



FREEHOLD 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

REFER A FRIEND

Share the Love this February at the Y! Working out with a friend is a great way to stay motivated and maintain your exercise routine. **If you refer a friend and they join the Y, you get one month of membership FREE!** Tell your friend to visit the Welcome Desk and mention your name.

SUN. | FEB. 5

12-2 PM

SUNDAY FUNDAY FLOATS

Grab your favorite floatie and join us for an afternoon at the pool with family and friends! This event is open to all members and no registration is required.



MON. | FEB. 6

7-8 PM

ALL ABOUT YOUR HEART

Join Hackensack Meridian Health and learn how to keep your heart healthy, risk factors for heart disease, warning signs and how to keep your heart healthy! Registration is required at HackensackMeridianHealth.org



TUES. | FEB. 14

5-9 PM

PARENTS NIGHT OUT

Leave your kids with the Y for a fun-filled night of arts and crafts, and group games while you hit the town or catch up on things at home. Sign up at the Welcome Center today!

THURS. | FEB. 16

4-7 PM

FREE MESSAGES



Licensed therapists from Monmouth Pain & Rehabilitation will be in the lobby offering complimentary massages to our members.



> ymcanj.org

FREEHOLD FAMILY YMCA DAY CAMP

(Ages 6-12)

JUNE 26—AUGUST 25

Freehold Family YMCA Day Camp offers children 6-12 years old an enriching summer of recreational swim, sports, games, and much more. We give youth an enriching, safe experience with caring staff and volunteers who model positive values that help build kids' character. For more information or to register, please visit ymcanj.org/camp

LIFEGUARDING RECERTIFICATION

FEBRUARY 5 | 10AM-6PM

Lifeguard recertification can be achieved with Lifeguarding Review classes that refresh your knowledge and skills and update your certification for another two years. To participate in the Lifeguard Review class you must have a current lifeguard certification, or certification expired by no more than 30 days. For more information, contact Aquatics Director, Christina Huang, for more information: chuang@ymcanj.org

RIGHT AT HOME

FEBRUARY 22 | 11:30AM-1:30PM

During this informational session, Right at Home Southern Monmouth County provides a range of in-home care options for seniors and adults with disabilities. Whether you're looking for tips on aging in place, a guide to transitional care for hospital stay, or information on any other aging topic, Right At Home is here to help.

MOVE & GROVE HIP HOP DANCE CLASS

STARTING MARCH 4 • SATURDAYS

Dance is a fun way to be physically active, learn new skills and make new friends! This class will be a variation of dance focusing on hip-hop that will be catered to all skill levels and ages. For more information, please speak with our Youth & Family Coordinator, Kelsi Acer: kacer@ymcanj.org



Join Us Thursday, Feb. 23
for a New Member Social.

More Info to come soon.

FREEHOLD FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY

470 East Freehold Road
Freehold, NJ 07728

732.462.0464
info@ymcanj.org

YMCA NJ.org









1022-6458-FHY

Here for all.

Financial assistance is offered based on availability of funds.

February 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 Sunday Funday Floats 12-2 PM 	6 All About Your Heart 7-8 PM 	7 Parents Night Out 5-9 PM 	8	9	10	11
12	13 Program Registration Begins	14	15	16 Monmouth Pain & Rehabilitation 4-7 PM 	17	18
19	20 Non-Member Program Registration Begins	21	22 Right At Home 11:30-1:30 PM 	23 New Member Social 5-8 PM	24	25
26	27 Spring 1 Programs Begin 	28				