



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

2023-24
FALL/WINTER
PROGRAMS

HEALTHY TOGETHER

AT THE RED BANK FAMILY YMCA

At the Y, we swim, gym, play, party, camp, connect, work, support, socialize, learn, grow, and thrive **TOGETHER**. Thanks for being a part of the Y's mission to make our community stronger.



- > Build Swim & Sports Skills
- > Improve Wellness
- > Find Your Community

>> ymcanj.org/register



>> REGISTER
ONLINE



>> NEW
FITNESS APP

YMCA OF GREATER MONMOUTH COUNTY

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

732.741.2504
membership@ymcanj.org

YMCA.NJ.org

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

2023 FALL/WINTER SESSIONS

FALL 1

Sep. 5 » Oct. 29

Family Member registration | Aug. 7

All Member registration | Aug. 10

Non-Member registration | Aug. 14

FALL 2

Oct. 30 » Dec. 23

Family Member registration | Oct. 16

All Member registration | Oct. 19

Non-Member registration | Oct. 23

WINTER

Jan. 2 » Feb. 25

Family Member registration | Dec. 11

All Member registration | Dec. 14

Non-Member registration | Dec. 18

ymcanj.org/register

Dates or programs are subject to change. View latest program guides online.

HOURS OF OPERATION

Fall & Winter

Monday–Friday 5 a.m.–9 p.m.

Saturday & Sunday 6 a.m.–5 p.m.

* Pools close 15 minutes before facility closes.

KIDS CLUB | ymcanj.org/kidsclub

AGES 3 MOS. – 9 YRS.

* Included with Family Memberships

» FALL HOURS

Monday–Friday 8–11:30 a.m.

Monday–Thursday 3:30–8 p.m.

Saturday & Sunday 8–11:30 a.m.

HOLIDAY HOURS | FREE & OPEN DAYS

Labor Day

Sep. 4, 2023 Closed

Veteran's Day

Nov. 11, 2023 Regular Hours

Thanksgiving

Nov. 23, 2023 Early Closing 11 a.m.

Christmas Eve.

Dec. 24, 2023 Early Closing 2 p.m.

Christmas Day

Dec. 25, 2023 Closed

New Year's Eve

Dec. 31, 2023 Early Closing 2 p.m.

New Year's Day

Jan. 1, 2024 Open 10 a.m.–2 p.m.

Martin Luther King Day

Jan 15, 2024 Regular Hours

President's Day

Feb 19, 2024 Regular Hours

Program schedules may be modified on holidays.

Members will be informed of modified schedules.

All are welcome to be our guest for FREE during select holidays. Join us to try the Y!

OUR MISSION:

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

Y CARES FINANCIAL ASSISTANCE

Every day, the Y works side by side with our neighbors to ensure that everyone, regardless of age, income or background, has the opportunity to learn, grow, and thrive. Financial assistance is available for individuals and families based on need. Our Annual Campaign and special events fund our YMCA financial assistance program. Applying for support is a simple and confidential process. For more information, visit ymcanj.org/fa

ANNUAL CAMPAIGN

YMCA of Greater Monmouth County makes a very special promise that no one is turned away because of an inability to pay the full price for our membership and services. Thanks to your generous support, we are able to keep this promise. Please give today. ymcanj.org/donate

Your giving makes
our programs
possible for all.
Thank you!

BE MORE THAN A MEMBER. GIVE, JOIN AND VOLUNTEER.

One of the YMCA's greatest assets is the people we bring together. The Y is more than a gym – we're a movement dedicated to improving the quality of lives in our community by developing youth, encouraging social responsibility, and promoting healthy living. We don't do it alone. We are so grateful to all of our volunteers for joining hands, opening their hearts, and lending their strength. For more information contact the Welcome Center.

Contact the Welcome Center or visit ymcanj.org for more information on financial assistance, or to donate, join, or volunteer.

JOIN OUR TEAM TO MAKE A DIFFERENCE!

Working at the Y makes a real difference in the lives of others. Learn about rewarding careers in child care, camp, counseling, aquatics, sports, fitness, and more at ymcanj.org/employment. We are proud to celebrate our 2022 and 2023 Top Workplaces honor by NJ Advance Media for our workplace culture that values its people, amplifies talents, and strengthens the community.



WEATHER CLOSURES

If the Y closes due to severe weather, members will be notified via our Mobile App, Facebook, and/or at ymcanj.org/weather. Members may also call 732.741.2504 for a recorded message.

THUNDER AND LIGHTNING POLICY

Our YMCA pools will close if there is lightning and thunder within 10 miles of the branch's location. Greater Monmouth County YMCA staff will use the Weather Bug app to monitor lightning strikes. Pools will remain closed until 30 minutes after the last lightning strike.

PROGRAM CREDIT/ REFUND POLICY

No refunds will be issued after classes begin. Credits will only be given if the program 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 program director 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.



Download our
new Mobile
Fitness App!

Register Today: ymcanj.org/register



FITNESS & WELLNESS

PERSONAL TRAINING

Work with a YMCA certified personal trainer to achieve wellness goals and unlock your fitness potential! Personal training is available for adult, pre-teen, and teen members 12 and older by our certified Personal Training staff. There is a 24-hour cancellation policy on personal training sessions. Services will be charged if an appointment is not cancelled 24 hours in advance as a courtesy to our training staff.

SMALL GROUP TRAINING *NEW*

Small Group Training is a fun, effective, and affordable way to achieve your fitness goals! Train in groups of 2-4 people with a certified Y trainer for more personalized attention, focusing on individual strengths, goals, and group motivation. Participants can join as a friend group or as individuals according to their availability and fitness levels. Camaraderie + friendly competition is the age-old recipe for results-based training.

STRENGTH, AGILITY, & CONDITIONING | ATHLETIC TEAMS *NEW*

Packages are offered for teen and pre-teen competitive teams and aim to build core strength, instill proper technique, and mitigate potential injury, toward the ultimate goal of achieving peak performance on the field, court, or in the pool. Our professional and experienced Y trainers will tailor training regimens within the fitness goals or sport-specific needs of the team and its individuals, enhancing power, form, explosiveness, flexibility, balance, basic coordination and agility, and the conditioning of infrequently used muscle groups. Let the Y help you compete at your peak this season.



INTRO TO THE WEIGHT ROOM

Connect with Y Personal Trainers to learn how to use the weight room safely and effectively, while building a training regimen that speaks to your personal fitness goals.

- Week 1: Cardio 101
- Week 2: Circuit & Strength 101
- Week 3: Warm Up, Stretching, Foam Rolling, & Exercise Planning
- Week 4: Reps, Recovery, & Training Methodology

STRENGTHENING LIVES THROUGH CHRONIC DISEASE

MOVE WITH MEANING

In the United States, over 42 million people suffer from some form of movement disorder. The Y is here with support to strengthen individuals living with chronic disease. Bring a care-giver or motivational buddy to help alleviate symptoms of your movement disorder. Customized circuit workouts involve ping pong, boxing, cycling, dance, intentional movement, balance exercises, and more. Sessions are led by our Certified Personal Trainers, and Group Fitness Instructors with educational segments provided on-site by partners at Hackensack Meridian Health.

LIVESTRONG

In partnership with the LIVESTRONG Foundation, the YMCA has developed a 12 week, small-group, cancer survivorship program for those who are living with, through or beyond cancer. Participants work with trained Y staff to achieve their goals, such as building muscle mass and strength, increasing flexibility and endurance, and improving confidence and self-esteem. Medical clearance required to participate.

PEDALING FOR PARKINSON'S

Pedaling for Parkinson's helps PD patients develop and maintain healthy lifestyles through fitness, education, and wellness activities in a small group setting. Participants who join this 8-week cycling class experience benefits including improved mobility, balance, and mental health. Medical clearance required to participate.



For more information, contact Jessica MacDonald at 732.741.2504, ext. 219 or email jmacdonald@ymcanj.org



SAFETY AND CERTIFICATION PROGRAMS

KEEPING COMMUNITY SAFE

The Y is dedicated to providing safety and certification programs to the community.

AMERICAN RED CROSS LIFEGUARD CERTIFICATION COURSE

AGES 15 YRS. & Up

New and re-certification participants must pass a mandatory pre-test which consists of a continuous 300 yard swim, treading water for 2 minutes without utilizing your hands, and retrieval of a 10lb. brick from a depth of 7-10ft. Class attendance is 100% mandatory; there are no make-ups.

Also Offered

American Red Cross CPR/AED, First Aid, and Oxygen Administration classes.

Visit > ymcanj.org/lifeguard-certification for class availability.





AQUATICS

STRONG SWIMMERS ARE CONFIDENT KIDS!

For over 160 yrs., 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. Y swim instructors are nationally certified in CPR, AED, First Aid, and Oxygen Administration. Safety is our highest priority.

ADAPTIVE AQUATICS FOR YOUTH

AGE GROUPS: 3-5 YRS. • 6-8 YRS. • 9-13 YRS.

We offer our diverse learners an opportunity to explore the water in a safe and supportive environment in small groups. Swimming aids in relaxation, helps to build muscle, and improves overall wellness. Participants may see improvements in balance, muscle tone, and motor skills. Skills are broken down into small, achievable goals. Celebrating each accomplishment builds the self-esteem and confidence necessary to continue the challenges of learning. A parent/guardian is required to be in the water during the class for ages 3-5, and may be required for ages 6+.

To view our full swim lesson curriculum, stage descriptions, & schedules, ymcanj.org/swim



For questions, e-mail mmansfield@ymcanj.org

YOUTH SWIM LESSONS

AGES 6 MOS. -12 YRS.

With a focus on water safety and self-rescue skills, our swim curriculum begins with basic swimming readiness skills and progresses to stroke introduction, refinement, and technique. Advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime.

YOUTH SWIM LESSONS *NEW*

AGES 3-12 YRS.

» PROVIDED IN SPANISH

» PROVIDED IN AMERICAN SIGN LANGUAGE

With a focus on water safety and self-rescue skills, our swim curriculum begins with basic swimming readiness skills and progresses to stroke introduction, refinement, and technique. Advanced swimmers flow more easily to higher levels while swimmers who need more instruction can learn at their own pace. This results in more confident swimmers who stick with lessons and develop a love for swimming that can last a lifetime.



PRIVATE & SEMI-PRIVATE LESSONS

AGES 5 YRS. & Up

Private and Semi-Private swim lessons are for adults and children of all abilities to work with an instructor towards their goals. These 30-minute private lesson sessions are scheduled to accommodate your busy schedule and are available as a package of 4. There is a 24-hour cancellation policy on private and semi-private lessons. Services rendered will be charged if the scheduled lesson is not cancelled 24 hours in advance.

COMPETITIVE STROKE

AGES 13-17 YRS.

Prepare for the challenges of a competitive team environment. Great for those not ready to swim a full competitive schedule, but want more than just a swim lesson. The focus is on advanced competitive techniques to maintain endurance while increasing speed by adding power to each stroke, start, and turn.

TEEN & ADULT SWIM LESSONS

AGE GROUPS: Teens 13-17 YRS.

Adults 18 YRS. & Up | Beginner & Intermediate

Whether overcoming fear of the water or refining your swim stroke skills for better fitness, it's never too late to enjoy the fun and health benefits of swimming. Beginner and Intermediate classes help you learn to swim confidently, in a supportive environment.

ADULT MASTERS SWIM TEAM

AGES 18 YRS. & Up

Engaging the intermediate to advanced adult swimmers looking to improve endurance and stroke technique, participants are led through practice by an on-deck swim coach toward individual goals and progress.



LET'S CONNECT
Facebook.com/RedBankYMCA

GREATER MONMOUTH YMCA "GMNY" SWIM TEAM



The Greater Monmouth Y swim team is a nationally recognized, year-round competitive program offering high-quality professional coaching and technique instruction for many ages and abilities. Every swimmer sees an opportunity to improve skills and achieve success at his or her level of ability, from novice starting at 6 yrs. old, to senior levels and

international competitors. At every level, we aim to build a love of the sport. Swimmers compete in the National YMCA Swimming and Diving and the USA Swimming organizations. Dive into fun, competitive swimming at www.ygreatermonmouthswimteam.com

> Tryouts | Aug. 5, 2023 at Camp Zehnder

> GMNY Competitive Swim Camp | Aug. 28-31



YOUTH DEVELOPMENT



>>> ymcanj.org

YOUTH SPORTS & ENRICHMENT

CAREGIVER & ME | TOD SQUAD AGES 3-5 YRS. | Fall 2

Meet us at the Y for early learning and fun with friends. Activities will encourage exploration, curiosity, creativity, and socialization.

SCHOOL'S OUT CAMP AGES 4-12 YRS. | Fall 1, 2, & Winter

When school is out, the Y is in! Join us for STEM, arts and crafts, sports, and swimming. Parents should provide snacks or lunch, and we'll provide the fun. Limited openings. Register early.

TWIST & TUMBLE AGES 5-7 YRS. | Winter

Calling all acrobats and cheerleaders! Students will practice strength, flexibility, quickness, and balance as we flip and jump in our all-new tumbling class.

MOVE & GROOVE BALLET

AGES 5-6 YRS. | Fall 2 & Winter

Classes offer a basic introduction to positions, steps, body placement, and technique. Through fun exercises and recognizable music & rhythms, students will develop motor skills, coordination, grace, balance, and flexibility, while being inspired by an early love of dance and the art of ballet!

HIP HOP AGES 7-14 YRS. | Winter

Classes offer a high-energy, upbeat, dynamic, and creative environment. Students will be encouraged to find their own personal style and develop technical movements and choreographed routines.



LIVE Y'ERS SPORTS CLINICS

Sports may include basketball, baseball, soccer, flag football, etc.

AGES 3-7 YRS. | Fall 1, 2, & Winter

Participants will learn concepts of sportsmanship, team camaraderie, and acquire an overall IQ of the game. Our experienced trainers provide FUNDamental skill development, while instilling an early intrigue and love for the sport.



BASKETBALL CLINIC

AGES 7-12 YRS. | Fall 1, 2, & Winter

Skill development in dribbling, defense, passing, shooting, and lay-ups.

AAU YOUTH BASKETBALL

Middle School & High School Teams

Fall Season » Sep.-Nov. | Fall Tryouts » Sat., Sep. 16

Our competitive AAU program provides an inclusive, full-service, developmentally-tiered basketball experience – combining professional coaching, safe and accessible facilities, healthy competition, and an environment of growth & enrichment. Depending on the season, age, and developmental track of each team, squads will navigate a combination of practices, friendlies, tournaments, sports performance training, and league play throughout the season.

WINTER INDOOR YOUTH SOCCER | FUSTAL LEAGUE

AGES 6-12 YRS. | Winter

Just because it's cold outside doesn't mean soccer season is over! Join us for indoor soccer (futsal) training and league play this Winter for a fun, fast-paced, skill-building experience that youth players will love! Futsal offers unique ball control, technical skill, quick decision and movements, and a high-energy environment that will keep your player active and engaged through the cold winter months.



YOUTH SPORTS PRIVATE TRAINING

AGES 8 YRS. & Up

Take your game to the next level! 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 personally tailored curriculum of development.

HOMESCHOOL P.E.

AGES 5-17 YRS. | Fall 1, 2, & Winter

SWIM & GYM

Integrating physical education and swimming, students will meet weekly at the Y to socialize while learning, playing, and exercising.

SPORTS

Integrating traditional and non-traditional sports and field day events, students will meet weekly at the Y to socialize while learning, playing, and exercising.

MARTIAL ARTS *NEW*

AGES 3-17 YRS. | Fall 1, 2, & Winter

Our Kenpo Karate classes are offered as skill and development level progressions for children ages 3-17, and additionally as Adaptive programs. The pillars of our program aim to build technique and awareness in the areas of confidence, fitness, self-discipline, defense tactics, and character development. Kenpo combines ancient sparring techniques and modern principles to teach students the art of achieving their inner strength, balance, and harmony.

WINTER BREAK HOLIDAY BASKETBALL CAMPS

Presented by YMCA of Greater Monmouth County AAU.

AGES 8-18 YRS.



Did you know the Y invented the sport of basketball? Camp welcomes players of all stages of development and will focus on the foundational elements of the game – shooting, passing, dribbling, and defense. Our AAU staff of current and former collegiate players and coaches will provide professional level training and mentorship via small group instruction, skill stations, and games. Learn, play, and grow on the court at the Y.

For more information, contact email
sportsenrichment@ymcanj.org



ADULT SPORTS

MARTIAL ARTS *NEW*

AGES 18 YRS. & Up | Winter

Our Kenpo Karate classes are offered as skill and development level progressions for adults ages 18+, and additionally as Women's Self Defense and Adaptive programs. The pillars of our program aim to build technique and awareness in the areas of confidence, fitness, self-discipline, defense tactics, and character development. Kenpo combines ancient sparring techniques and modern principles to teach students the art of achieving their inner strength, balance, and harmony.

ADULT LEAGUES

AGES 18 YRS. & Up
Fall & Winter

» MEN'S OPEN BASKETBALL

» CO-ED VOLLEYBALL

YMCA Adult Sports Leagues provide an opportunity to participate in an organized team sport while having fun, meeting new people, and getting fit.



For more information,
contact email bjohnson@ymcanj.org

PICKLEBALL | MULTIPLE SKILL LEVELS

Fall 1, 2, & Winter

INTRO

Taught by our Pickleball pro, this clinic is for a Pickleball player that is interested in getting into the game. This class will focus on the basics of the game, such as rules, technique, and strategy.



BEGINNER

A great way for intro players to learn more about the sport of Pickleball, participants will learn all the basics to be able to play. This class covers equipment, unique lingo, scorekeeping, court position, and the fundamentals of serve, return, and the volley.

IMPROVER

For players who can serve and rally consistently but are looking to take their game to the next level. This class will provide targeted drills designed to improve movement, shot selection, accuracy, power, and consistency.

CELEBRATE YOUR SPECIAL DAY AT THE Y!

BIRTHDAY PARTIES & SPECIAL EVENTS

The YMCA is the perfect venue to gather with guests and ensure your child's celebration is a memorable one. Children ages 3 and older can choose from exciting themes like Pre-K Pandemonium, Sports Mania, Splash Bash, or Seasonal Spectacular! Our tiered packages give you flexible options for # of guests, food, favors, and more. You bring the guests, we'll bring the birthday fun.

You bring the guests,
we'll bring the birthday fun!

Visit > ymcanj.org/birthday

E-mail sportsenrichment@ymcanj.org



SOCIAL RESPONSIBILITY

TOGETHERHOOD®

The national Togetherhood® initiative activates people for social good. We welcome members and people of all ages to give back locally through volunteer projects that address the real needs of others. In collaboration with caring partners, we connect our community to meaningful impact.

To get involved, visit

> ymcanj.org/togetherhood



HERE FOR ALL EQUITY STATEMENT

The YMCA of Greater Monmouth County is a multi-cultural, anti-racist, anti-oppressive organization open to all people. We welcome and value individuals of every age, race, ethnicity, religion, perspective, gender identity, gender expression, ability, sexual orientation, and financial circumstance. We are committed to programs and services that advance diversity and inclusion, reflecting the people and needs of our community. Join our events that bring people together for sustainable change and common good. > ymcanj.org/events

FOR A UNITED US.



SUPPORTING ALL ABILITIES

Our Y is here to foster a welcoming, inclusive environment for all who need us. Learn more about programs that offer the opportunity to adapt to each individual's unique needs and abilities, including chronic disease support, private swimming, swim lessons, camp, sports, and enrichment. Visit > ymcanj.org