



# OLD BRIDGE FAMILY YMCA FEBRUARY



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## MEMBER CALENDAR OF EVENTS

> [ymcanj.org/events](https://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.

FRI. | FEB. 3

10AM-1 PM

FREE CHAIR MASSAGE



Visit the Y for stress relief! Licensed therapists from Monmouth Pain & Rehabilitation will be offer complimentary massages to our members.

WED. | FEB. 15

10 AM-1 PM

FREE COVID  
VACCINATIONS



Members are welcome to visit the Y for free COVID Modern and Pfizer vaccination, including primary and bivalent boosters for ages 5 and older in partnership with VNA Health Group.



Governor's Council on  
ALCOHOLISM & DRUG ABUSE



We are thrilled to share the following workshops designed to nurture the full potential of our youth in partnership with Heroes & Cool Kids, Old Bridge Township Municipal Alliance and the Governor's Council on Alcoholism and Drug Abuse. **RSVP to [cnasta@ymcanj.org](mailto:cnasta@ymcanj.org).**

THU. | FEB. 9, 16,  
23 AND MAR. 2

3-5 PM

WORKSHOP: DEVELOPING  
FINANCIAL LITERACY FOR YOUTH

Tools to help teens and young adults develop healthy financial habits.

THU. | FEB. 21

3-5 PM

WORKSHOP: BODY POSITIVE  
CONVERSATION FOR GIRLS & BOYS

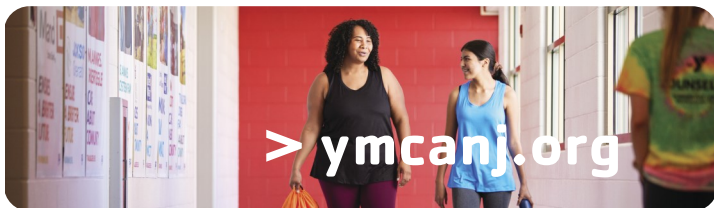
Empower a positive body image and self-esteem in youth and teens.

THU. | FEB. 28

3-5 PM

WORKSHOP: LIFE BEYOND SPORTS  
FOR YOUNG ATHLETES

Helping young athletes make a healthy shift to life beyond their sport.



> [ymcanj.org](https://ymcanj.org)

### OUR Y IS HIRING!

Working at the Y has a positive impact on your local community. Learn more about open positions at the Old Bridge Family YMCA in wellness, fitness, sports, aquatics, camp, Kids Club, and facilities that strengthen our community. Visit [ymcanj.org/register](https://ymcanj.org/register)

### JOIN US FOR MOVE & GROOVE HIP HOP!

JAN. 3-FEB. 21 • TUESDAYS

4:15-5 PM | AGES 6-8 • 5-5:45 PM | AGES 9-12  
\$70 Member | \$90 Non-Member

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 email Youth and Family Coordinator, Kelsi Acer: [kacer@ymcanj.org](mailto:kacer@ymcanj.org)

**SAFEGUARDING OUR COMMUNITY WITH  
AMERICAN RED CROSS LIFEGUARD CERTIFICATION**  
Class fee: \$350 Member | \$375 Non-Member

LIFEGUARD PRETEST  
FEB. 17 | 3-4PM

LIFEGUARD CERTIFICATION  
FEB. 17 | 4-9PM  
FEB. 18 | 8AM-5PM  
FEB. 19 | 8AM-5PM

For more information, visit our Welcome Desk or contact [chuang@ymcanj.org](mailto:chuang@ymcanj.org)

**SUMMER FUN STARTS AT  
OLD BRIDGE FAMILY YMCA DAY CAMP**  
Ages 6-12 | JUNE 26—AUGUST 25

Old Bridge 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, visit [ymcanj.org/camp](https://ymcanj.org/camp)



**SPRING 1 PROGRAM REGISTRATION  
STARTS FEB. 13!**

**BE OUR GUEST ON PRESIDENT'S DAY!**  
Our Y is free and open to all on  
Monday, Feb. 20, 2023.

**OLD BRIDGE FAMILY YMCA  
YMCA OF GREATER MONMOUTH COUNTY**

1 Mannino Park Drive  
Old Bridge, NJ 08857

732.727.0704  
[oldbridge@ymcanj.org](mailto:oldbridge@ymcanj.org)

YMCANJ.org



**Here for all.**

Financial assistance is offered  
based on availability of funds.

1022-6458-FHY