the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROWING STRONGER TOGETHER

FREE & OPEN
PRESIDENT'S DAY
FEB. 17, 5am–10pm

CLOSED
EASTER SUNDAY
APRIL 12

OLD BRIDGE 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

OLD BRIDGE FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
1 Mannino Park Drive
Old Bridge, NJ 08857

732.727.0704
info@ymcanj.org

YMCANJ.org

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

UPCOMING EVENTS

2020 ANNUAL CAMPAIGN KICKOFF

February 13 | 12-2pm

(See back cover)

SWIMSUIT DRIVE

April 1-30

We'll be collecting new or gently-used youth swimsuits, goggles, and towels to benefit low-income households in need.

EASTER BUNNY

Apr. 3 | 7-8:30pm

Egg dyeing, crafts, and photos with the Easter bunny. $8 per child. Registration required by Mar. 27.

Up to nine weeks of summer fun for children ages 4-15. Featuring daily swim, sports, crafts, weekly themes, special events, trips and so much more. Learn more at ymcanj.org, or contact Kasuan Figueroa at Ext. 317, or kfigueroa@ymcanj.org.

Our CIT program for Gr. 9-10 returns this summer, and our popular Travel Camp for Gr. 3-8 is now four days per week. Limited spots available and fill quickly, so register today!

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

For over 160 years, the Y has been the nation's leader in teaching people of all ages to swim, so they can stay safe around water and enjoy the pleasures and health benefits of aquatics environments. At the Y, swimming is a life skill that could save a life and will benefit students for a lifetime. Y swim instructors are nationally certified. Their training includes CPR, AED, First Aid and Oxygen Administration.

A / WATER DISCOVERY

Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

B / WATER EXPLORATION

In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

No classes Apr. 6-11

SWIM LESSON PRICES

	FAC	PRO
30 Min.	$73	$85
45 Min.	$85	$99

1 / WATER ACCLIMATION

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

2 / WATER MOVEMENT

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

3 / WATER STAMINA

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

4 / STROKE INTRODUCTION

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

5 / STROKE DEVELOPMENT

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

6 / STROKE MECHANICS

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

SWIM STARTERS PARENT/CHILD (6-36 months)

Lessons are 30 min. in length.

WATER DISCOVERY & EXPLORATION COMBO

Tuesday 10:15

WATER DISCOVERY

Children develop comfort in the water and swim readiness skills while parents learn about water safety & drowning prevention.

Saturday 11:00

WATER EXPLORATION

Swimmers are ready to start exploring body positions, breath control and fundamental aquatic skills.

Saturday 10:30

- We reserve the right to move children to a different level based on ability.
- Same swim instructors are not guaranteed.
- Please observe your child in the bleacher area or behind the white railing, not on pool deck.
- Children under the age of 3or not toilet trained must wear a swim diaper.

FOR YOUTH DEVELOPMENT

Nurturing the potential of every child and teen.

No classes Apr. 6-11

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

Lessons are 30 min. in length.

WATER ACCLIMATION

This class is for the beginner swimmer, who has little or no water experience, to become adjusted and comfortable in the water.

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

WATER MOVEMENT

Swimmers should be comfortable with their face in the water and be able to swim 15-20 ft. on their front independently (with flotation)

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

WATER STAMINA

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

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

If you have been out of swim lessons for a session or you're not sure which level to register your child? Schedule an evaluation by contacting Bridgid Rothenberg, Asst. Aquatics Director, ext. 315.

JELLYFISH PARENT/ CHILD CLASS

For children reluctant to take swim lessons without parent/guardian. Parent and instructor will work together towards transitioning child to Water Acclimation level

Saturday 10:30

SWIM STROKES – PRESCHOOL

STROKE INTRODUCTION

Swimmers should be able to swim 15 yds. on the front and back. Swimmers will build endurance and be introduced to butterfly and breaststroke kicks.

Mon, Wed 4:45
Saturday 9:00

SWIM LESSON PRICES

	FAC	PRO
30 Min.	$73	$85
45 Min.	$85	$99

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.

SWIM BASICS – YOUTH 6-13 YRS. at time of registration. Lessons are 30 min. in length.

WATER ACCLIMATION

Participants will learn swim, float, swim-sequencing front glide, roll, back float, roll, front glide. Perform jump, turn, and grab the wall, and proper breath control.

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

WATER MOVEMENT

Swimmers should be comfortable with their face in the water and be able to move through the water 15-20ft independently.

Monday 4:15, 6:00
Tuesday 4:15
Wednesday 6:00
Saturday 8:30, 9:00, 9:30, 10:00

WATER STAMINA

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

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

SWIM STROKES – YOUTH Lessons are 45 min. in length.

STROKE INTRODUCTION

Swimmers must be able to swim, float, swim 25 yds. and will work towards swimming proficient freestyle and backstroke for 25 yds. and be introduced to breaststroke and butterfly kicks.

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

STROKE DEVELOPMENT

Swimmers must be able to swim 50 yds. freestyle and backstroke continuously and will work on endurance and stroke technique and learn all competitive strokes.

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

STROKE MECHANICS

Swimmers should be able to swim 100 yds. freestyle and backstroke continuously and with proper technique and be able to swim 25 yds. butterfly and breaststroke. The emphasis will be on refining stroke technique in all competitive strokes and building endurance.

Monday 5:15
Tuesday 5:15
Wednesday 5:15
Thursday 6:00
Saturday 9:15

- 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 while railing, not on pool deck.

No classes Apr. 6-11

SPRING BREAK MINI CLINIC

$15 each

For youth in swim levels 4, 5, and 6

Mon, Apr. 6 | Freestyle
Tue, Apr. 7 | Backstroke
Wed, Apr. 8 | Breaststroke
Thu, Apr. 9 | Butterfly
Fri, Apr. 10 | Starts & Turns

4:15-5:00 (6-9 YRS.)
5:00-5:45 (10-13 YRS.)

PRIVATE SWIM LESSONS (5+ YRS.)

Private: $140/4 lessons Semi-Private: $220/4 lessons
FAC MEMBERS ONLY
Contact Bridgid Rothenberg, ext. 315 or brothenberg@ymcanj.org before purchasing lessons.
Private half-hour, one-on-one swim lessons.
Children 5+, adults & teens from beginners to advanced stroke development.

COMPETITIVE STROKE (6-18 YRS.)

FAC $94 PRO $107
This class is for the student has achieved the Stroke Mechanics goals and is interested in preparing for competitive swimming. The course will focus on the continuing development of all 4 competitive strokes, starts,

Thursday 5:00-6:00
Saturday 11:00-12:00

CHALLENGER SWIM LESSONS

FAC $84 PRO $98
Children with special needs will have the opportunity to explore the water as a therapeutic medium to strengthen muscles, normalize muscle tone, provide sensory input, stretch tight muscles, body in space awareness and more. Caretaker/parent may need to be in the pool with the student. Limit one class per session. Student to Teacher ratio will not exceed 3:1.

Thursday 4:00-4:30, 4:30-5:00
Saturday 12:00-12:30

PROGRAM CREDIT/REFUND/MAKE-UP POLICY

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

CLASS CANCELLATION POLICY

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

YOUTH WATER SAFETY: POLICIES AND PROCEDURES

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

WHAT ARE THE AGE GUIDELINES FOR CHILDREN?

- Ages 9 and under: A parent or guardian, 18 years or older, must be on the pool deck AT ALL TIMES.
- IF ANY CHILD REQUIRES A FLOTATION DEVICE OR CANNOT STAND IN THE SHALLOW END OF THE POOL, AN ADULT 18 YEARS OR OLDER MUST BE IN THE WATER WITHIN ARMS REACH AT ALL TIMES.

SWIM TEST POLICY

All swimmers under the age of 14 must complete a swim test before being allowed access to the swimming pool. The swim test consists of:

• Jumping into the deep end of the pool • Treading water for 30 seconds • Swimming the length of the deep end

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

RED BAND (UNABLE TO PASS SWIM TEST) • Swimmers who do not meet the height requirement, must stay in the SHALLOW END pool area.

- If child requires a flotation device, he or she must be accompanied by an adult 18 years or older in the water at all times. (Children that do not have an adult 18 years or older in the water will not be permitted to swim.)

YELLOW BAND (UNABLE TO PASS SWIM TEST) • Swimmers must stay in the SHALLOW END pool area.

- This is for children that are unable to pass the swim test, but do NOT require a flotation device to swim.

GREEN BAND (ABLE TO PASS SWIM TEST) Swimmers are able to swim in all accessible pool areas.

YOUTH PROGRAMS

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

No classes Apr. 6-11

PRIVATE BASKETBALL LESSONS (7-17 YRS.)

$80 for four 30 min. lessons

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

INSTRUCTIONAL BASKETBALL

Introductory basketball classes geared for beginners. 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 $51 PRO $72

6:00-7:00 (10-13 YRS.)

FAC $66 PRO $90

GAME TIME (7-13 YRS BOYS.)

FAC $66 PRO $90

Scrimmage your own class and put your skills to work. Play full court basketball games every week

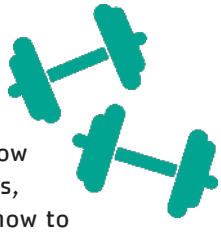
Wednesday 6:00-7:00

SHE GOT GAME (7-13 YRS. GIRLS)

FAC $44 PRO $63

This class is for our girls who love to hoop. Girls will continue to learn the fundamentals of basketball and improving their skills each week. Participants will learn the importance of teamwork and communication while playing the game they love.

Thursday 5:00-6:00



JUNIOR FITNESS (10-12 YRS.)

$82 FAC Members Only

Club meets once a week. Tweens will learn how to follow Fitness Center rules and procedures, how to stretch before and after a workout, how to exercise properly on the treadmills, bikes, and how to move around and workout safely. **At the end of the 7-week session each child receives a special lanyard which he or she must wear when using the Fitness Center. *Will be able to use the Fitness Center without parental supervision. Mon. through Fri.3-5pm AND Sat. & Sun. from 12-2pm. **REQUIRES 5 MIN. PARTICIPANTS**

Tuesday 4:00-5:00

NEW! TEENS IN TRAINING (10-14 YRS.)

FAC $82 PRO $92

Motivates youth in a non-competitive atmosphere to become their personal best. Participants in this program meet with an instructor and receive information on how to carry out a safe, effective exercise program.

REQUIRES 5 MIN. PARTICIPANTS

Tuesday 5:30-6:30

ADULT FITNESS & WELLNESS

ADULT AQUATICS

Please visit our website to view our schedule and description of Water Fitness classes.

PRIVATE SWIM LESSONS/AQUATIC PERSONAL TRAINING
30 mins. FAC members only
Private: $140/4 lessons Semi-Private: $220/4 lessons
Contact Bridgid Rothenberg, ext. 315, before purchasing lessons.
Private half-hour, one-on-one swim lessons. Children 5+, adults & teens from beginners to advanced stroke development. Times vary based on pool availability.

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

ADULT ADVANCED/STROKE DEVELOPMENT CLASS
Class focus is on continuing development of all 4 strokes, starts and turns.
Saturday 7:30-8:15am

EAST COAST DIVING CENTER
Contact Bill Cleary at East Coast Diving Center for info about upcoming classes and registration-(732)591-9374, ECDCsplash@eastcoastdivingcenter.com

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 Brenda Werneiwskei, ext. 310, or bwerneiwskei@ymcanj.org.

ST. PATTY'S DAY ZUMBA
March 17, 8:30pm

MARCH MAYHEM FITNESS
March 24, 9:30-11am

AMERICAN RED CROSS LIFEGUARD CERTIFICATION

CERTIFY HERE & WE'LL REIMBURSE YOUR COURSE FEE!* *email jkulbis@ymcanj.org for details

PRE-LIFEGUARD TRAINING (15+ YRS.)

Members $40 Non-Members $50
(Recommended prior to taking full ARC Lifeguarding certification course.) Fee paid for pre-lifeguard training will be credited toward ARC Lifeguard Course fee. For swimmers interested in entering the American Red Cross Certification class. Will cover swim endurance training, basic rescues and lifeguard drills.
6:30-8:30 pm on Feb. 28, Mar. 16, and Mar. 30

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

Members $300 Non-Members $350
NO REFUNDS ONCE CLASS STARTS-NO EXCEPTIONS!
Blended learning course—7 hours online that need to be completed before 3 day in-person skill portion. 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 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.**

Feb. 29, 12-8pm	Mar. 21, 12-8pm	Apr. 4, 12-8pm	Apr. 6, 9am-4pm
Mar. 1, 8am-4pm	Mar. 22, 8am-4pm	Apr. 5, 8am-4pm	Apr. 7, 9am-1:30pm
Mar. 7, 12-6pm	Mar. 28, 12-6pm	Apr. 11, 12-6pm	Apr. 8, 9am-1:30pm
			Apr. 9, 9am-1:30pm

LIFEGUARD RECERTIFICATION 2 yr. Cert. (15+ YRS.)

Members $150 Non-Members $175
Minimum 3 participants required for class to run.
Must show proof of current ARC Lifeguard Cert.
8am-6pm on Mar. 8, Mar. 29, or Apr. 12.

NEW! HANDS ONLY CPR (No CPR Cert.)

FAC Members FREE Program Members $5 Non-Members $10
This American Red Cross course teaches untrained bystanders how to perform hands-only CPR, taught in a 30-minute skill building session. Learn how to check for consciousness, call 911, and give continuous chest compressions.
Mar. 1, 4-5pm (15+ YRS.)
Apr. 5, 4-5pm (9-14 YRS.)

NEW! W.O.W (Women on Weights)

$120
4-week strength training program in the weight training area is specifically tailored for women. Weight lifting is great for a woman's bone and muscle development. Learn how to incorporate weights into your regular workout regime in a small group setting while learning form and fundamentals.

Mon. 10:30am OR Wed. 9:30am
Tue. OR Thu. 6:30PM

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

ADULT PERSONAL TRAINING (18+)
1 session - $50
5 sessions - $200
10 sessions - $350

COUPLES PERSONAL TRAINING
1x - $80
5x - $320
10x - $550

YOUTH PERSONAL TRAINING
(under 18)
3 for $110

March 19-April 3
SPRING SHRED
Buy 2 single sessions
Get 1 FREE!
Valid on single sessions only

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

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

If at any time you are unfamiliar with the use of any of our equipment, please do not hesitate to ask a staff member for assistance. Classes, times and instructors are subject to change and/or cancellation, due to instructor availability, room availability, or low attendance (average lower than 6 participants) For more information, contact: Brenda Werneiwskei, ext. 310 or bwerneiwskei@ymcanj.org.

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Programs & Camp

Kasuan Figueroa
Program & Camp Coordinator
kfigueroa@ymcanj.org Ext. 317

Hours of Operation:

Mon.-Fri.	5am-10pm
Sat.:	7am-7pm
Sun.:	8am-6pm

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.**

FREE MEMBER ACTIVITIES

OPEN PICKLEBALL

See the Gymnasium schedule to view open court times.

BOOK CLUB SOCIAL

12:30-1:30pm | Meets 1st **Thursday** of the month

THURSDAY, FEBRUARY13 | 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