

› Try Your Y!

MEMBERSHIP & SUMMER CAMP OPEN HOUSE!

SATURDAY, JAN. 21 | 11 A.M-2 P.M.

At the Y, our supportive community will inspire you to find your inner strength so you can expand your health in spirit, mind and body.

Join us and learn how the Y is more than a place to workout.

FOR ALL >>

- > Mental Health Resources
- > Giveaways, Refreshments & Fun
- > Enter to Win a 3-Month Membership



FOR ADULTS >>

- > Fitness Class Demos
- > Lap Swim
- > Facility Tours



**MEMBERSHIP PROMO:
JOIN IN JANUARY,
GET FEBRUARY FREE!**



FOR FAMILIES >>

- > Summer Camp Info
- > Sports Programming Activities
- > Swim Lesson & Swim Team Info
- > Kids Club Babysitting, Arts & Crafts
- > Open Swim



Join in person or online

>> ymcanj.org/find-your-Y

YMCA OF GREATER MONMOUTH COUNTY

Freehold Family YMCA
470 East Freehold Road
Freehold, NJ 07728
732.462.0464

Old Bridge Family YMCA
1 Mannino Park Drive
Old Bridge, NJ 08857
732.727.0704

Red Bank Family YMCA
166 Maple Avenue
Red Bank, NJ 07701
732.741.2504



1222-6607

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