



RED BANK FAMILY YMCA FEBRUARY



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBER CALENDAR OF EVENTS

> ymcanj.org/events

OUR MISSION

To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind and body for all

DID YOU KNOW

FEB. 3, 2023 IS WEAR RED DAY...

February is American Heart Month, and the YMCA urges our community members to make their health a priority. Use this month to get a blood pressure screening and focus on becoming heart healthy. Physical activity helps control high blood pressure, strengthens your heart and reduces stress. Find a class at the Y that you love and get your heart pumping!



Visit ymcanj.org/schedules for our group fitness class offerings.

FEBRUARY

RED BANK CELEBRATES BLACK HISTORY MONTH

Celebrate Black History Month with the T. Thomas Fortune Cultural Center and a month-long schedule of events and cultural programs:

- Feb. 12TH** 3-5 P.M. @ T. Thomas Fortune Cultural Center: "Cry Freedom" film screening
- Feb. 19TH** 4-7 P.M. @ Triumph Brewing Company: The Brandon McCune Trio & The Black Wine Guy Experience
- Feb. 23RD** 11:30 A.M.-1 P.M. @ Brookdale Community College: She Found Her Voice & Changed the World
- Feb. 25TH** 3-5 P.M. @ T. Thomas Fortune Cultural Center: African Tapestry: Fashions by Rashidah

TUES. | FEB. 14

12:30-1:30PM ALL ABOUT YOUR HEART

Join us with Hackensack Meridian for onsite health screenings and learn risk factors for heart disease, warning signs and how to keep your heart healthy.

Registration is required!



COMING SOON!

NEW PROGRAMS COMING TO THE RED BANK Y IN MARCH!

- > Move With Meaning – Adult Chronic Disease Programming
- > Intro to the Weight Room – Youth
- > AAU Youth Basketball Tryouts
- > Live Y'ers - Youth T-Ball & Coach Pitch
- > Youth Ballet & Hip Hop
- > Spring Youth Birthday Party Promos!

** These, and other exciting Y programs & events, are available to register for as of 2/13! **

FIT TOGETHER B-I-N-G-O!

FEB. 1-28 • \$15 registration

Good health is better with a friend! Bring a workout buddy to the Y with your guest pass this February and participate in our fun BINGO fitness challenge. Complete 5 squares in a row to win a prize; Complete all 25 squares and win 1 FREE Personal Training session. Challenge must be completed in February! **BONUS:** If your guest joins the Y, you'll get 1 FREE month of membership.

For information, contact our Health & Wellness Director - Jess MacDonald: jmacdonald@ymcanj.org

FEBRUARY SCHOOL'S OUT CAMP

When school is out, the Y is in! Join us for exciting activities in STEM, arts & crafts, sports, and open swim! Bring snacks, lunch, a swimsuit, and towel, and we'll Provide the fun!

FEBRUARY 2023	M	T	W	T	F
			1	2	3
	6	7	8	9	10
	13	14	15	16	17
	20	21	22	23	24
	27	28			

● HALF DAY ● FULL DAY

YOUTH PRIVATE SPORTS TRAINING NOW AVAILABLE!

Take your game to the next level or fine tune your skills before AAU tryouts in march! Private instruction with a specialized Y coach offers the chance to acquire sport IQ, focused skill work, and an accelerated growth trajectory. Our experienced trainers will help young athletes unlock their potential and work toward their athletic goals within a personal tailored curriculum of development. Give your player the advantage this season and schedule time with one of our trainers today! Individual & package sessions available.

Contact: SportsEnrichment@ymcanj.org

ADAPTIVE AQUATICS

The Y welcomes diverse learners, ages 3-11, to explore the water in a safe and supportive environment. Swimming aids in relaxation, builds muscle, fine tunes motor skills, and improves overall wellness. Participants will learn basic water safety rules, while also acquiring general swim technique such as paddling, kicking, jumping, and equipment use. Swimmers will complete the class with a newfound respect and comfortability in the water. Contact our Aquatics Director for more information: mmansfield@ymcanj.org.



SPRING REGISTRATION STARTS FEB. 13!

President's Day - The Y is Free & Open
to all on **Monday, February 20**

> ymcanj.org



RED BANK FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY
166 Maple Avenue
Red Bank, NJ 07701

732.741.2504
membership@ymcanj.org

YMCANJ.org

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

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