GROWING STRONGER TOGETHER

RED BANK FAMILY YMCA
YMCA of Greater Monmouth County

SPRING 1 2020
February 24 - April 19

Registration starts:
Facility members Feb. 10
Program participants Feb. 17

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

RED BANK FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
166 Maple Avenue
Red Bank, NJ 07701
732.741.2504
info@ymcanj.org

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

**2020 ANNUAL CAMPAIGN KICKOFF**
February 12 | 12-2pm
YMCA and Community Members are invited to our Red Bank YMCA’s Annual Campaign Kick Off Celebration. For details please see a YMCA associate or this publication’s back cover.

**RAISING STRONG KIDS: 3-PART MINI SERIES**
Presented by Dr. Melissa Sannelli
10:30-10:50am on:
Feb. 12 ‘Power Food for Healthy Kids’
Mar. 11 ‘Power Posture for Strong Kids’
Apr. 8 ‘Balance Brains, Focused Minds’

**FAMILY MAKE & TAKE CRAFT**
4:00-6:00pm
March 13 – Lucky Leprechaun

**PARENTS’ NIGHT OUT**
February 15, March 21, April 18 | 6:00-10:00pm
Looking to spend an evening out on the town or just relax at home, but want Your child to have fun too? You need a Parents’ Night Out! Join us for a one-of-a-kind pajama party. All potty-trained children ages 2-13 are welcome. $15 per child, $10 ea. additional child.

**HEALTHY FAMILY MEMBERSHIP PERK**
Red Bank Family YMCA Summer Camp is a great way for kids to try a new sport, activity, or game and make new friends in a safe environment. Featuring daily swim, sports, crafts and FUN!

**New Activities:**
> Family Nights
> Camp Cookout
> Healthy snacks cooking class
> Hip Hop class
> Music & Movement
> STEAM

**New Trips:**
> CAMP (Community Arts & Music Programming) at the Grunin Center @ Ocean County Community College
> Two River Theater
> YESTERcades
> A Time to Kiln
> Ice Skating
> Chocolate Works

**SAVE 10% when you register for 7 or more weeks by Mar. 21!**

Contact: TJ Trippanera at Ext. 232, or ttrippanera@ymcanj.org
FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.

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

SWIM LESSON PRICES
Sun.–7 wks.

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<th>Member</th>
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SWIM STARTERS PARENT/CHILD
(6–36 MTHS., unless otherwise noted)
Lessons are 30 min. in length. Children must wear swim diaper.

WATER DISCOVERY
Children develop comfort in the water and swim readiness skills while parents learn about water safety & drowning prevention.
Saturday 8:30

WATER EXPLORATION
Swimmers are ready to start exploring body positions, breath control and fundamental aquatic skills.
Saturday 9:00

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Lessons are 30 min. in length. Children must wear swim diaper.

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.

PARENT & CHILD COMBO (6–36 MTHS.)
This class is designed for child comfort and swim readiness skills, while parents learn about water safety. Swimmers are ready to start exploring body positions, breath control and fundamental aquatic skills.
Tuesday 10:05
Thursday 10:40
Sunday 9:00

TINY AND TWO (2–3 YRS.)
This class is designed for children who are independent in the water before the age of 3 and will be without parent in the pool. Child must have completed Parent & Child Combo or Water Exploration class or have been swim evaluated to register for this class.
Tuesday 10:40
Saturday 9:30, 10:05

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

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Tuesday 10:40
Saturday 9:30, 10:05
FOR YOUTH DEVELOPMENT
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SWIM BASICS – PRESCHOOL (3-5 YRS. at time of registration)
Lessons are 30 min. in length. (*=Evaluation required to register.)

WATER ACCLIMATION
This class is for the beginner swimmer, who has little or no water experience, to become adjusted and comfortable in the water.
Monday 4:00
Tuesday 10:05, 5:05
Wednesday 10:40, 4:35
Thursday 4:35
Sat. 9:30, 10:40, 11:15, 11:50
Sunday 9:35

WATER MOVEMENT*
Swimmers should be comfortable with their face in the water and be able to swim 15-20 ft. on their front independently (with flotation).
Monday 10:05, 4:35
Tuesday 5:40
Wednesday 4:00
Thursday 11:15, 4:35, 5:45
Sat. 9:30, 10:05, 10:40, 11:50
Sunday 10:10

WATER STAMINA*
Swimmers must be able to swim, float, swim for 5 yds, as well as front and back glide for 10 feet.
Monday 10:40
Tuesday 4:30
Wednesday 5:10
Thursday 11:15, 4:00
Sat. 10:05, 11:15
Sun. 10:45

SWIM STROKES – PRESCHOOL

STROKE INTRODUCTION 1*
Swimmers should be able to swim 15 yds. on the front and back, and swim, float, swim for 25 yards. Swimmers will work on freestyle with big arms and eyes in for 25 yards. Butterfly and breaststroke kicks will be introduced.
Tuesday 4:00
Wednesday 5:40
Thursday 10:40
Saturday 9:20

STROKE INTRODUCTION 2*
Swimmers should be able to swim 25 yards freestyle and backstroke. Swimmers will build endurance and will work on butterfly and breaststroke kicks.
Saturday 9:55

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

WATER ACCLIMATION / WATER MOVEMENT
This class increases comfort with underwater exploration and encourages forward movement in the water and basic self-rescue skills performed independently.
Monday 5:10
Wednesday 5:45
Thursday 5:10
Saturday 9:30
Sunday 11:15

WATER STAMINA*
Swimmers should be able to front and back glide for 10 yards and be able to swim, float, swim for 5 yards.
Monday 3:45
Tuesday 4:50
Wednesday 4:00
Saturday 10:05
Sunday 8:45

STROKE DEVELOPMENT*
Swimmers must be able to swim 50 yds. freestyle and backstroke continuously and will work on endurance and stroke technique and learn all competitive strokes.
Monday 4:30
Tuesday 4:00
Wednesday 4:35
Saturday 10:30

STROKE INTRODUCTION 1*
Swimmers should be able to swim 15 yards on the front and back and swim, float, swim for 25 yards. Swimmers will work on freestyle with big arms and eyes in for 25 yards. Butterfly and breaststroke kicks will be introduced.
Wednesday 4:50
Thursday 5:15
Saturday 8:30, 10:55
Sunday 9:30

STROKE INTRODUCTION 2*
Swimmers should be able to swim 25 yards freestyle and backstroke. Swimmers will build endurance and will work on butterfly and breaststroke kicks.
Tuesday 4:45
Wednesday 3:45
Saturday 11:45
Sunday 10:15

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.
Monday 5:15
Wednesday 5:25
Saturday 11:15

PROGRAM CREDIT / REFUND POLICY
No refunds will be issued after classes begin. Credit will only be given if the enrollee is unable to participate in that program due to a serious injury or illness that will cause them to miss three (3) or more consecutive classes during a session. Credit requests must be accompanied by a doctor’s note and submitted to the Swim Lesson Coordinator prior to the end of the session in which you are requesting a credit. Credits will be posted to your account and must be used within one year.

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Red Bank Family YMCA
YMCAanj.org
POOL INCLEMENT WEATHER POLICY
The safety of members, program participants and staff is our highest priority. Therefore, in the event of thunder & lightning, pool activity will be suspended, and the pool and pool deck will be evacuated until 30 minutes after the last sign of thunder & lightning.

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

COMPETITIVE STROKE (7-18 yrs.)
Member $162  Program Participant $264
(60 min. in length)
This class is for swimmers who have completed Stroke Mechanics and are interested in preparing to swim competitively. Class will focus on continuing development of all 4 competitive strokes, starts, turns and competitive training techniques.
Tuesday 6:15
Wednesday 6:10
Thursday 6:00
Saturday 8:30

PRIVATE SWIM LESSONS
Children 3+ yrs., teens, adults
One-on-one or two-on-one, 30 min. lessons, for beginners to advanced stroke development. Please contact Caitlin Minnich at 732.741.2504 ext. 220, or cminnich@ymcanj.org to schedule private swim lessons.

<table>
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<th># of Lessons</th>
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SPECIAL POPULATION PRIVATE SWIM LESSONS
Children 3+ yrs., teens, adults
Member 8 lessons, $225
One-on-one, 30 min. lessons designed to get swimmer comfortable in the water and teach water safety skills while having fun. Please contact Caitlin Minnich at 732.741.2504 ext. 220, or cminnich@ymcanj.org to schedule.

TO HELP US RUN A HIGH QUALITY PROGRAM, PLEASE NOTE THE FOLLOWING POLICIES AND GUIDELINES:

› Open communication is vital! Should you have questions regarding your child’s lesson, please let us know at an appropriate time (before/after class), not during the child’s lesson, so that we may fully address any concerns.
› Cell phones should not be used on the pool deck. This includes videotaping and photographing your child during their lesson. At the YMCA we are committed to the safety and privacy of all children.
› Be sure children go to the bathroom and shower before class.
› Street shoes/footwear may not be worn on the pool deck. We ask that you leave your shoes in the entryway against the walls or carry them with you. Pool appropriate footwear only please!
› Posted rules must be observed by both participants and bystanders.
› Parents are invited to observe class from the pool deck on the first and last days of swim class. If you would like to view your Child’s swim class during other lesson days we ask you so sit in the hall near our vending machines if you child is in the Bodman (bigger) pool. If your child is in the Huber (smaller) pool, we ask you to watch swim lessons from the window of the Bodman pool looking into the Huber pool or from the vestibule between the two pools of the pool.
› We make every effort to provide consistency in instructors. Please understand if we need to make an occasional change.
› Swim lesson participants may enter the water with instructors only.
› All pool rules are in effect during our swim lesson programs. Please let us know if you have any questions or concerns regarding our safety procedures. Please note that safety is our first consideration in your child’s aquatic experience.
› At the Red Bank Family YMCA, we offer make up classes if our YMCA postpones a swim lesson. If a participant misses a lesson due to illness and they provide a doctor’s notes a credit will be issued to the child’s account.
› Please realize that it is not unusual for a child to spend multiple sessions in one level before moving up. If you have questions or comments, please feel free to contact me at your convenience. Thank you for your interest in our swim program and your cooperation. Have fun, be healthy!

Caitlin Minnich, YMCA Swim Lesson Coordinator
732-741-2504 ext. 220, cminnich@ymcanj.org
YMCA OF GREATER MONMOUTH COUNTY

SWIM TEAM

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

The team practices 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 YMCAnj.org.
YOUTH PROGRAMS

FREE TO FAMILY MEMBERSHIPS
MEMBER $50
PROGRAM PARTICIPANT $70

KINDER GYM (2-4 YRS.)
Introduction to motor skills development. Toddlers have fun while developing everyday skills such as running, jumping, catching, throwing and balance. Great opportunity for young toddlers to socialize with others.
Tuesday 9:00-9:45am

NEW! MUSIC & MOVEMENT (2–4 YRS.)
This class will engage your child in a fun, musical environment, while teaching them basic musical concepts through dance, singing songs and playing instruments.
Thursday 9:45–10:15am

HIP HOP DANCE (7–13 YRS.)
MEMBER $50 (Thursday* $44)
PROGRAM PARTICIPANT $70 (Thursday* $62)
Get moving to today’s popular music with our new class. Kids learn coordination and rhythm fundamentals while having fun in a class environment. No previous dance experience required. Boys and girls welcome!
Monday 5:00–5:45(11–13 YRS.)
Thursday* 5:30–6:15pm (7–10 YRS.)
(*No class on Feb. 27)

HOOP SKILLS (5–7 YRS.)
MEMBER $50
PROGRAM PARTICIPANT $70
Learn the fundamentals of the game while developing ball handling, passing, shooting, offensive skills, and team work.
Thursday 4:15–5:00

BOOT CAMP (8–12 YRS.)
MEMBER $50
PROGRAM PARTICIPANT $70
Focus on improving strength, speed, and agility. Stay active while having fun!
Thursday 5:00–5:45pm

SPORTS FUSION (5–7 YRS.)
MEMBER $50
PROGRAM PARTICIPANT $70
Non-competitive instruction program designed to teach fundamentals, rules, teamwork and sportsmanship. Combines variety of sports and games while enhancing child’s self-esteem.
Tuesday or Thursday 4:30–5:15pm

KIDSafe KARATE (5–15 YRS.)
Jan. 18 – Apr. 4
MEMBER $135
PROGRAM PARTICIPANT $165
The Kidsafe program is designed to enhance self-esteem, self-discipline & safety awareness! Students are placed into classes according to age and ability. A black belt instructor teaches beginner, intermediate, and advanced techniques for self-defense only! Self-discipline and defense rather than aggressiveness are emphasized throughout the course. The dangers of bullying and how to deal with peer pressure are an important part of the program.
Saturday
10:50–11:30am New Students
11:40–12:20am 2nd White & New Yellow Belts
12:30–1:10pm Advanced Yellow Belts & up

FOR YOUTH DEVELOPMENT
Nurturing the potential of every child and teen.
FOR HEALTHY LIVING
Improving the nation’s health and well-being.

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

ADULT AQUATICS

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

Teen/Adult Beginner
Class is designed to gain comfort and confidence in the water for the non-swimmer. Taught in Huber Pool unless otherwise stated.
Monday 5:45pm
Wednesday 9:15am

Intermediate
Swimmers should be able to swim at least 15 yards independently. Swimmers will work towards their specific goals while refining their stroke technique and building endurance.
Thursday 9:15am

ADULT PICKLEBALL LESSONS
Member $75  Non-Member $100
For any player who is new to the sports but has experience/is familiar with racquet sports.
Meets 1x per week for 6 weeks.
Saturday
Beginners 9:00-10:30  Intermediate 11:00-12:30

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

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 Dean Seda, ext. 219, or dseda@ymcanj.org.

Y-MASTERS (18+ YRS.)
If you’re looking to swim more than just laps, join our Masters Swim Team. Swimmers should have the ability to swim all 4 competitive strokes. The coach will help you on your individual progress and goals while focusing on stroke development and aerobic ability. Swimmers will have the option to compete in Masters meets during the year through the United States Masters Swimming (USMS).

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

Two-Day, 8-week session
7 p.m. Thurs AND Sat
Members: $87  Non-Members $122

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

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

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

No refunds, 24-hour cancellation policy.
Sessions last 1 hour and are good for one year from date of purchase. Contact Dean on ext. 219 for a complimentary consultation to get started.

If at any time you are unfamiliar with the use of any of our equipment, please do not hesitate to ask a staff member for assistance. Classes, times and instructors are subject to change and/or cancellation, due to instructor availability, room availability, or low attendance (average lower than 6 participants). For more information, contact: Dean Seda, ext. 219 or dseda@ymcanj.org.
Jennifer Dunn  
Chief Operating Officer  
jdunn@ymcanj.org  

Katie McAdoo  
Branch Executive Director  
kmcadoo@ymcanj.org, ext. 239  

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

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

Aquatics  
Andrea Falcone  
Senior Aquatics Director  
afalcone@ymcanj.org, ext. 832  

Caitlin Minnich  
Swim Lesson Coordinator  
cminnich@ymcanj.org, ext. 220  

Caterina Powell  
Aquatics Safety Coordinator  
cpowell@ymcanj.org, ext. 223  

Jack Caucino  
Association Director of Competitive Swimming  
jcaucino@ymcanj.org, ext. 222  

Joan Truscio  
Swim Team Administrator  
jtruscio@ymcanj.org, ext. 221  

Programs & Camp  
TJ Trippanera  
Associate Sports and Camp Director  
ttrippanera@ymcanj.org, ext. 232  

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

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

SPRING 2 SESSION  
April 20 – June 14  
Registration starts:  
Facility Members Apr. 6  |  Program Participants Apr. 13  

OUR PURPOSE IS DEEPER THAN OUR POOLS  

WEDNESDAY, FEBRUARY 12 | 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  

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

RED BANK FAMILY YMCA  
YMCA OF GREATER MONMOUTH COUNTY  
166 Maple Avenue  
Red Bank, NJ 07701  
732.741.2504  
info@ymcanj.org  
YMCA NJ  
Here for all.  
Financial assistance is offered based on availability of funds.