FREEHOLD FAMILY YMCA
YMCA of Greater Monmouth County

SPRING 1  2020
February 24–April 19

Registration starts @8 a.m.:
Facility members Feb. 10
Program members Feb. 17

FREE & OPEN
PRESIDENT’S DAY
FEB. 17, 5am–10pm
CLOSED
EASTER SUNDAY
APRIL 12

GROWING STRONGER TOGETHER

FREEHOLD FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
470 East Freehold Road
Freehold, NJ 07728
732.462.0464
info@ymcanj.org

YMCANJ.org
Here for all.
Financial assistance is offered based on availability of funds.
UPCOMING EVENTS

2020 ANNUAL CAMPAIGN KICKOFF
February 11 | 12-2pm
(See back cover)

FALL PREVENTION SCREENING
February 19 | 10am-1pm
By db Ortho PT of Lincroft

March is Multiple Sclerosis Awareness Month
MONMOUTH PAIN AND REHABILITATION
March 18 | 10am-12pm

SPALSHING AROUND WITH MY PEEPS
Sun., April 5 | 12-2pm
Dive for Easter eggs in the pool, games, crafts, prizes, and photos with the Easter bunny.
$10/child, $5 siblings

April is Parkinson’s Awareness Month
HACKENSACK MERIDIAN HEALTH
April 15 | 10am-1pm

FREEHOLD DAY CAMP
Age 5-13
Featuring:
› Daily Swim Instruction
› Recreational Swim
› Sports Instruction
› Gaga Pit
› Games
› Special Events
› Weekly Trips
› Snack Bar
› Shaded Pavilion
Contact: Kyle Cappelli
Ext. 110, or kcappelli@ymcanj.org

MY Y CAMP
Age 3-5
Featuring:
› Swim Lessons
› Musical Madness
› Arts & Crafts
› Science/STEM
› Free Swim
› FUNtrition
› Gym Time
› Messy Play
› Sports
› Special Events
Contact: Katie Rouse
Ext. 114, or krouse@ymcanj.org

SUMMER CAMP
JUN. 22-AUG. 21
REGISTER NOW!
ymcanj.org

Ages 3-13 yrs. old
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

CHILD CARE ENRICHMENT CENTER

PHILOSOPHY
You’re entrusting us to care for this most important person in your life. We believe that during a child’s formative years, nothing is more important than experiencing a wide variety of enriching activities in a warm, safe and loving environment. Our state licensed childcare program has been carefully designed to provide your child with the best possible learning opportunities. We are committed to developing each individual child’s physical, social, intellectual and emotional growth.

CLASSROOMS
Year-round September – August
Hours of Operation 7:00 am–6:30 pm
Full & Half Day Options Available • 10% sibling discount

INFANTS (6 WKS.-15 MTHS.)
Our INFANT room provides individualized attention in a “home away from home” environment that is safe, clean and secure. Warm, nurturing YMCA staff works with you to create a partnership in caring for your very special baby.

WADDLERS (15-27 MTHS.)
Our WADDLERS room provides a comfortable, nurturing and stimulating environment for our young toddlers to transition from the individual schedules of the infant room, to a loosely structured, flexible setting. Our Waddlers program has all the comforts of the infant room while encouraging individual growth, curiosity and independence.

TODDLERS (27 MTHS.-3 YRS.)
Our TODDLER room provides a world of hands-on learning and play. Through a structured, yet flexible routine, children are encouraged to explore, try new things, and make new friends. Your child is introduced to feeding, dressing and potty-training. Students in this room also enjoy learning a variety of sign language skills.

Year-round swim lessons for Preschool & Pre-K classes!

PRESCHOOL (3-4 YRS.)
Planned around weekly themes, our PRESCHOOL program emphasizes age-appropriate, hands-on projects, activities and learning centers. As a reinforcement to our curriculum, children will be introduced to lessons on the computer. To enhance your child’s gross motor skills, gym time, fitness class, swimming lessons, music class and outdoor play are part of our program. Must be FULLY potty-trained.

PRE-K (4-5 YRS.)
Our PRE-K class is a readiness program designed to give your child the foundation necessary for a successful transition to kindergarten. We offer a curriculum that expands upon the fundamentals while incorporating skills necessary for future academic achievement. The students will continue to enjoy music, gym time, fitness class, swimming lessons and outdoor play.

For questions or to schedule a tour please call Katie Rouse, Ext. 114

SCHOOL AGE CHILD CARE
BECAUSE LEARNING DOESN’T STOP AFTER SCHOOL

State Licensed School Age Child Care:

HOURS: AM hours from 7:00 am until school begins. Call for PM hours for your school district. Program closed on snow days.

LOCATION: Held in elementary schools in Freehold Township, Freehold Boro, Manalapan and Millstone.

REGISTRATION: Registration packets are available at the YMCA or online. Applications are accepted year-round.

TUITION: Tuition is paid via automatic bank draft. Half days are included! Fees are based on the school calendar of 183 days divided into 10 equal monthly payments. Call the Aftercare Office, ext. 155 for info.

ENROLL NOW!
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

No classes Apr. 13-17

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.

SWIM LESSON PRICES

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<th>Time</th>
<th>FAC</th>
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<tr>
<td>30 Min.</td>
<td>$73</td>
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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.

1 / WATER ACCLIMATION
Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

2 / WATER MOVEMENT
In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

3 / WATER STAMINA
In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

4 / STROKE INTRODUCTION
Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

5 / STROKE DEVELOPMENT
Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

6 / STROKE MECHANICS
In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

YOUTH WATER SAFETY: POLICIES AND PROCEDURES
As a leading non-profit organization focused on youth development, healthy living and social responsibility, the Freehold YMCA strives to provide a safe environment for children and their families. Research shows that 75% of beginner-swimmer drowning injuries happen in the shallow end of the pool. Therefore, we will be performing MANDATORY swim tests for all children (members and guests) under the age of 14.

WHAT ARE THE AGE GUIDELINES FOR CHILDREN?
- Ages 9 & under: A parent or guardian, 18 years or older, must be on the pool deck AT ALL TIMES.
- IF ANY CHILD REQUIRES A FLOTATION DEVICE, AN ADULT 18 YEARS OR OLDER MUST BE IN THE WATER WITHIN ARMS REACH AT ALL TIMES.

SWIM TEST POLICY
All swimmers under the age of 14 must complete a swim test before being allowed access to the swimming pool. The swim test consists of:
- Jumping into the deep end of the pool
- Treading water for 30 seconds
- Swimming the length of the deep end

*All swim tests will be administered by a certified lifeguard and it is at their discretion whether or not child passes or fails.*

RED BAND (UNABLE TO PASS SWIM TEST) • Swimmers who do not meet the height requirement, must stay in the SHALLOW END pool area.
- If child requires a flotation device, he or she must be accompanied by an adult 18 years or older in the water at all times. (Children that do not have an adult 18 years or older in the water will not be permitted to swim.)

YELLOW BAND (UNABLE TO PASS SWIM TEST) • Swimmers must stay in the SHALLOW END pool area.
- This is for children that are unable to pass the swim test, but do NOT require a flotation device to swim.

GREEN BAND (ABLE TO PASS SWIM TEST) Swimmers are able to swim in all accessible pool areas.
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

No classes Apr. 13-17

SWIM STARTERS PARENT/CHILD (6-36 months)
Lessons are 30 min. in length.

WATER DISCOVERY & EXPLORATION COMBO
Children develop comfort in the water and swim readiness skills while parents learn about water safety. Swimmer are ready to start exploring body positions, breath control and fundamental aquatic skills.

Thursday 11:30 (Cobb)
Saturday 11:25 (Instr.)

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.
Mon. 10:00
Tues 4:30
Wed 4:00, 5:40
Thurs 10:00, 5:05
Sat 9:05, 10:50

WATER MOVEMENT
Swimmers should be comfortable with their face in the water and be able to swim 15-20 ft. on their front independently (with flotation)
Mon 5:05
Tues 5:05
Wed 5:05
Thurs 9:30, 5:40
Sat 8:30, 9:40

WATER STAMINA
Swimmers must be able to swim, float, swim for 5 yds.
Mon 9:30
Wed 4:30
Sat 9:00, 12:00 (Instr.)

SWIM STROKES – PRESCHOOL (3-5 YRS. at time of registration)
STROKE INTRODUCTION
Swimmers should be able to swim 15 yds. on the front and back. Swimmers will build endurance and be introduced to butterfly and breaststroke kicks.

Mon. 5:40

SWIM BASICS – YOUTH (6+ 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.
Tues 5:40
Thurs 6:45
Sat 10:15

WATER MOVEMENT
Swimmers should be comfortable with their face in the water and be able to move through the water 15-20 ft. independently.
Mon 6:15
Tues 4:00, 5:40

WATER STAMINA
All are in Dittmar Pool
Swimmers can swim, float, swim at least 15 yds.
Tues 4:35
Wed 6:00
Thurs 6:15

CLASS CANCELLATION POLICY
If classes are canceled due to inclement weather, makeup classes will be offered during a regular scheduled class. Credits/Refunds will not be given for canceled classes.

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.

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FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

No classes Apr. 13-17

SWIM STROKES – YOUTH (6+ YRS. at time of registration)
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.
Tue 4:15
Wed. 4:15
Thurs 4:15
Sat 9:35, 10:25, 11:15

STROKE DEVELOPMENT
Swimmers must be able to swim 50 yds. freestyle and backstroke continuously and will work on endurance and stroke technique and learn all competitive strokes.
Tues, Wed, Thurs 4:15
Sat 9:35, 10:25, 11:15

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.
Tue, Wed, Thurs 4:15
Sat 9:35, 10:25, 11:15

YASNAC (13+ YRS.) Instr. Pool
Young adults’ special needs aqua cardio class. A weekly shallow water class with activities such as AquaZumba, kickboxing, calisthenics and fun; NO FEE for Facility Members.
Wednesday 6:30–7:30

COMPETITIVE STROKE (6–18 YRS)
FAC $107 PRO $122
This class is for swimmers who have completed Stroke Development and Stroke Mechanics and are interested in preparing for competitive swimming. The course will focus on the continuing development of all 45 competitive strokes, starts, turns and competitive training techniques.
Monday 4:00–5:00
Saturday 12:00–1:00

ADAPTIVE SWIM CLASS $30
For students with physical or intellectual disabilities. The class will focus on skill progression as outlined in the Special Olympics NJ Aquatics Coaching Guide led by Freehold YMCA Marlins Special Olympics swim team head coach, Tina Duda along with other staff and volunteers.
Mondays 6:45–7:15pm

PRIVATE SWIM LESSONS (5+ YRS.)
30 min. lesson
Must be purchased in package of 4.
Private $140.00
Semi-private (max of 3 people) $220
Facility Membership required. Please email name of swimmer, age, level, days available with 3 optional time requests. Please note times are only scheduled when instructors and pool space are available. Contact jfoster@ymcanj.org.

SPRING BREAK MINI CLINIC
$15 each
For youth in swim levels 4, 5, and 6
Mon, Apr. 13 | Freestyle
Tue, Apr. 14 | Backstroke
Wed, Apr. 15 | Breaststroke
Thu, Apr. 16 | Butterfly
Fri, Apr. 17 | Starts & Turns
4:15–5:00 (6–9 YRS.)
5:00–5:45 (10–13 YRS.)

Program Credit/Refund/Make-Up Policy:
No refunds will be issued after sessions begin. Credits will only be given if the student is unable to participate in their program due to a serious injury or illness that causes them to miss three (3) or more consecutive classes during a session. Credit requests must be accompanied by a doctor’s note, and submitted to the director prior to the end of the session in which you are requesting a credit. Credits will be posted to your account and must be used within one year. Make-up classes will be offered with a doctor’s note during regular class times, subject to available space, and cannot be guaranteed.

If you have been out of swim lessons for a session or you’re not sure which level to register your child? Schedule an evaluation by contacting Kristen Blum, Aquatics Director, ext. 178.

• Ratio for Water Acclimation-Preschool is 4:1
• Ratio for all Swim Basics & Swim Strokes-Preschool is 6:1
• Ratio for Swim Strokes-Youth is 8:1
• We reserve the right to move children to a different level based on ability
• Same swim instructors are not guaranteed.
• Please observe your child in the bleacher area or behind the white railing, not on pool deck.

For further information contact the Aquatics Department at ext. 178.

(732) 462-0464 • Fax (732) 462-0255 • www.ymcanj.org
YOUTH PROGRAMS
(Min. of 6 participants required, unless otherwise specified.)
Contact: Kyle Cappelli, ext. 110 or kcappelli@ymcanj.org

FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

No classes Apr. 13-17

INSTRUCTIONAL BASKETBALL
Learn the basics of basketball, while exercising and having fun!
Friday
4:30-5:15 (5-6 YRS.)
5:15-6:00 (7-9 YRS.)
FAC $45  PRO $63
6:00-7:00 (10-13 YRS.)
FAC $58  PRO $79

ADVANCED BASKETBALL (10-13 YRS.)
FAC $58  PRO $79
Take your game to the next level! This class is designed for the child who has experience playing competitively. We will focus on fine-tuning skills.
Wednesday 6:00-7:00

FREEHOLD FENCING ACADEMY
(7-13+ YRS.)
FAC $42  PRO $63
Step outside your comfort zone and learn all about fencing! Led by professional and world-class fencers, promotes the safety and technique of the classical Olympic sport. All equipment will be provided.
Wednesday 4:15-5:00 (7-12 YRS.)
Wednesday 5:15-6:00 (13+ YRS.)

INSTRUCTIONAL SOCCER (7-13 YRS.)
This instructional class is designed to teach the basics of soccer and to also build upon the skills already acquired.
Thursday 5:15-6:00 (7-9 YRS.)
FAC $45  PRO $63
6:00-7:00 (10-13 YRS.)
FAC $58  PRO $79

PRESCHOOL SOCCER (3-5 YRS)
FAC $35  PRO $49
This instructional class is designed to teach the basics of soccer and to also build upon the skills already acquired.
Tuesday 3:30-4:00

PRESCHOOL T-BALL (3-5 YRS)
FAC $35  PRO $49
Introduce your child to baseball in a fun and safe environment! Your child will develop friendships, learn sportsmanship and have fun in a non-competitive atmosphere.
Tuesday 4:00-4:30

H.I.I.T TEENS (13-17 YRS.)
FAC $63  PRO $77
A class designed for teens looking to build their strength and stamina with a variety of exercises. Perfect for the student athlete looking for an edge in the off-season.
Monday 5:00-6:00

TWEEN BOOT CAMP (10-12 YRS.)
REQUIRES MIN. OF 5 PARTICIPANTS
FAC $72  FAC members only
Thur. 4:00pm-5:00pm
Club meets once a week for 7 weeks. Tweens will learn how to follow Fitness Center rules and procedures, how to use the cardio equipment safely and properly and how to stretch before and after a workout. At the end of the 7-week session, each child will receive a special lanyard which he/she must wear when using the Fitness Center cardio equipment. After completion, Tweens (ages 10-12) will be able to use the Fitness Center without parental supervision, Mon -Fri. 3-5pm AND Sat. & Sun. from 12-2pm.

NEW! PADDLE POWER (8-18+ YRS.)
FAC $80
Pickleball instructional program for teens and adults with special needs. This class is designed to improve motor skills, as well as develop focus and hand-eye coordination. Learn one of the fastest growing sports in a fun and friendly atmosphere.
Saturday
9:00-9:45 (8-12 YRS.) | 10:00-10:45 (13-17 YRS.) | 11:00-11:45 (18+ YRS.)

SELF DEFENSE AND SAFETY AWARENESS
(5-16 YRS.)  MEMBERSHIP REQUIRED
$150, includes 12 Lessons + test and registration fee.
The Kidsafe program is designed to enhance self-esteem, self-discipline & safety awareness! Students are placed into classes according to age and ability. A black belt instructor teaches beginner, intermediate, and advanced techniques for self-defense only! Self-discipline and defense rather than aggressiveness are emphasized throughout the course. The dangers of bullying and how to deal with peer pressure are an important part of our program.
Saturday, January 18 – April 4

New students/ Yellow Belts 5-8 YRS.
1:00 – 2:00pm
New students Orange and Purple Belts 11-16 YRS.
2:00-3:00pm
Blue/Green Belts 11-16 YRS.
3:00 - 4:00pm
Brown/Black Belts
4:00 – 5:00pm

JUNIOR FITNESS CLUB
(10-12 YRS.)
REQUIRES MIN. OF 5 PARTICIPANTS
FAC $72  FAC members only
Thur. 4:00pm-5:00pm
Club meets once a week for 7 weeks. Tweens will learn how to follow Fitness Center rules and procedures, how to use the cardio equipment safely and properly and how to stretch before and after a workout. At the end of the 7-week session, each child will receive a special lanyard which he/she must wear when using the Fitness Center cardio equipment. After completion, Tweens (ages 10-12) will be able to use the Fitness Center without parental supervision, Mon -Fri. 3-5pm AND Sat. & Sun. from 12-2pm.

(732) 462-0464 • Fax (732) 462-0255 • www.ymcanj.org
ADULT AQUATICS

Please visit our website to view our schedule

PRIVATE SWIM LESSONS/AQUATIC PERSONAL TRAINING
30 mins. FAC members only
Private: $140/4 lessons
Semi-Private: $220/4 lessons
Contact John Foster, ext. 207, before purchasing lessons.
Private half-hour, one-on-one swim from beginners to advanced stroke development. Times vary based on pool availability.

ADULT SWIM LESSON (14+ YRS.)
$85
Beginner: For the fearful or inexperienced swimmer.
Sat. 7:30-8:15am
Tue. 6:15-6:45pm
Intermediate: For the swimmer who is comfortable in deep water and can swim the length of the pool.
Saturday 8:15-9:00am

AMERICAN RED CROSS
LIFEGUARDING/FIRST AID/CPR/AED 2 yr. Cert.
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.

Class A
Sat., Feb. 15, 8am-8pm
Sun., Feb. 16, 8am-8pm

Class B
Pre-test Mar. 1, 10-11am
Classes: March 15, 21, 22, 10am-6pm

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.

Class A: Sat., Feb. 29, 8am-6pm
Class B: Sun., Mar. 29, 10am-6pm

LIFEGUARD INSTRUCTOR COURSE
For those interested in becoming American Red Cross instructors.
Sundays Feb. 23, Mar. 1, Mar. 8 | 9am-6pm

NEW! BLOOD PRESSURE SELF MONITORING PROGRAM
Starts March 2!
Designed to help adults with hypertension lower and manage their blood pressure. The free, four-month program focuses on regular home self-monitoring of one’s blood pressure using proper measuring techniques, one-on-one consultations with a trained Healthy Heart Ambassador, individualized support and group-based nutrition education for better blood pressure management. Visit our Welcome Center to register today! For more information, contact Jackie Wone, ext. 140, or jwone@ymcanj.org.

SAVE $20!
March 19–April 2
SPRING SPECIAL
Buy 2 single sessions for $100

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

ADULT PERSONAL TRAINING
(18/over)
1 session – $60
5 sessions – $250
10 sessions – $400
No refunds, 24-hour cancellation policy. Sessions last 1 hour and are good for one year from date of purchase. Contact Jackie, Ext. 140 for a complimentary consultation to get started.

YOUTH PERSONAL TRAINING
(under 18)
3 for $125

If at any time you are unfamiliar with the use of any of our equipment, please do not hesitate to ask a staff member for assistance. Classes, times and instructors are subject to change and/or cancellation, due to instructor availability, room availability, or low attendance (average lower than 6 participants). For more information, contact: Jackie Wone, ext. 140 or jwone@ymcanj.org.

(732) 462-0464 • Fax (732) 462-0255 • www.ymcanj.org
Jennifer Dunn  
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Programs & Camp  
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Program & Camp Coordinator  
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Child Care  
Stacey Lastella  
VP of Child Achievement  
slastella@ymcanj.org

Katie Rouse  
Child Care Director  
krouse@ymcanj.org  Ext. 114

Shani Love  
School Age Child Care Coordinator  
slove@ymcanj.org  Ext. 143

**Hours of Operation:**  
Mon. – Fri.  5:00am–10:00pm  
Sat.  6:00am–7:00pm  
Sun.  8:00am–6:00pm

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**OPEN PICKLE BALL**  
*Free* for Facility Members  
See the Gymnasium schedule to view open court times.

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**SPRING 2 SESSION**  
April 20–June 14  
Registration starts @8am on:*  
Facility Members Apr. 6  |  Program Members Apr. 13  
*EFFECTIVE SPRING 1, FACILITY MEMBERS HAVE PRIORITY REGISTRATION ONE WEEK BEFORE PROGRAM MEMBERS.

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**TUESDAY, FEBRUARY 11 | 12–2 p.m.**  
You’re invited to jump in and join us in kicking off our 2020 Annual Campaign! Through our annual campaign, a community and volunteer driven fundraiser, we are able to deliver on our commitment to welcome all to the Y to participate in wellness and prevention programs, improve their lives through counseling, and access educational opportunities, camp and child care.  
RSVP by Feb. 5, 2020 to giving@ymcanj.org or call 732.671.5505, ext. 120

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**OUR PURPOSE IS DEEPER THAN OUR POOLS**

**JUMP IN! JOIN US IN KICKING OFF OUR 2020 ANNUAL CAMPAIGN**

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