issues. Students gain an appreciation of international affairs and cultural differences. The program culminates at the YMCA Model United Nations Conference, held in January in Hershey, PA.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WELCOME TO YOUR YMCA

2019-20  
MEMBERSHIP GUIDE



Achieve fitness, wellness and so much more at the **Red Bank Family YMCA** – a branch of **YMCA of Greater Monmouth County**



919-4898-RBY

## YMCA OF GREATER MONMOUTH COUNTY

Red Bank Family YMCA  
166 Maple Avenue  
Red Bank, NJ 07701

732.741.2504  
[info@ymcanj.org](mailto:info@ymcanj.org)

[YMCA nj.org](http://YMCA nj.org)

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

# HERE FOR ALL



## 2019-2020 PROGRAM SESSIONS

### JOIN THE Y | Membership Pricing\*

MEMBERSHIP TYPE	JOINER'S FEE	MONTHLY FEE
Healthy Family	\$100	\$95
Healthy Adult (ages 25–61)	\$50	\$69
Healthy Senior (ages 62 & older)	\$50	\$57
Healthy Senior Couple	\$100	\$85
Young Adult (ages 19–24)	\$25	\$45
Teens (ages 14–18)	\$25	\$21
Youth (ages 3 mos.–13)		\$175 [annual]

\*Prices subject to change.

### SCHOLARSHIP PROGRAM | Financial Assistance

YMCA of Greater Monmouth County is dedicated to helping all community members access facilities and programs that nurture potential and help families to live healthier together. We welcome all to the Y, regardless of the ability to pay.

Our scholarship program based on household financial need is funded through the generosity of YMCA donors. To ensure we are responsible stewards of available funds and compliant with tax-exempt requirements, we ask our applicants to provide documentation to verify household income. Express verification is available to individuals enrolled in several other government assistance programs.

Every member can feel confident that the Y serves the community equitably, sensitively and with care for the well-being of all. Visit YMCA nj.org for an application.

### THE ZONE | The Y Welcomes Youth & Teens

Youth and teens ages 8–13 are welcome to enjoy age-appropriate games, fitness, computer and social time under the supervision of our staff in The Zone. Hours may be adjusted for holidays and school closings.

### NATIONWIDE MEMBERSHIP

Nationwide Membership enables you to visit any participating Y in the United States through membership at your "home" YMCA. We offer this because we want to help you reach your health and wellness goals wherever you live, work or travel. This is an essential part of our cause of strengthening communities.



When school is out, the Y is in.

Winter Camp Dec. 23, 26, 27, 30 & 31  
Spring Camp April 10, 13, 14, 15, 16, 17

**TRY  
YOUR Y!**

Show this at the Welcome Center  
to receive a 1-week guest pass  
to the Red Bank Family Y.

Limit one free trial per family per year. Contact the Welcome Center  
for usage restrictions, conditions and terms of use.

The Y.™ For a better us.™

# YOUR JOURNEY TO WELLNESS

### REGISTRATION MEMBER PROGRAM PARTICIPANT

Winter Break Camp/		
Swim Camp:	Dec. 23–28	Dec. 2 Dec. 2
Winter:	Jan. 2–Feb 23	Dec. 9 Dec. 16
Spring 1:	Feb. 24–April 19	Feb. 11 Feb. 18
Spring 2:	April 20–June 14	April 8 April 15
Safety Around Water:	June 15–19	April 23 April 23
Summer:	June 22–Aug. 16	June 1 June 8

### FITNESS ORIENTATIONS

For members ages 14 and over on a journey to healthy living, you may choose to have your wellness plan evaluated. A member of the Y's wellness team will review your plan and make recommendations to help take your routine to the next level. Complimentary evaluations can be scheduled at the Welcome Center or by calling 732.741.2504, ext. 210.



The Y offers a variety of group fitness classes that are fun and motivating ways to fit exercise into your daily routine. Classes include indoor cycling, yoga, Pilates, aqua classes and Zumba®, aqua, cardio & Les Mills strength classes. Classes are free to all members of the Y, ages 14 and over. Members ages 14–17 may participate in classes during teen hours. Class space is limited, so please sign up prior to class on sheets available in designated areas. Schedules of all classes are available at the Welcome Center and online.



### SUPPORT AND PREVENTION

We offer the YMCA's national LIVESTRONG program designed to nurture good health for adult cancer survivors, including anyone who has had surgery, chemo or radiation related to cancer.

Through our Diabetes Prevention program, we help those at high risk of developing type 2 diabetes to adopt and maintain healthy lifestyles in order to educate and prevent the onset of disease.

In our Pedaling for Parkinson's program, we explore how to help PD patients develop and maintain healthy lifestyles through group fitness, education and wellness activities.

The Y's Special Populations program offers one-on-one classes adapted to each child's specific needs and abilities. Activities include private swimming, lessons, personal training, fitness, camp experiences and more, bringing people together for a better us.

Register Today: YMCA nj.org

**HEALTHY TOGETHER | Enjoy open swim,  
gym time and events that encourage family  
members to be active and have fun together.**



### ACTIVE ADULTS

The Y's expansive gym, pools, indoor running track and outdoor complex hosts a wide variety of sports activities including lap swim, Box Lacrosse, Pickleball for all skill levels, Men's competitive basketball leagues and group volleyball teams. Need a partner? Connect with the Y to inquire.



### REACH YOUR GOALS WITH FITLINXX/PREVA

Our Precor equipment offers a high-quality fitness experience to help members achieve individual fitness goals. Members set goals and create custom workouts right on the console, and enjoy music, TV or browsing news and blogs during workout.

Preva Technology tracks fitness progress both at the Y or on-the-go with the Preva mobile app. All fitness activity, from walking the dog to running a 5K, can easily be logged.

Fitlinxx helps you get results through instant feedback while you exercise on our strength training equipment, like having someone guide you through your own personalized exercise program.



### PERSONAL TRAINING

Find your motivation or fine-tune your workout routine through the Y's Personal Training program, focused on the fundamentals of proper exercise and the correct use of equipment. One-on-one guidance is available for adults and teen members who may wish to improve athletic/sports performance. Sessions are available for individuals or pairs. Call for more info or to schedule 1-hour sessions, 732.741.2504, ext. 210.

YMCA of Greater Monmouth County | Red Bank Family YMCA | 166 Maple Avenue | Red Bank, NJ 07701 | 732.741.2504 | Facebook.com/RedBankYMCA



## SWIM, SPORTS & PLAY

**Aquatics:** The YMCA Aquatics program lays a foundation of water and safety skills so participants can enjoy a lifetime of safe, healthy, aquatic activities. Our progressive method of instruction allows participants to grow and learn at their own pace, mastering skills while building their self-confidence.

> **Parent & Child Stages** are ages 6 months–3 years

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences.

> **Preschool Stages** are ages 3–5 years

> **Youth Stages** are ages 6 years & up

> **Adult Stages** are ages 13 & up

We offer lessons for all ages and abilities – from beginner, intermediate, and advanced.

> **Y Masters**

Under the direction of our Master's coach, swimmers refine their stroke and technique. Swimmers will have the option to compete in Master's meets during the year through United States Masters Swimming (USMS).



### KEEP KIDS ACTIVE

**Youth Sports:** The Y is here with a variety of sports enrichment programs to keep kids healthy and active, including Basketball, Futsal, Pickleball and Boot Camp! Youth sports schedules may be found in our Welcome Center and online.

**Summer Camp:** Summer day camps at our Freehold, Matawan, Millstone, Old Bridge, Red Bank, and Wall locations are all about discovery. Children have the opportunity to explore the outdoors, try new activities, find new talents, gain independence and make lasting friendships and memories. Discover how your child can learn, grow and thrive from a Y summer camp experience and sign up for summer fun.



**Schedules of all swim programs are available at the Welcome Center and online.**

### Competitive Swim Team:

YMCA of Greater Monmouth County's 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 Association Director of Competitive Swimming Jack Caucino was named Coach of the Meet. Swim team practices take place at our Freehold, Old Bridge, 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 YMCA nj.org.



### YOUTH DEVELOPMENT

YMCA of Greater Monmouth County offers a wide range of programs for early childhood in our communities. Children benefit from half and full day child care and preschool, as well as preschool enrichment programs.



### BIRTHDAY PARTIES!

From birthday parties to special events, our Red Bank Family YMCA is the perfect venue to make your celebration special. We offer plenty of swim and sports activities and space for your child's birthday parties, and more with personal service and attention to make your special event a hit for your guests.