

FIND YOUR Y 2024 OPEN HOUSE!



SATURDAY, JAN. 20 | 10 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.

**MEMBERSHIP PROMO:
JOIN AT THE OPEN HOUSE,
GET FEBRUARY FREE!**

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



FOR FAMILIES >>

- > Summer Camp Info
- > Sports Programming Activities
- > Swim Lesson & Swim Team Info
- > 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

YMCA.NJ.org

membership@ymcanj.org

124-7119-THQ

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